

This year consists of the following competitions:

13.2	Växjö, SWE	6 th Nordic Indoor Match
14.5	Allerød, DEN	20 th Nordic 10000m Challenge
11.-12.6	Huddinge, SWE	44 th Nordic Junior Championships Combined Events
13.-14.8	Hafnarfjörður, ISL	13 th Nordic U20 Match & Championships
20.-21.8	Espoo, FIN	9 th Nordic-Baltic U23 Championships
17.9	Fredrikstad, NOR	34 th Nordic Race Walking Championships
12.11	Kristiansand, NOR	20 th Nordic Cross Country Championships

Nordic Indoor Match

Telekonsult Arena, Växjö, SWE 13 Feb

Men

60 m		13 Feb	
1	Tom Kling Baptiste	SWE	6.72
2	Odain Rose	SWE	6.73
3	Morten D. Hansen	DEN/ISL	6.80
4	Jaysuma Saidy Ndure	NOR	6.81
5	Otto Ahlfors	FIN	6.83
6	Jonathan Quarcoo	NOR	6.86
7	Ville Myllymäki	FIN	6.88
8	Frederik Schou-Nielsen	DEN/ISL	6.92

200 m		13 Feb	
Heat			
1	2		
1	1	Karsten Warholm	NOR 20.92
2	1	Tom Kling Baptiste	SWE 21.07
3	2	Samuli Samuelsson	FIN 21.34
4	3	Even Meinseth	NOR 21.41
5	2	Alexander Brorsson	SWE 21.59
6	3	Kani Koskela	FIN 21.64
7	4	Kolbeinn Höður Gunnarson	DEN/ISL 21.84
8	4	Kasper Olsen	DEN/ISL 21.94

400 m		13 Feb	
Heat			
1	2		
1	1	Nick Arenander Ekelund	DEN/ISL 47.32
2	1	Mauritz Kåshagen	NOR 47.36
3	2	Benjamin L. Vedel	DEN/ISL 47.46
4	2	Felix Francois	SWE 47.53
5	3	Joel Groth	SWE 47.89
6	4	Erik Back	FIN 49.32
7	3	Joachim Sandberg	NOR 49.35
8	4	Antti Kokkonen	FIN 49.90

800 m		13 Feb	
1	Thomas Roth	NOR	1:48.60
2	Andreas Bube	DEN/ISL	1:48.61
3	Andreas Kramer	SWE	1:49.07
4	Markus Einan	NOR	1:50.01
5	Nicolai Hartling	DEN/ISL	1:50.26
6	Jaakko Laakso	FIN	1:50.37
7	Rickard Gunnarsson	SWE	1:52.49
8	Markus Teijula	FIN	1:55.28

Extra: Pace: Johan Eriksson, SWE DNF

1500 m		13 Feb	
1	Andreas Nueno	DEN/ISL	3:44.75
2	Staffan Ek	SWE	3:48.73
3	Tom Erling Kårbø	NOR	3:50.10
4	Tommi Sundell	FIN	3:50.79
5	Ilari Piipponen	FIN	3:52.39

6	Erik Hovlandsdal	NOR	3:52.42
7	Simon Wallenlind	SWE	3:52.52
8	Michael Schmidt	DEN/ISL	3:55.75

Extra: Pace: Johan Eriksson, SWE DNF

3000 m		13 Feb	
1	Staffan Ek	SWE	8:10.92
2	Emil Blomberg	SWE	8:13.68
3	Erik Udø Pedersen	NOR	8:14.95
4	Jeppe Harboe	DEN/ISL	8:15.37
5	Ossi Kekki	FIN	8:17.50
6	Snorre Holtan Løken	NOR	8:24.08
7	Jimmy Finnholm	FIN	8:33.28
8	Andreas Lundgreen	DEN/ISL	8:39.30

Extra: Pace: Jonatan Fridolfsson, SWE DNF

60 m hurdles		13 Feb	
1	Alexander Brorsson	SWE	7.75
2	Elmo Lakka	FIN	7.76
3	Ville Rajala	FIN	8.00
4	Marvin Tay	SWE	8.03
5	Andreas Martinsen	DEN/ISL	8.03
6	Mathias Mørk	DEN/ISL	8.27
7	Even Kleven Hagen	NOR	8.35
8	Henrik Holmberg	NOR	8.40

High jump		13 Feb	
1	Emil Svensson	SWE	2.16
2	Mehdi Katib	SWE	2.16
3	Janick Klausen	DEN/ISL	2.14
4	Ivan Kristoffer Nilsen	NOR	2.06
5	Mauri Kaattari	FIN	2.06
6	Samuli Eriksson	FIN	1.98
7	Massin Ait Bouziad	DEN/ISL	1.98
8	Henrik Holmberg	NOR	1.86

Series	1.86	1.92	1.98	2.02	2.06	2.09	2.12	2.14	2.16	2.18	2.20
1											
2											
3											
4											
5											
6											
7											
8											

Pole vault		13 Feb	
1	Eemeli Salomäki	FIN	5.27
2	Per Magne Florvaag	NOR	5.21
3	Erik Thorstenson	SWE	5.21
4	Carl Sténson	SWE	5.15
5	Eirik Dolve	NOR	5.06
6	Mikkel Nielsen	DEN/ISL	5.06
	Rasmus W. Jørgensen	DEN/ISL	NM
	Niko Koskinen	FIN	NM

Series	4.83	4.97	5.06	5.15	5.21	5.27	5.32	5.37	5.42	5.55
1										
2										
3										

4			O	O	XXX
5	O	XO	O	XXX	
6			XO	XXX	
7			XXX		
8				XXX	

NOR	117
FIN	111
DEN/ISL	85

Long jump 13 Feb

1	Andreas Otterling	SWE	8.01
2	Thobias Nilsson Montler	SWE	7.57
3	Kristian Bäck	FIN	7.48
4	Karsten Warholm	NOR	7.44
5	Benjamin gabrilson	DEN/ISL	7.35
6	Tuomas Kaukolahti	FIN	7.28
7	Jonas Mögenburg	NOR	7.23
8	Porsteinn Ingvarsson	DEN/ISL	7.14

Series	1	2	3	4	5	6
1	7.67	7.69	7.45	X	7.79	8.01
2	7.35	7.51	7.45	2.17	-	7.57
3	X	7.29	X	X	X	7.48
4	7.10	7.44	7.32	7.34	r	
5	7.04	7.35	X	7.07	r	
6	7.11	X	7.12	X	7.15	7.28
7	7.01	7.19	X	X	7.23	7.11
8	X	7.14	X	7.04	X	7.11

Triple jump 13 Feb

1	Simo Lipsanen	FIN	16.01
2	Vetle Utsi Onstad	NOR	15.73
3	Erik Ehrlin	SWE	15.65
4	Ville Mylläri	FIN	15.16
5	Jesper Vestbø	NOR	14.92
6	Anders Møller	DEN/ISL	14.77
7	Moteba Mohamed	SWE	14.70
8	Masin Ait Bouziad	DEN/ISL	14.40

Series	1	2	3	4	5	6
1	15.70	16.01	X	X	15.28	15.52
2	15.73	r				
3	X	X	15.65	15.23	15.37	15.30
4	14.71	15.16	14.87	X	X	X
5	14.30	14.57	14.92	14.51	14.75	14.75
6	14.43	14.37	14.77	X	r	
7	14.69	X	14.70	X	X	X
8	14.22	X	14.16	X	14.40	14.27

Shot put 13 Feb

1	Arttu Kangas	FIN	19.54
2	Leif Arrhenius	SWE	18.92
3	Timo Kööpikkä	FIN	18.64
4	Óðinn Björn Þorsteinsson	DEN/ISL	18.23
5	Marcus Thomsen	NOR	18.03
6	Sven Martin Skagestad	NOR	17.50
7	Jonas Meyer	SWE	17.44
8	Guðbi Valur Guðnason	DEN/ISL	16.82

Series	1	2	3	4	5	6
1	19.52	X	X	X	19.02	19.54
2	18.92	X	X	18.68	X	X
3	17.96	17.96	X	18.64	18.32	X
4	17.83	X	17.80	17.75	18.23	X
5	16.85	17.57	17.52	17.08	17.56	18.03
6	17.27	X	17.45	17.50	X	X
7	15.15	X	17.44	X	X	X
8	15.87	16.16	16.26	16.35	16.82	X

4x200 m relay 13 Feb

1	NOR	1:24.59	(Karsten Warholm, Jonathan Quarcoo, Even Meinseth, Jaysuma Saidy Ndure)
2	FIN	1:26.22	(Samuli Samuelsson, Otto Ahlfors, Ville Mylläri, Jani Koskela)
3	SWE	1:26.66	(Austin Hamilton, Felix Svensson, Marcus Tornée, Alexander Lesser)
4	DEN/ISL	DQ:R218.1	(Morten D. Madsen, Nick Arenander Ekelund, Kolbeinn Höður Gunnarsson, Benjamin L. Vedel)

Points Men	Nation	Total
	SWE	146

Women

60 m 13 Feb

1	Ezinne Okparaebo	NOR	7.34
2	Susanna Kallur	SWE	7.35
3	Henriikka Parpala	FIN	7.51
=4	Caroline Larsson	SWE	7.54
=4	Jasmin Showlah	FIN	7.54
6	Helene Rønningen	NOR	7.55
7	Mathilde Kramer	DEN/ISL	7.63
8	Annelouise Villum Jensen	DEN/ISL	7.75

200 m 13 Feb

Heat	1	2		
1	1	Irene Ekelund	SWE	23.64
2	1	Jonna Berghem	FIN	23.90
3	2	Helene Rønningen	NOR	23.95
4	3	Mette Graversgaard	DEN/ISL	23.99
5	2	Astrid Mangen Cederkvist	NOR	24.21
6	4	Frida Persson	SWE	24.25
7	3	Anna Hämäläinen	FIN	24.29
8	4	Pórdís Eva Steinsdóttir	DEN/ISL	24.78

400 m 13 Feb

Heat	1	2		
1	1	Sara Slott Petersen	DEN/ISL	52.59
2	2	Emily Rose Norum	NOR	53.92
3	1	Árna Guðmundsdóttir	DEN/ISL	54.48
4	3	Moa Hjelmer	SWE	54.54
5	4	Katri Mustola	FIN	54.57
6	2	Josefin Magnusson	SWE	55.00
7	3	Kirsi Pekkanen	FIN	55.46
8	4	Karoline Daland	NOR	55.72

800 m 13 Feb

1	Anita Henriksdóttir	DEN/ISL	2:01.59
2	Hedda Hynne	NOR	2:01.82
3	Lovisa Lindh	SWE	2:02.33
4	Stina Troest	DEN	2:03.46
5	Anna Silvander	SWE	2:05.06
6	Venla Paunonen	FIN	2:09.20
7	Caroline Fleischer	NOR	2:11.57
8	Aino Paunonen	FIN	2:12.03

Extra: Pace: Ebba Svantesson, SWE DNF

1500 m 13 Feb

1	Linn Nilsson	SWE	4:14.81
2	Line K. Schulz	DEN/ISL	4:17.84
3	Yolanda Ngarambe	SWE	4:21.33
4	Camilla Ziesler	NOR	4:32.87
5	Mia H. Mørck	DEN/ISL	4:35.51
6	Sara Norggrann	FIN	4:37.04
7	Ida Fillingsnes	NOR	4:41.11
		FIN	DNS

Extra: Pace: Lovisa Lindh, SWE DNF

3000 m 13 Feb

1	Sarah Lahti	SWE	9:01.16
2	Charlotta Fougerberg	SWE	9:06.78
3	Simone Glad	DEN/ISL	9:30.52
4	Camilla Richardsson	FIN	9:38.92
5	Josefine Thestrup	DEN/ISL	9:47.18
6	Live Solheimdal	NOR	9:56.86

7	Saara Nikander	FIN	10:01.31
8	Anniken Amos Ruud	NOR	10:14.85

Extra: Pace: Lisa Öhberg, SWE DNF

60 m hurdles

13 Feb

1	Nooralotta Neziri	FIN	8.11
2	Maja Rogemyr	SWE	8.34
3	Reetta Hurske	FIN	8.37
4	Mette Graversgaard	DEN/ISL	8.57
5	Mathilde Heltbech	DEN/ISL	8.61
6	Kristi Strømmen Kjerpeset	NOR	8.63
7	Renate Grimstad	NOR	8.78
8	Madeleine Eriksson	SWE	8.90

High jump

13 Feb

1	Sofie Skoog	SWE	1.94
=2	Lisa Engman	SWE	1.85
=2	Katarina Mögenburg	NOR	1.85
4	Linda Sandblom	FIN	1.79
5	Elina Smolande	FIN	1.79
6	Caroline Fleischer	NOR	1.75
7	Mathilde Jensen	DEN	1.71
8	Agnes Skovgaard	DEN	1.59

Series	1.53	1.59	1.65	1.71	1.75	1.79	1.82	1.85	1.87	1.89	1.92	1.94	1.96
1													
2													
3													
4													
5													
6													
7													
8													

Pole vault

13 Feb

1	Angelica Bengtsson	SWE	4.66
2	Minna Nikkanen	FIN	4.61
3	Michaela Meijer	SWE	4.51
4	Lene Retzius	NOR	4.30
5	Wilma Murto	FIN	4.30
=6	Cathrine Larsåsen	NOR	3.72
=6	Line R. Jensen	DEN/ISL	3.72
	Hulda Þorsteinsdóttir	DEN/ISL	NM

Series	3.72	3.93	4.07	4.21	4.30	4.39	4.45	4.51	4.56	4.61	4.66	4.71
1												
2												
3												
4												
5												
=6												
=6												

Long jump

13 Feb

1	Khaddi Sagnia	SWE	6.52
2	Hafdis Sigurðardóttir	DEN/ISL	6.33
3	Malin Marmbrandt	SWE	6.33
4	Nadia Akpana Assa	NOR	6.30
5	Emmi Mäkinen	FIN	6.02
6	Margrethe Renstrøm	NOR	5.99
7	Saara Hakanen	FIN	5.96
8	Laura Tølløse	DEN/ISL	5.79

Series	1	2	3	4	5	6
1	6.50	6.43	6.35	-	6.52	6.40
2	5.92	6.13	6.29	6.30	6.15	6.33
3	X	6.17	X	6.28	X	6.33
4	6.17	5.98	6.30	6.21	6.04	-
5	6.00	X	5.95	6.30	6.15	6.33
6	5.99	5.90	5.92	X	5.83	X
7	5.83	5.87	5.83	5.95	X	5.96
8	5.79	5.53	5.76	X	5.60	X

Triple jump

13 Feb

1	Kristiina Mäkelä	FIN	13.86
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2	Fanny Ernestam	SWE	13.13
3	Sanna Nygård	FIN	13.04
4	Janne Nielsen	DEN/ISL	12.91
5	Jasmin Sabir	SWE	12.84
6	Monika Benserud	NOR	12.43
7	Chiamaka Okparaebo	NOR	12.43
8	Jessie Ipsen	DEN/ISL	12.22

Series	1	2	3	4	5	6
1	13.86	13.71	13.62	r		
2	12.78	12.95	13.13	13.00	X	13.05
3	13.04	12.85	12.98	13.04	X	X
4	X	12.83	X	12.88	12.91	X
5	X	12.84	12.52	12.47	12.43	12.81
6	12.43	12.37	X	12.15	X	X
7	12.27	12.43	X	X	11.89	12.16
8	12.22	X	12.14	11.98	11.86	11.95

Shot put

13 Feb

1	Fanny Roos	SWE	16.81
2	Trine Mulbjerg	DEN/ISL	16.00
3	Maria S. Hansen	DEN/ISL	15.27
4	Kristin Sundsteigen	NOR	14.91
5	Eveliina Rouvali	FIN	14.84
6	Sara Lennman	SWE	14.83
7	Senja Mäkitörmä	FIN	14.21
8	Matilde Roe	NOR	13.40

Series	1	2	3	4	5	6
1	16.56	15.82	16.80	16.65	X	X
2	15.85	15.75	X	15.77	16.00	15.89
3	15.10	X	14.32	15.27	14.17	14.09
4	14.26	14.91	X	X	X	X
5	14.84	X	X	X	X	13.85
6	13.41	13.36	X	14.21	13.68	13.76
7	13.41	13.36	X	14.21	13.68	13.76
8	13.40	13.33	13.14	13.08	12.92	13.07

4x200 m relay

13 Feb

1	NOR	1:35.60	(Ezinne Okparaebo, Astrid Mangen Cederkvist, Emily Rose Norum, Tonje Fjellet Kristiansen)
2	SWE	1:36.86	(Pernilla Nilsson, Moa Hjelmer, Isabella Eurenus, Josefín Magnusson)
3	DEN/ISL	1:37.85	(Mette Graversgaard, Mathilde Kramer, Anne Sofie Kierkegaard, Árna Guðmundsdóttir)
	FIN	DQ	Nooralotta Neziri, Emmi Mäkinen, Anna Hämäläinen, Jonna Berghem

Points Women	Nation	Total
	SWE	155
	DEN/ISL	103,5
	FIN	101,5
	NOR	100

Nordic 10000 m Challenge

Skogvang Stadion, Allerød, DEN

Organised as part of Baneturneringen – 119 participants

Men

	Senior	14 May
1	David Nilsson	SWE 29:32.92
2	Abdi Hakin Ulad	DEN 29:41.17
3	Anton Danielsson	SWE 29:58.13
4	Andreas Lommer	DEN 30:01.45
5	Anders Lund Hansen	DEN 30:14.71
6	Fredrik Uhrbom	SWE 30:17.41
7	Per Sveta	NOR 30:37.17

Robin Rynnänen, FIN DNF, Kristian Tjørnholm, NOR DNF
 Extra: Jeppe Harboe, DEN 30:14.3, Jesper Trebbien Andersen, DEN 30:46.52, Kennedy Charica, FIN 30:58.09, Kristian Holm Jensen, DEN 32:00.96, Richard D. Jensen, DEN 32:01.64, Omar Hassan, DEN 32:18.85, Alexander Nilsson, SWE 32:57.23, Joel Zackrisson, SWE DNF, Steffen Falch Larsen, DEN DNF, Peter Glans, DEN DNF, Jonas Birkkjær, DEN DNS, Jacob Simonsen, DEN DNS, Jacob Ø. Markussen, DEN DNS, Steffen Massaro, DEN DNS, Martin Stjärnlöf, SWE DNS

2	Saara Hakanen	FIN	5.405
3	Ida Thunberg	SWE	5.371
4	Iina-Kaisa Mäkelä	FIN	5.232
5	Lovisa Karlsson	SWE	5.202
6	Anna Lange	DEN	5,147
7	Ida Eikeng	NOR	5.038
8	Sigríð Kleive	NOR	4.874

9 Solveig Hernandez-Vråle, NOR 4.741, 10 Laura Poulsen, DEN 4.312
(100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 500g, 800m)

1	15.04	1.74	14.11	26.44	5.71	41.59	2:26.36	
	-1,5				+0,2			
	836	903	801	759	762	698	739	
2	14.68	1.77	11.06	26.89	6.09	34.93	2:20.81	
	-1,5				+1,6			
	884	941	599	721	877	570	813	
3	14.04	1.50	13.00	25.84	5.77	44.12	2:28.51	
	-1,5				+1,2			
	973	621	727	811	780	747	712	
4	14.96	1.62	14.63	27.06	5.61	37.54	2:26.97	
	-1,5				+0,9			
	847	759	836	707	732	620	731	
5	14.60	1.68	12.52	26.49	6.11	34.01	2:38.55	
	-1,5				+1,9			
	895	830	696	755	883	553	590	
6	15.19	1.56	13.37	26.19	5.45	40.82	2:26.41	
	-0,8				+1,7			
	817	689	752	781	686	683	739	
7	13.61	1.62	10.71	24.62	5.41	35.29	2:46.96	
	-0,8				-0,2			
	1034	759	576	922	674	577	496	
8	14.92	1.56	12.21	27.59	5.56	41.19	2:38.80	
	-1,5				+1,1			
	852	689	675	664	717	690	587	
9	15.33	1.59	9.31	26.87	5.37	31.02	2:17.90	
	-0,8				+1,8			
	799	724	484	723	663	496	852	
10	16.51	1.59	9.75	27.92	5.12	24.61	2:20.37	
	-0,8				+1,3			
	653	724	513	637	592	375	818	

High jump

Series	1.41	1.44	1.47	1.50	1.53	1.56	1.59	1.62	1.65	1.68	1.71	1.74	1.77	1.80
1														
2								o	-	o	o	o	o	xxx
3	o	xxo	xo	xxo	xxx									
4				o	o	o	o	xxo	xxx					
5								o	o	xo	o	xxx		
6			o	xo	o	o	xxx							
7				o	o	o	o	o	xxx					
8		o	o	o	xxo	xo	xxx							
9		o	o	o	o	o	o	xxx						
10		o	-	o	o	xo	xo	xxx						

	Long jump	Shot put	Javelin throw
1	X 5.25 5.71	13.06 14.11	X 40.93 38.63 41.59
	+1,1 +0,2		
2	5.82 5.89 6.09	11.06 10.56 10.61	32.95 34.93 32.47
	+0,9 +1,4 +1,6		
3	X 5.77 X	12.52 12.83 13.00	43.35 X 44.12
	+1,2		
4	X 5.61 X	12.43 13.21 14.63	33.60 33.60 37.54
	+0,9		
5	6.03 6.08 6.11	12.52 X 12.36	30.76 34.01 32.57
	+1,6 +1,7 +1,9		
6	5.18 5.45 X	X 13.37 13.01	40.82 36.67 40.48
	-1,0 +1,7		
7	5.10 5.21 5.41	9.68 10.49 10.71	X 34.97 35.29
	+1,2 +1,4 -0,2		
8	5.56 5.39 5.39	11.33 12.21 11.41	38.52 37.63 41.19
	+1,1 +1,0 +0,6		
9	5.28 5.37 X	9.25 9.31 X	30.31 27.41 31.02
	+2,3 +1,8		
10	4.57 4.84 5.12	9.75 9.33 9.28	23.41 24.61 X
	-0,1 -0,6 +1,3		

Nordic U20 Match & Championships

Kaplakriki, Hafnarfjörður, ISL

Men

	100 m (1: -0,3/2: 0,0)	13 Aug
1	1 Austin Hamilton	SWE 10.75
2	2 Simon Hansen	DEN/ISL 10.80
3	3 Mathias Hove Johansen	NOR 10.88
4	1 Filip Bøe	NOR 10.95
5	4 Santeri Kuusiniemi	FIN 11.01
6	2 Niko Vainionpää	FIN 11.02
7	3 Tristan Freyr Jónsson	DEN/ISL 11.17
8	4 Tarley Allison	SWE 11.22

	200 m (1: -2,1/2: -2,8)	14 Aug
1	1 Felix Svensson	SWE 21.80
2	2 Mathias Hove Johansen	NOR 21.88
3	3 Simon Hansen	DEN/ISL 21.91
4	4 Santeri Kuusiniemi	FIN 22.05
5	1 Filip Bøe	NOR 22.10
6	2 Tuukka Huuskola	FIN 22.23
7	3 Tristan Freyr Jónsson	DEN/ISL 22.52
8	5 Daniel Örevik	SWE 22.98

	400 m	13 Aug
1	Markus Teijula	FIN 48.19
2	Niklas Bergman-Larsson	SWE 48.59
3	Filiph Johansson	FIN 49.26
4	Muhammed Dodou Jatta	NOR 49.75
5	Emanuel Quarcoo	NOR 49.86
6	Kormákur Ari Hafliðason	DEN/ISL 49.99
7	Joakim Karlsson	SWE 50.34
8	Karl-Gustav Brockdorff	DN/ISL 51.88

	800 m	13 Aug
1	Andreas Kramer	SWE 1:49.34
2	Markus Einan	NOR 1:49.38
3	Markus Teijula	FIN 1:52.01
4	Warsame Hassan	SWE 1:52.94
5	Konsta Hämäläinen	FIN 1:56.37
6	Trausti Þór Þorsteins	DEN/ISL 1:56.70
7	William Devantier	DEN/ISL 1:58.19
8	Henrik Irgens Grøvdal	NOR 1:59.89

	1500 m	14 Aug
1	Andreas Kramer	SWE 4:10.21
2	Mats Hauge	NOR 4:10.41
3	Andreas Lindgreen	DEN/ISL 4:11.34
4	Henrik Irgens Grøvdal	NOR 4:11.51
5	Robin Rynnänen	FIN 4:12.79
6	Samuli Hussa	FIN 4:13.06
7	Simon Wallenlind	SWE 4:13.07
8	Daniel Einar Hauksson	DEN/ISL 4:20.71

	5000 m	13 Aug
1	Robin Rynnänen	FIN 15:10.66
2	Jens Larsen Åstveit	NOR 15:10.88
3	Thomas Byrkjeland	NOR 15:11.00
4	Kristian Holm Jensen	DEN/ISL 15:12.50
5	Suldan Hassan	SWE 15:13.30
6	Adelegn Zewdu	SWE 15:23.88
7	Teemu Visala	FIN 15:42.68

110 m hurdles (1: -1,6/2: -3,2) 14 Aug

1	1	Ilmari Manninen	FIN	14.34
2	2	Valtteri Kalliokulju	FIN	14.45
3	3	Marcus Moen	NOR	14.66
4	1	Elias Martinsson	SWE	14.90
5	4	Tristan Freyr Jónsson	DEN/ISL	15.06
6	5	Max Hrelja	SWE	15.38
7	2	Markus Nikolai Berner	NOR	15.44
8	3	Mads Lund	DEN/ISL	16.02

400 m hurdles 13 Aug

1	Tuomas Lehtonen	FIN	53.82
2	Markus Nikolai Berner	NOR	54.40
3	Toralv Opsal	NOR	54.57
4	Viktor Kantele	FIN	54.85
5	Ludvig Hillenfjärd	SWE	55.50
6	Jacob Nicolai Hvorup	DEN/ISL	58.42
7	Nathias Astrup	DEN/ISL	58.49

3000 m steeplechase 14 Aug

1	Thomas Byrkjeland	NOR	9:23.80
2	Simon Sundström	SWE	9:29.67
3	Erik Djurberg	SWE	9:30.66
4	Vicent Sondre Førde	NOR	9:31.64
5	Jere Alen	FIN	9:56.25
6	Mikko Hirvonen	FIN	9:58.86
7	Jonas Gertsen	DEN/ISL	10:15.05

High jump 13 Aug

1	Oskar Lundqvist	SWE	2.06
2	Storm Koksvik	NOR	2.00
3	Kenneth Pedersen	DEN/ISL	2.00
4	Miro Rastas	FIN	2.00
5	Erlend Bolstad Raa	NOR	2.00
6	Matias Mustonen	FIN	1.95
7	Filip Björklund	SWE	1.95
8	Styrmir Dan Hansen Steinunnarson	DEN/ISL	1.90

Series 1.80 1.85 1.90 1.95 2.00 2.03 2.06

1		o	o	xo	o	o	r
2		o	o	o	xo	xxx	
3		o	xxo	xo	xxx		
4		o	xo	xxo	xxx		
5	o	o	xo	xxo	xxx		
6		o	xo	xxx			
7		o	xxo	xxx			
8	o	xo	xxo	xxx			

Pole vault 14 Aug

1	Urho Kujanpää	FIN	5.30
2	Tommi Holttinen	FIN	5.25
3	Sondre Guttormsen	NOR	5.00
=4	Pål Haugen Lillefosse	NOR	4.60
=4	Jakob Samuelsson	SWE	4.60
6	Emil Österberg	SWE	4.40
7	Aske V. Petersen	DEN/ISL	4.20
8	Oliver Durafour	DEN/ISL	4.20

Series 3.80 4.00 4.20 4.40 4.60 4.70 4.80 4.90 5.00 5.10 5.15 5.20 5.25 5.30 5.35

1					o	-	o	o	-	xo	-	xo	xxx
2							o	o	-	xx-	o	-	xxx
3					o	-	xo	x-	-	xx			
=4		o	o	o	xxx								
=4		o	o	o	xxx								
6		o	o	xxx									
7	o	o	o	xxx									
8		o	xxx										

Long jump 13 Aug

1	Elias Martinsson	SWE	7.28
2	Sebastian Pedersen	DEN/ISL	7.28

3	Erik Lund	NOR	7.26
4	Daniel Örevik	SWE	7.15
5	Valtteri Välläri	FIN	7.10
6	Ilari Manninen	FIN	7.07
7	Tristan Freyr Jónsson	DEN/ISL	6.89
8	Toralv Opsal	NOR	5.34

Series 1 2 3 4 5 6

1	7.13	7.28	X	7.18	7.11	7.11
	+2,1	+2,9		+2,2	+3,4	+1,3
2	6.71	X	7.28	7.15	7.04	7.12
	+2,7		+2,3	+1,9	+1,7	+1,7
3	X	X	7.26	X	5.36	X
			+2,3		+2,0	
4	6.82	7.15	7.15	7.03	6.93	6.89
	+1,0	0,0	+2,7	+2,4	+1,6	+1,3
5	X	6.70	7.10	6.66	6.98	6.94
		+1,7	+2,4	+1,9	+0,9	+1,3
6	6.91	X	7.07	X	6.95	6.85
	+2,0		+1,9		+1,7	+2,1
7	6.64	6.74	6.88	r		
	+2,1	+2,7	+1,9			
8	5.34	r				
	+2,2					

Triple jump 14 Aug

1	Arttu Tyystjärvi	FIN	14.69
2	Erik Lund	NOR	14.66
3	Tóruur Mortensen	DEN/ISL	14.41
4	Marcus Nyberg	SWE	14.39
5	Veikko Nugraha	FIN	14.31
6	Erlend Bolstad Raa	NOR	13.96
7	Christoffer Pool-Wiklund	SWE	13.94
8	Guðmundur Smári Daníelsson	DEN/ISL	12.95

Series 1 2 3 4 5 6

1	14.66	14.00	14.47	14.55	14.69	14.46
	-2,4	-2,7	-4,3	-2,0	-3,3	-4,4
2	X	13.88	X	14.40	14.08	14.66
		-3,4		-2,2	-4,6	-3,4
3	X	14.41	X	14.06	X	13.92
		-4,1		-4,1		-4,9
4	14.39	14.02	13.90	X	14.31	13.88
	-2,1	-4,1	-3,2		-1,6	-2,3
5	14.31	14.05	14.24	13.93	14.02	14.04
	-1,7	-3,8	-2,5	-1,8	-1,8	-2,5
6	13.96	X	13.87	13.92	X	X
	-3,3		-3,6	-1,8		
7	X	X	X	X	X	13.94
						-3,8
8	12.95	12.85	X	12.30	12.41	12.64
	-1,5	-3,0		-2,2	-1,9	-2,4

Shot put 13 Aug

1	Wictor Peterson	SWE	19.31
2	Marcus Thomsen	NOR	19.04
3	Panu Tirkkonen	FIN	17.65
4	Jesper Arbinge	SWE	17.62
5	Thomas Mardal	NOR	16.99
6	Ville Välimaa	FIN	16.41
7	Mathias Hagen	DEN/ISL	15.84
8	Tómas Gunnar Gunnarsson Smith	DEN/ISL	13.48

Series 1 2 3 4 5 6

1	17.78	18.27	17.84	X	19.31	19.19
2	18.71	18.41	19.04	X	17.38	X
3	17.46	17.65	X	X	X	X
4	17.39	17.62	X	X	17.28	X
5	15.59	15.50	15.56	16.43	16.01	16.99
6	14.96	15.96	16.41	X	16.18	X
7	15.18	15.53	15.61	15.66	15.84	15.73
8	12.95	12.77	13.24	13.23	X	13.48

Discus throw 14 Aug

1	Jakob Gardenkrans	SWE	59.73
2	Thomas Mardal	NOR	58.68
3	Wictor Peterson	SWE	55.94
4	Veikko Laitinen	FIN	54.36
5	Panu Tirkkonen	FIN	52.94
6	Marcus Thomsen	NOR	50.29

7	Casper Jørgensen	DEN/ISL	49.28
8	Mímir Sigurðsson	DEN/ISL	45.23

Series	1	2	3	4	5	6
1	X	X	55.19	59.73	X	X
2	56.39	56.29	X	52.40	58.68	53.98
3	55.57	55.94	52.50	53.55	X	X
4	53.42	X	50.54	51.87	54.36	X
5	50.97	43.58	52.94	X	51.55	50.56
6	X	43.37	50.04	X	50.29	X
7	49.28	X	47.40	47.50	49.13	X
8	X	36.23	43.74	45.23	44.14	X

Hammer throw

		14 Aug	
1	Aleksi Jaakola	FIN	79.93
2	Aaron Kangas	FIN	68.74
3	Thomas Mardal	NOR	67.74
4	Martin Kornerud	NOR	57.02
5	Mathias Hagen	DEN/ISL	55.75
6	Jesper Arbinge	SWE	55.29
7	Johannes Nilsson	SWE	54.51
8	Guðmundur Smári Daníelsson	DEN/ISL	50.67

Series	1	2	3	4	5	6
1	79.93	X	79.73	X	r	
2	66.20	X	X	66.77	65.55	68.74
3	65.02	67.74	X	X	61.67	67.37
4	57.02	X	X	55.30	53.62	X
5	54.47	53.50	55.75	55.46	54.13	X
6	53.77	54.87	55.29	51.65	54.98	54.27
7	53.09	53.19	53.82	52.95	51.73	54.51
8	49.04	50.25	49.03	50.67	47.50	X

Javelin throw

		13 Aug	
1	Simon Litzell	SWE	66.13
2	Jaakki Hauta-Aho	FIN	64.79
3	Toni Keränen	FIN	64.57
4	Sondre Høyland	NOR	62.01
5	Dagbjartur Daði Jónsson	DEN/ISL	60.63
6	Jakob Eriksson	SWE	60.36
7	Jarl Bernhard Bjørklund	NOR	60.11
8	Mads Christensen	DEN/ISL	50.08

Series	1	2	3	4	5	6
1	63.47	66.13	60.06	65.70	62.50	X
2	60.86	63.33	61.05	64.79	63.23	63.36
3	X	X	X	63.42	61.28	64.57
4	58.35	58.05	62.01	58.15	X	61.67
5	60.63	58.60	58.67	r		
6	58.11	58.78	58.52	59.81	60.36	60.08
7	58.19	X	X	58.53	57.16	60.11
8	47.87	50.08	X	r		

4x100 m relay

		13 Aug	
1	DEN	41.44	(Peter Anders, Tobias G. Larsen, Steffen Knudsen, Simon Hansen)
2	FIN	41.50	(Santeri Kuusiniemi, Ilari Manninen, Tuukka Huuskola, Valtteri Kalliokulju)
3	SWE	41.58	(Tarley Allison, Austin Hamilton, Felix Svensson, Max Herlja)
4	ISL	42.27	(Gunnar Eyjólfsson, Tristan Freyr Jónsson, Ari Hafliðasson, Gylfi Ingvar Gylfason)
	NOR	DNF	(Filip Bøe, Matthias Hove Johansen, Pål Haugen Lillefosse, Marcus Moen)

4x400 m relay

		14 Aug	
1	FIN	3:18.04	(Tuomas Lehtonen, Viktor Kantele, Markus Teijula, Filiph Johans)
2	NOR	3:18.50	(Torlav Opsal, Emanuel Quarcoo, Markus Einan, Nikolai Berner)
3	SWE	3:18.63	(Ludvig Hillenfjärd,
4	ISL	3:25.43	(Kormákur Ari Hafliðason, Bjarni Anton Theódórs, Trausti Þór Þorsteins, Tristan Freyr Jónsson)
5	DEN	3:27.87	(Mathias Astrup, William Devantier, Gustav Nielsen, Karl-Gustav Brockdorff)

Points Men	Nation	Day 1	Day 2	Total
	FIN	101	99	200
	NOR	90	91,5	181,5

SWE	100	79,5	179,50
DEN/ISL	55	41	96

Women

		13 Aug	-0,2
1	Helene Rønningen	NOR	11.80
2	Ingvild Meinseth	NOR	11.91
3	Taika Koilahti	FIN	12.11
4	Henriikka Parpala	FIN	12.18
5	Emelie Rantzow	SWE	12.22
6	Claudia Payton	SWE	12.33
7	Tiana Ósk Whitworth	DEN/ISL	12.42
8	Frida Sångren	DEN/ISL	12.45

200 m (1: -2,1 / 2: -3,7)

		14 Aug	
1	1 Helene Rønningen	NOR	24.61
2	2 Ingvild Meinseth	NOR	24.66
3	3 Aino Pulkkinen	FIN	24.75
4	1 Nikki Sjöberg	SWE	24.97
5	4 Emelie Rantzow	SWE	25.11
6	2 Taika Koilahti	FIN	25.26
7	5 Guðbjörg Jóna Bjarnadóttir	DEN/ISL	25.36
8	3 Mathilde P. Nielsen	DEN/ISL	26.02

400 m

		13 Aug	
1	Karoline Daland	NOR	55.10
2	Aino Pulkkinen	FIN	55.41
3	Josefine Tomine Eriksen	NOR	56.05
4	Þórdís Eva Steinsdóttir	DEN/ISL	56.07
5	Ebba Svantesson	SWE	56.48
6	Alice Svantesson	SWE	56.76
7	Kira Kruuti	FIN	57.15
8	Nathalie Richter-Mikkelsen	DEN/ISL	58.80

800 m

		13 Aug	
1	Saija Seppä	FIN	2:07.92
2	Amalie Sæten	NOR	2:09.07
3	Mia Helene Mørck	DEN/ISL	2:09.80
4	Helene Gotlieb	DEN/ISL	2:10.35
5	Patricia Striner	SWE	2:11.80
6	Camilla Ziesler	NOR	2:13.10
7	Astrid Rosvall	SWE	2:13.66
8	Janette Niemi	FIN	2:17.60

1500 m

		14 Aug	
1	Saija Seppä	FIN	4:28.26
2	Stine Wangberg	NOR	4:29.27
3	Anna Mark Helwigh	DEN/ISL	4:30.37
4	Camilla Ziesler	NOR	4:31.96
5	Sara Christiansson	SWE	4:33.90
6	Heidi Kuuttinen	FIN	4:36.48
7	Isabella Andersson	SWE	4:42.50

3000 m

		13 Aug	
1	Stine Wangberg	NOR	9:25.89
2	Heidi Kuuttinen	FIN	9:50.74
3	Christine Næss	NOR	9:53.58
4	Sophie Søfeldt	DEN/ISL	10:15.70
5	Thea Broström	SWE	10:19.09
6	Sara Christiansson	SWE	10:25.60
7	Lycke Karlsson	FIN	10:36.69

100 m hurdles (1: -2,7 / 2: -2,6)

		14 Aug	
1	1 Saga Kivekäs	FIN	14.35
2	2 Ida Eikeng	NOR	14.42

3	3	Kristi Strømme Kjerpeset	NOR	14.43
4	4	Lovisa Östervall	SWE	14.50
5	1	Heta Rasinkangas	FIN	14.63
6	2	Karoline Mangor	DEN/ISL	15.26
7	3	Emelie Nyman Wänseth	SWE	15.37
8	4	Hildigunnur Þórarinsdóttir	DEN/ISL	20.65

400 m hurdles

13 Aug

1	Jessica Rautelin	FIN	60.42
2	Anne Sofie Kirkegaard	DEN/ISL	60.64
3	Johanna Dyremark	SWE	61.09
4	Lovisa Linde	SWE	61.92
5	Nora Kollerød Wold	NOR	62.18
6	Guðbjörg Jóna Bjarnadóttir	DEN/ISL	62.28
7	Solveig Vråle	NOR	62.35
8	Annika Hannola	FIN	63.08

3000 m steeplechase

14 Aug

1	Andrea Kolbeinsdóttir	DEN/ISL	11:16.52
2	Clara Sagnes Wågan	NOR	11:22.98
3	Emilie Fossumstuen Grøterud	NOR	11:29.27
4	Alice Greberg	SWE	11:34.46
5	Anna Hyvärinen	FIN	12:03.11
6	Lisa Svensson	SWE	12:19.57

High jump

14 Aug

1	Ilona Yröväinen	FIN	1.75
2	Bianca Salming	SWE	1.75
3	Emma Söderström	SWE	1.70
4	Elina Kakko	FIN	1.70
5	Thea Leirfall Bremseth	NOR	1.70
6	Rikke Andersen	DEN/ISL	1.65
=7	Helga Þóra Sigurjónsdóttir	DEN/ISL	1.65
=7	Tonje Nedberg	NOR	1.65

Series	1.50	1.60	1.65	1.70	1.75	1.78
1			o	o	xo	xxx
2			o	o	xxo	xxx
3		xo	xo	o	xxx	
4			o	xo	xxx	
5	o	o	xo	xo	xxx	
6			o	o	xxx	
7	o		o	xo	xxx	
8			o	xo	xxx	

Pole vault

13 Aug

1	Elina Lampela	FIN	4.00
2	Klara Mattsson	SWE	3.90
3	Laura Ollikainen	FIN	3.80
4	Birgitte Kjuus	NOR	3.60
5	Minna Svärd	SWE	3.60
6	Karoline Weea Johansen	NOR	3.60
7	Hilda Steinunn Egilsdóttir	DEN/ISL	3.20
8	Ida Jespersen	DEN/ISL	3.20

Series	3.00	3.20	3.40	3.60	3.70	3.80	3.90	4.00	4.10
1				o	-	xo	xxo	xxx	
2			o	-	o	xxo	xxx		
3			o	xo	xo	xxx			
4		xo	o	xxx					
5		xo	xo	xxx					
6		xo	o	xxo					
7		o	xxx						
8	o	xo	xxx						

Long jump

14 Aug

1	Kaiza Karlen	SWE	6.05
2	Taika Koilahti	FIN	5.88
3	Tess Hertz Saebbo	SWE	5.81
4	Jessica Rautelin	FIN	5.67
5	Emma B. Bomme	DEN/ISL	5.63

6	Irma Gunnarsdóttir	DEN/ISL	5.61
7	Amanda Marie Grefstad Frøynes	NOR	5.47
8	Sigríð Kleive	NOR	5.44

Series	1	2	3	4	5	6
1	6.05	X	X	6.04	5.75	X
	-1,8			-3,1	-1,6	
2	5.84	5.83	5.85	5.70	5.88	X
	-1,1	-1,3	0,0	-2,5	-0,9	
3	X	5.68	4.83	5.62	X	5.81
		-1,6	-2,2	-2,3		-4,0
4	X	X	5.67	X	5.38	X
			-1,4		-2,6	
5	5.14	5.43	X	X	5.63	X
	-2,0	-0,4			-1,5	
6	5.10	5.57	5.17	5.44	5.18	5.61
	-0,2	-2,3	-2,9	-2,2	-2,2	-2,9
7	5.47	5.44	X	5.44	X	X
	-0,3	-0,5		-2,9		
8	5.38	5.34	5.29	5.44	5.27	X
	-2,1	-0,6	-3,4	-2,0	-3,3	

Triple jump

13 Aug

1	Emelie Nyman Wänseth	SWE	12.73
2	Veera Möttönen	FIN	12.51
3	Laura Rautiainen	FIN	12.39
4	Amanda Hjälmarsson	SWE	12.29
5	Mari Sellevåg Aarø	NOR	12.22
6	Anna Eikebrokk	NOR	12.10
7	Sofie Rasmussen	DEN/ISL	11.67
8	Hildigunnur Þórarinsdóttir	DEN/ISL	11.55

Series	1	2	3	4	5	6
1	12.58	12.47	12.57	12.29	12.73	12.73
	+1,7	+2,8	+2,5	+0,5	+2,3	+2,3
2	X	X	12.30	12.04	11.89	12.51
			+2,6	+1,9	+1,1	+1,4
3	12.09	X	12.35	X	12.39	12.39
	+1,9		+4,0		+2,6	+2,6
4	12.03	12.19	12.26	12.28	12.18	12.29
	+2,7	+2,5	+3,0	+2,4	+1,5	+1,3
5	11.83	X	12.09	12.06	11.95	12.22
	+3,0		+3,2	+2,4	+2,0	+1,9
6	11.90	12.10	12.10	11.65	X	X
	+1,3	+3,0	+2,1	+1,8		
7	X	X	11.48	11.32	11.59	11.67
			+3,0	+1,3	+1,9	+1,9
8	11.37	11.55	11.44	10.11	11.31	X
	+2,8	+1,5	+3,1	+3,2	+0,8	

Shot put

14 Aug

1	Evelina Rouvali	FIN	14.84
2	Amanda Malmehed	SWE	14.34
3	Henna Sallinen	FIN	14.22
4	Agnes Larsson	SWE	14.07
5	Elise Gravingen	NOR	13.46
6	Thea Jensen	DEN/ISL	12.66
7	Linn Louise W. Kvaale	NOR	12.02
8	Irma Gunnarsdóttir	DEN/ISL	11.55

Series	1	2	3	4	5	6
1	X	14.84	X	X	X	X
2	X	14.05	14.12	13.59	X	14.34
3	12.77	13.49	13.78	13.78	14.22	14.05
4	13.50	14.05	14.01	13.96	14.07	13.94
5	12.74	X	12.98	13.46	12.26	12.70
6	11.95	12.66	X	X	X	12.66
7	11.52	11.68	12.02	X	11.65	X
8	X	X	X	10.97	11.55	X

Discus throw

13 Aug

1	Anna Karlsson	SWE	45.96
2	Krista Uusi-Kinnala	FIN	45.94
3	Matilda Eriksson	SWE	44.04
4	Thelma Lind Kristjánsdóttir	DEN/ISL	43.61
5	Berit Stunes Isene	NOR	42.49
6	Henna Sallinen	FIN	41.79
7	Thea Jensen	DEN/ISL	38.71
8	Linn Louise W. Kvaale	NOR	35.50

Series	1	2	3	4	5	6
1	X	X	43.07	45.87	X	45.96
2	X	44.04	45.94	X	40.92	37.84
3	42.04	43.92	44.04	X	41.78	41.08
4	43.56	43.23	43.61	41.29	43.26	41.69
5	35.70	38.35	42.49	35.41	X	39.40
6	X	X	X	41.79	X	X
7	38.07	X	X	38.71	X	37.04
8	35.50	X	30.61	33.04	29.26	31.34

Hammer throw

13 Aug

1	Beatrice Nedberge Llano	NOR	64.85
2	Krista Tervo	FIN	64.53
3	Suvi Koskinen	FIN	61.03
4	Frida Bååth	SWE	60.11
5	Grete Ahlberg	SWE	57.13
6	Vilde Emilie Ingvaldsen	NOR	49.43
7	Sofie Dahl	DEN/ISL	48.75
8	Rún Árnadóttir	DEN/ISL	46.53

Series	1	2	3	4	5	6
1	64.85	63.64	X	63.84	X	64.80
2	64.53	62.00	X	X	61.21	61.13
3	56.01	X	58.45	61.03	X	60.01
4	59.64	X	60.11	58.54	59.45	X
5	55.59	57.13	54.40	51.03	54.25	X
6	46.06	49.43	X	43.92	48.82	47.18
7	47.42	X	X	X	X	48.75
8	43.14	X	43.49	X	46.53	X

Javelin throw

14 Aug

1	Emmi Heino	FIN	48.58
2	Ariane Duarte Morais	NOR	48.01
3	Suvi Kemppainen	FIN	46.89
4	Carolin Näslund	SWE	45.82
5	Mali Vollan Marstad	NOR	44.58
6	Linn Peura	SWE	41.84
7	Irma Gunnarsdóttir	DEN/ISL	38.72
8	Sarah Bahat	DEN/ISL	37.78

Series	1	2	3	4	5	6
1	42.92	48.58	42.05	44.04	X	X
2	48.01	X	X	42.44	X	X
3	43.25	43.59	X	42.14	46.03	46.89
4	45.34	X	45.70	43.87	X	45.82
5	41.16	43.61	44.51	43.70	42.76	44.58
6	X	39.91	38.13	41.84	41.60	38.53
7	35.29	34.14	35.93	38.47	38.72	37.54
8	37.78	36.90	33.33	36.65	36.08	32.64

4x100 m relay

13 Aug

1	46.97	FIN	(Kira Kruuti, Saga Kivekäs, Taika Koilahti, Henriikka Parpala)
2	47.13	DEN	(Camilla Motzkus, Mathilde P. Nielsen, Emilie Pedersen, Frida Sångren)
3	47.59	SWE	(Nikki Sjöberg, Lovisa Östervall, Emelie Rantzow, Claudia Payton)
4	57.45	NOR	(Helene Rønningen, Ida Eikeng, Ingvild Meinseth, Kristi Strømme Kjerpeset)
	47.04*	ISL	(Tiana Ósk Whitworth, Þórdís Eva Steinsdóttir, Helga Margrét Haraldsdóttir, Guðbjörg Jóna Bjarnadóttir)

* = National team senior

4x400 m relay

14 Aug

1	NOR	3:46.68	(Solveig Vråle, Josefine Tomine Eriksen, Amalie Sæten, Karoline Daland)
2	SWE	3:46.92	(Lovisa Linde, Ebba Svantes, Alice Svantes, Minna Svård)
3	FIN	3:52.60	(Jessica Rautelin, Janette Niemi, Aino Pulkkinen, Kira Kruuti)
4	ISL	3:53.94	(Guðbjörg Jóna Bjarnadóttir, Sara Hlín Jóhannsdóttir, Vilhelmína Þór Óskarsdóttir, Þórdís Eva Steinsdóttir)
	DEN	3:51.49	(Olivia Thorsgaard, Nathalie Richter-Mikkelsen, Liv S. Rødtnes, Anne Sofie Kirkegaard)

Points Women	Nation	Day 1	Day 2	Total
	FIN	107	97	204
	NOR	95	86	181
	SWE	90	83	173
	DEN/ISL	56	42	98

Points Total	Nation	Day 1	Day 2	Total
	FIN	208	196	404
	NOR	185	177,5	362,5
	SWE	190	162,5	352,5
	DEN/ISL	111	83	194

Nordic-Baltic U23 Championships

Leppävaara, Espoo, FIN 20-21 Aug

Men

100 m (1: +3,4/2: +2,6)

20 Aug

1	1	Erik Hagberg	SWE 10.30
2	2	Samuli Samuelsson	FIN 10.30
3	3	Jonathan Quarcoo	NOR 10.33
4	1	Jonas Halonen	NOR 10.33
5	4	Otto Ahlfors	SWE 10.34
6	2	Emil von Barth	SWE 10.35
7	5	Morten Dalgaard Madsen	DEN 10.47
8	6	Festus Asante	DEN 10.50
9	3	Heikki Nieminen	FIN 10.63
10	4	Frederik Schou-Nielsen	DEN 10.65

200 m (1: +1,9/2: +1,2)

21 Aug

1	1	Samuli Samuelsson	FIN 20.89
2	2	Jonathan Quarcoo	NOR 20.94
3	1	Jonas Halonen	NOR 21.26
4	3	Ville Aarnivala	FIN 21.27
5	4	Jacob Ewertzh	SWE 21.28
6	5	Emil von Barth	SWE 21.41
7	2	Rokas Pacevicius	LTU 21.51
8	3	Morten Dalgaard Madsen	DEN 21.54
9	4	Festus Asante	DEN 21.55
10	5	Willem Kajander	FIN 21.70

Extra: Joachim Sandberg, NOR 21.11 (heat 1)

400 m

20 Aug

1	Nicolai Hartling	DEN 47.04	
2	Erik Martinsson	SWE 47.19	
3	Dennis Forsman	SWE 47.63	
4	Sten Ütsmüts	EST 48.13	
5	Eljas Aalto	FIN 48.89	
6	Juho Pirskanen	FIN 49.10	
7	Nzimirro Adam Obiora	NOR 49.17	
8	Rasmus Jensen	DEN 49.80	

800 m

20 Aug

1	Kalle Berglund	SWE 1:49.85	
2	Christian Clausen	DEN 1:50.95	
3	Joonas Rinne	FIN 1:51.55	
4	Sigurd Blom Breivik	NOR 1:52.27	
5	Gustav Berlin	SWE 1:53.01	
6	Rasmus Kisel	EST 1:53.36	
7	Sami Hänninen	FIN 1:55.70	
8	Enari Tönström	EST 1:57.22	

1500 m

21 Aug

1	Snorre Holtan Løken	NOR 3:48.36	
2	Joonas Rinne	FIN 3:49.24	
3	Peter Gerner Ejersbo	DEN 3:52.04	
4	Hampus Börjesson	SWE 3:52.86	

5	Alexander Nilsson	SWE	3:55.62
6	Samu Mikkonen	FIN	3:59.51

5000 m

		20 Aug	
1	Sigurd Ruud Skjeseth	NOR	14:34.00
2	Gabriel Steffensen	SWE	14:43.70
3	Eero Saleva	FIN	15:03.11
4	Joel Zackrisson	SWE	15:06.31
5	Samu Mikkonen	FIN	15:21.13

110 m hurdles

		21 Aug	+1,6
1	Rapolas Saulius	LTU	14.13
2	Fredrik Samuelsson	SWE	14.50
3	Elmo Savola	FIN	14.57
4	Jonathan Holm	SWE	14.61
5	Niko Tahvanainen	FIN	15.35

400 m hurdles

		20 Aug	
1	Nicolai Hartling	DEN	50.72
2	Joni Vainio-Kaila	FIN	51.36
3	Isak Andersson	SWE	51.73
4	Alexander Lundskog	SWE	52.05
5	Joachim Sandberg	NOR	53.22
6	Martin Johansen	DEN	54.51
7	Jevgeni Aleksandrov	FIN	55.85

3000 m steeplechase

		21 Aug	
1	Vidar Johansson	SWE	9:11.46
2	Karl Mäe	EST	9:20.78
3	Miika Tenhunen	FIN	9:22.82
4	Otto Loukkalahti	FIN	9:30.82
5	Jens Petrusson	SWE	9:37.09
	Albert Blajs	LAT	DNS

High jump

		20 Aug	
1	Andreas Carlsson	SWE	2.17
2	Adrijus Glebasuskas	LTU	2.13
3	Valtteri Välimäki	FIN	2.06
4	Sindre Gelius Eikje	NOR	2.03
5	Dabian Delryd	SWE	2.03
6	Jesse Huttunen	FIN	2.00

Series	1.85	1.90	1.95	2.00	2.03	2.06	2.09	2.11	2.13	2.15	2.17	2.22
1			o	o	o	o	xxo	o	o	o	xxo	xxx
2				o	o	o	o	xo	xo	xxx		
3		o	o	o	xxo	xxo	xxx					
4		o	o	o	o	xxx						
5			o	xxo	o	xxx						
6		o	xo	o	xxx							

Pole vault

		21 Aug	
1	Eirik Greibrokk Dolve	NOR	5.35
2	Niko Koskinen	FIN	5.30
3	Tomas Wecksten	FIN	5.15
4	Robin Nool	EST	5.10
5	Micael Fagö	SWE	4.90
6	Krister Jónsson	ISL	4.60
	David Kappelin	SWE	DNS

Series	4.60	4.70	4.80	4.90	5.00	5.10	5.15	5.20	5.25	5.30	5.35	5.50	5.35
1						o	-	-	o	-	xxx	o	
2						o	-	-	o	-	xx-		
3						xo	-	-	-	-	xxx		
4		xo	-	xxo	-	o	-	-	xxx				
5	o	o	o	xxo	xxx								
6	o	-	xxx										

Long jump

		21 Aug	
1	Kristian Bäck	FIN	7.75
2	Kristian Pulli	FIN	7.63
3	Simo Lipsanen	FIN	7.59

4	Andreas Carlsson	SWE	7.57
5	Ingar Kiplesund	NOR	7.56
6	Benjamin Gabrielsen	DEN	7.36
7	Fredrik Samuelsson	SWE	7.23
8	Ben-Ruuben Kaljuvee	EST	6.72
	Amund Høie Sjørusen	NOR	DNS

Series	1	2	3	4	5	6
1	7.40	7.73	7.75	5.95	-	X
	+0,4	+1,2	+1,0	+1,5		
2	7.63	7.12	7.50	X	7.22	7.46
	+1,8	+2,0	+1,9	+0,6	+0,8	+1,0
3	7.36	7.39	X	7.47	X	7.59
	+1,0	+1,5		+1,6		+1,9
4	7.57	X	X	X	5.71	X
	+1,3				+1,2	
5	6.98	X	7.03	7.40	7.60	7.56
	+1,2		+2,4	+1,9	+1,4	+2,2
6	7.18	5.26	7.36	7.27	7.31	X
	+1,5	+0,8	+2,1	+1,3	+1,2	
7	X	7.23	X	X	X	-
		+1,7				
8	6.68	X	6.72	r		
	+1,8		+2,0			

Triple jump

		20 Aug	
1	Tuomas Kaukolahti	FIN	15.69
2	Simo Lipsanen	FIN	15.68
3	Simon Karlén	SWE	14.95
4	Jesper Hellström	SWE	14.95

Series	1	2	3	4	5	6
1	15.32	X	15.69	15.50	-	15.55
	-1,9		+0,3	-1,7		-1,5
2	15.42	15.54	15.68	X	15.65	14.96
	-0,5	-1,0	-1,5		-1,3	-1,2
3	14.60	X	X	14.95	14.68	14.70
	-1,1			-0,8	-0,4	-2,4
4	14.47	X	X	X	14.72	14.59
	-1,0				-0,6	-1,1

Shot put

		20 Aug	
1	Timo Kööpikkä	FIN	18.84
2	Simon Pettersson	SWE	17.83
3	Matti Sivonen	FIN	17.46
4	Karl Koha	EST	17.01
5	Ola Stunes Isene	NOR	16.85
6	Kristoffer Thomsen	DEN	16.58
7	Tim Wunger	SWE	16.11
8	Ays Kiisa	EST	15.72

Series	1	2	3	4	5	6
1	X	17.83	18.84	X	18.15	X
2	17.51	X	17.83	X	X	17.51
3	16.71	17.46	X	X	17.33	17.34
4	16.10	16.67	X	16.90	X	17.01
5	15.99	16.76	X	16.85	16.75	X
6	16.22	16.43	16.58	X	X	X
7	15.76	16.11	16.06	15.87	X	X
8	15.72	X	X	X	15.53	X

Discus throw

		21 Aug	
1	Guðni Valur Guðnason	ISL	61.01
2	Ola Stunes Isene	NOR	60.66
3	Simon Pettersson	SWE	60.15
4	Domantas Poška	LTU	59.32
5	Oskari Perälampi	FIN	55.37
6	Olli Takala	FIN	53.67
7	Gustav Liberg	SWE	53.45
8	Ats Kiisa	EST	43-74
	Thor Olav Rosvold	NOR	NM

Series	1	2	3	4	5	6
1	54.31	61.01	58.66	X	59.15	60.74
2	54.32	58.21	57.93	59.29	59.59	60.66
3	60.15	X	X	56.11	X	59.18
4	59.32	X	59.03	X	57.38	56.85
5	53.27	55.37	53.95	X	51.24	X
6	X	53.67	X	52.53	X	53.21
7	50.95	53.45	50.61	X	X	X
8	X	X	X	43.74	X	X
	X	X	X	X	X	X

<i>Hammer throw</i>		20 Aug
1	Timmi Remes	FIN 70.18
2	Hilmar Örn Jónsson	ISL 66.15
3	Markus Kokkonen	FIN 64.79
4	Evald Osnes Devik	NOR 61.63
5	Tim Söderqvist	SWE 60.11
6	Anton Andersson	SWE 58.53
7	Jon Nerdal	NOR 56.70

Series	1	2	3	4	5	6
1	66.97	70.18	69.15	69.78	68.46	64.95
2	65.88	X	X	66.15	65.41	X
3	61.05	63.93	63.35	64.79	64.68	X
4	55.00	60.84	X	61.63	X	57.98
5	58.22	X	60.11	56.92	58.80	X
6	57.00	X	58.53	57.92	56.11	56.49
7	53.42	56.70	56.10	X	54.89	X

<i>Javelin throw</i>		21 Aug
1	Jami Kinnunen	FIN 76.88
2	Joni Karvinen	FIN 72.71
3	Patriks Gailums	LAT 70.63
4	Skirmantas Šimoliunas	LTU 68.46
5	Quincy Andersson	SWE 66.13
6	Gardar Johann Fridriksson	NOR 64.73
7	Lukas Kvist	SWE 64.02
8	Mikkel Bach Garbrecht	DEN 59.41

Series	1	2	3	4	5	6
1	X	76.88	76.21	73.37	-	X
2	72.71	71.31	71.33	X	70.82	70.51
3	67.87	70.63	69.75	66.83	69.08	X
4	67.34	67.52	68.46	64.68	67.79	63.85
5	66.13	X	65.14	X	r	
6	62.11	60.15	X	X	X	64.73
7	61.45	X	X	X	64.02	X
8	X	56.97	X	58.28	X	59.41

<i>4x100 m relay</i>		20 Aug
1	FIN	39.81 (Willen Kajander, Otto Ahlfors, Samuli Samuelsson, Heikki Nieminen)
2	NOR	40.15 (Jonas Halonen, Jonathan Quarcoo, Amlnd Høie Sjørusen, Joachim Sandberg)
3	SWE	40.77 (Desmond Rogo, Jacob Ewertzh, Isak Andersson, Erik Hagberg)
4	DEN	41.07 (Morten Dalgaard Madsen, Benjamin Gabrielsen, Festus Asante, Kojo Musah)

<i>4x400 m relay</i>		21 Aug
1	SWE	3:10.39 (Andreas Movin, Dennis Forsman, Alexander Lundskog, Erik Martinsson)
2	DEN	3:15.27 (Martin Johansen, Rasmus Jensen, Christian Clausen, Nicolai Hartling)
3	FIN	3:15.53 (Ville Aarnivala, Eljas Aalto, Juho Pirskainen, Joni Vainio-Kaila)
	NOR	DNS (Joachim Sandberg, Jonas Halonen, Jonathan Quarcoo, Nzimirro Adam Ibiara)

Women

<i>100 m</i>		20 Aug	+2,4
1	Anniina Kortetmaa	FIN	11.58
2	Anna Hämäläinen	FIN	11.67
3	Astrid Mangan Cederqvist	NOR	11.86
4	Emilia Kjellberg	SWE	11.89
5	Sara Söderberg	SWE	12.04
6	Sanna Luukkonen	FIN	12.10

<i>200 m (1: +1,0 / 2: +2,1)</i>		21 Aug
1	1 Anniina Kortetmaa	FIN 23.62
2	1 Hilla Uusimäki	FIN 23.84
3	2 Mette Graversgaard	DEN 23.91
4	2 Astrid Mangan Cederqvist	NOR 24.02
5	3 Christine Bjelland Jensen	NOR 24.38
6	3 Sara Söderberg	SWE 24.55

7	4	Emma Koistinen	FIN	24.58
8	5	Sofia Johnsson	SWE	24.88
		X Arna Stefania Guðmundsdóttir	ISL	DNS
		X Anna Hämäläinen	FIN	DNS

<i>400 m</i>		20 Aug
1	Sara Dorthea Jensen	NOR 53.79
2	Eveliina Määttä	FIN 55.35
3	Klara Helander	SWE 56.32
4	Ida Ravaska	FIN 57.31
5	Alexandra Everett	SWE 58.22
	Amira Chokairy	FIN DNS

<i>800 m</i>		21 Aug
1	Emily Rose Norum	NOR 2:07.05
2	Monika Elenska	LTU 2:07.10
3	Line K. Schulz	DEN 2:09.12
4	Linn Söderholm	SWE 2:09.42
5	Kirsi Pekkanen	FIN 2:10.83
6	Dagmar Fester Olsen	DEN 2:11.16
7	Madeleine Björllin- Delmar	SWE 2:12.42
8	Eoosa Lahtinen	FIN 2:15.93
	Josefine Rytter	DEN DNS

<i>1500 m</i>		20 Aug
1	Line K. Schulz	DEN 4:23.29
2	Linn Söderholm	SWE 4:30.02
3	Josefine Rytter	DEN 4:35.14
4	Aino Kivenmäki	FIN 4:37.44
5	Egle-Heleene Ervin	EST 4:45.47
6	Amanda Virtanen	FIN 4:46.20
7	Lisa Bergdahl	SWE 5:01.19

<i>5000 m</i>		21 Aug
1	Aino Kivenmäki	FIN 17:08.33
2	Alice Petersson	SWE 17:42.02
3	Egle-Heleene Ervin	EST 17:48.25
4	Katri Niemistö	FIN 18:08.85
5	Kerstin Axelsson	SWE 18:18.98

<i>100 m hurdles (1: +1,5 / 2: +1,9)</i>		21 Aug
1	1 Reetta Hurske	FIN 13.36
2	2 Mette Graversgaard	DEN 13.45
3	3 Emma Koistinen	FIN 13.71
4	1 Mathilde Heltbech	DEN 13.73
5	4 Agathe Holtan Wathne	NOR 13.74
6	2 Malin Skogström	SWE 13.75
7	3 Arna Stefania Guðmundsdóttir	ISL 13.88
8	4 Annemarie Nissen	DEN 14.02
9	5 Greta Pleckaityte	LTU 14.41
	X Sofia Mossberg	SWE DNF

<i>400 m hurdles</i>		20 Aug
1	Arna Stefania Guðmundsdóttir	ISL 56.08
2	Hilla Uusimäki	FIN 56.33
3	Emily Rose Norum	NOR 58.70
4	Hanna Palmqvist	SWE 59.66
5	Johanna Holmén Svensson	SWE 60.05
6	Kirsi Pekkanen	FIN 60.56

<i>3000 m steeplechase</i>		21 Aug
1	Sofia Muinonen	FIN 11:10.89
2	Linnea Harala	FIN 11:33.72
3	Johanna Ardel	EST 11:43.50
4	Josefine Malmberg	SWE 11:56.34

5 Cornelia Hendberg SWE 12:08.43

High jump

21 Aug

1 Elin Pajunen FIN 1.79
 2 Anne Engen Andersen NOR 1.76
 3 Sini Lällä FIN 1.76
 4 Caroline Fleischer NOR 1.70
 5 Linda Skantzé SWE 1.70
 6 Ylva Engdahl SWE 1.65

Series	1.55	1.60	1.65	1.70	1.73	1.76	1.79	1.79
1			o	xo	o	o	xxx	o
2			o	xo	o	o	xxx	x
3			xo	o	xo	xo	xxx	
4		xo	xo	o	xxx			
5			o	xo	xxx			
6	o	o	xo	xxx				

Pole vault

20 Aug

1 Aino Siitonen FIN 4.25
 2 Lene Retzius FIN 4.15
 3 Hanna Jonsson SWE 3.90
 4 Rosanna Ojala FIN 3.80
 5 Amanda Gabrielsson SWE 3.60

Series	3.30	3.45	3.60	3.70	3.80	3.90	4.00	4.10	4.15	4.20	4.25	4.30	4.31
1							o	-	xo	-	xo	-	xxx
2							o						
3		xo	o	o	xo	xo	xxx						
4	o	o	xo	xo	xo	xxx							
5		o	o	xxx									

Long jump

20 Aug

1 Kristiina Vuorvirta FIN 6.18
 2 Ast Laurik EST 6.13
 3 Martha Traoré DEN 6.10
 4 Anne-Mari Lehtiö FIN 6.08
 5 Sandra Törnros SWE 6.03
 6 Karina Lipeckaja LTU 5.90
 7 Rebecka Abrahamsson SWE 5.60
 8 Neringa Gedaminskaite LTU 5.58

Series	1	2	3	4	5	6
1	6.18 +1.4	6.10 +0.7	X	X	X	6.15 +0.6
2	6.13 +1.1	5.70 +1.0	6.13 +1.4	5.98 +1.5	6.02 +0.4	6.12 +1.3
3	6.00 +0.2	6.07 -0.3	6.09 0.0	6.10 +1.7	5.90 +0.4	X +0.4
4	5.84 +1.3	6.08 -0.8	6.04 +0.4	6.05 +1.2	6.02 +0.1	6.08 -0.2
5	X	X	X	5.94 X	X	6.03 +0.9
6	4.89 +1.0	5.81 +1.4	3.77 +0.4	5.90 +1.4	5.35 0.0	5.35 +0.7
7	X	X	X	X	5.46 +0.4	5.60 +0.2
8	5.58 +2.6	5.46 -0.5	X	X	5.24 -0.3	X

Triple jump

21 Aug

1 Monika Benserud NOR 12.73
 2 Rebecka Abrahamsson SWE 12.63
 3 Heini Vainionpää FIN 12.31
 4 Nellie Mårtensson SWE 12.29
 5 Salli Kokkinen FIN 12.00
 6 Annabel Luuk EST 11.41

Series	1	2	3	4	5	6
1	12.73 +2.1	12.58 +1.8	X	11.27 +0.8	12.18 +1.3	X
2	X	X	12.63 +1.1	12.62 +1.1	12.50 +0.9	X
3	X	12.27 +0.8	X	12.25 +0.6	X	12.31 +1.3
4	X	X	X	X	12.21 +1.9	12.29 +1.3
5	11.93 +1.8	11.93 +1.7	11.98 +0.1	11.90 +1.9	X	12.00 +1.3
6	X	X	X	11.41 +1.9	X	X

Shot put

21 Aug

1 Fanny Roos SWE 17.27
 2 Kaisa Kymäläinen FIN 14.62
 3 Maria Nilsson SWE 14.44
 4 Senja Mäkitörmä FIN 14.04
 5 Camilla Rønning NOR 12.92

Series	1	2	3	4	5	6
1	16.25	16.92	16.55	17.27	X	X
2	13.85	14.62	X	14.15	14.29	X
3	13.57	X	14.44	14.09	X	14.31
4	13.24	14.04	X	X	13.98	13.91
5	11.98	12.36	X	12.45	12.66	12.92

Discus throw

20 Aug

1 Salla Sipponen FIN 55.94
 2 Fanny Roos SWE 51.04
 3 Vilma Paakkala FIN 50.47
 4 Ieva Zarankaite LTU 49.46
 5 Lisa Brix DEN 48.67
 6 Matilde Roe NOR 45.81
 7 Lydia Sundin SWE 45.53
 8 Marie Aagaard DEN 41.43

Series	1	2	3	4	5	6
1	54.38	X	55.94	51.10	54.32	53.26
2	49.23	X	51.04	50.85	49.40	X
3	47.30	50.04	50.47	X	49.03	49.07
4	48.78	X	X	49.46	49.42	X
5	48.19	45.44	48.67	44.78	47.56	45.00
6	45.81	X	X	44.95	X	42.65
7	X	X	44.17	42.53	45.53	44.21
8	41.43	X	X	41.38	X	40.15

Hammer throw

21 Aug

1 Marinda Petersson SWE 65.66
 2 Inga Linna FIN 64.92
 3 Anna Maria Orel EST 62.72
 4 Celina Julin DEN 59.66
 5 Tiina Rinnekari FIN 57.06
 6 Matilda Åström SWE 55.86

Series	1	2	3	4	5	6
1	65.61	65.36	65.66	65.32	63.75	63.67
2	62.02	64.92	X	63.40	64.68	59.85
3	X	60.21	62.72	X	57.50	61.67
4	59.05	56.44	56.27	59.37	59.66	55.12
5	54.50	56.05	56.11	56.20	57.06	56.82
6	54.14	54.45	52.10	50.74	55.86	54.62

Javelin throw

20 Aug

1 Sofi Flink SWE 57.59
 2 Anete Kocina LAT 56.52
 3 Sigrid Borge NOR 56.46
 4 Jatta-Mari Jääskeläinen FIN 50.41
 5 Emilie Ingerø NOR 49.82
 6 Gerli Isreal EST 49.19
 7 Saara Lipsanen FIN 47.34
 8 Liveta Jasiunaite LTU 46.90
 9 Karolina Ander SWE 42.30

Series	1	2	3	4	5	6
1	51.76	52.78	51.31	50.50	57.59	X
2	56.52	56.24	X	X	56.23	53.89
3	54.00	55.30	56.46	51.53	51.56	54.18
4	X	44.26	46.33	50.41	47.11	47.67
5	49.82	43.62	46.82	46.86	46.31	45.34
6	44.79	49.19	46.27	X	47.13	43.46
7	45.22	47.34	X	44.71	44.69	X
8	46.90	X	42.12	r		
9	42.30	39.52	X			

4x100 m relay

20 Aug

1 FIN 45.08
 2 SWE 45.96

(Sanna Luukkonen, Anna Hämäläinen, Anniina Kortetmaa, Emma Kostinen)
 (Emilia Kjellberg, Sara Söderberg, Sofia Mossberg, Sandra Törnros)

3	NOR	45.97	(Agathe Holtan Wathne, Astrid Mangen Cederkvist, Emily Røpse Norum, Sara Dorthea Jensen)
4x400 m relay 21 Aug			
1	NOR	3:37.67	(Agathe Holtan Wathne, Emily Rose Norum, Christen Bjelland Jensen, Sara Dorthea Jensen)
2	FIN	3:40.84	(Eveliina Määttänen, Ida Ravaska, Kirsi Pekkanen, Hilla Uusimäki)
3	SWE	3:44.44	(Hanna Palmqvist, Alexandra Everett, Sofia Johansson, Klara Helander)

Nordic Race Walking Championships

Fredrikstad, NOR 17 sep

U16-class not Nordic Championships, promotional only

Men

Senior				20 km
1	Anders Hansson	SWE	1:25:52	
2	Remo Kalström	SWE	1:34:25	
3	Timo Viljanen	FIN	1:38:56	
	Eemeli Kiiski	FIN	DQ	

U23				20 km
1	Elmo Koivunen	FIN	1:27:15	
2	Fredrik Vaeng Røtnes	NOR	1:28:18	
3	Fredrik Sandmer	SWE	1:46:49	
	Artturi Oila	FIN	DQ	

U20				10 km
1	Jere Niemi	FIN	51:38	
	Rasmus Lang	FIN	DNS	

U18				5 km
1	Joni Hava	FIN	21:58	
2	Jaakko Määttänen	FIN	23:36	
3	Tobias Lømo	NOR	25:00	

Extra:

Women

Senior				10 km
1	Elisa Neuvonen	FIN	48:24	
2	Hele Haapaniemi	FIN	48:51	
3	Ellinor Hogrell	SWE	57:16	
4	Helena Sandmer	SWE	57:36	
	Merete Helgheim	NOR	DNS	

U23				10 km
1	Tiia Kuikka	FIN	53:52	
2	Venla Laiho	FIN	54:27	
3	Josefin Greiff	NOR	1:00:22	
4	Julia Ibrahim	SWE	1:03:30	

U20				5 km
1	Enni Nurmi	FIN	22:41	
2	Elina Heikkinen	FIN	25:06	
3	Fride Møller Flatin	NOR	27:14	
4	Jessica Ibrahim	SWE	32:23	

U18				5 km
1	Anniina Kivimäki	FIN	25:21	
2	Riina Perkiö	FIN	25:30	
3	Vilde Lundin	NOR	26:59	
4	Lisa Måren Løseth	NOR	27:40	
5	Emma Isaksson	SWE	28:31	

Poeng:	1	FIN	83
	2	SWE	31

3 NOR 24

Nordic Cross Country Championships

Gimlemoen, Kristiansand, NOR 12 nov

Men

Senior				9 km
1	Ørjan Grønnevig	NOR	29:44	
2	David Nilsson	SWE	29:58	
3	Marius Vedvik	NOR	30:14	
4	Mikkel Dahl-Jensen	DEN	30:16	
5	Hans Kr. Fløystad	NOR	30:35	
6	Tom Erling Kårbø	NOR	30:48	
7	Olle Walleräng	SWE	30:50	
8	Jarkko Järvenpää	FIN	30:53	

9 John Foitzik, SWE 30:55, 10 Eirik Gramstad, NOR 30:58, 11 Peter Glans, DEN 30:58, 12 Ole Hesselbjerg, DEN 31:13, 13 Simon Jørn Hansen, DEN 31:17, 14 Gabriel Steffensen, SWE 31:18, 15 Bjørnar Lillefosse, NOR 31:19, 16 Topi Raitanen, FIN 31:25, 17 Andreas Lammer, DEN 31:28, 18 Staffan Ek, SWE 31:29, 19 Andreas Åhwall, SWE 31:49, 20 Sigurd Skjeseth, NOR 31:51, 21 Jaakko Piesanen, FIN 32:07, 22 Peter Gerner Ejersbo, DEN 33:12, 23 Pauli Ruostetsaari, FIN 33:56, Vegard Ølstad, NOR DNF

Extra: Dadafo Dhaqabi, NOR 30:46, Alexander Nilsson, SWE 31:37, Archie Casteel, SWE 31:39, Eivind Knutsen, NOR 32:49

Teams:

1 NOR 15 (Ørjan Grønnevig, Marius Vedvik, Hans Kr. Fløystad, Tom Erling Kårbø)
 2 SWE 32 (David Nilsson, Olle Walleräng, John Foitzik, Gabriel Steffensen)
 3 DEN 40 (Mikkel Dahl-Jensen, Peter Glans, Ole Hesselbjerg, Simon Jørn Hansen)
 4 FIN 68 (Jarkko Järvenpää, Topi Raitanen, Jaako Piesanen, Pauli Ruostetsaari)

U20				6 km
1	Kristian Holm Jensen	DEN	20:21	
2	Stian Aarvik	NOR	20:32	
3	Simen Halle Haugen	NOR	20:45	
4	Oliver Löfqvist	SWE	20:46	
5	Andreas Lindgren	DEN	20:53	
6	Joachim W. Rosbo	DEN	20:55	
7	Birk N. Skogland	NOR	20:59	
8	Simon Sundström	SWE	21:03	

9 Tomi Lehto, FIN 21:16, 10 Mubaarik Ibrahim, DEN 21:29, 11 Niklas Lainto, FIN 21:30, 12 Thor Bendix Madsen, DEN 21:32, 13 Mohamed Mohamoud, SWE 21:41, 14 Abdikhalaq Nooh, SWE 22:02, 15 Alexander Saidler Nielsen, DEN 23:15, Robin Rynänen, FIN DNF

Extra: Casper Stornes, NOR 20:49, Gustav Nordling, SWE 21:27

Teams:

1 DEN 12 (Kristian Holm Jensen, Andreas Lindgren, Joachim W. Rosbo)
 2 NOR 12 (Stian Aarvik, Simen Halle Haugen, Birk N. Skogland)
 3 SWE 25 (Oliver Löfqvist, Simon Sundström, Mohamed Mahmoud)

Women

Senior				7,5 km
1	Charlotta Fougberg	SWE	28:37	
2	Camilla Richardsson	FIN	29:11	
3	Annemari Kiekara	FIN	29:12	
4	Louise Wiker	SWE	29:19	
5	Sara Holmgren	SWE	29:24	
6	Lena Selen	NOR	29:31	
7	Maria Wågan	NOR	29:52	
8	Sissel Møller	DEN	29:58	

9 Anne Nevin, NOR 29:59, 10 Frida Kristiansson, SWE 30:02, 11 Lea Reime, DEN 30:06, 12 Ronja Fjellner, SWE 30:37, 13 Aino Kivenmäki, FIN 30:42, 14 Marna Egholm, DEN 31:28, 15 Suvi Miettinen, FIN 33:00

Teams:

1 SWE 10 (Charlotta Fougberg, Louise Wiker, Sara Holmgren)
 2 FIN 18 (Camilla Richardsson, Annemari Kiekara, Aino Kivenmäki)
 3 NOR 22 (Lena Selen, Maria Wågan, Anne Nevin)
 4 DEN 33 (Sissel Møller, Lea Reime, Marna Egholm)

U20				4,5 km
1	Christine Næss	NOR	17:16	

2	Stine Wangberg	NOR	17:27
3	Mariann Roe	NOR	17:32
4	Louise Rode	DEN	17:34
5	Anna Mark Helwich	DEN	17:35
6	Helene H. Gottlieb	DEN	17:37
7	Sara Christiansson	SWE	17:45
8	Aino Kuljukka	FIN	17:54

9 Sophie Søefeldt, DEN 17:57, 10 Sif Bendix Mdsen, DEN 17:58, 11 Mika Söderström, SWE 18:17, 12 Louise Høj Jensen, DEN 18:19, 13 Frida Karlsson, SWE

18:21, 14 Maja Majbäck, SWE 18:24, 15 Jonna Tanskanen, FIN 18:40, 16 Emma Katajalaakso, FIN 18:49, Gaël de Connick, SWE DNF

Teams:

- 1 NOR 6 (Christine Næss, Stine Wangberg, Mariann Roe)
- 2 DEN 15 (Louise Rode, Anna Mark Helwich, Helene H. Gottlieb)
- 3 SWE 31 (Sara Christiansson, Mika Söderström, Frida Karlsson)
- 4 FIN 39 (Aino Kuljukka, Jonna Taskanen, Emma Katajalaakso)