

This year consists of the following competitions:

21.5	Aarhus, DEN	3 rd Nordic 10000m Challenge
22.5	Bergen, NOR	34 th Nordic Junior Race Walking Match
3.-4.7	Hafnarfjörður, ISL	27 th Nordic Junior Championships Combined Events
28.-29.8	Espoo, FIN	50 th Nordic Junior Match
7.11	Enhörna, SWE	3 rd Nordic Cross Country Championships

Nordic 10000 m Challenge

Aarhus, DEN 21 May

Men

Senior		21 May	
1	Alfred Shemweta	SWE	28:49.60
2	Dennis Jensen	DEN	28:58.57
3	Janne Holmén	FIN	29:06.06
4	Ahmed Mohamed	SWE	29:26.19
5	Pasi Mattila	FIN	29:28.93
6	Juuso Rainio	FIN	29:35.96
7	Tore Bye	NOR	29:48.52
8	Bjarne Thysell	SWE	29:56.83

9 Jussi Utriainen, FIN 30:17.00, 10 Jussi Virtanen, FIN 30:26.71, 11 Knut Erik Rame, NOR 30:37.04, 12 Christian Olsen, DEN 30:43.63, Claus Bugge Hansen, DEN DNF
 Extra: Lars Johansson, SWE 30:23.00, Ulrik Bohnsen, DEN 30:23.46, Sonni Thelmark, DEN 30:27.53, Søren Rasmussen, DEN 30:38.72, Jonas Hagelin, SWE 30:39.49, Christian Due Pedersen, DEN 30:45.20, Nicklas Källmén, SWE 30:46.53, Erik Pettersson, SWE 30:53.75, Frank Løvndal, DEN 31:04.96, Stefan Wagnsson, SWE 31:13.04, Mads V. Madsen, DEN 31:24.95, Christian Madsen, DEN 31:30.02, Henrik Ahnström, SWE 31:35.65, Andreas Carlberg, SWE DNF, Johan Swärdh, SWE DNF

This list might not be complete. Probably at least another 2 DEN runners took part. The division of in-competition and out-of-competition runners may also be different.

Women

Senior		21 May	
1	Hilde Hovdenak	NOR	33:20.08
2	Bente Landøy	NOR	33:22.16
3	Annetta Jensen	DEN	33:24.45
4	Marie Söderström-Lundberg	SWE	33:26.98
5	Charlotte Larsen	DEN	33:55.63
6	Jytte Pedersen	DEN	34:51.11
7	Paivi Kauppinen	FIN	35:01.56
8	Ingmarie Eriksson	SWE	35:41.49

9 Susanne Wiström, SWE 35:16.18, 10 Naria Elofsson, SWE 36:04.38, 11 Louise Bech Hansen, DEN 38:43.53, Anja Jørgensen, DEN DNF

Nordic Race Walking Championships

Fana Stadion, Bergen, NOR 22 May

Men

U21		22 May		10000m	
1	Viktor Jansson	SWE	43:21.7		
2	Snorre B. Utaker	NOR	43:55.0		
3	Erik Tysse	NOR	44:12.7		
4	Henning Havsgård	NOR	44:23.5		
5	Eero Turpeinen	FIN	46:12.0		
	Maro Hämmäläinen	FIN	DQ		
	Antti Kempas	FIN	DQ		

U18		22 May		5000m	
1	John-Christian Scheie	NOR	23:03.9		
2	Sigbjørn Sandberg	NOR	23:09.3		
3	Jani Ranta-Pere	FIN	23:09.6		
4	Thomas Ølness	NOR	24:23.9		
5	Pekka Vuori	FIN	24:29.7		
6	Janne Meriläinen	FIN	26:52.9		
7	Michael Bengtsson	SWE	27:58.3		
8	Fredrik Hermansson	SWE	30:17.8		

U16		22 May		3000m	
1	Jarkko Kinnunen	FIN	14:38.9		
2	Ludvig Jansson	SWE	14:39.6		
3	Kalevi Jääskeläinen	FIN	15:08.0		
4	Bjørn Ove Ølness	NOR	15:12.1		
5	Asko Ala-Petäys	FIN	15:25.3		
6	Mats Elholm	NOR	15:53.2		
7	Thomas Elholm	NOR	16:22.7		
8	Ato Ibáñez	SWE	17:10.1		

Women

U21		22 May		5000m	
1	Anne Haaland Simonsen	NOR	23:02.6		
2	Elin Cesilie Loftesnes	NOR	23:51.3		
3	Magdalena Jacobsson	SWE	24:14.0		
4	Benedicte Bergli	NOR	24:32.5		
5	Tiina Muinonen	SWE	24:41.6		
6	Mirkka Mönkkönen	FIN	25:26.0		
7	Sandra Eriksson	SWE	25:42.9		
8	Heidi Lindewall	SWE	25:59.6		

U18		22 May		5000m	
1	Minna Heikkinen	FIN	25:43.5		
2	Marja Penttinen	FIN	25:43.5		
3	Tiina Kokkonen	FIN	25:59.2		
4	Johanne E. Rostad	NOR	26:14.6		
5	Anna Nilsson	SWE	27:36.0		
6	Angelica Johansson	SWE	29:09.8		

U16		22 May		3000m	
1	Mirke Hämmäläinen	FIN	15:14.6		
2	Alicia Lind	SWE	15:29.0		
3	Niina Viinikka	FIN	15:35.0		
4	Sofia Andersson	SWE	15:36.0		
5	Marika Ojanperä	SWE	15:37.3		
6	Maria Nilsson	SWE	16:39.8		
7	Katrine Kristiansen	NOR	18:10.8		
8	Nina Bergli	NOR	18:32.0		

9 Elise Blokhus, NOR 18:36.0

Points	Women	Nation	Men	Women	Total
		FIN	35	40	75
		NOR	38	29	67
		SWE	26	30	56

Nordic Junior Championships Combined Events

Kaplakrikavöllur, Hafnarfjörður, ISL 3-4 Jul

Men

U23 Decathlon		3-4 Jul	
1	Harri Laiho	FIN	7.230
2	Jukka Väkeväinen	FIN	7.041
3	Niklas Kleebinder	SWE	6.957
4	Christer Göransson	SWE	6.753
	Rajne Svenssohn	SWE	DNF
	Örvar Ólafsson	ISL	DNF

(100m, Long jump, Shot put 7,26kg, High jump, 400m, 110 hurdles 106,7cm, Discus 2kg, Pole vault, Javelin throw 800g, 1500m)

1	11.40	6.68	13.25	1.99	52.36	15.55	39.82	4.90	58.10	5:11.05
	774	739	682	794	709	784	661	880	709	498
2	11.62	6.69	11.18	1.99	51.18	15.81	36.56	4.40	53.29	4:30.17
	728	741	557	794	761	754	595	731	637	743
3	11.72	6.60	13.14	1.90	53.77	16.09	45.20	4.30	52.64	4:42.09
	707	720	676	714	649	723	771	702	628	667
4	11.49	6.96	12.50	1.81	51.53	15.31	37.08	3.90	47.66	4:50.69
	755	804	637	636	745	812	605	590	554	615
	11.59	6.15	12.52	1.75	56.95	DNS				
	734	619	638	585	523					
	DNF	DNS								
	0									

U21 Decathlon

3-4 Jul

1	Teemu Rautianen	FIN	6.958
2	Knut Harald Sommerfeldt	NOR	6.849
3	Runar Heltne	NOR	6.593
4	Anders Black	DEN	6.519
5	Sigurður Karlsson	ISL	6.508
6	Henri Baker	DEN	6.403
7	Rafn Árnason	ISL	5.793

Mika Rajala, FIN DNF, Erik Svensson, SWE DNF

(100m, Long jump, Shot put 7,257kg, High jump, 400m, 110m hurdles 106,7cm, Discus 2kg, Pole vault, Javelin throw 800g, 1500m)

1	11.45	6.62	12.34	1.96	52.49	15.43	38.91	4.50	57.66	5:16.16
	763	725	627	767	703	798	642	760	703	470
2	11.63	6.73	12.74	1.78	53.65	15.73	38.97	4.30	59.27	4:49.21
	725	750	651	610	654	763	644	702	727	623
3	11.33	6.69	9.52	1.72	51.37	15.99	35.71	4.10	53.25	4:37.05
	789	741	457	560	753	734	578	645	637	699
4	11.49	6.87	12.50	1.99	52.13	16.63	34.12	3.50	47.79	4:55.89
	755	783	637	794	719	663	546	482	556	584
5	11.57	6.47	12.62	1.81	52.49	16.97	38.50	3.70	56.77	4:51.23
	738	691	644	636	703	627	634	535	689	611
6	11.61	6.14	12.32	1.93	51.87	15.37	26.89	3.70	47.38	4:42.23
	730	617	626	740	730	805	404	535	550	666
7	11.34	6.38	9.24	1.75	51.92	16.55	25.89	3.20	45.79	4:54.01
	786	670	440	585	728	672	384	406	527	
	11.64	6.74	11.88	1.81	DNS					
	723	753	599	636						
	11.60	DNS								
	732									

U19 Nonathlon

3-4 Jul

1	Håkan Jedhammar	SWE	7.103
2	Johan Wiklund	SWE	6.442
3	Pekka Nurmi	FIN	6.336
4	Jónas Hallgrímsson	ISL	5.917
5	Hans Olav Uldal	NOR	5.882
6	Tatu Pussila	FIN	5.426
	Nils Petterson	SWE	DNF
	Ingi Sturla Þórisson	ISL	DNF

(110m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 700g, 300m, 100m, Long jump, Shot put 5kg, High jump, 1000m)

1	11.21	6.81	11.56	1.89	50.33	15.37	36.35	4.70	46.91	4:40.37
	814	7.69	580	705	799	805	591	819	543	678
2	11.53	6.25	12.94	1.89	56.69	15.09	40.69	3.90	47.54	5:11.98
	746	641	664	705	533	839	679	590	552	493
3	11.96	6.42	11.46	1.77	53.05	15.27	33.86	3.90	47.35	4:45.55
	659	679	574	602	679	817	541	590	549	646
4	12.05	6.66	10.29	1.80	55.30	16.52	30.54	3.70	48.47	4:57.47
	641	734	503	627	587	675	475	535	566	574
5	11.80	6.66	11.03	1.68	54.95	16.18	39.12	3.20	51.10	5:28.09
	691	734	548	528	601	713	647	406	605	409
6	11.61	6.58	12.23	1.92	55.43	14.91	29.85	NM	59.20	DNF
	730	716	620	731	582	860	461	0	726	0
	11.78	6.04	13.05	1.71	55.36	17.36	38.98	DNS		
	695	595	670	552	584	587	644			
	11.56	6.25	9.31	DNS						
	740	641	444							

U17 Nonathlon

3-4 Jul

1	Gert Skals	DEN	5.684
2	Daniel Malmström	SWE	5.539

3	Markus Aaltonen	FIN	5.446
4	Ólafur Dan Hreinsson	ISL	4.929
5	Björn Sigurd Sommerfeldt	NOR	4.830
6	Sigurjón Guðjónsson	ISL	4.710

(110m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 700g, 300m, 100m, Long jump, Shot put 5kg, High jump, 1000m)

1	14.88	29.97	3.90	54.60	11.75	1.85	13.86	6.55	3:08.25
	621	464	590	657	701	670	720	709	552
2	14.55	41.65	3.20	42.72	11.77	1.85	12.81	6.55	3:07.09
	6.60	698	406	482	697	670	656	709	561
3	15.24	33.58	3.60	61.30	12.39	1.76	11.88	6.14	2:53.94
	581	535	509	757	576	593	599	617	679
4	15.71	33.16	3.30	45.67	12.73	1.73	11.54	6.05	2:55.48
	522	527	431	525	515	569	579	597	664
5	15.27	30.31	3.40	46.72	12.47	1.70	11.53	5.99	3:12.78
	578	471	457	540	562	544	578	584	516
6	14.96	34.75	2.80	32.76	11.87	1.79	11.37	5.60	3:11.54
	612	559	309	338	677	619	5.68	602	526

Women

U23 Heptathlon

3-4 Jul

1	Malin Svensson	SWE	4.812
	Theresa Söderlund	SWE	DNF

(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw, 800m)

1	15.42	1.70	11.45	26.89	5.37	33.46	2:36.08
	787	855	625	721	663	542	619
2	15.41	1.67	10.14	DNS			
	788	818	539				

U21 Heptathlon

3-4 Jul

1	Niina Kelo	FIN	5.102
2	Jeanette Hansson	SWE	4.746
3	Annemette Fabricius	DEN	4.739
4	Sigurlaug Nielsdóttir	ISL	4.469

(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw 600g, 800m)

1	14.73	1.61	14.30	27.03	5.14	43.23	2:35.38
	878	747	814	709	598	729	627
2	14.97	1.61	9.68	27.11	5.54	33.24	2:30.14
	846	747	509	703	712	538	691
3	15.11	1.61	11.21	26.75	5.21	31.95	2:30.09
	827	747	609	733	617	514	692
4	14.83	1.55	9.61	26.41	5.15	25.92	2:32.64
	864	678	504	762	601	400	660

U19 Heptathlon

3-4 Jul

1	Sanna Saarman	FIN	5.257
2	Jenniina Halkoaho	FIN	4.837
3	Ída Sjöling	SWE	4.481
4	Camilla Gullhav Hatlen	NOR	4.220
5	Hilda Guðný Svavarsdóttir	ISL	4.137
6	Anna Margrét Ólafsdóttir	ISL	4.086
7	Sigrún Dögg Þórðardóttir	ISL	3.615

(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw 600g, 800m)

1	14.21	1.67	12.28	26.44	5.73	39.27	2:35.09
	949	818	680	759	768	653	630
2	14.50	1.52	10.17	25.96	5.82	31.13	2:33.54
	909	644	541	801	795	498	649
3	15.48	1.55	9.87	27.05	5.27	29.69	2:30.20
	779	678	521	708	634	471	690
4	15.54	1.49	10.35	27.23	5.31	28.62	2:46.83
	772	610	552	693	645	451	497
5	16.20	1.55	8.68	27.43	4.93	29.54	2:34.15
	690	678	443	676	540	468	642
6	14.89	1.49	8.93	26.93	4.58	23.97	2:35.05
	856	610	460	718	448	363	631
7	16.62	1.37	7.82	28.41	4.84	29.32	2:44.05
	640	481	388	599	516	464	527

U17 Heptathlon

3-4 Jul

1	Carolina Klüft	SWE	5.433
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2	Linn Broch	NOR	4.895
3	Karina Johansen	DEN	4.748
4	Nadja Casadei	SWE	4.647
5	Ágústa Tryggvadóttir	ISL	4.616
6	Karen Klintø	DEN	4.520
7	Elin Marvik	NOR	4.475
8	Laura Pihkola	FIN	4.378

9 Hilde Røsvik, NOR 4.277, Lilja Grétarsdóttir, ISL DNF, Madelene Nylander, SWE DNF

(100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 600g, 800m)

1	14.05	1.72	10.96	25.11	5.43	37.57	2:20.74
	971	879	592	877	680	621	813
2	14.68	1.75	9.95	26.45	5.44	30.50	2:34.12
	884	916	526	758	683	486	642
3	14.78	1.60	11.52	26.72	5.36	27.05	2:29.72
	871	736	629	735	660	421	696
4	15.32	1.60	12.30	27.39	5.19	28.02	2:29.54
	800	736	681	680	612	439	699
5	15.22	1.54	12.17	27.17	5.20	32.01	2:34.44
	813	666	672	698	614	515	638
6	15.87	1.48	11.82	26.63	5.35	31.36	2:34.32
	730	599	649	743	657	502	640
7	15.88	1.63	11.66	28.27	5.05	33:12	2:36.23
	729	771	639	610	573	536	617
8	15.46	1.60	10.65	28.04	5.10	33.10	2:43.04
	782	736	572	628	587	535	538
9	15.44	1.54	8.94	27.73	5.48	27.63	2:38.64
	784	666	460	652	694	432	589
	16.36	1.45	10.47	29.33	4.49	DNF	
	671	566	560	530	426		
	17.00	1.51	11.18	DNF	DNF		
	596	632	607	0			

Nordic Junior Match

Leppävaara, Espoo, FIN 28-29 Aug

Men

100 m				28 aug	+1,7
1	Erik Wahn	SWE	10.70		
2	Christoffer Sandin	SWE	10.71		
3	Tuukka Komssi	FIN	10.80		
4	Thor Torp	DEN	10.89		
5	Ossi Riekkinen	FIN	10.96		
6	Christoffer Selmer	NOR	11.07		
7	Ole Christian Østrem	NOR	11.09		
8	Aron Freyr Lúðvíksson	ISL	11.19		
200 m				29 Aug	+1,7
1	Erik Wahn	SWE	21.29		
2	Tuukka Komssi	FIN	21.64		
3	Espen Gatzwiller	DEN	21.76		
4	Christofer Sandin	SWE	21.77		
5	Kari Rissanen	FIN	22.04		
6	Yngve Sundsfjord	NOR	22.09		
7	Martin Hjelseth	NOR	22.20		
8	Aron Freyr Lúðvíksson	ISL	22.28		
400 m				28 Aug	
1	Thomas Byrberg	SWE	47.90		
2	Johan Hed	SWE	48.14		
3	Yngve Sundsfjord	NOR	48.17		
4	Ari Kauppinen	FIN	49.00		
5	Kari Rissanen	FIN	49.31		
6	Olav Thomassen	DEN	49.63		
7	Lars Eric Sæther	NOR	49.67		
8	Björgvin Víkingsson	ISL	50.16		
800 m				29 Aug	
1	Rickard Pell	SWE	1:52.42		

2	Jon Andersson	SWE	1:52.64
3	Kristoffer Härtull	FIN	1:52.84
4	Mathias Björkqvist	FIN	1:53.26
5	Stig Vervik Ellingsen	NOR	1:55.38
6	Hans Martin Johnsrud	NOR	1:56.63
7	Björn Margeirsson	ISL	1:57.14
8	Tito Phiri	DEN	1:57.98

1500 m

28 Aug

1	John Laselle	SWE	3:51.27
2	Rickard Pell	SWE	3:51.29
3	Mikael Talasjoki	FIN	3:51.83
4	Björn Margeirsson	ISL	3:55.29
5	Olli Rantamäki	FIN	3:56.83
6	Odd Morten Brekke	NOR	3:58.85
7	Kjetil Ramstad	NOR	4:02.29
8	Rasmus K. Larsen	DEN	4:03.56

5000 m

28 Aug

1	Björn Bergström	SWE	14:48.04
2	Ingemund Askeland	NOR	14:57.18
3	Turo Inkiläinen	FIN	15:01.67
4	Björn Kristensen	NOR	15:09.87
5	Tuomo Lehtinen	FIN	15:13.81
6	Michael Jørgensen	DEN	15:17.90
7	Michael Öhman	SWE	15:52.37

110 m hurdles

28 Aug

+2,1

1	Marko Ritola	FIN	14.27
2	Janne Mäkelä	FIN	14.66
3	Paul Ragnvaldsson	SWE	14.67
4	Magnus Husby Rostad	NOR	14.90
5	Torbjørn Sola	NOR	14.98
6	Henrik Baker	DEN	15.05
7	Ingi Sturla Þórisson	ISL	15.09
8	Peter Pipkom	SWE	15.22

400 m hurdles

29 Aug

1	Janne Mäkelä	FIN	53.54
2	Lassi Niemi	FIN	53.74
3	Jimmy Palm	SWE	54.80
4	Håkan Eriksson	SWE	54.86
5	Olau Thomassen	DEN	55.06
6	Michael Tomala	NOR	56.32
7	Magnus Husby Rostad	NOR	59.40
	Ívar Örn Indriðason	ISL	DNF

3000 m steeplechase

22 Aug

1	Jan Amnéus	SWE	9:14.46
2	Johan Olehäll	SWE	9:16.72
3	Eemeli Saarelma	FIN	9:17.53
4	Trond Idland	NOR	9:29.65
5	Jon Jåvoll Hagen	NOR	9:35.68
6	Jussi Viljanen	FIN	9:42.93
7	Mikkel Kleis	DEN	10:25.60

10000 m Walk

29 Aug

1	Erik Tysse	NOR	43:30.37
2	Arto Matilainen	FIN	44:59.66
3	Viktor Jansson	SWE	45:34.03
4	Henning Havsgård	NOR	45:38.16
5	Antti Kempas	FIN	49:06.13
6	Ludvig Jansson	SWE	49:26.31

High jump

28 Aug

1	Christian Olsson	SWE	2.17
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2	Einar Karl Hjartarson	ISL	2.11
3	Toni Huikuri	FIN	2.00
=4	Andreas Aune Viken	NOR	2.00
=4	Heikki Taneli	FIN	2.00
6	Per-Ola Andersson	SWE	1.95
7	Jens Møller Boeris	DEN	1.95
8	Tommy Stuen	NOR	1.90

<i>Pole vault</i>				29 Aug
1	Mikko Latvala	FIN	5.31	
2	Maciek Musial	NOR	4.90	
3	Laust Lund	DEN	4.70	
4	Tero Joutsen	FIN	4.70	
5	Henrik Weisbach	SWE	4.70	
6	Geir Ove Rasmussen	NOR	4.40	
7	Johan Rogö	SWE	4.20	

<i>Long jump</i>				28 Aug
1	Jaakko Ojaniemi	FIN	7.55 +2,3	
2	David Frykholm	SWE	7.37 +1,3	
3	Jonas Arnsten	SWE	7.19 +1,7	
4	Thomas Flensburg Madsen	DEN	7.17 +0,9	
5	Finn Tysland Johnsen	NOR	7,11 +1,5	
6	Mikko Keränen	FIN	7.04 +2,0	
7	Lars Jacob Woie	NOR	6.91 +1,7	
8	Jónas Hlynur Hallgrímsson	ISL	6.52 +1,6	

<i>Triple jump</i>				29 Aug
1	Christian Olsson	SWE	16.30 +1,5	
2	Janne Harju	FIN	15.85 +1,4	
3	Julius Anckar	FIN	15.26 +1,2	
4	David Frykholm	SWE	15.01 +2,8	
5	Lars Eric Sæter	NOR	14.94 +2,7	
6	Thomas Flensburg Madsen	DEN	14.60 +3,2	
7	Jónas Hlynur Hallgrímsson	ISL	14.35 +2,0	
8	Ole Jacob H. Nielsen	NOR	13.71 +1,1	
4	14.73	+1,5		
5	14.87	+1,7		
6	14.52	+1,6		

<i>Shot put</i>				28 Aug
1	Jimmy Nordin	SWE	18.50	
2	Teijo Kööpikkä	FIN	17.67	
3	Mikko Viitamaa	FIN	16.39	
4	Gaute Myklebust	NOR	16:26	
5	Morten Zabel	DEN	14.73	
6	David Johansson	SWE	14.38	
7	Øystein Glesnes	NOR	14.14	

<i>Discus throw</i>				29 Aug
1	Petri Hakala	FIN	54.79	
2	Janne Hummastenniemi	FIN	54.28	
3	Gaute Myklebust	NOR	48.55	
4	Rune Johansen	NOR	46.79	
5	Johan Persson	SWE	44.04	
6	Oðinn Björn Þorsteinsson	ISL	43.97	
7	Jimmy Nordin	SWE	42.79	
8	Casper Nielsen	DEN	38.33	

<i>Hammer throw</i>				29 Aug
1	Olli-Pekka Karjalainen	FIN	71.42	
2	Jarkko Paljakka	FIN	63.13	
3	Emil Wickman	SWE	52.58	
4	Jörgen Vicksell	SWE	48.15	
5	Morten Zabel	DEN	48.14	
6	Jan Erik Hopen	NOR	47.97	

7	Øystein Glesnes	NOR	44.67
8	Vigfús Dan Sigurðsson	ISL	40.27

<i>Javelin throw</i>				28 Aug
1	Richard Alneroth	SWE	69.44	
2	Mikael Snällfot	SWE	68.05	
3	Jussi Krautsuk	FIN	67.90	
4	Andreas Thorkildsen	NOR	66.84	
5	Ari Kareinen	FIN	64.93	
6	Paul Solberg	NOR	63.06	
7	Claus Borggren	DEN	51.25	

<i>4x100 m relay</i>				28 Aug
1	SWE	40.82	(Daniel Bergström, Christoffer Sandin, Peter Ahl, Erik Wahn)	
2	NOR	41.86	(Ole Chr Østrem, Maciek Musial, Martin Hjelseth, Lars Jacob Woie)	
3	DEN	41.91	(Thor Thorp, Espen Gatzwiller, Steffen Jørgensen, Henrik Baker)	
4	ISL	42.47	(Rafn Árnsson, Aron Freyr Lúðvíksson, Ivar Örn Indriðason, Ingi Sturka Þórisson)	
5	FIN	DNF		

<i>4x400 m relay</i>				29 Aug
1	SWE	3:13.83	(Johan Hed, Erik Wahn, Andreas Rehnberg, Thomas Byrberg)	
2	NOR	3:18.30	(Martin Hjelseth, Yngve Sundsfjord, Lars Eric Sæther, Michael Tomala)	
3	FIN	3:18.41	(Kari Rissanen, Tuomas Kaikkonen, Mathias Björkqvist, Ari Kauppinen)	
4	ISL	3:20.23	(Ivar Örn Indriðason, Björgvin Víkingsson, Aron Freyr Lúðvíksson, Rafn Árnsson)	

Points Men	Nation	Day 1	Day 2	Total
	SWE	142	94	236
	FIN	109,5	111	220,5
	NOR	79,5	67	146,5
	DEN/ISL	50	35	85

Women

<i>100 m</i>				28 aug	+1,1
1	Veronica Fransson	SWE	11.78		
2	Sofie Abildtrup	DEN	11.84		
3	Malin Källgren	SWE	11.98		
4	Elina Lehtimaa	FIN	12.12		
5	Cecilie Ringvold	NOR	12.21		
6	Camilla Dahle	NOR	12.21		
7	Kristín Þórhallsdóttir	ISL	12.83		
	Susanna Rajamäki	Fin	DQ:R162.6		

<i>200 m</i>				29 aug	+1,2
1	Susanna Rajamäki	FIN	23.88		
2	Sofie Abildtrup	DEN	24.02		
3	Silja Úlfarsdóttir	ISL	24.35		
4	Veronica Fransson	SWE	24.58		
5	Helene Nordqvist	SWE	24.82		
6	Camilla Dahle	NOR	24.82		
7	Elina Lehtimaa	FIN	25.47		
8	Cecilie Ringvold	NOR	25.60		

<i>400 m</i>				28 Aug	
1	Anja Rantanen	FIN	54.77		
2	Beatrice Dahlgren	SWE	54.83		
3	Silja Úlfarsdóttir	ISL	55.47		
4	Hanna Peterson	SWE	56.19		
5	Pirpa Menonen	SWE	56.66		
6	Lise M. Jensen	NOR	57.32		
7	Michala Bluhm	DEN	57.43		
8	Hege Brekken Riise	NOR	59.24		

<i>800 m</i>			
29 Aug			
1	Johanna Risku	FIN	2:06.58
2	Kristin Roset	NOR	2:07.66
3	Heidi Ruonala	FIN	2:08.14
4	Carolina Nylén	SWE	2:12.42
5	Erika Mårtensson	SWE	2:13.77
6	Eva Rós Stefánsdóttir	ISL	2:14.73
7	Louise Mørch	DEN	2:16.34
8	Alvilde Ossum	NOR	2:18.26

<i>1500 m</i>			
28 Aug			
1	Ingvill Måkestad	NOR	4:18.42
2	Johanna Risku	FIN	4:24.81
3	Suvi Myllymäki	FIN	4:30.06
4	Hanna Karlsson	SWE	4:30.83
5	Laila Laursen	DEN	4:42.06
	Ragnhild Kvarberg	NOR	DNF
	Lena Nilsson	SWE	DNF

<i>3000 m</i>			
29 Aug			
1	Hanna Karlsson	SWE	9:52.71
2	Grethe Lise Nygård	NOR	9:56.61
3	Laila Laursen	DEN	10:03.82
4	Jenni Laitakari	FIN	10:08.87
5	Laila Selbæk	NOR	10:11.61
6	Louise Fredriksson	SWE	10:26.78
7	Pauliina Sormunen	FIN	10:32.93

<i>100 m hurdles</i>			
28 Aug			
			+0,9
1	Hanna Korell	FIN	13.51
2	Petra Larm	FIN	13.83
3	Lina Quick	SWE	14.09
4	Pernilla Wigotsson	SWE	14.16
5	Mette Svarrer	DEN	14.63
6	Sigurlaug Niélsdóttir	ISL	14.90
7	Ellen Strøm	NOR	15.07
8	Linn Broch	NOR	15.13

<i>400 m hurdles</i>			
29 Aug			
1	Anja Rantanen	FIN	59.30
2	Erika Mårtensson	SWE	60.88
3	Lise M. Jensen	NOR	61.19
4	Ulrika Johansson	SWE	61.35
5	Ellen Strøm	NOR	64.45
6	Mette Svarrer	DEN	64.99
7	Johanna Leppänen	FIN	65.17
8	Ylfa Jónsdóttir	ISL	67.03

<i>2000 m steeplechase</i>			
29 Aug			
1	Sara Talia	SWE	6:59.11
2	Eliisa Ahola	FIN	7:03.41
3	Ella Gjømle	NOR	7:06.62
4	Lisa Wallgren	SWE	7:10.54
5	Johanna Raja-Aho	FIN	7:13.01
6	Helle Nielsen	DEN	7:34.41
7	Ellen Strøm	NOR	8:39.02

<i>5000 m walk</i>			
29 Aug			
1	Anna Haaland Simonsen	NOR	22:31.86
2	Elin Cesilie Loftesnes	NOR	23:17.00
3	Magdalena Jacobsson	SWE	24:17.63
4	Sandra Eriksson	SWE	24:34.72
5	Päivi Huuhtanen	FIN	24:53.71
6	Virva Virtanen	FIN	DQ

<i>High jump</i>			
29 Aug			
1	Pia Lindroth	FIN	1.74
2	Laura Virtanen	FIN	1.71
3	Anne Gerd Eieland	NOR	1.68
4	Annemette Fabricius	DEN	1.68
5	Lena Johansson	SWE	1.68
6	Íris Svavarsdóttir	ISL	1.65
7	Marie Rosengren	SWE	1.65
8	Monica Grimsrud	NOR	1.50

<i>Pole vault</i>			
28 Aug			
1	Malin Eriksson	SWE	3.66
2	Monica B. Grimsrud	NOR	3.50
3	Anna-Mari Leminen	FIN	3.50
4	Anita Tørring	DEN	3.40
5	Anna Margrét Ólafsdóttir	ISL	3.20
6	Elna Lahdensuo	FIN	3.20
7	Linnéa Holmgren Wedding	SWE	3.10
8	Veronika Rønneberg	NOR	2.90

<i>Long jump</i>			
29 Aug			
1	Heli Paloranta	FIN	6.13 +5,5
2	Pamela Lindfors	SWE	6.11 +1,7
3	Lina Quick	SWE	6.00 +3,8
4	Veronica Fransson	SWE	5.97 +4,6
5	Lene Berger	NOR	5.59 +3,4
6	Kristín Þórhallsdóttir	ISL	5.53 +1,5
7	Maria Høgheim	NOR	5.46 +1,6
8	Lotte Thiesen	DEN	5.23 +4,0
1	5.99	+1,7	
3	5.92	+1,6	
4	5.96	+1,0	
5	5.31	+2,0	
8	5.21	+1,4	

<i>Triple jump</i>			
28 Aug			
1	Heli Paloranta	FIN	12.85 +2,2
2	Helen Olsson	SWE	12.52 +1,6
3	Kaisa Pyymäki	FIN	12.31 +3,3
4	Sara Gelin	SWE	12.15 +1,7
5	Maria Høgheim	NOR	11.69 +1,7
6	Teresa Brnic	NOR	11.64 +1,9
7	Lotte Thiesen	DEN	11.50 +2,0
8	Ágústa Tryggvadóttir	ISL	11.48 +2,2

<i>Shot put</i>			
29 aug			
1	Niina Kelo	FIN	14.23
2	Cecilia Nilsson	SWE	13.64
3	Mari Wahlman	FIN	13.01
4	Brit Helen Thon	NOR	12.21
5	Merete Knudsen	NOR	11.87
6	Lilian Pyka	SWE	11.00
7	Meiken Greve	DEN	10.47
8	Nina Kristiansen	DEN	9.94

<i>Discus throw</i>			
28 Aug			
1	Niina Kelo	FIN	48.94
2	Brit Helen Thon	NOR	47.33
3	Agnete Johansen	NOR	44.86
4	Pauliina Aalto	FIN	44.08
5	Veronika Karlsson	SWE	43.98
6	Angela Åkeson	SWE	42.83
7	Guðleif Harðardóttir	ISL	37.20
8	Nina Kristiansen	DEN	36.64

<i>Hammer throw</i>			
		28 Aug	
1	Sini Pöyry	FIN	62.91
2	Cecilia Nilsson	SWE	57.27
3	Kaisa Kiintonen	FIN	55.64
4	Eva Danielsen	NOR	48.92
5	Meiken Greve	DEN	48.12
6	Lilian Pyka	SWE	46.30
7	Guðleif Hardardóttir	ISL	44.46
8	Agnete Johansen	NOR	39.31

<i>Javelin throw</i>			
		29 Aug	
1	Annika Petersson	SWE	52.51
2	Line Svarstad	NOR	49.92
3	Johanna Jäppinen	FIN	48.66
4	Katja Nokelainen	FIN	48.00
5	Linda Wicksell	SWE	46.98
6	Merete Knudsen	NOR	43.69
7	Signe Bech	DEN	40.28
8	Sigrún Fjeldsted Sveinsdóttir	ISL	39.87

<i>4x100 m relay</i>			
	28 Aug		
1	SWE	45.83	(Malin Källgren, Veronica Fransson, Sofia Gustafsson, Hanna Peterson)
2	DEN	46.97	(Louise Højland, Sofie Abildtrup, Michala Bluhm, Mette Svarrer)
3	NOR	47.22	(Karen Helene Milli, Ellen Strøm, Cecilie Ringvold, Camilla Dahle)
4	ISL	48.19	(Anna Margrét Olafsdóttir, Sigurlaug Nielsdóttir, Silja Úlfarsdóttir, Kristin Þórhallsdóttir)
	FIN	DQ	(1. take-over)

<i>4x400 m relay</i>			
	29 Aug		
1	SWE	3:46.3	(Helene Nordqvist, Hanna Peterson, Ulrika Johansson, Beatrice Dahlgren)
2	FIN	3:49.2	(Suvi Myllymäki, Saara Nikkola, Terese Engström, Anja Rantanen)
3	DEN/ISL	3:49.3	(Michala Bluhm, Sofie Abildtrup, Mette Svarrer, Silja Úlfarsdóttir)
4	NOR	3:49.7	(Hege Brekken Riise, Ingviil Måkestad, Lise Jensen, Kristin Roset)

Points Women	Nation	Day 1	Day 2	Total
	FIN	100	122	222
	SWE	90	114	204
	NOR	60	90	150
	DEN/ISL	54	52	106

Nordic Cross Country Championships

Enhörna Friluftsgård, Enhörna, SWE 7 Nov

Men

<i>Senior</i>			
		7 Nov	8955m
1	Klaus Hansen	DEN	27:24
2	Claes Nyberg	SWE	27:27
3	Erik Sjöqvist	SWE	27:37
4	Kent Claesson	SWE	27:45
5	Dennis Jensen	DEN	27:48
6	Marko Kotila	FIN	28:01
7	Kåre Sørensen	DEN	28:19
8	Juha Hellstén	FIN	28:25
9 Mattias Persson, SWE 28:28, 10 Kjetil Ramstad, NOR 28:29, 11 Henrik Skoog, SWE 28:32, 12 Flemming Bjerre, DEN 28:34, 13 Jari Matinlauri, FIN 28:35, 14 Knut Erik			

Rame, NOR 28:36, 15 Jon Tvedt, NOR 28:41, 16 Christian Olsen, DEN 28:43, 17 Juuso Rainio, FIN 28:51, 18 Göran Axelsson, SWE 28:58, 19 Svein Inge Buhaug, NOR 29:00, 20 Christian Madsen, DEN 29:15, 21 Terje Aggvin, NOR 29:43, 22 Svein Margeirsson, ISL 30:31

Teams:

- 1 SWE 18p (Claes Nyberg, Erik Sjöqvist, Kent Claesson, Mattias Persson)
- 2 DEN 25p (Klaus Hansen, Dennis Jensen, Kåre Sørensen, Flemming Bjerre)
- 3 FIN 44p (Marko Kotila, Juha Hellsten, Kari Matinlauri, Juuso Rainio)
- 4 NOR 58p (Kjetil Ramstad, Knut Erik Rame, Jon Tvedt, Svein Inge Buhaug)

U20 7 Nov 6060m

1	Gunnar Osmundsen	NOR	18:54
2	Gustav Svedbrant	SWE	18:59
3	Henrik Ahnström	SWE	19:05
4	Ingemund Askeland	NOR	19:20
5	Turo Inkiläinen	FIN	19:38
6	Anders Ejby-Ernst	DEN	19:41
7	Peter Karlsson	SWE	19:43
8	Jukka Keskiälo	FIN	19:44

9 Jaako Herranen, FIN 19:52, 10 Johan Lindberg, SWE 19:54, 11 Casper Hunnerup Dahl, DEN 19:54, 12 Henrik Tåg, SWE 19:57, 13 Jens Marcussen, DEN 20:04, 14 Juuso Lehtinen, FIN 20:08, 15 Kjetil Hals, NOR 20:14, 16 Aki Mustonen, FIN 20:18, 17 Kasper Østergaard, DEN 20:22, 18 Geir Eklund, NOR 20:25, 19 Tore Sand-Hansen, NOR 21:32

Extra: Aleksei Savlejev, EST 19:39, Sergei Valjajev, EST 20:24, Stefan Malmqvist, SWE 21:12

Teams:

- 1 SWE 12p (Gustav Svedbrant, Henrik Ahnström, Peter Karlsson)
- 2 NOR 20p (Gunnar Osmundsen, Ingemund Askeland, Kjetil Hals)
- 3 FIN 22p (Turo Inkiläinen, Jukka Keskiälo, Jaako Heranen)
- 4 DEN 30p (Anders Ejby-Ernst, Casper Hunnerup Dal, Jens Marcussen)

Women

Senior 7 Nov 4330m

1	Gunhild Halle	NOR	14:48
2	Hilde Hovdenak	NOR	14:55
3	Stine Larsen	NOR	15:05
4	Maria Söderström	FIN	15:20
5	Minna Rasimus	FIN	15:22
6	Jytte Pedersen	DEN	15:23
7	Maija Kukkohovi	FIN	15:27
8	Kristina Rebane	SWE	15:28

9 Camilla Benjaminsson, SWE 15:38, 10 Katarina Lindström, SWE 15:40, 11 Catarina Asph SWE 15:56, 12 Kersti Jakobsen, DEN 16:16, 13 Anne Martikainen, SWE 16:29, 14 Hanne Baltzersen, DEN 16:48

Teams:

- 1 NOR 6p (Gunhild Halle, Hilde Hovdenak, Stine Larsen)
- 2 FIN 16p (Maria Söderström, Minna Rasimus, Maija Kukkohovi)
- 3 SWE 27p (Kristina Rebane, Camilla Benjaminsson, Katarina Lindström)
- 4 DEN 32p (Jytte Pedersen, Kersti Jakobsen, Hanne Baltzersen)

U20 7 Nov 4330m

1	Minna Myllykoski	FIN	15:21
2	Ida Nilsson	SWE	15:27
3	Mia Larsson	SWE	15:30
4	Minna Nummela	FIN	15:42
5	Mari Järvenpää	FIN	15:49
6	Johanna Nilsson	SWE	15:54
7	Annukka Yli-Kantola	FIN	16:01
8	Laila Kjærgaard Laursen	DEN	16:10

9 Minna Järvenpää, FIN 16:25, 10 Louise Pil Mørch, DEN 16:36, 11 Daniella Antberg, SWE 17:04, 12 Louise Brasen, DEN 17:20

Teams:

- 1 FIN 10p (Minna Myllykoski, Minna Nummela, Mari Järvenpää)
- 2 SWE 11p (Ida Nilsson, Mia Larsson, Johanna Nilsson)
- 3 DEN 30p (Laila Kjærgaard Laursen, Louise Pil Mørch, Louise Brasen)