

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: Trioløpet Maraton
Technical Organiser: IL TRIO
City/Place: Husnes
Date of Arrangement: August 22nd, 2026
Date and time for measurement: March 07 th , 2026. 11:00-14:30
Measured distance(s): Marathon
Length of calibration course: 361,35m
Terrain: Flat <input type="checkbox"/> Slightly hilly <input checked="" 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"/>
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 line at the 100 m mark, Husnes Stadium
Description of finish: Finish line, Husnes Stadium
Distance, in a straight line, between start & finish: 100m
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:	Geir Jensen	Are Ulseth
Phone:	+47 48 08 22 00	+47 992 40 087
Email:	Ccie8795@gmail.com	areu@online.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.

March 15, 2026. Geir Jensen (sign)

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
Phone: +47 94 83 33 26



CALIBRATION COURSE AND PROCEDURE	
Length of measuring tape (steel measuring tape only)	50m
Length of calibration course 1st measurement	361,40m
Length of calibration course 2nd measurement	361,40m
Possible 3rd measure (max. 1 cm diff per 100m 1 st and 2 nd)	
Average of measurements before adjustments	361,40m
Temperature (road or measuring tape)	9C
Adjustment cf. $D-(D*(1+(temp-20)*0,0000115))$	-0,0457171m
Measured calibration distance after adjustment	361,35m
Distance from start/finish to calibration distance	500 m

CALIBRATION INFORMATION - (max 8 counts difference of 1000 m between 4 measurements, ie 2 counts of 300 m and 3 count of 400 m)						
	Pre-measurement:			Post measurement:		
	Date and Time: 14/3: 11:00			Date and Time: 14/3: 14:30		
	Start	End	Diff.	Start	End	Diff.
1st measure	2 600	6 756	4 156	112 000	116 154	4 154
2nd measure	7 000	11 156	4 156	116 400	120 555	4 155
3rd measure	11 600	15 755	4 155	120 600	124 756	4 156
4th measure	16 000	20 155	4 155	125 000	129 155	4 155

Norwegian Athletic Federation

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



	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	4155,5	4155	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11499,795	11498,411	
Addn. +1‰	11,499795	11,498411	
Measurement constant (rounded)	11512	11510	

MEASUREMENT PROCEDURE		
Measurement constant	11512	
Measured Distance	Counter	Description of place
The main loop:		
0,0km	91000	Finish line at Husnes Stadium
0,683km	98870	Finish line at Husnes Stadium
Initial 500m:		
0,0km	105000	Start line for 100m
0,5km	110745	Finish line
		$(110\ 745 - 105\ 000) * 1\ 000 / 11\ 512 = 499,04\text{m}$
		Total measured without adjustments: 42,200.47 m
		Total measured adjustments: none
		Total measured course: 42,200.47 m (not short)

Norwegian Athletic Federation

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



CONCLUSION OF MEASUREMENT

1. Measurement method

Jones counter mounted on bicycle wheel

2. Measurement procedure

The course consists of two parts:

- Initial 500 m inside the Husnes Stadium (From start line for 100m to finish-line. Plus one full lap)
- A closed loop run 61 times.

Both segments were measured in a continuous measurement in the running direction.

First segment: $(110\,745 - 105\,000) \cdot 1\,000 / 11\,512$ equals 499,04 m

The loop: $(98\,870 - 91\,000) \cdot 1000 / 11\,512$ equals 683,63 m

$61 \cdot 683,63\text{ m} + 499,04\text{ m} = 42\,200,47\text{ m}$

3. Course adjustment

None. The post-calibration produced a slightly lower constant (11,510 vs 11,512). In accordance with standard practice, the higher constant (11,512) was used.

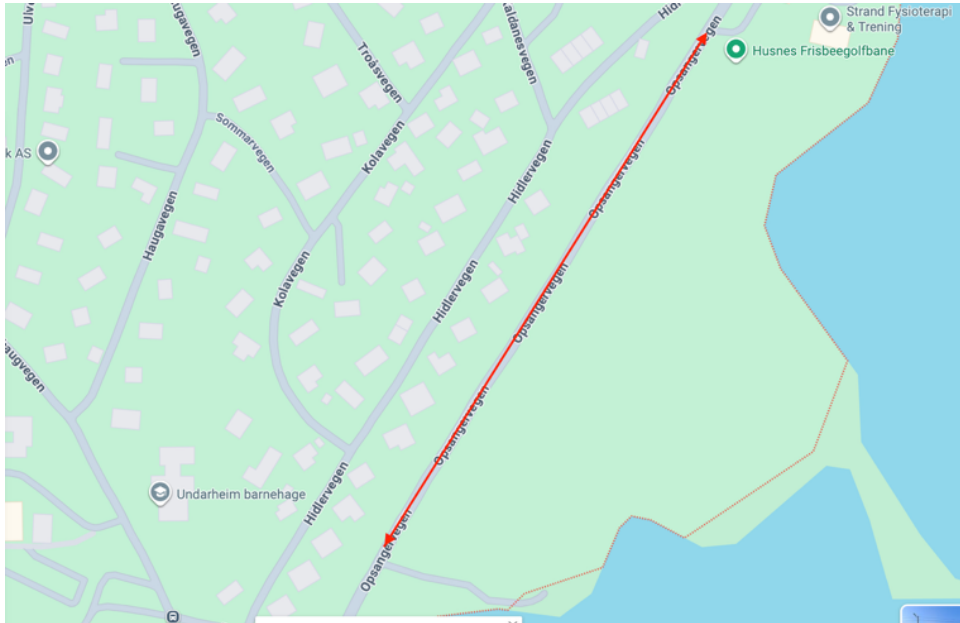
Norwegian Athletic Federation

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



CALIBRATION COURSE MAP

The Calibration course is on the walkway along Opsangervegen.



Start and end are clearly identified by manhole cover and tiles at pedestrian crossing



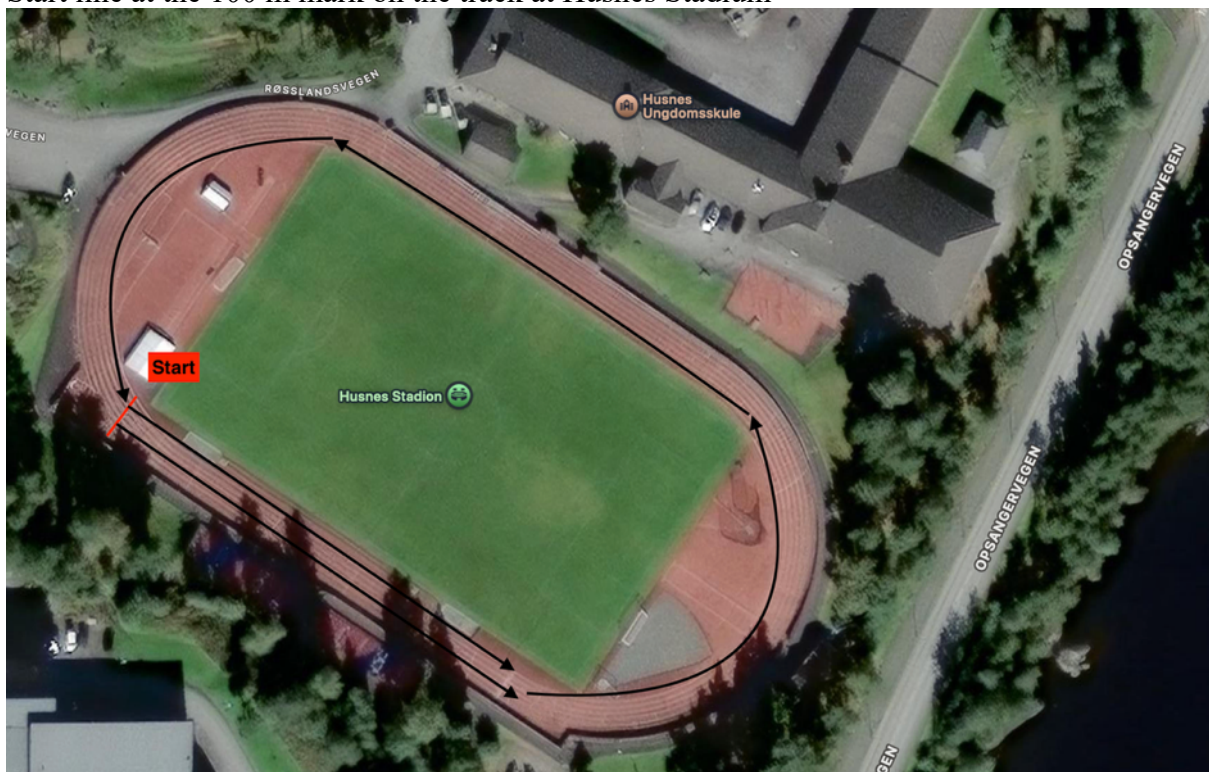
Norwegian Athletic Federation

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



COURSE MAP & DESCRIPTION

- Start line at the 100 m mark on the track at Husnes Stadium



- The runners complete one full lap (400 m) plus 100 m inside the stadium, before they start running the main loop
- The main loop is defined from the finish line at Husnes Stadium, following the shortest possible running line, exiting the stadium via the gate in the first curve, and returning to the same point. The course follows the walkway around the school building and enters the stadium through the northern gate.
- Normal running direction inside the stadium towards the finish line. The loop is repeated 61 times.

Norwegian Athletic Federation

Ullevaal stadion

Sognsveien 75 J

0840 Oslo

NORWAY

E-mail: friidrett@friidrett.no

Phone: +47 94 83 33 26



Norwegian Athletic Federation

Ullevaal stadion

Sognsveien 75 J

0840 Oslo

NORWAY

E-mail: friidrett@friidrett.no

Phone: +47 94 83 33 26



LØP I NORGE 

Below the text are three colored bars: a red bar, a blue bar, and a red bar.