

## This year consists of the following competitions:

11.2	Uppsala, SWE	8 <sup>th</sup> Nordic Indoor Match
21.5	København, DEN	22 <sup>nd</sup> Nordic 10000m Challenge
9.-10.6	Jessheim, NOR	46 <sup>th</sup> Nordic Junior Championships Combined Events
11.-12.8	Hvidovre, DEN	15 <sup>th</sup> Nordic U20 Match & Championships
11.-12.8	Gävle, SWE	10 <sup>th</sup> Nordic-Baltic U23 Championships
10.11	Reykjavik, ISL	22 <sup>nd</sup> Nordic Cross Country Championships

### Nordic Indoor Match

IFU Arena, Uppsala, SWE 11 Feb

#### Men

60 m		11 Feb	
1	Jonathan Quarcoo	NOR	6.68
2	Odain Rose	SWE	6.76
3	Samuli Samuelsson	FIN	6.76
4	Jonas Halonen	NOR	6.79
5	Otto Ahlfors	FIN	6.80
6	Sulayman Bah	SWE	6.82
7	Festus Asante	DEN	6.82
8	Kojo Benjamin Musah	DEN	6.85

200 m		11 Feb	
Heat			
1	2	3	
1	1	1	Samuel Purola FIN 21.36
2	1		Kasper Kadestål SWE 21.55
3	1		Roope Saarinen FIN 21.78
4		2	Emil Mader Kjær DEN 21.85
5		3	Erik Annerfalk SWE 21.89
6	2		Carl Emil Kåshagen NOR 21.93
7	2		Mathias Hove Johansen NOR 21.94
8	3		Tobias Larsen DEN 22.40

400 m		11 Feb	
Heat			
1	2		
1	1	Carl Bengtström	SWE 48.10
2	1	Joakim Sandberg	NOR 48.65
3	2	Fredrik Øvereng	NOR 48.71
4	2	Erik Back	FIN 48.92
5	3	Felix Francois	SWE 49.06
6	4	Gustav Lundholm Nielsen	DEN 49.32
7	3	Ívar Kristinn Jasonarson	ISL 49.58
8	4	Antti Kokkonen	FIN 49.80

800 m		11 Feb	
1	Anders Almgren	SWE	1:48.04
2	Thomas Arne Roth	NOR	1:48.62
3	Andreas Bube	DEN	1:49.19
4	Johan Eriksson	SWE	1:50.82
5	Didrik Hexeberg Warlo	NOR	1:51.20
6	Christian Clausen	DEN	1:51.71
7	Simon Haglund	FIN	1:53.26
8	Jaakko Laakso	FIN	1:56.43

Extra: Pace: Gustav Bivstedt, SWE DNF

1500 m		11 Feb	
1	Daniel Lundgren	SWE	3:48.69
2	Tom Erling Kårbø	NOR	3:48.91
3	Ådne Andersen	NOR	3:49.16
4	Emil Blomberg	SWE	3:52.43
5	William Devantier	DEN	3:52.95
6	Christoffer Boll	DEN	3:57.53

7	Samu Mikkonen	FIN	3:57.70
8	Simon Haglund	FIN	4:03.79

Extra: Pace: Johan Eriksson, SWE DNF

3000 m		11 Feb	
1	Sigurd Ruud Skjeseth	NOR	8:03.04
2	Kalle Berglund	SWE	8:06.06
3	Arttu Vattulainen	FIN	8:06.77
4	Elmar Engholm	SWE	8:08.10
5	Andreas Lindgreen	DEN	8:10.55
6	Marius Vedvik	NOR	8:12.57
7	Hannu Granberg	FIN	8:22.92
8	Ole Hesselbjerg	DEN	8:29.16

Extra: Pace: Tim Sundström, SWE DNF

60 m hurdles		11 Feb	
1	Jonathan Holm	SWE	7.86
2	Max Hrelja	SWE	7.91
3	Viktor Kantele	FIN	8-08
4	Otto Kilpi	FIN	8.13
5	Christian Laugesen	DEN	8.26
6	Marcus Theodor Moen	NOR	8.42
7	Einar Daði Lárusson	ISL	8.46
8	Henrik Holmberg	NOR	10.19

High jump		11 Feb	
1	Fabian Delryd	SWE	2.16
2	Samuli Eriksson	FIN	2.13
3	Filip Björklund	SWE	2.09
4	Frederik Jahr	NOR	1.99
5	Henrik Holmberg	NOR	1.99
6	Jonas Kløjgaard	DEN	1.93
7	Otto Kilpi	FIN	1.93
8	Christian Laugesen	DEN	1.80

Series	1.80	1.87	1.93	1.99	2.05	2.09	2.13	2.16	2.19
1						o	xo	xo	o xxx
2						o	-	xxo	x- xx
3			o	o	xo	xo	xxx		
4			o	o	xxx				
5			o	xo	x-	xx			
6			o	xxx					
7	o	-	xxo	xxx					
8	o	r							

Pole vault		11 Feb	
1	Melker Svärd Jacobsson	SWE	5.78
2	Tommi Holttinen	FIN	5.55
3	Pål Haugen Lillefosse	NOR	5.36
4	Tomas Wecksten	FIN	5.36
5	Rasmus W. Jørgensen	DEN	5.25
=6	Filip Gyllensten	SWE	5.14
=6	Eirik Dolve	NOR	5.14
8	Bjarki Gíslason	ISL	4.86

Series	4.72	4.86	5.00	5.14	5.25	5.36	5.47	5.55	5.63	5.68	5.73	5.78	5.83
1							o	-	o	-		xo	xxx
2				o	o	o	o	xo	xf				
3				o	-	o	xxx						
4			xo	o	xxo	x-	xx						
5				o	xxx								
=6			o	-	xxx								
=6			o	-	xxx								

8 o o xxx

<b>Long jump</b>		<b>11 Feb</b>	
1	Thobias Nilsson Montler	SWE	7.87
2	Kristian Pulli	FIN	7.83
3	Andreas Otterling	SWE	7.79
4	Amund Høie Sjørson	NOR	7.50
5	Roni Ollikainen	FIN	7.32
6	Henrik Flåtnes	NOR	7.21
7	Benjamin B. Gabrielsen	DEN	7.11
8	Kristinn Torfason	ISL	6.93

Series	1	2	3	4	5	6
1	7.58	7.87	X	7.71	X	X
2	7.51	7.57	7.60	7.53	7.54	7.83
3	7.72	7.78	7.68	4.32	7.63	7.79
4	7.38	7.46	7.46	7.50	7.47	7.49
5	X	7.21	7.32	7.32	X	X
6	X	7.21	X	6.92	X	X
7	6.79	7.11	7.07	7.06	6.93	-
8	6.82	6.89	X	6.93	6.93	-

<b>Triple jump</b>		<b>11 Feb</b>	
1	Topias Koukkola	FIN	15.95
2	Peder P. Nielsen	DEN	15.70
3	Arttu Tyystjärvi	FIN	15.53
4	Erik Ehrlin	SWE	15.15
5	Jannick Bagge	DEN	15.03
6	Erik Lund	NOR	14.98
7	Marcus Nyberg	SWE	14.96
8	Erlend B. Raa	NOR	14.37

Series	1	2	3	4	5	6
1	X	15.72	X	X	15.95	15.81
2	15.05	15.28	15.32	15.26	15.28	15.70
3	X	15.53	X	X	15.12	15.41
4	14.30	X	X	15.06	15.15	14.84
5	14.70	-	14.97	-	15.03	X
6	14.41	X	X	14.98	X	14.77
7	14.95	X	X	14.96	14.93	X
8	14.37	X	X	X	X	14.35

<b>Shot put</b>		<b>11 Feb</b>	
1	Marcus Thomsen	NOR	19.67
2	Arttu Kangas	FIN	19.64
3	Timo Kööpikkä	FIN	18.87
4	Kristoffer Thomsen	DEN	18.02
5	Sven Martin Skagestad	NOR	17.60
6	Wictor Petersson	SWE	17.49
7	Gustav Liberg	SWE	17.04
8	Guðni Valur Guðnason	ISL	16.36

Series	1	2	3	4	5	6
1	X	19.67	19.23	X	19.44	19.15
2	19.12	19.27	19.64	19.37	19.33	X
3	18.81	X	18.66	X	17.87	X
4	17.60	17.26	17.51	X	17.43	18.02
5	16.94	17.35	X	17.44	X	17.60
6	16.39	17.49	17.35	17.46	X	16.76
7	15.55	16.11	X	17.04	X	17.04
8	X	15.27	16.36	X	X	X

No relay. Decided by Nordic Congress.

Points Men	Nation	Total
	SWE	143,5
	FIN	116
	NOR	114,5
	DEN/ISL	70

## Women

<b>60 m</b>		<b>11 Feb</b>	
1	Helene Rønningen	NOR	7.35
2	Mathilde Kramer	DEN	7.44
3	Elin Östlund	SWE	7.46
4	Astrid Mangen Cederkvist	NOR	7.47
5	Claudia Payton	SWE	7.54

6	Aino Pulkkinen	FIN	7.57
7	Jasmin Showlah	FIN	7.62
8	Tiana Ósk Whitworth	ISL	7.65

## 200 m

<b>Heat</b>		<b>11 Feb</b>	
1	2	3	
1		1	Helene Rønningen NOR 23.78
2		1	Astrid Mangen Cederkvist NOR 23.97
3		2	Matilda Hellqvist SWE 24.15
4	1		Pernilla Nilsson SWE 24.20
5		2	Ida Kathrine Karstoft DEN 24.32
6		3	Kira Kruuti FIN 25.16
	X		Sara Francis FIN 163.3
X			Mathilde Kramer DEN 163.3

## 400 m

<b>Heat</b>		<b>11 Feb</b>	
1	2		
1	1	Arna Stefania Guðmundsdóttir	ISL 54.33
2	2	Josefin Magnusson	SWE 54.77
3	1	Moa Hjelmer	SWE 54.84
4	2	Aino Pulkkinen	FIN 54.98
5	3	Kristiina Halonen	FIN 55.78
6	3	Pordis Eva Steinsdóttir	ISL 56.10
7	4	Mari Drabløs	NOR 56.14
X		Amalie luel	NOR 163.3

## 800 m

1	Hanna Hermansson	SWE	2:04:34
2	Hedda Hynne	NOR	2:04:37
3	Sara Kuivisto	FIN	2:04:80
4	Sofia Öberg	SWE	2:06:14
5	Malin Edland	NOR	2:07:87
6	Mia Helene Mørck	DEN	2:09:23
7	Dagmar F. Olsen	DEN	2:09:83
8	Veera Perälä	FIN	2:16:04

Extra: Pace: Lovisa Bivstedt, SWE DNF

## 1500 m

1	Linn Nilsson	SWE	4:12.61
2	Camilla Ziesler	NOR	4:18.80
3	Isabella Andersson	SWE	4:22.86
4	Saija Seppä	FIN	4:22.97
5	Anna Mark Helwich	DEN	4:25.25
6	Mina Marie Anglero	NOR	4:28.22
7	Line Schulz	DEN	4:28.81
8	Lotta Mäkinen	FIN	4:51.82

Extra: Pace: Hanna Hermansson, SWE DNF

## 3000 m

1	Camilla Richardsson	FIN	9:13.44
2	Linn Söderholm	SWE	9:21.58
3	Alberte Kjær Pedersen	DEN	9:23.34
4	Maria Sagnes Wågan	NOR	9:27.76
5	Pernilla Epland	NOR	9:29.24
6	Maria Larsen	DEN	9:36.91
7	Lisa Öhberg	SWE	9:43.61
8	Janica Mäkelä	FIN	9:51.14

Extra: Pace: Lovisa Bivstedt, SWE DNF

## 60 m hurdles

1	Khaddi Sagnia	SWE	8.14
2	Lotta Harala	FIN	8.22
3	Reetta Hurske	FIN	8.23
4	Elin Westerlund	SWE	8.25
5	Mette Graversgaard	DEN	8.46
6	Mathilde Heltbech	DEN	8.54

7	Agathe Holtan Wathne	NOR	8.56
8	Charlotte Abrahamsen	NOR	9.10

### High jump

11 Feb

1	Sofie Skoog	SWE	1.91
2	Maja Nilsson	SWE	1.89
3	Tonje Angelsen	NOR	1.89
4	Laura Rautanen	FIN	1.83
5	Elina Kakko	FIN	1.78
6	Caroline Fleischer	NOR	1.78
=7	Tina Bischof Gellin	DEN	1.73
=7	Póráanna Ósk Sigurjónsdóttir	ISL	1.73

Series 1.52 1.59 1.66 1.73 1.78 1.83 1.86 1.89 1.91 1.93

1										
2										
3										
4										
5										
6										
7										
8										

### Pole vault

11 Feb

1	Minna Nikkanen	FIN	4.45
2	Saga Andersson	FIN	4.31
3	Hulda Þordarsdóttir	ISL	4.24
=4	Line R. Jensen	DEN	4.04
=4	Hanna Jansson	SWE	4.04
6	Gabriella Jönsson	SWE	4.04
=7	Birgitte Kjuus	NOR	3.78
=7	Hedda Kjølberg Hauge	NOR	3.78

Series 3.46 3.62 3.78 3.91 4.04 4.14 4.24 4.31 4.38 4.45 4.50 4.55

1										
2										
3										
=4										
=4										
6										
=7										
=7										

### Long jump

11 Feb

1	Amanda Hansson	SWE	6.34
2	Matilda Bogdanoff	FIN	6.21
3	Erica Jarder	SWE	6.07
4	Hanne Berit Irgens	NOR	6.06
5	Line Haugstad Hilton	NOR	5.92
6	Emmi Mäkinen	FIN	5.79
7	Irma Gunnarsdóttir	ISL	5.66
8	Annelouise V. Jensen	DEN	5.63

Series 1 2 3 4 5 6

1						
2						
3						
4						
5						
6						
7						
8						

### Triple jump

11 Feb

1	Kristina Mäkelä	FIN	13.70
2	Janne Nielsen	DEN	13.60
3	Sanna Nygård	FIN	13.54
4	Oda Utsi Onstad	NOR	13.07
5	Rebecka Abrahamsson	SWE	12.92
6	Malin Marmbrandt	SWE	12.90
7	Katrine W. Holten	DEN	12.28
8	Solveig Hernandez Vråle	NOR	11.88

Series 1 2 3 4 5 6

1					
2					
3					

4	X	13.07	12.65	X	13.01	12.99
5	12.92	12.90	X	12.80	12.74	12.74
6	12.38	12.78	X	12.64	X	12.90
7	X	X	12.22	11.45	12.28	11.97
8	11.88	11.76	11.59	11.88	11.79	X

### Shot put

11 Feb

1	Fanny Roos	SWE	17.83
2	Kaisa Kymäläinen	FIN	15.98
3	Frida Åkerström	SWE	15.55
4	Senja Mäkitörmä	FIN	15.34
5	Maria Sløk Hansen	DEN	14.12
6	Thea Jensen	DEN	14.04
7	Charlotte Abrahamsen	NOR	14.00
8	Marit Jørgenrud	NOR	11.96

Series 1 2 3 4 5 6

1	17.83	17.66	X	17.02	17.69	17.64
2	15.30	15.46	15.98	15.42	X	15.30
3	14.77	15.04	15.55	X	15.42	X
4	15.00	14.64	15.34	X	15.20	15.21
5	11.89	13.23	13.26	14.12	X	13.92
6	13.25	13.71	14.04	13.32	13.91	13.68
7	X	12.93	13.72	X	14.00	13.74
8	X	11.29	11.80	11.96	11.70	11.55

No relay. Decided by Nordic Congress.

Points Women	Nation	Total
	SWE	146,5
	FIN	115
	NOR	95
	DEN/ISL	83,5

## Nordic 10000 m Challenge

Frederiksberg, København, DEN 21 May

Start: Gl. Kongevej. Finish: Frederiksberg allé.

Organised as part of Royal Run – Several thousands of participants

### Men

Senior 21 May

1	Roman Fosti	EST	30:20
2	David Nilsson	SWE	30:24
3	Martin Egebjerg Olesen	DEN	30:33
4	Valdas Dopolskas	LTU	30:41
5	Joachim Weel Rosbo	DEN	31:28
6	Raido Mitt	EST	32:05

### Women

Senior 21 May

1	Sara Holmgren	SWE	34:22
2	Alberte Kjær Pedersen	DEN	34:24
3	Louise Langelund Batting	DEN	45:03
4	Sara Schou Kristensen	DEN	35:17
5	Laura Valgreen Petersen	DEN	35:33
6	Helene Svane	DEN	35:53
7	Lise Kandborg Sørensen	DEN	36:28
8	Olga Andrejeva	EST	37:24

## Nordic Junior Championships Combined Events

Jessheim, NOR 9-10 Jun

### Men

U23 Decathlon

1	Leo Uusimäki	FIN	7.034
2	Benjamin Jóhann Johnsen	ISL	6.441
3	Jonas Bjerremund	DEN	6.336
4	Guðmundur Karl Ulfarsson	ISL	6.281
5	Ari Sigþór Eiríksson	ISL	6.096

Extra

E1	Matas Madamonis	LTU	7.284
E2	Piotr Oleszczyszyn	POL	6.200

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

1	10.87	7.03	12.57	1.78	49.92	15.32	31.17	4.50	45.88	4:42.11
	+1,8	+2,2			+0,9					
	890	821	641	610	818	811	488	760	528	667
2	11.45	6.05	10.56	1.99	52.50	15.65	30.44	3.90	56.37	5:02.35
	+1,8	+1,6			+0,9					
	890	597	519	794	703	773	473	590	683	546
3	11.75	6.44	12.23	1.81	55.68	15.71	34.39	3.90	54.51	5:00.00
	+1,8	+2,0			+0,9					
	701	684	620	636	572	766	551	590	656	560
4	11.12	6.82	11.18	1.75	50.55	16.39	30.22	4.10	45.72	5:26.71
	+1,8	+1,5			+0,9					
	834	771	557	585	789	689	469	645	526	416
5	11.47	6.87	12.21	1.87	56.49	17.69	33.00	4.20	47.18	5:29.91
	+1,8	+1,0			+0,9					
	759	783	619	687	540	554	524	673	547	400

Extra

E1	11.70	7.04	14.71	1.99	53.10	15.35	46.41	4.10	54.59	4:52.94
	+1,8	+2,5			+0,9					
	711	823	772	794	677	808	796	645	657	601
E2	11.66	6.42	12.11	1.87	53.83	15.96	35.19	3.40	55.57	5:06.58
	+1,8	+3,8			+0,9					
	719	679	613	687	647	737	567	457	671	522

High jump

Series	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	2.02
1			o	-	o	xo	xxr							
2					o	-	o	o	o	xo	xo	o	o	xxx
3				o	-	o	o	xxx						
4	o	o	o	o	xo	xxx								
5			o	-	xo	xxo	o	o	xxx					
E1							o	o	o	xxo	o	o	xxx	
E2							o	xo	xxx					

Pole vault

Series	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50
1	4.60	4.70												xo
2		xxx			o	-	xo	xo	xxx					
3			o	o	o	o	xxo	xxx						
4									o	-	xxx			
5									xo	-	xxx			
E1									o	o	xxx			
E2	xo	-	xo	-	xxx				xo	o	xxx			

	Long jump	Shot put	Discus throw	Javelin throw
1	6.76 6.65 7.03 +2,2 +1,6 +2,2	X 11.88 12.57	29.38 31.17 31.06	45.88 45.51 43.37
2	5.65 6.03 6.05 +2,8 +2,1 +1,6	10.43 10.56 X	30.44 X X	55.14 52.10 56.37
3	X 6.14 6.44 +1,1 +2,0	11.66 11.91 12.23	33.83 34.39 X	54.18 54.51 X
4	6.53 5.98 6.82 +2,3 +1,2 +1,5	11.04 10.96 11.18	27.80 X 30.22	X 45.72 41.64
5	6.42 6.87 6.85 +2,3 +1,0 +1,6	X 12.21 X	32.95 33.00 X	46.30 43.43 47.18
E1	6.89 7.04 5.63 +2,2 +2,5 +1,6	14.65 14.71 X	X 42.48 46.41	54.35 54.59 53.68
E2	6.13 X 6.42 +0,5 +3,8	11.26 11.92 12.11	34.72 X 35.19	54.50 53.23 55,57

**U20 Decathlon**

1	<b>Oliver Chabert</b>	<b>DEN</b>	<b>7.198</b>
2	<b>Edvin Hagberg</b>	<b>SWE</b>	<b>7.087</b>
3	<b>Juuso Toivonen</b>	<b>FIN</b>	<b>6.998</b>
4	Simon Thor	SWE	6.787
5	Emil Uhlin	SWE	6.781
6	Christian Gundersen	DEN	6.756
7	Eeki Kokkonen	FIN	6.411
8	Gjert Høie Sjursen	NOR	6.034

Simen Sebastian Hansen, NOR DNF

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

1	11.24	6.35	12.12	1.87	50.76	14.75	38.33	4.80	52.29	4:43.27
	-0,3	+2,5			+1,2					
	808	666	614	687	780	880	631	849	623	660
2	11.47	6.45	11.89	1.93	49,14	15.72	38.04	4.20	47.56	4:17.24

	+1,0	+1,9				+1,2				
	759	686	600	740	855	765	625	673	553	831
3	11.38	6.87	11.96	1.93	50.96	15.23	29.89	4.40	51.94	4:38.26
	+1,0	+2,0			+1,2					
	778	783	603	740	771	822	462	7.31	617	691
4	12.22	6.47	13.76	1.93	56.65	16.08	44.43	4.60	55.89	5:00.87
	-0,3	+3,2			+1,2					
	608	691	714	740	534	724	755	790	676	555
5	11.80	6.71	11.65	1.96	53.67	15.33	39.63	4.30	43.87	4:41.35
	-0,3	+2,1			+1,2					
	691	746	585	767	653	810	657	702	498	672
6	11.37	6.43	13.03	1.81	51.86	15.63	39.18	3.60	51.72	4:35.03
	+1,0	+0,1			+1,2					
	780	682	669	636	731	775	648	509	614	573712
7	11.28	6.44	11.45	1.81	52.99	15.57	31.07	4.00	50.30	5:00.19
	+1,0	+2,1			+1,2					
	799	684	573	636	682	782	486	617	593	559
8	11.52	6.43	12.01	1.75	53.29	15.22	30.48	3.40	39.88	5:02.34
	+1,0	+2,0			+1,2					
	748	682	607	585	669	823	474	457	440	546
	12.26	5.44	10.91	NM	DNS					
	-0,3	+0,8								
	601	469	5.40	0						

High jump

Series	1.51	1.54	1.57	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99
1									o	o	xo	o	xo	o	xxx		
2											o	o	xo	o	o	xxx	
3									o	-	-	o	o	o	o	xo	xxx
4											o	-	o	o	o	xxx	
5												o	-	xo	o	xo	xxx
6									xo	-	xxo	xxo	o	xxx			
7											o	o	xxo	xxx			
8				o	-	-	xo	xo	xo	xxx							
	xf																

Pole vault

Series	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	
1	4.50	4.60	4.70	4.80	4.90						xxo	-	xo	-	o	-	o	xo
2		o	o	o	xxo	xxx					xxo	xo	o	o	o	xxo	xxx	
3															xo	xo	o	
4	xxx																xxx	
5	xxo	o	xxx													xxxo	-	
6									xxo	xxo	xxx						xxx	
7											xxo	x-	xo	xxx				
8	o	-	o	o	o	xo	xo	xxx										

	Long jump	Shot put	Discus throw	Javelin throw
1	6.28 6.36 4.45 +2,5 +2,5 +1,6	11.98 11.63 12.12	37.57 X 38.33	47.22 46.03 52.29
2	6.34 6.40 6.45 +1,0 +2,4 +1,9	11.07 11.89 11.62	25.41 37.47 38.04	46.95 45.98 47.56
3	6.87 X X +2,0	11.48 11.95 11.69	28.09 24.38 29.89	31.89 47.57 51.94
4	6.25 6.31 6.47 +2,6 +2,0 +3,2	12.12 12.79 13.76	43.09 X 44.43	52.19 53.04 55.89
5	6.23 X 6.71 +2,3	11.65 11.10 11.20	39.63 X 37.14	43.87 r
6	6.43 X 6.37 +0,1 +2,1	12.72 13.03 12.97	38.36 39.18 X	48.46 44.77 51.72
7	6.44 5.98 6.23 +2,1 +2,3 +2,2	11.45 X X	31.07 30.40 X	50.30 X X
8	6.43 X X +2,0	11.76 10.90 12.01	30.48 X X	39.88 36.67 X
	5.42 5.44 5.26 +0,8 +0,8 +1,5			

**U18 Decathlon**

1	<b>Carl af Forselles</b>	<b>SWE</b>	<b>7.210</b>
2	<b>Markus Rooth</b>	<b>NOR</b>	<b>7.172</b>
3	<b>Sander Aae Skotheim</b>	<b>NOR</b>	<b>6.781</b>
4	Benjamin Tinglöf	SWE	6.717
5	Nikolaj Grønbech	DEN	6.247
6	Oliver Engen	NOR	6.138
7	Ragúel Pino Alexandersson	ISL	6.094



8 Frida Bergvall SWE 4.291

9 Iina-Kaisa Mäkelä, FIN 3.693, Lovisa Karlsson, SWE DNF

Extra

E1 Urtė Bačianskaitė LTU 5.404

E2 Milena Chalupka POL 4.710

Elise Hoel, Ulset, NOR DNF

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

1	13.56	1.67	13.07	23.98	5.84	45.94	2:44.85		
	+1,7			+3,8	+2,4				
	1041	818	732	983	801	782	521		
2	13.58	1.58	12.87	25.26	5.74	47.77	2:28.07		
	+1,7			+3,8	+3,6				
	1039	712	719	863	771	817	717		
3	14.77	1.58	12.51	25.56	5.59	45.07	2:25.81		
	+1,7			+3,8	+2,3				
	872	712	695	836	726	765	746		
4	14.30	1.64	12.11	25.20	6.11	28.70	2:26.21		
	+2,5			+3,8	+3,3				
	936	783	688	869	883	452	7.41		
5	14.80	1.64	9.64	25.58	5.68	24.80	2:15.04		
	+1,7			+3,8	+2,6				
	868	783	506	834	753	379	892		
6	15.00	1.70	11.08	26.79	5.73	39.76	2:43.98		
	+1,7			+0,8	+3,3				
	842	855	600	729	768	663	528		
7	15.37	1.61	10.39	26.25	5.39	30.47	2:35.96		
	+2,5			+0,8	+3,7				
	793	747	555	775	668	486	620		
8	16.11	1.55	12.24	28.48	5.08	31.98	2:42.35		
	+2,5			+0,8	+2,6				
	701	678	677	594	581	514	546		
9	15.13	1.64	11.76	26.53	NM	41.15	DNF		
	+2,5			+0,8					
	825	783	645	751	0	689	0		
	14.35	1.61	10.95	26.34	5.57	NM	DNS		
	+1,7			+3,8					
	929	747	592	768	720	0			
Extra:									
E1	15.23	1.70	14.24	26.14	5.80	42.86	2:34.94		
	+2,5			+0,8	+3,6				
	811	855	810	785	789	722	6.32		
E2	16.10	1.55	10.22	27.22	5.34	36.66	2:19.18		
	+2,5			+0,8	+1,5				
	702	678	544	694	654	603	835		
	15.74	1.55	8.86	27.31	5.38	NM	DNS		
	+2,5			+0,8	+2,6				
	746	678	455	686	685	0			

High jump

Series 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73

1											
2		o	o	o	o	o	o	o	o	xxx	
3		o	-	o	o	o	o	o	o	xxx	
4				o	o	o	o	o	o	xxx	
5				o	o	o	o	o	o	xxx	
6				o	o	o	o	o	o	xxx	
7		o	o	o	o	o	o	o	o	xxx	
8				o	o	xxx					
9				o	o	o	o	o	o	xxx	
				o	o	o	o	o	o	xxx	
Extra:											
E1				o	o	o	o	o	o	xxx	
E2		o	o	o	o	o	o	o	o	xxx	
		o	o	o	o	o	o	o	o	xxx	

Long jump

Shot put

Javelin throw

1	5.16	5.61	5.84	12.33	12.75	13.07	45.94	43.27	42.37
	+1,5	+1,5	+2,4						
2	5.52	5.69	5.74	11.91	12.06	12.87	46.63	47.65	47.77
	+5,0	+1,9	+3,6						
3	5.20	5.59	5.43	12.51	12.33	11.68	45.07	40.33	41.19
	+1,7	+2,3	+3,6						
4	5.52	X	6.11	11.71	X	12.11	X	28.70	X
	+2,2		+3,3						
5	4.93	5.45	5.68	8.74	8.82	9.64	24.80	X	X
	+2,4	+2,9	+2,6						
6	5.73	5.56	r	10.90	11.08	11.04	39.76	38.71	39.71
	+3,3	+2,5							

7 X X 5.39 9.97 10.16 10.39 30.47 X X  
+3,7

8 X 5.08 X 11.80 11.50 12.24 31.98 X X  
2,6

9 X X X 11.48 11.76 11.26 38.47 41.15 X

5.57 5.57 X 10.84 10.95 10.90 X X r  
+3,5 +1,9

Extra:

E1 5.77 5.80 X 14.24 14.13 13.67 31.94 39.38 42.86  
+4,6 +3,6

E2 5.34 5.12 5.12 9.28 9.62 10.22 36.63 36.66 34.74  
+1,5 +2,3 +2,4  
4.91 4.92 5.38 8.26 8.73 8.86 X X X  
+2,8 +2,1 +2,6

U18 Heptathlon

1 Klara Rådbo SWE 5.461

2 Henriette Jæger NOR 5.348

3 Tuvalisa Rosenquist SWE 5.244

4 Tilde Gudmundsson SWE 5.005

5 Laura Leipistö FIN 4.752

6 Eucabeth Kivikangas FIN 4.676

7 Emelia Tveitå NOR 4.605

8 Linnea Loukola FIN 4.539

9 Andrea Thorsheim, NOR 4.389, 10 Hedda Kronstrand Kvalvåg, NOR 4.193, Helga Margrét Haraldsdóttir, ISL DNF, Ida Beiter Bomme, DEN DNF

Extra:

Extra

E1 Olivija Vaitaitytė LTU 4.874

E2 Iben Carnhed NOR 4.627

E3 Caroline Amalie Sætre NOR 4.508

E4 Andrea Rooth NOR 4.432

(100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 500g, 800m)

1 14.29 1.64 13.51 25.62 6.00 40.10 2:25.20  
+0,8 +2,2 +4,6

938 783 761 831 850 669 629

2 14.58 1.67 10.94 24.78 5.78 33.13 2:20.61  
+0,8 +2,2 +3,6

898 818 591 907 783 536 815

3 15.23 1.70 10.66 26.52 5.77 40.44 2:21.96  
+0,7 +3,5 +5,3

811 855 573 752 780 676 797

4 15.05 1.70 12.50 27.35 5.51 41.78 2:43.42  
+0,7 +3,5 +3,5

835 855 694 683 703 701 534

5 15.56 1.52 13.02 25.88 5.08 35.97 2:35.01  
+0,7 +3,5 +5,2

769 644 729 808 581 590 631

6 15.46 1.52 14.03 26.25 5.02 33.50 2:40.14  
+0,7 +3,5 +1,0

782 644 796 775 565 543 571

7 15.36 1.49 13.06 27.10 5.26 36.98 2:44.27  
+0,7 +3,5 +2,3

795 610 731 704 631 609 525

8 15.19 1.49 11.97 26.08 4.85 33.82 2:38.11  
+0,7 +3,5 +1,0

817 610 659 790 519 549 595

9 15.72 1.52 10.34 27.51 5.32 30.60 2:34.50  
+0,8 +3,5 +4,3

749 644 552 670 648 488 638

10 15.01 1.49 10.20 26.72 5.10 31.16 2:58.57  
+0,8 +3,5 +2,5

840 610 543 735 587 499 379

14.79 1.49 13.75 25.75 5.15 NM DNS  
+0,8 +2,2 +1,5

870 610 777 819 601 0

15.48 DNS  
+0,8

779

Extra

E1 15.00 1.58 11.14 26.04 5.70 31.24 2:32.42  
+0,8 +2,2 +1,6

842 712 604 794 759 500 663



E2	14.72	1.55	11.36	26.74	5.53	33.12	2:49.17
	+0,7		+2,2	+3,9			
	879	678	619	734	709	5.36	472
E3	14.98	1.40	10.95	25.99	5.40	26.45	2:30.98
	+0,7		+2,2	+2,2			
	844	512	592	798	671	410	681
E4	14.81	1.43	9.03	25.75	4.92	26.68	2:22.95
	+0,8		+2,2	+2,0			
	867	544	466	819	538	414	784

## High jump

Series	1.34	1.37	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73
1									o	o	xo	xxx		
2						o	o	-	o	xo	o	xo	xxx	
3							o	-	o	o	o	o	o	xxx
4							o	-	o	o	o	o	o	xxx
5		o	-	o	o	xo	xxo	xr						
6		xo	o	o	xo	xxo	xxx							
7	o	-	o	o	o	o	xxx							
8		o	o	o	xo	o	xxx							
9			o	-	o	o	o	xxx						
10	o	-	o	-	xo	xo	xxx							
			xo	xo	o	o	xxx							
E1				o	o	o	o	xo	o	xxx				
E2	o	o	o	xo	o	o	o	o	xxx					
E3	o	o	o	xxx										
E4			o	xxo	-	xxx								

	Long jump			Shot put			Javelin throw		
1	5.39	6.00	5.92	13.51	13.42	11.83	38.48	X	40.10
	+2,9	+4,6	+3,2						
2	5.78	X	X	10.11	X	10.94	28.86	31.16	33.13
	+3,6								
3	5.77	5.45	X	X	10.66	X	37.67	38.16	40.44
	+5,3	+2,3							
4	5.23	5.51	X	11.92	12.50	12.43	41.78	37.96	X
	+2,8	+3,5							
5	X	4.92	5.08	12.25	13.02	11.61	30.61	35.97	35.32
	+0,9	+5,2							
6	5.02	4.83	5.01	12.83	13.48	14.03	X	33.50	32.49
	+1,0	+1,2	+4,4						
7	X	4.88	5.26	12.32	13.06	13.05	33.56	34.36	36.98
	+3,4	+2,3							
8	X	4.85	4.85	10.91	11.14	11.97	33.82	X	X
	+2,1	+1,0							
9	5.32	5.31	5.18	9.97	X	10.34	28.20	X	30.60
	+4,3	+3,1	+1,6						
10	5.10	X	4.92	9.52	9.66	10.20	31.16	28.58	X
	+2,5	+2,2							
	X	5.15	5.01	12.60	13.75	13.48	X	X	X
	+1,5	+2,6							
E1	5.53	X	5.70	11.14	10.72	10.56	31.24	30.96	31.00
	+3,7	+1,6							
E2	X	X	5.53	11.36	10.45	10.82	33.12	25.79	32.17
	+3,9								
E3	4.64	5.40	5.28	10.88	10.69	10.95	25.63	24.45	26.45
	+1,2	+2,2	+2,6						
E4	4.92	X	X	7.06	7.77	9.03	26.68	25.42	X
	+2,0								

## Nordic U20 Match & Championships

Hvidovre, DEN 11-12 Aug

### Men

	100 m	11 Aug	+3,6
1	<b>Henrik Larsson</b>	<b>SWE</b>	<b>10.28</b>
2	<b>Pål Haugen Lillefosse</b>	<b>NOR</b>	<b>10.37</b>
3	<b>Filip Bøe</b>	<b>NOR</b>	<b>10.46</b>
4	Vidar Stenkvist	SWE	10.49
5	Jesse Väyrynen	FIN	10.70
6	Daniel Andersen	DEN/ISL	10.83
7	Joonas Liukkonen	FIN	10.85
8	Frederik Andersson	DEN/ISL	10.88

	200 m	12 Aug	+2,0
1	<b>Tazana Kamanga-Dyrbak</b>	<b>DEN/ISL</b>	<b>20.99</b>
2	<b>Kasper Kadestål</b>	<b>SWE</b>	<b>21.12</b>

3	<b>Jonathan Greni Bjerkaas</b>	<b>NOR</b>	<b>21.43</b>
4	Filip Bøe	NOR	21.67
5	Tommi Mäkinen	FIN	21.81
6	Omar Chaban	SWE	21.97
7	Antti Tuomela	FIN	22.37
8	Emil Frände	DEN/ISL	22.41

### 400 m

11 Aug

1	<b>Luca Thompson</b>	<b>NOR</b>	<b>48.80</b>
2	<b>Tommi Mäkinen</b>	<b>FIN</b>	<b>49.15</b>
3	<b>Edvin Hagberg</b>	<b>SWE</b>	<b>49.28</b>
4	Jonathan Greni Bjerkaas	NOR	49.48
5	Arvid Gustafsson	SWE	49.86
6	Mathias Astrup	DEN/ISL	50.03
7	Hinrik Snær Steinsson	DEN/ISL	50.22
8	Lauri Eerola	FIN	50.25

### 800 m

11 Aug

1	<b>Abubaker Abdullahi</b>	<b>SWE</b>	<b>1.52.77</b>
2	<b>Sondre Juven</b>	<b>NOR</b>	<b>1.53.34</b>
3	<b>Didrik Hexeberg Warlo</b>	<b>NOR</b>	<b>1.53.45</b>
4	Rasmus Rose-Hansen	DEN/ISL	1.54.57
5	Niklas Heikkilä	FIN	1.54.60
6	Elias Tuominen	FIN	1.54.84
7	William Devantier	DEN/ISL	1.55.49
8	Iyuel Ayele	SWE	1.57.56

### 1500 m

12 Aug

1	<b>Sondre Juven</b>	<b>NOR</b>	<b>3.56.57</b>
2	<b>Andreas Vangsnes</b>	<b>NOR</b>	<b>3.57.09</b>
3	<b>Niklas Heikkilä</b>	<b>FIN</b>	<b>3.58.10</b>
4	Magnus Nyman Hall	DEN/ISL	3.58.52
5	Eric Källman	SWE	3.59.17
6	Janne Kanerva	FIN	4.00.29
7	Erik Jälknäs	SWE	4.00.51
8	William Devantier	DEN/ISL	4.00.79

### 5000 m

11 Aug

1	<b>Simen Halle Haugen</b>	<b>NOR</b>	<b>16.20.31</b>
2	<b>Omar M Ismail</b>	<b>SWE</b>	<b>16.20.90</b>
3	<b>Håkon Stavik</b>	<b>NOR</b>	<b>16.26.88</b>
4	Magnus Nyman Hall	DEN/ISL	16.30.24
5	Baldvin Þór Magnússon	DEN/ISL	16.40.77
6	Leevi Keronen	FIN	16.41.59
7	Wilho Hautala	FIN	16.47.53
8	August Mollén	SWE	16.49.51

### 110 m hurdles

11 Aug

+0,3

1	<b>Joel Bengtsson</b>	<b>SWE</b>	<b>14.07</b>
2	<b>Oliver Chabert</b>	<b>DEN/ISL</b>	<b>14.18</b>
3	<b>Pyry Santahuhta</b>	<b>FIN</b>	<b>14.24</b>
4	Márk Szücs-Bártfai	FIN	14.25
5	Philip Stömne	SWE	14.82
6	Gjert Høie Sjørnsen	NOR	14.87
7	Håvard Becker	NOR	14.97
8	Rasmus Vestergaard Johansen	DEN/ISL	16.78

### 400 m hurdles

12 Aug

1	<b>Andreas Haara Bakketun</b>	<b>NOR</b>	<b>53.16</b>
2	<b>Anton Bertilsson</b>	<b>SWE</b>	<b>53.68</b>
3	<b>Gustav Karlsson</b>	<b>SWE</b>	<b>53.85</b>
4	Vesa Kittilä	FIN	54.30
5	Anton Tallbacka	FIN	54.40

6	Christian Gundersen	DEN/ISL	55.35
7	Andreas Dixon	NOR	56.86
8	Dagur Fannar Einarsson	DEN/ISL	57.36

**3000 m steeplechase**

12 Aug

1	<b>Wilho Hautala</b>	<b>FIN</b>	<b>9.32.56</b>
2	<b>Axel Djurberg</b>	<b>SWE</b>	<b>9.33.85</b>
3	<b>Petter Myhr</b>	<b>NOR</b>	<b>9.43.98</b>
4	Jeppe Risvig	DEN/ISL	9.53.13
5	Olof Silvander	SWE	9.53.39
6	Lars Agnar Hjelmeset	NOR	9.54.35
7	Niklas Heikkilä	FIN	10.09.47
8	Micki Morell	DEN/ISL	10.17.05

**5 km race walking**

12 Aug

1	<b>Joni Hava</b>	<b>FIN</b>	<b>21.48.51</b>
2	<b>Jaakko Määtänen</b>	<b>FIN</b>	<b>22.16.72</b>
3	<b>Tobias Lømo</b>	<b>NOR</b>	<b>24.13.76</b>
4	Benjamin Bjørnstad	NOR	26.50.65
5	Asbjørn Birkelund	DEN/ISL	27.25.30

**High jump**

12 Aug

1	<b>Simon Wiklund</b>	<b>SWE</b>	<b>2.05</b>
2	<b>Erlend Bolstad Raa</b>	<b>NOR</b>	<b>2.05</b>
3	<b>Vetle Raa Ellingsen</b>	<b>NOR</b>	<b>2.02</b>
4	Daniel Kosonen	FIN	2.02
5	Emil Uhlin	SWE	2.02
6	Marius Hytholm Alex Petersen	DEN/ISL	1.99
7	Christoffer Åndahl	DEN/ISL	1.90
8	Tarrmo Savola	FIN	1.90

Series	180	185	190	193	196	199	202	205	208	2.07	2.11
1	-	-	O	-	O	O	O	O	XXX		
2	-	-	O	O	-	O	O	XXO	XXX		
3	-	O	O	O	O	XO	O	XXX			
4	-	-	-	-	XO	XO	XO	X-	XX		
5	-	O	-	XO	O	XXO	XXO	XXX			
6	-	O	O	-	O	O	XXX				
7	O	O	O	XXX							
8	-	O	XO	XXX							

**Pole vault**

12 Aug

1	<b>Pål Haugen Lillefosse</b>	<b>NOR</b>	<b>5.10</b>
2	<b>Santtu Koskiahio</b>	<b>FIN</b>	<b>5.00</b>
3	<b>Tom Johansson</b>	<b>SWE</b>	<b>5.00</b>
4	Juuso Toivonen	FIN	4.80
5	Oliver Chabert	DEN/ISL	4.60
6	Simon Thor	SWE	4.60
7	Simen Guttormsen	NOR	4.60
8	<b>Toke Jørgensen</b>	<b>DEN/ISL</b>	<b>4.30</b>

Series	420	430	440	450	460	470	480	490	500	510	535
1	-	-	-	-	-	-	-	-	O	XXX	
2	-	-	-	-	-	O	-	O	O	XXX	
3	-	XO	-	O	-	XO	XXO	O	XXO	XXX	
=4	-	-	-	O	-	O	XO	X-	XX		
=4	-	-	O	O	O	XXX					
6	-	O	-	XO	O	XXX					
7	-	XXO	-	XO	XXO	X-	XX				
8	O	XXO	XXX								

**Long jump**

11 Aug

1	<b>Henrik Flåtnes</b>	<b>NOR</b>	<b>7.51</b>
2	<b>Antti Tuomela</b>	<b>FIN</b>	<b>7.37</b>
3	<b>Simon Björnstedt</b>	<b>SWE</b>	<b>7.23</b>
4	Juho Nieminen	FIN	7.21
5	Markus Rooth	NOR	6.72
6	Mads Lunø	DEN/ISL	6.72
7	Melker Gustavsson	SWE	6.71
8	Patrick Wolf	DEN/ISL	6.30

Series	1	2	3	4	5	6
1	7.17	7.37	-	7.26	7.51	X
	+1,4	\2,0		+2,9	+3,2	

2	6.85	7.01	X	X	X	7.37
	+3,8	+2,2				+4,5
3	6.98	X	X	6.96	7.00	7.23
	+1,0			+3,2	+3,6	+4,7
4	6.80	X	6.53	5.09	6.80	7.21
	+1,8		0,0	+2,9	+2,8	+3,9
5	6.55	6.68	X	6.72	X	6.70
	+3,1	+1,8		+2,1		+6,0
6	6.10	X	6.72	6.57	6.56	6.51
	+2,5		+2,7	+4,1	+2,9	+4,4
7	6.35	6.71	6.64	6.65	6.61	X
	+1,5	+2,8	+0,2	+0,4	+2,3	
8	6.25	6.18	6.08	6.30	X	X
	+1,07	+1,8	+0,2	+2,7		

**Triple jump**

12 Aug

1	<b>Ilkka Alingué</b>	<b>FIN</b>	<b>15.24</b>
2	<b>Aaro Davidila</b>	<b>FIN</b>	<b>15.13</b>
3	<b>Henrik Flåtnes</b>	<b>NOR</b>	<b>14.91</b>
4	Markus Lundborg	SWE	14.89
5	Viljar Gjerde	NOR	14.58
6	Alexander Nyman	SWE	14.34
7	Patrick Wolf	DEN/ISL	13.21
8	Birgir Jóhannes Jónsson	DEN/ISL	13.19

Series	1	2	3	4	5	6
1	15.24	-	-	-	-	14.98
	+4,1					+2,1
2	X	X	15.13	14.74	15.10	X
			+3,8	+1,9	+2,5	
3	14.91	-	14.29	-	14.45	-
	+2,2		+1,7		+1,3	
4	14.89	X	X	X	14.19	14.63
	+3,0				+1,2	+3,6
5	14.05	X	14.36	14.08	14.58	13.92
	+2,8		+2,5	+2,2	+2,7	+0,6
6	14.34	X	14.18	14.08	X	14.00
	+3,2		+2,5	+2,7		+2,8
7	13.06	12.96	13.21	12.68	12.55	13.05
	+4,4	+1,4	+3,1	+2,4	+1,4	+3,4
8	X	12.63	X	12.96	13.19	12.90
		+2,9		+3,5	+1,4	+2,8

**Shot put**

12 Aug

1	<b>Eero Ahola</b>	<b>FIN</b>	<b>21.09</b>
2	<b>Patrik Lindstedt</b>	<b>SWE</b>	<b>17.34</b>
3	<b>Casper Jørgensen</b>	<b>DEN/ISL</b>	<b>16.65</b>
4	Tómas Gunnar Gunnarsson Smith	DEN/ISL	16.42
5	Lukas Björniger	SWE	16.29
6	Ville Halonen	FIN	15.33
7	Torkel Bjørbæk	NOR	14.95
8	Herman Aurdal	NOR	13.52

Series	1	2	3	4	5	6
1	19.56	21.09	X	X	19.75	X
2	16.99	16.90	17.26	X	16.82	17.34
3	16.28	X	X	16.65	X	X
4	16.22	16.42	15.92	X	X	X
5	15.93	X	15.92	16.09	16.29	X
6	X	X	15.21	X	15.33	X
7	14.33	X	14.95	X	X	X
8	11.02	12.43	X	X	12.75	13.52

**Discus throw**

11 Aug

1	<b>Casper Jørgensen</b>	<b>DEN/ISL</b>	<b>58.33</b>
2	<b>Alexander Sjögren</b>	<b>SWE</b>	<b>55.80</b>
3	<b>Aaro Leinonen</b>	<b>FIN</b>	<b>51.82</b>
4	Fabian Weinberg	NOR	51.45
5	Eero Ahola	FIN	51.23
6	Mímir Sigurðsson	DEN/ISL	48.67
7	Sebastian Löschner	SWE	48.09
8	Torkel Bjørbæk	NOR	47.02

Series	1	2	3	4	5	6
1	54.46	57.68	58.33	X	X	X
2	54.14	50.51	50.28	51.26	55.80	54.15
3	50.54	50.19	51.24	X	49.89	51.82
4	X	X	X	X	51.45	X
5	47.10	49.80	51.23	50.78	X	50.28
6	48.37	X	X	47.94	48.67	46.60
7	42.69	44.17	X	48.09	X	X
8	47.02	X	X	X	X	X



**Hammer throw**

				11 Aug	
<b>1</b>	<b>Ragnar Carlsson</b>	<b>SWE</b>	<b>75.23</b>		
<b>2</b>	<b>Victor Hongell</b>	<b>FIN</b>	<b>64.10</b>		
<b>3</b>	<b>Veikka Koskinen</b>	<b>FIN</b>	<b>62.69</b>		
4	Patrik Lindstedt	SWE	61.42		
5	Hans Barrett	DEN/ISL	60.75		
6	Herman Aurdal	NOR	59.91		
7	Kristen Brosvik	NOT	59.88		
8	Stefan Lehnert	DEN/ISL	59.72		

Series	1	2	3	4	5	6
1	X	X	71.75	X	75.23	74.57
2	61.60	64.10	X	X	X	X
3	62.07	61.22	X	62.69	X	58.48
4	61.42	61.09	X	61.23	57.09	X
5	X	X	X	60.75	59.80	X
6	X	X	56.62	X	55.44	59.91
7	X	X	58.90	59.88	57.15	X
8	53.92	55.82	57.13	59.72	58.55	55.82

**Javelin throw**

				12 Aug	
<b>1</b>	<b>Teemu Narvi</b>	<b>FIN</b>	<b>74.64</b>		
<b>2</b>	<b>Myron Weinberg</b>	<b>NOR</b>	<b>64.90</b>		
<b>3</b>	<b>Tino Mäkelä</b>	<b>FIN</b>	<b>64.88</b>		
4	Carl Widenholm	SWE	64.70		
5	Donavan Miloss	NOR	62.13		
6	Jacob Binou Nielsen	DEN/ISL	61.40		
7	Otto Sundell	SWE	58.75		
8	Róbert Khorchai Angeluson	DEN/ISL	48.90		

Series	1	2	3	4	5	6
1	71.60	71.71	74.64	68.87	73.03	74.05
2	X	X	59.91	61.51	61.37	64.90
3	58.90	64.80	61.19	58.17	X	64.88
4	X	62.23	64.70	61.18	X	X
5	57.62	53.62	54.49	53.60	56.34	62.13
6	55.24	56.07	55.78	61.40	59.19	57.46
7	55.26	57.64	53.66	57.14	57.18	58.75
8	X	45.68	48.90	X	X	X

**4x100 m relay**

				11 Aug	
<b>1</b>	<b>DEN</b>	<b>41.18</b>	(Daniel Andersen, Frederik Andersson, Emil Frønde, Tazana Kamanga-Dyrbak)		
<b>2</b>	<b>SWE</b>	<b>41.35</b>	(Joel Bengtsson, Omar Chaban, Vidar Stenkvist, Erik Johansson)		
<b>3</b>	<b>FIN</b>	<b>41.58</b>	(Jesse Väyrynen, Aaro Karjalainen, Joonas Liukkonen, Viljami Hietaharju)		
4	NOR	43.12	(Gjert Høie Sjursen, Pål Haugen Lillefosse, Filip Bøe, Tomasz Siemieniuch)		

**4x400 m relay**

				12 Aug	
<b>1</b>	<b>FIN</b>	<b>3:17.91</b>	(Elias Tuominen, Lauri Eerola, Niko Viljola, Tommi Mäkinen)		
<b>2</b>	<b>NOR</b>	<b>3:18.07</b>	(Jonathan Greni Bjerkaas, Håvard Becker, Didrik Hexeberg Warlo, Luca Thompson)		
<b>3</b>	<b>SWE</b>	<b>3:18.45</b>	(Gustav Karlsson, Anton Bengtsson, Arvid Gustafsson, Edvin Hagberg)		
4	DEN	3:19.81	(Oliver Chabert, Christian Gundersen, Rasmus Rose-Hansen, Mathias Astrup)		

Points Men	Nation	Total
	NOR	196
	FIN	194
	SWE	182
	DEN/ISL	120

**Women**

**100 m**

				11 Aug	+2,7
<b>1</b>	<b>Guðbjörg Jóna Bjarnadóttir</b>	<b>DEN/ISL</b>	<b>11.47</b>		
<b>2</b>	<b>Tiana Ósk Whitworth</b>	<b>DEN/ISL</b>	<b>11.53</b>		
<b>3</b>	<b>Ingvild Meinseth</b>	<b>NOR</b>	<b>11.62</b>		
4	Annika Haverinen	FIN	11.63		
5	Amanda Hansson	SWE	11.72		
6	Greta Deltin	SWE	12.07		
7	Live Haugstad Hilton	NOR	12.09		

8	Sara Francis	FIN	DQ
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**200 m**

				12 Aug	+3,1
<b>1</b>	<b>Guðbjörg Jóna Bjarnadóttir</b>	<b>DEN/ISL</b>	<b>23.49</b>		
<b>2</b>	<b>Tiana Ósk Whitworth</b>	<b>DEN/ISL</b>	<b>24.00</b>		
<b>3</b>	<b>Sara Francis</b>	<b>FIN</b>	<b>24.19</b>		
4	Fanny Runheim	SWE	24.33		
5	Mette Baas	FIN	24.37		
6	Henriette Jæger	NOR	24.70		
7	Kaitesi Ertzgaard	NOR	24.84		
8	Linn Bäcklin	SWE	25.18		

**400 m**

				11 Aug	
<b>1</b>	<b>Nea Mattila</b>	<b>FIN</b>	<b>54.72</b>		
<b>2</b>	<b>Mette Baas</b>	<b>FIN</b>	<b>55.00</b>		
<b>3</b>	<b>Thórdís Eva Steinsdóttir</b>	<b>DEN/ISL</b>	<b>55.48</b>		
4	Marie Skjæggestad	NOR	56.20		
5	Olivia Thorsgaard	DEN/ISL	56.23		
6	Solveig Hernandez Vråle	NOR	56.48		
7	Louise Duvling Andersson	FIN	57.83		
8	Saga Berneryd	FIN	58.76		

**800 m**

				11 Aug	
<b>1</b>	<b>Sanne Njaastad</b>	<b>NOR</b>	<b>2:09.89</b>		
<b>2</b>	<b>Veera Perälä</b>	<b>FIN</b>	<b>2:11.15</b>		
<b>3</b>	<b>Freja Wærness</b>	<b>DEN/ISL</b>	<b>2:11.38</b>		
4	Jemina Forss	FIN	2:14.32		
5	Mia Helene Mørck	DEN/ISL	2:14.75		
6	Kristin Svendby Ottervik	NOR	2:15.49		
7	Sara Dädeby	SWE	2:17.75		
8	Wilma Marcusson	SWE	2:22.57		

**1500 m**

				12 Aug	
<b>1</b>	<b>Anna Mark Helwich</b>	<b>DEN/ISL</b>	<b>4:46.42</b>		
<b>2</b>	<b>Vilde Våge Henriksen</b>	<b>NOR</b>	<b>4:46.88</b>		
<b>3</b>	<b>Kristine Lande Dommersnes</b>	<b>NOR</b>	<b>4:48.23</b>		
4	Veera Perälä	FIN	4:52.21		
5	Sara Dädeby	SWE	4:52.73		
6	Thea Norlund	SWE	4:52.95		
7	Katri Gauriloff	FIN	4:53.58		
8	Nikoline Ørum-Nielsen	DEN/ISL	4:58.76		

**3000 m**

				11 Aug	
<b>1</b>	<b>Kristine Lande Dommersnes</b>	<b>NOR</b>	<b>10:12.43</b>		
<b>2</b>	<b>Sophie Soefeldt</b>	<b>DEN/ISL</b>	<b>10:12.43</b>		
<b>3</b>	<b>Christine Næss</b>	<b>NOR</b>	<b>10:13.39</b>		
4	Astrid Snäll	FIN	10:14.89		
5	Julia Samuelsson	SWE	10:15.96		
6	Laura Valgreen	DEN/ISL	10:16.29		
7	Salla Laukkanen	FIN	10:16.33		
8	Linnea Palm	SWE	10:23.38		

**100 m hurdles**

				11 Aug	+3,1
<b>1</b>	<b>Amanda Hansson</b>	<b>SWE</b>	<b>13.67</b>		
<b>2</b>	<b>Saara Keskitalo</b>	<b>FIN</b>	<b>13.76</b>		
<b>3</b>	<b>Kristina Reppe</b>	<b>NOR</b>	<b>13.83</b>		
4	Ida Thunberg	SWE	13.88		
5	Kia Kemppainen	FIN	14.17		
6	Klara Skriver Loessl	DEN/ISL	14.49		
7	Tonje Moen	NOR	23.97		
8	Nathalie Richter Mikkelsen	DEN/ISL	DNF		

**400 m hurdles**

				12 Aug	
<b>1</b>	<b>Nea Mattila (1999)</b>	<b>FIN</b>	<b>59.61</b>		

2	Marie Skjæggestad	NOR	60.25
3	Solveig Hernandez Vråle	NOR	60.63
4	Viola Westling	FIN	62.88
5	Celina Reichard	SWE	64.45
6	Sara Hlín Jóhannsdóttir	DEN/ISL	65.46
7	Alice Kjellander	SWE	65.59
		DEN/ISL	DNS

3000 m steeplechase

12 Aug

1	Astrid Snäll	FIN	10.12.06
2	Emilia Lillemo	SWE	10.26.51
3	Salla Laukkanen	FIN	10.39.84
4	Sophie Soefeldt	DEN/ISL	10.50.71
5	Mari Andreassen Rud	NOR	10.58.43
6	Sara Gunnarsson	SWE	11.00.53
7	Hannah Berntzen Engevik	NOR	11.13.30
		DEN/ISL	DNS

High jump

11 Aug

1	Maja Nilsson	SWE	1.85
2	Erika Wärff	SWE	1.78
3	Thea Leirfall Bremset	NOR	1.75
4	Saara Hakanen	FIN	1.75
5	Sigrid Kleive	NOR	1.72
6	Helga Þóra Sigurjónsdóttir	DEN/ISL	1.66
7	Sofia Heikonen	FIN	1.66
8	Eva María Baldursdóttir	DEN/ISL	1.63

Series	157	160	163	166	169	172	175	178	181	185	188
1						XO	O	O	O	O	XXX
2					O	O	XXO	XXO	XXX		
3		O		O	O	XXO	O	XXX			
4			O	O	XO	XXO	O	XXX			
5		O	O	O	XO	XO	XXX				
6	O		O	O	XXX						
7	O	XO	O	XO	XXX						
8	O	O	O	XXX							

Pole vault

12 Aug

1	Saga Andersson	FIN	4.30
2	Linnea Jönsson	SWE	3.91
3	Birgitte Kjuus	NOR	3.91
4	Hedda Marie Kjølberg Hauge	NOR	3.71
5	Filippa Miller	SWE	3.71
6	Klara Skriver Loessl	DEN/ISL	3.61
7	Laura Grønbech	DEN/ISL	3.51
8	Tuuli Kujala	FIN	3.21

Series	321	331	341	351	361	371	381	391	401	415	430	443
1	-	-	-	-	-	-	-	O	XO	XXO	XXX	
2	-	-	-	-	O	-	O	O	XXX			
3	-	-	-	O	-	O	XO	O	XXX			
=4	-	-	O	-	O	O	XXX					
=4	-	-	XO	-	O	XXO	XXX					
6	-	O	O	O	O	XXX						
7	-	O	XXO	O	XXX							
8	O	XXX										

Long jump

11 Aug

1	Kristina Reppe	NOR	6.00
2	Live Haugstad Hilton	NOR	5.86
3	Birna Kristín Kristjánsdóttir	DEN/ISL	5.86
4	Olivia Mäkinen	FIN	5.81
5	Lovisa Karlsson	SWE	5.71
6	Filippa Gunnarsson	SWE	5.62
7	Vilborg María Loftsdóttir	DEN/ISL	5.30
8	Oona Nieminen	FIN	5.03

Series	1	2	3	4	5	6
1	X	6.00	X	1.87	X	5.56
		+4.1		+0.7		+4.5
2	5.42	5.80	5.76	5.78	5.80	5.86
	+0.2	+0.5	+1.9	+4.3	+5.2	+5.6
3	3.07	X	X	5.71	5.86	5.78

	+1,9			+1,6	+2,9	+3,6
4	5.59	5.62	5.70	5.72	X	5.81
	+1,4	0,0	+0,9	+1,2		+5,1
5	5.42	5.49	5.50	5.65	5.71	5.65
	+1,1	+2,6	+2,4	+3,6	+2,4	+2,9
6	5.53	X	X	X	5.46	5.62
	+1,7				+5,2	+3,4
7	5.30	X	X	3.70	5.30	X
	+1,7				+2,8	+5,3
8	3.72	X	X	5.03	X	X
	+0,5			+2,6		

Triple jump

12 Aug

1	Fatima Koné	SWE	12.72
2	Saara Hakanen	FIN	12.71
3	Lisa Weyhenmeyer	SWE	12.35
4	Karoline Jæger	NOR	12.22
5	Amalie Molander Pedersen	DEN/ISL	12.12
6	Janita Leppäranta	FIN	11.96
7	Hedda Kronstrand Kvalvåg	NOR	11.59
8	Vilborg María Loftsdóttir	DEN/ISL	11.25

Series	1	2	3	4	5	6
1	12.26	X	12.69	12.46	X	12.72
	+2.0		+2.1	+2.4		+3.6
2	12.37	12.50	12.58	X	12.69	12.71
	+2.4	+3.1	+2.5		+4.8	+2.4
3	X	X	11.79	11.91	11.89	12.35
			+2.1	+2.6	+3.8	+0.9
4	11.93	12.16	9.91	12.16	X	12.22
	+1.9	+3.3	+5.5	+1.5		+3.2
5	X	12.10	9.72	11.99	11.53	12.12
		+2.0	+1.8	+2.4	+2.5	+1.2
6	X	11.82	11.69	11.73	11.96	11.90
		+2.7	+2.7	+3.1	+2.5	+3.0
7	11.59	11.43	11.37	11.53	-	-
	+2.6	+1.5	+3.4	+3.3		
8	X	X	11.25	X	10.11	-
			+3.4		+3.2	

Shot put

12 Aug

1	Thea Jensen	DEN/ISL	14.37
2	Erna Sóley Gunnarsdóttir	DEN/ISL	14.21
3	Axelina Johansson	SWE	14.11
4	Janette Hanski	FIN	13.39
5	Amanda Lejros	SWE	13.09
6	Kaisu Eskelinen	FIN	12.76
7	Julie Woie Flølo	NOR	12.11
8	Birthe Franck-Petersen	NOR	12.00

Series	1	2	3	4	5	6
1	X	14.37	14.10	X	13.75	13.72
2	X	14.21	14.04	14.04	14.05	14.05
3	X	X	14.11	X	X	X
4	13.39	12.77	13.09	X	X	X
5	13.09	12.12	X	12.52	12.58	12.33
6	12.01	12.27	X	X	X	12.76
7	11.02	12.11	10.98	11.24	11.22	11.53
8	11.49	X	11.95	X	11.95	12.00

Discus throw

11 Aug

1	Caisa-Marie Lindfors	SWE	50.09
2	Annesofie Hartman Nielsen	DEN/ISL	46.75
3	Elisabeth Thon Rosvold	NOR	45.76
4	Daniella Persson	SWE	45.18
5	Taija Tirkkonen	FIN	43.87
6	Thea Jensen	DEN/ISL	43.49
7	Lotta Flatum Fallingen	NOR	43.44
8	Maria Oikkonen	FIN	41.86

Series	1	2	3	4	5	6
1	47.85	47.78	48.65	46.60	49.16	50.09
2	43.60	44.44	43.86	X	44.11	46.75
3	X	43.44	X	X	45.76	44.56
4	43.43	44.51	43.55	X	45.18	43.08
5	43.87	41.60	43.79	42.02	43.31	X
6	X	42.98	X	40.71	43.49	X
7	X	43.44	X	X	40.84	43.18
8	40.39	40.87	X	41.86	39.76	40.40

Hammer throw

12 Aug

1	Lise Lotte Jepsen	DEN/ISL	59.05
2	Kiira Väänänen	FIN	56.22
3	Cecilia Larsson	SWE	55.20
4	Jennifer Quick	SWE	54.64
5	Elísabet Rut Rúnarsdóttir	DEN/ISL	54.13
6	Oda Myklebust	NOR	48.24
7	Kaisu Eskelinen	FIN	46.99
8	Helle Hvidsten	NOR	46.83

Series	1	2	3	4	5	6
1	54.26	59.05	58.64	54.53	X	58.43
2	56.22	X	56.08	X	X	55.88
3	X	55.20	X	X	X	X
4	51.08	51.00	X	X	52.53	54.64
5	51.31	X	53.80	X	49.63	54.13
6	48.24	46.79	X	48.07	X	43.65
7	46.96	X	46.99	X	X	X
8	X	46.24	46.83	X	X	46.71

### Javelin throw

		12 Aug	
1	Kaja Mørch Pettersen	NOR	55.48
2	Roosa Ylönen	FIN	50.24
3	Elina Kinnunen	FIN	49.60
4	Ida Thunberg	SWE	49.09
5	Andrine Hjellen Haugland	NOR	46.29
6	Liv Cantby	DEN/ISL	45.68
7	Anna Øbakke Lange	DEN/ISL	41.31
8	Madeleine Ahlström	SWE	39.89

Series	1	2	3	4	5	6
1	41.76	55.48	50.70	48.18	X	X
2	X	48.16	X	X	46.33	50.24
3	45.04	46.54	47.01	48.57	X	49.60
4	41.32	42.74	48.73	45.91	46.97	49.09
5	43.84	X	46.29	39.18	X	42.05
6	40.11	45.68	41.75	X	X	X
7	X	X	X	41.31	X	X
8	38.08	36.10	39.89	38.51	X	36.49

### 4x100 m relay

		11 Aug	
1	SWE	45.57	(Ida Thunberg, Amanda Hansson, Linn Bäcklin, Fanny Runheim)
2	NOR	46.27	(Henriette Jæger, Kaiteisi Ertzgaard, Ingvild Meinseth, Live Haugstad Hilton)
3	FIN	46.42	(Sara Francis, Kia Kemppainen, Annika Haverinen, Alina Strömberg)
4	DEN	47.77	(Klara Skriver Loessl, Caroline Benfeldt Sørensen, Mie Mikkelsen, Thea Lyng Møller Jensen)
	ISL	DNF	(Tiana Ósk Whitworth, Thórdís Eva Steinsdóttir, Birna Kristín Kristjánsdóttir, Guðbjörg Jóna Bjarnadóttir)

### 4x400 m relay

		12 Aug	
1	FIN	3:44.22	(Viola Westling, Wilma Lassfolk, Mette Baas, Nea Mattila)
2	NOR	3:45.20	(Kaiteisi Ertzgaard, Solveig Hernandez Vråle, Marie Skjæggestad, Vår Åsheim)
3	DEN	3:47.61	(Martha Danneskjold Rasmussen, Freja Wærness, Olivia Thorsgaard, Mia Helene Mørck)
4	SWE	3:51.42	(Carolina Söderbom, Louise Duvling Andersson, Celina Reichard, Saga Berneryd)

Points Women	Nation	Total
	FIN	190
	NOR	182
	SWE	159
	DEN/ISL	152

Points Total	Nation	Total
	FIN	384
	NOR	378
	SWE	341
	DEN/ISL	272

## Nordic-Baltic U23 Championships

Gavlehov Stadion, Gävle, SWE 11-12 Aug

### Men

		100 m B-final	11 Aug	+1,1
1	Jonathan Hirsh	SWE	10.73	
2	Erno Mehtonen	FIN	10.83	
3	Filip Schwartz	SWE	10.87	
4	Albert Ranning	DEN	10.90	
		100 m A-final	11 Aug	+2,6
1	Even Meinseth	NOR	10.50	
2	Kojo Musah	DEN	10.57	
3	Aleksi Lehto	FIN	10.59	
4	Christian Mensah	NOR	10.69	
	Fredrik Schou-Nielsen	DEN	DNS	

		200 m Final 1	12 Aug	-2,2
1	Ville Aarnivala	FIN	21.96	
2	Anders Pihlblad	SWE	22.26	
3	Albert Ranning	DEN	22.78	
4	Gustav Lundholm Nielsen	DEN	22.89	
		200 m finale 2	12 Aug	-0,7
1	Mathias Hove Johansen	NOR	21.52	
2	Filip Schwartz	SWE	22.07	
3	Eljas Aalto	FIN	22.18	
	Mohammed Dodou Jatta	NOR		
	Kojo Musah	DEN		

		400 m	11 Aug	
1	Anton Sigurdsson	SWE	47.76	
2	Markus Teijula	FIN	47.94	
3	Eljas Aalto	FIN	48.09	
4	Filiph Johansson	FIN	48.23	
5	Gustav Lundholm Nielsen	DEN	48.73	
6	Joakim Karlsson	SWE	49.18	

		800 m	12 Aug	
1	Markus Teijula	FIN	1:53.31	
2	Anton Persson	SWE	1:53.61	
3	Christoffer Frost Johansen	DEN	1:53.81	
4	Andreas Lindgreen	DEN	1:55.14	
5	Alex Rauhala	FIN	1:55.38	
6	Björn Siefert	SWE	1:56.80	

		1500 m	11 Aug	
1	Andreas Lindgreen	DEN	3:55.12	
2	Emil Danielsson	SWE	3:55.66	
3	Jiri Karjalainen	FIN	3:59.53	
4	Samuli Hussa	FIN	4:05.29	
	Sildan Hassan	SWE	DNS	

		5000 m	12 Aug	
1	Sigurd Ruud Skjeseth	NOR	14:57.01	
2	Otto Kaario	FIN	15:09.27	
3	Andreas Jansson	SWE	15:10.12	
4	Sebastian Nilsson	SWE	15:15.58	
5	Antti Ihamäki	FIN	15:20.14	
6	Fredrik Sandvik	NOR	15:23.99	

		110 m hurdles	11 Aug	+1,7
1	Max Hrelja	SWE	13.85	
2	Oscar Hjerm	SWE	14.21	
3	Ilari Manninen	FIN	14.24	
4	Valtteri KallioKulju	FIN	14.74	
5	Sebastian Sund Frandsen	DEN	15.41	

<i>400 m hurdles</i>			12 Aug
1	<b>Tuomas Lehtonen</b>	<b>FIN</b>	<b>53.15</b>
2	<b>Jonni Blomqvist</b>	<b>FIN</b>	<b>53.63</b>
3	<b>Alexander Lundskog</b>	<b>SWE</b>	<b>54.27</b>
	William Fraboe	SWE	DNS

<i>3000 m steeplechase</i>			11 Aug
1	<b>Simon Sundström</b>	<b>SWE</b>	<b>8:56.01</b>
2	<b>Miguel Palm</b>	<b>SWE</b>	<b>9:04.95</b>
3	<b>Miika Tenhunen</b>	<b>FIN</b>	<b>9:07.69</b>
4	Fredrik Sandvik	NOR	9:27.31
5	Eero Heinonen	FIN	9:51.44

<i>High jump</i>			12 Aug	Indoor
1	<b>Matias Mustonen</b>	<b>FIN</b>	<b>2.05</b>	
2	<b>Oskar Lundqvist</b>	<b>SWE</b>	<b>2.05</b>	
3	<b>Arvid Ryberg</b>	<b>SWE</b>	<b>1.99</b>	
4	Julius Kuusela	FIN	1.99	

Series	1.85	1.90	1.95	1.99	2.02	2.05	2.08
1			o	o	o	o	xxx
2		xxo	xo	-	xxo	xxx	
3	o	o	o	o	xxx		
4		o	xo	o	xxx		

<i>Pole vault</i>			11 Aug
1	<b>Leo Uusimäki</b>	<b>FIN</b>	<b>4.85</b>
2	<b>Robin Jakobsson</b>	<b>SWE</b>	<b>4.75</b>
3	<b>Eetu Tarikainen</b>	<b>FIN</b>	<b>4.65</b>
4	Magnus Herstedt	SWE	4.65

Series	4.30	4.45	4.55	4.65	4.75	4.85	5.00
1		xo	o	o	xo	xxx	
2	xo	xo	o	o	xxo	xxx	
3				o	xxx		
4	xo	o	xxo	xxo	xxx		

<i>Long jump</i>			11 Aug
1	<b>Ingar Kiplesund</b>	<b>NOR</b>	<b>7.56</b>
2	<b>Sebastian Pedersen</b>	<b>DEN</b>	<b>7.50</b>
3	<b>Pyry Keränen</b>	<b>FIN</b>	<b>7.27</b>
4	Elias Martinsson	SWE	7.16
5	Henning Andre	SWE	7.03
6	Joona Luotonen	FIN	6.89

Series	1	2	3	4	5	6
1	7.14	7.50	7.41	7.41	7.42	7.56
	+1,7	+2,7	+2,4	+2,5	+2,1	+3,5
2	7.50	X	7.30	7.35	7.21	7.22
	+3,9		+1,4	+1,9	+0,5	+1,3
3	4.21	7.05	X	7.03	X	7.27
	+3,9	+0,9		+1,5		+2,5
4	6.68	7.02	X	6.90	6.96	7.16
	+0,3	+2,0		+3,3	+1,5	+2,5
5	7.01	6.97	7.02	7.03	X	X
	+3,3	+1,8	+1,4	+4,3		
6	6.81	6.89	X	X	6.61	X
	+2,4	+0,4			+2,9	

<i>Triple jump</i>			12 Aug
1	<b>Arttu Tyystjärvi</b>	<b>FIN</b>	<b>15.38</b>
2	<b>Veikko Gruaha</b>	<b>FIN</b>	<b>14.90</b>
3	<b>Marcus Nyberg</b>	<b>SWE</b>	<b>14.70</b>
4	Gustav Bålström	SWE	14.35

Series	1	2	3	4	5	6
1	14.98	15.30	-	X	15.38	X
	+0,1	+0,4			+1,0	
2	14.64	14.90	X	14.60	14.69	X
	+1,4	+1,4		+1,6	+1,9	
3	X	14.70	X	14.59	14.56	-
		+1,0		+1,9	+0,4	
4	X	X	X	X	14.16	14.35
					+0,8	-0,1

<i>Shot put</i>			12 Aug
1	<b>Wictor Peterson</b>	<b>SWE</b>	<b>17.86</b>
2	<b>Jander Heil</b>	<b>EST</b>	<b>17.29</b>

3	<b>Samuli Kyrönviita</b>	<b>FIN</b>	<b>16.61</b>
4	Matti Kahilainen	FIN	14.49
5	Jakob Gardenkrans	SWE	14.03
	Marcus Thomsen	NOR	DNS

Series	1	2	3	4	5	6
1	16.21	17.09	17.66	17.86	X	17.36
2	X	15.69	X	16.73	17.29	X
3	15.29	16.60	X	16.61	X	X
4	X	14.49	14.42	X	14.46	X
5	13.14	14.03	r			

<i>Discus throw</i>			12 Aug
1	<b>Oskari Perälampi</b>	<b>FIN</b>	<b>57.22</b>
2	<b>Jakob Gradenkrans</b>	<b>SWE</b>	<b>54.98</b>
3	<b>Thomas Mardal</b>	<b>NOR</b>	<b>52.36</b>
4	Albin Lager	SWE	50.05
5	Veikko Laitinen	FIN	48.25
6	Thor Olav Rosvold	NOR	47.75

Series	1	2	3	4	5	6
1	57.22	55.80	55.66	55.77	54.90	X
2	X	53.93	X	X	X	54.98
3	48.58	52.36	X	49.31	51.52	51.84
4	47.27	50.05	X	45.54	47.25	X
5	45.15	46.68	48.25	47.99	46.45	47.25
6	47.74	47.75	46.65	X	X	46.80

<i>Hammer throw</i>			11 Aug
1	<b>Thomas Mardal</b>	<b>NOR</b>	<b>72.81</b>
2	<b>Aaron Kangas</b>	<b>FIN</b>	<b>68.84</b>
3	<b>Hilmar Örn Jónsson</b>	<b>ISL</b>	<b>68.32</b>
4	Roope Auvinen	FIN	68.03
5	Anton Andersson	SWE	58.99
6	Tobias Hagström	SWE	57.84

Series	1	2	3	4	5	6
1	70.33	X	71.47	X	X	72.81
2	67.16	X	65.17	65.16	68.84	67.17
3	X	66.23	68.32	X	X	X
4	68.03	67.88	63.63	66.60	65.61	65.23
5	56.95	X	58.99	X	56.38	57.79
6	55.14	52.83	54.48	56.33	56.46	57.84

<i>Javelin throw</i>			11 Aug
1	<b>Toni Keränen</b>	<b>FIN</b>	<b>75.73</b>
2	<b>Isak Oskarsson</b>	<b>SWE</b>	<b>74.53</b>
3	<b>Simon Litzell</b>	<b>SWE</b>	<b>72.34</b>
4	Dagbjartur Dadi Jónsson	ISL	72.06
5	Jaakko Hauta-aho	FIN	67.55
6	Mikkel Bach Garbrecht	DEN	57.82

Series	1	2	3	4	5	6
1	75.73	74.00	73.56	X	73.56	73.11
2	74.53	74.33	-	-	70.72	-
3	72.34	70.55	71.01	71.71	X	68.26
4	72.03	66.31	68.01	71.12	72.06	68.01
5	67.38	67.55	X	67.28	X	X
6	55.84	X	56.17	X	57.18	57.82

<i>4x100 m relay</i>			11 Aug
1	<b>NOR</b>	<b>40.23</b>	(Christian Mensah, Even Meinseth, Mathias Hove Johansen, Muhammed Dodou Jatta)
2	<b>SWE</b>	<b>40.82</b>	(Filip Schwartz, Marcus Tornee, Jonathan Hirsh, Anders Pihlblad)
3	<b>FIN</b>	<b>40.89</b>	(Ville Aarnivala, Erno Mehtonen, Ilari Manninen, Aleks Lehto)
	DEN	DNF	(Sebastian Pedersen, Kojo Musah, Steffen Knudsen, Albert Ranning)

<i>4x400 m relay</i>			12 Aug
1	<b>FIN</b>	<b>3:25.69</b>	(Leo Uusimäki, Jonni Blomqvist, Ville Aarnivala, Filip Johansson)
	SWE	DNS	

<b>Women</b>			
<i>100 m</i>			11 Aug
1	<b>Aino Pulkkinen</b>	<b>FIN</b>	<b>11.72</b>
			+2,5

2	<b>Emma Jansson</b>	<b>SWE</b>	<b>11.87</b>
3	<b>Emelie Rantzow</b>	<b>SWE</b>	<b>11.87</b>
4	Milla Heiskanen	FIN	12.07
5	Andrea Torfadóttir	ISL	12.25
	Kira Kruuti	FIN	DNS

200 m

12 Aug -1,0

1	<b>Aino Pulkkinen</b>	<b>FIN</b>	<b>23.95</b>
2	<b>Lisa Lilja</b>	<b>SWE</b>	<b>24.07</b>
3	<b>Marte Pettersen</b>	<b>NOR</b>	<b>24.49</b>
4	Emelie Rantzow	SWE	24.61
5	Linnea Frobe	SWE	24.83
6	Emma Hyvärinen	FIN	24.93
7	Milla Heiskanen	FIN	24.97

400 m

11 Aug

1	<b>Sara Dorthea Jensen</b>	<b>NOR</b>	<b>53.76</b>
2	<b>Aino Pulkkinen</b>	<b>FIN</b>	<b>54.81</b>
3	<b>Linnea Frobe</b>	<b>SWE</b>	<b>55.34</b>
4	Lovisa Linde	SWE	56.09
5	Jessica Rautelin	FIN	57.04
	Eveliina Ojala	FIN	DNS

800 m

12 Aug

1	<b>Astrid Rosvall</b>	<b>SWE</b>	<b>2:10.15</b>
2	<b>Krista Lindholm</b>	<b>FIN</b>	<b>2:12.25</b>
3	<b>Janette Niemi</b>	<b>FIN</b>	<b>2:12.54</b>
4	Sofia Jansson	SWE	2:12.70
	Line K. Schultz	DEN	DNS

1500 m

11 Aug

1	<b>Sara Christiansson</b>	<b>SWE</b>	<b>4:18.67</b>
2	<b>Astrid Rosvall</b>	<b>SWE</b>	<b>4:25.67</b>
3	<b>Mona Jäppinen</b>	<b>FIN</b>	<b>4:40.10</b>
4	Lycke Karlsson	FIN	4:49.30
	Line K. Schultz	DEN	DNF

5000 m

12 Aug

1	<b>Sara Christiansson</b>	<b>SWE</b>	<b>15:52.86</b>
2	<b>Alisa Vainio</b>	<b>FIN</b>	<b>16:00.59</b>
3	<b>Tessa Frenay</b>	<b>NOR</b>	<b>17:14.49</b>
4	Heidi Kuuttinen	FIN	17:33.77
5	Moa Rothman	SWE	17:33.78

100 m hurdles

11 Aug +1,9

1	<b>Julia Enarvi</b>	<b>FIN</b>	<b>13.68</b>
2	<b>Tess Hertz-Saebbo</b>	<b>SWE</b>	<b>13.84</b>
3	<b>Anni Siirtola</b>	<b>FIN</b>	<b>13.86</b>
4	Lovisa Östervall	SWE	13.95
5	Amanda Holmberg	SWE	14.31

400 m hurdles

12 Aug

1	<b>Minna Svärd</b>	<b>SWE</b>	<b>59.43</b>
2	<b>Nora Wold</b>	<b>NOR</b>	<b>60.16</b>
3	<b>Amanda Holmberg</b>	<b>SWE</b>	<b>60.79</b>
4	Jessica Rautelin	FIN	60.85
5	Salla Parviainen	FIN	64.14

3000 m steeplechase

11 Aug

1	<b>Amalie Svensson</b>	<b>SWE</b>	<b>10:34.22</b>
2	<b>Elin Brink</b>	<b>SWE</b>	<b>10:34.31</b>
3	<b>Amanda Virtanen</b>	<b>FIN</b>	<b>10:55.10</b>

High jump

11 Aug

1	<b>Elina Kakko</b>	<b>FIN</b>	<b>1.88</b>
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2	<b>Louise Ekman</b>	<b>SWE</b>	<b>1.86</b>
3	<b>Lovisa Östervall</b>	<b>SWE</b>	<b>1.82</b>
4	Ilona Äyräväinen	FIN	1.80
5	Þórunna Ósk Sigurjónsdóttir	ISL	1.77
6	Rikke Andersen	DEN	1.77
7	Karen Høystad	NOR	1.77

Series	1.57	1.62	1.67	1.71	1.74	1.77	1.80	1.82	1.84	1.86	1.88	1.90
1			o	o	o	o	o	o	o	xxo	xo	xxx
2			o	o	o	o	o	o	o	o	o	xxx
3		o	o	o	o	o	o	o	xo	xxx		
4			o	o	o	o	o	xxx				
5	o	o	o	o	o	o	xxx					
6		o	o	o	o	xo	xxx					
7	o	xo	o	o	xxo	xxo	xxx					

Pole vault

12 Aug Indoor

1	<b>Lene Retzius</b>	<b>NOR</b>	<b>4.10</b>
2	<b>Ellen Olsson</b>	<b>SWE</b>	<b>4.10</b>
3	<b>Annika Jönsson</b>	<b>SWE</b>	<b>3.80</b>
4	Laura Ollikainen	FIN	3.70
5	Elina Lampila	FIN	3.70

Series	3.40	3.55	3.70	3.80	3.90	4.00	4.10	4.15	4.20
1						o	o	-	xxx
2					xo	o	xo	xxx	
3	o	o	xxo	o	xxx				
4			xo	-	xxx				
5			xxo	-	xxx				

Long jump

12 Aug

1	<b>Emilia Kjellberg</b>	<b>SWE</b>	<b>6.13</b>
2	<b>Kaiza Karlen</b>	<b>SWE</b>	<b>6.05</b>
3	<b>Taika Koilahti</b>	<b>FIN</b>	<b>5.92</b>
4	Irma Gunnarsdóttir	ISL	5.79
	Emma Pullola	FIN	DNS

Series	1	2	3	4	5	6
1	X	6.13	5.90	6.05	5.93	X
		+2,2	+0,8	+2,0	+0,9	
2	5.81	6.05	6.05	X	X	6.03
	+3,1	+2,0	+4,0			+0,4
3	5.75	5.92	X	5.84	X	5.73
	+0,2	+2,3		+4,4		+0,9
4	5.57	5.78	X	5.36	5.79	5.65
	+1,8	-0,3		+0,1	+4,5	+1,6

Triple jump

11 Aug

1	<b>Emelie Nyman Wänseth</b>	<b>SWE</b>	<b>13.20</b>
2	<b>Emma Pullola</b>	<b>FIN</b>	<b>13.05</b>
3	<b>Jessica Miettinen</b>	<b>FIN</b>	<b>12.58</b>
4	Jenny Lestander	SWE	12.55

Series	1	2	3	4	5	6
1	X	X	12.85	13.20	13.14	12.82
			+1,0	+2,5	+2,4	+1,4
2	12.41	12.94	12.84	13.05	r	
	+3,8	+4,1	+1,5	+1,8		
3	X	12.10	12.04	X	X	12.58
		+2,3	+1,7			+3,4
4	X	X	12.33	12.27	12.36	12.55
			+3,3	+4,7	+2,7	+3,0

Shot put

11 Aug

1	<b>Eveliina Rouvali</b>	<b>FIN</b>	<b>15.26</b>
2	<b>Sara Lennman</b>	<b>SWE</b>	<b>15.09</b>
3	<b>Amanda Malmehed</b>	<b>SWE</b>	<b>14.79</b>
4	Henna Sallinen	FIN	13.90
5	Matilde Roe	NOR	13.40
6	Irma Gunnarsdóttir	ISL	13.19
7	Thelma Lind Kristjánsdóttir	ISL	13.14

Series	1	2	3	4	5	6
1	X	14.45	X	X	X	15.13
2	14.79	15.07	15.06	X	14.80	15.09
3	14.79	14.24	14.76	14.68	14.76	14.69
4	13.00	13.76	13.55	13.90	13.56	13.58
5	13.29	13.40	X	12.66	13.18	X
6	11.93	12.62	13.00	13.19	X	12.22
7	X	X	X	13.07	13.14	12.93

Discus throw		11 Aug
<b>1</b>	<b>Lisa Brix</b>	<b>DEN 50.71</b>
<b>2</b>	<b>Vanessa Kamga</b>	<b>SWE 50.23</b>
<b>3</b>	<b>Vilma Paakkala</b>	<b>FIN 49.67</b>
4	Krista Uusi-Kinnala	FIN 49.55
5	Thelma Lind Kristjánsdóttir	ISL 48.51
6	Ellen Pettersson	SWE 43.63
7	Matilde Roe	NOR 42.33

Series	1	2	3	4	5	6
1	49.46	X	X	50.71	49.48	49.44
2	48.45	50.23	X	X	X	X
3	X	47.81	X	X	49.67	X
4	X	48.93	X	X	48.83	49.55
5	47.43	X	X	47.90	48.51	X
6	42.79	X	36.55	X	X	43.63
7	X	X	42.33	X	X	X

Hammer throw		12 Aug
<b>1</b>	<b>Grete Ahlberg</b>	<b>SWE 65.40</b>
<b>2</b>	<b>Beatrice Nedberge Llano</b>	<b>NOR 64.99</b>
<b>3</b>	<b>Emma Thor</b>	<b>SWE 61.38</b>
4	Johanna Witka	FIN 59.53
5	Helene Ingvaldsen	NOR 57.69
6	Vigdís Jónsdóttir	ISL 57.63
7	Tiina Rinnekari	FIN 56.71

Series	1	2	3	4	5	6
1	65.40	65.02	X	65.19	62.14	64.79
2	60.44	X	64.99	X	X	64.48
3	X	58.52	X	58.90	X	64.48
4	X	X	X	X	59.53	X
5	X	X	57.69	57.03	X	57.01
6	57.63	X	55.67	56.19	55.74	X
7	53.55	55.83	55.53	47.87	56.71	54.75

Javelin throw		12 Aug
<b>1</b>	<b>Suvi Kempainen</b>	<b>FIN 52.98</b>
<b>2</b>	<b>Laura Pesola</b>	<b>FIN 50.24</b>
<b>3</b>	<b>Mali Ingeborg Marstad</b>	<b>NOR 49.08</b>
4	Carolin Näslund	SWE 48.30
5	Linn Peura	SWE 44.53

Series	1	2	3	4	5	6
1	49.31	X	X	X	X	52.98
2	45.32	44.24	49.43	X	47.86	50.24
3	49.08	45.95	45.90	46.51	48.50	X
4	45.34	44.45	45.78	48.30	45.66	46.42
5	41.88	41.87	42.57	X	44.53	43.16

4x100 m relay		11 Aug
<b>1</b>	<b>SWE</b>	<b>46.00</b>
(Tess Hertz-Saebbo, Lisa Lilja, Emelie Rantzow, Emma Jansson)		
<b>2</b>	<b>FIN</b>	<b>46.02</b>
(Milla Heiskanen, Emma Hyvärinen, Salla Parviainen, Taika Koilanti)		
	NOR	DNS

4x400 m relay		12 Aug
<b>1</b>	<b>SWE</b>	<b>3:49.44</b>
(Lovisa Linde, Amanda Holmberg, Linnea Frobe, Minna Svärd)		
<b>2</b>	<b>FIN</b>	<b>3:55.81</b>
(Eveliina Ojala, Salla Parviainen, Jessica Rautelin, Aino Pulkkinen)		

## Nordic Cross Country Championships

Laugardalur, Reikjavik, ISL 10 nov

### Men

Senior		9 km
<b>1</b>	<b>Amanuel Gergis</b>	<b>SWE 28:55</b>
<b>2</b>	<b>Peter Glans</b>	<b>DEN 29:06</b>
<b>3</b>	<b>David Nilsson</b>	<b>SWE 29:12</b>
4	Ole Hesselbjerg	DEN 29:22
5	Ørjan Grønnevig	NOR 29:24
6	Thijs Nijhuis	DEN 29:25
7	Hlynur Andrésson	ISL 29:26
8	Daniel Lundgren	SWE 29:26

9 Jaakko Piesanen, FIN 29:27, 10 Jonas Gertsen, DEN 29:28, 11 Mikkel Dahl-Jessen, DEN 29:34, 12 Erik Udø Pedersen, NOR 29:42, 13 Eivind Øygard, NOR 29:46, 14 Oscar Claesson, SWE 29:47, 15 Gabriel Steffensen, SWE 29:52, 16 Trond Einar Moen Pedersli, NOR 30:01, 17 Miika Tenhunen, FIN 30:11, 18 Jens Søndergaard Jensen, DEN 30:23, 19 Jesper Faurschau, DEN 30:35, 20 Jarko Järvenpää, FIN 30:41, 21 Andreas Lommer, DEN 31:04, 22 Hannu Granberg, FIN 31:09, 23 Guðni Páll Pálsson, ISL 32:27, 24 Ingi Þórólfur Þórsson, ISL 32:37, 25 Sæmundur Ólafsson, ISL 33:23, 26 Vignir Már Lyðsson, ISL 34:27, 27 Vilhjálmur Þór Svansson, ISL 35:18, Krstinn Þór Kristinsson, ISL DNS, Stian Aarvik, NOR DNS

### Teams:

1 SWE 16 (Amanuel Gergis, David Nilsson, Daniel Lundgren, Oscar Claesson)  
 2 DEN 22 (Peter Glans, Ole Hesselbjerg, Thijs Nijhuis, Jonas Gjertsen)  
 3 NOR 46 (Ørjan Grønnevig, Erik Udø Pedersen, Eivind Øygard, Trond Einar Moen Pedersli)  
 4 FIN 68 (Jaakko Piesanen, Mika Tenhunen, Jarko Järvenpää, Hannu Granberg)  
 5 ISL 79 (Hlynur Andrésson, Guðni Páll Pálsson, Ingi Þórólfur Þórsson, Sæmundur Ólafsson)

U20		6 km
<b>1</b>	<b>Håkon Stavik</b>	<b>NOR 19:57</b>
<b>2</b>	<b>Omar Ismail</b>	<b>SWE 19:59</b>
<b>3</b>	<b>Emil Millan de la Olivía</b>	<b>SWE 20:02</b>
4	Leevi Keronen	FIN 20:10
5	Mika Kotiranta	FIN 20:18
6	Markus Kirk Kjeldsen	DEN 20:24
7	Jonatan Vedvik	NOR 20:28
8	Magnus Nyman Hall	DEN 20:30

9 Simon Steinshamn, NOR 20:31, 10 Anton Østdal, DEN 20:31, 11 Alexander Siedler Nielsen, DEN 20:47, 12 Mustafe Muuse, FIN 20:54, 13 Axel Djurberg, SWE 21:13, 14 Tedros Haile, NOR 21:21, 15 Julius Mäkinen, FIN 21:42, 16 Daði Arnarsson, ISL 22:59, 17 Dagbjartur Kristjánsson, ISL 23:05, 18 Andri Már Hannesson, ISL 23:55, Hlynur Ólafsson, ISL, DNF, Alexander Tengblad Nicolaisen, DEN DNF, Oliver Bjørnslev, DEN DNS, Omar Nuur, SWE DNS

### Teams:

1 NOR 17 (Håkon Stavik, Jonatan Vedvik, Simon Steinshamn)  
 2 SWE 18 (Omar Ismail, Emil Millan de la Olivía, Axel Djurberg)  
 3 FIN 21 (Leevi Keronen, Mika Kotiranta, Mustafe Muuse)  
 4 DEN 24 (Markus Kirk Kjeldsen, Magnus Nyman Hall, Anton Østdal)  
 5 ISL 51 (Daði Arnarsson, Dagbjartur Kristjánsson, Andri Már Hannesson)

### Women

Senior		7,5 km
<b>1</b>	<b>Anna Emilie Møller</b>	<b>DEN 27:34</b>
<b>2</b>	<b>Lisa Havell</b>	<b>SWE 27:41</b>
<b>3</b>	<b>Sara Christiansson</b>	<b>SWE 27:44</b>
4	Maja Alm	DEN 28:10
5	Sigríð Jervell Våg	NOR 28:22
6	Silje Fjørtoft	NOR 28:25
7	Sanna Mustonen	SWE 28:28
8	Maria Sagnes Wågan	NOR 28:31

9 Simone Glad, DEN 28:47, 10 Linn Nilsson, SWE 28:57, 11 Vienna Søyland Dahle, NOR 29:06, 12 Klaara Leponiemi, FIN 30:09, 13 Rebekka Fuglø, FRO 30:09, 14 Sara Schou Kristensen, DEN 30:21, 15 Ilona Välimäki, FIN 31:01, 16 Elin Edda Sigurðadóttir, ISL 31:09, 17 Íris Anna Skúladóttir, ISL 31:21, 18 Arndis Ýr Hafþórsdóttir, ISL 31:50, 19 Gelga Gyðný Eliadóttir, ISL 32:22, 20 Rannveig Oddsdóttir, ISL 32:40, 21 Anna Begrínd Pálmadóttir, ISL 34:25, Anita Hinriksdóttir, ISL DNF, Annemari Kiekara, FIN DNF, Line Kalstrup Schultz, DEN DNS

### Teams:

1 SWE 12 (Lisa Havell, Sara Christiansson, Linn Nilsson)  
 2 DEN 14 (Anna Emilie Møller, Maja Alm, Simone Glad)  
 3 NOR 19 (Sigríð Jervell Våg, Silje Fjørtoft, Maria Sagnes Wågan)  
 4 ISL 51 (Elin Edda Sigurðadóttir, Íris Anna Skúladóttir, Arndis Ýr Hafþórsdóttir)

U20		4,5 km
<b>1</b>	<b>Moona Korkealaakso</b>	<b>FIN 16:53</b>
<b>2</b>	<b>Laura Valgreen Petersen</b>	<b>DEN 16:56</b>
<b>3</b>	<b>Astrid Snäll</b>	<b>FIN 16:56</b>
4	Emma Kirkeberg Mørk	NOR 17:13
5	Emilia Lillemo	SWE 17:26
6	Kristine Mygind Sørensen	DEN 17:30
7	Christine Næss	NOR 17:32



**8 Sophie Søefeldt DEN 17:42**

9 Anna Mark Helwich, DEN 17:46, 10 Vera Sjöberg, SWE 17:47, 11 Salla Laukkanen, FIN 17:54, 12 Emilie Mo, NOR 17:59, 13 Linnea Sennström, SWE 18:13, 14 Pinja Kotinurmi, FIN 18:24, 15 Sara Mjöll Smáradóttir, ISL 20:02, 16 Sólrún Soffia Arnardóttir, ISL 20:50, Gaël de Coninck, SWE DNS

**Teams:**

- 1 FIN 15 (Astrid Snäll, Salla Laukkanen, Pinja Kotinurmi)
- 2 DEN 16 (Laura Valgreen Petersen, Kristine Mygrind Sørensen, Sophie Søefeldt)
- 3 NOR 23 (Emma Kirkeberg Mørk, Christine Næss, Emilie Mo)
- 4 SWE 28 (Emilia Lillemo, Vera Sjöberg, Linnea Sennström)