

# Norwegian Athletic Federation

Ullevaal stadion  
Sognsveien 75 J  
0840 Oslo  
NORWAY  
E-mail: [friidrett@friidrett.no](mailto:friidrett@friidrett.no)  
Phone: +47 94 83 33 26



## COURSE MEASUREMENT REPORT

- REPORT FOR NATIONAL CERTIFIED COURSE -

INFORMATION ABOUT EVENT AND COURSE
<b>Event:</b> Holmestrand Maraton
<b>Technical Organiser:</b> Holmestrand idrettsforening (HIF)
<b>City/Place:</b> Holmestrand
<b>Date of Arrangement:</b> 11.04.2026
<b>Date and time for measurement:</b> 14.12.2025
<b>Measured distance(s):</b> 5km, 10km, half marathon, marathon
<b>Length of calibration course:</b> 384,7m
<b>Terrain:</b> Flat <input type="checkbox"/> Slightly hilly <input checked="" type="checkbox"/> Hilly <input type="checkbox"/> Terrain <input type="checkbox"/>
<b>Type of course route:</b> Closed loop <input checked="" type="checkbox"/> Back and forth <input type="checkbox"/> A to B <input type="checkbox"/> Other <input type="checkbox"/>
<b>The course consists of 95%, or more, solid surface:</b> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
<b>Elevation Start - Finish:</b> 0,0m
<b>Description of start:</b> In the crossing of Tordenskjoldsgate/Dr. Graaruds plass and Havnegaten, the main course is a loop
<b>Description of finish:</b> In the crossing of Tordenskjoldsgate/Dr. Graaruds plass and Havnegaten
<b>Distance, in a straight line, between start &amp; finish:</b>
<b>Start and Finish marked:</b> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
<b>Km-markings:</b> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
<b>Measurement direction:</b> Running direction <input checked="" type="checkbox"/> Opposite running direction <input type="checkbox"/>

CONTACT INFORMATION		
	<b>Measured by:</b>	<b>Organizer:</b>
<b>Contact person:</b>	Samuel Hafsahl	Jeanette Vika
<b>Phone:</b>	+47 970 46 905	99 32 88 31
<b>Email:</b>	samuel.hafsahl@gmail.com	jeanette.vika@gmail.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.

18.12.2026 Samuel Hafsahl

Date

Signature by Course measurer

Date

Signature by NFIF



# Norwegian Athletic Federation

Ullevaal stadion  
Sognsveien 75 J  
0840 Oslo  
NORWAY  
E-mail: [friidrett@friidrett.no](mailto:friidrett@friidrett.no)  
Phone: +47 94 83 33 26



CALIBRATION COURSE AND PROCEDURE	
Length of measuring tape (steel measuring tape only)	100m
Length of calibration course 1st measurement	384,7m
Length of calibration course 2nd measurement	384,7m
Possible 3rd measure (max. 1 cm diff per 100m 1 <sup>st</sup> and 2 <sup>nd</sup> )	
Average of measurements before adjustments	384,7m
Temperature (road or measuring tape)	7
Adjustment cf. $D-(D*(1+(temp-20)*0,0000115))$	0,9998505
Measured calibration distance after adjustment	384,642
Distance from start/finish to calibration distance	0m

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: 14.12.2025 11:00			Date and Time: 14.12.2025 13:00		
	Start	End	Diff.	Start	End	Diff.
1st measure	62571	67050	4479	38726	43206	4480
2nd measure	67050	71529	4479	43206	47686	4480
3rd measure	71529	76008	4479	47686	52166	4480
4th measure	76008	80487	4479	52166	56646	4480

# Norwegian Athletic Federation

Ullevaal stadion  
Sognsveien 75 J  
0840 Oslo  
NORWAY  
E-mail: [friidrett@friidrett.no](mailto:friidrett@friidrett.no)  
Phone: +47 94 83 33 26



	Pre measurement	Post measurement	
<b>Average (1+2+3+4) / 4</b>	4479	4480	Today's constant. Either highest or average of before and after measurement
<b>Constant 1 km</b>	11644,6	11647,2	
<b>Addn. +1‰</b>	11,6	11,6	
<b>Measurement constant (rounded)</b>	11656	11659	<b>11 658</b>

## Measurement of 5k-loop

MEASUREMENT PROCEDURE		
<b>Measurement constant</b>	11 658	
<b>Measured Distance</b>	<b>Counter</b>	<b>Description of place</b>
<b>0m</b>	80 577	Start of the 5k loop
<b>4 987,6m</b>	138 723	End of the 5k loop
<b>4 987,6m</b>	58 146,0	<b>Total measured without adjustments</b>
<b>0m</b>	38 881	On the parking lot, a larger turn
<b>12,4m</b>	39 025	
<b>12,4m</b>	144	
<b>5 000m</b>		<b>Total measured adjustments</b>
<b>5000m</b>		<b>Total measured course</b>



# Norwegian Athletic Federation

Ullevaal stadion  
Sognsveien 75 J  
0840 Oslo  
NORWAY  
E-mail: [friidrett@friidrett.no](mailto:friidrett@friidrett.no)  
Phone: +47 94 83 33 26



## CONCLUSION OF MEASUREMENT

### 1. Measurement method

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

### 2. Measurement procedure

#### 5k-loop

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

$$138723 - 80577 = 58146$$

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

$$58146 / 11658 * 1000 = 4987,65 \text{ meter}$$

The 5k loop is 12,4 m too short

#### Adjustment lap for half marathon and marathon

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

$$69577 - 56640 = 12937$$

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

$$12937 / 11658 * 1000 = 1109,71 \text{ meter}$$

The adjustment lap is 12m too long

#### Race description

5k = 1 loop

10k = 2 loops

Halv marathon = 1 adjustment lap + 4 loops

Marathon = 2 adjustment laps + 8 loops

### 3. Course adjustment

#### 5k-loop

Made the course longer by taking a larger turn on the parking lot.

Added 12,4m

#### Adjustment lap

The u-turn in Weidemanns gate should be taken 6m earlier than measured to make to adjustment lap 12 m shorter. Turnaround in Weidemanns gate, after the Aluminium Museum, at the gate, 7 m past the corner of the building.

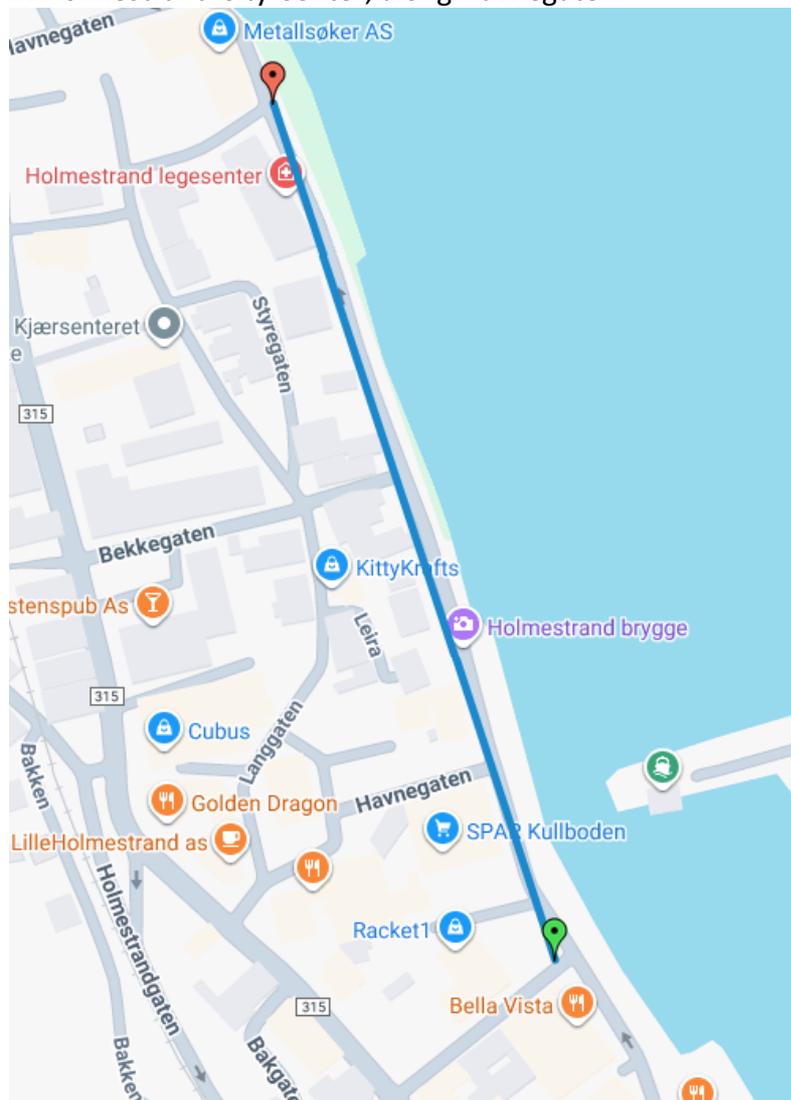
# Norwegian Athletic Federation

Ullevaal stadion  
Sognsveien 75 J  
0840 Oslo  
NORWAY  
E-mail: [friidrett@friidrett.no](mailto:friidrett@friidrett.no)  
Phone: +47 94 83 33 26



## CALIBRATION COURSE MAP

In Holmestrand City Center, along Havnegaten.



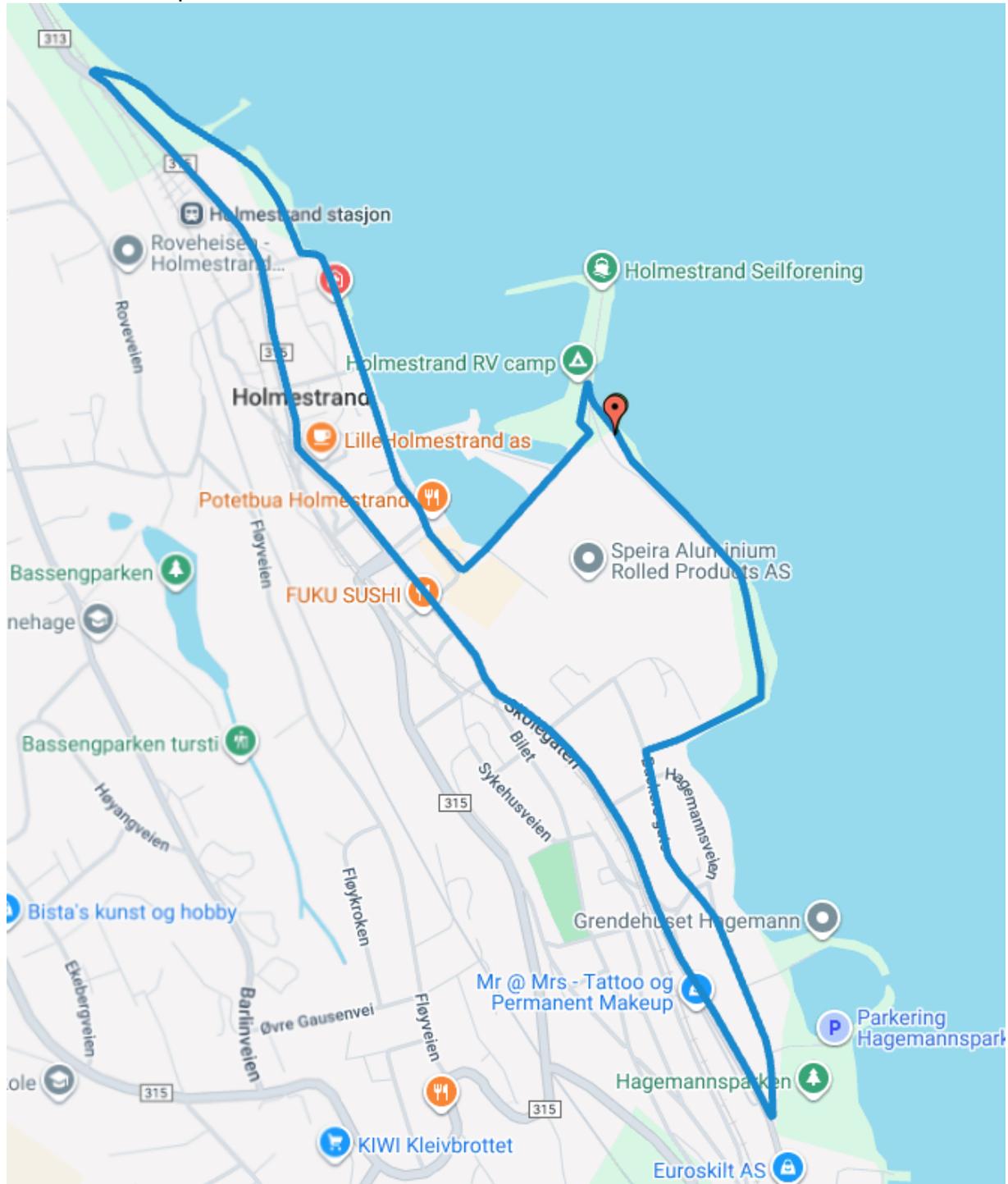
# Norwegian Athletic Federation

Ullevaal stadion  
Sognsveien 75 J  
0840 Oslo  
NORWAY  
E-mail: [friidrett@friidrett.no](mailto:friidrett@friidrett.no)  
Phone: +47 94 83 33 26



## COURSE MAP & DESCRIPTION

The main 5k loop



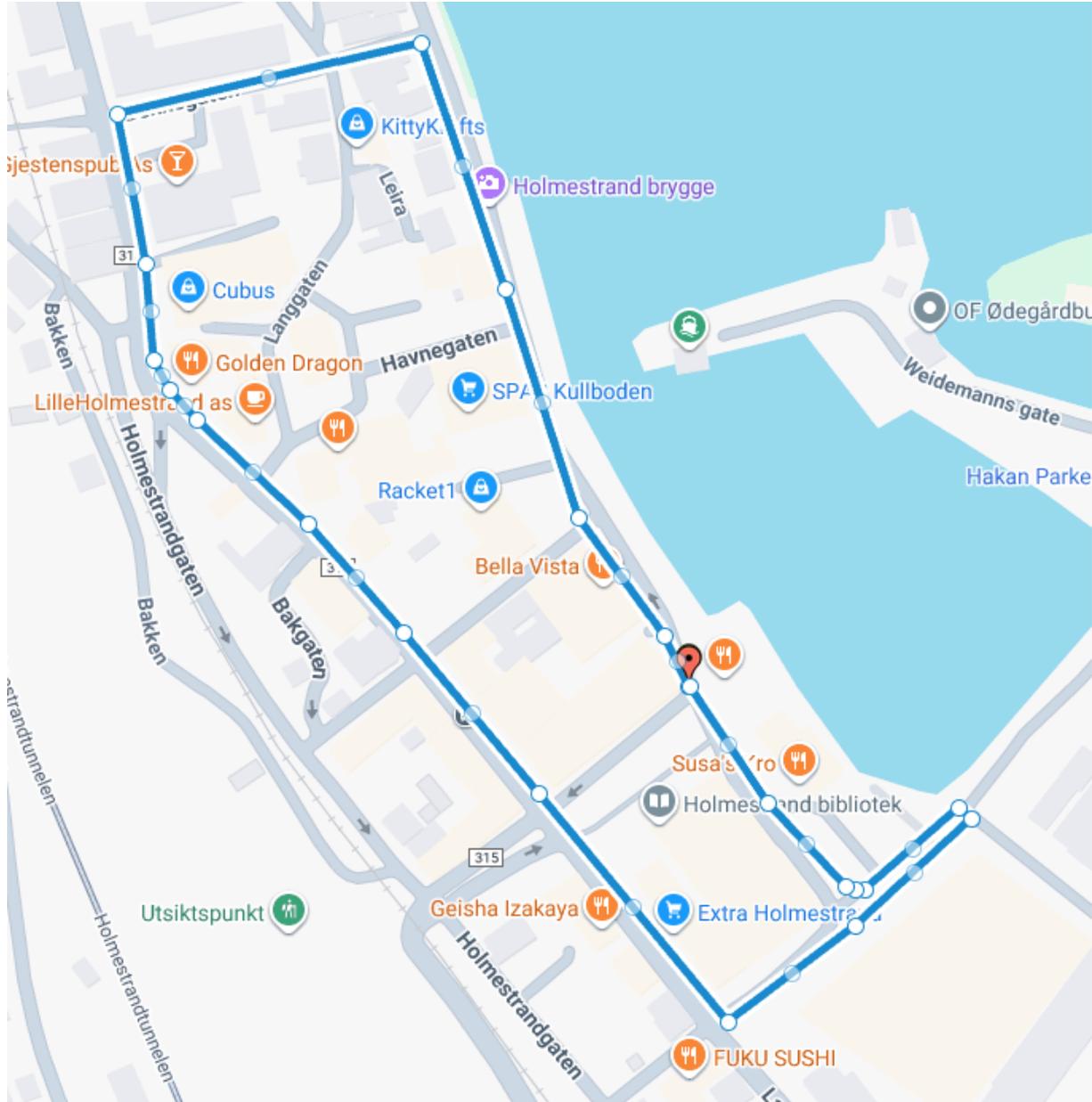
[https://www.google.com/maps/d/edit?mid=1X84LmzI3bsEhLMJNlACDx7JCj\\_SIA68&usp=sharing](https://www.google.com/maps/d/edit?mid=1X84LmzI3bsEhLMJNlACDx7JCj_SIA68&usp=sharing)

# Norwegian Athletic Federation

Ullevaal stadion  
Sognsveien 75 J  
0840 Oslo  
NORWAY  
E-mail: [friidrett@friidrett.no](mailto:friidrett@friidrett.no)  
Phone: +47 94 83 33 26



## Adjustment lap



<https://www.google.com/maps/d/edit?mid=1fJFFDPdc41nRgJOAYUOUOdvdvQ2m8zo&usp=sharing>

# Norwegian Athletic Federation

Ullevaal stadion

Sognsveien 75 J

0840 Oslo

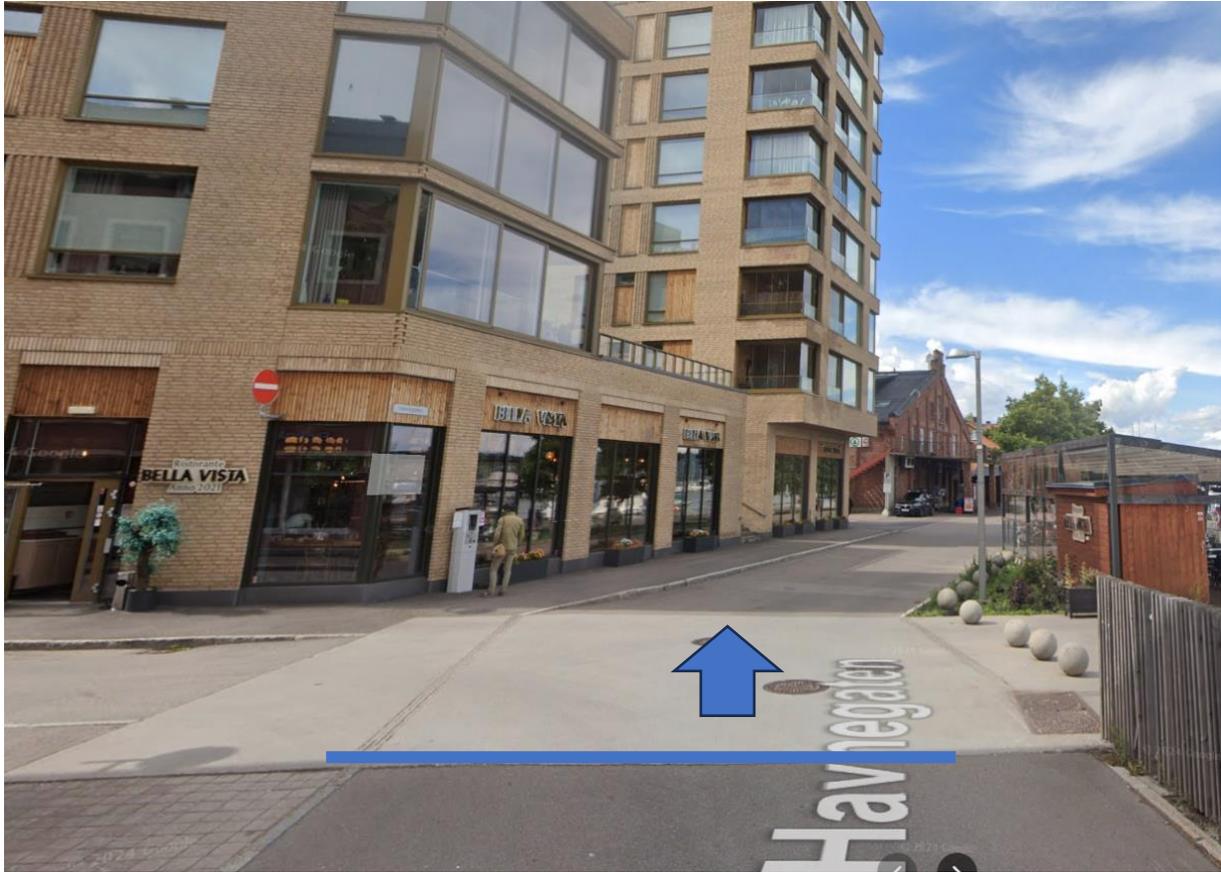
NORWAY

E-mail: [friidrett@friidrett.no](mailto:friidrett@friidrett.no)

Phone: +47 94 83 33 26



## Start/finish-line



Start in the 5k-loop, in the crossing of Tordenskjoldsgate/Dr. Graaruds plass and Havnegaten

# Norwegian Athletic Federation

Ullevaal stadion

Sognsveien 75 J

0840 Oslo

NORWAY

E-mail: [friidrett@friidrett.no](mailto:friidrett@friidrett.no)

Phone: +47 94 83 33 26



**Course route on the truck parking area at the far end of Weidemanns gate.**

Out onto the pier in Weidemanns gate, U-turn before the fence



# Norwegian Athletic Federation

Ullevaal stadion

Sognsveien 75 J

0840 Oslo

NORWAY

E-mail: [fridrett@fridrett.no](mailto:fridrett@fridrett.no)

Phone: +47 94 83 33 26



Down along the parking area to the second manhole cover



# Norwegian Athletic Federation

Ullevaal stadion

Sognsveien 75 J

0840 Oslo

NORWAY

E-mail: [fridrett@fridrett.no](mailto:fridrett@fridrett.no)

Phone: +47 94 83 33 26



Then straight towards the gate



When getting to the red building, turn towards the city center



# Norwegian Athletic Federation

Ullevaal stadion

Sognsveien 75 J

0840 Oslo

NORWAY

E-mail: [friidrett@friidrett.no](mailto:friidrett@friidrett.no)

Phone: +47 94 83 33 26



## Extra loop in the adjustment course for the half and full marathon.

Turnaround in Weidemanns gate, after the Aluminium Museum, at the gate, 7 m past the corner of the building.

