



COURSE MEASUREMENT REPORT

- REPORT FOR INTERNATIONAL CERTIFIED COURSE -

INFORMATION ABOUT EVENT AND COURSE
Event: Stavanger 5k
Technical Organiser: Spirit Friidrettsklubb
City/Place: Stavanger, Rogaland
Date of Arrangement: 3.May 2025
Date and time for measurement: 21.February 2025
Measured distance(s): 5 km
Length of calibration course: 300 m
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 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: 2 m
Description of start: In Stavanger city centre - Kongsgårdbakken
Description of finish: In Stavanger city centre – Square outside Burger King
Distance, in a straight line, between start & finish: 20 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"/>
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	Einar Søndeland
Phone:	+47 91337338	+47 92403587
Email:	Erling.hiorth@gmail.com	Einar.sondeland@spirit-friidrettsklubb.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.

22.February 2025 *Erling Hiorth*

Date

Signature by Course measurer

Date

Signature by AIMS

Norwegian Athletic Federation

Ullevaal stadion

Sognsveien 75 J, 0840 Oslo, NORWAY

E-mail: friidrett@friidrett.no

Phone: +47 94 83 33 26



CALIBRATION COURSE AND PROCEDURE - Permanent marked 11.June 2022	
Length of measuring tape (steel measuring tape only)	50 m
Length of calibration course 1st measurement	306,72 m
Length of calibration course 2nd measurement	306,72 m
Possible 3rd measure (max. 1 cm diff per 100m 1 st and 2 nd)	No
Average of measurements before adjustments	306,72 m
Temperature (road or measuring tape)	17 C
Adjustment cf. $D-(D*(1+(temp-20)*0,0000115))$	- 0,011 m
Measured calibration distance after adjustment	306,71 m
Distance from start/finish to calibration distance	2,8 km

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: 21.Feb – 11:45 am			Date and Time: 21.Feb – 1:20 pm		
	Start	End	Diff.	Start	End	Diff.
1st measure	9000	12526	3526	68000	71526	3526
2nd measure	12526	16053	3527	71526	75052	3526
3rd measure	16053	19579	3526	75052	78579	3527
4th measure	19579	23106	3527	78579	82104	3525

	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	3526,5	3526	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11497,854	11496,223	
Addn. +1‰	11,497	11,496	
Measurement constant (rounded)	11509,351	11507,720	11509

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MEASUREMENT PROCEDURE		
Measurement constant	11509	
Measured Distance	Counter	Description of place
	60700	Planned start based on pre-measurement
5006,9	118324	Planned finish based on pre-measurement
5006,86 m		Total measured without adjustments
-7,22	$2 * \pi * r / 2$	Orig - Turning point at 3,4 km – 2 m radius
4,08	$2 * \pi * r / 2$	Revised - Turning point at 3,4 km – 1 m radius
-3,14 m		Total measured adjustments
5.003,72		Total measured course

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CONCLUSION OF MEASUREMENT

1. General information about race course and start/finish
 - Start and finish Stavanger city centre
 - 1st loop towards east (2 km), then 2nd loop towards north (3 km)
 - Course pre-measured on 13.February and final measurement on 21.February
2. Measurement of calibration course
 - Tjensvoll Gravlund, 2,8 km from start, straight / flat asphalt walking path
 - Measured in accordance with procedure, 3 persons, both ways independant
 - Fixed points at both ends, no adjustment on ground, temp calculations done
 - Permanent approved calibration course (measured by A- and C measurer)
3. Calibration of bicycle
 - Calibrated in accordance with procedure, 4 measures, deviation 1 count
4. Measurement of the course
 - From start to finish continuous, closed loop measured once
5. Post calibration of bicycle
 - Same procedure, 4 measures, deviation 2 counts
6. Course adjustments
 - Turning point after 3,4 km measured with cones at 2 m radius
 - To reduce course length, radius reduced to 1 m
7. Overall length of the course
 - The course is not shorter than 5 km
8. Additional info
 - The organizer will set up cones/fences on all course separations and corners.
 - Separate map with pictures included to highlight correct course and placement of fences and cones.
 - Organizer to place cones at turning point (at 3,4 km) to ensure 1 m radius

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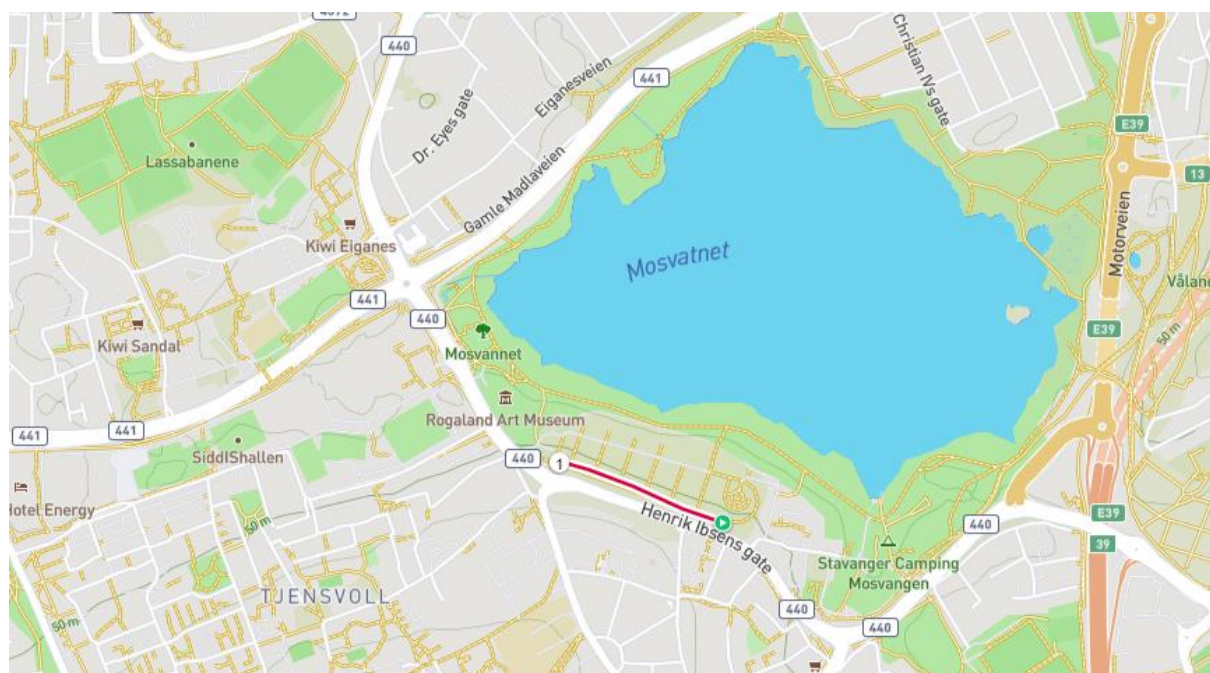
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Phone: +47 94 83 33 26



CALIBRATION COURSE MAP

The calibration course is 2,8 km from start/finish



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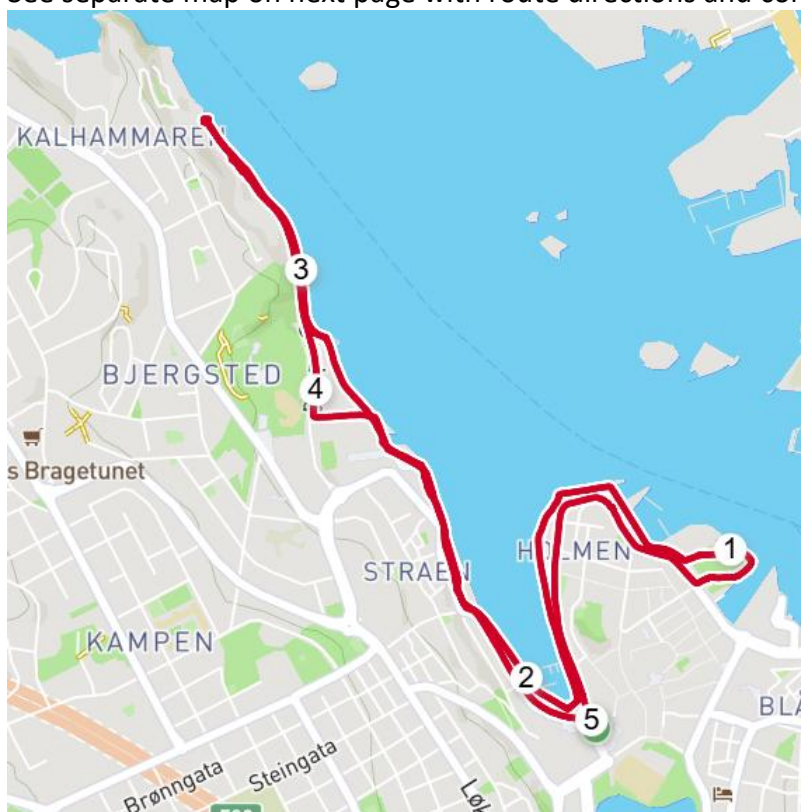
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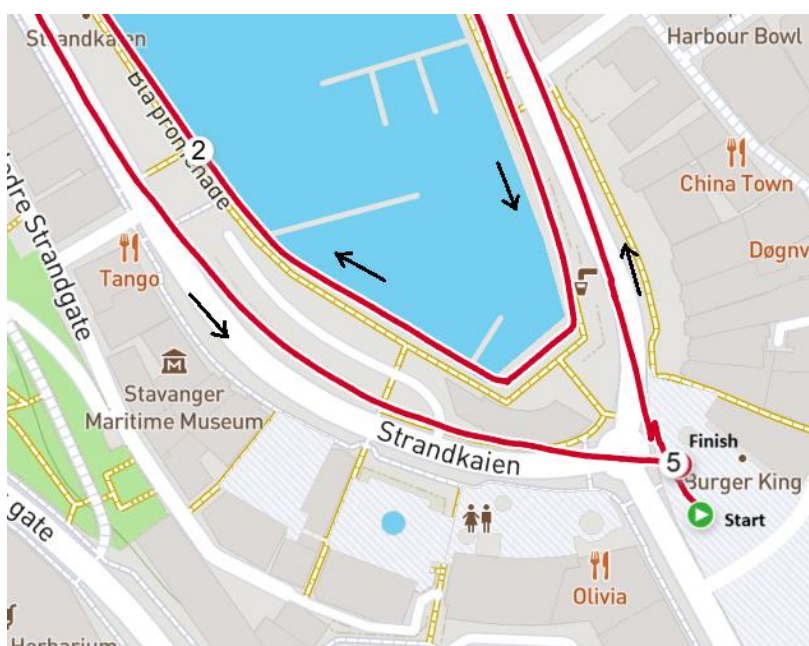


COURSE MAP & DESCRIPTION

Shortest possible route to be followed except where fences / cones are to be used.
See separate map on next page with route directions and corresponding pictures.



Start



Finish



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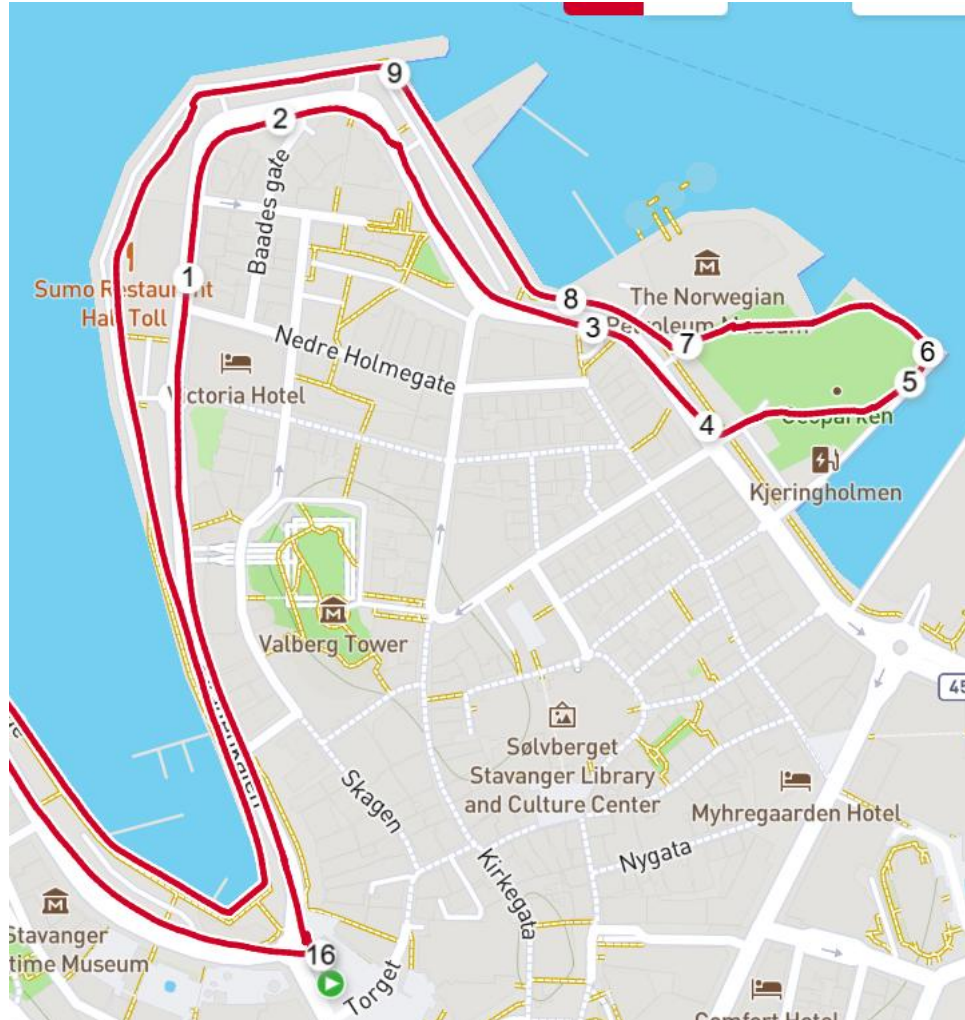
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Fences or cones to be used on following points to ensure correct running course.

Road will be blocked for traffic from start to point no.4 below.



- 1 – Road to be used, no crossing over pavement
- 2 – Road to be used, no crossing over pavement
- 3 – Road to be used, no crossing over pavement
- 4 – Use road entrance to playground, no crossing over pavement – ref picture
- 5 – Wide turn with fences to be set up – see picture
- 6 – Wide turn with fences to be set up – see picture
- 7 – Left side of pole, then start of walking path (“blå promenade”) – see picture
- 8 – Left side of all poles – see picture
- 9 – Left turn at end of pavement on “blå promenade” – see picture

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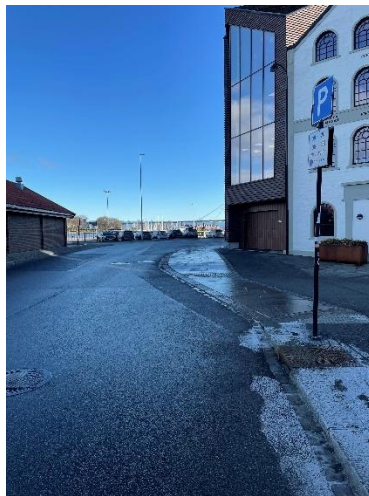
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1 - Pavement to be closed



2 - Pavement to be closed



4 – Pavement to be closed



5+6 - Wide turn right side



7 - Left side of pole



8 – Left side of all poles



9 – Left turn end of pavement



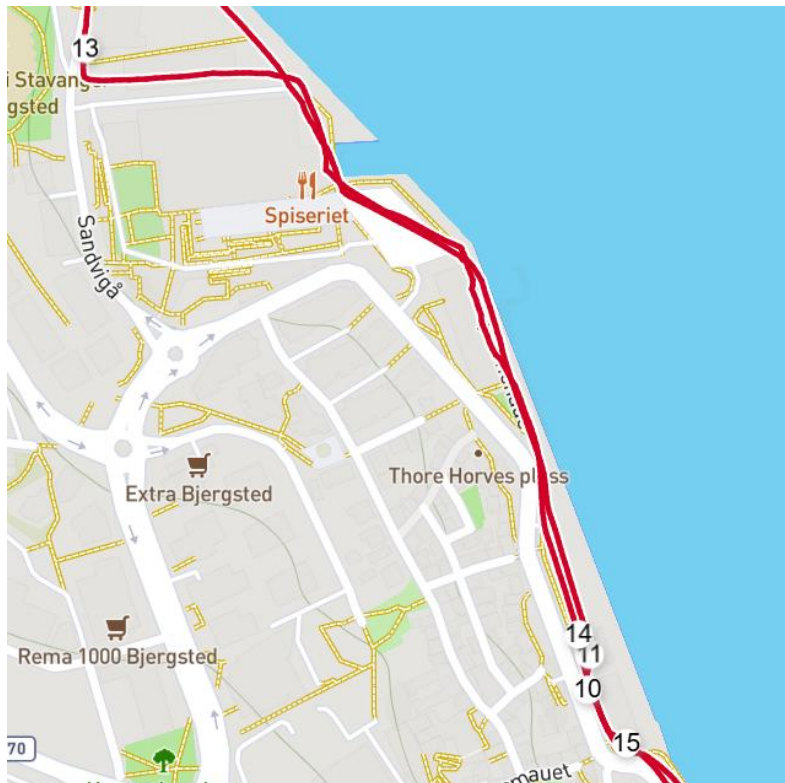
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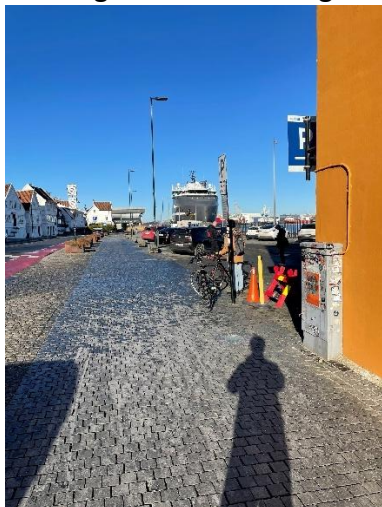
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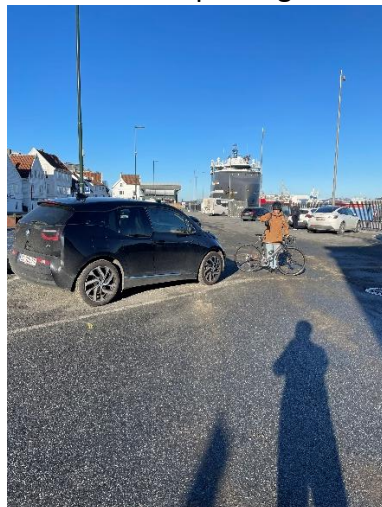


- 10 – Right turn after traffic sign
- 11 – Left turn after parking lot
- 12 – Turning point – see picture
- 13 – Road to be used, no crossing over pavement
- 14 – Right turn into street
- 15 – Road to be used, no crossing over pavement

10 – Right after traffic sign



11 – Left after parking lot



12 – Turning point – 1 m radius



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13 – Turn left in street



14 – Right turn into street



15 - Road to be used



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Attachment

Pre-measurement of course on 13. February 2025

The course was 7 m too short and start will be moved backwards by 7 m.

MEASUREMENT PROCEDURE		
Measurement constant	11542 – 13. February 2025	
Measured Distance	Counter	Description of place
	64800	Planned start
4942,1	121842	Intermediate finish at pedestrian crossing
21,0	122084	Intermediate finish at pedestrian crossing
6,6	122160	Finish at square at light pole
4969,7 m		Total measured without adjustments
	32800	Start turn at play ground - original
-51,6	33396	Finish turn at play ground - original
	33396	Start turn at play ground - revised
59,7	34085	Finish turn at play ground - revised
	38900	Start towards entrance to play ground – revised
106,4	40128	Finish after entrance to play ground – revised
	40128	Start towards entrance to play ground – original
-90,9	41177	Finish after entrance to play ground - original
23,6 m		Total measured adjustments
4.993,2		Total measured course