

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: Kjeller Airways 10k Runwayk
Technical Organiser: Sportsklubben Vidar
City/Place: Lillestrøm
Date of Arrangement: 13.06.2026
Date and time for measurement: 30.04.2026
Measured distance(s): 10km
Length of calibration course: 400m
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: Start at the sideway leading to the main strip, outside Helikopterdrift AS and Oslo Flyklubb, 7 meters from the yellow line going across the road
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	Mikkel Trøstheim
Phone:	970 46 905	+47 41 29 60 79
Email:	samuel.hafsaahl@gmail.com	mikkel@oslomaraton.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.

02.05.2026 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	400m
Length of calibration course 2nd measurement	400m
Possible 3rd measure (max. 1 cm diff per 100m 1 st and 2 nd)	
Average of measurements before adjustments	400m
Temperature (road or measuring tape)	16
Adjustment cf. $D-(D*(1+(temp-20)*0,0000115))$	0,9999540
Measured calibration distance after adjustment	399,982
Distance from start/finish to calibration distance	20m

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: 30.04.2026 08:00			Date and Time: 30.04.2026 09:00		
	Start	End	Diff.	Start	End	Diff.
1st measure	38363	43014	4651	56968	61620	4652
2nd measure	43014	47665	4651	61620	66272	4652
3rd measure	47665	52316	4651	66272	70924	4652
4th measure	52316	56968	4652	70924	75576	4652

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	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	4651,25	4652	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11628,7	11630,5	
Addn. +1‰	11,6	11,6	
Measurement constant (rounded)	11640	11642	11641

MEASUREMENT PROCEDURE		
Measurement constant	11641	
Measured Distance	Counter	Description of place
0m	19 235	Startline
10 051,8m	136 248	Finishline
10 051,8m		Total measured without adjustments
0m		Total measured adjustments
10 051,8m		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

$$136248 - 19235 = 117013$$

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

$$117013 / 11641 * 1000 = 10051,8 \text{ meter}$$

The course is 51,8m too long

3. Course adjustment

The course should be shortened by 25m at the u-turn in Storgata, to make the course 50m shorter.

This will be done by the organizers.

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CALIBRATION COURSE MAP

400m along the airstrip



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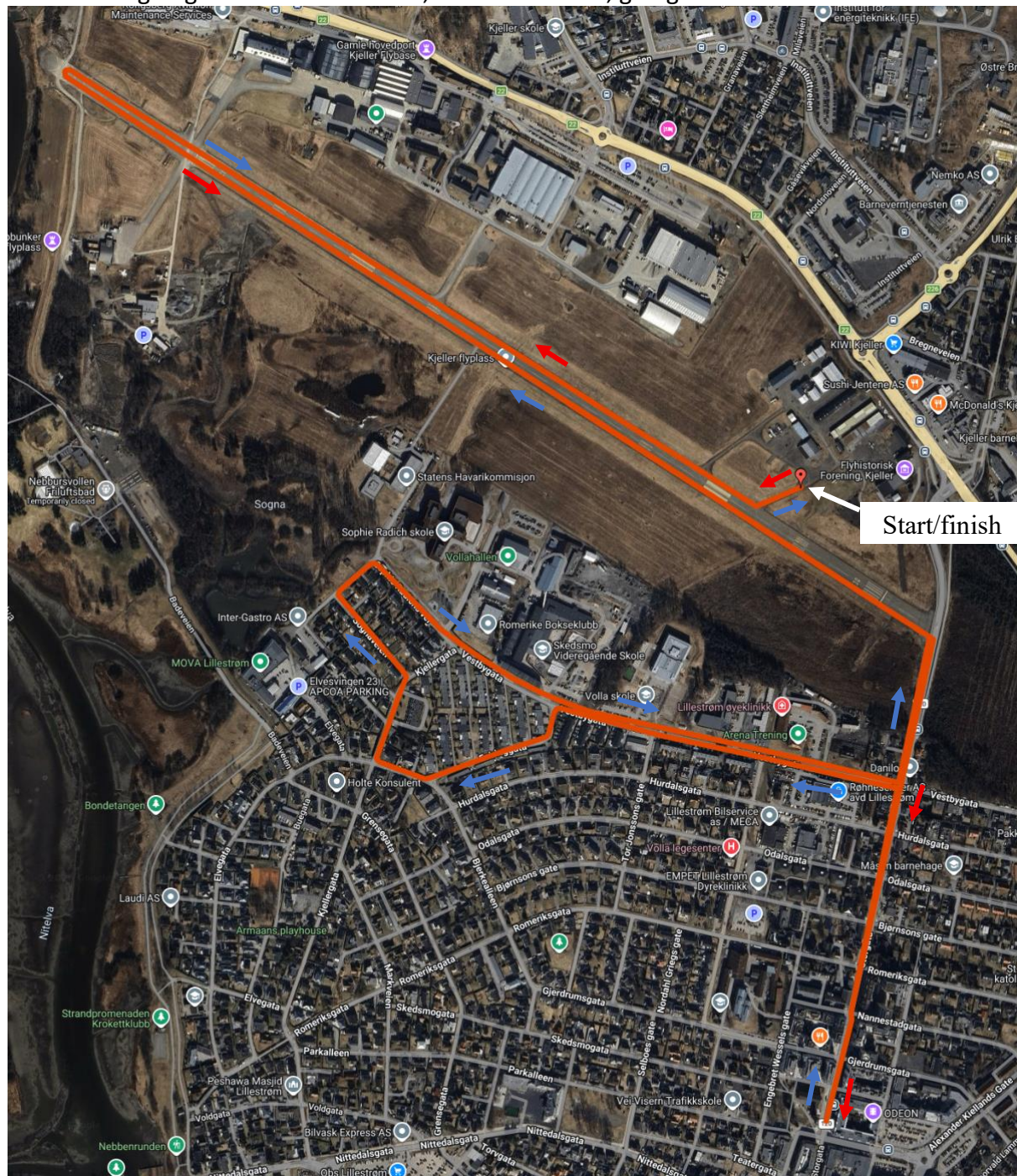
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COURSE MAP & DESCRIPTION

Red arrows going out and blue arrows, after the u-turn, going back



Start/finish

https://www.google.com/maps/d/edit?mid=1FRJK3HOywpfY_HemwR2b7Dcsv_GBZaE&usp=sharing

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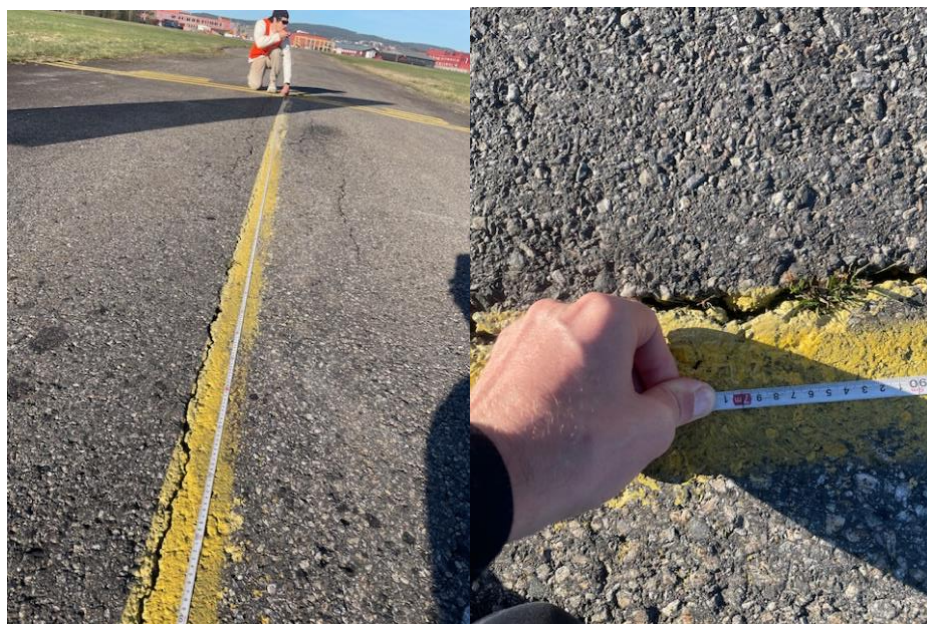
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Start/Finish

7 meters before the yellow crossing line at the sideroad leading to Helikopterdrift AS and Oslo Flyklubb



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Measured u-turn in Storgata

At the white stopline, before the crossover, at the crossing of Storgata and Parkalleen



The point of the u-turn should be moved 25 meters to make the course 50 meters shorter.