

This year consists of the following competitions:

8.2	Tampere, FIN	4 th Nordic Indoor Match
22.5	Oslo, NOR	18 th Nordic 10000m Challenge
7.-8.6	Kópavogur, ISL	42 nd Nordic Junior Championships Combined Events
26.-27.7	København, DEN	8 th Nordic/Baltic U23 Championships
16.-17.8	Kristiansand, NOR	11 th Nordic U20 Match & Championships
13.9	Glostrup, DEN	32 nd Nordic Race Walking Championships
8.11	Vantaa, FIN	18 th Nordic Cross Country Championships

Nordic Indoor Match

Pirkkahalli, Tampere, FIN (300m unbanked track) 8 Feb

Men

60 m				8 Feb
1		Eetu Rantala	FIN	6.74
2		Visa Hongisto	FIN	6.80
3		Odain Rose	SWE	6.87
4		Morten Dalgaard Madsen	DEN	6.97
5		David Sennung	SWE	6.98
6		Øyvind Strømme Kjerpeset	NOR	7.07
7		Henrik Johnsen	NOR	7.13

200 m				8 Feb
Heat				
1 2				
1	1	Alexander Brorsson	SWE	21.45
2	1	Joel Groth	SWE	21.55
3	2	Øyvind S. Kjerpeset	NOR	21.62
4	3	Olli Rantanen	FIN	21.73
5	2	Ville Aarnivala	FIN	21.74
6	3	Nickolai Jallow	NOR	22.04
7	4	Emil Strøm	DEN	22.30

400 m				8 Feb
Heat				
1 2				
1	1	Felix Francois	SWE	47.74
2	1	Dennis Forsman	SWE	47.80
3	2	Oskari Möro	FIN	48.84
4	2	Petteri Monni	FIN	49.15
5	3	Jonas Andre Grønhaug	NOR	49.46
6	3	Haakon Gaukerud Høye	NOR	49.65
7	4	Philip Braun	DEN	50.08

800 m				8 Feb
1		Roald Frøskeland	NOR	1:50.28
2		Rickard Gunnarsson	SWE	1:50.41
3		Emil Oustad	NOR	1:50.92
4		Johan Svensson	SWE	1:50.95
5		Tuomo Salonen	FIN	1:51.55
6		Ville Lampinen	FIN	1:52.83
7		Aladdin Bouhania	DEN	1:55.35

1500 m				8 Feb
1		Johan Rogestedt	SWE	3:56.69
2		Nick Jensen	DEN	3:58.11
3		Kalle Berglund	SWE	3:58.59
4		Tom Erling Kårbø	NOR	3:58.84
5		Panu Jantunen	FIN	3:59.93
6		Joonas Lehtinen	FIN	4:00.46
7		Eivind Jenssen	NOR	4:02.28

3000 m				8 Feb
1		Jukka Keskiälo	FIN	8:25.43

2	Adil Bouaffif	SWE	8:26.18
3	Daniel Lundgren	SWE	8:27.55
4	Marius Vedvik	NOR	8:28.55
5	Kalle Keskipoikela	FIN	8:31.76
6	Helge Langen	NOR	8:35.99
7	Andreas Lommer	DEN	8:52.41

60 m hurdles				8 Feb
1	Philip Nossmy	SWE	7.83	
2	Joona-Ville Heinä	FIN	7.93	
3	Andreas Martinsen	DEN	7.99	
4	Marvin Tay	SWE	8.01	
5	Elmo Lakka	FIN	8.08	
6	Jostein Andre Kvikstad	NOR	8.30	
7	Henrik Johnsen	NOR	9.75	

High jump				8 Feb
1	Ivan Kristoffer Nilsen	NOR	2.21	
2	Jussi Viita	FIN	2.18	
3	Emil Svensson	SWE	2.14	
4	Christian Boe Helland	NOR	2.10	
5	Mehdi Alkhatib	SWE	2.05	
6	Massin Ait Bouziad	DEN	2.05	
7	Samuli Eriksson	FIN	2.00	

Series	1.80	1.85	1.90	1.95	2.00	2.05	2.10	2.14	2.18	2.21	2.24
1						o	o	o	xo	xo	xxx
2								o	o	xxo	xx-
3							o	o	xxo	xxx	
4				xo	xxo	xo	xxx				
5						o	x-				
6	o	-	xo	o	xxo	o	xxx				
7				o	xo	xxx					

Pole vault				8 Feb
1	Melker Svärd-Jacobsson	SWE	5.55	
2	Alhaji Jeng	SWE	5.50	
3	Mikkel Nielsen	DEN	5.35	
4	Eemeli Salomäki	FIN	5.30	
5	Per Magne Florvaag	NOR	5.15	
6	Jarno Kivioja	FIN	5.05	
7	Odd Eiken	NOR	4.80	

Series	4.80	4.95	5.05	5.15	5.25	5.30	5.35	5.40	5.45	5.50	5.55	5.60	5.65
1					xo	-	-	-	o	-	o	-	xxx
2							o	-	-	xo	-	xxx	
3			xo	-	xo	-	o	-	xxx				
4				xo	-	xxo	-						
5	o	o	o	o	xxx								
6			xxo	-	xxx								
7	o	-	xxx										

Long jump				8 Feb
1	Henri Väyrynen	FIN	7.85	
2	Arttu Halmela	FIN	7.75	
3	Morten Jensen	DEN	7.44	
4	Jonas Mögenburg	NOR	7.40	
5	Johan Taleus	SWE	7.32	
6	Ingar Kiplesund	NOR	7.19	
7	Thobias Nilsson Montler	SWE	7.04	

Extra: Zarck Visser, RSA 7.74

Series	1	2	3	4	5	6
1	X	7.74	X	7.85	7.61	X
2	7.50	X	X	7.57	X	7.75
3	X	X	X	X	X	7.44
4	7.40	X	7.37	X	7.02	X
5	7.08	7.21	5.49	7.04	6.35	7.32
6	7.19	6.90	7.11	7.16	7.15	X
7	6.99	6.91	6.97	6.95	7.04	6.98
Extra	7.66	X	7.74	7.66	X	6.20

Triple jump

		8 Feb
1	Aleksi Tammentie	FIN 16.19
2	Mathias Ström	SWE 16.14
3	Daniel Lennartsson	SWE 15.80
4	Peder Nielsen	DEN 15.60
5	Kristian Pulli	FIN 15.09
6	Christian Boe Helland	NOR 14.89
7	Jesper Vestbø	NOR 14.74

Series	1	2	3	4	5	6
1	15.65	X	16.19	X	14.16	X
2	15.84	15.87	X	16.14	15.96	X
3	15.31	X	X	X	15.80	X
4	15.16	X	X	15.25	X	15.60
5	15.09	15.00	-	-	-	-
6	14.89	-	-	-	-	-
7	14.31	14.59	14.74	14.39	14.49	14.74

Shot put

		8 Feb
1	Arttu Kangas	FIN 19.56
2	Leif Arrhenius	SWE 19.18
3	Kim Christensen	DEN 18.41
4	Matti Sivonen	FIN 17.66
5	Stian Andersen	NOR 17.34
6	Daniel Ståhl	SWE 16.99
7	Fredrik Simensen	NOR 16.16

Series	1	2	3	4	5	6
1	19.05	19.56	X	X	19.38	19.12
2	X	18.60	X	19.18	19.15	19.13
3	18.23	18.41	X	X	X	X
4	16.81	17.04	X	X	17.34	17.66
5	X	17.34	X	X	X	X
6	X	X	16.68	16.99	16.81	16.93
7	16.16	X	16.14	X	X	X

4x300 m relay

		8 Feb
1	NOR	2:15.76 (Jonas Andre Grønnaug, Håkon Morken, Carl Emil Kåshagen, Øyvind Strømme Kjerpeset)
2	SWE	2:16.88 (Joel Groth, Felix Francois, Alexander Brorsson, Johan Svensson)
3	FIN	2:17.63 (Samuli Samuelsson, Erik Back, Johan Versluis, Roope Saarinen)
4	DEN	2:18.75 (Emil Strøm, Andreas Martinsen, Philip Braun, Morten Jensen)

Points Men	Nation	Total
	SWE	116
	FIN	95
	NOR	65

Women

60 m

		8 Feb
1	Hanna-Maari Latvala	FIN 7.37
2	Jasmin Showlah	FIN 7.46
3	Erica Järder	SWE 7.53
4	Emilia Kjellberg	SWE 7.65
5	Christine Bjelland Jensen	NOR 7.76
6	Elisabeth Slettum	NOR 7.76
7	Mathilde Kramer	DEN 7.78
8	Annelouise Villum Jensen	DEN 7.81

200 m

Heat	1	2
1	1 Hanna-Maari Latvala	FIN 23.61

2	2 Irene Ekelund	SWE 23.89
3	3 Elisabeth Slettum	NOR 24.03
4	1 Pernilla Nilsson	SWE 24.01
5	2 Minna Laukka	FIN 24.47
6	3 Christine Bjelland Jensen	NOR 24.55
7	4 Anna Thestrup Andersen	DEN 25.68
8	4 Mathilde Kramer	DEN 25.70

400 m

Heat	1	2
1	1 Josefin Magnusson	SWE 54.85
2	1 Frida Persson	SWE 54.94
3	2 Vilde Svortevik	NOR 55.59
4	3 Anne Sofie Kirkegaard	DEN 56.41
5	4 Hilla Uusimäki	FIN 56.43
6	2 Mette Paavolainen	FIN 57.39
7	3 Sara Dorthea Jensen	NOR 57.81

800 m

		8 Feb
1	Anna Silvander	SWE 2:07.56
2	Trine H. Mjåland	NOR 2:08.51
3	Ida Fillingsnes	NOR 2:08.95
4	Nathalie Rohlén	SWE 2:12.03
5	Dagmar Fæster Olsen	DEN 2:12.14
6	Roosa Lahtinen	FIN 2:13.80
7	Eliisa Räsänen	FIN 2:16.13

1500 m

		8 Feb
1	Meraf Bahta	SWE 4:23.49
2	Karin Storbacka	FIN 4:25.22
3	Sarah Lahti	SWE 4:26.12
4	Hedda Hynne	NOR 4:27.90
5	Ingeborg Løvnes	NOR 4:28.12
6	Meri Rantanen	FIN 4:29.92
7	Line Schulz	DEN 4:30.76

3000 m

		8 Feb
1	Kristine Eikrem Engeset	NOR 9:20.70
2	Linn Nilsson	SWE 9:26.92
3	Oona Kettunen	FIN 9:27.32
4	Camilla Richardsson	FIN 9:29.25
5	Maria Larsen	DEN 9:32.08
6	Cecilia Kleist	SWE 9:49.58
7	Ingvild Vedde	NOR 10:13.08

60 m hurdles

		8 Feb
1	Nooralotta Neziri	FIN 8.21
2	Ellinore Hallin	SWE 8.27
3	Matilda Bogdanoff	FIN 8.27
4	Maja Rogemyr	SWE 8.38
5	Tale Ørving	NOR 8.51
6	Renate Grimstad	NOR 8.89
7	Anne Møller	DEN 12.46

High jump

		8 Feb
1	Sofie Skoog	SWE 1.83
2	Tonje Angelsen	NOR 1.83
3	Linda Sandblom	FIN 1.80
4	Elina Kakko	FIN 1.80
5	Victoria Dronsfield	SWE 1.77
6	Katarina Mögenburg	NOR 1.70
7	Sandra Christensen	DEN 1.70

Series	1.60	1.65	1.70	1.74	1.77	1.80	1.83	1.86
1				o	o	o	o	xxx
2					o	xo	o	xxx

3			o	o	o	o	o	xxx
4			o	o	xo	o	o	xxx
5			o	o	o	xo	xxx	
6			o	xxx				
7	xo	o	o	xxx				

Pole vault

		8 Feb	
1	Minna Nikkanen	FIN	4.55
2	Caroline Bonde Holm	DEN	4.35
3	Cathrine Larsåsen	NOR	4.20
4	Erica Hjerpe	FIN	4.00
5	Madeleine Nilsson	SWE	4.00
6	Lene Retzius	NOR	4.00
	Hanna Jansson	SWE	NM

Series	3.50	3.65	3.80	3.90	4.00	4.10	4.15	4.20	4.25	4.30	4.35	4.40	4.45	4.55	4.61
1						o	-	-	o	-	o	-	o	xxo	xxx
2						o	-	-	xo	-	o	-	xxx		
3						o	-	o	-	xxx					
4			o	.	o	xxx									
5			o	o	xo	xxx									
6			o	o	xxo	xxx	xxx								
7			xxx												

Long jump

		8 Feb	
1	Erica Jarder	SWE	6.26
2	Elise Malmberg	SWE	6.24
3	Sanna Nygård	FIN	6.13
4	Oda Utsi Onstad	NOR	5.94
5	Anne-Mari Lehtiö	FIN	5.90
6	Martha Traoré	DEN	5.81
7	Mai Britt Berge	NOR	5.66

Series	1	2	3	4	5	6
1	X	X	X	5.84	6.15	6.26
2	5.96	5.93	X	6.10	6.06	6.24
3	X	5.86	5.90	6.01	6.13	5.92
4	X	X	5.94	X	X	-
5	X	5.79	5.84	5.78	5.90	5.87
6	X	X	X	5.81	5.78	X
7	5.51	5.41	5.44	5.49	X	5.66

Triple jump

		8 Feb	
1	Sanna Nygård	FIN	13.42
2	Elina Torro	FIN	13.32
3	Angelica Ström	SWE	12.92
4	Chiamaka Okparaebio	NOR	12.88
5	Oda Utsi Onstad	NOR	12.81
6	Jasmin Sabir	SWE	12.64
7	Janne Nielsen	DEN	12.32

Series	1	2	3	4	5	6
1	X	X	13.00	13.23	13.42	11.32
2	X	13.24	13.29	13.32	13.27	13.29
3	X	12.46	X	12.36	12.92	X
4	X	12.88	X	12.80	12.71	X
5	X	X	12.81	X	12.54	12.57
6	12.57	12.56	X	X	12.53	12.64
7	X	X	X	12.30	12.32	X

Shot put

		8 Feb	
1	Trine Mulbjerg	DEN	15.77
2	Sanna Kämäräinen	FIN	15.61
3	Maria Sløk Hansen	DEN	15.57
4	Fanny Roos	SWE	15.31
5	Ellinore Hallin	SWE	15.19
6	Kristin Sundsteigen	NOR	14.98
7	Katri Hirvonen	FIN	14.30
8	Silje N. Disserud	NOR	13.27

Series	1	2	3	4	5	6
1	15.17	15.50	X	15.62	X	15.77
2	15.61	15.35	14.83	X	X	15.02
3	15.05	15.28	15.57	14.87	14.92	15.29
4	X	15.09	15.19	X	14.63	15.31
5	15.19	14.08	14.79	14.57	14.52	14.13
6	X	14.98	X	X	X	X
7	X	X	X	14.30	14.25	X
8	X	12.86	X	X	X	13.27

4x300 m relay

		8 Feb	
1	NOR	2:34.97	(Elisabeth Slettum, Christine Bjelland Jensen, Trine H. Mjåland, Vilde Svortevik)
2	FIN	2:35.83	(Anniina Kortetmaa, Minna Laukka, Felicia Åbacka, Anniina Laitinen)
3	SWE	2:38:35	(Pernilla Nilsson, Josefin Magnusson, Emilia Kjellberg, Elise Malmberg)
4	DEN	2:42.06	(Anne Sofie Kirkegaard, Martha Traoré, Anna Thestrup Andersen, Dagmar Fæster Olsen)

Points Men	Nation	Total
	FIN	102
	SWE	102
	NOR	70

Nordic 10000 m Challenge

Bislett Stadion, Oslo, NOR 22 May

Men

		22 May	
1	Marius Vedvik	NOR	29:12.84
2	Lars Budolfson	DEN	29:22.67
3	Jaako Nieminen	FIN	29:52.00
4	Fredrik Uhrbom	SWE	29:52.99
5	Henrik Them Andersen	DEB	29:55.75
6	Eirik Gramstad	NOR	30:02.87
7	Lars Södergård	SWE	30:35.58
8	Ørjan Grønnevig	NOR	31:00.85

9 Aki Nummela, FIN 31:22.52, Marnar Djurhuus, FRO DNF, Asbjørn Ellefsen Persen, NOR DNF
Extra: Dadafo Dhaqabi, ETH 29:55.18, Rolf Steier, USA 29:57.67. Andreas Åhwall, SWE 30:20.20, Fredrik Røtnes, NOR 32:24.26, Harald Solhaug Næss, NOR 32:26.02, Thomas Bereket, ERI DNF, Frew Zenebe Brkineh, ETH DNS

Women

		22 May	
1	Frida Lundén	SWE	34:11.21
2	Madeleine Larsson	SWE	34:19.61
3	Runa Skrove Falch	NOR	34:25.05
4	Anna Baumeister	DEN	34:26.53
5	Simone Glad	DEN	34:37.82
6	Minna Haka-Risku	FIN	35:33.46
7	Elise Molvik	NOR	35:53.64
8	Louise Nilsson	SWE	36:40.02

9 Tine Pallisgaard, DEN 36:43.74, 10 Nina Chydenius, FIN 37:33.82, Louise Wiker, SWE DNS, Cecilia Kleist, SWE DNS
Extra: Ingeborg Løvnes, NOR DNF

Nordic Junior Championships Combined Events

Kópavogsvöllur, Kópavogur, ISL 7-8 Jun

Men

		7-8 Jun	
U23 Decathlon			
1	Ingi Rúnar Kristinsson	ISL	7.256
2	Aleksi Tuononen	FIN	6.859
3	Edwin Råsberg	SWE	6.765
4	Victor Ivarsson	SWE	6.725
5	Fredrik Ekholm	SWE	6.373
6	Rasmus Stene	NOR	6.114
7	Hermann Þór Haraldsson	ISL	6.107
8	Stefán Þor Jósefsson	ISL	5.491

Joestein André Kvikstad, NOR DNF
Extra: Michael Bowler, IRL 6.342
(100m, Long jump, Shot put 7,26kg, High jump, 400m, 110 hurdles 106,7cm, Discus 2kg, Pole vault, Javelin throw 800g, 1500m)
1 11.39 7.02 14.45 1.91 51.74 16.89 43.02 4.60 49.99 4:51.87
776 818 756 723 736 636 726 790 588 607
-0,6 +0,9 -0,2
2 11.32 6.47 12.42 1.82 50.34 15.81 37.85 4.00 56.02 4:47.87

7	6.20	X	X	11.39	10.97	11.49	34.62	36.94	51.40	41.23	38.08	38.64	+0,9
8	5.64	5.88	5.77	11.00	11.25	11.70	X	26.10	X	X	37.39	33.74	+1,0 +0,8 +2,0
9	5.75	6.25	6.03	9.98	9.68	9.59	21.02	26.02	23.50	X	33.77	38.56	0,0 +2,4 +2,4
E	5.33	5.04	X	10.56	11.29	10.92	X	25.61	25.14	X	28.30	29.58	+1,4 +2,1

Women

U23 Heptathlon

7-8 Jun

1	Sveinbjörg Zophoníasdóttir	ISL	5.723
2	Frida Thorsås	NOR	5.162
3	Sandra Böll	DEN	4.809
4	Martine Bye	NOR	4.793
5	Sara Söderberg	SWE	4.783
6	Sofia Johnsson	SWE	4.771
7	Eline Breilid	NOR	4.697
8	Ida Otstavel	FIN	4.671

Sofia Jäger Stenberg, SWE DNF
(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw, 800m)

1	14.46	1.74	13.85	25.74	5.99	38.55	2:20.50	914	903	784	820	846	639	817	-0,1	0,0	+2,2
2	15.45	1.62	12.23	26.55	5.43	35.68	2:12.44	783	759	676	750	680	585	929	-0,1	-0,3	+2,0
3	15.89	1.68	10.97	26.28	5.22	32.49	2:26.21	728	830	593	773	620	524	741	0,0	-0,3	+1,9
4	16.35	1.65	11.51	27.61	5.23	40.72	2:27.03	672	795	629	662	623	681	731	0,0	-0,3	+1,9
5	15.63	1.56	9.89	24.92	5.67	3.52	2:32.44	760	689	522	894	750	505	663	0,0	0,0	+1,8
6	14.43	1.56	9.94	25.69	5.51	20.16	2:20.30	918	689	526	824	703	292	819	-0,1	0,0	+2,4
7	15.00	1.53	9.53	26.16	5.54	33.34	2:32.20	842	655	499	783	712	540	666	-0,1	0,0	+2,5
8	15.87	1.62	12.18	26.94	5.19	35.48	2:37.78	730	759	673	717	612	581	599	-0,1	0,0	+1,7
	DNF	NM	NM	DNS				0	0	0	0						

	Long jump	Shot put	Javelin throw														
1	5.91	5.95	5.99	13.14	13.85	13.72	38.55	34.42	36.73	+0,9	+1,1	+2,2					
2	5.38	5.27	5.43	11.73	12.23	12.12	35.68	35.37	X	+0,9	+1,4	+2,0					
3	5.14	5.03	5.22	10.78	9.88	10.97	32.49	29.65	31.11	+1,3	+1,9	+1,9					
4	5.09	X	5.23	X	11.18	11.51	37.32	38.78	40.72	+1,9	+1,9						
5	5.67	X	5.60	9.58	9.89	9.58	X	31.52	30.69	+1,8	+1,6						
6	5.16	5.51	5.48	8.87	9.72	9.94	19.64	20.16	X	+1,1	+2,4	+1,6					
7	5.20	5.53	5.54	9.53	9.36	X	31.94	33.34	30.84	+1,3	+1,8	+2,5					
8	5.19	4.97	4.93	10.86	11.11	12.18	33.22	35.48	33.39	+1,7	+1,6	+2,3					

U20 Heptathlon

7-8 Jun

1	Anne Engen Andersen	NOR	5.056
2	Caroline Fleischer	NOR	5.919
3	Sofie Albrechtsen	DEN	4.871
4	Rakel Rosshagen	SWE	4.787
5	Hanne Andve	NOR	4.738
6	Ásgerður Jana Ágústsdóttir	ISL	4.724
7	Juulia Ojala	FIN	4.694

8 Mette Graversgaard DEN 4.589

9 Frida Johansson, SWE 4.507, 10 Sini Toivola, FIN 4.012, Arna Stefanía Guðmundsdóttir, ISL DNF
(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw 600g, 800m)

1	15.03	1.71	10.39	25.95	5.49	36.45	2:29.60	838	867	555	802	697	599	698	-0,8	+0,3	+1,4
2	15.35	1.74	8.19	26.91	5.61	28.31	2:13.66	796	903	412	719	732	445	912	-1,0	+0,3	+2,1
3	15.66	1.71	12.51	26.19	5.22	28.46	2:29.06	756	867	695	781	620	447	705	-1,0	+0,3	+2,6
4	15.13	1.56	10.65	26.58	5.37	32.90	2:24.86	825	689	572	747	663	532	759	-1,0	0,0	+0,8
5	15.20	1.47	9.42	25.45	5.24	28.75	2:13.20	815	588	492	846	626	453	918	-1,0	0,0	+2,3
6	16.51	1.62	11.25	27.43	5.29	44.61	2:35.28	653	759	612	676	640	756	628	-1,0	+0,3	+1,4
7	15.43	1.59	8.73	25.90	5.28	33.00	2:24.76	786	724	447	806	637	534	760	-0,8	0,0	+1,1
8	15.15	1.56	8.27	25.80	5.59	27.38	2:29.99	822	689	417	815	726	427	693	-0,8	0,0	+1,9
9	15.52	1.59	11.02	27.05	5.35	24.22	2:31.07	774	724	596	708	657	368	680	-0,8	+0,3	+0,1
10	18.36	1.47	10.09	26.50	5.48	28.03	2:42.01	452	588	535	754	694	439	550	-1,0	+0,3	+2,3
	14.69	1.56	NM	DNS				883	689	0							
	-0,8																

	Long jump	Shot put	Javelin throw														
1	X	5.49	3.97	10.27	10.08	10.39	36.45	34.19	35.87	+1,4	+2,9						
2	5.61	5.49	5.41	6.85	8.19	7.71	24.57	28-31	X	+2,1	+1,4	+2,1					
3	4.85	5.18	5.22	12.51	12.47	12.48	28.04	27.23	28.46								
4	5.37	5.30	5.17	10.65	10.27	10.52	29.56	32.90	31.87	+0,8	+1,8	+3,0					
5	4.94	5.03	5.24	8.77	9.08	9.42	26.10	27.33	28.75	+1,3	+1,7	+2,3					
6	X	5.29	X	11.15	X	11.25	44.61	40.61	44.41	+1,4							
7	5.28	5.12	X	8.68	8.73	8.70	33.00	29.52	32.61	+1,1	+1,9						
8	5.33	5.59	5.38	7.53	8.25	8.27	27.38	26.76	X	+1,6	+1,9	+2,0					
9	X	5.35	5.31	X	10.84	11.02	24.22	X	X	+0,1	+2,9						
10	5.46	5.29	5.48	9.75	10.09	10.09	23.84	28.03	26.85	+0,4	+2,1	+2,3					

U18 Heptathlon

7-8 Jun

1	Lovisa Östervall	SWE	5.480
2	Elna Kakko	FIN	5.450
3	Johanna Dyremark	SWE	5.367
4	Iida Kalliomäki	FIN	5.334
5	Bianca Salming	SWE	5.300
6	Nickoline Skifter Andersen	DEN	4.438
7	Irma Gunnarsdóttir	ISL	4.359
8	Freja Nowack	DEN	4.196

9 Hanna Þráinsdóttir, ISL 3.574, 10 Emilie Berge, NOR 3.498
(100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 500g, 800m)

1	14.54	1.71	11.47	25.47	5.82	37.37	2:19.68	903	867	626	844	795	617	828	-0,6	0,0	
2	14.60	1.77	13.70	26.97	5.96	36.48	2:30.32										

895	941	774	714	837	600	689	
-0,6			+0,7				
3	14.55	1.71	11.04	25.49	6.02	30.07	2:20.00
	902	867	598	842	856	478	824
	-0,6		+0,7				
4	13.99	1.71	11.07	25.02	5.66	29.74	2:22.99
	980	867	600	885	747	472	783
	-1,5		+0,7				
5	15.13	1.77	13.76	26.68	5.41	38.07	2:28.40
	825	941	778	739	674	630	713
	-1,5		0,0				
6	16.89	1.38	12.67	26.34	5.16	37.80	2:34.59
	609	491	706	768	603	625	636
	-1,5		+0,7				
7	15.67	1.32	12.75	27.11	5.01	38.68	2:41.40
	755	429	711	703	562	642	557
	-1,5		0,0				
8	15.73	1.59	9.17	27.35	4.96	23.34	2:32.05
	748	724	475	683	548	351	667
	-0,6		0,0				
9	17.23	1.56	9.56	28.77	4.32	18.01	2:37.14
	571	689	501	571	384	252	606
	-1,5		0,0				
10	14.75	1.53	10.86	26.34	5.20	NM	DNF
	875	655	586	768	614	0	
	-0,6		+0,7				

Long jump		Shot put		Javelin throw					
1	5.82	X	5.71	10.25	11.47	11.00	33.08	37.37	33.63
	+1,0		+1,0						
2	5.69	5.96	X	11.79	13.07	13.70	34.72	34.62	36.48
	+3,6	+0,8							
3	6.01	6.02	5.95	11.04	10.57	11.03	X	30.07	29.94
	+0,9	0,0	+0,9						
4	5.45	5.56	5.66	9.41	11.07	X	29.07	29.74	28.79
	0,0	0,0	0,0						
5	5.38	X	5.41	X	13.76	12.84	37.85	35.87	38.07
	0,0		+1,4						
6	5.16	5.09	X	12.63	12.26	12.67	35.06	36.08	37.80
	+0,3	+0,9							
7	4.77	5.01	4.93	X	12.70	12.75	33.63	38.36	38.68
	+0,7	+0,4	0,0						
8	4.80	4.96	4.93	9.17	9.16	8.25	19.88	23.34	19.44
	0,0	+0,7	+1,0						
9	3.97	4.28	4.32	8.57	9.56	9.50	18.01	17.27	16.30
	+0,5	+0,3	+1,0						
10	5.12	5.20	X	10.34	10.86	X	X	X	X
	0,0	0,0							

Nordic/Baltic U23 Championships

Østerbro Stadion, København, DEN 26-27 Jul

Men			
100 m		26 Jul	-2,3/+0,5
Heat			
1 2			
1	1	Eetu Rantala	FIN 10.40
2	2	Odain Rose	SWE 10.55
3	3	Adam Denguir	SWE 10.69
4	4	Otto Ahlfors	FIN 10.74
5	5	Kristoffer Buhagen	NOR 10.81
6	1	Festus Asante	DEN 10.83
7	6	Salum Ageze Kashafali	NOR 10.88
8	2	Rait Veessalu	EST 11.06
9	3	Jostein Joshua Fossøy	NOR 11.09
10	4	Frederik Schou-Nielsen	DEN 11.23
11	5	Jonas Lund	DEN 11.44
	X	Markus Koivola	FIN DNS
	X	Even Pettersen	NOR DNS

200 m		27 Jul	-1,9/-1,7
Heat			
1 2			
1	1	Eetu Rantala	FIN 21.35
2	2	Jani Koskela	FIN 21.76

3	3	Even Pettersen	NOR 21.78
4	4	Markus Ellisaar	EST 21.90
5	5	Adam Denguir	SWE 21.91
6	6	Håkon Morken	NOR 22.10
7	7	Simen Sigurdson	NOR 22.13
8	1	Alexander Lesser	SWE 22.42
9	2	Rait Veessalu	EST 22.54
10	3	Emil Strøm	DEN 22.61
11	4	Ívar Kristinn Jasonarson	ISL 22.64

400 m

		26 Jul	
1	Axel Bergraham	SWE 47.96	
2	Eetu Viitala	FIN 48.29	
3	Adam Danielsson	SWE 48.39	
4	Sondre Nyvold Lid	NOR 48.68	
5	Erik Back	FIN 48.99	
6	Sten Ütsmüts	EST 49.18	
7	Torbjørn Fossum Helda	NOR 49.72	

Rasmus Jensen, DEN DNS

800 m

1	Roald H. Frøskeland	NOR 1:50.07
2	Ville Lampinen	FIN 1:50.23
3	Håkon Mushom	NOR 1:50.24
4	Andi Noot	EST 1:51.80
5	Jaakko Laakso	FIN 1:52.67
6	Alexander Holmblad	SWE 1:53.47
7	Mihh Kyun Cho	DEN 1:53.48
8	Mattias Ohlsson	SWE 1:54.87
	Elias Ottosen	NOR DNS

1500 m

		27 Jul	
1	Filip Ingebrigtsen	NOR 3:52.42	
2	Marco Bertolotti	FIN 3:52.66	
3	Andi Noot	EST 3:54.18	
4	Ossi Kekki	FIN 3:54.19	
5	Thomas Solberg Eide	NOR 3:54.32	
6	Martti Siikaluoma	FIN 3:56.85	
7	Joel Durén	SWE 3:57.39	
8	Hlynur Andrésson	ISL 3:58.12	

9 Daniel Gleimar, SWE 3:58.43, 10 Erik Udø Pedersen, NOR 3:58.63, Peter Glans, DEN DNS

5000 m

		26 Jul	
1	Marius Vedvik	NOR 14:06.48	
2	Ferdinand Kvan Edman	NOR 14:26.14	
3	Alexander Palm	SWE 14:37.23	
4	Jepp Harboe	DEN 15:04.16	
5	Ingvar Hjartarson	ISL 15:26.91	
6	Ville Heikkilä	FIN 15:55.84	
	Joel Zackrisson	SWE DNF	
	Peter Glans	DEN DNS	

110 m hurdles

		27 Jul	0,0
1	Elmo Lakka	FIN 14.22	
2	Fredrick Ekholm	SWE 14.22	
3	Anton Levin	SWE 14.25	
4	Pasi Roslund	FIN 14.77	
	Keiso Pedriks	EST DQ:R168.7b	
Ex	Andreas Martinsen	DEN 13.82	
Ex	Marvin Tay	SWE 14.10	
Ex	Alexander Brorsson	SWE 14.13	

400 m hurdles

		26 Jul	
1	Oskari Mörö	FIN 50.93	
2	Nicolai Hartling	DEN 51.76	
3	Marius Bakken Støle	NOR 52.57	
4	Don-Zheni Ekoebe	FIN 53.02	

5	Oliwer Åstrand	FIN	53.11
6	Anton Nilsson	SWE	54.21
7	Alexandre Guidje	DEN	54.94
8	Ívar Kristinn Jasonarson	ISL	58.27

3000 m steeplechase

			27 Jul
1	Harald Kårbø	NOR	9:04.71
2	Jakob Dypdal Abrahamsen	DEN	9:09.69
3	Emil Blomberg	SWE	9:19.42
4	Otto Loukkalahti	FIN	9:28.96
5	Khavaquía Rasmussen	DEN	9:48.40

Erik Norrbohm, SWE DNS

High jump

			26 Jul
1	Janick Klausen	DEN	2.20
2	Richard Östman	FIN	2.09
3	Jesper Borg	SWE	2.09
4	Fredrik Löfgren	SWE	2.06
5	Samuli Sievi-Korte	FIN	1.90

Series 1.85 1.90 1.95 2.00 2.03 2.06 2.09 2.11 2.20 2.26

1										xxx
2			o	xo	xxo	o	xo	xxx		
3			o	o	xxo	o	xxo	xxx		
4			o	xo	xxo	o	xxx			
5	o	o	xxx							

Pole vault

			27 Jul
1	Melker Svärd Jacobsson	SWE	5.42
2	Per Magne Florvaag	NOR	5.32
3	Arvid Lindahl	SWE	4.92
4	Joonas Mikkänen	FIN	4.92
5	Teemu Hyttiä	FIN	4.72
6	Kristjan Rosenberg	EST	4.62

Extra: Mikkel M. Nielsen, DEN 5.02

Series 4.42 4.62 4.72 4.82 4.92 5.02 5.12 5.17 5.22 5.27 5.32 5.37 5.42 5.66

1															xxx
2						o	-	xxo							
3						xo	-	xxx							
4					o	-	xxo	xxx							
5					o	-	xxx								
6	o	o	xxx												
Ex						xo	-		-	xxx					

Long jump

			27 Jul
1	Kristian Pulli	FIN	7.89
2	Henrik Kutberg	EST	7.56
3	Janne Etelämäki	FIN	7.41
4	Johan Taléus	SWE	7.30
5	Mihkel Kase	EST	7.13
6	Martin Roe	NOR	7.11
7	Patric Hjort	SWE	7.08
Ex	Morten Jensen	DEN	7.50

Series		1	2	3	4	5	6
1		7.74	7.50	7.89	7.75	X	X
		+2,8	-0,1	+1,5	+1,5		
2		7.39	7.56	5.69	6.11	7.41	7.40
		0,0	+2,0	0,0	+3,4	+2,5	+2,7
3		X	X	7.41	7.32	7.22	7.41
				+1,8	+2,1	+2,2	0,0
4		2.42	7.18	7.29	7.09	7.04	7.30
		+2,0	+1,7	+2,0	+2,2	+3,5	+0,9
5		7.11	X	X	X	7.13	X
		+1,9				+1,5	
6		6.80	6.92	7.11	6.93	7.07	X
		+0,8	+1,0	0,0	+1,4	-0,2	
7		X	7.08	X	X	X	6.70
			0,0				+0,1
Ex		X	X	7.50	X	7.33	X
			+1,4			+0,6	

Triple jump

			26 Jul
1	Tuomas Kaukolahti	FIN	15.87
2	Simon Karlén	SWE	15.46
3	Jannick Bagge	DEN	14.74
4	Erik Liberg	SWE	14.15
	Tommi Huoponen	FIN	DNS

		Mihkel Kase						EST	DNS
Ex	Peder P. Nielsen							DEN	15.85
Series		1	2	3	4	5	6		
1		1	X	X	15.87	-	-	-	
					0,0				
2		2	14.96	X	X	X	15.15	15.46	
			0,0				0,0	+1,3	
3		3	14.24	X	X	14.74	X	14.68	
			0,0			+0,5		0,0	
4		4	13.61	13.97	X	14.15	X	13.91	
			-2,4	0,0		+0,3		0,0	
5	Ex	15.54	X	X	X	X	X	15.85	
		-0,3						+2,6	

Shot put

		26 Jul							
1	Arttu Kangas	FIN					19.41		
2	Daniel Ståhl	SWE					18.90		
3	Matti Sivonen	FIN					17.44		
4	Arwid Koskinen	SWE					17.26		
5	Sindri Lárusson	ISL					16.52		
6	Karl Koha	EST					16.02		
7	Fredrik Simensen	NOR					15.61		
8	Kristján V. Kristinsson	ISL					14.55		

Series		1	2	3	4	5	6
1		17.74	19.24	19.25	19.41	19.14	X
2		17.66	18.90	18.52	18.13	X	X
3		17.30	X	17.44	X	X	17.09
4		X	X	X	17.24	17.26	X
5		16.03	15.95	16.52	X	16.26	X
6		15.21	15.94	16.02	X	X	16.01
7		X	15.61	15.46	X	X	X
8		14.10	14.39	14.55	14.25	14.24	14.31

Discus throw

		27 Jul							
1	Daniel Ståhl	SWE					63.61	63.61	
2	Simon Pettersson	SWE					52.93	52.93	
3	Teemu Poikolainen	FIN					52.06	52.06	
4	Olli-Pekka Korhonen	FIN					51.55	51.55	
5	Thor Olav Rosvold	NOR					49.48	49.48	
6	Martin Roe	NOR					44.20	44.20	

Andreas Ellegaard, DEN DNS

Series		1	2	3	4	5	6
1		X	62.03	59.64	60.25	63.61	X
2		52.93	X	51.00	48.61	50.19	52.93
3		51.14	52.06	X	50.81	X	X
4		X	X	51.55	X	X	X
5		49.48	X	48.70	X	47.92	X
6		-	-	-	-	-	44.29

Hammer throw

		26 Jul							
1	Juho Saarikoski	FIN					68.93	68.93	
2	Jesse Lehto	FIN					66.72	66.72	
3	Oscar Vestlund	SWE					66.00	66.00	
4	Alexander Larsson	SWE					64.67	64.67	
5	Kjetil Røste Ringen	NOR					59.82	59.82	
6	Jonathan Groves	DEN					50.00	50.00	

Series		1	2	3	4	5	6
1		68.11	68.24	68.85	68.93	X	X
2		X	X	X	66.72	X	X
3		66.00	X	X	64.32	65.19	63.96
4		X	62.65	62.33	64.67	62.57	X
5		59.82	X	X	59.27	58.69	X
6		X	50.00	X	X	49.80	X

Javelin throw

		27 Jul							
1	Rasmus Maukonen	FIN					73.03	73.03	
2	Johan Carlqvist	SWE					72.89	72.89	
3	Håkon Løvenskiöld Kveseth	NOR					72.21	72.21	
4	Toni Kuusela	FIN					71.64	71.64	
5	Vetle Brunvatne	NOR					70.12	70.12	
6	Sebastian Thörngren	SWE					64.38	64.38	

Series		1	2	3	4	5	6
1		68.91	72.11	68.22	70.98	73.03	72.52
2		X	66.75	62.40	68.53	68.23	72.89
3		X	69.76	67.20	X	X	72.21
4		68.68	71.64	X	X	67.72	X
5		70.12	66.22	69.44	63.56	63.66	67.70
6		59.09	X	64.38	X	62.86	62.84

4x100 m relay				26 Jul
1	FIN	39.98	(Otto Ahlfors, Elmo Lakka, Jani Koskela, Eetu Rantala)	
2	NOR	41.02	(Jostein Joshua Fossøy, Kristoffer Buhagen, Håkon Morken, Salum Ageze Kashafali)	
3	DEN	41.63	(Festus Asante, Emil Strøm, Jonas Lund, Frederik Schou-Nielsen)	
	SWE	DNF	(Rik Annerfalk, Alexander Andersson, Edwin Råsberg, Adam Denguir)	
4x400 m relay				27 Jul
1	SWE	3:12.96	(Oliwer Åstrand, Edwin Råsberg, Adam Danielsson, Axel Bergraham)	
2	NOR	3:12.74	(Sondre Nyvold Lid, Torbjørn Fossum Heldal, Håkon Morken, Simen Sigurdson)	
3	FIN	3:12.91	(Eetu Viitala, Tuomas Kaukolahti, Jaakko Laakso, Ville Lampinen)	
4	DEN	3:13.65	(Festus Asante, Nicolai Hartling, Rasmus Jensen, Emil Strøm)	

Women

100 m Heat				26 Jul	+1,2/-0,8
	1	2			
1	1	Daniella Busk	SWE	11.77	
2	2	Milja Thureson	FIN	11.92	
3	1	Christine Bjelland Jensen	NOR	11.97	
4	3	Pernilla Nilsson	SWE	11.98	
5	2	Diana Suumann	EST	12.06	
6	4	Mathilde Kramer	DEN	12.12	
7	5	Ida Bakke Hansen	NOR	12.18	
8	6	Jenni Jokinen	FIN	12.18	
9	7	Alvilde Grønneberg	NOR	12.22	
10	3	Zarah Buchwald	DEN	12.39	
11	4	Stella Jørgensen	DEN	12.67	
	X	Maria Räsänen	FIN	DNS	
	x	Emmi Mäkinen	FIN	DNS	
Ex	X	Siv Krakeli Sneen	NOR	12.21	

200 m				27 Jul
1	Daniella Busk	SWE	23.88	
2	Pernilla Nilsson	SWE	24.22	
3	Milja Thureson	FIN	24.42	
4	Ida Bakke Hansen	NOR	24.58	
5	Christine Bjelland Jensen	NOR	24.59	
6	Jenni Jokinen	FIN	24.97	
7	Mathilde Kramer	DEN	25.44	

Jonna Berghem, FIN DNS

400 m				26 Jul
1	Katri Mustola	FIN	54.59	
2	Vilde Svortevik	NOR	56.56	
3	Matilda Hellqvist	SWE	57.07	
4	Marlen Aakre	NOR	57.77	
5	Anna Silvander	SWE	58.33	
6	Anna Thestrup Andersen	DEN	58.88	
7	Julie Andrea Håskjold	NOR	59.12	

Ella Räsänen, FIN DNF, Björg Gunnarsdóttir, ISL DNS, Sarah Michelsen, DEN DNS

Extra: Tara Marie Norum, NOR DNS

800 m				27 Jul
1	Zenitha Eriksson	FIN	2:10.68	
2	Ida Holm	SWE	2:10.89	
3	Anna Silvander	SWE	2:11.21	
4	Aino Paunonen	FIN	2:11.55	
5	Dagmar Fæster Olsen	DEN	2:12.35	
6	Julie Mathisen	NOR	2:12.85	
7	Frida Thorsås	NOR	2:13.77	
8	Birgit Pihelgas	EST	2:18.40	

1500 m				26 Jul
1	Frida Berge	NOR	4:23.34	
2	Line Schulz	DEN	4:24.05	
3	Tova Eurén Magnusson	SWE	4:25.80	
4	Jemima Backman	FIN	4:29.19	
5	Meri Rantanen	FIN	4:30.68	
6	Julie Mathisen	NOR	4:30.69	
7	Agnes Sjöström	SWE	4:31.49	
8	Birgit Pihelgas	EST	4:38.77	

5000 m				27 Jul
1	Camilla Richardsson	FIN	16:42.66	
2	Agnes Sjöström	SWE	16:44.35	
3	Meri Rantanen	FIN	16:47.72	
4	Karoline Skatteboe	NOR	16:51.64	
5	Oona Kettunen	FIN	17:34.28	
6	Lina Alaintalo	SWE	18:45.29	

100 m hurdles				27 Jul	+1,3
1	Isabelle Pedersen	NOR	13.25		
2	Renate Grimstad	NOR	13.81		
3	Madeleine Eriksson	SWE	13.91		
4	Ida Bakke Hansen	NOR	14.10		
5	Sofia Johnsson	SWE	14.15		
6	Sveinbjörg Zophoníasdóttir	ISL	14.38		
7	Simone Wiklund	FIN	19.81		

400 m hurdles				26 Jul
1	Vilde Svortevik	NOR	59.07	
2	Marlen Aakre	NOR	59.60	
3	Jessica Bloodsworth	SWE	61.90	
4	Saara Raitis	FIN	62.01	
5	Anna Kohtamäki	FIN	64.82	
	Stefanía Valdimarsdóttir	ISL	DNS	
	Ewa Marcinkiewicz	SWE	DNS	

3000 m steeplechase				27 Jul
1	Ingeborg Løvnes	NOR	10:11.13	
2	Tova Eurén Magnusson	SWE	10:20.87	
3	Frida Kristiansson	SWE	10:34.03	
4	Viiivi Rantanen	FIN	10:48.29	
5	Sofie Lövdahl	FIN	10:55.79	

High jump				27 Jul
1	Eleriin Haas	EST	1.79	
2	Vendela von Corswant	SWE	1.76	
=3	Martine Bye	NOR	1.76	
=3	Sini Lällä	FIN	1.76	
5	Sandra Böll	DEN	1.73	
6	Heidi Erkinheimo	FIN	1.70	
7	Evelina Erlandsson	SWE	1.65	

Sveinbjörg Zophoníasdóttir, ISL DNS

Series	1.60	1.65	1.70	1.73	1.76	1.79
1					o	xo
2					o	xxx
3	o	o	o	o	xxo	xxx
4					o	o
5	o	o	xxo	xxo	xxx	
6					xo	xxx
7					o	xxx

Pole vault				26 Jul
1	Michaela Meijer	SWE	4.17	
2	Aino Siitonen	FIN	4.12	
3	Angelica Bengtsson	SWE	4.12	
4	Erica Hjerpe	FIN	4.02	
5	Line R. Jensen	DEN	3.92	

Nordic U20 Match & Championships

Kristiansand Stadion, Kristiansand, NOR 16-17 Aug

Race walking dropped by Nordic Congress to this event.

Men

100 m				16 Aug	+2,7
1	Morten Dalgaard Madsen	DEN	10.45		
2	Amund Høie Sjørnsen	NOR	10.49		
3	Markus Skyttä	FIN	10.66		
4	Teemu Veteläsuo	FIN	10.74		
5	Jean-Christian Zirignon	SWE	10.74		
6	Jóhann Björn Sigurbjörnsson	ISL	10.74		
7	Even Meinseth	NOR	10.76		
8	Emil von Barth	SWE	10.80		
200 m				17 Aug	-1,8
1	Jonathan Quarcoo	NOR	21.66		
2	Johan Lilja	SWE	21.69		
3	Jóhann Björn Sigurbjörnsson	ISL	21.83		
4	Morten Dalgaard Madsen	DEN	21.86		
5	Jacob Ewertzh	SWE	21.97		
6	Josh-Kevin Ramirez Talm	NOR	22.01		
7	Birhan Pieskä	FIN	22.41		
8	Ville Aarnivala	FIN	22.55		
400 m				16 Aug	
1	Dennis Forsmann	SWE	48.39		
2	Kolbeinn Höður Gunnarsson	ISL	48.45		
3	Erik Martinsson	SWE	48.59		
4	Josh-Kevin Ramirez Talm	NOR	49.19		
5	Frederik Peschardt	DEN	50.03		
6	Simon Jansson	FIN	50.30		
7	Eljas Aalto	FIN	50.66		
	Haakon Gaukerud Høye	NOR	DQ:R162.7		
800 m				17 Aug	
1	William Levay	SWE	1:52.79		
2	Markus Einan	NOR	1:54.10		
3	Joonas Rinne	FIN	1:54.51		
4	Johan Sandsten	SWE	1:54.71		
5	Abduljaleel Hir	NOR	1:57.13		
6	Samu Mikkonen	FIN	1:58.99		
7	Jonathan M. Adamsen	DEN	2:05.63		
1500 m				16 Aug	
1	Kalle Berglund	SWE	3:55.98		
2	Edvard Kamperud Nygaard	NOR	3:57.39		
3	Joonas Rinne	FIN	3:57.97		
4	Alexander Nilsson	SWE	4:00.23		
5	Samu Mikkonen	FIN	4:01.23		
6	Sæmundur Ólafsson	ISL	4:03.47		
7	Andreas Lindgreen	DEN	4:03.61		
8	Mathias Berntzen Engevik	NOR	4:05.79		
5000 m				16 Aug	
1	Gustaf Stensjö	SWE	14:48.63		
2	Andreas Jansson	SWE	14:52.73		
3	Topi Raitanen	FIN	15:04.47		
4	Lars Jonassen Føyen	NOR	15:05.12		
5	Emil Holm	DEN	15:06.62		
6	Pauli Ruostetsaari	FIN	15:20.65		
7	Sigurd Ruud Skjeseth	NOR	15:31.95		
110 m hurdles				16 Aug	+3,1
1	Joachim Sandberg	NOR	14.23		

2	Samuel Rautapalo	FIN	14.26
3	Andreas Almlöf	SWE	14.33
4	Philip Ngwe	SWE	14.72
5	Eivind Kleven Hagen	NOR	14.94
6	Antti Koskinen	FIN	14.95
7	Oliver Ryborg Kjeldsen	DEN	15.12
	Krister Blær Jónsson	ISL	DNF

400 m hurdles

				17 Aug
1	Valtteri Toimela	FIN	52.54	
2	Joachim Sandberg	NOR	53.06	
3	Isak Andersson	SWE	53.80	
4	Jani Rastas	FIN	54.19	
5	Fredrik Samuelsson	SWE	54.45	
6	Simon Paul Sandbakken	NOR	54.90	
7	Martin Johansen	DEN	56.55	
8	Christoffer Trier Månsson	DEN	57.29	

3000 m steeplechase

				16 Aug
1	Vidar Johansson	SWE	9:19.20	
2	Johan Lindgren	SWE	9:20.28	
3	Thomas Jefferson Byrkjeland	NOR	9:20.48	
4	Magnus Hannevig Pettersen	NOR	9:38.83	
5	Miika Tenhunen	FIN	9:39.19	
6	Henrik Kymäläinen	FIN	10:04.73	
7	Jonathan M. Adamsen	DEN	10:24.45	

High jump

				16 Aug
1	Andreas Carlsson	SWE	2.08	
2	Jonas Kløjgaard	DEN	2.04	
3	Fabian Delryd	SWE	2.04	
4	Valtteri Mattila	FIN	2.04	
5	Martin Fagelund	NOR	2.04	
6	Samuli Eriksson	FIN	1.95	
7	Amund Høie Sjørnsen	NOR	1.95	

Series	1.85	1.90	1.95	2.00	2.04	2.08	2.15
1			o	o	o	xo	xxx
2			o	o	o	xxx	
3			xo	o	o	xxx	
4		o	o	xxo	o	xxx	
5		o	xo	o	xxo	xxx	
6	o	o	o	-	xxx		
7	xo	xxx					

Pole vault

				17 Aug
1	Tomas Wecksten	FIN	5.13	
2	Eirik Greibrokk Dolve	NOR	4.93	
3	Niko Koskinen	FIN	4.81	
4	Mikkel Ringsted	DEN	4.42	
5	Andreas F. Thomaz Gjesdal	NOR	4.42	
=6	Carl Ivarsson	SWE	4.42	
=6	Krister Blær Jónsson	ISL	4.42	
	Magnus Jomyr	SWE	NM	

Series	4.30	4.42	4.54	4.64	4.73	4.81	4.93	5.03	5.13	5.31	
1					o	-	xo	o	o	xxo	xxx
2							o	xxx			
3				xo	-	xo	xxx				
4		o	xxx								
5	xo	o	xxx								
6		xo	xxx								
6	o	xo	xxx								
	xxx										

Long jump

				17 Aug
1	Thobias Nilsson Montler	SWE	7.67	
2	Amund Høie Sjørnsen	NOR	7.25	
3	Max Andersson	SWE	7.23	
4	Ingar Kiplesund	NOR	6.97	
5	Simo Lipsanen	FIN	6.81	
6	Topias Koukkola	FIN	6.78	

7 Massin Ait Bouziad DEN 6.69
8 Oliver Ryborg Kjeldsen DEN 6.50

Series	1	2	3	4	5	6
1	6.94	7.67	X	-	7.40	7.22
	+1,0	+0,6			+0,8	-0,8
2	5.34	X	5.63	7.10	X	7.25
	+0,2		-1,8	-1,3		-1,3
3	7.23	X	7.00	7.14	X	X
	+1,6		-1,1	-1,3		
4	6.97	X	-	-	-	-
	+2,1					
5	6.60	6.81	6.68	6.80	X	X
	+1,5	+1,4	+0,6	-0,5		
6	6.78	6.69	6.24	6.39	6.45	6.49
	+1,8	-0,1	-0,9	-0,3	-0,6	-0,6
7	6.69	6.56	6.67	6.47	X	X
	+0,7	+1,1	-0,2	-1,5		
8	X	6.27	X	6.12	6.50	6.43
		-0,1		-1,1	-0,8	-0,9

Triple jump

1 Simo Lipsanen FIN 15.64
2 Isak Persson SWE 14.93
3 Erik Lund NOR 14.87
4 Topias Koukkula FIN 14.76
5 Antonis Dinopoulos SWE 14.70
6 Massin Ait Bouziad DEN 14.46
7 Martin Johansen DEN 14.29
8 Marius Bull Hjeltnes NOR 14.01

Series	1	2	3	4	5	6
1	14.83	15.28	15.10	15.21	15.38	15.64
	+0,5	+2,6	+2,4	+2,1	+0,9	+0,9
2	14.93	14.70	14.73	-	-	-
	+1,1	+1,0	+2,6			
3	14.27	12.12	14.30	X	13.07	14.87
	+2,3	+2,2	+0,8		+1,2	+1,4
4	13.92	14.02	14.24	X	14.67	14.76
	+0,1	+0,7	+2,5		+4,0	+4,0
5	X	14.70	14.50	X	14.32	X
		+2,5	+1,3		+0,7	
6	13.77	14.16	13.76	13.97	13.94	14.46
	+2,0	+1,6	+1,9	+1,5	+1,8	+3,3
7	14.07	14.29	14.29	X	14.24	X
	+2,7	+2,4	+1,0		+3,2	
8	13.08	13.78	14.01	X	11.69	13.67
	+3,5	+1,6	+1,9		+2,4	+0,5

Shot put

1 Sven Martin Skagestad NOR 18.36
2 Ola Stunes Isene NOR 17.95
3 Juuso Nuikka FIN 17.65
4 Gabriel Heen SWE 17.04
5 Guðni Valur Guðnason ISL 16.83
6 Alexander Persson SWE 16.24
7 Antti-Pekka Rönkkö FIN 16.24
8 Mathias Madsen DEN 15.81

Series	1	2	3	4	5	6
1	X	X	18.28	X	18.02	18.36
2	17.95	X	X	X	X	17.95
3	17.43	17.65	X	X	X	X
4	17.04	17.01	16.33	16.76	16.80	16.23
5	16.37	16.07	16.44	16.31	16.25	16.83
6	16.24	15.86	16.17	15.96	X	15.74
7	X	15.26	16.24	X	X	X
8	15.79	15.81	15.36	X	15.30	X

Discus throw

1 Sven Martin Skagestad NOR 62.69
2 Ola Stunes Isene NOR 62.36
3 Olli Takala FIN 54.81
4 Albin Lager SWE 52.92
5 Guðni Valur Guðnasson ISL 52.87
6 Ville Posio FIN 52.04
7 Gustaf Liberg SWE 51.72
8 Mikkel Jørgensen DEN 43.57

Series	1	2	3	4	5	6
1	X	X	62.69	X	X	X
2	55.82	56.02	56.31	X	61.57	62.36
3	X	48.39	X	54.81	52.00	51.72

4	49.72	51.93	52.92	50.88	51.25	X
5	47.52	X	48.50	52.87	49.65	X
6	X	52.04	X	X	X	X
7	51.72	X	X	X	X	X
8	43.57	X	X	X	X	X

Hammer throw

17 Aug
1 Hilmar Örn Jónsson ISL 75.99
2 Walteri Lahtinen FIN 72.10
3 Markus Kokkonen FIN 71.01
4 Tim Söderqvist SWE 59.29
5 Markus Villanger NOR 58.91
6 Evald Osnes Devik NOR 58.39
7 Anton Andersson SWE 58.24
6 Kristoffer Thomsen DEN 53.97

Series	1	2	3	4	5	6
1	72.29	X	X	X	73.59	75.99
2	70.98	72.10	71.12	70.94	72.06	X
3	67.10	69.18	71.01	69.14	X	69.55
4	X	X	59.00	59.29	X	X
5	X	58.91	58.04	56.93	56.63	56.58
6	58.39	X	X	X	X	X
7	X	55.92	57.46	57.68	56.32	58.24
8	X	45.67	X	53.64	X	53.97

Javelin throw

16 Aug
1 Sindri Hrafn Guðmundsson ISL 73.77
2 Quincy Andersson SWE 65.82
3 Leevi Uusitalo FIN 65.15
4 Jarmo Hänninen FIN 62.09
5 Lukas Bjørnvad DEN 60.38
6 Vebjørn Kaldahl Bottenvik NOR 60.30
7 Alexander Skorpén NOR 58.52
8 Joar Husmark SWE 57.99

Series	1	2	3	4	5	6
1	60.92	70.85	73.77	X	X	73.48
2	62.62	X	65.76	X	64.80	65.82
3	55.80	64.04	65.15	64.90	62.87	64.57
4	61.65	59.50	61.64	59.55	X	62.09
X	X	X	60.38	59.98	X	X
6	59.16	X	X	57.33	60.30	X
7	55.30	53.17	X	58.49	56.89	58.52
8	54.25	55.67	57.99	55.90	57.25	X

4x100 m relay

16. aug
1 NOR 40.76 (Even Meinseth, Amund Høie Sjørven, Jonathan Quarcoo, Joachim Sandberg)
2 SWE 40.95 (Emil von Barth, Johan Lilja, Jacob Ewertzh, Jean-Christian Zirignon)
3 FIN 41.23 (Aleksi Lehto, Iliari Mäkinen, Teemu Veteläsuu, Markus Skyttä)
4 DEN 41.55 (Steffen Knudsen, Fredrik Schou Nielsen, Benjamin B. Gabrielsen, Morten Dalgaard Madsen)
5 ISL 42.54 (Jóhann Björn Sigurbjörnsson, Kolbeinn Höður Gunnarsson, Kristfer Blær Jónsson, Sindri Hrafn Guðmundsson)

4x400 m relay

17. Aug
1 SWE 3:12.28 (Erik Martinsson, Marti Selin, Kalle Berglund, Dennis Forsmann)
2 NOR 3:17.11 (Haakon Gaukerud Høyve, Joachim Sandberg, Markus Einan, John-Kevin Ramirez Talm)
3 FIN 3:17.37 (Eljas Aalto, Walteri Toimela, Simon Jansson, Juho Pirskanen)
4 DEN 3:18.16 (Oliver Ryborg Kjeldsen, Emil Søndergaard, Rasmus Jensen, Frederik Peschardt)

Points Men	Nation	Day 1	Day 2	Total
	SWE	124	73,5	197,5
	FIN	96	73	169
	NOR	94	84	178
	DEN/ISL	67	42,5	109,5

Women

100 m
1 Anniina Kortetmaa FIN 11.98

2	Karolina Nikamo	SWE	12.02
3	Sandra Törnros	SWE	12.11
4	Helene Rønningen	NOR	12.16
5	Milla Heiskanen	FIN	12.17
6	Martha Traoré	DEN	12.27
7	Zarah Buchwald	DEN	12.56
8	Ingvild Meinseth	NOR	12.57
<i>200 m</i>			
		17 Aug	-0,2
1	Anniina Kortetmaa	FIN	24.68
2	Tove Ågren	SWE	24.89
3	Helene Rønningen	NOR	25.11
4	Karolina Nikamo	SWE	25.28
5	Martha Traoré	DEN	25.35
6	Milla Heiskanen	FIN	25.37
7	Ingvild Meinseth	NOR	25.74
8	Stella Jørgensen	DEN	26.45
<i>400 m</i>			
		16 Aug	
1	Elise Malmberg	SWE	54.67
2	Emily Rose Norum	NOR	55.10
3	Pórdís Eva Steinsdóttir	ISL	55.16
4	Eveliina Määttä	FIN	55.33
5	Sara Dorthea Jensen	NOR	55.49
6	Eliisa Räsänen	FIN	57.21
7	Klara Helander	SWE	58.05
8	Anna Thestrup Andersen	DEN	58.24
<i>800 m</i>			
		17 Aug	
1	Johanna Matintalo	FIN	2:10.02
2	Malin Edland	NOR	2:10.15
3	Mathilde Myhrvold	NOR	2:11.06
4	Maria Larsen	DEN	2:12.13
5	Jessica Edlund	SWE	2:14.17
6	Madeleine Björln-Delmar	SWE	2:14.93
7	Pórdís Eva Steinsdóttir	ISL	2:15.64
8	Sanni Taipalus	FIN	2:17.21
<i>1500 m</i>			
		16 Aug	
1	Johanna Matintalo	FIN	4:29.18
2	Elisabeth Angell Bergh	NOR	4:30.51
3	Line Kalstrup Schulz	DEN	4:30.65
4	Josefine Thestrup	DEN	4:31.07
5	Ingrid Halvorsen Folvik	NOR	4:31.83
6	Jessica Edlund	SWE	4:38.26
7	Noora Wallenius	FIN	4:39.71
8	Moa Rothman	SWE	4:45.01
<i>3000 m</i>			
		17 Aug	
1	Line Kalstrup Schulz	DEN	9:47.65
2	Elisabeth Angell Bergh	NOR	9:48.21
3	Felicia Hellberg	SWE	9:53.51
4	Silja Meronen	FIN	10:04.62
5	Kristina Hæggstrøm Wedding	SWE	10:06.23
6	Live Solheimdal	NOR	10:13.59
7	Aino Kivenmäki	FIN	10:30.87
<i>100 m hurdles</i>			
		16 Aug	+2,3
1	Reetta Hurske	FIN	13.64
2	Adriana Janic	SWE	13.84
3	Emma Stenlöf	SWE	13.89
4	Mari Forbord Anderssen	NOR	13.96
5	Emma Koistinen	FIN	14.07
6	Sidsel Bjørgo Adam	NOR	14.30
7	Marie C. Vermund	DEN	14.90

8	Póranna Ósk Sigurjónsdóttir	ISL	15.66					
<i>400 m hurdles</i>								
		17 Aug						
1	Eveliina Määttä	FIN	59.97					
2	Johanna Holmén Svensson	SWE	60.43					
3	Sofia Linde	SWE	60.74					
4	Emma Koistinen	FIN	60.99					
5	Nora Kollerød Wold	NOR	62.21					
6	Eline Netland	NOR	62.32					
7	Joseffa Keidser	DEN	63.23					
<i>3000 m steeplechase</i>								
		17 Aug						
1	Heidi Mårtensson	NOR	10:36.58					
2	Carolina Johnsson	SWE	10:37.99					
3	Moa Rothman	SWE	11:04.27					
4	Sofia Muinonen	FIN	11:10.50					
5	Mari Aarskog Nesse	NOR	11:19.82					
6	Julia Korpela	FIN	11:28.98					
7	Dorthea Jørgensen	DEN	11:29.60					
<i>High jump</i>								
		17 Aug						
1	Vanessa Varjolampi	FIN	1.77					
2	Emma Stenlöf	SWE	1.77					
3	Sandra B. Christensen	DEN	1.77					
4	Caroline Fleischer	NOR	1.74					
5	Heta Tuuri	FIN	1.74					
5	Ellen Ekholm	SWE	1.74					
7	Anne Engen Andersen	NOR	1.71					
8	Póranna Ósk Sigurjónsdóttir	ISL	1.55					
<i>Series</i>								
	<u>1.55</u>	<u>1.60</u>	<u>1.65</u>	<u>1.68</u>	<u>1.71</u>	<u>1.74</u>	<u>1.77</u>	<u>1.80</u>
1		o	o	o	o	o	xo	xxx
2			o	o	o	xo	xo	xxx
3		o	o	o	o	o	xxo	xxx
4		o	o	xo	o	o	xxx	
5			xo	o	o	xxo	xxx	
6		o	xo	o	o	xxo	xxx	
7		o	o	xo	o	xxx		
8	o	xxx						
<i>Pole vault</i>								
		16 Aug						
1	Lene Retzius	NOR	3.86					
2	Sara Cannmo	SWE	3.76					
3	Paula Nedberge Llano	NOR	3.64					
4	Annika Jönsson	SWE	3.50					
5	Josephine Skipper	DEN	3.50					
6	Julia Uutela	FIN	3.35					
7	Enna Hassinen	FIN	3.35					
8	Arna Ýr Jónsdóttir	ISL	3.20					
<i>Series</i>								
	<u>3.20</u>	<u>3.35</u>	<u>3.50</u>	<u>3.64</u>	<u>3.76</u>	<u>3.86</u>	<u>4.01</u>	
1				o	o	xxx		
2				o	o	xxx		
3			o	o	xxx			
4			o	xxx				
5		o	xo	xxx				
6	o	o	xxx					
7	o	xo	xxx					
8	xo	xxx						
<i>Long jump</i>								
		16 Aug						
1	Sandra Törnros	SWE	6.14					
2	Martha Traore	DEN	6.12					
3	Anne-Mari Lehtiö	FIN	5.95					
4	Reetta Hurske	FIN	5.86					
5	Moa Ullgren	SWE	5.76					
6	Caroline Fleischer	NOR	5.46					
7	Sofie Olsholt	NOR	5.39					
8	Irma Gunnarsdóttir	ISL	5.37					
<i>Series</i>								
	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>		
1	5.98	6.14	X	X		X		
	+1,7	+4,5			+2,3			
2	6.10	6.06	6.09	6.04	X	6.12		
	+2,9	+3,4	+2,4	+1,1		+2,4		

3	5.72	5.58	5.62	5.93	5.88	5.95
	+2,4	+1,4	+0,8	+3,6	+1,6	+2,7
4	X	5.66	X	5.86	5.68	5.79
		+0,7		+2,5	+4,0	+1,5
5	5.74	5.64	5.76	5.72	5.70	5.65
	+4,3	+2,4	+1,8	+2,2	+3,5	+2,1
6	5.10	X	5.18	5.46	5.27	5.19
	+2,5		+1,7	+0,5	+1,7	+3,4
7	5.39	X	5.25	5.24	X	5.23
	+2,7		+0,1	+2,3		+2,7
8	X	X	5.31	5.32	4.84	5.37
			+0,6	+0,6	+2,7	+2,0

Triple jump

17 Aug

1	Senni Salminen	FIN	12.80
2	Emma Pullola	FIN	12.44
3	Mai Britt Berge	NOR	12.23
4	Annette Nielsen	DEN	11.89
5	Elvira Richardsson	SWE	11.85
6	Malin Citess	SWE	11.56
7	Sofie Olsholt	NOR	11.42

Series	1	2	3	4	5	6
1	12.61	X	X	11.88	12.51	12.80
	+0,6			+0,3	+1,0	+2,0
2	12.22	12.44	12.34	X	X	12.20
	+1,2	+1,6	+0,9			+1,0
3	12.01	11.92	X	12.23	X	X
	0,0	+0,6		+0,3		
4	11.60	X	11.63	11.71	11.15	11.89
	+0,7		+0,7	+0,1	+1,0	+1,0
5	X	11.70	X	11.57	10.25	11.85
		+0,9		+0,8	+0,4	+1,7
6	11.56	X	X	11.54	11.39	11.33
	+1,1			+1,0	-0,9	+0,4
7	11.11	11.38	10.09	X	11.25	11.42
	-0,1	+0,6	+0,7		0,0	+1,1

Shot put

17 Aug

1	Fanny Roos	SWE	15.83
2	Oona Vilermo	FIN	13.73
3	Julia Svärd-Axelsson	SWE	12.97
4	Marie Aagaard	DEN	12.70
5	Taija Keskinen	FIN	12.68
6	Matilde Roe	NOR	12.44
7	Mona Ekroll Jaidi	NOR	11.76
8	Ásgerður Jana Ágústsdóttir	ISL	11.50

Series	1	2	3	4	5	6
1	15.33	15.36	15.83	X	15.80	15.44
2	13.25	13.66	13.73	X	X	X
3	12.58	12.72	12.97	12.03	12.51	X
4	11.97	12.39	12.42	12.70	12.43	12.10
5	X	X	12.68	X	12.55	12.62
6	12.21	12.40	12.44	X	X	X
7	11.44	11.69	11.76	X	11.59	X
8	11.34	11.50	10.71	10.91	11.21	11.24

Discus throw

16 Aug

1	Salla Sipponen	FIN	53.26
2	Mona Ekroll Jaidi	NOR	47.99
3	Nadia Shirafkan Nejad	SWE	46.96
4	Matilde Roe	NOR	46.09
5	Fanny Roos	SWE	45.76
6	Vilma Paakkala	FIN	45.39
7	Marie Aagaard	DEN	43.84

Series	1	2	3	4	5	6
1	50.12	53.26	50.92	X	48.71	48.41
2	44.87	47.99	46.23	45.52	47.09	X
3	X	42.74	41.75	41.85	43.91	46.96
4	44.01	43.86	43.98	43.76	46.09	X
5	X	45.76	42.87	41.30	X	X
6	45.39	X	X	X	X	44.21
7	43.84	43.51	39.10	41.61	X	X

Hammer throw

16 Aug

1	Mylja Jylhänniska	FIN	58.61
2	Inga Linna	FIN	58.13
3	Marinda Petersson	SWE	57.13
4	Alessandra Wall	SWE	56.67

5	Beatrice Nedberge Llano	NOR	56.01
6	Helene Ingvaldsen	NOR	52.23
7	Vigdís Jónsdóttir	ISL	51.61
8	Amalie Lange	DEN	48.91

Series	1	2	3	4	5	6
1	58.47	X	57.05	58.61	56.97	X
2	55.44	X	53.82	55.30	54.76	58.13
3	57.13	53.59	X	X	X	X
4	56.05	56.00	X	55.91	X	56.67
5	X	X	X	X	X	56.01
6	X	51.16	52.23	X	X	X
7	47.56	X	49.63	51.61	50.17	50.40
8	48.91	X	X	45.15	X	X

Javelin throw

1	Sigrid Borge	NOR	53.50
2	Saara Lipsanen	FIN	51.44
3	Mona Ekroll Jaidi	NOR	47.46
4	Merja Perätalo	FIN	46.12
5	Sofie Hammar	SWE	41.65
6	Ásgerður Jana Ágústsdóttir	ISL	41.49
7	Linn Riddarström	SWE	41.15
8	Fawzie Otour	DEN	38.25

Series	1	2	3	4	5	6
1	53.50	46.73	X	44.22	X	-
2	42.91	44.06	49.37	46.03	49.44	51.44
3	X	45.22	47.46	47.12	46.26	45.71
4	43.64	43.40	46.12	X	42.40	44.46
5	X	40.27	41.65	40.30	40.44	X
6	35.50	36.75	36.18	41.44	41.49	38.54
7	38.78	38.14	40.17	41.15	X	40.19
8	37.03	34.10	-	38.25	-	-

4x100 m relay

16. aug

1	SWE	45.66	(Karolina Nikamo, Adriana Janic, Tove Ågren, Sandra Törnros)
2	DEN	48.13	(Louise Malmqvist, Dorthea Jørgensen, Zarah Buchwald, Martha Traore)
3	ISL	51.29	(Ásgerður Jana Ágústsdóttir, Irma Gunnarsdóttir, Þórunna Ósk Sigurjónsdóttir, Þórdís Eva Steinsdóttir)
	FIN	DNF	(Milla Heiskanen, Annina Kortetmaa, Senni Salminen, Kamilla Nurminen)
	NOR	DQ:R170.7	Helene Rønningen, Ingvild Meinseth, Tonje Fjellet Kristiansen, Sidsel Bjørge Adam)

4x400 m relay

17. Aug

1	NOR	3:45.09	(Hanne Andve, Nora Kollerød Wold, Malin Edland, Sara Dorthea Jensen)
2	SWE	3:46.90	(Elise Malmberg, Klara Helander, Frida Grindheim, Madeleine Björllin-Delmar)
3	FIN	3:47.38	(Emma Koistinen, Eveliina Määttä, Elliisa Räsänen, Hanna Liupakka)
4	DEN	3:52.47	(Bianca Brahmmer Svendsen, Helene Holm Gottleib, Joseffa Keidser, Anna Thestrup Andersen)

Points Women	Nation	Day 1	Day 2	Total
	FIN	92	105,5	197,5
	SWE	94	98,5	192,5
	NOR	75	93	168
	DEN/ISL	49	48	97

32nd Nordic Race Walking Championships

Glostrup, DEN 13 Sep

U16-class not Nordic Championships, promotional only

Men

Senior		13 Sep	2000m
1	Anatole Ibáñez	SWE	1:24:53.20
2	Perseus Karlström	SWE	1:29:39.52
3	Matias Korpela	FIN	1:32:54.86
4	Andreas W. Nielsen	DEN	1:42:59.04
	Eemeli Kiiski	FIN	DQ

Extra: Alex Wrigh, IRL 1:23:28.09

U23

13 Sep 2000m

1	Anders Hansson	SWE	1:33:52.10
2	Elmo Koivunen	FIN	1:36:24.35
	Aleksi Ojala	FIN	DQ
	Joakim Sælen	NOR	DNF

<i>U20</i>			
		13 Sep	10000m
1	Markus Kyrölä	FIN	43:28.53
2	Fredrik Vaeng Røtnes	NOR	45:09.51
3	Patric Rajala	FIN	56:59.35
	Artturu Ojala	FIN	DNS

<i>U18</i>			
		13 Sep	5000m
1	Rasmus Lang	FIN	24:57.87
2	Hugo Leppäsyvä	FIN	26:32.26

Women

<i>Senior</i>			
		13 Sep	10000m
1	Monica Svensson	SWE	47:31.27
2	Merete Helgheim	NOR	50:50.74
	Karoliina Kaasalainen	FIN	DNS

<i>U23</i>			
		13 Sep	10000m
1	Tiia Kuikka	FIN	52:40.69
2	Hele Haapaniemi	FIN	53:36.26
	Maria Aydin	SWE	DQ

<i>U20</i>			
		13 Sep	5000m
1	Erika Parviainen	FIN	24:48.27
2	Lena Tomas	SWE	25:13.95
3	Sini Jussila	FIN	26:28.46
	Julia Ibrahim	SWE	DNF

<i>U18</i>			
		13 Sep	5000m
1	Taika Nummi	FIN	22:23.50
2	Henrika Parviainen	FIN	24:43.53
3	Josefin Greiff	NOR	28:12.03
4	Eleonora Olsmats	SWE	29:25.77
5	Irma Östervall	SWE	31:11.84

Poeng:	1	FIN	91
	2	SWE	50
	3	NOR	20
	4	DEN	5

Nordic Cross Country Championships

Hakunila, Vantaa, FIN 8 Nov

Men

<i>Senior</i>			
		9 km	
1	Hans Kristian Fløystad	NOR	25:53
2	Alexander Palm	SWE	25:57
3	Mikael Ekvall	SWE	25:58
4	Ørjan Grønnevig	NOR	26:02
5	Napoleon Solomon	SWE	26:04
6	Johan Larsson	SWE	26:12
7	Marius Vedvik	NOR	26:17
8	Andreas Åhwall	SWE	26:20

9 Michael Nielsen, DEN 26:21, 10 Audun Nordtveit, NOR 26:24, 11 Thijs Nijhuis, DEN 26:25, 12 Johan Bugge, NOR 26:26, 13 Märten Boström, FIN 26:27, 14 Jussi Utriainen, FIN 26:28, 15 Jesper Faurshou, DEN 26:32, 16 Antti-Pekka Niinistö, FIN 26:37, 17 Jarkko Järvenpää, FIN 27:01, 18 Henrik Them, DEN 27:05, 19 Jimmy Finnholm, FIN 27:10, 20 Tuomas Jokinen, FIN 27:23, 21 Andreas Lommer, DEN 27:23, 22 Jarkko Hamberg, FIN 28:06, 23 Tommi Hytönen, FIN 28:14, Avd Hakun Ulad, DEN DNS

Extra: Henri Manninen, FIN DNS, Ilari Piipponen, FIN DNS

Teams:

1 SWE 16p (Alexander Palm, Mikael Ekvall, Napoleon Solomon, Johan Larsson)

2 NOR 22p (Hans Kristian Fløystad, Ørjan Grønnevig, Marius Vedvik, Audun Nordtveit)
3 DEN 53p (Michael Nielsen, Thijs Nijhuis, Jesper Faurshou, Henrik Them)
4 FIN 60p (Märten Boström, Jussi Utriainen, Antti-Pekka Niinistö, Jarkko Järvenpää)

U20

6 km

1	Kristian Tjørnholm	NOR	17:31
2	Vidar Johansson	SWE	17:50
3	Jacob Simonsen	DEN	17:52
4	Thomas Jefferson Byrkjeland	NOR	17:53
5	Magnus Hannevig Pettersen	NOR	17:54
6	Kristian Holm Jensen	DEN	17:55
7	Andreas Jansson	SWE	17:56
8	Stian Bekkevoll	NOR	17:57

9 Gabriel Steffensen, SWE 17:58, 10 Emil Danielsson, SWE 17:58, 11 Emil Holm, DEN 18:01, 12 Joachim W. Rosbo, DEN 18:02, 13 Antti Ihämäki, FIN 18:22, 14 Eero Saleva, FIN 18:29, 15 Miika Tenhunen, FIN 18:34, 16 Bo Sander Tønnesen, DEN 18:47, 17 Casper Stornes, NOR 18:51, 18 Sebastian Bærnthsén, DEN 18:56, 19 Pauli Ruostetsaari, FIN 19:02, 20 Jiri Karjalainen, FIN 19:15, 21 Kevin Sandell, FIN 20:11

Teams:

1 NOR 10p (Kristian Tjørnholm, Thomas Jefferson Byrkjeland, Magnus Hannevig Pettersen)

2 SWE 18p (Vidar Johansson, Andreas Jansson, Gabriel Steffensen)

3 DEN 20p (Jacob Simonsen, Kristian Holm Jensen, Emil Holm)

4 FIN 42 p (Antti Ihämäki, Eero Saleva, Miika Tenhunen)

Women

Senior

7,5 km

1	Veronika Blom	NOR	24:58
2	Simone Glad	DEN	25:19
3	Janica Mäkelä	FIN	25:26
4	Johanna Peiponen	FIN	25:32
5	Kirsten Marathon Melkevik	NOR	25:36
6	Maria Larsson	SWE	25:47
7	Elisa Karhu	FIN	25:57
8	Louise Nilsson	SWE	26:01

9 Lisa Öhberg, SWE 26:03, 10 Hanna Lindholm, SWE 26:04, 11 Camilla Richardsson, SWE 26:10, 12 Mette Mønchke, DEN 26:15, 13 Marthe Katrine Myhre, NOR 26:28, 14 Saara Nikander, FIN 26:38, 15 Tova Eurén-Magnusson, SWE 26:49, 16 Johanna Lindholm, FIN 27:15, 17 Caroline Tauson, DEN 27:32, Laura Markovaara, FIN DNS, Maja Alm, DEN DNS, Meri Rantanen, FIN DNS, Karoline Grøvdal, NOR DNS

Teams:

1 FIN 14 p (Janica Mäkelä, Johanne Peiponen, Elisa Karhu)

2 NOR 19p (Veronika Blom, Kirsten Marathon Melkevik, Marthe Katrine Myhre)

3 SWE 23p (Maria Larsson, Louise Nilsson, Lisa Öhberg)

4 DEN 31p (Simone Glad, Mette Mønchke, Caroline Tauson)

U20

4,5 km

1	Johanna Matintalo	FIN	15:00
2	Maria Larsen	DEN	15:01
3	Anna Emilie Møller	DEN	15:04
4	Heidi Mårtensson	NOR	15:07
5	Christina Hopland	NOR	15:11
6	Alberte Kjær Pedersen	DEN	15:17
7	Elisabeth Angell Bergh	NOR	15:28
8	Sarah Lahti	SWE	15:34

9 Louise Rode, DEN 15:37, 10 Josephine Thestrup, DEN 15:37, 11 Karoline Simpson-Larsen, NOR 15:51, 12 Noora Wallenius, FIN 15:53, 13 Aino Kivenmäki, FIN 16:00, 14 Mona Jäppinen, FIN 16:02, 15 Patricia Striner, SWE 16:08, 16 Astrid Rosvall, SWE 16:12, 17 Klara Henriksson, SWE 16:20, 18 Sofia Muinonen, FIN 16:22, 19 Line K. Schulz, DEN 16:24, 20 Dorthea Jørgensen, DEN 16:33, 21 Silja Laukkanen, FIN 17:13, 22 Henriika Parviainen, FIN 17:34

Teams:

1 DEN 11p (Maria Larsen, Anna Emilie Møller, Alberte Kjær Pedersen)

2 NOR 16p (Heidi Mårtensson, Christina Hopland, Elisabeth Angell Bergh)

3 FIN 26p (Johanna Matintalo, Noora Wallenius, Aino Kivenmäki)

4 SWE 39p (Sarah Lahti, Patricia Striner, Astrid Rosvall)