

This year consists of the following competitions:

25.5	Kópavogur, ISL	10 th Nordic 10000m Challenge
17.-18.6	Moss, NOR	34 th Nordic Junior Championships Combined Events
19.-20.8	Aarhus, DEN	4 th Nordic U23 Championships
2.-3.9	Eskilstuna, SWE	3 rd Nordic U20 Match & Championships
16.9	Turku, FIN	25 th Nordic Race Walking Championships
7.10	København, DEN	24 th Nordic Race Walking Championships Long distances
11.11	Fredrikstad, NOR	10 th Nordic Cross Country Championships

Nordic 10000 m Challenge

Kópavogur, ISL 25 May

Men

Senior		25 May	
1	Rachid Benjira	SWE	30:04.25
2	Tuomas Jokinen	FIN	30:05.38
3	Konstantin Kutilainen	FIN	30:11.72
4	Jesper Faursschou	DEN	30:26.84
5	Juha Hellstén	FIN	30:59.85
6	Kári Steinn Karlsson	ISL	31:00.31
7	Stefán Guðmundsson	ISL	32:42.95
8	Þorbergur Ingi Jónsson	ISL	33:18.19

Lars Johansson, SWE DNF, Flemming Bjerre, DEN DNF, Rolf Knudsen, DEN DNF

Women

Senior		25 May	
1	Annemari Sandell-Hyvärinen	FIN	33:53.66
2	Annemette L. Jensen	DEN	34:40.35
3	Lisa Blommé	SWE	34:42.50
4	Maija Oravamäki	FIN	34:49.47
5	Brit Helen Simmenes	NOR	34:50.35
6	Anna Rahm	SWE	34:58.33
7	Sidsel H. Rasmussen	DEN	35:15.35
8	Johanna Kykyri	FIN	35:32.48

9 Lene K. Duus, DEN 35:46.63, Friða Rún Þórðardóttir, ISL DNF

Nordic Junior Championships Combined Events

Moss, NOR 17-18 Jun

Men

U23 Decathlon		17-18 Jun	
1	Ville Mylläri	FIN	7.085
2	Samuel Lindén	SWE	6.886
3	Johnny Ulinder	SWE	6.643
4	Mikka Kelo	FIN	6.561
5	Rasmus Olofsson	SWE	6.436
6	Bjørn Åge Herdlevær	NOR	5.243

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

1	11.32	6.97	11.17	1.98	50.60	15.13	35.34	4.40	53.16	4:55.00
	791	807	556	785	787	834	570	731	635	589
2	11.83	6.35	12.35	1.98	51.23	15.95	38.86	4.30	51.50	4:41.19
	685	664	628	785	759	738	641	702	611	673
3	11.66	6.50	11.88	1.95	50.46	16.67	35.87	4.10	43.72	4:37.70
	719	697	599	758	794	659	587	645	496	695
4	11.36	6.60	12.43	1.71	51.99	15.69	36.15	3.80	51.13	4:48.54
	782	720	633	552	725	768	587	562	605	627
5	11.23	6.10	13.00	1.80	50.99	16.10	38.17	4.10	34.19	4:53.03
	810	608	667	627	770	722	627	645	359	601
6	12.30	5.96	11.09	1.83	58.68	17.21	31.24	4.10	35.95	5:54.32
	593	578	551	653	459	603	489	645	684	288

U20 Decathlon		17-18 Jun	
1	Lars Vikan Rise	NOR	7.462
2	Bjørn Barrefors	SWE	6.767
3	Josua Gustafsson	SWE	6.569
4	Ville-Pekka Backlund	FIN	6.511
5	Anders Lerberg	NOR	5.944

Rasmus Carlsson SWE DNF
Sami Tani FIN DNF

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

1	11.59	6.73	15.70	1.95	50.98	15.54	42.95	4.20	60.65	4:39.15
	734	750	833	758	770	785	725	673	748	686
2	11.56	6.70	13.20	1.92	52.20	14.96	32.66	4.00	53.77	5:06.09
	740	743	679	731	716	854	517	617	645	525
3	11.48	5.99	13.02	1.89	51.96	14.98	37.67	4.40	35.75	5:01.97
	757	584	668	705	726	852	617	731	381	548
4	11.67	6.22	12.12	1.89	53.38	15.93	34.87	4.10	51.94	4:51.32
	717	635	614	705	665	741	561	645	617	611
5	11.81	6.06	11.74	1.68	54.02	15.64	29.62	3.30	54.77	4:57.23
	689	600	591	528	639	774	457	431	659	576
	11.33	6.44	12.81	1.77	51.46	17.17	33.95	DNS		
	789	684	656	602	749	607	543			
	11.42	6.81	15.12	2.04	DNF	DNS				
	769	769	797	840	0					

U18 Decathlon

U18 Decathlon		17-18 Jun	
1	Sveinn Elías Elíasson	ISL	6.986
2	Felix Siljebäck-Larsen	SWE	6.721
3	Einar Daði Lárusson	ISL	6.576
4	Tero Sarkala	FIN	6.575
5	Adam Björling	SWE	6.501
6	Mikkel Bugge	NOR	6.267
7	Kenneth Mertz	DEN	5.902
8	Douglas Stenberg	SWE	5.796

9 Christian Lang Jensen, DEN 5.751, 10 Henning Dahl Holt, NOR 5.555, Alexander Dahlstrøm Winger, NOR DNF, Juhani Pyhärinta, FIN DNF

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

1	15.32	38.11	3.70	51.87	35.13	11.13	6.53	12.96	1.74	2:51.87
	811	626	535	616	874	832	704	665	577	746
2	15.16	39.60	4.10	52.56	37.43	11.84	6.23	11.96	1.83	3:01.30
	830	656	645	627	734	683	637	604	653	652
3	14.68	32.57	3.20	38.31	35.72	11.37	6.59	10.55	1.89	2:47.79
	889	515	406	418	837	780	718	519	705	789
4	15.03	34.89	4.10	51.89	37.88	12.26	6.11	13.72	1.68	2:51.70
	846	561	645	617	708	601	610	711	528	748
5	15.38	34.07	3.50	50.87	36.75	11.74	6.58	12.83	1.74	3:01.34
	804	545	482	601	774	703	716	657	577	651
6	15.52	33.66	3.00	46.25	37.10	11.69	5.97	13.22	1.83	2:59.23
	788	537	357	533	753	713	580	681	653	672
7	15.38	36.84	3.10	36.23	37.99	12.21	6.05	14.28	1.53	3:00.00
	804	601	381	388	701	610	597	745	411	664
8	15.60	35.17	3.40	41.82	37.72	11.83	4.83	10.55	1.68	2:53.80
	778	567	457	469	717	685	350	519	528	726
9	16.92	32.10	3.80	47.04	39.85	12.64	5.77	11.78	1.74	2:59.47
	633	506	562	545	598	531	537	593	577	669
10	18.73	35.03	4.30	45.57	36.61	11.60	6.36	12.70	1.62	DNF
	456	564	702	523	783	732	666	649	480	0
	15.56	31.59	2.90	47.19	37.41	11.58	3.87	DNS		
	783	496	333	547	735	736	185			
	15.06	46.43	4.30	45.37	DNS					
	842	796	702	520						

Women

U23 Heptathlon		17-18 Jun	
1	Elisa Kirvesniemi	FIN	5.287
2	Jenni Saarinen	FIN	4.999
3	Jennie Hurkmans	SWE	4.685

4	Johanna Höglund	SWE	4.526
5	Tine Bach Ejlersen	DEN	4.571

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

1	14.47	1.58	11.44	26.40	5.81	38.00	2:17.77
	913	712	624	763	792	629	854
2	15.20	1.70	9.96	27.15	5.62	39.21	2:28.15
	815	855	527	699	735	652	716
3	15.06	1.49	10.66	27.73	5.39	43.09	2:35.84
	834	610	573	652	668	727	621
4	15.32	1.58	10.96	27.53	5.16	28.53	2:29.27
	800	712	592	668	603	449	702
5	15.31	1.49	9.47	27.31	5.66	35.75	2:33.84
	801	610	495	686	747	586	646

U20 Heptathlon 17-18 Jun

1	Ida Marcussen	NOR	5.538
2	Reeta Parkkonen	FIN	4.748
3	Sari Mäkilamm	FIN	4.554
4	Hanna Jönsson	SWE	4.296
5	Hilde Nordtveit	NOR	4.253
6	Tove Beate Dahle	NOR	4.231
7	Line Gravlund Hansen	DEN	4.194
8	Petra Andersson	SWE	4.075

9 Therese Rosén, SWE 3.953
(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw 600g, 800m)

1	14.73	1.61	12.65	25.84	5.74	49.04	2:22.90
	878	747	704	811	771	842	785
2	15.06	1.58	11.04	26.33	5.40	32.06	2:33.64
	834	712	598	769	671	516	648
3	15.27	1.66	10.75	28.53	5.32	37.64	2:46.31
	806	808	579	590	648	622	503
4	16.10	1.49	10.35	28.01	4.74	41.81	2:36.78
	702	610	552	630	490	702	610
5	16.34	1.37	11.10	27.18	5.24	36.06	2:39.20
	673	481	602	697	626	592	582
6	15.63	1.49	10.26	27.69	5.00	34.10	2:42.28
	760	610	546	655	559	554	547
7	16.80	1.49	9.77	27.90	4.82	37.78	2:31.38
	619	610	514	639	511	625	676
8	15.93	1.49	9.29	27.34	4.90	29.06	2:38.91
	722	610	483	684	532	459	585
9	16.03	1.61	8.58	28.06	4.96	20.96	2:39.68
	711	747	437	626	548	307	577

U18 Heptathlon 17-18 Jun

1	Maiju Mattila	FIN	5.451
2	Helga Margrét Þorsteinsdóttir	ISL	5.318
3	Ellinor Rosenquist	SWE	5.208
4	Tonje Angelsen	NOR	5.191
5	Frida Linde	SWE	5.147
6	Hanna Voutilainen	FIN	4.906
7	Anne Karin Berge	NOR	4.659
8	Inger Anne Frøysedal	NOR	4.551

9 Ina Kartum, NOR 4.427, 10 Brynja Finnsdóttir, ISL 4.299, 11 Malin Wiberg, SWE 4.077
(100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 500g, 800m)

1	14.31	1.73	12.69	26.43	5.41	48.09	2:32.61
	935	891	707	760	674	823	661
2	15.14	1.64	14.24	25.82	5.35	35.93	2:18.59
	823	783	810	813	657	589	843
3	14.87	1.70	12.89	26.85	5.31	33.28	2:16.93
	859	855	720	724	645	539	866
4	14.93	1.76	10.96	26.28	5.87	34.41	2:31.26
	851	928	592	773	810	560	677
5	14.58	1.66	12.27	26.35	5.29	33.86	2:21.25
	898	806	679	767	640	550	807
6	14.56	1.58	11.84	26.96	5.54	37.20	2:37.57
	901	712	651	715	712	614	601
7	15.64	1.67	12.20	28.01	5.21	39.21	2:45.68
	759	818	674	630	617	3921	509
8	15.92	1.64	11.75	28.69	5.00	35.10	2:30.27

724	783	645	577	559	574	689	
9	16.60	1.64	11.18	28.40	4.82	40.98	2:37.80
	642	783	645	577	559	574	689
10	15.47	1.46	10.46	27.09	4.98	27.64	2:30.11
	781	577	560	704	554	432	694
11	20.30	1.49	12.14	26.48	4.99	31.97	2:30.08
	278	610	670	756	557	514	692

4th Nordic U23 Championships

Aarhus, DEN 19-20 Aug

Men 100 m 19 Aug -0,5

Heat 1 1 2 Heat 1: -1,6 Heat 2: 0,0

1	1	Jarkko Rusotekivi	FIN	10.72
2	1	Rami Jokinen	FIN	10.76
3	2	Stefan Tärnhuvud	SWE	10.86
4	3	Jonathan Åstrand	FIN	10.90
5	4	Christian Settemkli Mogstad	NOR	11.03
6	2	Rasmus Rypdal	NOR	11.12
7	3	Óli Tómas Freysson	ISL	11.14
8	5	Martin Krabbe	DEN	
9	6	Rasmus Lantz	SWE	11.17
10	4	Henrik Johnsen	NOR	11.50

200 m 20 Aug Heat 1: +0,8 Heat 2: 0,0

1	1	Jonathan Åstrand	FIN	21.43
2	2	Stefan Tärnhuvud	SWE	21.68
3	3	Rami Jokinen	FIN	21.69
4	4	Fredrik Johansson	SWE	21.83
5	5	Christian Settemkli Mogstad	NOR	21.88
6	1	Steffen Kjønås	NOR	22.06
7	2	Martin Krabbe	DEN	22.15

400 m 19 Aug

1	Fredrik Johansson	SWE	47.45
2	Andreas Mokdasi	SWE	47.67
3	Antti Toivonen	FIN	47.69
4	Steffen Kjønås	NOR	47.85
5	Lars Jahr Røine	NOR	48.38
6	Jan Bosas	FIN	48.62
7	Tormod Hjortnæs Larsen	NOR	49.27
8	Jakob Riis	DEN	50.15

800 m 19 Aug

1	Robert Rotkirch	FIN	1:50.02
2	Tapani Virtanen	FIN	1:50.58
3	Stian Flo	NOR	1:50.76
4	Jacob Gustafsson	SWE	1:50.80
5	Johan Kågeman	SWE	1:51.75
6	Jørgen Hasle Johansen	NOR	1:51.85
7	Aladdin Bouhania	DEN	1:52.35
8	Jacob Carstensen	DEN	1:53.23

1500 m 20 Aug

1	Niclas Sandells	FIN	3:51.53
2	Morten Velde	NOR	3:52.22
3	Olle Walleräng	SWE	3:53.39
4	Stian Flo	NOR	3:53.53
5	Jani Hautala	FIN	3:53.68
6	Joachim Löfwing	SWE	3:54.17
7	Brian Lindberg	DEN	3:54.97
8	Joachim Brøndbo	NOR	3:55.85
9	Kári Steinn Karlsson	ISL	4:00.87

<i>5000 m</i>			
19 Aug			
1	Joachim Brøndbo	NOR	14:28.13
2	Obed Kipkurui	FIN	14:29.86
3	Henri Manninen	FIN	14:30.14
4	Kári Steinn karlsson	ISL	14:30.72
5	Peter Gross	SWE	14:31.82
6	Henry Gross	SWE	14:36.34
7	Ulrik Heitman	DEN	14:45.06
8	Asle Tjelta	NOR	15:02.69

<i>110 m hurdles</i>			
20 Aug			0,0
1	Antti Korkealaakso	FIN	14.30
2	Hannu-Heikki Turunen	FIN	14.64
3	Christian Sjöberg	SWE	14.77
4	Henrik Encke	SWE	14.96
5	Jon Yde Bentsen	DEN	14.97

<i>400 m hurdles</i>			
19 Aug			
1	Collins Hart	FIN	51.61
2	Henrik Encke	SWE	52.14
3	Steffen Kjønås	NOR	52.29
4	Niklas Larsson	SWE	52.78
5	Teemu Linkosaari	FIN	53.36
6	Jon Yde Bentsen	DEN	53.97

<i>3000 m steeplechase</i>			
20 Aug			
1	Janne Ukonmaanaho	FIN	9:02.97
2	Joonas Harjamäki	FIN	9:06.33
3	Daniel Lundgren	SWE	9:08.17
4	Mehretu Dessaleng	NOR	9:09.70
5	Mathias Borg	SWE	9:32.66

<i>High jump</i>			
19 Aug			
1	Nicklas Wiberg	SWE	2.13
2	Jaako Karhunen	FIN	2.10
3	Jussi Viita	FIN	2.10
4	Samuel Lindén	SWE	1.98

Series	1.90	1.95	1.98	2.01	2.04	2.07	2.10	2.13	2.15
1		o	-	o	o	xo	xxo	xxx	xxx
2			xo	o	o	o	o	xxx	
3			o	-	o	o	xo	xxx	
4	o	o	o	xxx					

<i>Pole vault</i>			
19 Aug			
1	Olli Rannikko	FIN	5.10
2	Rasmus Tjärndal	SWE	4.80
3	Lauri Rumbin	FIN	4.80
4	Martin Lundqvist	SWE	4.60

Series	4.40	4.50	4.60	4.70	4.80	4.85	5.00	5.10	5.20
1					o	-	o	xo	xxx
2	o	-	o	xo	xo	xxx			
3		o	-	o	xxo	xxx			
4	o	-	o	xxx					

<i>Long jump</i>			
20 Aug			
1	Juho-Matti Pimiä	FIN	7.57
2	Petteri Lax	FIN	7.56
3	Andreas Otterling	SWE	7.00
4	Nicklas Wiberg	SWE	6.85
5	Fredrik Persson	SWE	6.47

Series	1	2	3	4	5	6
1	X	7.33	X	7.37	7.57	X
		-0,8		-0,6	+1,4	
2	7.31	7.41	X	7.38	7.56	X
	-0,2	+0,6		-1,1	0,0	
3	6.86	7.00	5.00	X	6.67	6.83
	+1,7	+0,5	+1,3		+0,7	-0,6
4	6.60	6.85	X	X	-	-
	-1,1	0,0				
5	X	X	X	X	X	6.47
						+0,3

<i>Triple jump</i>			
19 Aug			
1	Aleksi Tammentie	FIN	15.41
2	Carl Westberg	SWE	14.91
3	Daniel Sjöling	FIN	14.91
4	Andreas Otterling	SWE	14.90

Series	1	2	3	4	5	6
1	15.41	X	X	X	14.74	15.25
	+0,9				0,0	+0,3
2	14.14	14.44	14.57	14.91	X	14.58
	+0,1	+1,1	+2,0	+0,9		+0,4
3	14.00	14.77	X	14.77	14.47	14.91
	+0,4	+1,2		+0,8	+0,1	+0,9
4	X	X	14.37	X	14.90	X
			0,0		-0,7	

<i>Shot put</i>			
19 Aug			
1	Kim Christensen	DEN	17.60
2	Antti Perho	FIN	16.01
3	Jarkko Takaluoma	FIN	16.00
4	Mats Olsson	SWE	15.74
5	Knut Steinar Syvertsen	NOR	15.48
6	Idar Grøneng Havn	NOR	15.13
7	Johan Pihlgren	SWE	13.89

Series	1	2	3	4	5	6
1	17.60	16.97	16.91	17.11	17.07	X
2	15.72	16.01	15.63	15.65	X	X
3	15.55	X	X	15.58	16.00	X
4	13.63	14.34	14.30	15.74	15.69	15.59
5	15.05	15.48	15.28	15.36	X	15.44
6	15.08	X	15.13	14.08	X	14.62
7	13.89	X	X	X	13.64	13.63

<i>Discus throw</i>			
20 Aug			
1	Jarkko Takaluoma	FIN	52.85
2	Henrik Laitasalo	FIN	48.53
3	Ibro Ribic	SWE	46.79
4	Tommy Kristiansen	SWE	45.54

Series	1	2	3	4	5	6
1	49.74	X	X	52.85	52.00	50.81
2	48.10	48.14	48.53	X	X	X
3	44.68	45.27	46.67	X	46.26	46.79
4	41.67	43.70	X	X	X	45.54

<i>Hammer throw</i>			
19 Aug			
1	Tuomas Seppänen	FIN	66.90
2	Mikkp Järvinen	FIN	66.24
3	Juha Kauppinen	FIN	65.82
4	Bergur Ingi Pétursson	ISL	62.63
5	Robert Alneroth	SWE	62.09
6	Hans Eriksson	SWE	56.37

Series	1	2	3	4	5	6
1	64.40	66.90	X	X	X	66.79
2	62.88	65.11	65.44	64.77	64.80	66.24
3	64.80	X	65.82	65.72	65.57	65.46
4	57.63	62.63	60.55	59.71	61.52	62.30
5	X	60.86	X	61.44	61.47	62.09
6	53.17	X	55.94	54.31	56.37	X

<i>Javelin throw</i>			
20 Aug			
1	Tero Järvenpää	FIN	78.27
2	Antti Ruuskanen	FIN	77.32
3	Viljo Toivanen	FIN	72.77
4	Nicklas Wiberg	SWE	69.52
5	Niklas Wiklund	SWE	66.57
6	Markus Hayden	SWE	66.01
7	Henrik Rossel	DEN	65.20

Series	1	2	3	4	5	6
1	78.27	X	X	X	-	-
2	76.44	72.66	71.86	X	71.21	77.32
3	72.77	72.55	72.18	68.33	X	71.71
4	65.70	64.21	X	61.14	67.05	69.52
5	63.33	65.03	X	66.57	64.57	65.35
6	65.76	X	X	64.97	X	65.01
7	59.14	57.33	57.33	53.46	58.85	65.20

4x100 m relay		19 Aug	
1	FIN	40.20	(Timo Salonen, Rami Jokinen, Jonathan Åstrand, Antti Toivonen)
2	NOR	41.35	(Rasmus Rypdal, Henrik Johnsen, Lars Jahr Røine, Christian Settemslie Mogstad)
3	DEN	42.23	(Jakob Riis, Jon Yde Bentsen, Andreas Bjørn, Martin Krabbe)
	SWE	DQ	(Djordje Djekic, Stefan Tärnhuvud, Rasmus Lantz, Sebastian Öberg)
4x400 m relay		20 Aug	
1	SWE	3:11.76	(Niklas Larsson, Nicklas Wiberg, Johan Kågeman, Fredrik Johansson)
2	NOR	3:11.91	(Lars Jahr Røine, Jørgen Hasle Johansen, Tormod Hjortnæs Larsen, Steffen Kjønnås)
3	FIN	3:12.51	(Teemu Linkosaari, Gustav Klingstedt, Robert Rotkirch, Jan Bosas)
4	DEN	3:18.35	(Andreas Bjørn, Aladdin Bouhania, Jakob Riis, Jon Yde Bentsen)

Women

100 m		19 Aug	0,0
1	Sari Keskitalo	FIN	11.84
2	Daniela Lincoln Saavedra	SWE	11.88
3	Elisabeth Slettum	NOR	11.89
4	Piia Roslund	FIN	12.11
5	Karoline Tjelta Larsen	NOR	12.16
6	Malin Ström	SWE	12.19

200 m		20 Aug	+0,4
1	Elisabeth Slettum	NOR	23.81
2	Sari Keskitalo	FIN	24.08
3	Emma Björkman	SWE	24.75
4	Malin Ström	SWE	24.84
5	Karoline Tjelta Larsen	NOR	24.91
6	Maisa Korri	Fin	25.16

400 m		19 Aug	
1	Emma Björkman	SWE	54.84
2	Emma Agerbjer	SWE	55.00
3	Jessica Samuelsson	SWE	55.77
4	Irene Høvik Helgesen	NOR	55.90
5	Maisa Korri	FIN	57.09
6	Bettina Lindahl	FIN	58.25

800 m		20 Aug	
1	Elin Wiik	SWE	2:08.92
2	Liv-Miriam Nordtømme	NOR	2:09.13
3	Jenny Holmroos	SWE	2:09.56
4	Anna Storlund	FIN	2:10.20
5	Katriina Välimäki	FIN	2:12.99

1500 m		19 Aug	
1	Liv-Miriam Nordtømme	NOR	4:33.21
2	Saara Pekkarinen	FIN	4:34.06
3	Magdalena Ottersten	SWE	4:35.45
4	Moa Westman	SWE	4:31.4
5	Paula Ojanen	FIN	4:46.51

5000 m		20 Aug	
1	Laura Skyttä	FIN	17:14.08
2	Saara Pekkarinen	FIN	18:04.86
3	Lovisa Backemar	SWE	18:15.37
4	Petra Kindlund	SWE	18:51.69

100 m hurdles		20 Aug	+0,2
1	Piia Roslund	FIN	13.70
2	Johanna Sjöström	SWE	14.12
3	Maiju Björkholm	FIN	14.25

4	Silje Pettersen	NOR	14.40
5	Therese Gustafsson	SWE	DNS

400 m hurdles		19 Aug	
1	Christine Næsheim-Bjørkvik	NOR	59.67
2	Nuulu Ndiwabene	SWE	59.71
3	Therese Gustafsson	SWE	61.30
4	Milja Kuikka	FIN	61.85
5	Riikka Aro	FIN	64.01

3000 m steeplechase		20 Aug	
1	Maiken Toftgaard	DEN	10:51.67
2	Hanna Hyvönen	FIN	11:05.18
3	Jonna Välimaa	FIN	11:28.71
4	Pernilla Sävestrand	SWE	11:44.98

High jump		20 Aug	
1	Stine Kufaa	NOR	1.80
2	Sandra Asplund	SWE	1.77
3	Erica Jarder	SWE	1.74
4	Tiina Haapanen	FIN	1.74
5	Jenni Saarinen	FIN	1.65

Series	1.60	1.65	1.68	1.71	1.74	1.77	1.80	1.86
1				o	xo	xxo	o	xxx
2		o	-	o	o	o	xxx	
3		xxo	o	xo	o	xxx		
4		o	o	o	xo	xxx		
5	o	o	xxx					

Pole vault		20 Aug	
1	Cathrine Larsåsen	NOR	4.00
2	Aino-Maija Karvinen	FIN	3.80
3	Liisa Taponen	FIN	3.80
4	Cecilia Jansson	SWE	3.40
5	Caroline Ivarsson	SWE	3.40

Series	3.00	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	3.95	4.00	4.05
1								xo	-	o	o	xxx
2								xo	o	-	x	xx
3				o	-	o	-	o	xxx			
4			o	o	xxx							
5	o	o	o	xo	xxx							

Long jump		19 Aug	
1	Margrethe Renstrøm	NOR	6.19
2	Elina Sorsa	FIN	6.06
3	Erica Jarder	SWE	5.98
4	Elisa Kirvesniemi	FIN	5.81
	Daniela Lincoln Saavedra	SWE	DNS
	Jessica Samuelsson	SWE	DNS

Series	1	2	3	4	5	6
1	X	X	X	6.17	X	6.19
2	5.83	6.06	X	5.82	X	5.90
3	+0,5	+2,0		+0,5		+0,6
4	5.85	5.91	5.78	5.83	5.98	X
5	+0,4	+1,1	-1,2	0,0	+2,1	
6	5.81	X	X	5.67	X	5.79
7	+0,3			0,0		+0,9

Triple jump		20 Aug	
1	Margrethe Renstrøm	NOR	13.12
2	Elina Sorsa	FIN	12.93
3	Madelen Nylander	SWE	12.36
4	Jonna-Janette Eriksson	FIN	12.21 0,0
5	Sara Sköldin	SWE	12.02 0,0

Series	1	2	3	4	5	6
1	12.46	12.90	X	X	X	13.12
2	-0,4	0,0	X	12.41	12.93	12.92
3	X	X	12.36	-0,4	0,0	0,0
4			-0,1	X	11.31	X
5					0,0	

<i>Shot put</i>		20 Aug
1	Hennariikka Järvinen	FIN 14.95
2	Suvi Helin	FIN 14.86
3	Carolina Hjelt	SWE 14.03
4	Marie Barenfeld	SWE 13.39
	Ásdís Hjálmsdóttir	ISL DNS

Series	1	2	3	4	5	6
1	14.33	14.49	14.65	14.36	14.43	14.95
2	13.86	14.60	X	14.86	13.96	X
3	12.62	12.85	X	13.93	14.03	13.57
4	12.65	12.64	13.30	13.39	13.10	12.46

<i>Discus throw</i>		19 Aug
1	Hennariikka Järvinen	FIN 49.62
2	Sanna Kämäräinen	FIN 47.74
3	Ásdís Hjálmsdóttir	ISL 45.31
4	Carolina Hjelt	SWE 42.82
5	Caroline Höglund	SWE 41.58

Series	1	2	3	4	5	6
1	47.11	49.13	47.65	48.77	49.62	X
2	45.87	47.74	X	X	X	47.20
3	X	45.31	X	X	44.61	X
4	41.46	X	41.43	42.82	X	41.79
5	39.93	41.45	X	X	41.58	41.01

<i>Hammer throw</i>		20 Aug
1	Tracey Andersson	SWE 64.77
2	Lena Solvin	FIN 58.97
3	Minna Paavola	FIN 57.40
4	Hannele Kuutti	FIN 57.27
5	Emma Johannesson	SWE 54.55

Series	1	2	3	4	5	6
1	64.77	63.31	62.12	55.99	X	60.37
2	X	56.45	58.56	X	58.97	X
3	55.16	56.89	57.40	X	58.97	X
4	56.44	57.27	55.74	56.44	56.75	55.87
5	52.97	52.59	54.25	53.93	54.55	X

<i>Javelin throw</i>		19 Aug
1	Pauliina Laamanen	FIN 53.32
2	Marléne Lindström	SWE 49.35
3	Ásdís Hjálmsdóttir	ISL 48.13
4	Janne Lindved	DEN 46.42
5	Jennie Hurkmans	SWE 44.20
6	Jenni Puputti	FIN 41.56

Series	1	2	3	4	5	6
1	50.01	49.73	53.32	X	48.38	52.85
2	49.35	47.88	46.80	46.17	47.62	47.68
3	48.13	X	X	X	X	X
4	44.56	46.40	46.42	45.50	44.02	42.58
5	42.21	44.20	X	X	X	X
6	41.25	41.56	41.45	40.98	40.02	X

<i>4x100 m relay</i>		19 Aug
1	NOR 46.04	(Christine Næsheim-Bjørkvik, Elisabeth Slettum, Karoline Tjelta Larsen, Irene Høvik Helgesen)
2	FIN 46.87	(Suvi Pääkönen, Maiju Björkholm, Sari Kesitalo, Piia Roslund)
3	SWE DQ	(Malin Ström, Pernilla Tornemark, Elin Lundqvist, Emma Agerbjør)

<i>4x400 m relay</i>		20 Aug
1	SWE 3:40.17	(Pernilla Tornemark, Nuulu Ndiwabene, Enna Agerbjør, Emma Björkman)
2	NOR 3:43.19	(Elisabeth Slettum, Christine Næsheim-Bjørkvik, Irene Høvik Helgesen, Liv-Miriam Nordtømme)
3	FIN 3:55.63	(Maisa Korri, Jannica Rönnqvist, Anna Storlund, Paula Ojanen)

Nordic U20 Match & Championships

Eskilstuna, SWE 2-3 Sep
Men

<i>100 m</i>		+2,1
1	Edmund Yeboah	SWE 10.68
2	Erik Karlsson	SWE 10.95
3	Sami Laukkanen	FIN 11.05
4	Jarle Hollund	NOR 11.07
5	Arnór Jónsson	ISL 11.11
6	Mika Rinkinen	FIN 11.16
7	Espen Wisur	NOR 11.22
8	Andreas Martinsen	DEN 11.47

<i>200 m</i>		+2,6
1	Simon Johansson	SWE 21.58
2	Erik Karlsson	SWE 21.94
3	Sveinn Elías Elfsson	ISL 22.04
4	Rasmus Olsen	DEN 22.27
5	Espen Wisur	NOR 22.30
6	Lars Halvard Grimsrud	NOR 22.36
7	Sami Laukkanen	FIN 22.36
8	Olli Rantanen	FIN 22.61

<i>400 m</i>		
1	Andreas Bube	DEN 48.77
2	Tor Pöllänen	SWE 49.26
3	Matti Välimäki	FIN 49.81
4	Carl-Adam Lindros	SWE 50.81
5	Lari Haapakangas	FIN 51.16
6	Torje Klevmo	NOR 51.22
7	Lars Halvard Grimsrud	NOR 51.99
	Sveinn Elías Elfsson	ISL DNS

<i>800 m</i>		
1	Riku Marttinen	FIN 1:58.47
2	Johan Walldén	SWE 1:58.91
3	Eivind Jenssen	NOR 1:59.08
4	Torje Klevmo	NOR 1:59.44
5	Matti Virén	FIN 2:00.07
6	Saibou Kebbeh	SWE 2:01.55
7	Lars K. Jacobsen	DEN 2:01.74
	Eddie Andersen	DEN DQ

<i>1500 m</i>		
1	Riku Marttinen	FIN 4:06.46
2	Eivind Jenssen	NOR 4:06.80
3	Thobias Ekhamre	SWE 4:08.60
4	Tuomas Jokinen	FIN 4:09.54
5	Andreas Bueno	DEN 4:10.17
6	Oskar Danielson	SWE 4:10.20
7	Sindre Buraas	NOR 4:11.55

<i>5000 m</i>		
1	Tuomas Jokinen	FIN 14:54.47
2	Alexander Söderberg	SWE 14:58.28
3	Sondre Nordstad Moen	NOR 14:59.35
4	Marko Tuokko	FIN 15:17.92
5	Tobias Lundgren	SWE 15:25.49
6	Ivar Storli Husby	NOR 15:35.48
	Troels Torp	DEN DNF

<i>110 m hurdles</i>		+2,5
1	Otto Kilpi	FIN 13.96
2	Björn Barrefors	SWE 14.61

3	Josua Gustafsson	SWE	14.71
4	Alexander Dahlstrøm Winger	NOR	14.85
5	Einar Daði Lárusson	ISL	14.88
6	Anders G. Lerberg	NOR	15.18
7	Mathias Andersen	DEN	15.72
8	Anssi Saarela	FIN	16.53

400 m hurdles

1	Andreas Bube	Den	53.85
2	Panu Pasanen	FIN	54.49
3	Henrik Astfors	SWE	54.57
4	Johan Edvinsson	SWE	54.86
5	Einar Daði Lárusson	ISL	55.38
6	Hans Erik Bragstad Vist	NOR	55.61
7	Marius Benserud	NOR	57.18
8	Arttu Malmivirta	FIN	59.20

3000 m steeplechase

1	Christian S. Bjørge	NOR	9:38.50
2	David Nilsson	SWE	9:41.38
3	Erik Scheller	SWE	9:41.96
4	Rami Tuokko	FIN	9:45.25
5	Veli-Jukka Hattula	FIN	9:46.22
6	Ole Henrik Bjørnseth	NOR	9:56.77
7	Michael Jeppesen	DEN	10:01.14

5000 m Walk

1	Heikki Kukkonen	FIN	22:24.95
2	Perseus Ibáñez	SWE	23:11.00
3	Sakari Arffman	FIN	23:41.44
4	Andreas Nielsen	DEN	24:28.79
5	Daniel Hermansson	SWE	25:12.79
6	Pål-Erik Lund	NOR	25:24.00

High jump

1	Niko Kyyhkinen	FIN	2.10
2	Mehdi Alkhatib	SWE	2.08
3	Sami Itani	FIN	2.04
4	Erik Jacobsson	SWE	2.02
5	Kjølv Egeland	NOR	1.86
6	Brede Raa Ellingsen	NOR	1.86
6	Andreas Jeppesen	DEN	1.86

Pole vault

1	Eemeli Salomäki	FIN	5.11
2	Rasmus W. Jørgensen	DEN	5.01
3	Jere Bergius	FIN	4.91
4	Jonas Almqvist	SWE	4.66
5	John Gustafsson	SWE	4.58
6	Henning Dahl Holti	NOR	4.34
7	Jørgen Frydenlund	NOR	4.34
	Mikkel M. Nielsen	DEN	NM

Long jump

1	Mikko Kivinen	FIN	7.42
2	Eetu Viitala	FIN	7.31
3	Þorsteinn Ingvarsson	ISL	7.20
4	Björn Barrefors	SWE	7.10
5	Hannes Palm	SWE	6.81
6	Vetle Utsi Onstad	NOR	6.76
7	Christian Hanssen	NOR	6.61
8	Kim Teilman	DEN	6.39

Series	1	2	3	4	5	6
1	7.39	7.42	X	7.29	X	7.25
	+4,4	+3,0		+2,4		+1,6
2	X	7.21	X	6.81	7.23	7.31
		+1,9		+2,6	+2,3	+2,2

3	6.89	7.15	X	7.20	X	X
	+3,0	+3,1		+3,4		
4	6.75	6.85	6.89	X	X	7.10
	+2,4	+2,7	+2,4			+2,4
5	1.77	4.65	6.81	6.69	5.11	6.79
	+2,9	+2,2	+1,8	+4,5	+3,2	+2,7
6	6.43	X	6.76	X	6.50	6.50
	+2,2		+3,3		+3,1	+2,2
7	X	6.37	6.52	X	6.61	4.71
		+2,3	+1,9		+3,4	+2,0
8	6.38	6.25	X	6.39	6.39	5.83
	+4,1	+2,3		+2,8	+2,9	+1,4

Triple jump

1	Mikko Kivinen	FIN	15.26
2	Mattias Ström	SWE	14.78
3	Peder P. Nielsen	DEN	14.57
4	Joonas Makkonen	FIN	14.57
5	Vetle Utsi Onstad	NOR	14.37
6	Alexander Dahlstrøm Winger	NOR	13.48
7	Daniel Lennartsson	SWE	13.48

Series	1	2	3	4	5	6
1	14.77	15.17	15.26	15.11	15.13	15.03
	+0,3	+2,2	+4,2	+2,8	+1,6	+1,9
2	14.41	X	14.78	14.63	X	X
	+4,3		+3,3	+1,6		
3	14.57	X	14.35	-	14.37	14.49
	+4,8		+2,2		+0,6	+1,3
4	X	14.42	14.36	14.44	14.10	14.57
		+4,0	+3,4	+4,6	-0,1	+2,0
5	11.52	X	13.78	14.16	14.37	13.38
	+1,6		+0,3	+3,5	+4,1	+3,6
6	12.70	X	X	13.48	13.43	13.38
	+0,9		+0,9	+2,0	+1,9	
7	13.10	13.30	13.37	12.67	13.48	13.09
	+0,4	+3,6	+1,9	+0,9	-0,2	+2,0

Shot put 6kg

1	Axel Härstedt	SWE	18.18
2	Nick Petersen	DEN	17.66
3	Ulf Ankarling	SWE	16.79
4	Jussi Tukeva	FIN	16.76
5	Stian Andersen	NOR	16.44
6	Mikko Heikkilä	FIN	15.75
7	Yngve Grøneng Havn	NOR	15.60
8	Kristján Sigurðsson	ISL	11.28

Discus throw 1.75kg

1	Axel Härstedt	SWE	52.96
2	Nick Petersen	DEN	52.39
3	Joni Mattila	FIN	51.57
4	Stian Andersen	NOR	49.65
5	Per Rosell	SWE	49.27
6	Mikko Heikkilä	FIN	48.33
7	Vegard Henriksen	NOR	48.09

Hammer throw 6kg

1	Arno Laitinen	FIN	69.51
2	Stefan Kvist	SWE	65.89
3	Joachim Koivu	FIN	63.33
4	Daniel Nyman	SWE	59.88
5	Eivind Henriksen	NOR	57.44
6	Steinar Kleppe	NOR	56.73
7	Kristjan Sigurðsson	ISL	51.99
8	Dan Thomsen	DEN	42.63

Javelin throw

1	Ari Mannio	FIN	75.79
2	Mikko Kankaanpää	FIN	71.89
3	Marcus Persson	SWE	65.52
4	Jonas Lohse	SWE	62.85
5	Fredrik Halvorsen	NOR	55.41
6	Paul Redford	NOR	54.71

7	Kristian Lewis	DEN	53.15
<i>4x100 m relay</i>			
1	SWE	40.66	(Edmund Yeboah, Per Strandqvist, Erik Karlsson, Simon Johannsson)
2	FIN	42.48	(Eetu Viitala, Olli Rantanen, Sami Laukka, Mika Rinkinen)
3	ISL	42.68	(Arnór Jónsson, Sveinn Elías Elíasson, Einar Daði Lárusson, Þorsteinn, Ingvarsson)
4	NOR	42.86	(Jarle Hollund, Espen Wisur, Lars Halvard Grimsrud, Henning Brenna)
5	DEN	43.98	(Steven Nielsen, Andreas Martinsen, Rasmus Olsen, Rasmus Thomsen)

<i>4x400 m relay</i>			
1	SWE	3:18.20	(Victor Lohr, Henrik Astfors, Carl-Adam Lindros, Tor Pöllänen)
2	DEN	3:19.60	(Andreas Bube, Rasmus Terp, Andreas Bøvling, Rasmus Olsen)
3	NOR	3:22.71	(Lars Halvar Grimsrud, Hans Erik Bragstad Vist, Torje Klevmo, Eivind Jenssen)
4	FIN	3:22.80	(Lari Haapakangas, Markus Lagerroos, Anders Lindahl, Matti Välimäki)

Points Men	Nation	Total
	SWE	226
	FIN	219
	NOR	132,5
	DEN/ISL	105,5

Women

<i>100 m</i>			
			+1,0
1	Ezinne Okparaebo	NOR	11.94
2	Thea Oppegaard	NOR	12.07
3	Noora Hämäläinen	FIN	12.11
4	Maria Gustavsson	SWE	12.12
5	Noora Pesola	FIN	12.16
6	Therese Bohlén-Kinn	SWE	12.27
7	Helga Margrét Þorsteinsdóttir	ISL	12.65
8	Anne Møller	DEN	12.79

<i>200 m</i>			
			+2,7
1	Maria Gustafsson	SWE	24.08
2	Ezinne Okparaebo	NOR	24.18
3	Nina Runvik	SWE	24.39
4	Marlene Hjort	NOR	24.44
5	Helga Margrét Þorsteinsdóttir	ISL	25.07
6	Minna Laukka	FIN	25.16
7	Reeta Parkkonen	FIN	25.57
8	Marie Louise Jørgensen	DEN	26.64

<i>400 m</i>			
1	Benedicte Hauge	NOR	56.22
2	Frida Flodström	SWE	56.96
3	Elin Backman	SWE	57.06
4	Sara Slott Petersen	DEN	57.62
5	Karin Storbacka	FIN	58.12
6	Kari Marte Brandt	NOR	58.48
7	Johanna Rossi	FIN	58.87
8	Stefanía Hákonardóttir	ISL	67.12

<i>800 m</i>			
1	Frida Flodström	SWE	2:10.02
2	Kristine Eikrem Engeset	NOR	2:10.69
3	Saara Skyttä	FIN	2:12.02
4	Bodil Have	DEN	2:13.89
5	Helga Kristín Harðardóttir	ISL	2:14.68
6	Martine Eikemo Borge	NOR	2:15.19
7	Lisa Voltaire	SWE	2:17.37
8	Tiina Laaksonen	FIN	2:22.49

<i>1500 m</i>			
1	Kristine Eikrem Engeset	NOR	4:32.77
2	Sara Sajanti	FIN	4:41.49
3	Christina Lindblom	SWE	4:42.24
4	Íris Anna Skúladóttir	ISL	4:42.32
5	Rut Appelkvist	NOR	4:44.10
6	Lisa Voltaire	SWE	4:46.40
7	Eeva Sajanti	FIN	4:48.75
8	Anna H. Jørgensen	DEN	4:51.66

<i>3000 m</i>			
1	Karoline Bjerkeli Grøvdal	NOR	9:16.94
2	Silje Fjørtoft	NOR	9:47.02
3	Anna H. Jørgensen	DEN	9:47.69
4	Christina Lindblom	SWE	9:49.78
5	Mari Mäki-Torkko	FIN	10:02.32
6	Kirsi-Maria Turunen	FIN	10:13.18
7	Sandra Fransson	SWE	10:32.06

<i>100 m hurdles</i>			
			+1,7
1	Giia Lindström	FIN	14.02
2	Emilia Rundqvist	SWE	14.24
3	Anne Møller	DEN	14.27
4	Noora Hämäläinen	FIN	14.66
5	Frida Blomqvist	SWE	14.80
6	Tale Ørving	NOR	14.87
	Christine Skodvin	NOR	DNF

<i>400 m hurdles</i>			
1	Sara Slott Petersen	DEN	60.20
2	Caroline Enberg	SWE	61.72
3	Louise Martin	SWE	62.05
4	Marie Tvare	NOR	62.10
5	Rachel Nordtømme	NOR	63.64
6	Caroline Backa	FIN	64.55
7	Outi Mattila	FIN	65.52
	Ina Marie Hjort	DEN	DQ

<i>2000 m steeplechase</i>			
1	Kristine Bjerkeli Grøvdal	NOR	6:22.64
2	Saara Skyttä	FIN	7:47.34
3	Lena Örn	SWE	6:57.70
4	Silje Fjørtoft	NOR	7:04.10
5	Suvi Miettinen	FIN	7:20.00
6	Cecilia Norrbom	SWE	7:21.42
7	Maria B. Madsen	DEN	7:28.52

<i>3000 m walk</i>			
1	Anna Karrila	FIN	15:05.43
2	Mia Hovi	FIN	15:15.40
3	Stine Larsen	NOR	15:23.56
4	Silje Solheim	NOR	15:53.33
5	Elin Angestav	SWE	16:17.10

<i>High jump</i>			
1	Ebba Ljungmark	SWE	1.81
2	Erika Wiklund	SWE	1.79
3	Øyunn Grindem	NOR	1.73
4	Tonje Angelsen	NOR	1.71
5	Nette Narvanmaa	FIN	1.68
6	Laura Rantanen	FIN	1.65
7	Line Skriver	DEN	1.61

<i>Pole vault</i>			
1	Minna Nikkanen	FIN	3.88

2	Emelie Gustafsson	SWE	3.78
3	Fanny Berglund	SWE	3.73
4	Iben Høgh Pedersen	DEN	3.68
5	Eeva Niemelä	FIN	3.43
6	Fanney Björk Tryggvadóttir	ISL	3.23
7	Katrine Haarklau	NOR	2.93
8	Hilde Svalheim Markussen	NOR	2.75

Long jump

1	Noora Pesola	FIN	6.36
2	Oda Utsi Onstad	NOR	6.17
3	Erika Wiklund	SWE	6.02
4	Pauliina Tuomaala	FIN	5.81
5	Emelie Nilsson	SWE	5.81
6	Tonje Angelsen	NOR	5.76
7	Helga Margrét Þorsteinsdóttir	ISL	5.54
8	Sofie Olesen	DEN	4.83

Series	1	2	3	4	5	6
1	6.17	6.36	6.27	X	X	X
	+2,0	+2,6	+2,9			
2	5.92	X	6.08	5.90	6.11	6.17
	+3,5		+2,7	+3,0	+2,6	+2,8
3	4.26	5.79	5.79	6.02	X	5.93
	+1,8	+3,1	+3,5	+2,1		+3,0
4	5.55	X	5.80	X	5.66	5.81
	+2,1		+2,4		+2,7	+4,1
5	5.70	5.81	X	5.49	X	5.34
	+2,9	+2,5		+2,6		+2,9
6	No specifications		5.76			
			+4,2			
7	5.76	5.71	5.76	5.50	5.70	5.76
	+2,0	+2,0	+2,5	+1,6	+2,3	+4,2
8	No specifications		4.83			
			+2,6			

Triple jump

1	Mia Haave	NOR	12.71
2	Päivi Kasari	FIN	12.27
3	Oda Utsi Onstad	NOR	12.21
4	Elin Husén	SWE	12.14
5	Anna Alexson	SWE	11.98
6	Katja Karjalainen	FIN	11.94
7	Jeanette Hedeager	DEN	10.73

Series	1	2	3	4	5	6
1	12.41	12.71	12.44	X	12.71	12.63
	+1,1	+2,0	+0,7		+2,5	+3,3
2	X	12.21	11.97	12.27	12.19	11.88
		+1,1	+2,2	+0,7	+3,0	+3,3
3	X	X	12.21	X	X	12.18
			+2,1			+4,4
4	12.14	X	11.88	11.76	12.05	11.90
	+1,6		-0,2	+2,2	+2,5	+2,9
5	X	11.55	11.98	X	X	X
		+1,7	+2,5			
6	X	11.88	X	11.94	X	X
		+1,6		+1,6		
7	10.57	10.68	10.73	X	10.44	10.73
	+0,2	+1,0	+1,3		+1,1	+4,0

Shot put

1	Johanna Pulkkinen	FIN	14.30
2	Minnamari Kuossari	FIN	13.96
3	Charlotte Lund Abrahamsen	NOR	13.82
4	Ellinore Hallin	SWE	13.00
5	Anna Wikström	SWE	12.47
6	Trine Mulbjerg	DEN	12.08
7	Trude Raad	NOR	10.97
8	Ragnheiður Anna Þórsdóttir	ISL	10.68

Discus throw

1	Jenny Johansson	SWE	46.40
2	Jasmine Henriksson	SWE	44.15
3	Trude Raad	NOR	43.07
4	Ragnheiður Anna Þórsdóttir	ISL	41.95

5	Marika Timoska	FIN	41.24
6	Kristine Gjengedal	NOR	38.47
7	Hanna Vähä-Savo	FIN	38.42
8	Malene Wissing	DEN	34.99

Hammer throw

1	Annika Nurminen	FIN	59.36
2	Karolina Pedersen	SWE	58.21
3	Trude Raad	NOR	53.07
4	Mirka Viitamäki	FIN	50.43
5	Johanne Rydberg	SWE	49.03
6	Katja Vangsnes	NOR	45.01
7	Trine Mulbjerg	DEN	30.04

Javelin throw

1	Milja Lusila	FIN	47.07
2	Sonja Alasalmi	FIN	45.73
3	Anna Boberg	SWE	42.95
4	Charlotte Lund Abrahamsen	NOR	41.30
5	Isabell Gradin	SWE	40.97
6	Maria L. Jensen	DEN	28.03
7	Tone Angelsen	NOR	27.86

4x100 m relay

1	FIN	46.33	(Emma Linton, Minna Laukka, Noora Hämäläinen, Noora Pesola)
2	NOR	46.80	(Ezinne Okparaebo, Folka Akinyemi, Malene Hjort, Thea Oppegaard)
3	SWE	47.33	(Julia Skugge, Nina Runvik, Terese Bolén-Kinn, Maria Gustafsson)
4	DEN	49.39	(Sofie Olesen, Sara Petersen, Anne Møller, Iben H. Pedersen)
5	ISL	51.29	(Helga Kristín Harðardóttir, Stefania Hákonardóttir, Fanney Björk Tryggvadóttir, Helga Margrét Þorsteinsdóttir)

4x400 m relay

1	NOR	3:46.79	(Rachel Nordtømme, Kari Marte Brandt, Martine Eikemo Borge, Benedicte Hauge)
2	SWE	3:49.22	(Maria Stensjö, Caroline Enberg, Louise Martin, Elin Backman)
3	FIN	3:54.36	(Johanna Rossi, Minna Laukka, Caroline Wörn, Karin Storbacka)
4	DEN/ISL	3:58.36	(Marie Louise Jørgensen, Bodil Have, Helga Kristín Harðardóttir, Ina Marie Hjort)

Points Women	Nation	Total
	SWE	202
	NOR	200
	FIN	196
	DEN/ISL	84

Nordic Race Walking Championships

Turku, FIN 16 Sep

Men

	Senior	16 Sep	20000m
1	Erik Tysse	NOR	1:20:56.5
2	Trond Nymark	NOR	1:27:30.9
3	Antti Kempas	FIN	1:28:48.9
4	Jani Lehtinen	FIN	1:29:33.7
5	Bengt Bengtsson	SWE	1:34:48.2
6	Timo Viljanen	FIN	1:37:51.7
7	Christer Svensson	SWE	1:38:17.9

Torben Kristiansen, DEN DQ

	U23	16 Sep	20000m
1	Jarkko Kinnunen	FIN	1:30:45.7
2	Ato Ibáñez	SWE	1:33:36.8

	U20	16 Sep	10000m
1	Sakari Arffman	FIN	49:13.83

2	Andreas Nielsen	DEN	50:32.41
3	Daniel Hermansson	SWE	52:21.47
4	Reto Ibáñez	SWE	54:52.11
<i>U18</i>			
16 Sep			5000m
1	Perseus Ibáñez	SWE	23:19.11
2	Matias Korpela	FIN	23:41.67
3	Pål-Erik Lund	NOR	25:21.13
4	Tuuka Grönholm	FIN	26:02.46
5	Håvard Haukenes	NOR	27:18.21

Women

<i>Senior</i>			
16 Sep			10000m
1	Monica Svensson	SWE	48:35.49
2	Marja Penttinen	FIN	49:29.67
3	Ellinor Hogrell	SWE	53:45.91
4	Tiina Kokkonen	FIN	54:23:51
<i>U23</i>			
16 Sep			10000m
1	Jaana Eskelinen	FIN	52:16.05
2	Emma Nilsson	SWE	53:56.79
3	Anne Halkivaha	FIN	54:34.60
	Mari Olsson	SWE	DNS
<i>U20</i>			
16 Sep			5000m
1	Karoliina Kaasalainen	FIN	24:57.80
2	Anna Karrila	FIN	26:17.92
3	Silje Solheim	NOR	28:12.06
4	Elin Angestav	SWE	28:29.03
<i>U18</i>			
16 Sep			5000m
1	Maija Sippola	FIN	26:08.57
2	Annika Lehtoranta	FIN	27:15.73
3	Titta Grönman	FIN	27:21.08
4	Marianne Bjelke	NOR	27:51.61

Points	Nation	Total
	FIN	100
	SWE	70
	NOR	51
	DEN/ISL	16

Nordic Race Walking Championships Long distances

København, DEN 7 Oct

Men

<i>Senior</i>			
7 Oct			50km
1	Erik Tysse	NOR	3:54:36
2	Bengt Bengtsson	SWE	4:31:05
3	Christer Svensson	SWE	4:38.23
4	Anders Wahlström	SWE	4:52:01
5	Andreas Nielsen	DEN	5:14:24

Women

<i>Senior</i>			
7 Oct			20km
1	Kjersti Tysse Plätzer	NOR	1:28:23
2	Monica Svensson	SWE	1:36:13
3	Anna Karrila	FIN	1:52:31
4	Ellinor Hogrell	SWE	2:16.33

Nordic Cross Country Championships

Fredrikstad, NOR 11 Nov

Men

<i>Senior</i>			
11 Nov			9 km
1	Mustafa Mohamed	SWE	29:19
2	Øystein Sylta	NOR	29:56
3	Henrik Skoog	SWE	30:02

4	Bjørnar Ustad Kristensen	NOR	30:20
5	Jussi Utriainen	FIN	30:23
6	Konstantin Kutilainen	FIN	30:24
7	Per Jacobsen	SWE	30:28
8	Erik Pettersson	SWE	30:30

9 Juha Puttonen, FIN 30:35, 10 Vesa Erojärvi, FIN 30:37, 11 Lars Johansson, SWE 30:41, 12 Jesper Faurischou, DEN 30:46, 13 Terje Aggvin, NOR 30:54, 14 Mads Jacobsen, NOR 30:58, 15 Jonas Andersson, SWE 31:02, 16 Birger Dragsten, NOR 31:09, 17 Emil Wingstedt, SWE 31:21, 18 Mikael Bergdahl, SWE 31:25, 19 Kári Steinn Karlsson, ISL 31:27, 20 Christian Madsen, DEN 31:31, 21 Tormod Tjørnholm, NOR 31:35, 22 Laust Bengtson, DEN 31:53, 23 Kjetil Foss Angeltvedt, NOR 32:05
Extra: Mats Haldin, FIN 31:57, Joachim Brøndbo, NOR 31:58, Morten Velde, NOR 32:26, Lars Røttingen, NOR 32:32, Andreas Høye, NOR 34:44, Tor Dyrhaug Moe, NOR DNF

Teams:

1 SWE 19p (Mustafa Mohamed, Henrik Skoog, Per Jacobsen, Erik Pettersson)
2 FIN 30p (Jussi Utriainen, Konstantin Kutilainen, Juha Puttonen, Vesa Erojärvi)
3 NOR 35p (Øystein Sylta, Bjørnar Ustad Kristensen, Terje Aggvin, Birger Dragsten)
4 DEN 68p (Jesper Faurischou, Mads Jacobsen, Christian Madsen, Laust Bengtson)

U20

11 Nov 6 km

1	Alexander Söderberg	SWE	20:36
2	Sondre Nordstad Moen	NOR	20:41
3	Sindre Buraas	NOR	20:44
4	Tuomas Jokinen	FIN	20:47
5	David Nilsson	SWE	20:57
6	Erik Widing	SWE	21:04
7	Ole Hesselbjerg	DEN	21:20
8	Lars Bakke	NOR	21:21

9 Troels Torp, DEN 21:26, 10 Asbjørn Ellefsen Persen, NOR 21:28, 11 Steffen Falch Larsen, DEN 21:30, 11 Pekka Toivola, FIN 21:30, 13 Jarkko Anttila, FIN 21:41, 14 Andreas Åhwall, SWE 21:48, 15 Eric Senorski, SWE 21:59, 16 Marko Tuokko, FIN 22:29, 17 Christian Bjørge, NOR 22:47, 18 Ivar Storli Husby, NOR 23:03
Extra: Tobias Lundgren, SWE 21:22

Teams:

1 SWE 12p (Alexander Söderberg, David Nilsson, Erik Widing)
2 NOR 13p (Sondre Nordstad Moen, Sindre Buraas, Lars Bakke)
3 DEN 27p (Ole Hesselbjerg, Troels Torp, Steffen Falch Larsen)
4 FIN 28p (Tuomas Jokinen, Pekka Toivola, Jarkko Anttila)

Women

Senior 11 Nov 4,5 km

1	Kirsten Melkevik Otterbu	NOR	16:49
2	Karolina A. Höjsgaard	SWE	17:27
3	Ragnhild Kvarberg	NOR	17:30
4	Brit Helen Simmenes	NOR	17:43
5	Linda Ström	SWE	17:53
6	Jaana Niemelä	FIN	17:57
7	Christine Johansson	SWE	18:04
8	Laura Skyttä	FIN	18:06

9 Ulrika Johansson, SWE 18:09, 10 Flo Jonsson, SWE 18:10, 11 Hanna Jantunen, FIN 18:11, 12 Anette Byskata, FIN 18:12, 13 Alvide Ossum, NOR 18:17, 14 Maria Sig Møller, DEN 18:19, 15 Karina Berner-Magnusson, DEN 18:38, 16 Vigdis Holst, NOR 18:51

Teams:

1 NOR 8p (Kristen Melkevik Otterbu, Ragnhild Kvarberg, Brit Helen Simmenes)
2 SWE 14p (Karolina A. Höjsgaard, Linda Ström, Christine Johansson)
3 FIN 25p (Jaana Niemelä, Laura Skyttä, Hanna Jantunen)

U20

11 Nov 4,5 km

1	Karoline Bjerkeli Grøvdal	NOR	16:36
2	Suvi Miettinen	FIN	17:39
3	Anna Holm Jørgensen	DEN	17:59
4	Guro Flatekval	NOR	18:10
5	Eevi Antila	FIN	18:11
6	Silje Fjørtoft	NOR	18:21
7	Christina Lindblom	SWE	18:23
8	Maria Bjørn Madsen	DEN	18:25

9 Katrine Toft Væsel, DEN 18:31, 10 Miriam Berg Hovda, NOR 18:34, 11 Saara Skyttä, FIN 18:35, 12 Mari Mäki-Torkko, FIN 18:47, 13 Lena Örn, SWE 18:48, 14 Kristine Eikrem Engeset, NOR 18:51, 15 Íris Anna Skúladóttir, ISL 18:56, 16 Rut Appelkvist, NOR 19:02, 17 Frida Flodström, SWE 19:08, 18 Runa Skrove Falch, NOR 19:23, 19 Sara Sjöqvist, SWE 19:31, Sofia Öberg, SWE DNF

Teams:

1 NOR 11p (Karoline Bjerkeli Grøvdal, Guro Flatekval, Silje Fjørtoft)
2 FIN 18p (Suvi Miettinen, Eevi Antila, Sarra Skyttä)

3 DEN 20p (Anna Holm Jørgensen, Maria Bjørn Madsen, Katrine Toft Væsel)
4 SWE 37p (Christina Lindblom, Lena Örn, Frida Flodström)