

Norwegian Athletic Federation

Ullevaal stadion

Sognsveien 75 J

0840 Oslo

NORWAY

E-mail: friidrett@friidrett.no

Phone: +47 94 83 33 26



COURSE MEASUREMENT REPORT

- REPORT FOR NATIONAL CERTIFIED COURSE -

INFORMATION ABOUT EVENT AND COURSE	
Event: Gloppen Halvmaraton	
Technical Organiser: Fjellhug/Vereide IL	
City/Place: Sandane	
Date of Arrangement: 01.10.2022	
Date and time for measurement: 18.08.2022 at 10.00 AM	
Measured distance(s): Half Marathon	
Length of calibration course: 350m	
Terrain: Flat <input type="checkbox"/> Slightly hilly <input checked="" type="checkbox"/> Hilly <input type="checkbox"/> Terrain <input type="checkbox"/>	
Type of course route: Closed loop <input type="checkbox"/> Back and forth <input checked="" type="checkbox"/> A to B <input type="checkbox"/> Other <input type="checkbox"/>	
Race surface: Asphalt	
Elevation Start - Finish: 0 m	
Description of start: In Sandane stadium, details on Figure 1	
Description of finish: Same as Start	
Distance, in a straight line, between start & finish: 0 m	
Start and Finish marked: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>	
Km-markings: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>	
Measurement direction: Running direction <input checked="" type="checkbox"/> Opposite running direction <input type="checkbox"/>	
National record can be approved: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>	

CONTACT INFORMATION		
	Measured by:	Organizer:
Contact person:	Ivar Andreas Sandø	Dagfinn Nyhammer
Phone:	+4791648793	+4741227968
Email:	Ivarsando53@gmail.com	dagfinn.nyhammer@eninvest.net

It is hereby confirmed that the course has been measured by a national certified course measurer from Norwegian Athletics. The course is measured in accordance with Norwegian athletics regulations, and the distance(s) has the minimum reported length(s). The survey is valid for 5 years, except if the route is changed.

21.08.2022 IVAR A. SANDØ

Date Signature by Course measurer

5.9.2022

Date

Peer Jensen

Signature by NFIF

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CALIBRATION COURSE AND PROCEDURE	
Length of measuring tape (steel measuring tape only)	50m
Length of calibration course 1st measurement	350.00m
Length of calibration course 2nd measurement	350.02m
Possible 3rd measure (max. 1 cm diff per 100m 1 st and 2 nd)	
Average of measurements before adjustments	350.01m
Temperature (road or measuring tape)	+21.1 ° C on asphalt
Adjustment : $D_{corr} = D_{meas} * 0,0000115 * (temp - 20)$	0,4 cm
Measured calibration distance after adjustment	350,00m
Distance from start/finish to calibration distance	11 k

CALIBRATION INFORMATION - (max 8 counts difference of 1000 m between 4 measurements, ie 2 counts of 300m and 3 count of 400m)						
	Pre-measurement:			Post measurement:		
	Date and Time: 10.00 AM, 18.08.22			Date and Time: 1.00 PM, 18.08.22		
	Start	End	Diff.	Start	End	Diff.
1st measure	845228	840372	4856	655321	650465	4856
2nd measure	840372	835517	4855	650465	645608	4857
3rd measure	835517	830662	4955	645608	640752	4856
4th measure	830662	825806	4856	640752	635897	4855

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	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	4855,5	4856,0	Today's constant. Either highest or average of before and after measurement
Constant 1 km	13872,85	13874,28	
Addn. +1‰	13,87	13,87	
Measurement constant (rounded)	13887	13888	13887,5

MEASUREMENT PROCEDURE		
Measurement constant	13887	
Measured Distance	Counter	Description of place
0	811646	Turning point (10549 m from start/finish)
451m	805383	11K marked with spray on asphalt
1451m	791496	12K marked with spray on asphalt
2451m	777609	13K marked with spray on asphalt
3451m	763722	14K marked with spray on asphalt
4451m	749835	15K marked with spray on asphalt
5451m	735948	16K marked with spray on asphalt
6451m	722061	17K marked with spray on asphalt
7451m	708174	18K marked with spray on asphalt
8451m	694287	19K marked with spray on asphalt
9451m	680400	20K marked with spray on asphalt
10451m	666513	21K marked with spray on asphalt
10549m	665159	Start/finish line

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CONCLUSION OF MEASUREMENT

1. Measurement method

The measurement was done in the running direction, from turning point for the half marathon to the (common) finish/start line.

2. Measurement procedure

The organizer has pre-determined a fixed turning point for the course due to practical issues. Also, the start/finish lines are identical. Figures 1 and 2 shows the details associated with these critical points in the course. In the measurement, we measured the distance from the fixed turning point and marked the start/finish line when the quarter marathon distance was reached.

The running course, apart from the first and last 200m follows the main road Sørstrandsvegen westward from Sandane. Along Sørstrandsvegen, the whole width of the road is available for the runners, with no deviations from the shortest possible path. From the start/finish line to Sørstrandsvegen, the course follows Firdavegen. At the crossing, the runners shall follow the street and not use the sidewalk, details in Figure 3.

The start/finish line was marked 15 m inside the stadium measured from the flagpole at the entrance to the stadium (Figure 1)

3. Course adjustment

The average constant is 13887,5 which is 0,5 count larger than the pre measurement constant. This would give a minor post measurement adjustment of 0.36m of the start/finish line further into the stadium. However, in the measurement we rounded the quarter half marathon distance from 10548,75m to 10459m. Thus, the adjustment would then be insignificant = 0,11m. We therefore kept the start/finish line at 15m from the flagpole.

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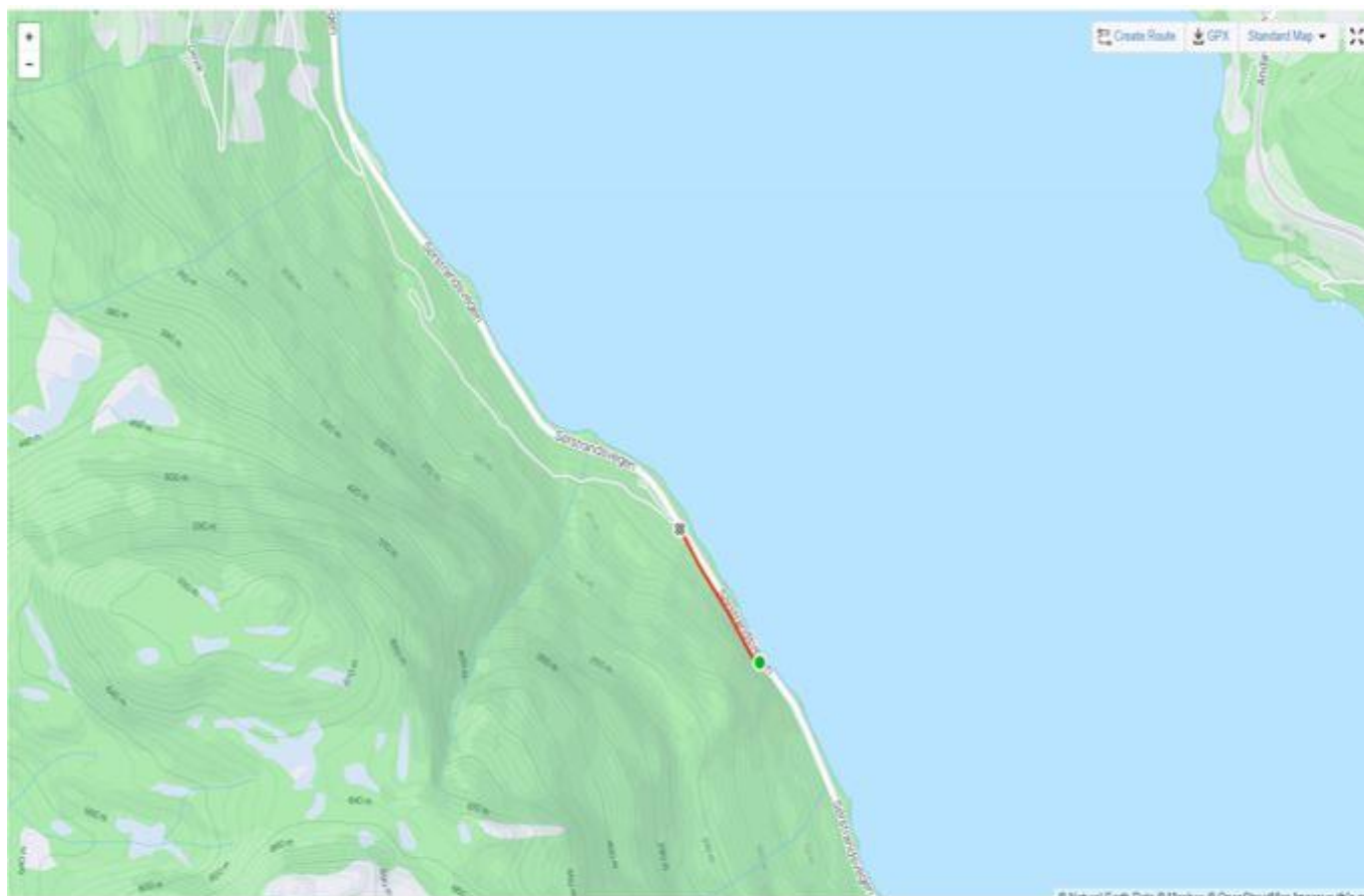
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CALIBRATION COURSE MAP



The calibration course is a 350m straight, flat stretch along Sørstrandvegen approximately 1K north of the half marathon turning point.

[Strava link](#)

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COURSE MAP & DESCRIPTION



The start/finish is in Sandane stadium, details given in figure 1. The course follows Firdavegen to the crossing with Sørstrandsvegen. The course continues on Sørstrandsvegen to the turning point. The runners follow the same route back

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to the finish. |

Figure 1 : Overview Start/ Finish area.



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Figure 2 : Turning point



Turning point in Sørstrandvegen
at end of roadside safety rail

The turning point is predetermined at the end of the safety rail. The measurement started at this point towards start/finish line.

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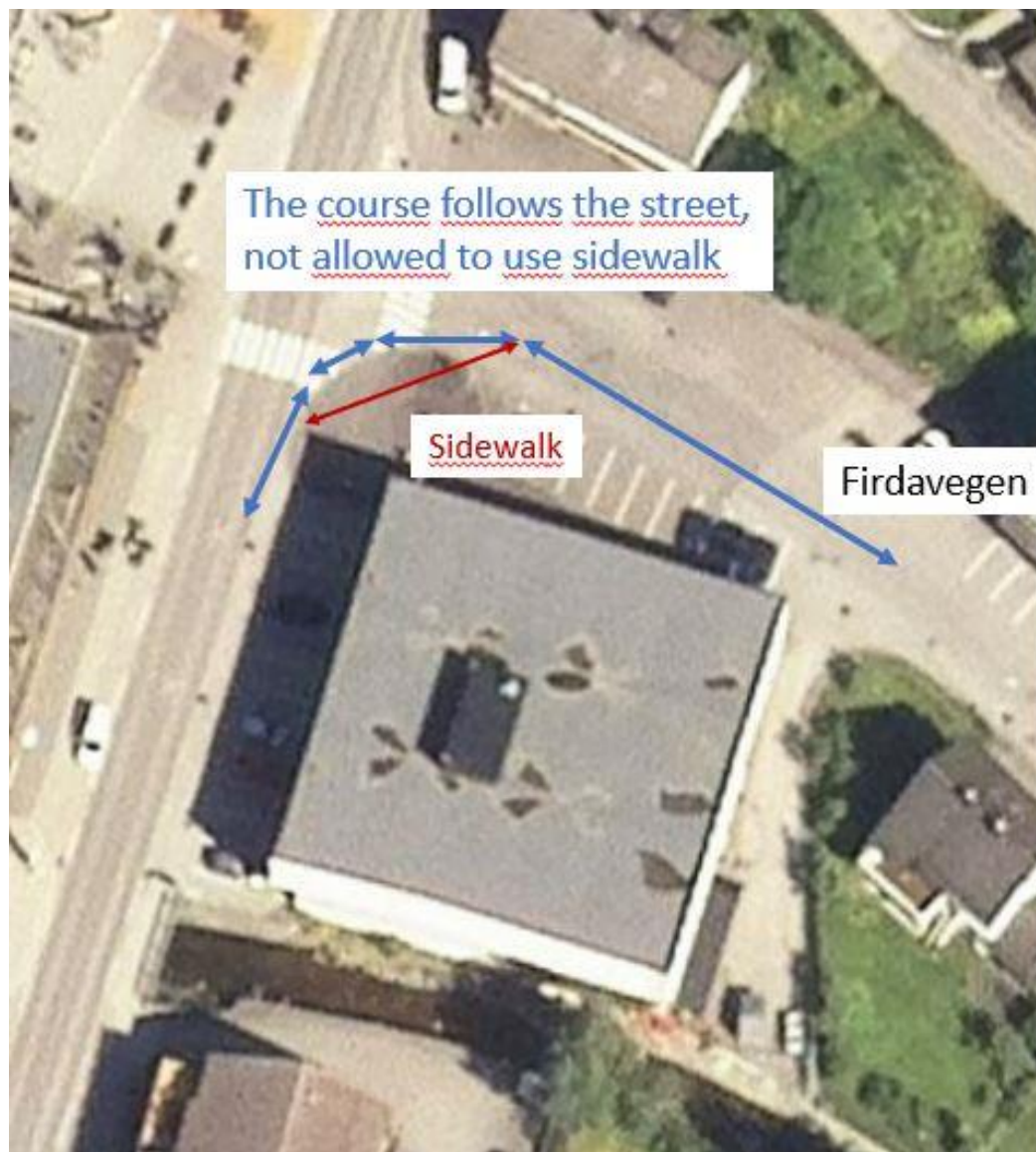
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Figure 3 : Deviation from shortest path



The only location along the course where the shortest path is not allowed to use by the runners is at the crossing Firdavegen/Sørstrandvegen approx. 200m from start/finish.