Norwegian Athletic Federation
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COURSE MEASUREMENT REPORT

- REPORT FOR NATIONAL CERTIFIED COURSE –

INFORMATION ABOUT EVENT AND COURSE
Event: Jessheim vintermaraton
Technical Organiser: UKI Friidrett
City/Place: Jessheim
Date of Arrangement: 08.11.2026
Date and time for measurement: 31.10.2026 (section 0(m) – 0(g): 17.10.2026)
Measured distance(s): 10km, Half marathon, Marathon
Length of calibration course: 400m
Terrain: Flat ☒ Slightly hilly ☐ Hilly ☐ Terrain ☐ **Type of course route**: Closed loop ☐ Back and forth ☐ A to B ☒ Other ☐ **The course consists of 95%, or more, solid surface:** Yes ☒ No ☐ **Elevation Start - Finish:** 203moh - 203moh **Description of start:** 10k: On Kanalvegen, 10 meters after the “No Parking” sign, at the turn-off to the parking lot for the athletics track. Half marathon: At Jessheim Athletics Stadium, at the red/blue line in the middle of the path from the steeplechase water jump. Marathon: In Myrvegen, 13 meters before the lightpole in Myrvegen named 035.195. **Description of finish:** Jessheim Athletics Stadium start-/finishline (0m/400m). **Distance, in a straight line, between start & finish:** 175m **Start and Finish marked:** Yes ☒ No ☐ **Km-markings:** Yes ☐ No ☒ **Measurement direction:** Running direction ☒ Opposite running direction ☐

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CONTACT INFORMATION		
	Measured by:	**Organizer:**
Contact person:	Samuel Hafsahl	UKI Friidrett v/Torbjørn Liestøl
Phone:	970 46 905	+47 928 40 458
Email:	samuel.hafsahl@gmail.com	tliestol@me.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.

31.10.2026	Samuel Hafsahl B-Measurer		
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	400m
Length of calibration course 2nd measurement	400m
Possible 3rd measure (max. 1 cm diff per 100m 1st and 2nd)	
Average of measurements before adjustments	400m
Temperature (road or measuring tape)	20
Adjustment cf. D-(D*(1+(temp-20)*0,0000115)	1
Measured calibration distance after adjustment	400m
Distance from start/finish to calibration distance	500m

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: 31.10.2026 10:30			**Date and Time:** 31.10.2026 14:00		
	Start	**End**	**Diff.**	**Start**	**End**	**Diff.**
1st measure	93063	97737	4674	20638	25312	4674
2nd measure	97737	102410	4673	25312	29985	4673
3rd measure	102410	107083	4673	29985	34658	4673
4th measure	107083	111756	4673	34658	39332	4674

	Pre measurement	**Post measurement**	
Average (1+2+3+4) / 4	4673,25	4673,5	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11683,1	11683,8	
Addn. +1‰	11,7	11,7	
Measurement constant (rounded)	11695	11695	11695

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Calibration 17.10.2026 (used for section 0(m) – 0(g), measured 17.10.2026)

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: 17.10.2026 12:00			**Date and Time: 17.10.2026 13:45**		
	Start	**End**	**Diff.**	**Start**	**End**	**Diff.**
1st measure	3481	8139	4658	65456	70113	4657
2nd measure	8139	12796	4657	70113	74771	4658
3rd measure	12796	17453	4657	74771	79428	4657
4th measure	17453	22109	4656	79428	84084	4656

	Pre measurement	**Post measurement**	
Average (1+2+3+4) / 4	4657	4657	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11642,5	11642,5	
Addn. +1‰	11,6	11,6	
Measurement constant (rounded)	11654	11654	11654

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10 kilometer

MEASUREMENT PROCEDURE		
Measurement constant	11695 (31.10.2026) / 11654 (17.10.2026, section 0(m) – 0(g))	
Measured Distance	**Counter**	**Description of place**
0m	94 311	0(m)-Point (Kanalvegen/Myrvegen)
172m	96 322	Start-point (Kanalvegen)
0m	26 055	0(m)-Point (Kanalvegen/Myrvegen) – measured 17.10.2026, constant 11654
9 283m	134 244	0(g)-Point (Gystamarka)
0m	64 793	0(g)-Point (Gystamarka)
545m	71 163	Finishline at Athletics Stadion
10 000m		**Total measured without adjustments (sum of sections in metres)**

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

The full width of the path is available to runners. The course has been measured along the shortest possible route. Most of the race is run on footpaths.

The course was divided into three sections, as the sections where to be used for both the half marathon and the full marathon.

Section 1: From the start line to the 0(m) point (a point at the pedestrian crossing on Myrvegen, at the Myrvegen/Kanalvegen intersection).

Section 2: From the 0(m) point to the 0(g) point (a point at the pedestrian crossing by Gystadjordet on Aktivitetsvegen, at the entrance to the parking lot for Gystadmarka Ungdomsskole). Measured 17.10.2026 with constant 11654.

Section 3: From the 0(g) point to the finish line at Jessheim athletics stadium.

Section 1	172m
Section 2	9 283m
Section 3	545m
Sum	**10 000m**

3. **Course adjustment**

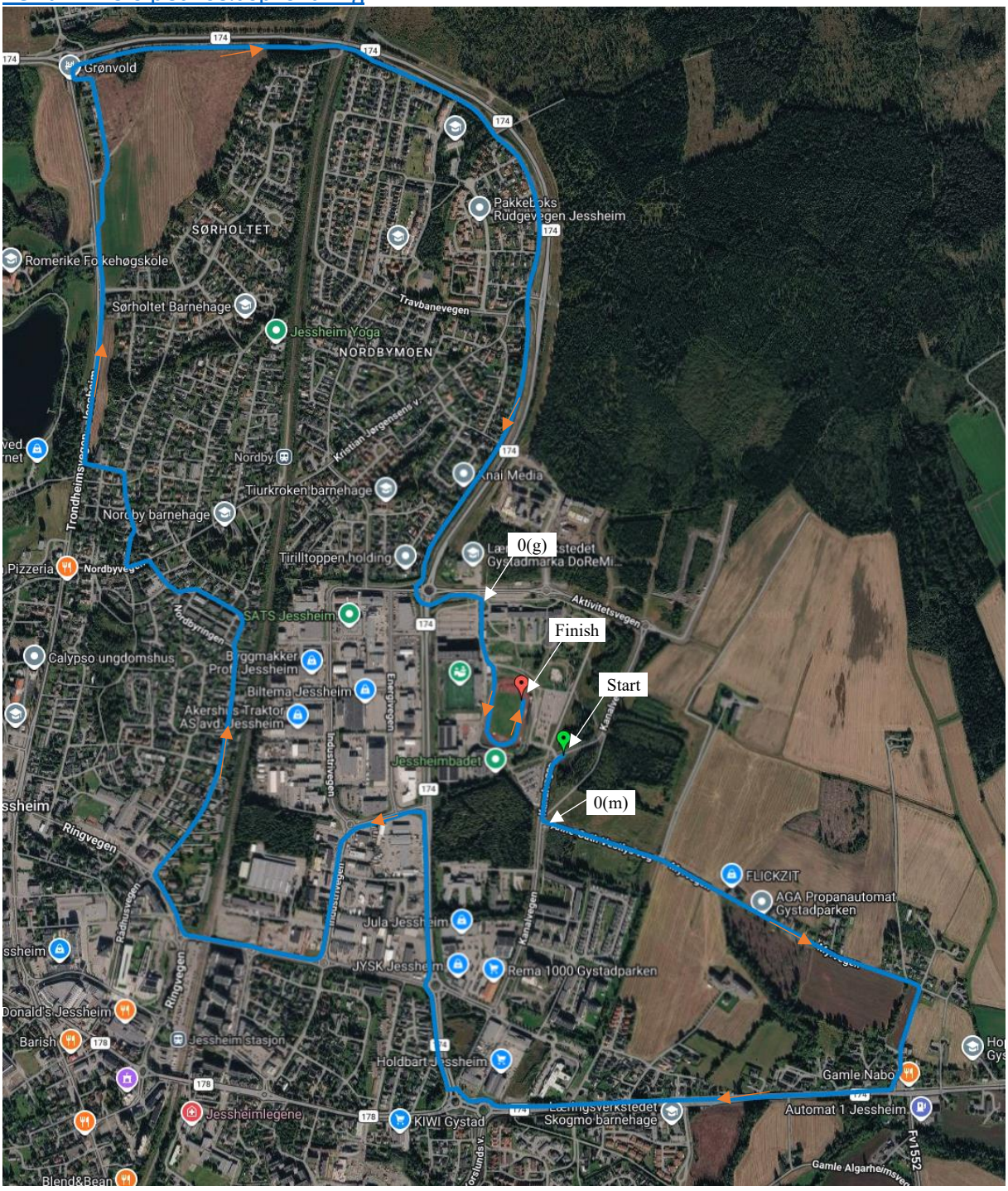
No need for adjustments

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COURSE MAP & DESCRIPTION

https://www.google.com/maps/d/edit?mid=1KwRhtmVd6ReEA-vOHJMIIwSfsIpCdXs&usp=sharing



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On Kanalvegen, 10 meters after the “No Parking” sign, just before the turn-off to the parking lot for the athletics track. Turn left toward Myrvegen, stay on Myrvegen and turn right, continuing on Myrvegen all the way down to Algarheimvegen. Turn right onto the footpath, pass the first roundabout and take the pedestrian crossing over the road (RV174) just after the next roundabout. Continue on the footpath to the next roundabout, cross Henrik Bulls veg and continue straight ahead to Brannmannsvegen. Turn left there, pass the next roundabout and continue onto Industriveien. Cross Industrivegen diagonally to the footpath on the right-hand side. Continue to the roundabout and turn right onto Henrik Bulls veg.

After two roundabouts, turn right onto Ringveien, then turn right onto Rådhusveien. Follow it to the Rådhusveien/Nordbyringen intersection and turn right onto Nordbyringen. Exit right onto Nordbyvegen and take the first road on the right toward Bjørkmoen. Follow Bjørkmoen, then take Vannveien down to the left and out onto Trondheimsvegen. Follow Trondheimsvegen along Nordbytjernet and turn right onto a small temporary road set up for the roadworks. This leads onto Karl B. Nordby veg and back down to Trondheimsvegen.

Just before the roundabout, keep right on the footpath and follow it along Riksvei 174 (RV174) all the way to Industrivegen. Go down through the underpass and up toward Aktivitetsvegen by the parking lot for Gystadmarka Ungdomsskole. At the pedestrian crossing, turn right onto the road past the parking lot, toward Jessheim Friidrettsstadion. Head diagonally toward the playground and through the gate to the running track, then go around the track and back to the finish.

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Startline

10 meters after "No-parking" sign in Kanalvegen







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Half marathon

MEASUREMENT PROCEDURE		
Measurement constant	11695 (31.10.2026) / 11654 (17.10.2026, section 0(m) – 0(g))	
Measured Distance	**Counter**	**Description of place**
0m	98 366	0(m)-Point (Kanalvegen/Myrvegen)
1 267,5m	113 190	Start-point at Athletics Stadion
0m	26 055	0(m)-Point (Kanalvegen/Myrvegen) – measured 17.10.2026, constant 11654
9 283m	134 244	0(g)-Point (Gystamarka)
0m	56 381	0(g)-Point (Gystamarka)
719m	64 787	0(m)-Point (Kanalvegen/Myrvegen)
0m	64 793	0(g)-Point (Gystamarka)
545m	71 163	Finishline at Athletics Stadion

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

The full width of the path is available to runners. The course has been measured along the shortest possible route. Most of the race is run on footpaths.

The course was divided into four sections.
The main section, section 2, will be run twice.

Section 1: From the start line at the Athletics tracks to the 0(m) point (a point at the pedestrian crossing on Myrvegen, at the Myrvegen/Kanalvegen intersection).

Section 2: From the 0(m) point to the 0(g) point (a point at the pedestrian crossing by Gystadjordet on Aktivitetsvegen, at the entrance to the parking lot for Gystadmarka Ungdomsskole). Measured 17.10.2026 with constant 11654.

Section 3: From the 0(g) point to the 0(m) point via the athletics tracks

Section 4: From the 0(g) point to the finish line at Jessheim athletics stadium.

Section 1	Start to 0(m)	1 267,5m
Section 2	Main part	9 283m
Section 3	0(g) to 0(m)	719m
Section 2	Main part	9 283m
Section 4	0(g) to finish	545m
Sum		21 097,5m

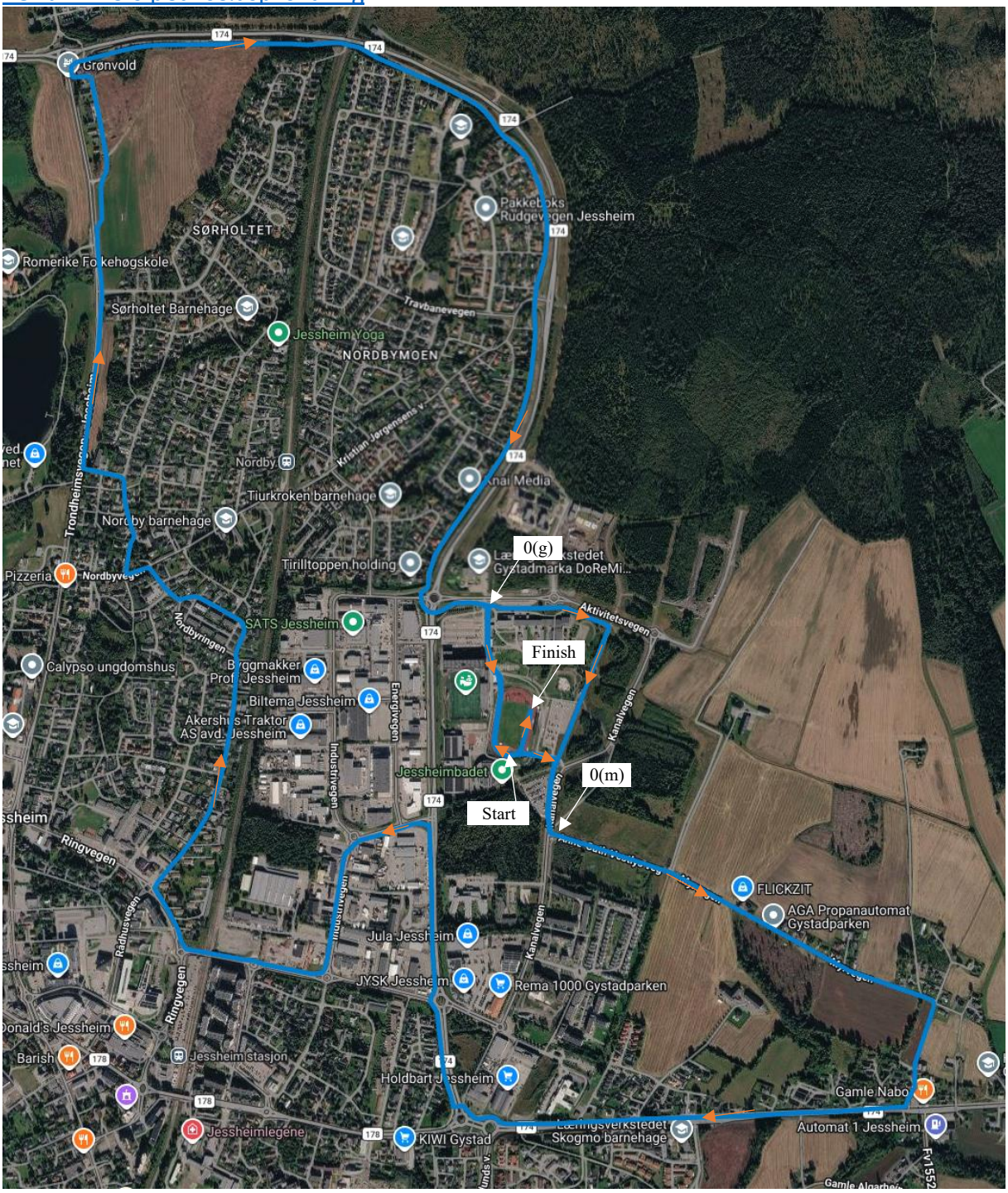
3. Course adjustment
No adjustments needed.

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COURSE MAP & DESCRIPTION

https://www.google.com/maps/d/edit?mid=1KwRhtmVd6ReEA-vOHJMIIwSfsIpCdXs&usp=sharing



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From the start in the stadium, run out of the track at the 1500 m start, past Gystadmarka Ungdomsskole and out to Aktivitetsvegen. Turn right along Aktivitetsvegen and then right again, heading back toward the stadium, onto Kanalvegen. Cross Kanalvegen diagonally and continue onto Myrvegen.

You are now on the main loop of the course (points 0(m) to 0(g)), which is run twice.
Stay on Myrvegen and turn right, continuing on Myrvegen all the way down to Algarheimvegen. Turn right onto the footpath, pass the first roundabout and take the pedestrian crossing over the road (RV174) just after the next roundabout. Continue on the footpath to the next roundabout, cross Henrik Bulls veg and continue straight ahead to Brannmannsvegen. Turn left there, pass the next roundabout and continue onto Industriveien. Cross Industrivegen diagonally to the footpath on the right-hand side. Continue to the roundabout and turn right onto Henrik Bulls veg.

After two roundabouts, turn right onto Ringveien, then turn right onto Rådhusveien. Follow it to the Rådhusveien/Nordbyringen intersection and turn right onto Nordbyringen. Exit right onto Nordbyvegen and take the first road on the right toward Bjørkmoen. Follow Bjørkmoen, then take Vannveien down to the left and out onto Trondheimsvegen. Follow Trondheimsvegen along Nordbytjernet and turn right onto a small temporary road set up for the roadworks. This leads onto Karl B. Nordby veg and back down to Trondheimsvegen.

Just before the roundabout, keep right on the footpath and follow it along Riksvei 174 (RV174) all the way to Industrivegen. Go down through the underpass and up toward Aktivitetsvegen by the parking lot for Gystadmarka Ungdomsskole. You are now at the 0(g) point, and the end of the main part.

At the pedestrian crossing, turn right onto the road past the parking lot, toward Jessheim Friidrettsstadion. Head diagonally toward the playground and through the gate to the running track. Run onto the track along the right-hand side and leave the track through the tunnel at the 110 m hurdles start. Continue to Kanalvegen and cross diagonally down to Myrvegen, where the second lap begins. You are now at the 0(m) point.

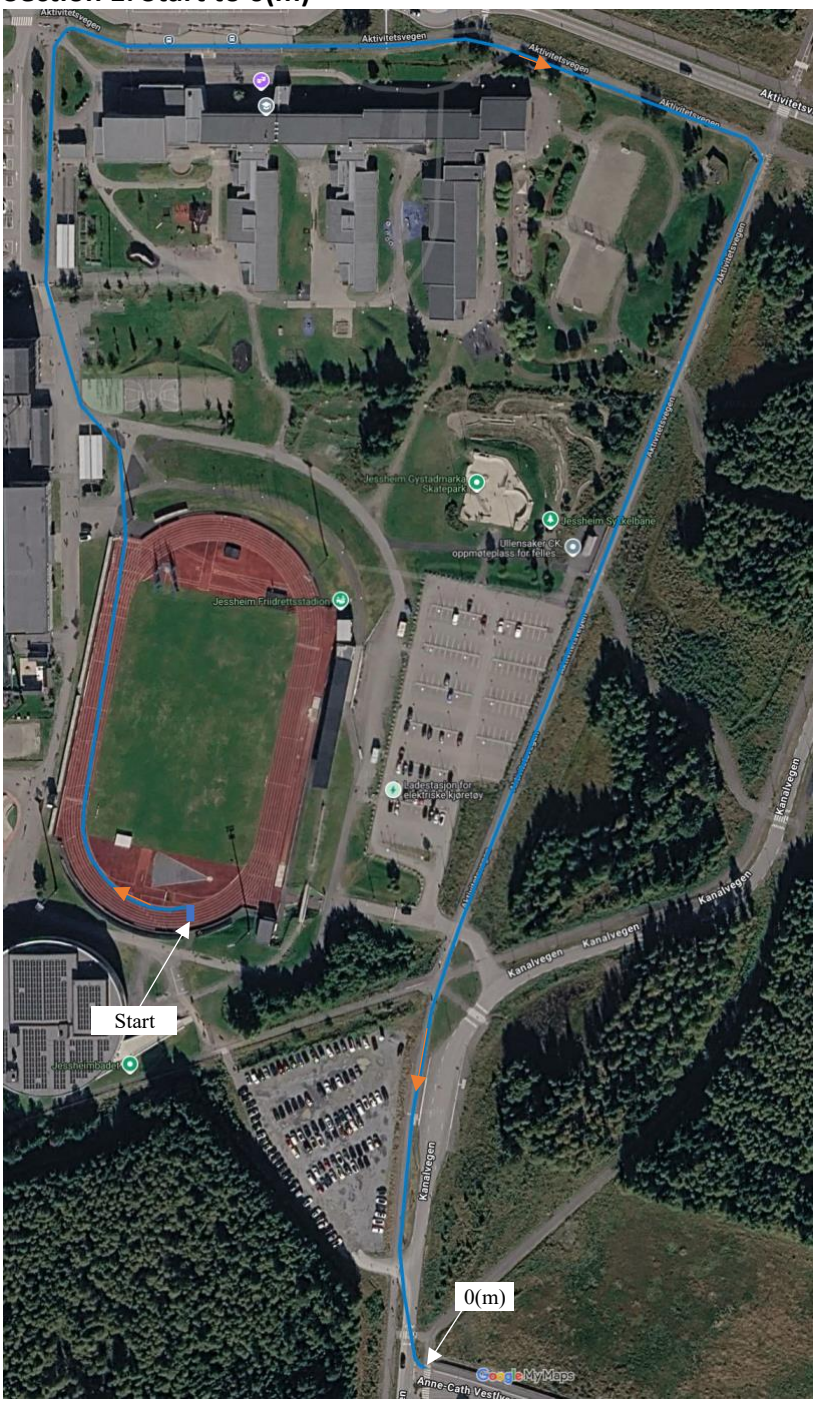
Continue a new lap, 0(m) to 0(g).

At 0(g), at the pedestrian crossing, turn right onto the road past the parking lot, toward Jessheim Friidrettsstadion. Head diagonally toward the playground and through the gate to the running track. Run onto the track along the right-hand side and to the finishline.

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Section 1: Start to 0(m)

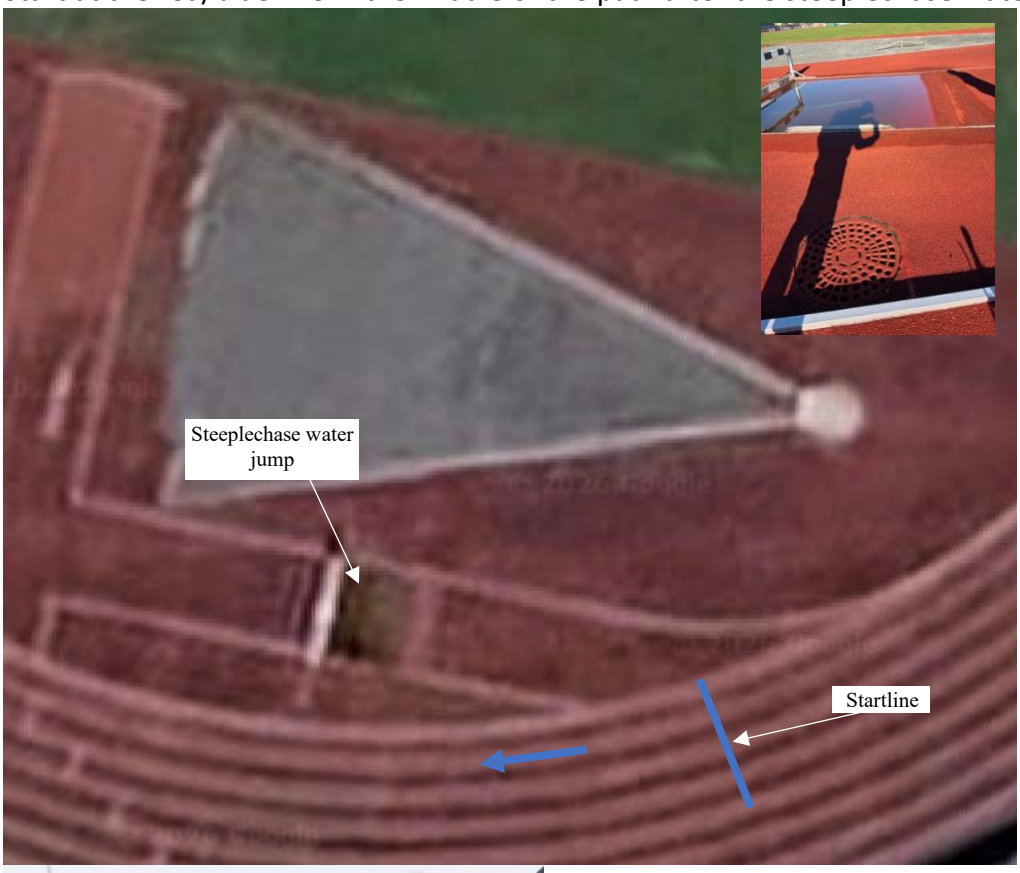


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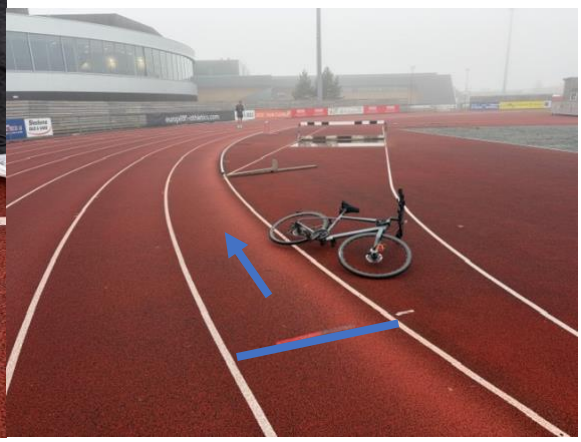
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Startline

Start at the red/blue line in the middle of the path after the steeplechase water jump.







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Marathon

MEASUREMENT PROCEDURE		
Measurement constant	11695 (31.10.2026) / 11654 (17.10.2026, section 0(m) – 0(g))	
Measured Distance	**Counter**	**Description of place**
0m	19 500	0(m)-Point (Kanalvegen/Myrvegen)
2 348m	46 955	Light-pole in Myrvegen
0m	84 941	Light-pole in Myrvegen
13m	85 090	Extra meters, 13m before light-pole
0m	26 055	0(m)-Point (Kanalvegen/Myrvegen) – measured 17.10.2026, constant 11654
9 283m	134 244	0(g)-Point (Gystamarka)
0m	56 381	0(g)-Point (Gystamarka)
719m	64 787	0(m)-Point (Kanalvegen/Myrvegen)
0m	64 793	0(g)-Point (Gystamarka)
545m	71 163	Finishline at Athletics Stadion

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

The full width of the path is available to runners. The course has been measured along the shortest possible route. Most of the race is run on footpaths.

The course was divided into four sections.
The main section, section 2, will be run four times.
Section 3 will be run three times

Section 1: From the start line in Myrvegen to the 0(m) point (a point at the pedestrian crossing on Myrvegen, at the Myrvegen/Kanalvegen intersection).

Section 2: From the 0(m) point to the 0(g) point (a point at the pedestrian crossing by Gystadjordet on Aktivitetsvegen, at the entrance to the parking lot for Gystadmarka Ungdomsskole). Measured 17.10.2026 with constant 11654.

Section 3: From the 0(g) point to the 0(m) point via the athletics tracks

Section 4: From the 0(g) point to the finish line at Jessheim athletics stadium.

Section 1	Start to 0(m)	2 361m
Section 2	Main part	9 283m
Section 3	0(g) to 0(m)	719m
Section 2	Main part	9 283m
Section 3	0(g) to 0(m)	719m
Section 2	Main part	9 283m
Section 3	0(g) to 0(m)	719m
Section 2	Main part	9 283m
Section 4	0(g) to finish	545m
Sum		**42 195m**

3. Course adjustment

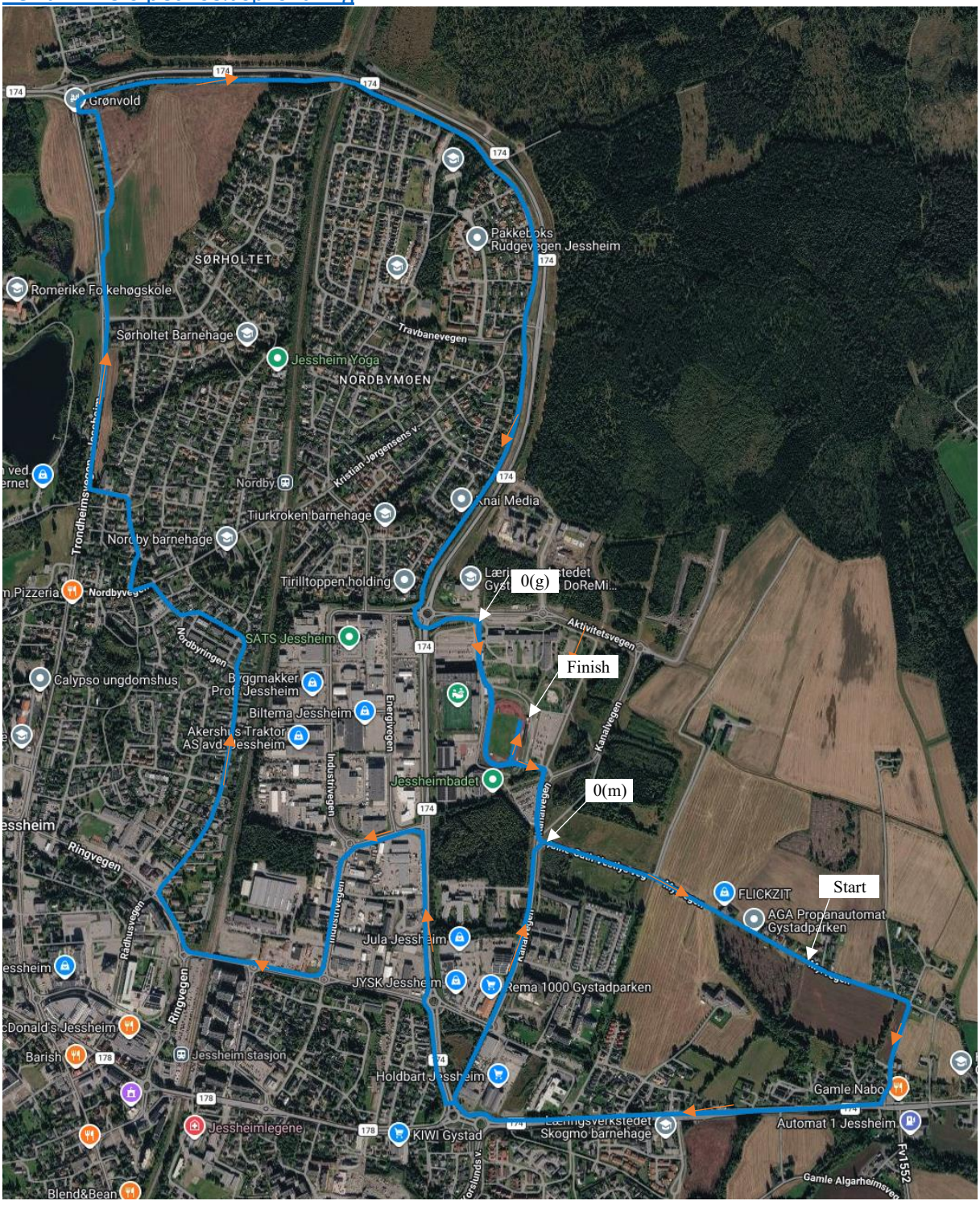
The start of the marathon distance, 0(m) to light pole, was first measured, then the missing 13m was measured, light pole to start.

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COURSE MAP & DESCRIPTION

https://www.google.com/maps/d/edit?mid=1KwRhtmVd6ReEA-vOHJMIIwSfsIpCdXs&usp=sharing



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From the start on Myrvegen, turn down to the right onto Algarheimvegen, then turn right onto the footpath. Follow the footpath to the first roundabout. At the next roundabout, just after, turn right by Toyota Romerike and go straight across the roundabout at the Kanalvegen/Henrik Bulls veg intersection. Follow Kanalvegen to the 0(m) point, where we turn right toward Myrvegen.

You are now on the main loop of the course (points 0(m) to 0(g)), which is run four times.

Stay on Myrvegen and turn right, continuing on Myrvegen all the way down to Algarheimvegen. Turn right onto the footpath, pass the first roundabout and take the pedestrian crossing over the road (RV174) just after the next roundabout. Continue on the footpath to the next roundabout, cross Henrik Bulls veg and continue straight ahead to Brannmannsvegen. Turn left there, pass the next roundabout and continue onto Industriveien. Cross Industrivegen diagonally to the footpath on the right-hand side. Continue to the roundabout and turn right onto Henrik Bulls veg.

After two roundabouts, turn right onto Ringveien, then turn right onto Rådhusveien. Follow it to the Rådhusveien/Nordbyringen intersection and turn right onto Nordbyringen. Exit right onto Nordbyvegen and take the first road on the right toward Bjørkmoen. Follow Bjørkmoen, then take Vannveien down to the left and out onto Trondheimsvegen. Follow Trondheimsvegen along Nordbytjernet and turn right onto a small temporary road set up for the roadworks. This leads onto Karl B. Nordby veg and back down to Trondheimsvegen.

Just before the roundabout, keep right on the footpath and follow it along Riksvei 174 (RV174) all the way to Industrivegen. Go down through the underpass and up toward Aktivitetsvegen by the parking lot for Gystadmarka Ungdomsskole. You are now at the 0(g) point, and the end of the main part.

At the pedestrian crossing, turn right onto the road past the parking lot, toward Jessheim Friidrettsstadion. Head diagonally toward the playground and through the gate to the running track. Run onto the track along the right-hand side and leave the track through the tunnel at the 110 m hurdles start. Continue to Kanalvegen and cross diagonally down to Myrvegen, where the second lap begins. You are now at the 0(m) point.

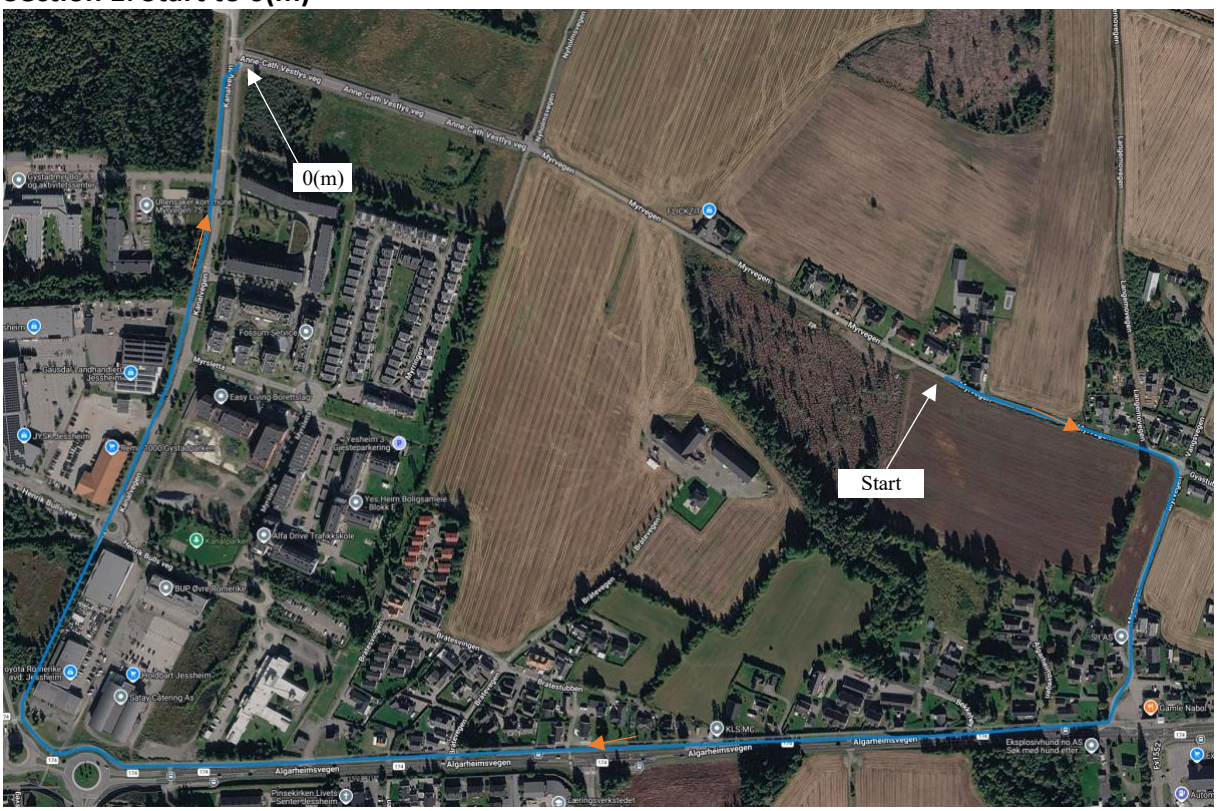
Continue three more laps

At 0(g), at the pedestrian crossing, turn right onto the road past the parking lot, toward Jessheim Friidrettsstadion. Head diagonally toward the playground and through the gate to the running track. Run onto the track along the right-hand side and to the finishline.

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Section 1: Start to 0(m)



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Startline

Start 13 meters before the lightpole in Myrvegen named 035.195.



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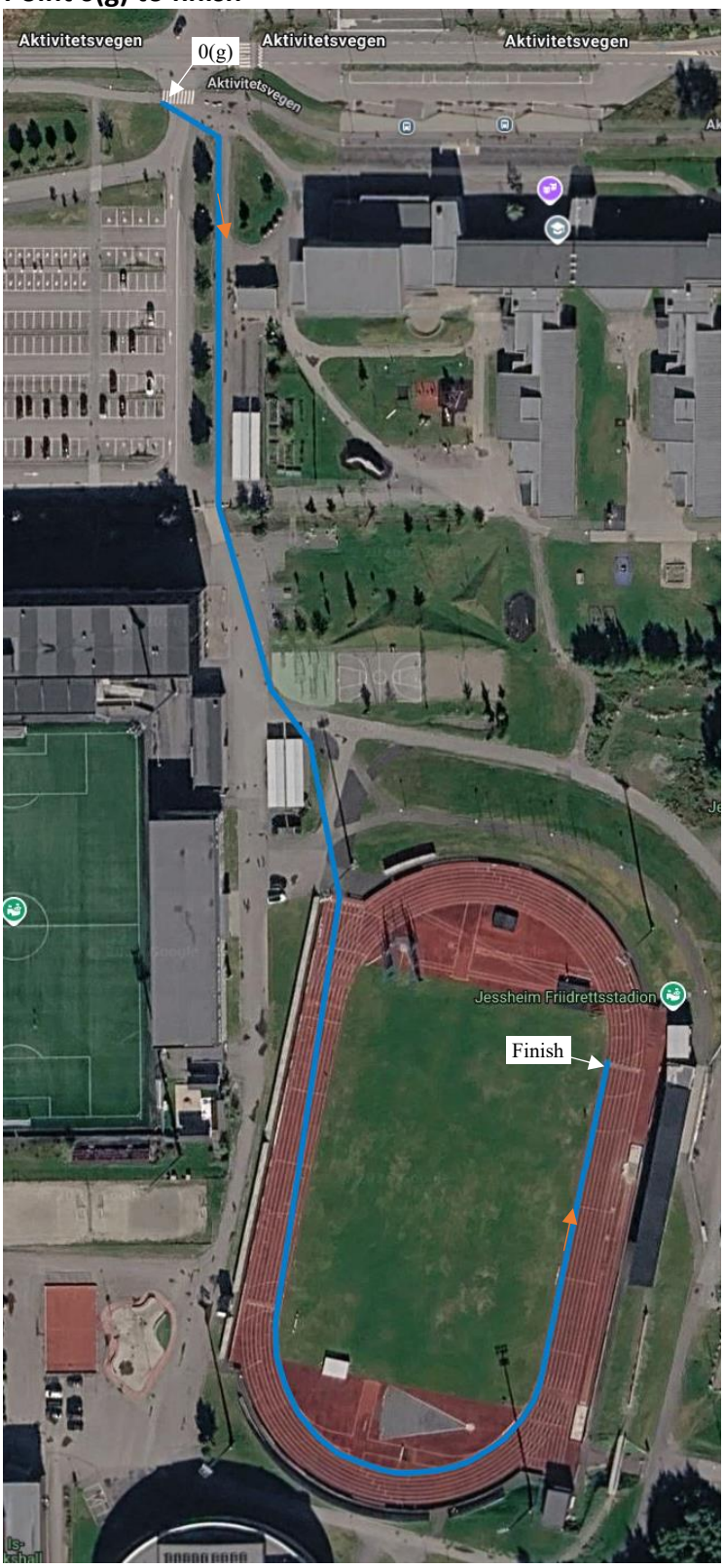
Point 0(g) to Point 0(m)



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Point 0(g) to finish



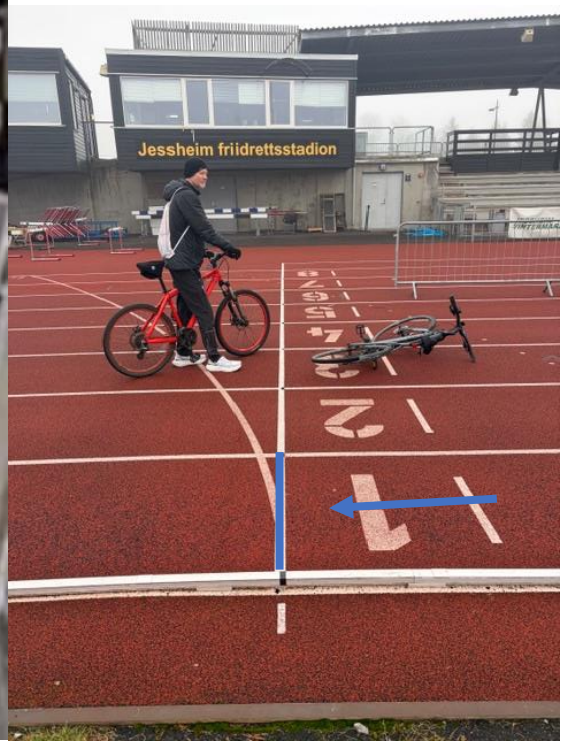
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Finishline

Start-/finish-line (0m/400m) at Jessheim Athletics Stadion





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CALIBRATION COURSE MAP

Permanent calibration course, 400 m, in Myrvegen, Jessheim.

400m in Myrvegen.
Start at the “No Parking” sign after the gate on Myrvegen, marked with a survey nail.



Stop between the 6th and 7th posts of the fence outside Myrvegen 27, marked with a survey nail.



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