

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: Sentrumsløpet
Technical Organiser: Idrottslaget i BUL
City/Place: Oslo, Norway
Date of Arrangement: 25.04.2026
Date and time for measurement: 15.04.2026
Measured distance(s): 5km
Length of calibration course: 300m
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 checked="" type="checkbox"/> Back and forth <input type="checkbox"/> A to B <input type="checkbox"/> Other <input type="checkbox"/>
The course consists of 95%, or more, solid surface: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Elevation Start - Finish: 5m
Description of start: In Karl Johans Gate, 10m before the last lamp post outside Universitetsplassen before Domus Bibliotheca
Description of finish: In Karl Johans Gate, after Stortinget, 10m after the lamp post at Eidsvolls plass
Distance, in a straight line, between start & finish: 350m
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 checked="" type="checkbox"/> Opposite running direction <input type="checkbox"/>

CONTACT INFORMATION		
	Measured by:	Organizer:
Contact person:	Samuel Hafsaahl	Eirik Tanberg
Phone:	+47 970 46 905	+47 404 98 694
Email:	samuel.hafsaahl@gmail.com	eirik.tanberg@bul.no

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.

16.04.2026 Samuel Hafsaahl

Date

Signature by Course measurer

Date

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	300m
Length of calibration course 2nd measurement	300m
Possible 3rd measure (max. 1 cm diff per 100m 1 st and 2 nd)	
Average of measurements before adjustments	300m
Temperature (road or measuring tape)	11
Adjustment cf. $D-(D*(1+(temp-20)*0,0000115))$	0,9998965
Measured calibration distance after adjustment	299,969
Distance from start/finish to calibration distance	550m

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: 15.04.2026 17:00			Date and Time: 15.04.2026 18:00		
	Start	End	Diff.	Start	End	Diff.
1st measure	27420	30901	3481	33942	37423	3481
2nd measure	30901	34383	3482	37423	40905	3482
3rd measure	34383	37865	3482	40905	44387	3482
4th measure	37865	41346	3481	44387	47868	3481

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	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	3481,5	3481,5	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11606,2	11606,2	
Addn. +1‰	11,6	11,6	
Measurement constant (rounded)	11618	11618	11618

MEASUREMENT PROCEDURE		
Measurement constant	11618	
Measured Distance	Counter	Description of place
0m	69587	Start, at lamp post
4 994,4m	127612	Finish, at lamp post
4 994,4m		Total measured without adjustments
		Total measured adjustments
		Total measured course

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CONCLUSION OF MEASUREMENT

1. Measurement method

Cycled the shortest route with Cook Jones Counter mounted on the bike

2. Measurement procedure

Stop counter - Start counter = number of counts for the course

$127612 - 69587 = 58025$

Number of counts / measurement constant * 1000 = number of meters

$58025 / 11618 * 1000 = 4994,41$ meter

The course should be 5 000m. The course is 5,6m too short.

3. Course adjustment

The organizer wants the same start and finishline for both the 10km and the 5km race.

The organizer will measure 10m before the measured start-line and 10m after the measured finish-line to extend the length of the measured course with 20meters.

The course is then $20m - 5,6m = 14,4m$ too long.

The u-turn at Frognerveien is shortened with 7,2meters to make the course 14,4m shorter.
(see description at the end of the report)

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CALIBRATION COURSE MAP

300m Along Akershusstranda



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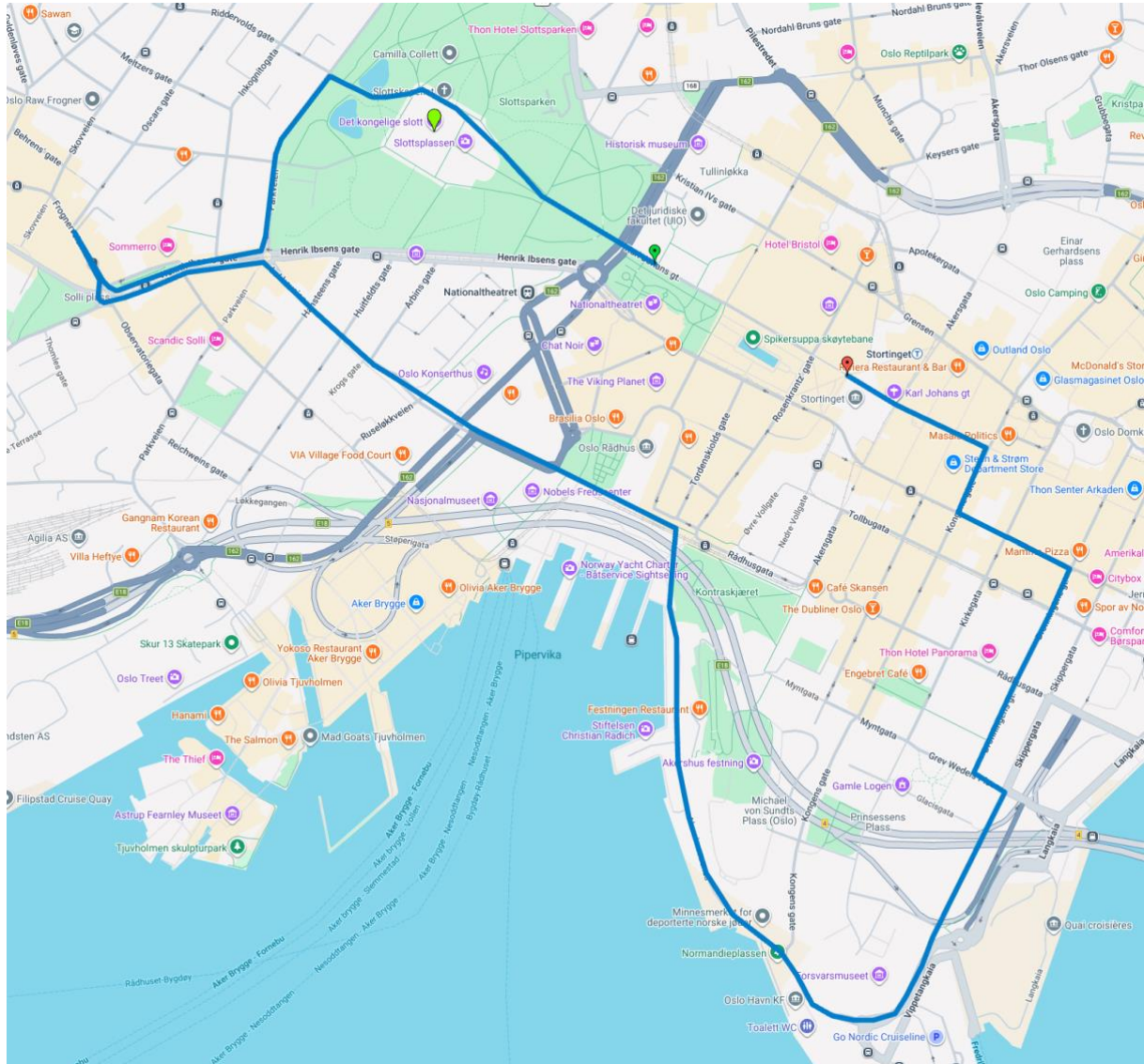
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COURSE MAP & DESCRIPTION



<https://www.google.com/maps/d/edit?mid=1EncroT50lwdN2tNKs29TdGXa-cX7CnQ&usp=sharing>

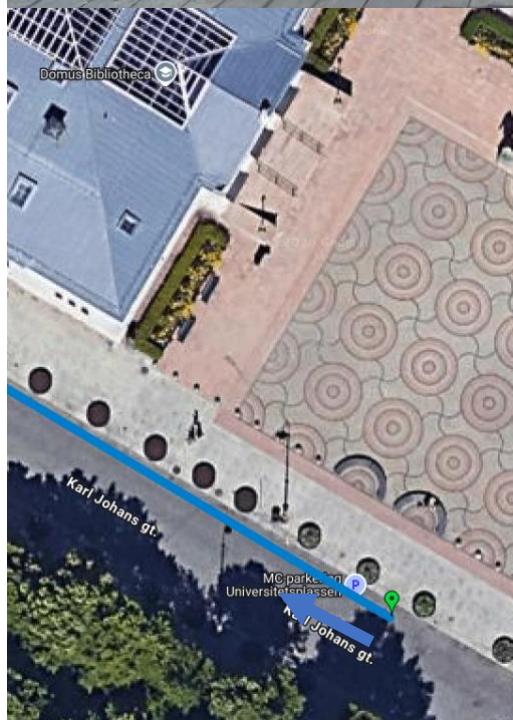
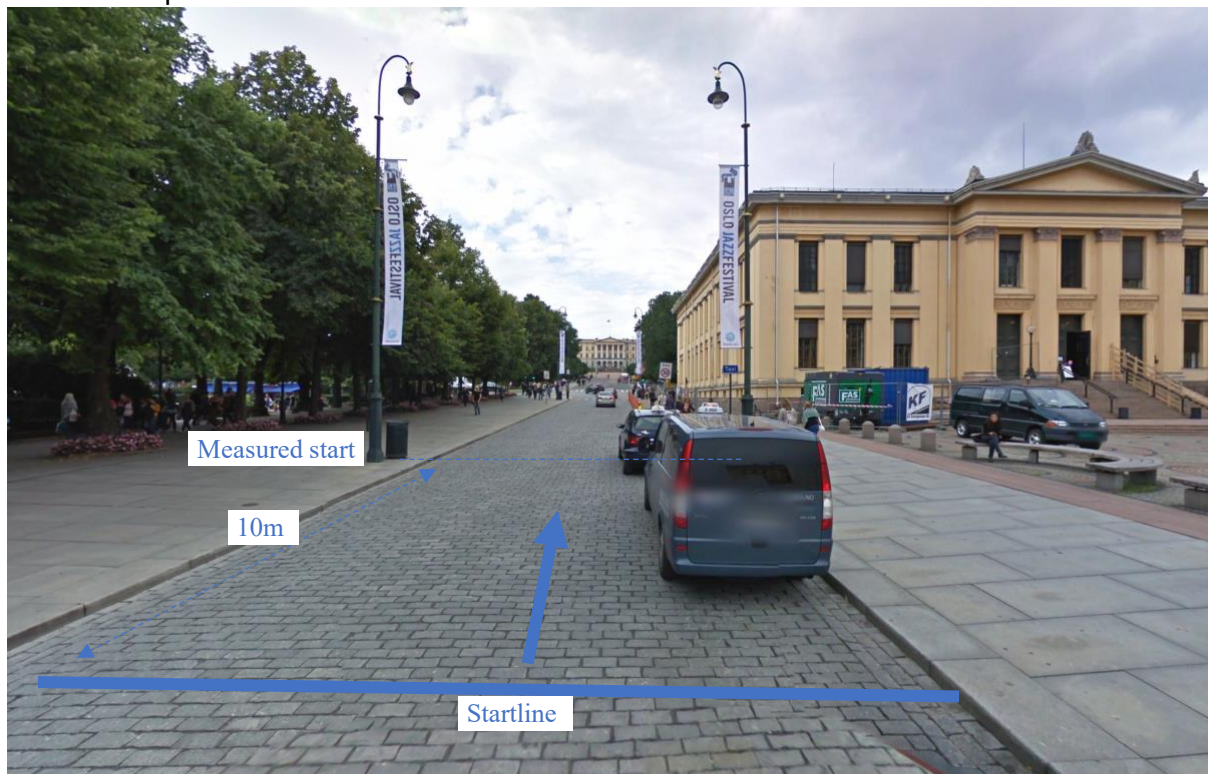
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Start

10 meter before the last lampstand in Karl Johans gate before Domus Bibliotheca outside Universitetsplassen



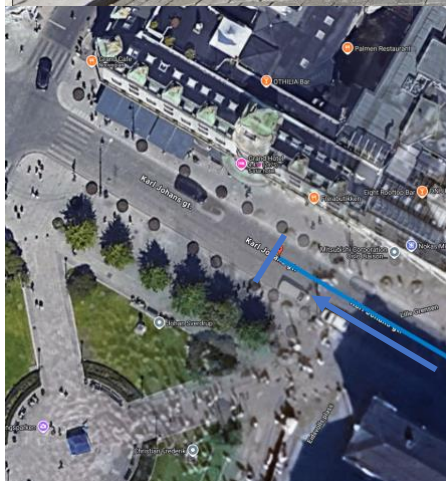
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Finishline

In Karl Johans gate, 10 meters after the lamp posts outside Eidsvolls plass/Bjerke/Grand Hotel, after Stortinget.

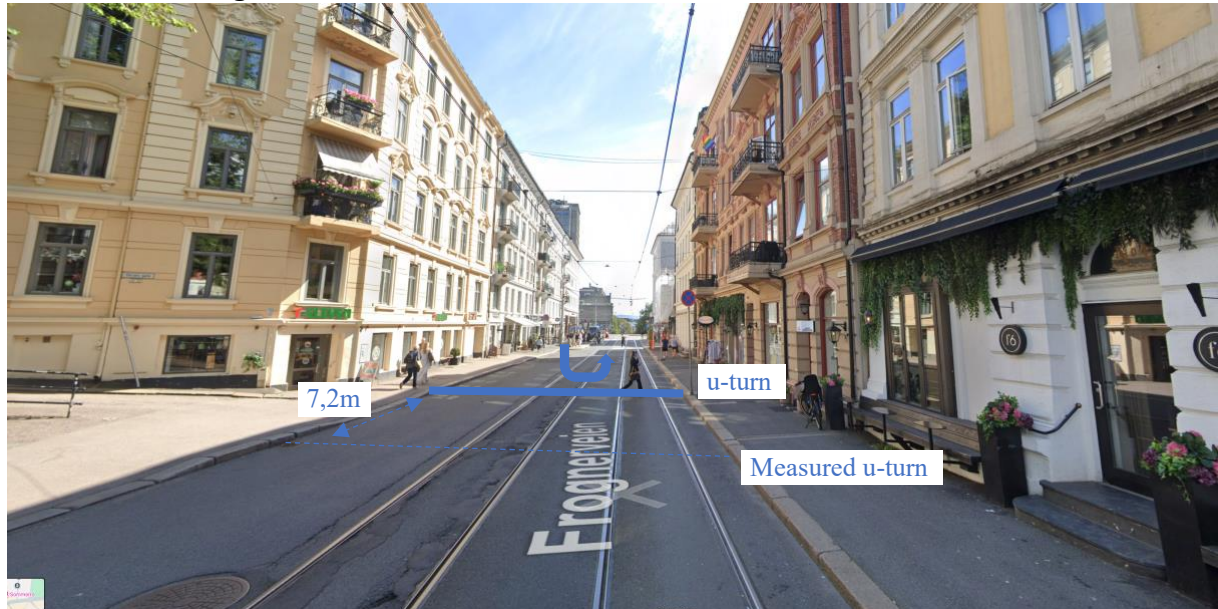


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The u-turn at Frognerveien



Measured u-turn at the 600 mark, outside Frognerveien 6 (1m after Frognerveien 4b Julie Josephine)

