

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 NATIONAL CERTIFIED COURSE -

INFORMATION ABOUT EVENT AND COURSE
Event: Drammen 10k
Technical Organiser: Nærnes Løpeklubb
City/Place: Drammen, Norway
Date of Arrangement: 11.04.2026
Date and time for measurement: 10.04.2026
Measured distance(s): 10km
Length of calibration course: 358,7m
Terrain: Flat <input checked="" type="checkbox"/> Slightly hilly <input type="checkbox"/> Hilly <input type="checkbox"/> Terrain <input type="checkbox"/>
Type of course route: Closed loop <input type="checkbox"/> Back and forth <input checked="" type="checkbox"/> A to B <input type="checkbox"/> Other <input type="checkbox"/>
The course consists of 95%, or more, solid surface: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Elevation Start - Finish: 0m
Description of start: In Schreiners gate, outside Drammenshallen, at the manhole before the penultimate parking lot toward the Marienlyst stadion
Description of finish: Same as start
Distance, in a straight line, between start & finish: 0m
Start and Finish marked: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Km-markings: Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
Measurement direction: Running direction <input checked="" type="checkbox"/> Opposite running direction <input type="checkbox"/>

CONTACT INFORMATION		
	Measured by:	Organizer:
Contact person:	Samuel Hafsaahl	André Hjorteseth
Phone:	+47 970 46 905	+47 400 03 122
Email:	samuel.hafsaahl@gmail.com	andre@rundrm.no

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.

10.04.2026 Samuel Hafsaahl

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	358,76m
Length of calibration course 2nd measurement	358,76m
Possible 3rd measure (max. 1 cm diff per 100m 1 st and 2 nd)	
Average of measurements before adjustments	358,76m
Temperature (road or measuring tape)	5
Adjustment cf. $D-(D*(1+(temp-20)*0,0000115))$	0,9998275
Measured calibration distance after adjustment	358,698m
Distance from start/finish to calibration distance	50m

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: 10.04.2026 06:00			Date and Time: 10.04.2026 08:00		
	Start	End	Diff.	Start	End	Diff.
1st measure	94043	98203	4160	29560	33722	4162
2nd measure	98203	102365	4162	33722	37884	4162
3rd measure	102365	106526	4161	37884	42046	4162
4th measure	106526	110687	4161	42046	46208	4162

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	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	4161	4162	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11600,3	11603,1	
Addn. +1‰	11,6	11,6	
Measurement constant (rounded)	11612	11615	11614

MEASUREMENT PROCEDURE		
Measurement constant	11614	
Measured Distance	Counter	Description of place
0m	11 966,0	Startline
10 016,2	128 294,0	Finishline
10 016,2	116 328,0	Total measured without adjustments
		Total measured adjustments
		Total measured course

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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

128294 - 11966 = 116328

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

116328 / 11614 * 1000 = 10016,19 meter

The course is 16,19m too long

3. Course adjustment

The organizer can move the start/finishline with 8 meters to make the course 16 meters shorter.

CALIBRATION COURSE MAP

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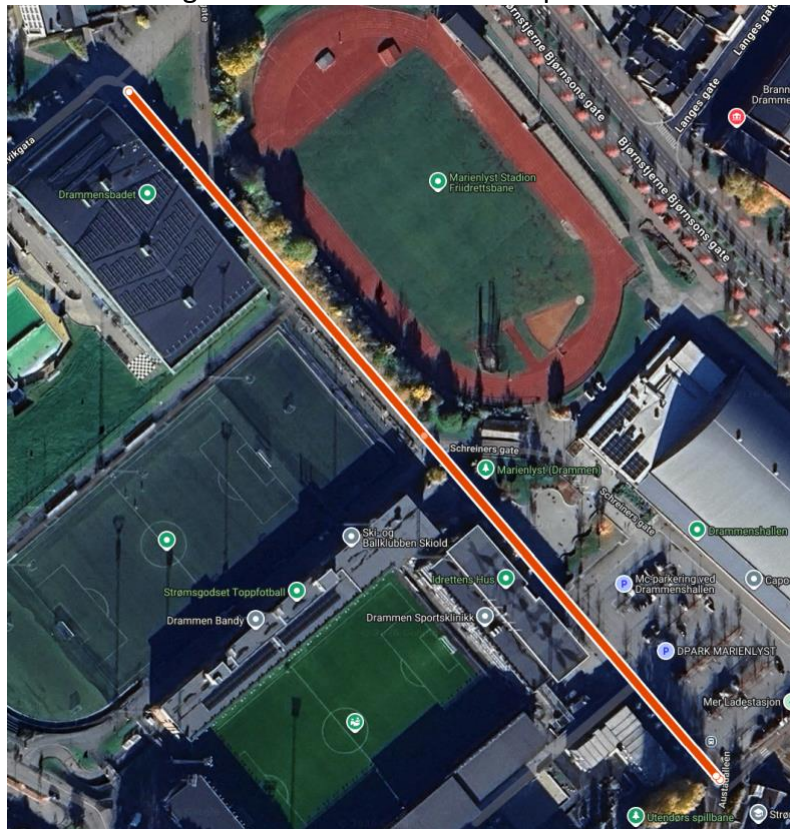
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In Schreiners gate from Drammensbadet past Idrettes hus



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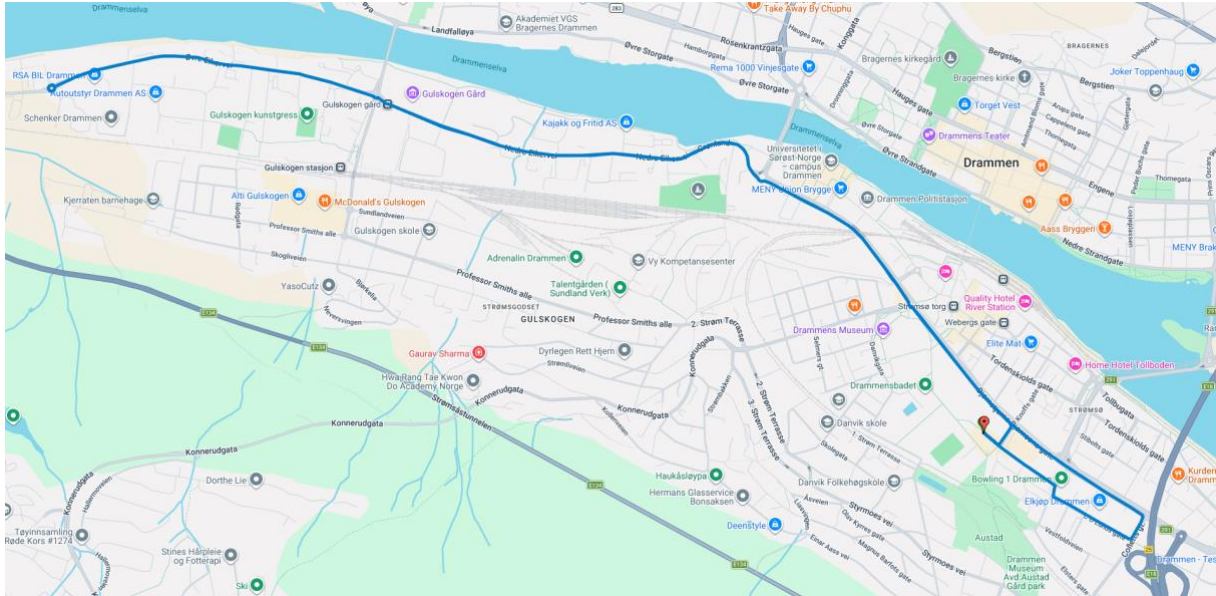
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COURSE MAP & DESCRIPTION



<https://www.google.com/maps/d/edit?mid=1aVwqD5GNq2u5Cwd4e3MsJuVYfmPXrJk&usp=sharing>

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Start- and finishline

Outside Drammenshallen at the manhole before the penultimate parkinglots towards Marienlyst Stadion



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U-turn

The roundabout after Øvre Eikervei 85

