

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:	Jessheim Halvmaraton
Technical Organiser:	UKI Friidret
City/Place:	Jessheim
Date of Arrangement:	02.06.2024
Date and time for measurement:	25.05.2024 kl.09:00
Measured distance(s):	5km
Length of calibration course:	400m
Terrain:	Flat <input checked="" type="checkbox"/> Slightly hilly <input type="checkbox"/> Hilly <input type="checkbox"/> Terrain <input type="checkbox"/>
Type of course route:	Closed loop <input type="checkbox"/> Back and forth <input type="checkbox"/> A to B <input checked="" type="checkbox"/> Other <input type="checkbox"/>
Race surface:	Road(asphalt)
Elevation Start - Finish:	masl
Description of start:	400m from Jessheim Athletics Stadium (100m from Jessheim Gystadmarka Skatepark)
Description of finish:	Jessheim Athletics Stadium (Start line-0/400m line)
Distance, in a straight line, between start & finish:	250m
Start and Finish marked:	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Km-markings:	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
Measurement direction:	Running direction <input type="checkbox"/> Opposite running direction <input checked="" type="checkbox"/>
National record can be approved:	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>

CONTACT INFORMATION		
	Measured by:	Organizer:
Contact person:	Grzegorz Kosel	Hans Jørgen Borgen
Phone:	+47 97747042	+47 92495895
Email:	Gregory.kosel@gmail.com	hjborgen@gmail.com

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.

31.05.2024 Grzegorz Kosel

Date

Signature by Course measurer

9.6.2024

Date

Peer Jensen
Signature by NFIF



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CALIBRATION COURSE AND PROCEDURE	
Length of measuring tape (steel measuring tape only)	100m
Length of calibration course 1st measurement	400m
Length of calibration course 2nd measurement	400
Possible 3rd measure (max. 1 cm diff per 100m 1 st and 2 nd)	
Average of measurements before adjustments	400
Temperature (road or measuring tape)	20
Adjustment cf. $D-(D*(1+(temp-20)*0,0000115))$	1
Measured calibration distance after adjustment	400
Distance from start/finish to calibration distance	1000m (from calibration distance)

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:			Date and Time:		
	Start	End	Diff.	Start	End	Diff.
1st measure	74590,0	79271,0	4681,0	75550,0	80231,0	4681,0
2nd measure	79280,0	83960,0	4680,0	80231,0	84913,0	4682,0
3rd measure	83960,0	88641,0	4681,0	84915,0	89597,0	4682,0
4th measure	88640,0	93320,0	4680,0	89600,0	94282,0	4682,0

	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	4680,50	4681,75	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11701,25	11 704,38	
Addn. +1%	11,70	11,70	
Measurement constant (rounded)	11712,95	11 716,08	11 714,52

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	Measurement	
Counter (Stadion Finish) -(START)		
Pre	1560	Stadion Finish Line
After	60179	START Line
Difference	58619,00	
Distance is:	5004,0	m

Total measured without adjustment	5004,0	m
Required distance	5 000,00	m
Distance (CAN be adjusted)	4,0	m

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CONCLUSION OF MEASUREMENT

1. Measurement method

The course was measured from finish line to the Start line.



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2. Course adjustment

Start is located in Markavegen 100m from Gystamarka Skatepark and



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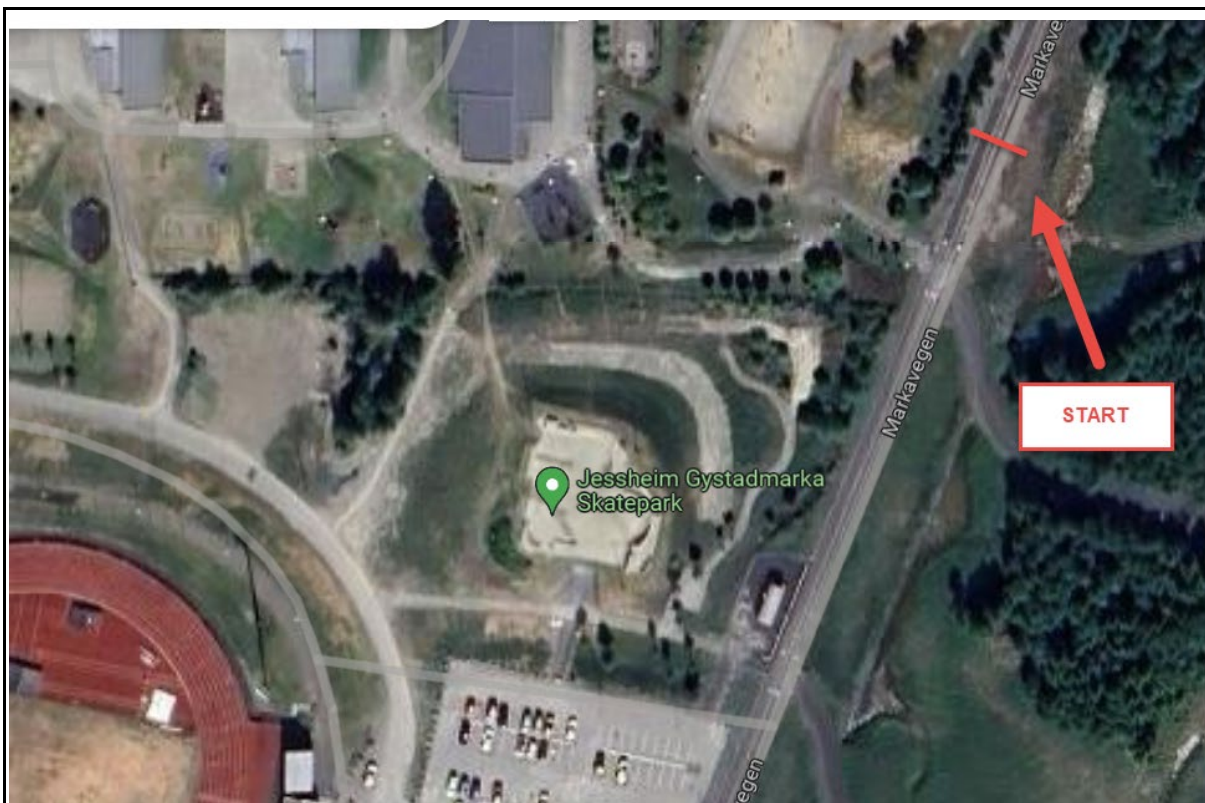
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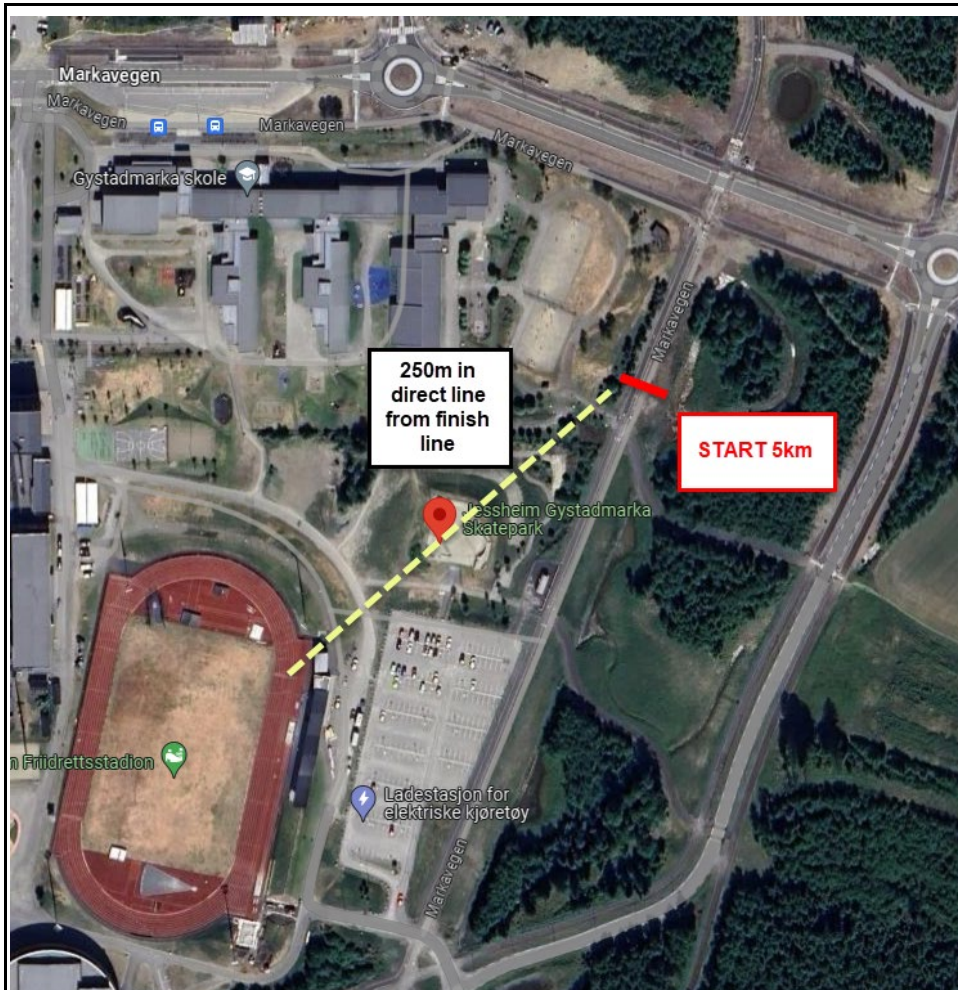
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and **Finish** is located on **Jessheim Athletics Stadium**.

The finish line is at the Jessheim stadium where the line 1 has a finish.

The shortest path was measured and bands/cones/barriers must be set up where it is possible to cut the bends. This was reviewed along the way.

Total measured without adjustment	5004,0 m
Required distance	5 000,00 m
Distance (CAN be adjusted)	4,0 m

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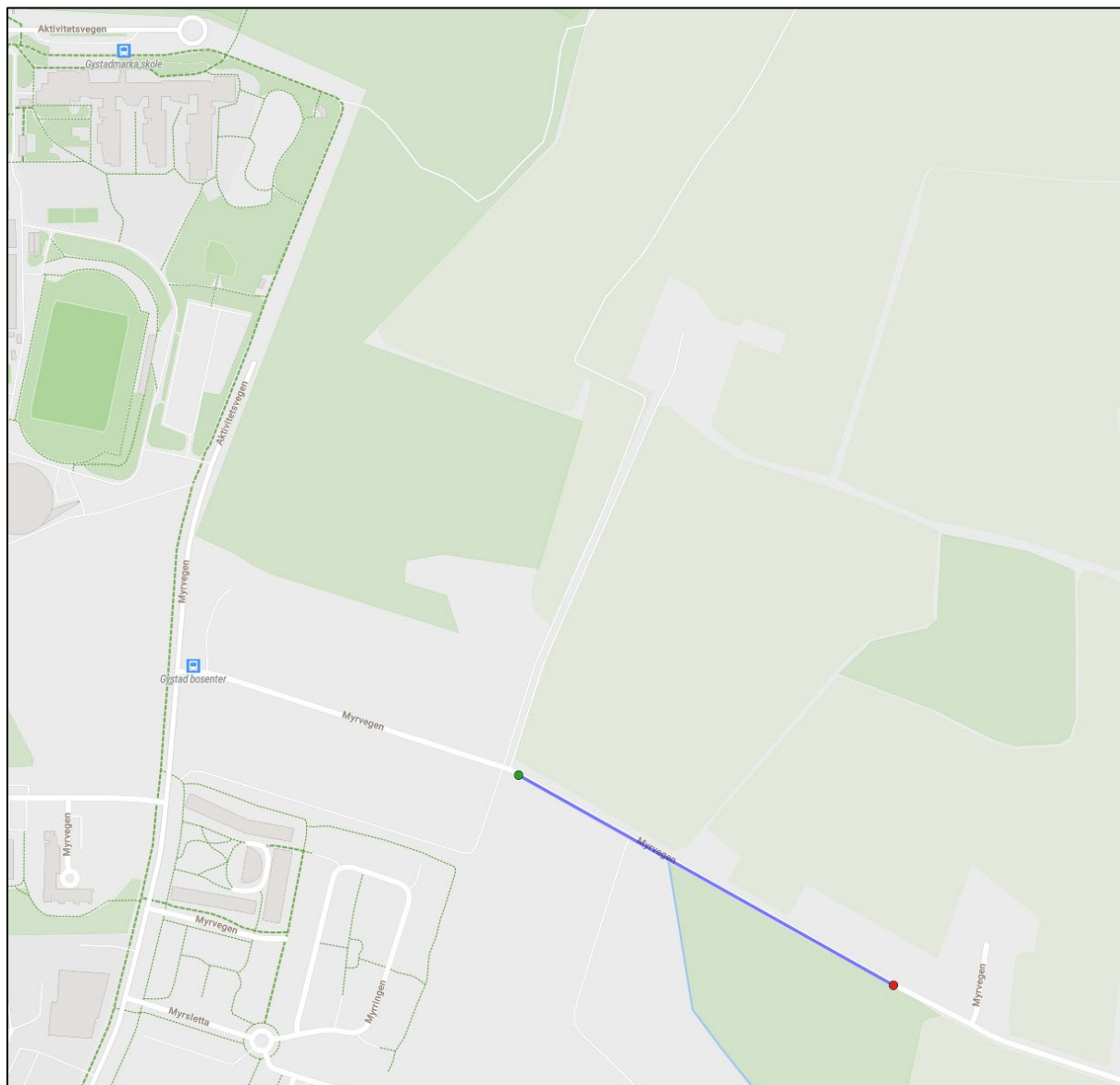
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CALIBRATION COURSE MAP



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COURSE MAP & DESCRIPTION

