

# Norwegian Athletic Federation

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



## COURSE MEASUREMENT REPORT

### - REPORT FOR NATIONAL CERTIFIED COURSE -

INFORMATION ABOUT EVENT AND COURSE
<b>Event:</b> Trioløpet
<b>Technical Organiser:</b> IL TRIO
<b>City/Place:</b> Husnes
<b>Date of Arrangement:</b> April 11 <sup>th</sup> , 2026
<b>Date and time for measurement:</b> March 7 <sup>th</sup> , 2026. 11:00-14:30
<b>Measured distance(s):</b> 5km, 10km
<b>Length of calibration course:</b> 361,35m
<b>Terrain:</b> Flat <input type="checkbox"/> Slightly hilly <input checked="" type="checkbox"/> Hilly <input type="checkbox"/> Terrain <input type="checkbox"/>
<b>Type of course route:</b> Closed loop <input checked="" type="checkbox"/> Back and forth <input type="checkbox"/> A to B <input type="checkbox"/> Other <input type="checkbox"/>
<b>The course consists of 95%, or more, solid surface:</b> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
<b>Elevation Start - Finish:</b> 0m
<b>Description of start:</b> Husnes Stadium
<b>Description of finish:</b> Finish line Husnes Stadium
<b>Distance, in a straight line, between start &amp; finish:</b> 5K: 100m, 10K: 200m
<b>Start and Finish marked:</b> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
<b>Km-markings:</b> Yes <input checked="" type="checkbox"/> (for 5K only) No <input type="checkbox"/>
<b>Measurement direction:</b> Running direction <input type="checkbox"/> Opposite running direction <input checked="" type="checkbox"/>

CONTACT INFORMATION		
	<b>Measured by:</b>	<b>Organizer:</b>
<b>Contact person:</b>	Geir Jensen	Are Ulseth
<b>Phone:</b>	+47 48 08 22 00	+47 992 40 087
<b>Email:</b>	Ccie8795@gmail.com	<a href="mailto:areu@online.no">areu@online.no</a>

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

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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 <sup>st</sup> and 2 <sup>nd</sup> )	
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	500m

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: 7/3: 11:00			Date and Time: 7/3: 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

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

MEASUREMENT PROCEDURE		
<b>Measurement constant</b>	11512	
<b>Measured Distance</b>	<b>Counter</b>	<b>Description of place</b>
0,0km	30 000	Finish line at Husnes Stadium
1,0km	41 512	Walkway along Opsangervegen
2,0km	53 024	Onarheimsvegen
3,0km	64 536	Walkway along Heiamyro
4,0km	76 048	Walkway along Opsangervegen
5,0km	87 560	Start at Husnes Stadium
		<b>5 km</b>
		Total measured distance: <b>57,560 counts</b>
		Adjustment: <b>none</b>
		Certified distance: <b>5,000.00 m</b>
		<b>10 km</b>
		Total measured distance (before adjustment): <b>115,908 counts</b>
		Adjustment: <b>-782 counts</b>
		Final measured distance: <b>115,126 counts</b>
		Certified distance: <b>10,000.52 m</b>

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## CONCLUSION OF MEASUREMENT

### 1. Measurement method

Jones counter mounted on bicycle wheel

### 2. Measurement procedure

#### Measurement of the 5 km Course:

The measurement was carried out by a continuous measurement in the opposite of the running direction from Finish to the Start. Both the Start and Finish are on the running track at Husnes Stadium.

**Finish line:** Husnes Stadium (counter: 30,000)

**Start line:** counter: 87,560

**Measured difference:** 57,560 counts

**Distance:**  $57,560 / 11,512 = 5,000.00$  m

**Certified Distance (5 km):** 5,000.00 m (not short)

#### Measurement of the 10 km Course:

The 10 km course is derived from the 5 km course and consists of:

- Two laps of the external course
- One full lap inside the stadium between laps
- From the stadium gate (entry point) to the finish line on the track

#### Component distances:

Segment	Counts	Distance
Outside lap	54,495	4,733.76 m
Stadium lap (exit → entry)	4,633	402.45 m
Entry → finish	2,285	198.49 m

#### Total Distance (from stadium entry point)

**Total counts:**  $54,495 + 4,633 + 54,495 + 2,285 = 115,908$  counts

**Distance:**  $115,908 / 11,512 = 10,068.45$  m

### 3. Course adjustment

To obtain correct distance for the 10 km course the start line is moved 782 counts from the gate in the running direction

#### Distance reduction:

$782 / 11,512 = 67.93$  m

#### Final 10 km Distance

$115,908 - 782 = 115,126$  counts

$115,126 / 11,512 = 10,000.52$  m

**Certified Distance (10 km):** 10,000.52 m (not short)

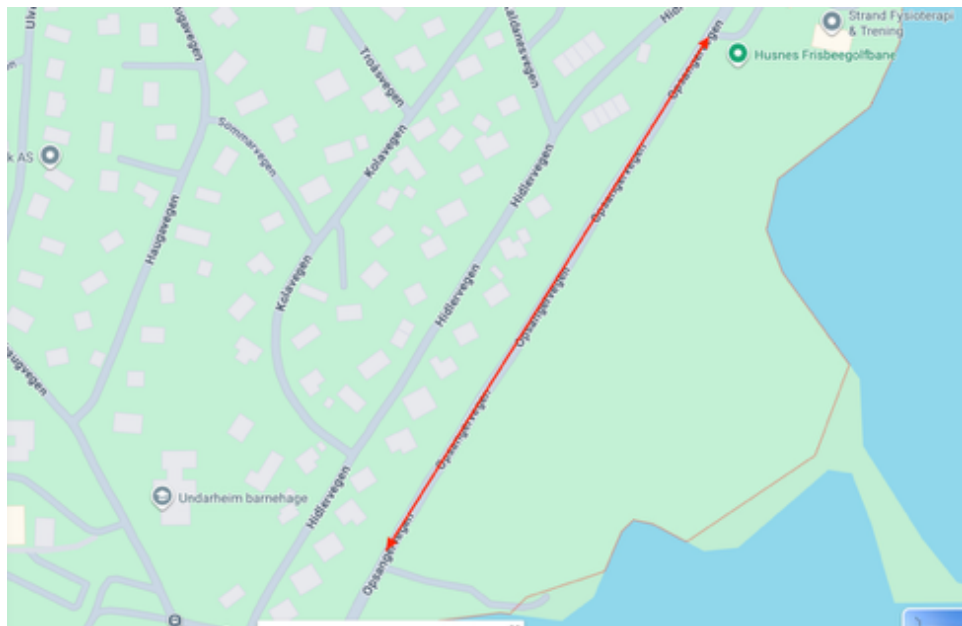
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## CALIBRATION COURSE MAP

The Calibration course is on the walkway along Opsangervegen.



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



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## COURSE MAP & DESCRIPTION

The 5K course:



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- The 5K starts on the running track on Husnes Stadium



The start line is located on the back straight between fixed reference points (advertising boards). From the start, runners proceed:



1. Exit the stadium through the main gate.
2. Turn right onto Røsslandsvegen
3. Continue along the roadway using the shortest possible route
4. Follow the road as it curves toward Opsangervegen
5. Turn left onto the pedestrian/cycle path along Opsangervegen
6. Continue to the roundabout at Fv44
7. Staying on the sidewalk, turn left and follow the sidewalk along Fv44

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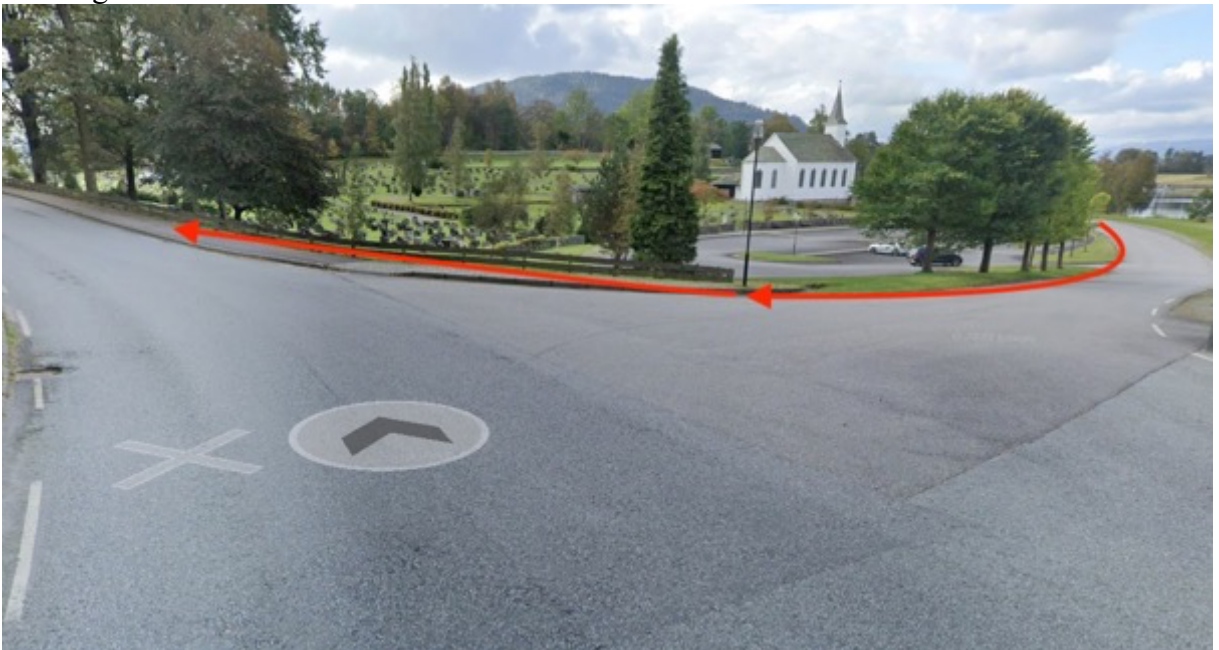
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8. Turn right at the intersection before Sion.  
Cross the road after the manhole cover, continue on the right side of the road.



9. Turn right after the church and return toward the roundabout



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10. Cross the roundabout using the shortest possible racing line



11. Continue along Onarheimsvegen back toward the stadium

12. Enter the stadium via the gate

13. Turn right and proceed along the track to the finish line

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## The 10K course:



The 10 km course follows the 5 km route with modifications:

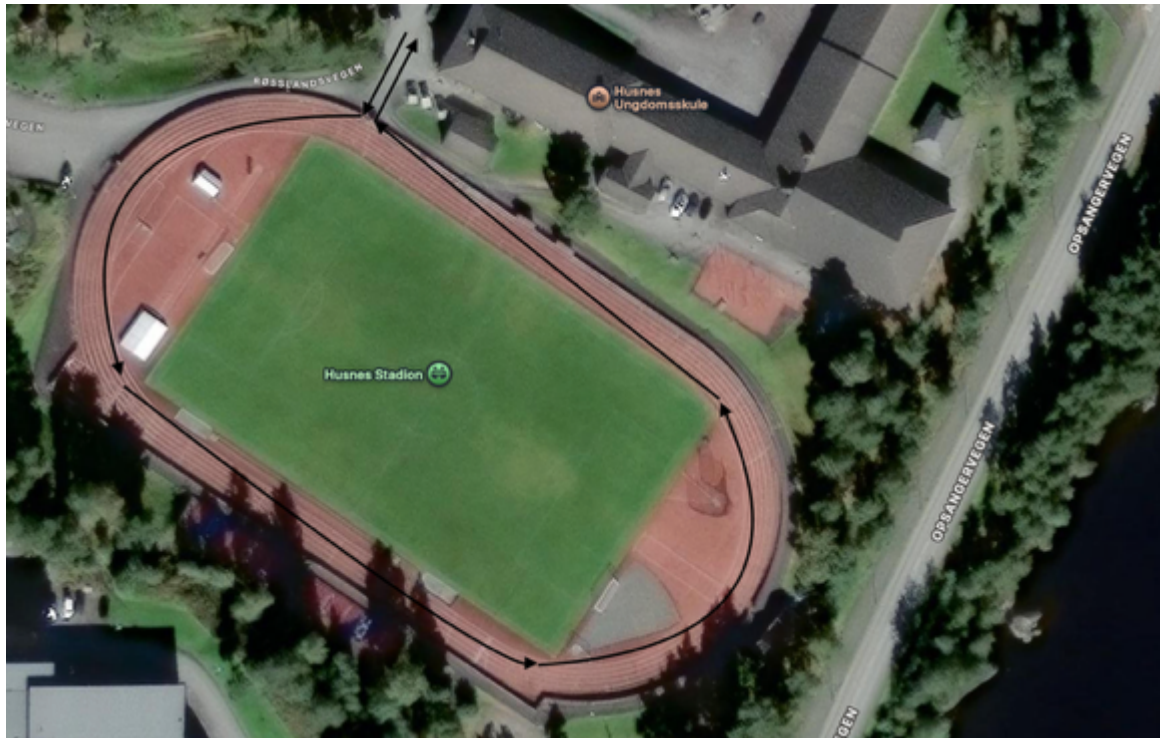
Start is located 8m to the left of the advertising sign (see picture), towards the stadium.

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Running pattern as the 10K runners pass inside the stadium after a lap of the main course



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## Pictures of kilometer markers for the 5K course:

- 5K course: 1K marker



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- 5K course: 2K marker



- 5K course: 3K marker



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- 5K course: 4K marker

