

This year consists of the following competitions:

2.-3.8	Hyvinkää, FIN	22 <sup>th</sup> Nordic Junior Championships Combined Events
6.8	Vantaa, FIN	29 <sup>th</sup> Nordic Junior Race Walking Match
3.-4.9	Huddinge, SWE	44 <sup>th</sup> Nordic Junior Match U21
10.9	Stockholm, SWE	19 <sup>th</sup> Nordic Race Walking Championships
10.9	Stockholm, SWE	18 <sup>th</sup> Nordic Race Walking Championships Long distances

Nordic Junior Championships Combined Events

Hyvinkää, FIN 2-3 Aug

Men

U23 Decathlon		2-3 Aug	
1	<b>Juha Jalas</b>	<b>FIN</b>	<b>7.393</b>
2	<b>Marko Rautala</b>	<b>FIN</b>	<b>6.828</b>
3	<b>Trond Høyby</b>	<b>NOR</b>	<b>6.761</b>
4	Marius Sagen	NOR	6.715
5	Andreas Olsson	SWE	5.382

1	11.30	7.00	13.06	1.78	50.57	15.17	42.14	4.50	61.90	4:44.67
	+0,8	+1,1			+0,6					
2	11.18	7.03	11.44	1.99	52.19	15.10	29.90	3.80	52.66	4:50.69
	+0,8	+2,2			+0,6					
3	12.01	6.16	12.47	1.90	52.17	16.25	39.28	4.00	57.92	4:29.11
	-0,8	+0,6			+0,8					
4	11.94	6.34	13.98	1.93	53.79	15.86	45.20	4.00	50.52	5:02.94
	+0,8	+2,6			+0,6					

U21 Decathlon		2-3 Aug	
1	<b>Benjamin Jensen</b>	<b>NOR</b>	<b>7.724</b>
2	<b>Niels Uth</b>	<b>DEN</b>	<b>6.621</b>
3	<b>Juha Mild</b>	<b>FIN</b>	<b>6.525</b>
4	Olli Väistö	FIN	6.403

1	11.15	7.09	11.77	1.96	49.44	14.46	34.56	5.30	52.00	4:26.37
	+1,4	+1,0			+1,0					
2	11.72	6.56	11.69	1.75	50.40	15.95	35.48	3.90	47.50	4:24.57
	+1,4	+1,3			+1,0					
3	11.47	6.37	11.60	1.75	51.21	15.46	36.56	4.20	40.98	4:44.53
	+1,4	+1,9			+1,0					
4	12.19	5.98	12.49	1.90	54.69	15.97	36.04	4.20	52.30	4:48.31
	+1,4	+2,0			+1,0					

U19 Decathlon		2-3 Aug	
1	<b>Nils Wiklund</b>	<b>SWE</b>	<b>7.105</b>
2	<b>Mika Lönnblad</b>	<b>SWE</b>	<b>6.867</b>
3	<b>Mágnus Áron Hallgrímsson</b>	<b>ISL</b>	<b>6.794</b>
4	Tony Karlsson	SWE	6.703
5	Erik Olofsson	SWE	6.593
6	Harri Laiho	FIN	6.478
7	Ketil Rønneberg	NOR	6.290
8	Espen Strindeberg	NOR	6.212

9	Martin Hædersdal, DEN	6.205+	10	Jouni Laakso, FIN	5.945					
7	11.38	6.90	10.19	1.82	52.70	15.99	32.02	4.50	34.42	5:05.83
	+0,4	+4,3			-0,8					
8	12.04	6.43	11.44	1.70	54.38	15.78	37.64	3.60	47.84	4:35.95
	+2,2	+1,5			-0,8					
10	12.41	6.12	11.93	1.91	55.18	16.84	37.02	3.80	39.38	4:52.76
	+0,4	-0,3			-0,8					

U17 Nonathlon		2-3 Aug	
1	<b>Jukka Väkeväinen</b>	<b>FIN</b>	<b>5.836</b>
2	<b>Tobias Melin</b>	<b>SWE</b>	<b>5.656</b>
3	<b>Björn Selin</b>	<b>SWE</b>	<b>5.594</b>
4	Mariusz Musial	NOR	5.393
5	Pasi Virtanen	FIN	5.317
6	Miika Savola	FIN	5.273
7	Vegar Sællæg	NOR	5.138
8	Fredrik Bäckström	SWE	5.003

9 Casper Lindemann, DEN 4.930

4	13.45	34.68	3.60	44.00	11.65	1.68	11.49	6.26	3:07.90
	+0,5				-1,7				
7	13.85	31.52	3.20	44.48	12.17	1.74	12.48	6.07	3:08.57
	+2,0				-2,6				

Women

U23 Heptathlon		2-3 Aug	
1	<b>Piia Peltosaari</b>	<b>FIN</b>	<b>5.432</b>
2	<b>Mervi Väyrynen</b>	<b>FIN</b>	<b>5.078</b>
3	<b>Anja L. Pedersen</b>	<b>DEN</b>	<b>4.899</b>
=4	Þuridur Íngvarsdóttir	ISL	4.843
=4	Anna Wiklund	SWE	4.843
6	Linda Johansson	SWE	4.159

1	15.20	1.75	11.69	25.15	5.79	37.32	2:22.85
	+1,6			-0,3	-0,7		
2	15.35	1.66	10.33	26.54	5.62	45.02	2:31.42
	+1,6			-0,3	+0,2		

U21 Heptathlon		2-3 Aug	
1	<b>Katja Pettinen</b>	<b>FIN</b>	<b>5.304</b>
2	<b>Ellen Bergin</b>	<b>NOR</b>	<b>5.116</b>

2	14.64	1.48	9.92	25.18	5.72	39.82	2:21.43
	+1,6			-0,3	-0,8		

U19 Heptathlon		2-3 Aug	
1	<b>Rannveig Kvalvik</b>	<b>NOR</b>	<b>5.317</b>
2	<b>Ann-Charlotte Lusik</b>	<b>SWE</b>	<b>4.991</b>
3	<b>Tarja Aila</b>	<b>FIN</b>	<b>4.921</b>
4	Malin Arvidsson	SWE	4.646
5	Kathrine Nielsen	DEN	4.615
6	Elin Blomgren	SWE	4.583
7	Susanna Oravainen	FIN	4.566

1	14.47	1.70	10.69	25.35	5.53	35.44	2:19.55
	+0,5			+1,2	+0,7		
7	15.61	1.64	9.66	26.82	5.15	37.50	2:40.84
	+0,5			+1,2	-1,5		

U17 Heptathlon		2-3 Aug	
1	<b>Katja Ripatti</b>	<b>FIN</b>	<b>5.459</b>
2	<b>Marianne Mattas</b>	<b>FIN</b>	<b>4.876</b>
3	<b>Jessie Ross</b>	<b>SWE</b>	<b>4.804</b>
4	Hanna Jokinen	FIN	4.715
5	Anna Larsson	SWE	4.669
6	Vála R. Flórsadóttir	ISL	4.569
7	Åsa Lönn	SWE	4.539
8	Grethe Kleggetveit	NOR	4.412

9	Margareth Wiig, NOR	4.221					
4	14.54	1.51	10.97	26.16	5.25	26.20	2:23.95
	+0,3			+2,1	+1,1		
8	16.35	1.51	12.07	27.57	4.91	40.54	2:40.74
	+0,3			+2,1	+0,8		
9	15.54	1.51	9.64	26.93	5.10	26.22	2:37.58
	+1,6			+1,6	+0,3		

Nordic Junior Race Walking Match

Vantaa, FIN 6 Aug

Men

\* Was disqualified, but only judges from 2 countries had awarded him red card when disqualified after approx 8000m with a 600m lead. He was reinstated after protest.

		6 Aug	10000m
<b>1</b>	<b>Arne-Johan Martinsen</b>	<b>NOR</b>	<b>NT *</b>
<b>2</b>	<b>Jarno Kinnunen</b>	<b>FIN</b>	<b>48:18.53</b>
<b>3</b>	<b>Trond Nymark</b>	<b>NOR</b>	<b>48:23.27</b>
4	Carsten Madsen	DEN	48:29.86
5	Jani Valtanen	FIN	50:53.84
6	Johan Lundqvist	SWE	51:38.44
7	Esa Kinnunen	FIN	52:27.63
8	Mattias Lindberg	SWE	61:20.90

		6 Aug	5000m
<b>1</b>	<b>Marius Kristiansen</b>	<b>NOR</b>	<b>22:50.24</b>
<b>2</b>	<b>Timo Viljanen</b>	<b>FIN</b>	<b>24:08.55</b>
<b>3</b>	<b>Magnus Unger</b>	<b>SWE</b>	<b>24:55.80</b>
4	Tomas Mattisson	SWE	25:07.62
5	Mikko Lumilahti	FIN	25:07.64
6	Dan Kondrup	DEN	25:41.09
7	Magnus Johansson	SWE	27:36.67
8	Rune Slettebakken	NOR	29:30.38

Teemu Suhonen, FIN DQ

		6 Aug	3000m
<b>1</b>	<b>Ronnie Kristiansen</b>	<b>DEN</b>	<b>13:42.60</b>
<b>2</b>	<b>Anssi Poikalainen</b>	<b>FIN</b>	<b>13:53.50</b>
<b>3</b>	<b>Jesper Møller-Thomsen</b>	<b>DEN</b>	<b>13:58.45</b>
4	Markku Hämäläinen	FIN	14:05.58
5	Arto Matilainen	FIN	14:12.68
6	Erik Tysse	NOR	14:39.43
7	Martin Tenggren	SWE	15:04.66
8	Åsmund Stormoen	NOR	15:08.97

9 Jardar Sæther, NOR 15:20.45, 10 Peter Petterson, SWE 16:13.45, 11 Marcus Lindberg, SWE 17:23.05

Extra: Hannu Vainionpää, FIN 16:01.81

		6 Aug	3000m
<b>1</b>	<b>Viktor Jansson</b>	<b>SWE</b>	<b>14:46.48</b>
<b>2</b>	<b>Andreas Gustafsson</b>	<b>SWE</b>	<b>15:20.16</b>
<b>3</b>	<b>Jani Ranta-Pere</b>	<b>FIN</b>	<b>15:28.10</b>
4	Mauri Viitamaa	FIN	15:36.22
5	Marcus Gustafsson	SWE	15:45.21
6	Markus Helldán	SWE	16:40.82
7	Kenny Kristiansen	DEN	19:02.66

Women

		6 Aug	5000m
<b>1</b>	<b>Jessica Franzén</b>	<b>SWE</b>	<b>24:23.70</b>
<b>2</b>	<b>Linda Tenggren</b>	<b>SWE</b>	<b>24:23.80</b>
<b>3</b>	<b>Outi Sillanpää</b>	<b>FIN</b>	<b>24:57.11</b>
4	Reeta Jalkanen	FIN	25:02.34
5	Ann Cesilie Klaunes	NOR	26:29.93
6	Tanja Kantola	FIN	26:48.65
7	Karin Ihlenius	SWE	27:41.53

		6 Aug	5000m
<b>1</b>	<b>Taru-Tuulikki Stenvall</b>	<b>FIN</b>	<b>24:42.80</b>
<b>2</b>	<b>Anu Saarela</b>	<b>FIN</b>	<b>26:57.95</b>
<b>3</b>	<b>Jonna Voronkoff</b>	<b>FIN</b>	<b>27:01.74</b>
4	Monica Svensson	SWE	27:12.65
5	Camilla Larsen	NOR	27:29.81
6	Anna Löwgren	SWE	29:29.97

7	Åsa Rodéhn	SWE	31:51.17
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Extra: Anu Schultz, FIN 27:11.31

		6 Aug	3000m
<b>1</b>	<b>Virva Virtanen</b>	<b>FIN</b>	<b>15:28.06</b>
<b>2</b>	<b>Anne Haaland Simonsen</b>	<b>NOR</b>	<b>15:31.55</b>
<b>3</b>	<b>Kia Minkkinen</b>	<b>FIN</b>	<b>15:42.68</b>
4	Tuulikki Saari	FIN	15:47.55
5	Magdalena Jacobsson	SWE	15:55.79
6	Malin Unger	SWE	16:39.27
7	Anna Pajuluoma	FIN	16:48.47
8	Siw Lund	NOR	17:08.70

Extra: Marke Hämäläinen, FIN 15:50.58, Paula Schultz, FIN 15:41.26

		6 Aug	3000m
<b>1</b>	<b>Kristi Ranta-Pere</b>	<b>FIN</b>	<b>15:09.37</b>
<b>2</b>	<b>Riikka Schultz</b>	<b>FIN</b>	<b>15:20.30</b>
<b>3</b>	<b>Tiina Muinonen</b>	<b>FIN</b>	<b>16:09.13</b>
4	Sandra Eriksson	SWE	17:05.31
5	Karolina Johansson	SWE	18:29.22

U21/U18	Nation	Total	Ungdom	Nation	Total
	FIN	49		SWE	48
	SWE	42		FIN	46
	NOR	35		DEN	18
	DEN	8		NOR	16

Nordic Junior Match

Huddinge, SWE 3-4 Sep

Men

	<b>100 m</b>		+0,43
<b>1</b>	<b>Erlend Sæterstøl</b>	<b>NOR</b>	<b>10.66</b>
<b>2</b>	<b>Mattias Ghansah</b>	<b>SWE</b>	<b>10.70</b>
<b>3</b>	<b>Jóhannes M. Marteinson</b>	<b>ISL</b>	<b>10.93</b>
4	Teemu Näärävä	FIN	10.94
5	Conny Malm	SWE	10.95
6	Bård Venholen	NOR	10.98
7	Sami Lietonen	FIN	11.13
8	Kristoffer Andersen	DEN	11.61

	<b>200 m</b>		-0,67
<b>1</b>	<b>Mattias Ghansah</b>	<b>SWE</b>	<b>21.71</b>
<b>2</b>	<b>Andreas Morander</b>	<b>SWE</b>	<b>21.87</b>
<b>3</b>	<b>Erlend Sæterstøl</b>	<b>NOR</b>	<b>21.88</b>
4	Teemu Näärävä	FIN	22.09
5	Helge Farbrot	NOR	22.13
6	Peter Voigt	DEN	22.20
7	Johannes M. Marteinson	ISL	22.81
8	Jan-Erik Lindström	FIN	22.89

	<b>400 m</b>		
<b>1</b>	<b>Petri Pohjonen</b>	<b>FIN</b>	<b>48.86</b>
<b>2</b>	<b>Mathias Sundlin</b>	<b>SWE</b>	<b>48.58</b>
<b>3</b>	<b>Björn Engström</b>	<b>SWE</b>	<b>48.79</b>
4	Kristian Fagerland	NOR	49.02
5	Junnu Ikonen	FIN	49.37
6	Josva Jørgensen	DEN	49.45
7	Hakeem Atif	NOR	49.45
8	Ómar Kristinsson	ISL	49.76

	<b>800 m</b>		
<b>1</b>	<b>Kjetil Hodnekvam</b>	<b>NOR</b>	<b>1:52.77</b>
<b>2</b>	<b>Kristian F. Brækkan</b>	<b>NOR</b>	<b>1:52.95</b>
<b>3</b>	<b>Pasi Laiho</b>	<b>FIN</b>	<b>1:53.05</b>
4	Timo Kero	FIN	1:54.31
5	Nicklas Källmén	SWE	1:55.04
6	Håkan Jansson	SWE	1:56.80

7	Paw Nielsen	DEN	1:57.12
8	Jón Steinsson	ISL	1:58.32

*1500 m*

<b>1</b>	<b>Kristian F. Brækkan</b>	<b>NOR</b>	<b>3:50.49</b>
<b>2</b>	<b>Timo Kero</b>	<b>FIN</b>	<b>3:50.95</b>
<b>3</b>	<b>Sami Ylihärtilä</b>	<b>FIN</b>	<b>3:52.18</b>
4	Nicklas Källmen	SWE	3:52.49
5	Håkan Jansson	SWE	3:53.46
6	Marius Lundby	NOR	3:58.78
7	Paw Nielsen	DEN	4:00.70
8	Sveinn Margeirsson	ISL	4:01.49

*5000 m*

<b>1</b>	<b>Christian Karlsson</b>	<b>SWE</b>	<b>14:33.05</b>
<b>2</b>	<b>Rene Carlsen</b>	<b>DEN</b>	<b>14:47.76</b>
<b>3</b>	<b>Mikko Virta</b>	<b>FIN</b>	<b>14:56.17</b>
4	Jonas Hagelin	SWE	15:00.63
5	Marius Lundby	NOR	15:05.11
6	Marko Kotilä	FIN	15:10.21
7	Svein O. Risa	NOR	15:18.68
8	Brian Jensen	DEN	15:19.03

*110 m hurdles*

<b>1</b>	<b>Benjamin Jensen</b>	<b>NOR</b>	<b>14.40</b>
<b>2</b>	<b>Kristian WeeTom</b>	<b>SWE</b>	<b>14.55</b>
<b>3</b>	<b>Jussi Vasama</b>	<b>FIN</b>	<b>14.57</b>
4	Stefan Heinås	SWE	14.83
5	Tero Rautiainen	FIN	14.92
6	Kenneth Halhjem	NOR	15.28
7	Bjarni T. Traustason	ISL	15.79
8	Frank de Paoli	DEN	16.55

*400 m hurdles*

<b>1</b>	<b>David Bergdahl</b>	<b>SWE</b>	<b>51.96</b>
<b>2</b>	<b>Björn Engström</b>	<b>SWE</b>	<b>52.38</b>
<b>3</b>	<b>Harald Lund</b>	<b>NOR</b>	<b>52.86</b>
4	Jaakko Aaltonen	FIN	52.93
5	Tero Rautiainen	FIN	53.70
6	Birger Hermansen	NOR	54.12
7	Frank de Paoli	DEN	56.12
8	Brian Bredstrup	DEN	56.87

*3000 m steeplechase*

<b>1</b>	<b>Jan-Erik Salo</b>	<b>FIN</b>	<b>9:01.34</b>
<b>2</b>	<b>Antti Vainikka</b>	<b>FIN</b>	<b>9:26.69</b>
<b>3</b>	<b>Terje Aggvin</b>	<b>NOR</b>	<b>9:29.62</b>
4	Johan Wettergren	SWE	9:30.06
5	Morten Tjalve	DEN	9:31.21
6	Pål A. Kullerud	NOR	9:42.29
7	Erik Göransson	SWE	10:00.27
8	Guðmundur V. Þorsteinsson	ISL	10:08.62

*10000 m Walk*

<b>1</b>	<b>Jani Lehtinen</b>	<b>FIN</b>	<b>43:18.97</b>
<b>2</b>	<b>Tobias Persson</b>	<b>SWE</b>	<b>43:33.67</b>
<b>3</b>	<b>Arne-Johan Martinsen</b>	<b>NOR</b>	<b>43:40.16</b>
4	Kim Lappalainen	FIN	44:16.67
5	Kristian L. Lyssand	NOR	49:07.54
6	Kristian Klevbom	DEN	51:40.09

*High jump*

<b>1</b>	<b>Mika Pulkku</b>	<b>FIN</b>	<b>2.14</b>
<b>2</b>	<b>Jyrki Kulju</b>	<b>FIN</b>	<b>2.14</b>
<b>3</b>	<b>Ola Carlsson</b>	<b>SWE</b>	<b>2.12</b>
4	Alf H. Trøen	NOR	2.02

5	Kay T. Oxholm	NOR	2.02
6	Michael Victorén	SWE	2.02
7	Christoffer Hulst	DEN	1.94
8	Magnús A. Hallgrímsson	ISL	1.89

*Pole vault*

<b>1</b>	<b>Jussi Autio</b>	<b>FIN</b>	<b>5.00</b>
<b>2</b>	<b>Ariel Mäiki-Soini</b>	<b>FIN</b>	<b>4.90</b>
<b>3</b>	<b>Benjamin Jensen</b>	<b>NOR</b>	<b>4.80</b>
4	Christoffer Holst	DEN	4.70
5	Oscar Jansson	SWE	4.70
6	Ketil Rønneberg	NOR	4.40
7	Tómas Grétar Gunnarsson	ISL	4.00
	Alexander Ingelström	SWE	NM

*Long jump*

<b>1</b>	<b>Kenneth Kastren</b>	<b>FIN</b>	<b>7.33</b>
<b>2</b>	<b>Kristian WeeTom</b>	<b>SWE</b>	<b>7.15</b>
<b>3</b>	<b>Thomas Mellin-Olsen</b>	<b>NOR</b>	<b>7.13</b>
4	Martin Blekkerud	NOR	7.00
5	Johan Raak	SWE	6.86
6	Miika Vesalainen	FIN	6.84
7	Bjarni T. Traustason	ISL	6.61
8	Thomas V. Olesen	DEN	6.60

*Triple jump*

<b>1</b>	<b>Kristian WeeTom</b>	<b>SWE</b>	<b>15.50</b>
<b>2</b>	<b>Johan Attersand</b>	<b>SWE</b>	<b>14.87</b>
<b>3</b>	<b>Dan Kjellmann</b>	<b>DEN</b>	<b>14.81</b>
4	Tero Saastamoinen	FIN	14.79
5	Kimmo Kahila	FIN	14.70
6	Ronny Skårdal	NOR	14.32
7	Svein Gulbrandsen	NOR	14.28
	Ólafur S. Traustason	ISL	NM

*Shot put*

<b>1</b>	<b>Arsi Harju</b>	<b>FIN</b>	<b>18.27</b>
<b>2</b>	<b>Ville Tiisanoja</b>	<b>FIN</b>	<b>17.59</b>
<b>3</b>	<b>Leif Olve Dolonen Larsen</b>	<b>NOR</b>	<b>16.93</b>
4	Andreas Gustafsson	SWE	16.79
5	Linus Bernhult	SWE	15.84
6	Yngvar Andersen	NOR	14.95
7	Michael Johansen	DEN	13.89
8	Joachim Olsen	DEN	13.27

*Discus throw*

<b>1</b>	<b>Timo Sinervo</b>	<b>FIN</b>	<b>56.26</b>
<b>2</b>	<b>Mika Loikkanen</b>	<b>FIN</b>	<b>49.68</b>
<b>3</b>	<b>Linus Bernhult</b>	<b>SWE</b>	<b>49.66</b>
4	Christer Hagberg	SWE	48.56
5	Yngvar Andersen	NOR	45.98
6	Torstein Ryland	NOR	44.86
7	Michael Johansen	DEN	41.68
8	Joachim Olsen	DEN	40.88

*Hammer throw*

<b>1</b>	<b>Mårten Ejdervall</b>	<b>SWE</b>	<b>63.86</b>
<b>2</b>	<b>Tapio Kolunsarka</b>	<b>FIN</b>	<b>61.74</b>
<b>3</b>	<b>Tero Salmela</b>	<b>FIN</b>	<b>58.96</b>
4	Mikael Johansson	SWE	56.80
5	Knut Vikne	NOR	55.80
6	Björn E. Pettersen	NOR	55.70
7	Simon Jensen	DEN	48.32
8	Anders Svendsen	DEN	36.22

*Javelin throw*

1	<b>Esko Mikkola</b>	<b>FIN</b>	<b>73.32</b>
2	<b>Aki Parviainen</b>	<b>FIN</b>	<b>73.24</b>
3	<b>Mats Nilsson</b>	<b>SWE</b>	<b>68.24</b>
4	Pål Arne Fagernes	NOR	65.62
5	Henrik Kjæreng	NOR	62.12
6	Thomas Sandström	SWE	61.82
7	Thor Rasmussen	DEN	57.76
8	Sigmar Vilhjálmsson	ISL	55.92

*4x100 m relay*

1	<b>NOR</b>	<b>41.14</b>	(Bård Venholen, Erlend Sæterstøl, Helge Farbrot, Kristian Fagerland)
2	<b>SWE</b>	<b>41.42</b>	(Ronny Ilvander, Tobias Karlsson, Mattias Ghansah, Conny Malm) *
3	<b>FIN</b>	<b>41.50</b>	(Sami Lietonen, Teemu Närvää, Markus Lindahl, Janne Kempainen)
4	ISL	42.27	
5	DEN	42.78	(Stefan Schmidt, Peter Voigt, Josva Jørgensen, Kristoffer Andersen)

\*=Running order could be different

*4x400 m relay*

1	<b>SWE</b>	<b>3:12.75</b>	(Patrik Tellgren, Mathias Sundin, Björn Engström, Savid Bergdahl) *
2	<b>FIN</b>	<b>3:12.62</b>	(Jaakko Aaltonen, Jan-Erik Lindström, Junnu Ikonen, Petri Pohjonen)
3	<b>NOR</b>	<b>3:13.37</b>	(Kristian Fagerland, Helge Farbrot, Bård Venholen, Hakeem Atif)
4	DEN/ISL	3:14.91	(Ómar Kristinsson, Josva Jørgensen, Andreas Buelund, Peter Voigt)

\*=Running order could be different

Points	Men	Nation	Total
		FIN	232
		SWE	208
		NOR	179
		DEN/ISL	74

**Women**

*100 m*

			+0,81
1	<b>Ingvild Larsen</b>	<b>NOR</b>	<b>11.66</b>
2	<b>Sunna Gestsdóttir</b>	<b>ISL</b>	<b>12.18</b>
3	<b>Minna Vuori</b>	<b>FIN</b>	<b>12.29</b>
4	Johanna Henriksson	SWE	12.33
5	Linda Mårtensson	SWE	12.35
6	Cecilie Rise	NOR	12.43
7	Teea Järvinen	FIN	12.44
8	Camilla Voigt	DEN	12.61

*200 m*

			+0,24
1	<b>Ingvild Larsen</b>	<b>NOR</b>	<b>24.05</b>
2	<b>Heidi Suomi</b>	<b>FIN</b>	<b>24.50</b>
3	<b>Sunna Gestsdóttir</b>	<b>ISL</b>	<b>24.62</b>
4	Emma Holmqvist	SWE	24.76
5	Riika Niemelä	FIN	24.92
6	Erica Johansson	SWE	25.29
7	Camilla Voigt	DEN	25.36
8	Hilde Slind	NOR	25.48

*400 m*

1	<b>Emma Holmqvist</b>	<b>SWE</b>	<b>55.05</b>
2	<b>Rikka Niemelä</b>	<b>FIN</b>	<b>55.31</b>
3	<b>Eija-Inkeri Similä</b>	<b>FIN</b>	<b>56.65</b>
4	Ingrid H. Bjørdal	NOR	56.89
5	Lillian Welmer	SWE	57.49
6	Ingrid Lund	NOR	58.17
7	Guðlaug Haldórsdóttir	ISL	58.84
8	Gitte Larsen	DEN	59.60

*800 m*

1	<b>Venla Saarelma</b>	<b>FIN</b>	<b>2:09.03</b>
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2	<b>Marlin Brown</b>	<b>SWE</b>	<b>2:10.15</b>
3	<b>Eija-Inkeri Similä</b>	<b>FIN</b>	<b>2:11.31</b>
4	Hanne Lyngstad	NOR	2:12.75
5	Ingela Hermansson	SWE	2:13.37
6	Gitte Larsen	DEN	2:15.53
7	Lydia I. Waage	NOR	2:17.64
8	Laufey Stefánsdóttir	ISL	2:19.19

*1500 m*

1	<b>Venla Saarelma</b>	<b>FIN</b>	<b>4:33.60</b>
2	<b>Stine Larsen</b>	<b>NOR</b>	<b>4:31.89</b>
3	<b>Annika Fasth</b>	<b>SWE</b>	<b>4:33.60</b>
4	Hanne Lyngstad	NOR	4:36.34
5	Isabell Andersson	SWE	4:37.90
6	Katja Laaksonen	FIN	4:43.86
7	Laufey Stefánsdóttir	ISL	4:53.14
8	Maiken Jensen	DEN	4:53.77

*3000 m*

1	<b>Stine Larsen</b>	<b>NOR</b>	<b>9:47.14</b>
2	<b>Annika Fasth</b>	<b>SWE</b>	<b>9:47.70</b>
3	<b>Minna Rasimus</b>	<b>FIN</b>	<b>9:48.47</b>
4	Sari Rairama	FIN	9:57.20
5	Annicke Stranda	NOR	10:01.98
6	Frida Rosenberg	SWE	10:39.77
7	Gitte Larsen	DEN	10:58.59
8	Helle Lennø	DEN	14:33.53

*100 m hurdles*

			-0,29
1	<b>Christina Holm</b>	<b>DEN</b>	<b>14.10</b>
2	<b>Satu Sämpi</b>	<b>FIN</b>	<b>14.24</b>
3	<b>Kristina Pihl</b>	<b>SWE</b>	<b>14.32</b>
4	Rannveig Kvalvik	NOR	14.42
5	Katja Pettinen	FIN	14.50
6	Sólveig Björnsdóttir	ISL	14.62
7	Camilla D. Berg	NOR	15.23
8	Cicilia Pringle	SWE	16.97

*400 m hurdles*

1	<b>Emma Holmqvist</b>	<b>SWE</b>	<b>58.43</b>
2	<b>Annika Kumlin</b>	<b>FIN</b>	<b>60.08</b>
3	<b>Rannveig Kvalvik</b>	<b>NOR</b>	<b>60.14</b>
4	Annika Haapala	FIN	61.68
5	Marie Westerlund	SWE	61.78
6	Louise Klostergård	DEN	62.34
7	Kathrine Nielsen	DEN	64.10
8	Camilla D. Berg	NOR	64.56

*5000 m walk*

1	<b>Linda Tenggren</b>	<b>SWE</b>	<b>23:21.36</b>
2	<b>Ann Cecilie Klaunes</b>	<b>NOR</b>	<b>24:39.65</b>
3	<b>Tarja Jaskari</b>	<b>FIN</b>	<b>24:53.90</b>
4	Outi Sillanpää	FIN	25:44.82
5	Karin Ihlenius	SWE	26:49.09

*High jump*

1	<b>Maria Gruffman-Rönnlund</b>	<b>SWE</b>	<b>1.74</b>
2	<b>Karita Ristimäki</b>	<b>FIN</b>	<b>1.74</b>
3	<b>Vala R. Flosadóttir</b>	<b>ISL</b>	<b>1.74</b>
4	Karin Pettersen	SWE	1.74
=5	Tanja Leionen	FIN	1.68
=5	Mimi Storm-Hansen	NOR	1.68
7	Sigrid Haande	NOR	1.64
8	Helle Lennø	DEN	1.60

*Long jump* 18. aug

1	<b>Heli Koivula</b>	<b>FIN</b>	<b>6.41</b>
2	<b>Ingvild Larsen</b>	<b>NOR</b>	<b>6.29</b>
3	<b>Erica Johansson</b>	<b>SWE</b>	<b>6.14</b>
4	Sunna Gestsdóttir	ISL	5.71
5	Petra Eklund	SWE	5.65
6	Cecilie Rise	NOR	5.55
7	Anne Juuti	FIN	5.47
8	Christina Schnor	DEN	5.34

*Triple jump*

1	<b>Heli Koivula</b>	<b>FIN</b>	<b>13.09</b>
2	<b>Sari Kulmala</b>	<b>FIN</b>	<b>12.91</b>
3	<b>Christine Gulbrandsen</b>	<b>NOR</b>	<b>12.83</b>
4	Nancy Mases	SWE	12.47
5	Cecilie Rise	NOR	12.11
6	Anna Anderson	SWE	12.00
7	Heidi Vand	DEN	10.96
8	Rakel Tryggvadóttir	ISL	10.64

*Shot put*

1	<b>Marika Tuliniemi</b>	<b>FIN</b>	<b>17.10</b>
2	<b>Anna Rauhala</b>	<b>FIN</b>	<b>14.80</b>
3	<b>Janne Antonsen</b>	<b>NOR</b>	<b>14.06</b>
4	Gunn T. Johannessen	NOR	13.75
5	Sara Gruvfält-Rosén	SWE	12.92
6	Linda Nestorsson	SWE	12.87
7	Louise Brandstrup	DEN	12.10
8	Marianne Simonsen	DEN	10.59

*Discus throw*

1	<b>Kirsi Lindfors</b>	<b>FIN</b>	<b>50.02</b>
2	<b>Sara Gruvfält-Rosén</b>	<b>SWE</b>	<b>49.02</b>
3	<b>Mervi Hakkarainen</b>	<b>FIN</b>	<b>48.42</b>
4	Grete Etholm	NOR	47.54
5	Janne Antonsen	NOR	46.30
6	Linda Nestorsson	SWE	44.24
7	Marianne Simonsen	DEN	42.96
8	Hanne L. Ólafsdóttir	ISL	37.58

*Javelin throw*

1	<b>Mikaela Ingberg</b>	<b>FIN</b>	<b>54.96</b>
2	<b>Katja Åsvik</b>	<b>SWE</b>	<b>50.46</b>
3	<b>Sølvi Lohne</b>	<b>NOR</b>	<b>49.14</b>
4	Katarina Eklöf	SWE	46.18
5	Katri Paija	FIN	45.82
6	Laila Bergskås	NOR	44.64
7	Vigdis Guðjónsdóttir	ISL	43.76
8	Anja Smollerup	DEN	42.00

*4x100 m relay*

1	<b>NOR</b>	<b>46.77</b>	(Cecilie Rise, Ingvild Larsen, Hilde Slind, Ann Helen Rinden)
2	<b>SWE</b>	<b>46.97</b>	(Erica Johansson, Johanna Henriksson, Kristin Pihl, Linda Mårtensson) *
3	<b>DEN</b>	<b>48.39</b>	(Hanne Holdorf, Camilla Voigt, Christina Holm, Christina Schnor)
4	ISL	49.44	
5	FIN	68.38	(Minna Vuori, Heidi Suomi, Teea Järvinen, Heli Koivula)

\*=Running order could be different

*4x400 m relay*

1	<b>SWE</b>	<b>3:45.14</b>	(Alexandra Boberg, Lillian Welmer, Linda Mårtensson, Marlin Brown) *
2	<b>FIN</b>	<b>3:45.31</b>	(Annika Kumlin, Eija-Inkeri Similä, Teea Hurme, Kirsi Kemppainen)

3	<b>DEN/ISL</b>	<b>3:47.33</b>	(Guðlaug Halldórsdóttir, Louise Klostergaard Jensen, Camilla Voigt, Sunna Gestsdóttir)
4	NOR	3:50.19	(Cecilie Rise, Ingrid H. Bjørdal, Rannveig Kvalvik, Ingrid Lund)

\*=Running order could be different

Points	Women	Nation	Total
		FIN	191,5
		SWE	167
		NOR	144,5
		DEN/ISL	77

## Nordic Race Walking Championships

Kristinebergs IP, Stockholm, SWE 10 Sep

### Men

Senior		10 Sep	2000m
1	<b>Valentin Kononen</b>	<b>FIN</b>	<b>1:23:56.4</b>
2	<b>Jani Lehtinen</b>	<b>FIN</b>	<b>1:27:50.6</b>
3	<b>Veijo Savikko</b>	<b>FIN</b>	<b>1:33:39.4</b>
4	Klaus Jensen	DEN	1:33:48.6
5	Jan Staaf	SWE	1:34:41.2
6	Christian Gundersen	NOR	1:36:49.6
7	Erik Bengtsson	SWE	1:36:57.2
8	Thomas Christensen	DEN	1:38:19.8

9 Tobias Persson, SWE 1:40:50.6, Pauli Pirjetä, FIN DQ, Martin Engelsviken, NOR DQ, Claus Jørgensen, DEN DNF, Stefan Johansson, SWE DNF, Magnus Morenius, SWE DNF

U21		10 Sep	10000m
1	<b>Arne-Johan Martinsen</b>	<b>NOR</b>	<b>45:39.4</b>
2	<b>Jarno Kinnunen</b>	<b>FIN</b>	<b>47:58.0</b>
3	<b>Marius Kristiansen</b>	<b>NOR</b>	<b>48:36.0</b>
4	Trond Nymark	NOR	49:02.0
5	Jani Valtanen	FIN	49:46.6
6	Timo Viljanen	FIN	49:47.2
7	Carsten Madsen	DEN	49:56.4
8	Magnus Unger	SWE	53:17.0

9 Johan Lundqvist, SWE 53:53.0  
Extra: Aigars Fadejevs, LAT 43:13.0

### Women

Senior		10 Sep	5000m
1	<b>Kjersti Tysse</b>	<b>NOR</b>	<b>22:49.87</b>
2	<b>Eira Hirvonen</b>	<b>FIN</b>	<b>25:11.26</b>
3	<b>Mia Olsson</b>	<b>SWE</b>	<b>25:33.95</b>
4	Maud Gunnarsson	SWE	26:04:45
5	Kerstin B. Malm	SWE	26:07.55
6	Satu Malinen	FIN	26:24.79
	Ann Jansson	SWE	DNF

U21		10 Sep	5000m
1	<b>Linda Tenggren</b>	<b>SWE</b>	<b>23:35.8</b>
2	<b>Jessica Franzén</b>	<b>SWE</b>	<b>23:38.2</b>
3	<b>Ann Cecilie Klaunes</b>	<b>NOR</b>	<b>25:17.2</b>
4	Taru-Tuulikki Stenvall	FIN	25:41.2
5	Outu Sillanpää	FIN	26:01.6
6	Karin Ihlenius	SWE	27:40.8

## Nordic Race Walking Championships Long distance

Kristinebergs IP, Stockholm, SWE 10 Sep

### Men

Senior		10 Sep	50000m
1	<b>Antero Lindman</b>	<b>FIN</b>	<b>4:03:43.0</b>
2	<b>Arto Hokkanen</b>	<b>FIN</b>	<b>4:14:07.0</b>
3	<b>Henrik Kjellgren</b>	<b>SWE</b>	<b>4:19:46.0</b>
4	Fredrik Svensson	SWE	4:23:55.0
5	Torben Kristiansen	DEN	4:24:13.0
6	Christer Svensson	SWE	4:28:36.0

7	Peter Ferrari	SWE	4:33:51.0
8	Aksel V. Bendtsen	DEN	4:38:21.0

Matti Heikkilä, FIN DNF

## Women

	<i>Senior</i>	10 Sep	10000m
1	<b>Hanne Liland</b>	<b>NOR</b>	<b>46:38.6</b>
2	<b>Kjersti Tysse</b>	<b>NOR</b>	<b>48:38.6</b>
3	<b>Anne Perttola</b>	<b>FIN</b>	<b>48:53.2</b>
4	Kaisa Suhonen	FIN	52:50.4

5	Veronica Öqvist	SWE	54:37.0
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