

## This year consists of the following competitions:

<b>10.2</b>	Rud, NOR	9 <sup>th</sup> Nordic Indoor Match
<b>8.-9.6</b>	Uppsala, SWE	47 <sup>th</sup> Nordic Junior Championships Combined Events
<b>17.-18.8</b>	Kristiansand, NOR	16 <sup>th</sup> Nordic U20 Match & Championships
<b>10.11</b>	Vierumäki, FIN	23 <sup>rd</sup> Nordic Cross Country Championships

### Nordic Indoor Match

Bærum Idrettspark, Rud, NOR 10 Feb

#### Men

<i>60 m</i>		10 feb	
1	Henrik Larsson	SWE	6.72
2	Festus Asante	DEN/ISL	6.78
3	Kojo Musah	DEN/ISL	6.79
4	Amund Høie Sjørven	NOR	6.81
5	Odain Rose	SWE	6.83
6	Salum Ageze Kashafali	NOR	6.85
7	Roope Saarinen	FIN	6.96
8	Santeri Kuusiniemi	FIN	6.99

<i>200 m</i>		10 feb	
<i>Heat</i>			
1		2	
1	1	Mathias Hove Johansen	NOR 21.27
2	1	Roope Saarinen	FIN 21.35
3	2	Erik Annerfalk	SWE 21.54
4	2	Dennis Forsman	SWE 21.59
5	3	Andreas Trajkovski	DEN/ISL 21.86
6	3	Tuukka Huuskola	FIN 21.99
7	4	Albert Ranning	DEN/ISL 22.25
	X	Even Pettersen	NOR DQ:R163.3

<i>400 m</i>		10 feb	
<i>Heat</i>			
1		2	
1	1	Karsten Warholm	NOR 45.65
2	2	Carl Bengtström	SWE 47.17
3	1	Erik Back	FIN 48.14
4	3	Gustav Lundholm Nielsen	DEN/ISL 48.41
5	2	Nick Ekelund-Arenander	SWE 48.52
6	3	Kormakur Ari Hafliðason	DEN/ISL 48.55
7	4	Mauritz Kåshagen	NOR 48.61
8	4	Christoffer Envall	FIN 48.82

<i>800 m</i>		10 feb	
1	Andreas Bube	DEN/ISL	1:49.75
2	Markus Teijula	FIN	1:50.27
3	Christian Clausen	DEN/ISL	1:50.78
4	Benjamin Åberg	SWE	1:51.22
5	Didrik Hexeberg Warlo	NOR	1:51.78
6	Rickard Gunnarsson	SWE	1:51.91
7	Simon Haglund	FIN	1:52.62
8	Thomas Heggøy	NOR	1:55.30

Extra: Hpkon Mushom, NOR DNF

<i>1500 m</i>		10 feb	
1	Jakob Ingebrigtsen	NOR	3:36.21
2	Suldan Hassan	SWE	3:46.57
3	Joonas Rinne	FIN	3:48.57
4	Abduljaleel M. Ismail Hir	NOR	3:49.64
5	Samu Mikkonen	FIN	3:50.19
6	Jacon Steengaard	DEN/ISL	3:51.38
7	Emil Danielsson	SWE	3:55.31
8	William Devantier	DEN/ISL	3:57.98

Extra: Håkon Muhom, NOR DNF

#### *3000 m*

<i>3000 m</i>		10 feb	
1	Filip Ingebrigtsen	NOR	7:49.73
2	Peter Glans	DEN/ISL	8:08.10
3	David Nilsson	SWE	8:08.33
4	Hannu Granberg	FIN	8:08.66
5	Simon Sundström	SWE	8:11.16
6	Sigurd Ruud Skjeseth	NOR	8:14.10
7	Jonas Gertsen	DEN/ISL	8:23.49
8	Ossi Kekki	FIN	8:24.89

Extra: Erik Udø Pedersen, NOR DNF

#### *60 m hurdles*

<i>60 m hurdles</i>		10 feb	
1	Elmo Lakka	FIN	7.70
2	Vladimir Vukicevic	NOR	7.75
3	Max Hrelja	SWE	7.82
4	Anton Levin	SWE	7.85
5	Andreas Martinsen	DEN/ISL	7.96
6	Ilari Manninen	FIN	8.03
7	Oliver Chabert	DEN/ISL	8.23
8	Gjert Høie Sursen	NOR	8.72

#### *High jump*

<i>High jump</i>		10 feb	
1	Janick Klausen	DEN/ISL	2.20
2	Jonas Kløjgaard Jensen	DEN/ISL	2.12
3	Adam Chiguer	SWE	2.09
4	Simon Wiklund	SWE	2.05
5	Daniel Kosonen	FIN	2.00
=6	Frederik Jahr	NOR	2.00
=6	Matias Mustonen	FIN	2.00
8	Jon Simen Hilstad Mangset	NOR	2.00

Series 1.90 1.95 2.00 2.05 2.09 2.12 2.15 2.20 2.23

1				XO	-	XXO	-	XXO	XXX
2				O	O	XO	XO	XXX	
3	O	O	XO	O	XO	XXX			
4	O	O	O	XO	XXX				
5				O	O	XXX			
=6	O	O	XO	XXX					
=6	O	O	XO	XXX					
8	O	XO	XO	XXX					

#### *Pole vault*

<i>Pole vault</i>		10 feb	
1	Melker Svärd Jacobsson	SWE	5.82
2	Pål Haugen Lillefosse	NOR	5.56
3	Eirik Greibrokk Dolve	NOR	5.30
4	Urho Kujanpää	FIN	5.30
5	Tommi Holttinen	FIN	5.30
6	Carl Sténson	SWE	5.00
7	Oliver Chabert	DEN/ISL	4.90
8	Jacob Aagaard Jensen	DEN/ISL	4.60

Series 4.20 4.40 4.60 4.75 4.90 5.00 5.10 5.20 5.30 5.40 5.48 5.56 5.61 5.82

1								XO	-	XXO	-	XO	XO	r
2								O	-	O	XO	O	O	XXX
3								XO	X-	O	XXX			
4								O	-	XO	XXX			
5								O	-	XXO	XXX			
6										XO	O	O	XX-	X
7								O	XO	O	XXX			
8	O	XO	O	XXX										

#### *Long jump*

<i>Long jump</i>		10 feb	
1	Thobias Nilsson Montler	SWE	8.05
2	Andreas Otterling	SWE	7.71
3	Sebastian Pedersen	DEN/ISL	7.39

4	Andreas Trajkovski	DEN/ISL	7.39
5	Henrik Flåtnes	NOR	7.38
6	Amund Høie Sjursen	NOR	7.31
7	Roni Ollikainen	FIN	7.28
8	Kalle Salminen	FIN	7.21

Series	1	2	3	4	5	6
1	7.89	7.96	7.60	-	8.05	X
2	7.25	7.10	7.71	7.58	7.61	X
3	7.13	7.30	7.27	X	7.12	7.39
4	7.15	7.08	7.39	7.13	7.25	7.19
5	7.38	7.30	7.30	X	7.12	7.37
6	X	5.36	7.27	7.31	7.19	7.17
7	X	7.28	X	X	7.27	X
8	6.75	X	7.03	7.19	7.21	7.17

### Triple jump

		10 feb	
1	Jesper Hellström	SWE	16.20
2	Erik Ehrlin	SWE	15.87
3	Tobias Koukkola	FIN	15.42
4	Arttu Tyystjärvi	FIN	15.34
5	Jannick Bagge	DEN/ISL	14.87
6	Sondre Vie Ytrearene	NOR	14.83
7	Dennis Mägi	DEN/ISL	14.58
8	Per Bucher Johannessen	NOR	14.50

Series	1	2	3	4	5	6
1	15.58	15.79	15.94	-	16.20	-
2	X	X	15.87	X	15.08	X
3	15.31	15.11	15.42	X	X	15.15
4	15.21	X	X	15.34	X	15.33
5	X	-	X	-	14.87	14.87
6	14.83	14.71	14.46	14.76	14.83	14.59
7	14.27	X	14.51	14.58	14.52	X
8	14.47	14.50	14.13	X	14.14	X

### Shot put

		10 feb	
1	Marcus Thomsen	NOR	20.30
2	Wictor Petersson	SWE	19.55
3	Timo Kööpikkä	FIN	18.72
4	Tomas Söderlund	FIN	17.69
5	Gabriel Heen	SWE	17.63
6	Casper Jørgensen	DEN/ISL	16.02
7	Stefan M. Mortensen	DEN/ISL	14.50
8	Sondre A. Høyland	NOR	13.38

Series	1	2	3	4	5	6
1	19.79	19.83	20.04	19.73	20.30	19.79
2	19.27	19.35	19.55	X	19.28	18.58
3	18.72	X	X	X	X	X
4	16.39	17.26	17.69	X	X	X
5	17.21	17.63	17.23	X	X	X
6	15.96	15.92	X	15.90	X	16.02
7	13.05	14.50	X	14.14	14.44	14.12
8	12.58	12.22	X	12.49	X	13.38

No relay. Decided by Nordic Congress.

Points Men	Nation	Total
	SWE	139
	NOR	104,5
	DEN/ISL	102
	FIN	97,5

## Women

60 m		10 feb	
1	Matilde Kramer	DEN/ISL	7.34
2	Irene Ekelund	SWE	7.41
3	Helene Rønningen	NOR	7.41
4	Milja Thureson	FIN	7.42
5	Elin Östlund	SWE	7.43
6	Astrid Glenner-Frandsen	DEN/ISL	7.48
7	Astrid Mangen Ingebrigtsen	NOR	7.53
8	Anniina Kortetmaa	FIN	7.58

200 m		10 feb	
Heat			
1	2		
1	1	Helene Rønningen	NOR 23.57
2	2	Lisa Lilja	SWE 23.68
3	1	Aino Pulkinen	FIN 23.98
4	3	Milja Thureson	FIN 24.02
5	2	Astrid Mangen Ingebrigtsen	NOR 24.08
6	3	Daniella Busk	SWE 24.09
7	4	Astrid Glenner-Frandsen	DEN/ISL 24.18
8	4	Guðbjörg Jóna Bjarnadóttir	DEN/ISL 24.19

400 m		10 feb	
Heat			
1	2		
1	1	Elise Malmberg	SWE 55.04
2	2	Kristiina Halonen	FIN 55.41
3	1	Eveliina Määttänen	FIN 55.42
4	2	Frida Røe Tærum	NOR 55.74
5	3	Þordis Eva Steinsdóttir	DEN/ISL 55.75
6	3	Mari Drabløs	NOR 56.24
7	4	Olivia Thorsgaard	DEN/ISL 56.52
	X	Sandra Knezevic	SWE DQ:R163.3

800 m		10 feb	
1	Sara Kuivisto	FIN	2:04.20
2	Hedda Hynne	NOR	2:04.44
3	Hanna Hermansson	SWE	2:04.73
4	Anita Hinriksdóttir	DEN/ISL	2:06.40
5	Yngvild Elvemo	NOR	2:06.83
6	Jonna Julin	FIN	2:09.40
7	Laura Nørrung Paulsen	DEN/ISL	2:09.66
8	Sofia Öberg	SWE	2:11.90

Extra: Solveig Hernandez Vråle, NOR DNF

1500 m		10 feb	
1	Lisa Havell	SWE	4:15.69
2	Sigrid Jervell Våg	NOR	4:23.46
3	Nathalie Blomqvist	FIN	4:24.62
4	Linn Söderholm	SWE	4:24.65
5	Amalie Sæten	NOR	4:28.01
6	Rebekka Fugløy	DEN/ISL	4:32.38
7	Line Schultz	DEN/ISL	4:46.53
	Jonna Julin	FIN	DNS

Extra: Anita Hinriksdóttir, DEN/ISL DNF

3000 m		10 feb	
1	Karoline Bjerkeli Grøvdal	NOR	8:44.68
2	Maja Alm	DEN/ISL	9:14.87
3	Samrawit Mengsteab	SWE	9:22.42
4	Janica Rauma	FIN	9:25.22
5	Simone Glad	DEN/ISL	9:30.53
6	Kaisa Tyni	FIN	9:31.99
7	Pernille Eugenie Epland	NOR	9:41.17
8	Sanna Mustonen	FIN	9:46.63

60 m hurdles		10 feb	
1	Reetta Hurske	FIN	8.07
2	Mathilda Bognaoff	FIN	8.15
3	Khaddi Sagnia	SWE	8.17
4	Tilde Johansson	SWE	8.22
5	Martine Hjørnevik	NOR	8.38
6	Mette Gravergaard	DEN/ISL	8.48
7	Mathilde Heltbech	DEN/ISL	8.51
8	Kristina Stensvoll Reppe	NOR	8.52

High jump		10 feb	
1	Erika Kinsey	SWE	1.90
2	Tonje Angelsen	NOR	1.87
3	Maja Nilsson	SWE	1.84
4	Linda Sandblom	FIN	1.84
5	Elina Kakko	FIN	1.80
6	Rikke Andersen	DEN/ISL	1.75
7	Maria Run Gunnlaugsdóttir	DEN/ISL	1.75
8	Sigríð Kleive	NOR	1.70

Series	1.60	1.65	1.70	1.75	1.80	1.84	1.87	1.90	1.94
1				o	o	o	o	xxo	xxx
2			o	o	xxo	o	xxo	xxx	
3			o	o	xo	o	r		
4			o	o	o	xxo	xxx		
5		o	o	o	xo	xxx			
6	o	o	o	o	xxx				
7	o	o	o	xo	xxx				
8	o	o	o	xxx					

Pole vault		10 feb	
1	Michaela Meijer	SWE	4.75
=2	Minna Nikkanen	FIN	4.15
=2	Hanna Jansson	SWE	4.15
4	Birgitte Kjuus	NOR	3.95
5	Line R. Jensen	DEN/ISL	3.95
6	Caroline Ranners	DEN/ISL	3.70
7	Agnes Elisabeth Morud	NOR	3.55
	Wilma Murto	FIN	NM

Series	3.35	3.55	3.70	3.85	3.95	4.05	4.15	4.25	4.45	4.65	4.75
1								o	o	o	xxx
=2								o	xxx		
=2				o	o	o		o	xxx		
4			o	o	o	xxx					
5			o	xo	o	xxx					
6		x-	o	xxx							
7	o	o	xxx								

Long jump		10 feb	
1	Taika Koilahti	FIN	6.38
2	Hafdis Sigurdardóttir	DEN/ISL	6.34
3	Jessica Kähärä	FIN	6.14
4	Kaiza Karlén	SWE	6.07
5	Malin Malmbrandt	SWE	6.07
6	Mia Guldteig Lien	NOR	5.89
7	Thale Leirfall Bremset	NOR	5.80
8	Martha Traoré	DEN/ISL	5.71

Series	1	2	3	4	5	6
1	6.38	X	X	6.06	-	6.38
2	6.23	6.32	6.25	6.24	6.34	6.05
3	5.93	6.14	X	5.90	4.38	5.97
4	5.65	X	X	5.84	6.14	X
5	6.00	5.96	X	5.87	6.07	6.02
6	5.85	5.84	5.89	X	X	X
7	5.51	5.72	5.55	X	5.68	5.80
8	5.71	4.40	5.62	5.52	5.65	5.28

Triple jump		10 feb	
1	Janne Nielsen	DEN/ISL	13.40
2	Oda Utsi Onstad	NOR	13.28
3	Monika Elisabeth Benserud	NOR	13.25
4	Emilie Nyman Wänseth	SWE	13.05
5	Saara Hakanen	FIN	12.89
6	Kira Kytälä	FIN	12.86
7	Fatima Kone	SWE	12.68
8	Katrine Holten Winther	DEN/ISL	12.32

Series	1	2	3	4	5	6
1	X	X	13.05	12.71	13.40	13.24
2	13.11	13.26	12.22	13.28	12.02	13.22
3	12.80	12.76	11.28	12.66	13.15	13.25
4	12.68	12.93	13.05	13.04	12.84	X
5	12.25	X	12.64	X	X	12.89
6	12.46	X	12.86	X	X	12.81
7	12.48	X	12.68	12.65	12.68	12.30

8	X	12.19	12.32	X	11.96	12.13
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Shot put		10 feb	
1	Fanny Roos	SWE	17.94
2	Frida Ålerström	SWE	16.57
3	Eveliina Rouvali	FIN	15.72
4	Maria Sløk Hansen	DEN/ISL	15.46
5	Thea Jensen	DEN/ISL	14.85
6	Helena Leveelahti	FIN	14.79
7	Birthe Franck-Petersen	NOR	11.95
8	Elisabeth Rosvold	NOR	11.89

Series	1	2	3	4	5	6
1	17.73	17.44	X	17.72	17.48	17.94
2	15.97	15.96	X	X	X	16.57
3	X	15.25	15.72	X	X	X
4	14.82	15.46	14.99	X	15.05	14.98
5	13.48	13.99	14.85	14.11	X	14.52
6	X	13.27	14.27	14.79	X	X
7	11.29	11.36	11.95	X	X	X
8	11.81	11.89	X	X	X	X

No relay. Decided by Nordic Congress.

Points Women	Nation	Total
	SWE	131,5
	FIN	118,5
	NOR	103
	DEN/ISL	88

## Nordic Junior Championships Combined Events

Uppsala Friidrottsarena, Uppsala, SWE 8-9 Jun

### Men

#### U23 Decathlon

1	<b>Christian Gundersen</b>	<b>DEN</b>	<b>6.633</b>
2	<b>Tuomas Valle</b>	<b>FIN</b>	<b>6.365</b>
3	<b>Sindri Magnússon</b>	<b>ISL</b>	<b>6.183</b>
4	Ari Sigþór Eiríksson	ISL	6.034
5	Gunnar Eyjólfsson	ISL	5.980
6	Toma Lahtinen	FIN	5.886

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

1	11.23	6.78	11.42	1.87	50.80	15.92	40.22	3.55	44.78	4:52.05
	810	762	571	687	778	742	669	496	512	606
		+1,9	+2,2							+1,7
2	11.56	6.46	12.45	1.75	55.06	14.94	41.27	3.75	52.32	5:29.23
	740	688	634	585	596	857	690	549	623	403
		+1,9	+2,1							+1,7
3	11.22	6.41	9.66	2.94	50.84	16.83	30.66	3.35	47.94	4:41.55
	812	677	465	661	776	642	477	444	558	671
		+1,9	+2,0							+1,7
4	11.50	6.89	10.94	1.81	56.38	17.47	40.64	3.95	42.61	5:23.26
	753	788	542	636	545	576	678	603	480	433
		+1,9	+2,2							+1,7
5	11.42	6.57	9.41	1.81	52.96	17.34	32.26	3.75	44.24	4:56.83
	769	713	450	636	683	589	509	549	504	578
		+1,9	+2,1							+1,7
6	11.66	6.29	11.03	1.66	56.53	17.39	36.15	4.05	53.23	5:14.51
	719	650	548	512	539	584	587	631	637	479
		+1,9	+2,7							+1,7

#### High jump

Series	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						xo	-	o	o	xo	xxo	xxx
2								o	-	xxx		
3								xo	o	xo	xo	xxx
4								o	o	xxo	xxx	
5							xo	o	xo	xo	xxx	
6	xo	o	o	xo	xxx							

#### Pole vault

Series	2.85	3.05	3.25	3.35	3.45	3.55	3.65	3.75	3.85	3.95	4.05	4.15
1						xo	-	xxx				
2							o	xxo	o	xxx		
3	o	o	o	o	xxx							
4											o	-
5									o	xxx		

6			xxo	o	xo	o	o	o	xxx
	Long jump	Shot put	Discus throw			Javelin throw			
1	6.74 X 6.78 +1,7 +2,2	11.42 11.40 11.30	35.24 40.22 X	44.78 - -					
2	X 6.46 X +2,1	11.67 11.18 12.45	X 40.34 41.27	50.61 50.42 52.32					
3	5.94 6.41 6.28 +0,5 +2,0 +2,8	9.66 9.49 9.63	30.66 X X	X 47.94 X					
4	6.71 6.89 5.44 +3,0 +2,2 +2,8	X 10.94 X	35.88 39.73 40.64	42.61 42.57 42.54					
5	6.08 6.57 6.54 +1,9 +2,1 +3,6	X 9.41 X	26.64 26.91 32.26	X 44.24 41,87					
6	5.37 6.14 6.29 +2,4 +1,2 +2,7	10.32 10.94 11.03	34.11 36.15 33.58	46.71 53.23 49.83					

## U20 Decathlon

1	Juuso Toivonen	FIN	7.220
2	Emil Uhlin	SWE	7.166
3	Simon Thor	SWE	6.948
4	Carl af Forselles	SWE	6.941
5	Philip Stömne	SWE	6.771
6	Gjert Høie Sjørusen	NOR	6.649
7	Tarmo Savola	FIN	6.462
8	Sebastian Marrot	NOR	5.605

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

1	11.15 6.93 13.40 1.90 51.29 14.87 33.48 4.65 51.88 4:50.48
	827 797 692 714 756 865 533 804 616 616
	+2,4 +2,0 +2,6
2	11.62 7.07 12.02 2.05 52.58 15.15 40.56 4.55 46.31 4:47.41
	728 830 608 850 700 831 676 775 534 634
	+2,4 +2,7 +2,6
3	11.91 6.57 14.87 1.96 55.97 15.91 38.14 4.85 56.73 5:04.67
	669 713 782 767 560 743 627 865 689 533
	+2,4 +3,2 +2,6
4	11.03 7.00 11.27 1.93 50.,75 14.56 35.66 4.45 35.71 4:55,65
	854 814 562 740 780 903 577 746 380 585
	+2,4 +1,6 +2,6
5	11.29 6.53 12.47 1.93 51.54 14.88 35.21 4.15 45.90 5:05.06
	797 704 635 740 745 864 568 659 528 531
	+2,4 +3,9 +2,6
6	11.26 7.06 13.17 1.72 52.44 14.69 41.95 3.65 44.41 5:19.20
	804 828 678 560 706 887 704 522 506 454
	+2,4 +2,0 +2,6
7	11.47 7.21 11.48 1.90 52.69 15.53 27.42 4.05 48.32 5:18.33
	759 864 575 714 695 787 414 631 564 459
	+2,4 +3,6 +2,6
8	11.39 NM 12.30 1,66 51,66 15,40 31,70 3,65 50,19 5:03.66
	776 0 625 512 740 802 498 522 591 539
	+2,4 +2,6

## 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	o	o	xxx		
2																	
3		o	xxo	xxx													
4																	
5																	
6																	
7																	
8		o	-	o	o	xo	xxo	xxx									

## Pole vault

Series	3.15	3.35	3.55	3.65	3.75	3.85	3.95	4.05	4.15	4.25	4.35	4.45	4.55	4.65	4.75	4.85	5.05
1																	
2										o	-	xo	o	o	xxo	xxx	
3																	
4																	
5																	
6			o	xxo	xo	xxx											
7																	
8		o	xo	xxo	xo	xxx											

	Long jump	Shot put	Discus throw			Javelin throw		
1	6.81 6.86 6.93 +1,6 +1,6 +2,0	12.72 12.75 13.40	31.71 33.48 28.18	51.88 49.68 51.22				

2	6.65 7.07 6.67 +3,2 +2,7 +1,7	11.37 X 12.02 X	40.56 39.63 X	- 46.31				
3	6.55 X 6.57 +1,3 +3,2	14.06 14.87 X	37.99 38.14 X	52.91 55.26 56.73				
4	7.00 X X +1,6	11.12 X 11.27	27.65 X 35.66	31.73 34.26 35.71				
5	6.25 6.53 6.51 +2,0 +3,9 +1,8	12.47 X 12.20 X	35.21 X 39.24	43.54 45.90				
6	X 6.52 7.06 +2,4 +2,0	12.94 12.59 13.17	36.71 36.60 41.95	44.00 43.83 44.41				
7	X 7.21 X +3,6	10.52 10.40 11.48 X	24.12 27.42 47.85	43.84 48.32				
8	X X X +2,2 +2,5	12.30 X 11.92 X	31.70 X 47.02	50.19 46.35				

## U18 Decathlon

1	Sander Aae Skotheim	NOR	7.379
2	Ville Toivonen	FIN	7.048
3	Eemil Porvari	FIN	6.759
4	Nikolaj Grønbech	DEN	6.295
5	Tobias Andersson	DEN	6.185
6	Oliver Ellström	SWE	6.157
7	Jacob Thelander	SWE	6.132
8	Jón Þorri Hermannsson	ISL	6.046

9 Dagur Fannar Einarsson, ISL 5.966, 10 Fredrik Grund, SWE 5.945, 11 Abraham Vogelsang, NOR 5.920, Jonas Skåden, NOR DNF, Oswald Carstensen, DEN DNF

## Extra:

E1	Scott Ygård	NOR	DNF
(110m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 700g, 400m, 100m, Long jump, Shot put 5kg, High jump, 1500m)			

1	11.30 6.84 14.02 2.02 50.75 14.33 41.62 4.15 50.06 4:53.49
	795 776 730 822 780 932 698 659 589 598
	+3,7 +3,8 +0,7
2	11.33 6.56 14.36 1.75 54.26 14.75 39.00 3.95 69.01 4:55.92
	789 711 750 585 629 880 644 603 874 583
	+3,7 +4,1 +0,7
3	11.79 6.60 11.53 1,84 52.43 15.36 37.51 3.55 66.50 4:45.16
	693 720 578 661 706 807 614 496 836 648
	+2,2 +0,5 +0,7
4	11.63 6.42 13.95 1.69 54.43 15.59 39.89 4.05 57.70 6:08.23
	725 679 725 536 622 780 662 631 703 232
	+2,2 +2,7 +0,7
5	11.17 6.53 13.16 1.69 52.47 16.68 39.76 3.25 44.01 5:09.65
	823 704 677 536 704 658 660 418 500 505
	+2,2 +2,2 +1,8
6	11.14 6.43 11.06 1.69 51.91 16.53 30.67 3.95 43.83 4:56.87
	830 682 549 536 729 674 478 603 498 578
	+3,7 +2,4 +1,8
7	11.30 6.42 10.96 1.93 52.51 16.36 30.12 3.35 44.96 5:01.08
	795 679 543 740 703 693 467 444 514 554
	+3,7 +2,1 +1,8
8	11.76 6.35 11.83 1.69 53.16 16.02 37.41 3.65 36.24 4:49.13
	699 664 596 536 675 730 612 522 388 624
	+2,2 +3,1 +0,7
9	11.42 6.51 12.14 1.75 52.34 16.11 38.01 NM 49.02 4:41.74
	769 700 615 585 710 720 624 0 574 669
	+3,7 +4,1 +0,7
10	11.47 5.90 13.02 1.72 52.90 16.23 33.90 3.35 40.35 4:58.78
	759 565 668 560 686 707 542 444 447 567
	+3,7 +0,8 +1,8
11	11.91 6.27 12.01 1.90 54.85 16.72 35.63 2.85 48.85 5:00.72
	669 646 607 714 605 654 576 321 572 556
	+2,2 +3,2 +1,8
11.12	6.26 10.64 1.69 51.68 16.69 37.67 2.85 49.69 DNS
	834 644 524 536 739 657 617 321 584
	+3,7 +2,8 +1,8
11.77	5.97 14.81 1.69 55.31 16.15 36.56 NM DNS
	697 580 778 536 586 716 595 0
	+2,2 +2,3 +0,7
E1	11.60 5.10 12.00 1.63 DNS
	732 402 606 488
	+2,2 +2,5







+0,9 +0,2 +2,4

## Nordic U20 Match & Championships

Kristiansand Stadion, Kristiansand, NOR 17-18 Aug

### Men

100 m		17 Aug	-2,0
1	<b>Tazana Kamange-Dyrbak</b>	<b>DEN/ISL</b>	<b>10.79</b>
2	<b>Samuel Purola</b>	<b>FIN</b>	<b>10.82</b>
3	<b>Vidar Stenqvist</b>	<b>SWE</b>	<b>11.04</b>
4	Tobias G. Larsen	DEN/ISL	11.05
5	Viktor Thor	SWE	11.05
6	Filip Bøe	NOR	11.16
7	Jesse Väyrynen	FIN	11.21
8	Jacob Vaula	NOR	11.28

200 m		18 Aug	-1,9
1	<b>Filip Bøe</b>	<b>NOR</b>	<b>22.04</b>
2	<b>Tobias G. Larsen</b>	<b>DEN/ISL</b>	<b>22.23</b>
3	<b>Tommi Mäkinen</b>	<b>FIN</b>	<b>22.28</b>
4	Tomasz Siemieniuch	NOR	22.48
5	Rasmus Hugosson	SWE	22.52
6	Lassi Kaukonen	FIN	22.61
7	Caleb Conable	SWE	22.79
8	Emil Frände	DEN/ISL	22.83

400 m		17 Aug	
1	<b>Tommi Mäkinen</b>	<b>FIN</b>	<b>48.50</b>
2	<b>Hinrik Snär Steinsson</b>	<b>DEN/ISL</b>	<b>48.74</b>
3	<b>Asseri Välimäki</b>	<b>FIN</b>	<b>48.91</b>
4	Luca Thompson	NOR	49.28
5	Kari Wällgren	SWE	49.72
6	Andreas Haara Bakketun	NOR	50.20
7	Jacob Helsing	SWE	50.36
8	Sebastian Larvad	DEN/ISL	51.85

800 m		18 Aug	
1	<b>Luca Thompson</b>	<b>NOR</b>	<b>1:50.94</b>
2	<b>William Deventier</b>	<b>DEN/ISL</b>	<b>1:51.11</b>
3	<b>Sigurd Tveit</b>	<b>NOR</b>	<b>1:51.25</b>
4	Elias Tuominen	FIN	1:51.72
5	Niko Viljola	FIN	1:51.95
6	Albert Nygren	SWE	1:53.61
7	Anton Axelsson	SWE	1:57.27
8	Rasmus Balzersen	DEN/ISL	2:01.26

1500 m		17 Aug	
1	<b>William Devantier</b>	<b>DEN/ISL</b>	<b>4:01.97</b>
2	<b>Alexander T. Nikolaisen</b>	<b>DEN/ISL</b>	<b>4:02.60</b>
3	<b>Eemil Helander</b>	<b>FIN</b>	<b>4:02.86</b>
4	Omar Ismail	SWE	4:06.70
5	Andreas Vangsnes	NOR	4:07.46
6	Erik Jälknäs	SWE	4:08.08
7	Niklas Heikkilä	FIN	4:09.52
8	Moa Abounnachat Bollerød	NOR	4:18.33

5000 m		18 Aug	
1	<b>Omar Nuur</b>	<b>SWE</b>	<b>14:17.11</b>
2	<b>Eemil Helander</b>	<b>FIN</b>	<b>14:20.69</b>
3	<b>Jonathan Andersen Vedvik</b>	<b>NOR</b>	<b>14:21.38</b>
4	Emil Millan de Oliva	SWE	14:22.17
5	Mika Kotiranta	FIN	14:56.58

6	Håkon Stavik	NOR	15:20.65
7	Oliver Bjørslev	DEN/ISL	15:44.83
	Alexander T. Nikolaisen	DEN/ISL	DNF

110 m hurdles		17 Aug	-2,7
1	<b>Benjamin Tinglöv</b>	<b>SWE</b>	<b>14.16</b>
2	<b>Juuso Peltola</b>	<b>FIN</b>	<b>14.34</b>
3	<b>Markus Rooth</b>	<b>NOR</b>	<b>14.66</b>
4	Eero Ilomäki	FIN	14.69
5	Philip Stömne	SWE	15.12
6	Gjert Høie Sjursen	NOR	15.14
7	Andreas Christoffersen	DEN/ISL	15.99
8	Alfred D. Larsen	DEN/ISL	17.14

400 m hurdles		18 Aug	
1	<b>Andreas Haara Bakketun</b>	<b>NOR</b>	<b>52.00</b>
2	<b>Kalle Stylman</b>	<b>FIN</b>	<b>52.66</b>
3	<b>Johan Claesson</b>	<b>SWE</b>	<b>52.80</b>
4	Gustav Karlsson	SWE	53.87
5	Andreas Dixon	NOR	55.33
6	Eero Ilomäki	FIN	56.23
7	Tobias Andersson	DEN/ISL	58.72
8	Christoffer Gissel	DEN/ISL	59.44

3000 m steeplechase		18 Aug	
1	<b>Omar Nuur</b>	<b>SWE</b>	<b>9:06.16</b>
2	<b>Lars Agnar Hjelmeset</b>	<b>NOR</b>	<b>9:25.71</b>
3	<b>Petter Myhr</b>	<b>NOR</b>	<b>9:28.87</b>
4	Hassan Abdiqadir	SWE	9:31.73
5	Walte Hautala	FIN	9:35.23
6	Jeppe Jensen	DEN/ISL	9:40.71
7	Samuel Auvinen	FIN	9:53.86
8	Louis Cantby	DEN/ISL	10:15.91

5000 m race walking		18 Aug	
1	<b>Jerry Jokinen</b>	<b>FIN</b>	<b>22:35.97</b>
2	<b>Lauri Joukas</b>	<b>FIN</b>	<b>22:36.07</b>
3	<b>Tobias Lømo</b>	<b>NOR</b>	<b>23:38.57</b>
4	Andreas Døske	NOR	24:55.66
5	Asbjørn Birkelund	DEN/ISL	28:08.09

High jump		17 Aug	
1	<b>Kristján Viggó Sigfinnsson</b>	<b>DEN/ISL</b>	<b>2.13</b>
2	<b>Arttu Mattila</b>	<b>FIN</b>	<b>2.13</b>
3	<b>Oliver Ericsson</b>	<b>SWE</b>	<b>2.10</b>
4	Emil Uhlin	SWE	2.10
5	Daniel Kosonen	FIN	2.07
6	Sander Aae Skotheim	NOR	2.03
7	Vetle Raa Ellingsen	NOR	1.99
8	Marius Petersen	DEN/ISL	1.95

Series	1.80	1.85	1.90	1.95	1.99	2.03	2.07	2.10	2.13	2.15
1									xxo	xxx
2									xxo	xxx
3										xxx
4									xxo	xxx
5										xxx
6									xxf	
7									x-	xx
8									xxx	

Pole vault		18 Aug	
1	<b>Pål Haugen Lillefosse</b>	<b>NOR</b>	<b>5.22</b>
2	<b>Simon Thor</b>	<b>SWE</b>	<b>5.02</b>
3	<b>Juuso Toivonen</b>	<b>FIN</b>	<b>4.87</b>
4	Gustav Magnusson	SWE	4.77
5	Jami Siira	FIN	4.67
6	Toke Staub Jørgensen	DEN/ISL	4.47

7 Matthias Clausen DEN/ISL 4.37  
8 Christian Vik Pettersen NOR 4.27

Series	4.27	4.37	4.47	4.57	4.67	4.77	4.87	4.92	4.97	5.02	5.12	5.22	5.55
1									XXO	-	-	O	XXX
2				O	-	O	O	O	X-	XXO	XXX		
3				XXO	O	XO	XXO	X-	XXX				
4		O	-	XO	O	XO	XXX						
5				O	O	XXX							
6	XO	-	XO	XXX									
7	O	XO	XXX										
8	XO	XXX											

### Long jump

18 Aug  
1 Henrik Flåtnes NOR 7.52  
2 Carl af Forselles SWE 7.51  
3 Erik Johansson SWE 7.43  
4 Juho Nieminen FIN 7.30  
5 Markus Rooth NOR 7.19  
6 Jimi Nukala FIN 7.04  
7 William Korsgaard DEN/ISL 6.97  
8 Emil Frände DEN/ISL 6.87

Series	1	2	3	4	5	6
1	7.02	7.44	7.21	X	7.47	7.52
	+1,8	+1,9	+1,2		+2,8	+1,4
2	7.15	X	7.30	7.39	7.51	X
	+1,6		+2,2	+3,0	+2,9	
3	6.76	6.26	7.32	7.43	7.30	7.38
	+1,6	+2,1	+1,7	+2,2	+2,6	+1,0
4	X	6.78	X	7.08	7.14	7.30
		+1,6		+1,4	+1,9	+1,7
5	6.86	X	7.00	7.10	7.19	7.12
	+0,8		+2,1	+1,6	+2,0	+3,0
6	X	6.89	7.04	6.71	X	6.79
		+1,7	+2,5	+1,2		+2,2
7	6.97	X	r			
	+1,9					
8	6.87	6.75	X	X	5.41	X
	+0,2	+1,3			+2,5	

### Triple jump

17 Aug  
1 Henrik Flåtnes NOR 15.55  
2 Aaro Davidila FIN 15.55  
3 Viljar Gjerde NOR 15.10  
4 Oskar Wiedenholm SWE 14.91  
5 Juho Nieminen FIN 14.48  
6 Alexander Nyman SWE 14.35  
7 Patrick Wolf DEN/ISL 13.94  
8 Birgir Jóhannes Jónsson DEN/ISL 13.04

Series	1	2	3	4	5	6
1	15.26	15.55				
	+1,8	+1,6				
2	X	15.10	15.07	14.90	15.07	15.55
		+0,8	+1,9	+0,9	+0,9	+1,8
3	X	14.39	X	14.63	15.10	15.05
		+2,0		+0,5	+1,7	+1,7
4	14.44	X	14.40	14.48	14.35	14.91
	+1,6		+1,4	+2,2	+2,4	+2,0
5	14.31	14.43	14.07	14.41	14.48	X
	+1,8	+1,3	+2,5	+1,4	+3,2	
6	X	14.20	13.76	14.35	r	
		+1,7	+2,2	+3,7		
7	X	X	13.79	13.94	X	X
			+2,1	+2,8		
8	11.89	X	13.04	12.58	12.75	12.80
	+1,0		+2,5	+1,9	+1,9	+1,3

### Shot put

17 Aug  
1 Arvid Mägi Theorin SWE 17.84  
2 Vesa Leveelahti FIN 17.44  
3 Aaro Leinonen FIN 16.75  
4 Valdimar Hjalti Erlendsson DEN/ISL 16.08  
5 Simon Lanngren SWE 15.07  
6 Mathias Andreas Reksten Dale NOR 14.35  
7 Sigursteinn Asgeirsson DEN/ISL 13.84  
8 Markus Rooth NOR 13.61

Series	1	2	3	4	5	6
1	16.95	X	X	17.56	17.84	17.83
2	17.10	X	17.44	16.63	X	X

3	X	16.75	16.52	X	X	X
4	X	16.08	r			
5	14.80	X	15.07	X	X	X
6	13.20	14.35	X	14.21	14.02	X
7	12.75	13.76	13.84	X	X	13.52
8	12.67	X	12.70	13.18	13.61	13.43

### Discus throw

18 Aug  
1 Fabian Weinberg NOR 58.49  
2 Valdimar Hjalti Erlendsson DEN/ISL 57.59  
3 Steffen Melheim NOR 55.83  
4 Aaro Leinonen FIN 52.65  
5 Antti Pränni FIN 52.17  
6 Victor Wisen SWE 51.03  
7 Sebastian Löschner SWE 50.26  
8 Ingvar Freyr Snorrason DEN/ISL 42.43

Series	1	2	3	4	5	6
1	X	58.49	57.85	56.05	57.89	54.80
2	57.33	57.59	55.86	X	55.60	56.74
3	X	55.28	53.50	X	X	55.83
4	52.65	52.38	X	51.98	52.56	X
5	50.55	51.35	X	X	X	52.17
6	48.78	X	48.85	50.02	51.03	50.11
7	X	X	X	43.09	X	50.26
8	41.91	X	42.43	X	41.37	X

### Hammer throw

18 Aug  
1 Ragnar Carlsson SWE 73.89  
2 Oskari Lahtinen FIN 71.36  
3 Ivar Mosiander SWE 67.86  
4 Håkon Eik Litland NOR 62.72  
5 Juhana Karjanlahti FIN 62.61  
6 Arne Devik NOR 58.51  
7 Mathias Kveiborg DEN/ISL 53.98  
8 Tobias R. Jacobsen DEN/ISL 52.50

Series	1	2	3	4	5	6
1	X	73.88	73.89	X	X	69.11
2	X	71.36	68.74	X	X	X
3	66.88	X	X	X	X	67.86
4	60.68	58.12	62.72	60.16	X	X
5	X	X	60.80	62.61	61.97	59.70
6	X	X	58.51	X	X	X
7	X	X	X	X	53.98	X
8	X	50.91	52.70	X	51.48	X

### Javelin throw

17 Aug  
1 Topias Laine FIN 71.68  
2 Teemu Narvi FIN 70.33  
3 Carl Widenholm SWE 67.65  
4 Otto Sundell SWE 64.05  
5 Elias Nilsen NOR 63.15  
6 Vitus L. Hansgaard DEN/ISL 59.44  
7 Jacob B. Nielsen DEN/ISL 57.30  
8 Sander Aae Skotheim NOR 53.30

Series	1	2	3	4	5	6
1	71.68	67.48	X	X	67.82	70.69
2	70.33	68.14	X	69.46	68.16	69.27
3	X	54.53	67.65	62.06	59.56	59.26
4	62.80	61.32	X	64.05	X	57.83
5	59.84	X	63.15	57.73	60.85	60.88
6	57.72	56.03	56.38	59.44	55.88	52.64
7	X	56.16	X	X	53.99	57.30
8	53.30	X	X	r		

### 4x100 m relay

17 Aug  
1 FIN 40.75 (Jesse Väyrynen, Samuel Puroola, Juuso Peltola, Lasse Hämelähti)  
2 DEN/ISL 41.32 (Emil Frände, Tazana Kamange-Dyrbak, Tobias Larsen, Fredrik Andersson)  
3 NOR 41.63 (Jacob Vaala, Tomasz Siemieniuch, Gjert Høie Sjørusen, Andreas Kulseth)  
4 SWE 41.83 (William Thor, Viktor Thor, William Gardell, Rasmus Hugosson)

### 4x400 m relay

18 Aug  
1 FIN 3:15.79 (Heikki Äijälä, Asseri Välimäki, Kalle Strylman, Tommi Mäkinen)



2	NOR	3:18.95	(Filip Bøe, Andreas O. Kulseng, Andreas Dixon, Andreas Haara Bakketun)
3	SWE	3:19.32	(Karl Wällgren, Carl af Forselles, Gustav Karlsson, Johan Claesson)
4	DEN/ISL	3:23.32	(Sebastian Larvad, Tobias Andersson, William Devantier, Robias G. Larsen)

Points Men	Nation	Total
	FIN	212
	NOR	185
	SWE	179
	DEN/ISL	121

Women

100 m			
		17 Aug	-1,4
1	Henriette Jæger	NOR	11.99
2	Guðbjörg Jóna Bjarnadóttir	DEN/ISL	12.08
3	Kerttu Latvala	FIN	12.21
4	Jenna Kokkonen	FIN	12.22
5	Kaitesi Ertzgaard	NOR	12.24
6	Julia Henriksson	SWE	12.32
7	Filippa Sivnert	SWE	12.33
8	Caroline B. Sørensen	DEN/ISL	12.52

200 m			
		18 Aug	-1,6
1	Henriette Jæger	NOR	24.43
2	Wilma Rosenquist	SWE	24.57
3	Kerttu Latvala	FIN	24.84
4	Jenna Kokkonen	FIN	24.92
5	Elin Serine Vik Johannessen	NOR	25.05
6	Gabriella Holmström	SWE	25.14
7	Þórdís Eva Steinsdóttir	DEN/ISL	25.28
8	Caroline B. Sørensen	DEN/ISL	25.53

400 m			
		17 Aug	
1	Kaitesi Ertzgaard	NOR	55.38
2	Þórdís Eva Steinsdóttir	DEN/ISL	55.64
3	Malva Nylund	FIN	56.31
4	Frida Rød Tærum	NOR	56.76
5	Mette Baas	FIN	57.52
6	Kouise Duvling Andersson	SWE	58.27
7	Virva Rylander	SWE	58.61
8	Katla Rut Robertsdóttir Klüvers	DEN/ISL	58.83

800 m			
		18 Aug	
1	Eilen Brenne	NOR	2:11.77
2	Nathalie Blomqvist	FIN	2:11.79
3	Anne Hort Arntsen	NOR	2:12.45
4	Lovisa Bivstedt	SWE	2:13.34
5	Ellen Christensen	DEN/ISL	2:14.65
6	Reetta Joronen	FIN	2:14.86
7	Maja Sund	SWE	1:14.94
8	Majken Lützen	DEN/ISL	2:17.54

1500 m			
		17 Aug	
1	Nathalie Blomqvist	FIN	4:34.37
2	Vilde Våge Henriksen	NOR	4:35.21
3	Ellinor Aurell	SWE	4:35.89
4	Ellen Christensen	DEN/ISL	4:36.54
5	Andrea Modin Engesæth	NOR	4:38.24
6	Reetta Joronen	FIN	4:39.43
7	Wilma Nielsen	SWE	4:41.22
8	Maria Schmidt	DEN/ISL	5:00.94

3000 m			
		17 Aug	
1	Laura V. Petersen	DEN/ISL	9:34.82

2	Ina Halle Haugen	NOR	9:35.98
3	Vera Sjöberg	SWE	9:37.77
4	Elsa Wallenius	SWE	9:52.38
5	Sini Tirri	FIN	10:26.83
6	Mari Roligheten Ruud	NOR	10:31.59
7	Mie Gam	DEN/ISL	10:39.88
8	Lumi Laitinen	FIN	10:41.46

100 m hurdles			
		17 Aug	-1,6
1	Martine Hjørnevik	NOR	13.93
2	Saara Kesitalo	FIN	13.99
3	Jessica Kähärä	FIN	14.31
4	Klara Rådbo	SWE	14.58
5	Emilie Sandberg	NOR	14.72
6	Mathilde K. Skou	DEN/ISL	14.95
7	Ida B. Bomme	DEN/ISL	15.12
	Lovisa Karlsson	SWE	DNF

400 m hurdles			
		18 Aug	
1	Martha Rasmussen	DEN/ISL	60.58
2	Elin Mickos	FIN	60.73
3	Hanne Arnstein	NOR	61.29
4	Caroline Larsson	SWE	61.80
5	Frida Hämäläinen	FIN	61.81
6	Ebba Jernmark Burrows	SWE	63.73
7	Ingibjörg Sigurðardóttir	DEN/ISL	63.83
8	Lea Trong-Johansen	NOR	64.98

3000 m steeplechase			
		18 Aug	
1	Emilia Lillemo	SWE	10:21.09
2	Vilde Våge Henriksen	NOR	10:43.96
3	Sigrid Alvik	NOR	10:55.83
4	Ellinor Aurell	SWE	10:58.29
5	Salla Laukkanen	FIN	11:02.39
6	Laura Astrup	DEN/ISL	11:44.55
7	Silje Rönkä	FIN	11:49.14
8	Mathilde Winther	DEN/ISL	11:55.09

5000 m race walk			
		17 Aug	
1	Peppi Ahponen	FIN	23:54.87
2	Heta Veikkola	FIN	24:44.36
3	Siri Gamst Glittenberg	NOR	26:44.43
	Maren Karlsen Bekkestad	NOR	DQ

High jump			
		18 Aug	
1	Jessica Kähärä	FIN	1.79
2	Eva Maria Baldursdóttir	DEN/ISL	1.76
=3	Maria Brekke	NOR	1.70
=3	Mia Guldteig Lien	NOR	1.70
=5	Emma Nyman	SWE	1.70
=5	Linn Hertz Saebbo	SWE	1.70
7	Kajsa Engblom	SWE	1.70
8	Karla Schärfe	DEN/ISL	1.65

Series	1.55	1.60	1.65	1.70	1.73	1.76	1.79	1.83
1			o	o	xo	o	xxo	xxx
2				o	o	o	o	xxx
=3			o	o	o	xxx		
=3			o	o	o	xxx		
=5	o	o	o	xxx	xxx			
=5			o	o	xxx	xxx		
7	o	o	xo	xxx	xxx			
8			o	o	xo	xxx		

Pole vault			
		17 Aug	
1	Saga Andersson	FIN	4.07
2	Gabrielle Jönsson	SWE	4.02
3	Alva Sundin	SWE	3.92

4	Kiia Julenmaa	FIN	3.87
5	Klara Loessl	DEN/ISL	3.67
6	Agnes Elisabeth Morud	NOR	3.57
7	Hedda M. Kjølbjerg Hauge	NOR	3.37
8	Rebecca Spiegelhauer	DEN/ISL	3.07

Series	2.77	2.97	3.07	3.17	3.27	3.37	3.47	3.57	3.67	3.72	3.77	3.82	3.87	3.92	3.97	4.02
	4.07	4.15														

1																
2	o	xxx														
3	xxx															
4																
5																
6																
7																
8	xxo	o	xxo	xxx												

### Long jump

17 Aug

1	Mia Guldteig Lien	NOR	6.17
2	Birna Kristin Kristjánsdóttir	DEN/ISL	6.01
3	Lovisa Karlsson	SWE	5.98
4	Vilde Marstein	NOR	5.88
5	Josefine S. Andersen	DEN/ISL	5.82
6	Oona Nieminen	FIN	5.81
7	Oona Hietala	FIN	5.67
8	Angel Richmore	SWE	5.58

Series	1	2	3	4	5	6
1	5.64	6.17	5.93	6.00	X	5.99
	+1,5	+2,0	+1,4	+0,8		+3,0
2	5.79	6.01	5.62	5.65	5.81	5.88
	+2,4	+3,6	+0,9	+2,7	+2,5	+2,2
3	5.81	5.85	5.94	X	5.81	5.98
	+3,2	+3,4	+3,1		+3,3	+1,8
4	5.77	5.70	5.66	5.88	5.62	5.58
	+1,4	+3,1	+2,4	+2,8	+2,0	+2,6
5	5.36	5.69	5.69	5.36	5.82	5.63
	+1,9	+1,7	+1,3	+1,2	+1,3	+1,9
6	X	5.75	5.81	5.64	X	5.73
		+2,8	+2,1	+1,4		+1,9
7	X	5.30	5.67	5.43	5.56	X
		+0,9	+1,2	+0,7	+1,7	
8	5.58	5.28	5.57	5.09	5.18	5.47
	+3,8	+1,5	+3,4	+1,4	+1,7	+1,8

### Triple jump

18 Aug

1	Karoline Jæger	NOR	12.49
2	Maria Peura	FIN	12.39
3	Cornelia Nilsson	SWE	12.38
4	Oona Hietala	FIN	12.36
5	Agla Maria Kristjánsdóttir	DEN/ISL	12.24
6	Hedda Kronstad Kvalvåg	NOR	11.88
7	Lisa Weyenmeyer	SWE	11.84
8	Amalie Molander	DEN/ISL	11.70

Series	1	2	3	4	5	6
1	X	12.35	12.49	12.33	12.32	12.45
		+1,3	+2,0	+1,9	+2,8	+1,8
2	12.20	12.05	12.32	12.37	12.39	X
	+2,2	+3,1	+1,3	+2,3	+3,7	
3	11.90	12.32	X	12.38	11.99	X
	+1,7	+2,5		+1,8	+2,6	
4	X	12.20	12.09	12.21	12.20	12.36
		+1,3	+2,8	+2,2	+1,9	+2,5
5	11.23	12.24	10.98	11.12	X	11.37
	+2,6	+2,0	+2,+	+1,2		+1,8
6	X	11.64	X	X	11.88	11.69
		+1,6			+3,1	+3,0
7	11.28	X	X	11.84	11.67	X
	+2,3			+2,1	+2,1	
8	11.70	11.36	X	11.70	11.27	X
	+1,3	+2,0		+2,2	+1,8	

### Shot put

18 Aug

1	Erna Sóley Gunnarsdóttir	DEN/ISL	15.85
2	Kaisu Eskelinen	FIN	14.32
3	Emilia Kangas	FIN	14.01
4	Axelina Johansson	SWE	13.80
5	Caisa-Marie Lindfors	SWE	13.24

6	Annesofie H. Nielsen	DEN/ISL	12.96
7	Elisabeth Thon Rosvold	NOR	12.50
8	Birthe Franck-Petersen	NOR	12.17

Series	1	2	3	4	5	6
1	15.13	15.48	15.85	15.76	15.78	14.87
2	14.32	X	X	X	13.99	X
3	13.41	13.72	13.76	14.01	X	13.97
4	12.27	X	13.72	12.81	13.80	13.51
5	12.70	13.24	X	12.88	12.71	X
6	12.58	X	11.89	11.70	12.96	12.64
7	X	X	12.50	12.26	X	11.87
8	12.04	12.10	12.07	12.17	11.94	X

### Discus throw

17 Aug

1	Caisa-Marie Lindfors	SWE	55.46
2	Annesofie H. Nielsen	DEN/ISL	49.04
3	Elisabeth Thon Rosvold	NOR	48.49
4	Lotta Flatum Fallingén	NOR	47.54
5	Daniella Persson	SWE	47.32
6	Sanni Kuparinen	FIN	45.68
7	Sulja Ahonen	FIN	42.65
8	Amlei Pfeiffer	DEN/ISL	40.96

Series	1	2	3	4	5	6
1	52.22	52.98	55.46	X	52.12	53.55
2	X	49.04	47.43	47.86	X	X
3	X	47.80	X	48.49	X	47.37
4	45.57	47.54	X	47.26	47.39	X
5	46.38	X	X	X	47.26	47.32
6	43.97	43.35	45.45	X	45.68	X
7	42.65	41.97	X	X	X	X
8	38.66	40.96	X	40.11	X	40.76

### Hammer throw

17 Aug

1	Lise Lotte Jepsen	DEN/ISL	57.02
2	Helle Hvidsten	NOR	55.34
3	Jennifer Andersson	SWE	54.67
4	Od Myklebust	NOR	54.46
5	Julia Kivinen	FIN	54.02
6	Jennifer Quick	SWE	52.76
	Sara Killinen	FIN	NM
	Elisabet Rut Runarsdóttir	DEN/ISL	NM

Series	1	2	3	4	5	6
1	56.36	X	56.83	52.83	57.02	55.76
2	X	49.08	54.49	51.69	52.94	55.34
3	52.55	X	51.59	52.17	50.71	54.67
4	51.60	52.34	51.89	53.63	52.79	54.46
5	X	51.90	50.88	X	51.45	54.02
6	52.38	52.17	X	52.76	X	50.59
	X	X	X	X	X	X
		r				

### Javelin throw

18 Aug

1	Minna Hollanti	FIN	52.02
2	Julia Valtanen	FIN	50.63
3	Vår Eik Litland	NOR	44.45
4	Erika Wärf	SWE	42.87
5	Febe Tewelde	SWE	42.13
6	Tuva Jacobsen	NOR	41.75
7	Hildur Helga Einarsdóttir	DEN/ISL	37.19
8	Jasmin B. Rasmussen	DEN/ISL	35.73

Series	1	2	3	4	5	6
1	47.71	45.98	52.02	48.71	X	49.52
2	46.69	49.90	50.63	48.13	X	X
3	44.45	40.71	41.23	40.63	41.85	39.46
4	40.28	37.68	40.45	42.44	39.86	42.87
5	39.61	42.13	40.84	41.30	40.92	39.95
6	38.28	37.63	41.75	41.28	39.37	40.26
7	34.78	35.83	36.23	35.85	35.39	37.19
8	33.49	32.47	34.02	33.86	34.22	35.73

### 4x100 m relay

17 Aug

1	FIN	46.11	(Pirkitta Marjanen, Saara Keskkitalo, Jenna Kokkonen, Kerthu Latvala)
2	NOR	47.15	(Martine Hjørnevik, Hanne Arnstein, Eline Serine Vik Johannessen, Henriette Jæger)

<b>3</b>	<b>DEN/ISL</b>	<b>47.48</b>	(Birna Kristín Krisvjánsdóttir, Þórdís Eva Steinsdóttir, Katla Rut Robertsdóttir Kluvers, Guðbjörg Jóna Bjarnadóttir)
4	DEN	47.52	(Marie Larsen, Caroline Sørensen, Josefine Jacobsen, Klara Loessl)
5	SWE	47.63	(Julia Henriksson, Wilma Rosenquist, Filippa Sivnert, Fabriella Holmström)
<b>4x400 m relay</b> 18 Aug			
<b>1</b>	<b>DEN/ISL</b>	<b>3:44.99</b>	(Katla Rut Robertsdóttir Kruvers, Þórdís Eva Steinsdóttir, Ingibjörg Sigurdardóttir, Guðbjörg Jóna Bjarnadóttir)
<b>2</b>	<b>NOR</b>	<b>3:45.67</b>	(Henriette Jæger, Agnes Elisabeth Morud, Frida Rød Tærum, Kaiteisi Ertzgaard)
<b>3</b>	<b>FIN</b>	<b>3:45.81</b>	(Elin Mickos, Mette Baas, Froda Hämäläinen, Malva Nylund)
4	SWE	3:46.72	(Caroline Larsson, Virva Rylander, Louise Duvling Andersson, Lovisa Bivstedt)
5	DEN	3:56.04	(Majken Lützen, Mathilde Skov, Marie F. Jensen, Martha Rasmussen)

Points Women	Nation	Total
	NOR	204
	FIN	198,5
	SWE	148,5
	DEN/ISL	134

Points Total	Nation	Total
	FIN	410,5
	NOR	389
	SWE	327,5
	DEN/ISL	255

## Nordic Cross Country Championships

Vierumäki, FIN 10 nov

### Men

	Senior		9 km
<b>1</b>	<b>David Nilsson</b>	<b>SWE</b>	<b>27:07</b>
<b>2</b>	<b>Hlynur Andrésson</b>	<b>ISL</b>	<b>27:09</b>
<b>3</b>	<b>Adhanom Abraha</b>	<b>SWE</b>	<b>27:10</b>
4	Kasper Fosser	NOR	27:31
5	Thijs Nijhuis	DEN	27:35
6	Daniel Lundgren	SWE	27:37
7	Antti Ihämäki	FIN	27:40
8	Ådne Andersen	NOR	27:40

9 Halfdan-Emil Færø, NOR 27:50, 10 Simon Sundström, SWE 27:54, 11 Jaakko Piesanen, FIN 27:57, 12 Frederik Ernst, DEN 27:59, 13 Eivind Øygard, NOR 28:06, 14 Robin Rohlén, SWE 28:06, 15 Marcus Rønn, DEN 28:09, 16 Miikka Tenhunen, FIN 28:13, 17 Jarkko Järvenpää, FIN 28:16, 18 Jakob Dybdal Abrahamsen, DEN 28:19, 19 Eero Saleva, FIN 28:26, 20 Martin Egebjerg Olsen, DEN 28:33, 21 Antti-Pekka Niinistö, FIN 29:15, 22 Hannu Granberg, FIN 29:21

Extra: Olavi Alase, EST 28:30, Karel Hussar, EST 28:37, Karl Mäe, EST 28:53, Rauno Palmi, EST 29:48, Reijo Ronnila, FIN 32:33, Antti Nisonen, FIN 34:09

#### Teams:

1 SWE 20p (David Nilsson, Adhanom Abraha, Daniel Lundgren, Simon Sundström)  
 2 NOR 34p (Kasper Fosser, Ådne Andersen, Halfdan-Emil Færø, Eivind Øygard)  
 3 DEN 50p (Thijs Nijhuis, Frederik Ernst, Marcus Rønn, Jakob Dybdal Abrahamsen)  
 4 FIN 51p (Antti Ihämäki, Jaakko Piesanen, Miikka Tenhunen, Jarkko Järvenpää)

	U20		6 km
<b>1</b>	<b>Håkon Stavik</b>	<b>NOR</b>	<b>18:15</b>

<b>2</b>	<b>Joel Ibler Lillesø</b>	<b>DEN</b>	<b>18:20</b>
<b>3</b>	<b>Jonatan Vedvik</b>	<b>NOR</b>	<b>18:20</b>
4	Omar Nuur Nuur	SWE	18:21
5	Mika Kouranta	FIN	18:23
6	Anton Østdal	DEN	18:25
7	Ibrahim Buras	NOR	18:31
8	Magnus Tuv Myhre	NOR	18:34

9 Andreas Bock Bjørnsen, DEN 18:47, 10 Andreas Carlsson, SWE 18:50, 11 Leevi Keronen, FIN 19:03, 12 Erik Jälknäs, SWE 19:09, 13 Oskari Kangasniemi, FIN 19:28, 14 Hassan Abdiqadir, SWE 19:39, 15 Tuure Haapanen, FIN 19:48, 16 Jeppe Risvig, DEN 19:54, 17 Samuel Auvinen, FIN 20:03, 18 Hlynur Ólason, ISL 20:12, 19 Jakob Vase Johannesen, DEN 20:20

Extra: Mohamed Abouettaheery, FIN 19:28

#### Teams:

1 NOR 11p (Håkon Stavik, Jonatan Vedvik, Ibrahim Buras)  
 2 DEN 17p (Joel Ibler Lillesø, Anton Østdal, Andreas Bock Bjørnsen)  
 3 SWE 26p (Omar Nuur Nuur, Andreas Carlsson, Erik Jälknäs)  
 4 FIN 29p (Mika Kotiranta, Leevi Keronen, Oskari Kangasniemi)

### Women

	Senior		7,5 km
<b>1</b>	<b>Anna Emilie Møller</b>	<b>DEN</b>	<b>25:21</b>
<b>2</b>	<b>Sara Christiansson</b>	<b>SWE</b>	<b>25:26</b>
<b>3</b>	<b>Maria Sagnes Wågan</b>	<b>NOR</b>	<b>25:34</b>
4	Johanna Peiponen	FIN	25:40
5	Live Solheimdal	NOR	26:23
6	Moa Gålnander	SWE	26:36
7	Amalie Sæten	NOR	26:46
8	Simone Glad	DEN	26:48

9 Katariina Skræddar, FIN 26:54, 10 Hanna Bergström, SWE 26:58, 11 Kristine Lande Dommersnes, NOR 27:04, 12 Guðlaug Hannesdóttir, ISL 27:21, 13 Oona Kettunen, FIN 27:23, 14 Line Brandt Pedersen, DEN 27:30, 15 Sara-Elise Ruokonen, FIN 28:25

#### Teams:

1 NOR 15p (Maria Sagnes Wågan, Live Solheimdal, Amalie Sæten)  
 2 SWE 18p (Sara Christiansson, Moa Gålnander, Hanna Bergström)  
 3 DEN 23p (Anna Emilie Møller, Simone Glad, Line Brandt Pedersen)  
 4 FIN 26p (Johanna Peiponen, Katariina Skræddar, Oona Kettunen)

	U20		4,5 km
<b>1</b>	<b>Ingeborg Østgård</b>	<b>NOR</b>	<b>15:32</b>
<b>2</b>	<b>Andrea Modin Engesæth</b>	<b>NOR</b>	<b>15:34</b>
<b>3</b>	<b>Natalie Blomqvist</b>	<b>FIN</b>	<b>15:38</b>
4	Elsa Wallenius	SWE	15:46
5	Maren Halle Haugen	NOR	15:54
6	Emilia Lillemo	SWE	16:01
7	Nora Lundin	SWE	16:02
8	Ina Halle Haugen	NOR	16:07

9 Malin Agervig Kristiansson, DEN 16:31, 10 Heljä-Viivi Unkila, FIN 16:32, 11 Mie Gam, DEN 16:33, 12 Laura Astrup, DEN 16:34, 13 Janette Vântinen, FIN 16:35, 14 Ilona Mononen, FIN 16:37, 15 Katrine Risvig, DEN 16:37, 16 Klara Hansen, DEN 16:38, 17 Salla Laukkanen, FIN 17:14

Extra: Aada Miskala, FIN 17:42, Nellii Hiipavuori, FIN 17:48, Emma Hietaranta, FIN 17:59

#### Teams:

1 NOR 8p (Ingeborg Østgård, Andrea Modin Engesæth, Maren Halle Haugen)  
 2 SWE 17p (Elsa Wallenius, Emilia Lillemo, Nora Lundin)  
 3 FIN 26p (Natalie Blomqvist, Reija-Viivi Unkila, Janette Vântinen)  
 4 DEN 32p (Malin Agervig Kristiansson, Mia Gam, Laura Astrup)