

This year consists of the following competitions:

18.5	Espoo, FIN	6 th Nordic 10000m Challenge
27.-28.7	Ålborg, DEN	30 th Nordic Junior Championships Combined Events
10.-11.8	Eskilstuna, SWE	53 rd Nordic Junior Match
31.8	Fredrikstad, NOR	2 nd Nordic Race Walking Match
7.9	Eskilstuna, SWE	21 st Nordic Race Walking Championships Long Distances
3.11	Geithus, NOR	6 th Nordic Cross Country Championships

Nordic 10000 m Challenge

Leppävaara, Espoo, FIN 18 May

Men

Senior		18 May	
1	Erik Sjöqvist	SWE	28:55.24
2	Kent Claesson	SWE	29:02.39
3	Mustafa Mohamed	SWE	29:03.49
4	Marko Kotila	FIN	29:06.71
5	Christian Olsen	DEN	29:10.21
6	Bjerre Flemming	DEN	29:35.61
7	Claus Bugge Hansen	DEN	29:43.13
8	Simo Wannas	FIN	29:50.91

9 Juha Hellstén, FIN 29:52.06, Svein Inge Buhaug, DNF, Kaupo Tiislar Viro, FIN DNF
Extra: Ismail Abdi, SOM 29:21.48, Francis Kirwa, KEN DNF, Kaupo Tiislar, EST DNF

Women

Senior		18 May	
1	Dorte Vibjerg	DEN	33:30.81
2	Malin Öhrn	SWE	33:37.65
3	Marie Söderström-Lundberg	SWE	33:44.89
4	Maria Söderström	FIN	34:40.21
5	Maija Kukkohovi	FIN	34:57.44
6	Tonje Sekse	NOR	35:24.98
7	Minna Myllykoski	FIN	35:25.82
8	Camilla Benjaminsson	SWE	35:56.57

Nordic Junior Championships Combined Events

Ålborg, DEN 27-28 Jul

Men

U23 Decathlon		27-28 Jul	
1	Matti Vesterinen	FIN	6.840
2	Johan Szabo	SWE	6.433
3	Mikkel Larsen	DEN	6.141
4	Lasse Ohtamaa	SWE	6.099

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

1	11.61	6.71	12.63	1.84	52.00	16.60	39.96	4.72	51.22	4:56.47
	-0,2	-0,3			-0,6					
2	11.80	6.12	12.06	1.75	50.50	16.59	33.48	3.72	52.47	4:25.36
	-0,2	0,0			-0,6					
3	12.10	6.20	10.67	1.72	53.16	15.82	32.24	4.02	46.68	4:37.84
	-0,2	+1,4			-0,6					
4	11.82	6.59	11.47	1.78	53.77	16.27	27.10	3.42	55.70	4:50.67
	-0,2	0,0			-0,6					

U21 Decathlon		27-28 Jul	
1	Hans Olav Uldal	NOR	7.443
2	Tatu Pussila	FIN	7.264
3	Christoffer Thomeé	SWE	6.832
4	Bjørn Sigurd Sommerfeldt	NOR	6.756
5	Olav Røe	NOR	6.592
6	Björn Lundin	SWE	6.416
7	Markus Aaltonen	FIN	6.014
	Saniel Hansson	SWE	DNF

(100m, Long jump, Shot put 6kg, High jump, 400m, 100m hurdles 100cm, Discus 1.75kg, Pole vault, Javelin throw 800g, 1500m)

1	11.40	7.05	11.63	2.02	50.53	15.41	44.92	4.22	57.12	4:35.83
	+0,7	+0,2			-1,2					

2	11.26	7.00	14.26	1.96	51.29	14.54	39.37	4.02	62.30	5:24.95
	+0,7	-0,3			-1,2					
3	12.03	6.45	11.88	1.93	51.88	15.65	38.21	3.82	58.28	4:29.07
	+0,7	0,0			-1,2					
4	11.67	6.71	12.26	1.81	51.36	15.37	36.42	3.92	54.02	4:46.21
	+0,7	+0,3			-1,2					
5	11.76	6.51	12.35	1.87	52.00	15.86	40.18	3.62	51.27	4:50.69
	+0,7	-0,5			-0,6					
6	11.41	6.27	11.35	1.81	51.15	15.77	34.07	3.92	47.32	4:55.47
	+0,7	+0,5			-1,2					
7	11.77	6.41	12.66	1.87	53.68	15.90	NM	3.92	59.69	4:56.31
	+0,7	0,0			-1,2					
	12.05	6.49	8.98	NM	DNF					
	+0,7	-0,8								

U19 Decathlon		27-28 Jul	
1	Lauri Lahti	FIN	6.927
2	Joni Ojala	FIN	6.686
3	Tobias Otterbring	SWE	6.649
4	Petter Barck	SWE	6.037
5	Oskar Edqvist	SWE	5.781
	Bjørn Åge Herdlevær	NOR	DNF

(100m, Long jump, Shot put 6kg, High jump, 400m, 100m hurdles 100cm, Discus 1.75kg, Pole vault, Javelin throw 800g, 1500m)

1	11.78	6.84	13.06	1.87	53.08	15.67	41.48	4.02	60.48	4:55.25
	-0,1	-0,8			-1,7					
2	11.83	6.26	13.42	1.75	52.17	15.68	33.19	4.12	54.50	4:27.86
	-0,1	-0,3			-1,7					
3	11.60	6.39	11.44	1.81	50.60	15.27	34.46	3.52	53.66	4:29.49
	-0,1	-0,2			-1,7					
4	11.81	6.30	10.40	1.87	52.26	16.81	28.02	4.42	36.23	4:54.71
	-0,1	-0,5			-1,7					
5	12.17	6.44	11.94	1.84	54.95	16.27	32.98	3.42	37.13	5:06.10
	-0,1	-0,2			-1,7					
	12.62	5.68	11.56	1.75	56.73	16.73	30.67	NM	DNF	
	-0,1	+0,5			-1,7					

U17 Nonathlon		27-28 Jul	
1	Sami Itani	FIN	6.043
2	Mauri Kaattari	FIN	6.021
3	Andreas Swärdh	SWE	5.426
4	Odd Wiking	SWE	5.349
5	Tero Ojala	FIN	5.337
6	Christian Laugesen	DEN	5.223
7	Jonathan Falk	SWE	4.912
8	Steffen Bugge	NOR	4.431

(100m hurdles 100cm, Discus 1.5kg, Pole vault, Javelin throw 600g, 100m, High jump, Shot put 5,5kg, Long jump, 1000m)

1	13.72	39.57	3.32	52.86	11.64	1.96	13.46	6.24	2:53.46
	+0,1			-1,0			+0,5		
2	17.09	44.52	4.52	63.72	12.38	2.05	12.54	6.07	3:03.59
	+0,1			-1,0			+0,9		
3	14.01	37,65	3,22	51,41	12,06	1,60	11,74	6,35	2:55,99
	+0,1			-1,0			+0,9		
4	14.38	32.96	3.72	52.35	12.10	1.57	12.51	5.85	2:52.44
	+0,1			-1,0			-0,2		
5	15.20	40.23	4.12	64.12	12.19	NM	12.73	6.16	2:51.85
	+0,1			-1,0			+0,6		
6	14.47	34.15	3.12	44.17	12.35	1.81	10.73	5.82	2:44.88
	+0,1			-1,0			-0,4		
7	13.97	NM	3.72	45.90	12.06	1.81	13.43	6.18	3:16.20
	+0,1			-1,0			-0,2		
8	16.67	35.87	2.92	39.78	12.37	1.51	10.78	5.56	3:03.72
	+0,1			-1,0			+0,7		

Women

<i>U23 Heptathlon</i>		27-28 Jul	
1	Niina Kelo	FIN	5.635
2	Ida Sjöling	SWE	4.803

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

1	14.21	1.57	14.14	26.18	5.67	50.98	2:23.84
		+0,7		+0,7	+1,5		
2	15.10	1.60	11.01	26.73	5.42	29.21	2:23.98
		+0,7		+0,7	+0,7		

<i>U21 Heptathlon</i>		27-28 Jul	
1	Jenniina Halkoaho	FIN	5.247
2	Synne Rostad	NOR	5.228
3	Elin Marvik	NOR	5.140
4	Anna Saari	FIN	4.347

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

1	15.04	1.60	10.68	25.12	5.86	34.50	2:17.66
		+0,7		+0,3	-0,1		
2	14.80	1.78	9.24	26.00	5.55	41.13	2:27.38
		+0,7		+0,3	0,0		
3	15.25	1.75	11.40	27.16	5.17	43.08	2:24.52
		+0,7		+0,3	+1,1		
4	14.02	1.54	10.55	25.11	5.46	35.11	DNF
		+0,7		+0,3	+0,7		

<i>U19 Heptathlon</i>		27-28 Jul	
1	Sofia Klüft	SWE	5.025
2	Marika Salmi	FIN	4.990
3	Maria Barenfeld	SWE	4.679
4	Tine Bach Ejlersen	DEN	4.380
5	Johanna Höglund	SWE	4.176
6	Denice Albek	DEN	4.111

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

1	14.74	1.66	10.60	26.32	5.62	32.71	2:26.14
		-1,0		+0,9	-1,2		
2	15.21	1.69	9.62	26.08	5.48	32.86	2:20.70
		-1,0		+0,9	-0,4		
3	15.70	1.54	11.29	27.23	5.43	36.30	2:31.3
		-1,0		+0,9	-0,8		
4	15.25	1.54	8.99	26.82	5.13	32.48	2:37.08
		-1,0		+0,9	+0,3		
5	16.92	1.63	9.25	27.81	4.93	27.92	2:29.73
		-1,0		+0,9	+0,3		
6	17.55	1.60	8.53	27.20	5.00	32.26	2:34.98
		-1,0		+0,9	-1,0		

<i>U17 Heptathlon</i>		27-28 Jul	
1	Christine Næsheim Bjørkvik	NOR	4.398
2	Cathrine Schimmell	DEN	4.268
3	Kristin Holte	NOR	4.206
4	Ida Tengvall	SWE	4.177
5	Jenny Olsson	SWE	4.070
6	Julie Flensburg Madsen	DEN	3.953
7	Ida Marcussen	NOR	3.878

(100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 500g, 800m)

1	14.66	1.48	8.26	25.76	5.06	22.46	2:24.21
		+1,6		+1,0	0,0		
2	16.19	1.54	10.15	26.96	4.69	34.48	2:36.16
		+1,6		+1,0	-0,2		
3	16.75	1.39	9.64	27.30	4.98	38.00	2:29.20
		+1,6		+0,6	+0,4		
4	15.93	1.45	9.51	27.13	5.15	29.56	2:35.84
		+1,6		+1,0	0,0		
5	16.64	1.57	11.55	28.73	5.08	25.25	2:41.26
		+1,6		+1,0	0,0		
6	15.51	1.42	6.94	26.81	5.15	21.90	2:32.66
		+1,6		+0,6	0,0		
7	16.19	1.57	NM	27.53	5.30	36.84	2:40.46
		+1,6		+0,6	-1,3		

Nordic Juniormatch

Ekängen, Eskilstuna, SWE 10-11 Aug

Men		11 Aug	
			+0,1
1	Pontus Nilsson	SWE	10.70
2	Anders Bache	DEN	10.81
3	Daniel Persson	SWE	10.94
4	Simo Sipilä	FIN	10.95
5	Steinar Lundemo	NOR	11.08
6	Kari Asumaniemi	FIN	11.10
7	Rune Selstad	NOR	11.44
	Sigurkarl Gústavsson	ISL	DNS

200 m		10 Aug	
			+0,2
1	Morten Jensen	DEN	21.46
2	Pontus Nilsson	SWE	21.64
3	Bård Anders Ruud Granum	NOR	21.71
4	Oki Vuonoranta	FIN	22.18
5	Kari Asumaniemi	FIN	22.24
6	Rune Selstad	NOR	22.49
7	Christian Dimitrijevic	SWE	22.68
8	Sigurkarl Gústavsson	ISL	22.76

400 m		11 Aug	
1	Einar Inge Aasen	NOR	48.19
2	Rune Selstad	NOR	48.90
3	Ilari Porkka	FIN	49.15
4	Olof Bergendahl	SWE	49.74
5	Björgvin Vikingsson	ISL	49.97
6	Staffan Bylund	SWE	50.44
7	Jesper Lanther	DEN	50.78
8	Kalle Mykrä	FIN	51.01

800 m		10 Aug	
1	Philip Aagaard	SWE	1:52.79
2	Christoffer Antonsen	SWE	1:53.04
3	Hans Chr. Nettelund van Nijkerk	NOR	1:53.28
4	Ådne Svahn Dæhlin	NOR	1:54.70
5	Mikael Bergdahl	FIN	1:55.09
6	Mikkel Black Christensen	DEN	1:55.21
7	Mikko Palosaari	FIN	1:56.12

1500 m		11 Aug	
1	Joel Bodén	SWE	3:52.41
2	John Lindström	SWE	3:52.46
3	Mikael Bergdahl	SWE	3:57.92
4	Hans Chr. Nettelund van Nijkerk	NOR	3:58.01
5	Mikkel Black Christensen	DEN	3:58.44
6	Tuomo Hippo	FIN	4:04.98
7	Joachim Brøndbo	NOR	4:05.56

5000 m		10 Aug	
1	Mohammed Bashir	DEN	14:40.28
2	Mats Granström	SWE	15:05.47
3	Joachim Brøndbo	NOR	15:12.15
4	Jaakko Rinne	FIN	15:20.10
5	Magnus Ohlsson	SWE	15:23.34
6	Antti Leskinen	FIN	15:32.10
7	Erling Christiansen	NOR	15:59.24

110 m hurdles		11 Aug	
			-0,6
1	Tatu Pussila	FIN	14.49
2	Markus Vilén	FIN	14.86
3	Inga Sturla Þórisson	ISL	15.23

4	Andreas Aune Viken	NOR	14.38
5	Hans Olav Uldal	NOR	15.54
6	Björn Lundin	SWE	15.67
7	Jens Rimestad	DEN	17.42
	Lars Olsson	SWE	DNS

400 m hurdles

		10 Aug	
1	Björgvin Vikingsson	ISL	54.14
2	Nicklas Dackheden	SWE	56.32
3	Tero Kurkimäki	FIN	56.95
4	Kristoffer Nyhuus	NOR	57.05
5	Jesper Lanther	DEN	59.17
6	Steffen Kjønnaås	NOR	59.67
7	Sebastian Bagger	FIN	63.36
8	Joel Gustavsson	SWE	91.39

3000 m steeplechase

		11 Aug	
1	Bjørnar Ustad Kristensen	NOR	9:08.25
2	Jacob Cedertun	SWE	9:29.63
3	Pepe Mäenpää	FIN	9:30.36
4	Mårten Boström	FIN	9:33.96
5	David Lindh	SWE	9:37.45
6	Jesper Faurschau	DEN	9:38.17
7	Erik Sakshaug	NOR	9:42.66

10000 m Walk

		11 Aug	
1	Sigbjørn Sandberg	NOR	46:50.05
2	Thomas Elholm	NOR	47:49.49
3	Janne Meriläinen	FIN	47:56.88
4	Ato Ibáñez	SWE	49:02.57
5	Kalevi Jääskeläinen	FIN	49:39.50

High jump

		10 Aug	
1	Martin Eriksson	SWE	2.06
2	Antti Kinnunen	FIN	2.03
=3	Christian Norstedt	SWE	1.95
=3	Lassi Raunio	FIN	1.95
=3	Andreas Aune Viken	NOR	1.95
6	Hans Olav Uldal	NOR	1.90
7	Gert Skals	DEN	1.80

Series	1.75	1.80	1.85	1.90	1.95	1.99	2.03	2.06	2.10
1					o	-	o	xo	xxx
2				o	o	o	xo	xxx	
=3			o	o	xxx				
=3			o	xxx					
=3			o	xxx					
6			xo	xxo	-				
7	o	o	xxx						

Pole vault

		11 Aug	
1	Matti Mononen	FIN	5.51
2	Mikael Westö	FIN	5.11
3	Gustav Hultgren	SWE	4.91
4	Henrik Nyman	SWE	4.55
5	Eirik Ruud	NOR	4.40
6	Hans Olav Uldal	NOR	4.00
7	Gert Skals	DEN	4.00

Series	3.50	3.80	4.00	4.20	4.40	4.55	4.67	4.79	4.91	5.01	5.11	5.21	5.26	5.41	5.51	5.61
1											o	-	-	o	xo	xxx
2											xo	-	xxx			
3								o	o	xxx						
4			xxo	xo	xo	xo	xxx									
5			o	o	xxo	xxx										
6			o	xxx												
7	o	xo	xxo	xxx												

Long jump

		10 Aug	
1	Petteri Toivonen	FIN	7.44
2	Lars Jakob Woie	NOR	7.36
3	Morten Jensen	DEN	7.32

4	Hans Olav Uldal	NOR	7.12
5	Daniel Arnsten	SWE	7.04
6	Peretti Huovinen	FIN	6.95
7	Robert Bagge	SWE	6.93
	Jónas Hlynur Hallgrímsson	ISL	DNS

Series	1	2	3	4	5	6
1	6.47	7.29	7.26	6.99	7.30	7.44
	-1.9	-0.1	-2.7	-0.2	-1.7	0.0
2	5.55	6.60	7.12	X	7.36	7.09
	+0.2	0.0	-1.4	-	0.0	-0.9
3	7.22	X	7.32	-	-	-
	-0.6		-0.9			
4	6.74	6.87	6.95	6.84	6.88	7.12
	-1.6	+0.7	+1.3	-1.0	-0.1	-0.3
5	6.74	7.04	X	1.77	6.91	6.74
	-0.1	+1.0		+0.4	+0.3	-1.0
6	3.55	6.95	6.44	6.82	6.85	6.69
	-1.3	+0.3	+0.4	+1.6	-0.6	-0.4
7	6.40	X	6.83	6.93	6.78	6.86
	-2.1		-1.3	-0.2	-0.1	+1.3

Triple jump

		11 Aug	
1	Thomas Flensburg Madsen	DEN	15.47
2	Anders Sjöström	SWE	14.80
3	Jónas Hlynur Hallgrímsson	ISL	14.79
4	Ville Välimäki	FIN	14.50
5	Lassi Raunio	FIN	14.43
6	Sebastian Lindén	SWE	14.21
7	Lars Jakob Woie	NOR	14.16
8	Per Kristen Teigen	NOR	13.14

Series	1	2	3	4	5	6
1	15.17	15.11	15.38	15.20	X	15.47
	-0.6	-0.8	-0.8	+0.2		+0.2
2	14.51	X	X	X	14.15	14.80
	-0.8				-3.4	+0.2
3	14.15	X	14.19	14.33	14.24	14.79
	-0.3		+0.6	-0.2	-0.8	+0.2
4	14.34	14.14	14.33	13.96	14.30	14.50
	+0.2	0.0	+1.1	-2.4	-0.6	-0.3
5	X	14.43	X	X	X	X
		-0.8				
6	X	X	X	X	X	14.21
						-0.6
7	X	X	13.63	13.88	X	14.16
			+0.6	-2.7		+0.5
8	X	X	X	13.14	-	X
				+0.2		

Shot put

		10 Aug	
1	Mika Vasara	FIN	18.49
2	Robert Häggblom	FIN	18.49
3	Gunnar Åsvestad	NOR	14.69
4	Thomas Hoffman	DEN	14.42
5	Christian Ehrenborg	SWE	14.31
6	Anders Constantin	SWE	14.17
7	Idar Grøneng Havn	NOR	12.68

Series	1	2	3	4	5	6
1	X	17.45	17.55	X	18.27	118.49
2	17.65	X	18.49	X	X	X
3	14.69	14.57	X	14.40	X	14.46
4	14.22	14.03	14.42	X	X	X
5	13.30	14.31	14.12	X	14.06	14.02
6	13.63	14.17	13.87	13.84	13.33	X
7	12.41	12.68	X	-	-	-

Discus throw

		11 Aug	
1	Jouni Waldén	FIN	50.41
2	Robert Häggblom	FIN	50.36
3	Robert Melin	SWE	48.16
4	Ståle Ingebrigtsen	NOR	46.66
5	Gunnar Åsvestad	NOR	45.73
6	Christian Ehrenborg	SWE	43.75
7	Thomas Hoffman	DEN	42.71

Series	1	2	3	4	5	6
1	42.51	49.25	47.38	46.70	50.41	49.44
2	X	40.87	50.34	X	50.36	X
3	41.36	47.86	X	X	48.16	46.73
4	43.64	43.80	46.03	X	46.66	X
5	45.73	44.98	X	45.69	X	X

6	42.06	X	3.63	43.75	X	X
7	41.07	40.27	41.47	42.71	41.95	40.84

Hammer throw

					11 Aug	
1	Petri Rautio				FIN	64.97
2	Lasse Luotonen				FIN	61.35
3	Mattias Jons				SWE	59.62
4	Anton Leion				SWE	56.68
5	Gunnar Åsvestad				NOR	50.45
6	Steffen Nerdal				NOR	47.24
7	Jakob Strand				DEN	45.30

<i>Series</i>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
1	60.92	62.20	62.27	X	64.14	64.97
2	60.83	61.35	60.31	X	X	X
3	58.46	X	X	X	57.97	59.62
4	55.73	56.68	56.59	55.47	54.91	X
5	47.79	50.45	X	X	X	X
6	X	47.24	X	X	X	X
7	44.97	41.37	44.27	45.30	X	X

Javelin throw

						10 Aug
1	Tero Pitkämäki				FIN	74.23
2	Saku Kuusisto				FIN	67.64
3	Tobias Wallström				SWE	67.32
4	Magnus Arvidsson				SWE	66.71
5	Lars M. Lauersen				DEN	60.38
6	Nils Edvin Numme				NOR	53.90
7	Idar Grøneng Havn				NOR	49.23

<i>Series</i>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
1	73.50	X	70.00	74.23	72.56	X
2	65.30	67.64	65.87	-	X	X
3	X	67.32	63.80	X	X	66.36
4	66.71	64.07	62.53	60.11	64.54	X
5	57.03	60.38	56.30	X	X	X
6	X	53.90	X	-	X	-
7	46.80	48.65	X	49.16	49.23	X

4x100 m relay

1	DEN/ISL	41.25	(Sigurkarl Gústavsson, Anders Bache, Tomas Flensburg Madsen, Morten Jensen)
2	SWE	41.48	(Daniel Arnsten, Emil Olofsson, Pontus Nilsson, Daniel Persson)
3	FIN	41.65	(Kari Asumaniemi, Oki Vuonoranta, Simo Sipilä, Markus Vilén)
4	NOR	42.06	(Steinar Lundemo, Bård Anders Ruud Granum, Rune Selstad, Lars Jakob Woie)

4x400 m relay

1	NOR	3:16.78	(Kristoffer Nyhuus, Ådne Svahn Dæhlin, Rune Selstad, Einar Inge Aasen)
2	SWE	3:19.71	(Staffan Bylund, Philip Aagaard, Olof Bergendahl, Christoffer Antonsen)
3	FIN	3:20.72	(Jaako Hosio, Kalle Mykrä, Ilari Porkka, Oki Vuonoranta)

Points Men	Nation	Total
	FIN	211
	SWE	191
	NOR	168
	DEN/ISL	108

Women

					11 Aug	+2,5
1	Carla Bosco				FIN	11.99
2	Sigurbjörg Ólafsdóttir				ISL	12.11
3	Minna Sundberg				FIN	12.24
4	Vibecke Brun				NOR	12.50
5	Charlotte Nordh				SWE	12.53
6	Hanna Ledin				SWE	12.63
7	Elisabeth Slettum				NOR	12.74
8	Sabrina Søndergaard				DEN	12.93

200 m

					10 Aug	+0,7
1	Carla Bosco				FIN	24.73
2	Anna Heiniö				FIN	24.96

3	Sigurbjörg Ólafsdóttir	ISL	25.36
4	Linda Røstad	NOR	25.78
5	Charlotte Nordh	SWE	25.88
6	Marie Hagle	NOR	25.93
7	Hanna Ledin	SWE	26.15
8	Sabrina Søndergaard	DEN	26.96

400 m

					11 Aug
1	Kristina Blomstrand	SWE	56.20		
2	Liina Aalto	FIN	56.24		
3	Nadia Casadei	SWE	56.48		
4	Sara Petersen	SWE	57.02		
5	Kjersti Lund Oslandsbotten	NOR	57.16		
6	Linda Røstad	NOR	57.23		
7	Sari Keskinen	FIN	57.48		
8	Elfa Jónsdóttir	ISL	61.03		

800 m

					10 Aug
1	Ulla Tuimola	FIN	2:11.00		
2	Line Tveter	NOR	2:13.90		
3	Minna Nummela	FIN	2:14.90		
4	Eygerður Háfbörðsdóttir	ISL	2:15.94		
5	Bodil Have	DEN	2:16.16		
6	Sofie Hallkvist	SWE	2:17.11		
7	Alvilde Ossum	NOR	2:18.14		
8	Christina Rickardsson	SWE	2:32.58		

1500 m

					11 Aug
1	Anni Tuimala	FIN	4:29.74		
2	Marte Elden	NOR	4:30.36		
3	Elina Lindgren	FIN	4:33.12		
4	Line Tveter	NOR	4:37.03		
5	Sofie Hallkvist	SWE	4:38.34		
6	Anna Holm	DEN	4:39.63		
7	Eygerður Háfbörðsdóttir	ISL	4:44.08		
8	Signe Karlsson	SWE	5:12.90		

3000 m

					10 Aug
1	Elina Lindgren	FIN	9:34.13		
2	Minna Myllykoski	FIN	9:44.46		
3	Marte Elden	NOR	9:46.10		
4	Kari-Anne Myhre	NOR	10:08.57		
5	Anna Holm	DEN	10:15.43		
6	Anna Lampinen	FIN	10:45.93		
7	Anna Stenbäck	SWE	10:46.32		

100 m hurdles

					11 Aug	-2,4
1	Anna Saari	FIN	14.48			
2	Anna Kløve Andersen	DEN	14.74			
3	Heli Mourujärvi	FIN	14.84			
4	Synne Husby Rostad	NOR	14.89			
5	Amanda Nilsson	SWE	15.11			
6	Ellen Marvik	NOR	15.17			
7	Kajsa Ulfsdotter	SWE	15.39			
8	Sigurbjörg Ólafsdóttir	ISL	15.67			

400 m hurdles

					10 Aug
1	Kristina Blomstrand	SWE	60.85		
2	Sara Petersen	DEN	61.27		
3	Kajsa Ulfsdotter	SWE	62.83		
4	Mari Bones	NOR	63.64		
5	Anni Leppänen	FIN	64.06		
6	Stine Meland Tomb	NOR	66.67		
7	Ida Mättää	FIN	67.31		
8	Elva Jónsdóttir	ISL	67.89		

2000 m steeplechase 11 Aug

1	Ulla Tuimala	FIN	6:52.00
2	Anna Stenbäck	SWE	7:12.57
3	Mari Arnesen	NOR	7:18.38
4	Marika Jänkä	FIN	7:25.51
5	Anna Lampinen	SWE	7:34.48
	Line Tveter	NOR	DNS

5000 m walk 11 Aug

1	Johanna Ellefsen Rostad	NOR	24:33.87
2	Marja Penttinen	FIN	25:39.80
3	Minna Heikkinen	FIN	27:13.53
4	Sofia Andersson	SWE	27:20.77
5	Alicia Lindh	SWE	28:21.62
6	Silje Solheim	NOR	31:15.97

High jump 11 Aug

1	Angelica Johansson	SWE	1.81
2	Alina Mattila	FIN	1.74
3	Stina Bohgard	SWE	1.74
4	Elin Marvik	NOR	1.74
5	Sara-Lotta Huhtaoja	FIN	1.67
6	Synne Husby Rostad	NOR	1.67
7	Karina M. Johansen	DEN	1.58

Series	1.45	1.53	1.58	1.63	1.67	1.71	1.74	1.77	1.81	1.85
1				o	o	-	o	xo	o	xx-
2					o	o	xo	o	xxx	
3				o	o	o	xo	xxx		
4				o	xo	o	xxo	xxx		
5			o	o	o	xxx				
6				xo	o	xxx				
7	o	o	o	xxx						

Pole vault 10 Aug

1	Maria Rendin	SWE	3.66
2	Saara Laaksonen	FIN	3.56
3	Karen Klintø	DEN	3.46
4	Louise Landqvist	SWE	3.46
=5	Reidun Småge	NOR	3.31
=5	Sonja Korpimäki	FIN	3.31
7	Áðalheiður Vigfúsdóttir	ISL	3.16
8	Monica Tvedt Sæbø	NOR	2.56

Series	2.56	2.76	2.96	3.16	3.31	3.46	3.56	3.66	3.80
1					xo	o	xxo	xxx	
2					o	o	xo	xxx	
3					o	o	xxx		
4				o	o	xo	xxx		
5			o	o	o	xxx			
6			o	o	o	xxx			
7				xo	xxx				
8	o	xxx							

Long jump 10 Aug

1	Anniina Lindholm	FIN	6.04
2	Sigurbjörg Ólafsdóttir	ISL	5.82
3	Jenniina Halkoaho	FIN	5.79
4	Hilde Røsvik	NOR	5.71
5	Anna Kløve Andersen	DEN	5.66
6	Anna Wiberger	SWE	5.48
7	Anna Seleznova	SWE	5.41
8	Synne Husby Rostad	NOR	5.32

Series	1	2	3	4	5	6
1	6.04	5.77	-	-	-	-
	+3,6	0,0				
2	5.36	5.17	5.35	5.56	5.82	5.50
	+2,9	-0,8	-2,0	0,0	+2,4	-1,5
3	X	5.73	X	5.78	5.79	5.77
		-2,8		-1,1	+0,8	-2,2
4	5.67	2.32	5.51	5.43	5.54	5.71
	+2,5	-1,1	-2,5	+1,2	+0,9	-0,4
5	5.66	X	5.43	5.32	4.25	5.27
	+2,2		-1,7	-2,2	+1,5	+3,4

6	X	5.38	5.09	5.27	5.48	5.42
		+1,2	-2,4	-0,9	+1,9	-1,3
7	5.41	5.32	4.82	X	4.87	5.11
	+1,8	+2,8	-1,8		+0,2	+1,2
8	X	4.00	3.80	4.00	5.32	X
		-1,6	-1,6	0,0	+0,9	

Triple jump 11 Aug

1	Anniina Lindholm	FIN	12.86
2	Anna Wiberger	SWE	12.44
3	Kajsa Levin	SWE	12.44
4	Hedvig Glomsrød	NOR	12.43
5	Jaana Kontturi	FIN	12.31
6	Vibecke Brun	NOR	11.94
7	Karina M. Johansen	DEN	11.78

Series	1	2	3	4	5	6
1	X	12.86	X	X	12.77	X
		+0,8			+2,2	
2	X	X	12.44	X	X	12.44
			+0,6			+1,4
3	12.28	12.20	12.08	12.44	12.25	12.43
	0,0	0,0	+0,6	+1,6	+0,8	+1,3
4	X	X	12.39	X	12.25	12.43
			+0,9		+0,5	+1,5
5	11.78	12.14	12.09	12.05	11.68	12.31
	0,0	0,0	\1,0	+0,8	0,0	+1,7
6	11.90	X	11.94	X	11.56	11.55
	-0,6		+0,6		+1,0	+1,2
7	11.10	X	X	X	11.64	11.78
	+1,1				+0,8	+2,7

Shot put 11 Aug

1	Sofie Lundström	SWE	13.75
2	Saila-Maria Laurila	FIN	13.35
3	Linda Wijkander	SWE	12.89
4	Heidi Järvinen	FIN	12.63
5	Maria Sløk Hansen	DEN	12.12
6	Maren Elise Ilsaas Romstad	NOR	11.70
7	Mona Holm	NOR	11.47
8	Jane Lindved	DEN	8.90

Series	1	2	3	4	5	6
1	13.44	13.48	X	13.75	13.47	X
2	12.20	13.01	12.94	13.35	12.28	X
3	12.59	12.86	12.89	12.40	12.87	12.39
4	12.43	12.52	X	12.39	12.63	X
5	11.31	11.67	11.72	12.12	11.72	X
6	X	X	11.67	X	11.50	11.70
7	11.47	X	X	-	-	-
8	X	8.90	X	X	8.68	8.40

Discus throw 10 Aug

1	Terhi Kujanpää	FIN	45.62
2	Katja Strandman	FIN	45.14
3	Mona Holm	NOR	43.84
4	Maren Elise Ilsaas Romstad	NOR	40.23
5	Charlotte Sjödin	SWE	39.47
6	Karin Engström	SWE	38.43
7	Maria Sløk Hansen	DEN	37.11
8	Vanessa Mortensen	DEN	35.46

Series	1	2	3	4	5	6
1	45.62	43.68	44.70	44.05	X	44.38
2	52.25	X	41.93	45.05	45.14	X
3	X	41.20	X	39.28	42.79	43.84
4	39.27	X	38.73	39.45	40.23	X
5	35.54	37.72	38.31	35.92	39.47	37.37
6	31.83	X	38.43	36.73	X	37.20
7	X	28.64	X	X	37.11	35.92
8	34.95	33.23	X	35.46	34.22	34.62

Hammer throw 11 Aug

1	Karin Engström	SWE	57.73
2	Katariina Lahti	FIN	57.11
3	Mona Holm	NOR	55.04
4	Jenni Viljanen	FIN	52.70
5	Vanessa Mortensen	DEN	51.60
6	Hanne Johannessen	NOR	48.75

7 **María Luðviksdóttir** ISL 43.36
Emma Olsson SWE NM

Series	1	2	3	4	5	6
1	57.73	X	57.12	57.19	55.85	X
2	X	57.11	X	54.86	56.65	X
3	X	51.26	52.17	54.39	55.04	X
4	51.97	X	51.93	52.70	49.98	X
5	50.00	X	X	X	51.60	48.62
6	48.75	X	X	X	X	X
7	43.04	40.00	43.06	X	42.72	42.08
	X	X	X	X	X	X

Javelin throw 10 Aug

1 **Heli Myllymäki** FIN 47.75
 2 **Sigrún Fjeldsted Sveinsdóttir** ISL 46.93
 3 **Izabel Savic** SWE 46.10
 4 **Ida Tangen** NOR 44.09
 5 **Sofia Renman** SWE 43.86
 6 **Tiina Laukkanen** FIN 43.30
 7 **Marie Lindeberg** NOR 41.73
 8 **Jane Lindved** DEN 35.95

Series	1	2	3	4	5	6
1	42.81	47.60	47.75	X	46.64	42.55
2	46.80	45.77	46.93	X	X	X
3	44.05	46.10	45.43	X	45.55	44.30
4	39.91	39.55	44.09	X	40.69	X
5	42.05	43.86	42.76	43.04	42.52	42.85
6	X	43.30	X	X	X	X
7	41.00	41.73	41.02	39.81	39.06	40.52
8	35.32	35.95	34.31	X	X	34.44

4x100 m relay 10 Aug

1 **FIN** 46.50 (Minna Sundberg, Anna Saari, Carla Bosco, Anna Heiniö)
 2 **NOR** 48.18 (Marie Hagle, Vibecke Brun, Christine Næsheim Bjørkvik, Elisabeth Slettum)
SWE DQ (Kajsa Ulfsdotter, Charlotte Nordh, Hanna Ledin, Nadja Casadei)
 DEN/ISL DNF (Sabrina Søndergaard, Sara Petersen, Anna Kløve Andersen, Sigurbjörg Ólafsdóttir)

4x400 m relay 18 Aug

1 **NOR** 3:50.71 (Kjersti Lund Oslandsbotten, Stine Meland Tomb, Mari Bones, Linda Røstad)
 2 **SWE** 3:50.94 (Kristina Blomstrand, Kicki Richardsson, Amanda Nilsson, Nadja Casadei)
 3 **FIN** 3:51.06 (Nina Vainikainen, Niina Siltanen, Minna Nummela, Liina Aalto)

Points Women	Nation	Total
	FIN	245,5
	SWE	176
	NOR	158,5
	DEN/ISL	100

Nordic Race Walking Match
 Lisleby Stadion, Fredrikstad, NOR 31 Aug
 This edition not a championships, match only

Men			
U21 31 Aug 10000m			
1	Sigbjørn Sandberg	NOR	46:20.5
2	Janne Meriläinen	FIN	51:30.8
3	Kalevi Jääskeläinen	FIN	52:43.9
	Thomas Elholm	NOR	DQ
U18 31 Aug 5000m			
1	Ato Ibáñez	SWE	23:50.1
2	Tommi Nurmi	FIN	23:53.9
3	Nillo Halonen	FIN	24:05.1
4	Johan Larsson	SWE	33:29.5
U16 31 Aug 3000m			
1	Jyri Tiihonen	FIN	14:27.7
2	Casper Hansson	SWE	14:41.2
3	Sakari Arffmann	FIN	15:03.2

4 Daniel Hermansson SWE 16:07.2
 5 Karsten Nilsen NOR 19:45.6
 Remo Ibáñez SWE DQ

Women			
U21 31 Aug 5000m			
1	Johanna Ellefsen Rostad	NOR	24:23.4
2	Marja Penttinen	FIN	25:20.7
3	Niina Viinikka	FIN	27:06.5
4	Sofia Andersson	SWE	27:06.5
U18 31 Aug 5000m			
1	Emma Nilsson	SWE	27:07.1
2	Mari Olsson	SWE	27:22.2
3	Tiina-Liisa Soikkeli	FIN	28:14.9
4	Johanna Väliniemi	FIN	28:56.7
5	Nina Bergli	NOR	29:40.0
6	Kristina Vahl	NOR	32:14.2
U16 31 Aug 3000m			
1	Mia Hovi	FIN	15:24.0
2	Karoliina Kaasalainen	FIN	15:39.0
3	Stine Larsen	NOR	16:23.0
4	Silje Solheim	NOR	16:39.0
5	Maria Eriksson	SWE	17:58.0
6	Emelie Hortlund	SWE	18:40.0

Points Women	Nation	Total
	FIN	81
	SWE	54
	NOR	41
	DEN	7

Nordic Race Walking Championships Long distances
 Eskilstuna, SWE 7 Sep

Men			
Senior 7 Sep 35 km			
1	Trond Nymark	NOR	2:37:25
2	Bengt Bengtsson	SWE	2:47:36
3	Birger Fält	SWE	2:49:44
4	Fredrik Svensson	SWE	2:54:46
5	Christer Svensson	SWE	3:11.51
Erik Tysse, NOR DNF, Jørgen Linde, NOR DNF			
Junior 7 Sep 10 km			
1	Sigbjørn Sandberg	NOR	46:49
2	Ato Ibáñez	SWE	51:13
3	Remo Ibáñez	SWE	59:28

Women			
Senior 7 Sep 20 km			
1	Monica Svensson	SWE	1:38:57
2	Elin Cecilie Loftesnes	NOR	1:42:53
3	Kerstin B. Malm	SWE	2:06:37
Junior 7 Sep 10 km			
1	Johanna Ellefsen Rostad	NOR	50:53
2	Alice Lind	SWE	59:21
3	Madeleine Lindgren	SWE	69:46
4	Ann-Christine Bengtsson	SWE	79:19

Nordic Cross Country Championships
 Furumo, Geithus, NOR 3 Nov

Men			
Senior 3 Nov 9 km			
1	Jari Matinlauri	FIN	26:33.9
2	Claes Nyberg	SWE	26:35.2

3	Henrik Skoog	SWE	26:48.2
4	Simo Wannas	FIN	26:49.7
5	Gustav Svedbrant	SWE	27:06.6
6	Marko Kotila	FIN	27:11.4
7	Magnus Bergman	SWE	27:15.3
8	Flemming Bjerre	DEN	27:17.1

9 Bjarte Vik, NOR 27:21.6, 10 Juha Hellstén, FIN 27:24.4, 11 Sonni Thelmark, DEN 27:26.5, 12 Kenneth S. Svendsen, NOR 27:38.9, 13 Trond Idland, NOR 27:45.6, 14 Karl Johan Rasmussen, NOR 27:47.9, 15 Kim Nielsen, DEN 27:59.6, 16 Terje Aggvin, NOR 28:10.4, 17 Kim Bergdahl, FIN 28:17.3, 18 Jesper Werling, DEN 28:21.4
Extra. Kjetil Hals, NOR 28:32.8, Knut Aalien, NOR 28:41.0, Iver Arnesen, NOR 30:31.9, Terje Gautvik, NOR 31:39.4

Teams:

1 SWE 17p (Claes Nyberg, Henrik Skoog, Gustav Svedbrant, Magnus Bergman)
2 FIN 21p (Karin Matinlauri, Simo Wannas, Marko Kotila, Juha Hellstén)
3 NOR 48p (Bjarte Vik, Kenneth Svendsen, Trond Idland, Karl Johan Rasmussen)
4 DEN 52p (Flemming Bjerre, Sonni Thelmark, Kim Nielsen, Jesper Werling)

U20			
		3 Nov	6 km
1	Mats Granström	SWE	18:43.9
2	Mohammed Bashir	DEN	18:48.5
3	Matti Räsänen	FIN	18:55.7
4	Jesper Faurshou	DEN	19:01.2
5	Pål S. Kvinge	NOR	19:14.8
6	Thomas Stave Gabrielsen	NOR	19:15.2
7	Aki Uutela	FIN	19:16.3
8	Ulrik Heitmann	DEN	19:32.6

9 Pepe Mäenpää, FIN 19:35.7, 10 Øyvind Sjøli, NOR 19:38.1, 11 Linus Nilsson, SWE 19:39.2, 12 Lars Johansson, SWE 19:53.8, 13 Even Sangnes, NOR 19:55.6, 14 Kim Berland Laitinen, NOR 20:10.9, 15 Aki Nummela, FIN 20:54.1

Teams:

1 DEN 14p (Mohamed Bashir, Jesper Faurshou, Lars Johansson)
2 FIN 19p (Matti Räsänen, Aki Uutela, Pepe Mäenpää)
3 NOR 21p (Pål S. Kvinge, Thomas Stave Gabrielsen, Øyvind Sjøli)
4 SWE 24p (Mats Granström, Linus Nilsson, Lars Johansson)

Women

Senior			
		3 Nov	4,5 km
1	Dorte Vibjerg	DEN	15:28.6
2	Ulla Tuimala	FIN	15:42.5
3	Kristin Størmer Steira	NOR	15:43.7
4	Malin Öhrn	SWE	15:45.4
5	Anni Tuimala	FIN	15:52.1
6	Maria Söderström	FIN	16:04.9
7	Hanne Lyngstad	NOR	16:07.5
8	Minna Myllykoski	FIN	16:12.2

9 Brit-Helen Langeland, NOR 16:27.5, 10 Jenny Widarsson, SWE 16:30.7, 11 Jessica Gylfe, SWE 16:33.5, 12 Tonje Sekse, NOR 17:11.0

Teams:

1 FIN 13p (Ulla Tuimala, Anni Tuimala, Maria Söderström)
2 NOR 19p (Kristin Størmer Steira), Hanne Lyngstad, Brit-Helen Langeland)
3 SWE 25p (Malin Öhrn, Jenny Widarsson, Jessica Gylfe)

U20			
		3 Nov	4,5 km
1	Elina Lindgren	FIN	16:00.2
2	Marte Elden	NOR	16:31.6
3	Anna Holm Jørgensen	DEN	16:39.6
4	Marika Janka	FIN	16:50.0
5	Paula Holma	FIN	16:54.1
6	Kari-Anne Myhre	NOR	17:00.8
7	Ingrid Vikmann	SWE	17:03.5
8	Annika Iltanen	FIN	17:06.5

9 Pia Eikås, NOR 17:08.9, 10 Ida Strandenholm, SWE 17:16.4, 11 Sofia Byhlinder, SWE 17:49.0, 12 Kim Blomkvist, SWE 18:06.3, 13 Mari Arnesen, NOR 18:21.9

Teams:

1 FIN 10p (Elina Lindgren, Marika Jänkä, Paula Holma)
2 NOR 17p (Marte Elden, Kari-Anne Myhre, Pia Eikås)
3 SWE 28p (Ingrid Vikman, Ida Strandenholm, Sofia Byhlinder)

