

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: Gruemila
Technical Organiser: Grue Idrettslag
City/Place: Grue/Kirkenær
Date of Arrangement: 26.09.2026
Date and time for measurement: 28.03.2026 11:00
Measured distance(s): 10 km
Length of calibration course: 500m
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 type="checkbox"/> A to B <input checked="" 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: 3m Description of start: On Jaabækvegen (fv408), 5.2 meters before the first metal pole at the entrance to the small side road before the crossing Fautvegen/Jaabækvegen 367 (in the running direction). Description of finish: Between Grue Barne- og ungdomsskole and Grue Rådhus, at Rådhusplassen, by the Sportsfield/Basket ball. The fence is the finishline. Distance, in a straight line, between start & finish: 3km 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 type="checkbox"/> Opposite running direction <input checked="" type="checkbox"/>

CONTACT INFORMATION		
	Measured by:	Organizer:
Contact person:	Samuel Hafsahl	Tom Erik Lukkedal
Phone:	+47 970 46 905	+47 917 83 301
Email:	samuel.hafsahl@gmail.com	tom-erik@lopskonsult.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.

04.05.2026 Samuel Hafsahl

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Date

Signature by Course measurer

Date

Signature by NFIF

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

Calibration course was already measured by previous measurer.

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: 28.03.2026 11:00			Date and Time: 28.03.2026 13:00		
	Start	End	Diff.	Start	End	Diff.
1st measure	52562	58363	5801	34774	40577	5803
2nd measure	58363	64165	5802	40577	46380	5803
3rd measure	64165	69967	5802	46380	52184	5804
4th measure	69967	75770	5803	52184	57986,5	5802,5

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	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	5802	5803,125	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11605,6	11607,9	
Addn. +1‰	11,6	11,6	
Measurement constant (rounded)	11617	11619	11618

MEASUREMENT PROCEDURE		
Measurement constant	11618	
Measured Distance	Counter	Description of place
0m	76 528,0	The finishline, by the fence outside the School garden.
9 994,83	192648	The first metal pole to the small side road after the crossing Fautvegen/Jaabækvegen
9 994,83		Total measured without adjustments
5,2m		Total measured adjustments
10 000m		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

$$192\ 648 - 76\ 528 = 116\ 120$$

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

$$116\ 120 / 11\ 618 * 1000 = 9\ 994,84\ \text{meter}$$

3. Course adjustment

The course is 5,2m too short when measured to the closest best natural landmark; on Jaabækvegen (Fv408) the first metal pole by the entrance to the small side road after the crossing Fautvegen/Jaabækvegen (when cycled in opposite direction).

The organizer will measure the missing 5,2 meter at the day of the race.

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CALIBRATION COURSE MAP

500m on the bike path along Solørvegen just after the crossing Solørvegen/Fautvegen, a part of the running course.



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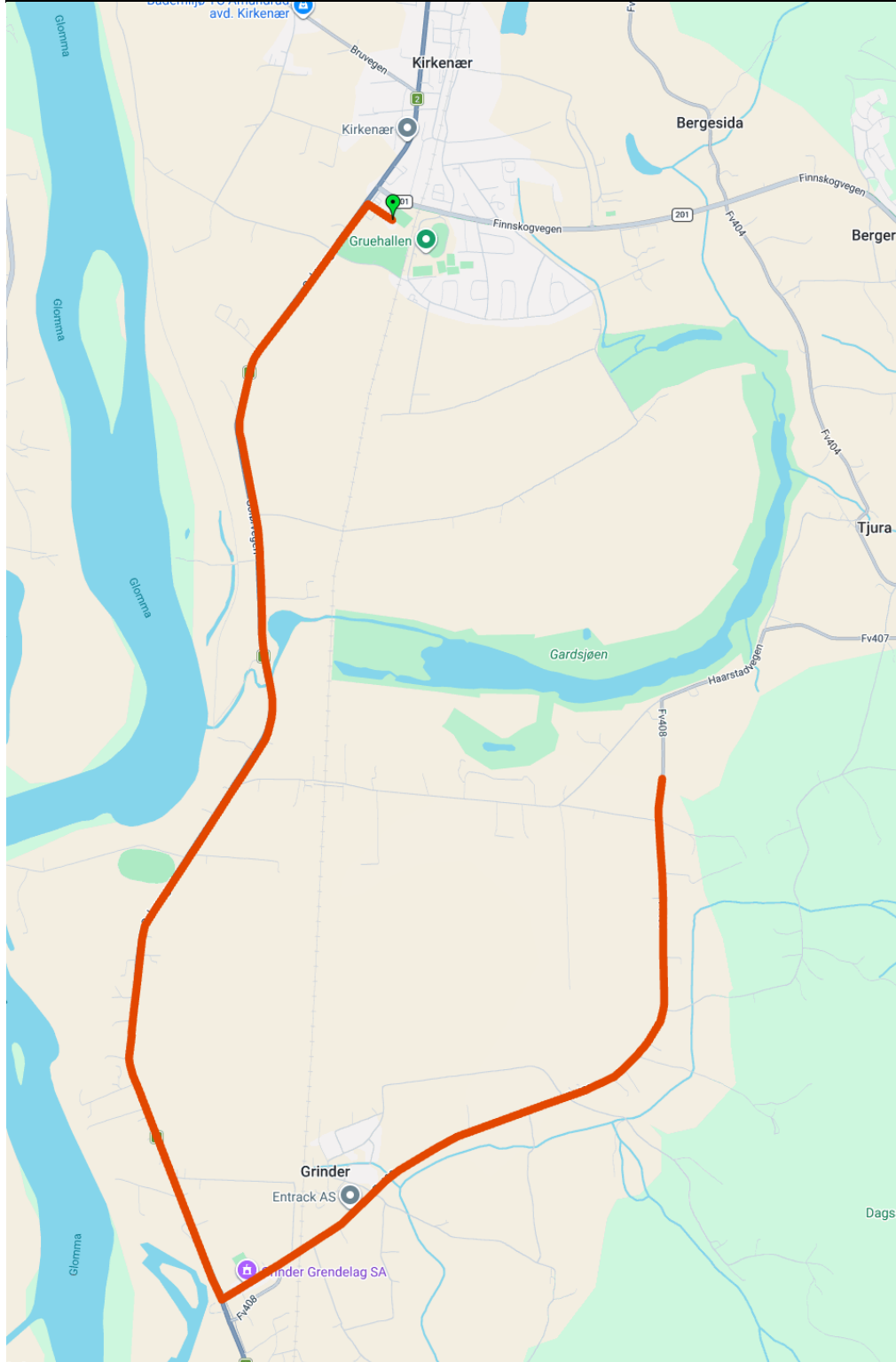
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COURSE MAP & DESCRIPTION



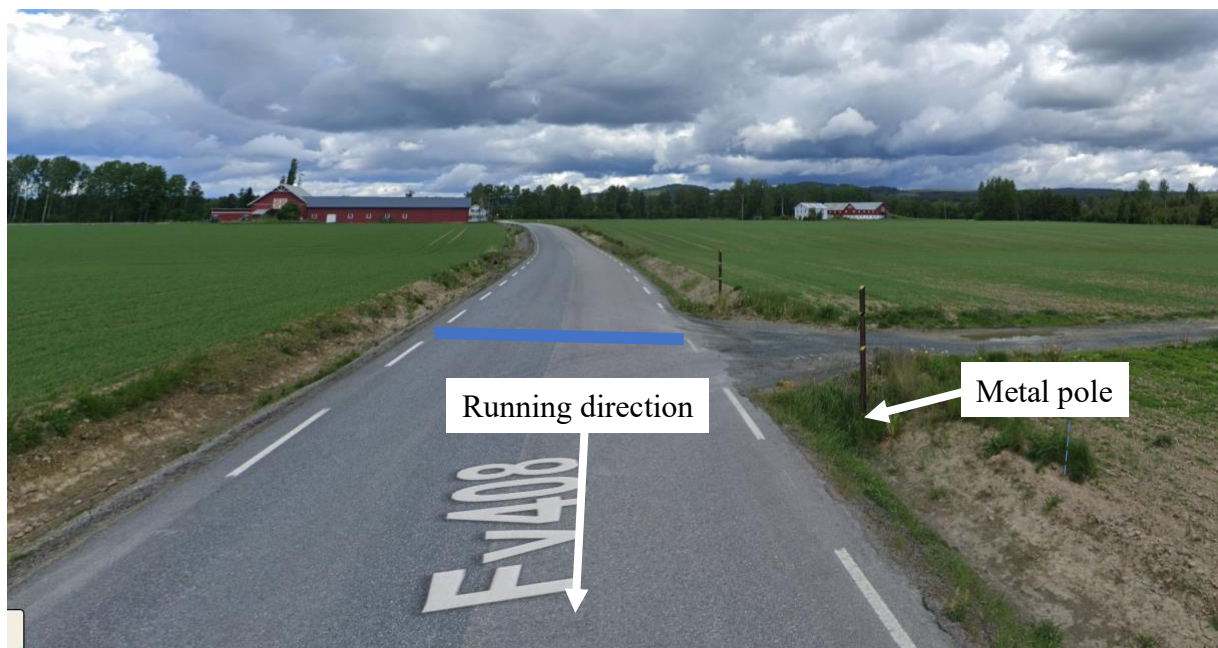
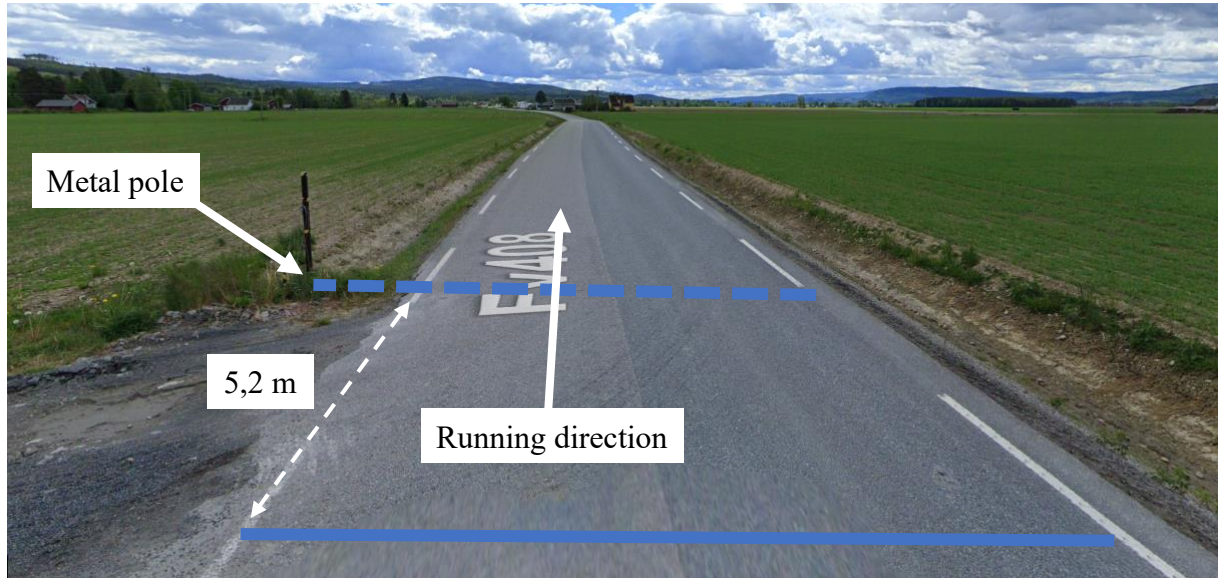
<https://www.google.com/maps/d/edit?mid=1DdTb9saa0Bd0qctTnAF1jXgRnt0-j3k&usp=sharing>

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Start



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Finishline

By the fence outside the school building on Rådhusplassen.



By the basketball court.



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