

Norwegian Athletic Federation

Ullevaal stadion
Sognsveien 75 J, 0840 Oslo, NORWAY
E-mail: friidrett@friidrett.no
Phone: +47 94 83 33 26



COURSE MEASUREMENT REPORT

- REPORT FOR INTERNATIONAL CERTIFIED COURSE -

INFORMATION ABOUT EVENT AND COURSE
Event: Farsund Half Marathon – National Championship 21 km 2026
Technical Organiser: Farsund og Lista Idrettsklubb
City/Place: Farsund, Norway
Date of Arrangement: 30 May 2026
Date and time for measurement: 10 November 2025
Measured distance(s): 21 km Half Marathon
Length of calibration course: 350 m
Terrain: Flat <input type="checkbox"/> Slightly hilly <input type="checkbox"/> Hilly <input checked="" type="checkbox"/> Terrain <input type="checkbox"/>
Type of course route: Closed loop <input checked="" type="checkbox"/> Back and forth <input type="checkbox"/> A to B <input type="checkbox"/> Other <input type="checkbox"/>
Race surface: Asphalt
Elevation Start - Finish: 0 m
Description of start: Farsund city centre – Public scene
Description of finish: Same as start
Distance, in a straight line, between start & finish: 0 m
Start and Finish marked: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Km-markings: Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Will be marked before race day
Measurement direction: Running direction <input checked="" type="checkbox"/> Opposite running direction <input type="checkbox"/>
National record can be approved: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>

CONTACT INFORMATION		
	Measured by:	Organizer:
Contact person:	Erling Hiorth	Oscar Tveit
Phone:	+47 91337338	+47 917 34 597
Email:	Erling.hiorth@gmail.com	tveitoscar@outlook.com

It is hereby confirmed that the course has been measured by an A- or B certified international certified course measurer from Norwegian Athletics. The course is measured in accordance with AIMS and 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.

11 Nov 2025 *Erling Hiorth*

Date Signature by Course measurer Date Signature by AIMS

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CALIBRATION COURSE AND PROCEDURE – 11.Nov.2025 – 09:00 am	
Length of measuring tape (steel measuring tape only)	50 m
Length of calibration course 1st measurement	350,00 m
Length of calibration course 2nd measurement	350,01 m
Possible 3rd measure (max. 1 cm diff per 100m 1 st and 2 nd)	No
Average of measurements before adjustments	350,005 m
Temperature (road or measuring tape)	11 degree
Adjustment cf. $D-(D*(1+(temp-20)*0,0000115))$	- 0,036 m temp
Measured calibration distance after adjustment	350,004 m (+3,5 cm on ground)
Distance from start/finish to calibration distance	3,1 km (at turning point)

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: 11 Nov – 10:15 am			Date and Time: 11 Nov – 01:00 pm		
	Start	End	Diff.	Start	End	Diff.
1st measure	76900	80870	3970	37400	41368	3968
2nd measure	80870	84840	3970	41368	45337	3969
3rd measure	84840	88811	3971	45337	49306	3969
4th measure	88811	92781	3970	49306	53275	3969

	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	3970,250	3968,75	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11343,449	11339,163	
Addn. +1‰	11,343	11,350	
Measurement constant (rounded)	11354,792	11350,503	11353

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MEASUREMENT PROCEDURE		
Measurement constant	11353	
Measured Distance	Counter	Description of place
	1000	Start
16 851,7	192317	Finish line after 2 rounds excl. turning point
16 851,7 m		Total measured without adjustments
	200	From Point 5 to Turning point – on cycle path
1 070,0	12348	Turning point
	12348	From Turning point back to point 5 – in street
1 069,1	24486	Point 5
		Turning point 2 nd round:
1 070,0		Same turning point as round 1
1 069,1		Same turning point as round 1
- 7,0 * 4 = - 28,0 m		Moved turning point -7 m shorter – final adj.
4 250,3 m		Total measured adjustments
21 102,0 m		Total measured course



CONCLUSION OF MEASUREMENT

1. General information about race course and start/finish
 - Start and finish in city centre – same line
 - Consist of 2 slightly different rounds – minor change in city centre
 - 1st round from start and north around seaside
 - 2nd round turns left 50 m before start/finish line and onto round 1 after 300 m
 - Same turning point both rounds approx. half way around
2. Measurement of calibration course
 - 3,1 km in straight line from finish, straight/flat cycle path on asphalt
 - Measured in accordance with procedure, 2 persons
 - Due to wet surface, permanent nails were used every 50 m to secure mark
 - Marked at both ends, adjusted for temperature and adjusted +3,5 cm on ground
3. Calibration of bicycle
 - Calibrated in accordance with procedure, 4 measures, deviation 1 count
4. Measurement of the course
 - From start to intermediate point 5 (see map), locked counter and moved bicycle to other side of road, continued towards city centre point 8 = round 1
 - From point 8 onto round 1 after 300 m, then to point 5, locked counter and moved bicycle to other side of road, continues towards city centre finish line = round 2
 - Started from point 5 to calculated turning point (lap 1 of 4)
 - Turned and back to point 5 (lap 2 of 4)
 - Added sum of lap 1 and 2 = lap 3 and 4
5. Post calibration of bicycle
 - Same procedure, 4 measures, deviation 1 count
6. Course adjustments
 - Moved turning point – 7m back = $4 \times -7\text{m} = -28\text{ m}$
7. Overall length of the course
 - The course is not shorter than half marathon
8. Additional info
 - The course is on walking- cycle path most of the way. All crossings are shown in attached pictures.
 - The organizer will set up cones/fences on two corners
 - Km-markings will be measured by course measurer in April/May before race day

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CALIBRATION COURSE MAP

Calibration course



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COURSE MAP & DESCRIPTION

- Point 1 – 2 – 3 – 4 – 6 - road crossing using pedestrian lane
- Point 5 - intermediate point used during measurement
- Point 7 – from cycle path into street
- Point 8 – intermediate point turning left after round 1
- Point 9 – onto same course as round 1
- Turning point – far south for both round 1 and 2



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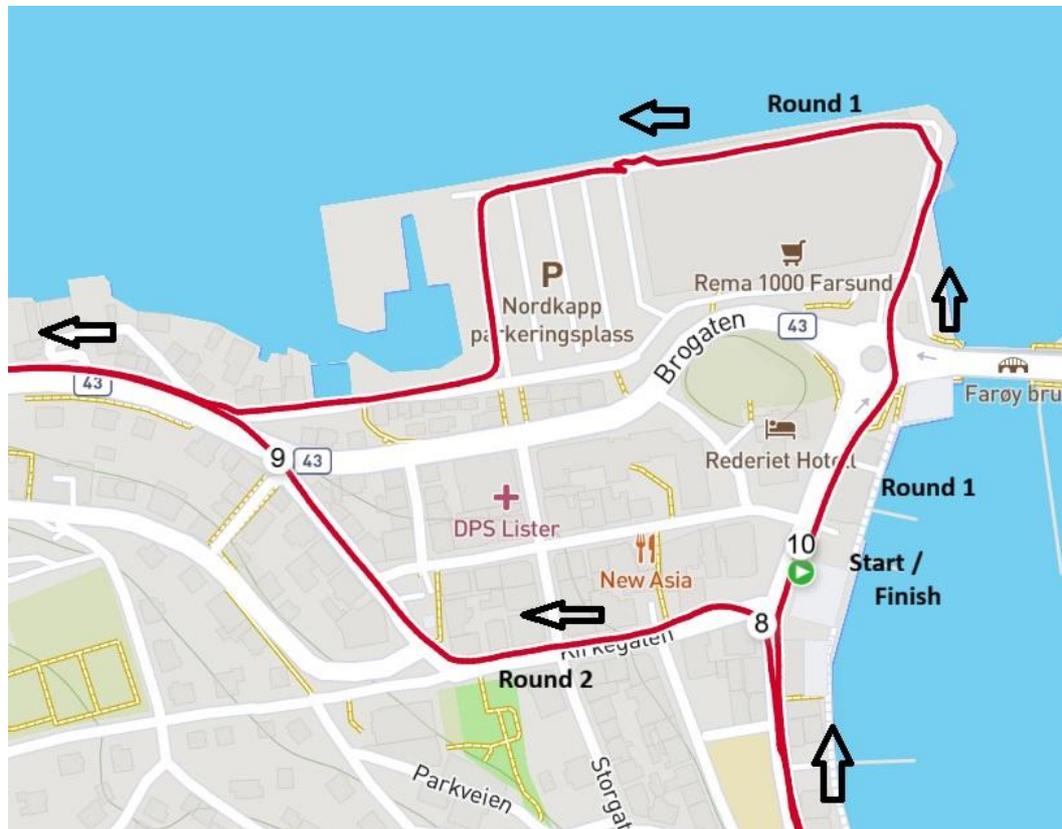
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City centre

Point 8 – intermediate point turning left after round 1

Point 9 – onto same course as round 1



Start / Finish line



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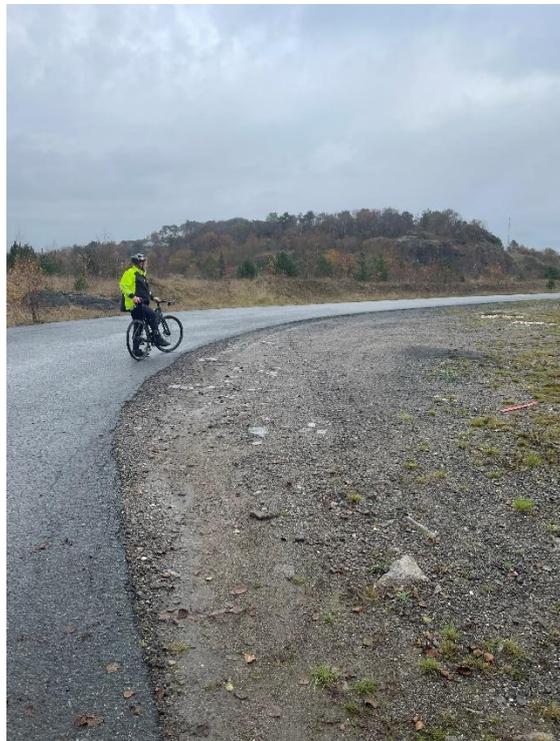
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Left turn in street - fences



Right turn in street - fences



Point 5 – Intermediate



Turning point – both rounds



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Point 1



Point 2



Point 3



Point 4



Point 6



Point 7 – into street

