

# Norsk friidrett

Ullevaal stadion  
Sognsveien 75 J  
0840 Oslo  
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Tlf.: +47 94 83 33 26



## COURSE MEASUREMENT REPORT - RAPPORT FOR NASJONAL KONTROLLMÅLT LØYPE -

<b>Event and Course</b>
<b>Event :</b> Fana Halvmaraton
<b>Promoting Organization:</b> BFG Bergen Løpeklubb
<b>Date :</b> June 11th 2022
<b>Date and Time of measurement:</b> June 9 15:30
<b>Measured distance:</b> Half marathon (21 097,5m)
<b>Length of calibration course:</b> 302.45
<b>Terrain:</b> Flat <input type="checkbox"/> Slightly hilly X Hilly <input type="checkbox"/> Terrain <input type="checkbox"/>
<b>Race surface:</b> Tarmac roads
<b>Course configuration:</b> Closed loop X Back and forth <input type="checkbox"/> A to B <input type="checkbox"/> Other <input type="checkbox"/>
<b>Elevation : Start - Finish:</b> 0m
<b>Description of Start:</b> Fana Stadium, start 80m (marked with red )
<b>Description of Finish:</b> Fana Stadium, 21,17m past the start
<b>Distance, in a straight line, between start &amp; finish:</b> 21m
<b>Is Start and Finish marked:</b> Yes X No <input type="checkbox"/>
<b>Km-markings:</b> Yes X No <input type="checkbox"/>
<b>Measurement direction:</b> Running direction X Opposite running direction <input type="checkbox"/>

<b>Contact information</b>		
	<b>Measured by</b>	<b>Organizer:</b>
<b>Name:</b>	Geir Jensen	Morten Hauso
<b>Phone:</b>	+47 48 08 22 00	+47 932 19 038
<b>Email:</b>	Ccie8795@gmail.com	mortenhauso@hotmail.com

It is hereby confirmed that the course has been measured by a nationally certified course measurer from Norwegian Athletics. The course is measured in accordance with Norwegian athletics regulations, and the distance has the correct length. The survey is valid for 5 years, except if the route is changed.

9/6-2022 Geir Jensen (sign)

Date Signature

10.6.2022

Date

*Peer Jensen*

NFIFs approval

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Calibration	
Length of measuring tape (steel measuring tape only)	50m
Length of calibration course 1st measurement	302.50m
Length of calibration course 2nd measurement	302.50m
Possible 3rd measurement (max. 1 cm diff per 100m between first 2 measurements)	
Average of measurements before adjustments	302.50
Temperature (road or measuring tape)	6C
Adjustment cf. $D-(D*(1+(temp-20)*0,0000115))$	0.0487m
Measured calibration distance after adjustment	302.45
Distance from start/finish to calibration distance	3km, 5min by car

**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/Time: June 9 15:00			Date/Time: June 9 18:00		
	Start	End	Reading	Start	End	Reading
1.	158 000	161 481	3 481	426 114	429 597	3 483
2.	161 600	165 082	3 482	430 600	434 082	3 482
3.	165 400	168 882	3 482	434 200	437 681	3 481
4.	169 000	172 483	3 483	437 800	441 282	3 482

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## Pre measurement Post measurement

Average(1+2+3+4) / 4	3482	3482	Today's constant. Either highest or average of before and after measurement
Working Constant	11512,5973	11512,5973	
+1‰	11,513	11,513	
Measurement constant	11 524	11 524	11 524

MÅLEPROSEDYRE		
Distance	Counter	Description
Measurement constant	11 524	
0 . Start	180 000	Fana Stadion, 80m mark
1km	191 524	Ramp to pedestrian bridge Rådalen
2km	203 048	Beginning of detour after Byggern
3km	214 572	Walkway before buss-stop (Stend)
4km	226 096	Walkway
5km	237 620	Kvernabekkveien 51b
6km	249 144	
7km	260 668	On the Sidewalk
8km	272 192	Hamrevegen
9km	283 716	Buss-stop by the Golf-club
10km	295 240	Walkway
11km	306 764	Lap2: 5m before the 4km mark
12km	318 288	Lap2: 5m before the 5km mark
13km	329 812	Lap2: 5m before the 6km mark
14km	341 336	Lap2: 5m before the 7km mark
15km	352 860	Lap2: 5m before the 8km mark
16km	364 384	Lap2: 5m before the 9km mark
17km	375 908	Lap2: 5m before the 10km mark

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18km	387 432	Walkway after buss-stop (Stend)
19km	398 956	
20km	410 480	Pedestrian bridge, Rådalen
21km	422 004	Fana Stadium, southern curve, orange marker on stands
21.0975km Finish	423 128	Fana Stadion, 21,17m past the start-line

## Conclusion

- **Measurement method**  
Jones counter mounted on bicycle wheel
- **Measurement procedure**  
The measurement was carried out by a continuous measurement in the running direction from start to the finish.
- **Course adjustment**  
When I crossed the start/finish line the Jones counter was 422 884, but it "should" have been 423 128. The difference equals 21.17m, so the finish-line will be moved 21.17m away from the start-line, in the running direction.

$$(423\ 128 - 422\ 884) \text{ ticks} * 1000\text{m}/11\ 524 \text{ ticks.} = 21.17\text{m}$$

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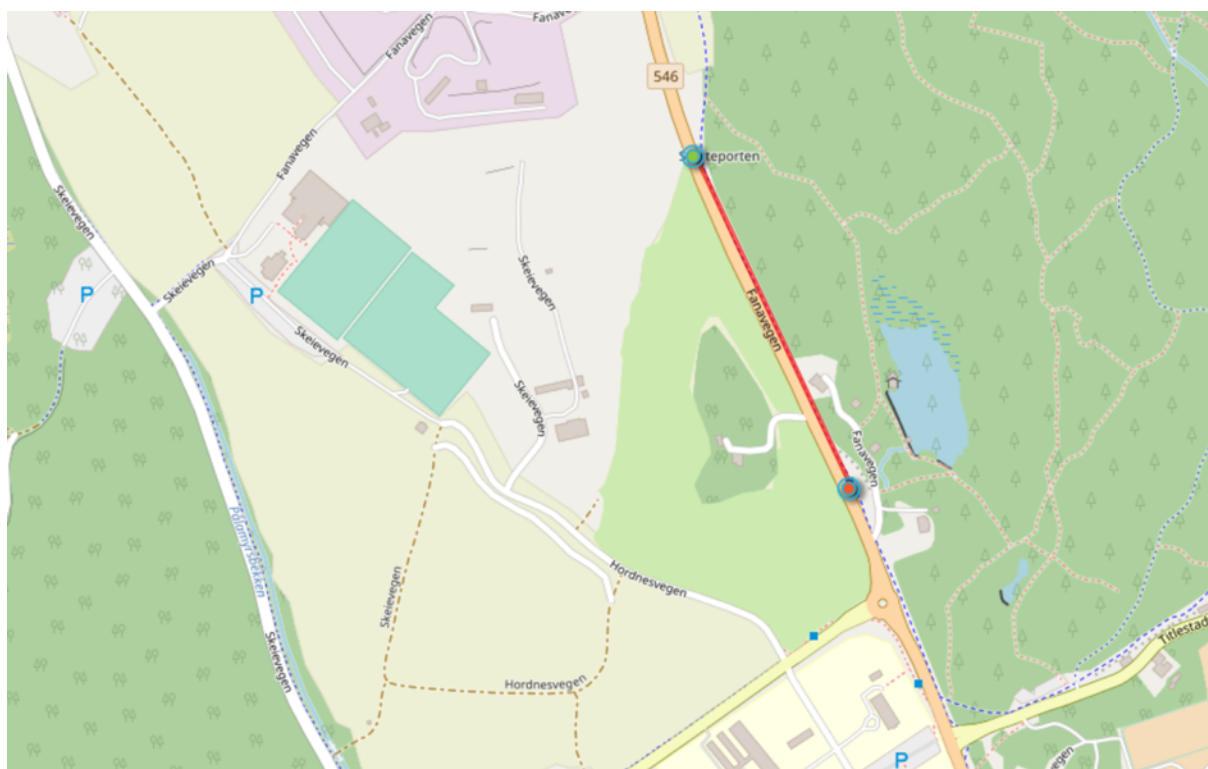
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## Calibration Course map



The calibration course is on the walkway along the Fana road (Fanaveien), Between the manhole cover by the bus-stop, and the asphalt edge at border marker (marked with 3 nails in the asphalt). The measurement starts between the manhole cover and the frame.

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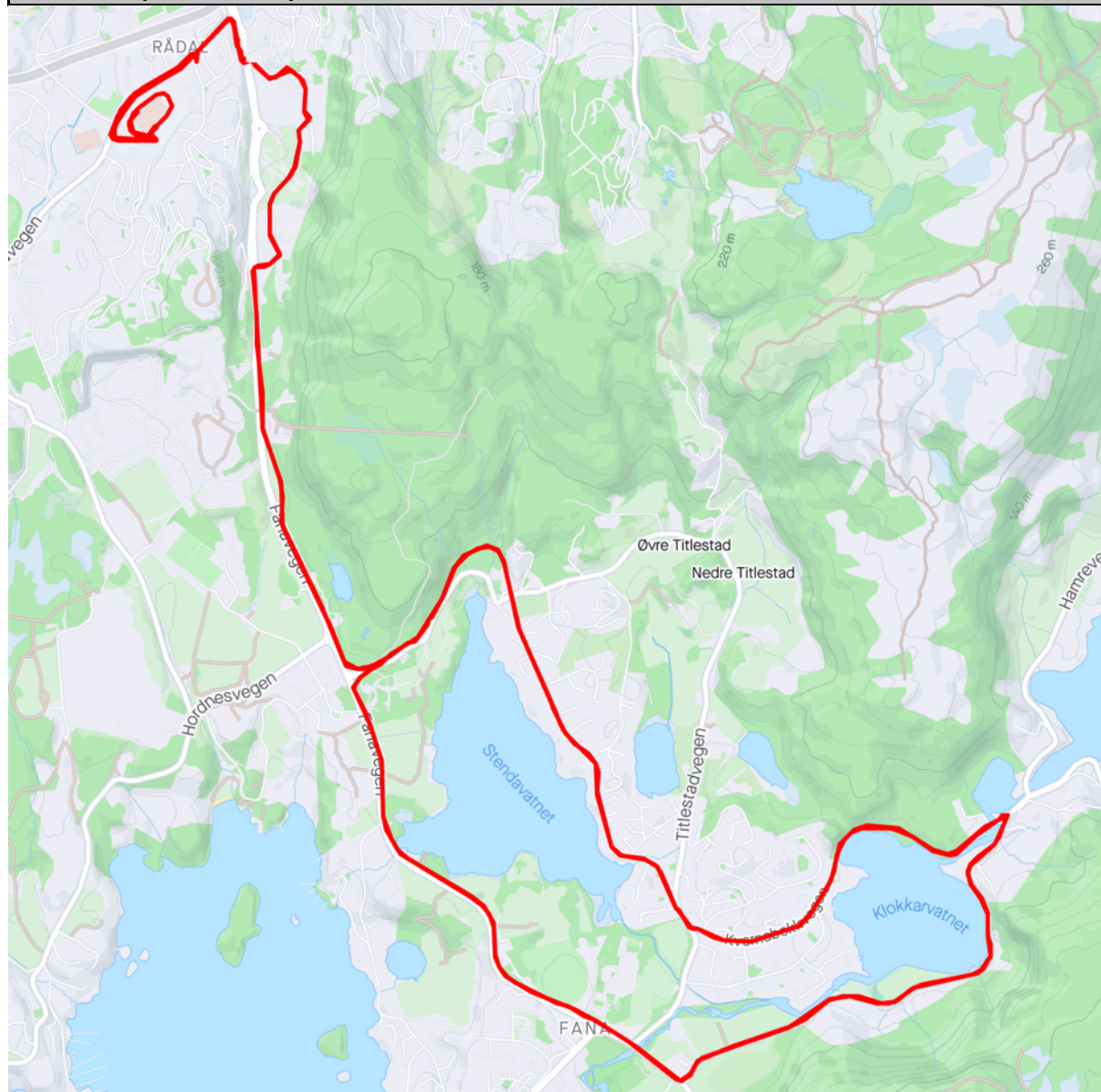
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## Course map and description



### Course description:

Part I, From Fana Stadium to the old train station at Stend, (3.55 km)

- Start and finish at Fana Stadium. Start is at the mark for 80m. The starting line is marked with a red cross in the stands. All km markings are marked with an orange dash and distance (see photos). (The exception is km 1, marked in yellow paint)

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- Run 200m around the track in the normal running direction, and out the gate.
- To the right towards Rådalskrysset, run on the right side of the road.
- Up to the footbridge in Rådalen. Turn left, cross the bridge and continue towards Rådalslia school. Continue right passed the school, and towards the new pedestrian bridge crossing the new motorway.
- Directly after Byggern, turn right. This section (700m) is a detour, due to road-work
- Follow the Osbane route past the station at Stend,

Part II, From Stend, one lap around Stendavannet and Klokkarvannet (7 km)

- Run along Kvernabekksveien to Hamre
- **Use the pedestrian crossing to cross Titlestadveien**
- Turn right at Hamre into the "Hamre road" (Hamrevegen) after running around the roundabout **clockwise**.
- **The runners must run on the right side of the road in Hamrevegen.**
- When the Hamre road meets Fanafjellsvegen turn right. **Run on the right side of the main road to the church, do not use the pedestrian shortcut.**
- After the church (Fana Kirke) use the walking and cycling path to the station at Stend
- The runners must cross the Titlestad road at the entrance to parking spaces at the station, and not cross the road at the traffic light

Part III, One more lap around Stendavannet and Klokkarvannet (7 km)

- Turn right and run one more time to Hamrevegen, Fana church and to Stend station
- Once again the runners must cross the Titlestad road at the entrance to parking spaces at the station, and not cross the road at the traffic light

Part IV: From the station at Stend, back to Fana Stadium (3.55 km)

- Turn left and follow the pedestrian and cycle path back towards Byggern, to the right over the motorway, past Rådalslia school, over the pedestrian bridge in Rådalen and up the hill to Fana Stadium
- On the Stadium, run in normal running direction approximately 250m from the gate to the Finish-line.
- The finish-line is 21.17m past the start

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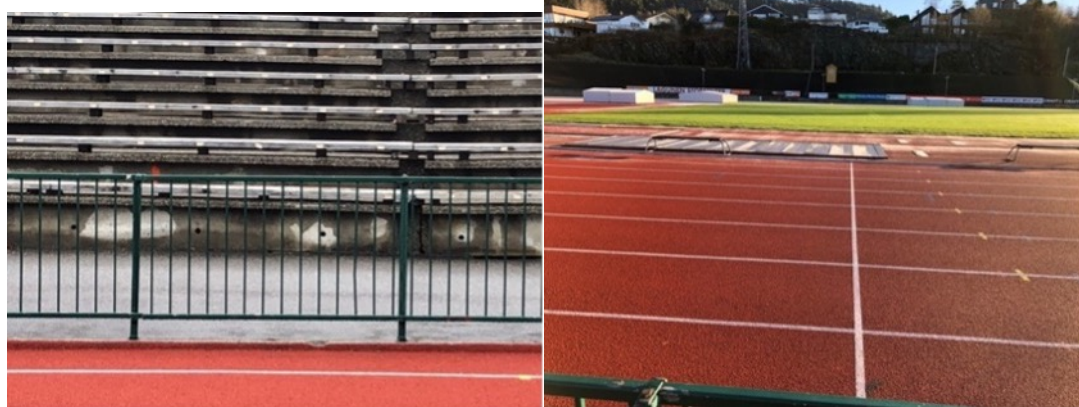
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The start is at the 80m mark, marked by a red sign on the stands.



Km 1 is on the ramp to the pedestrian bridge in Rådalen





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Along Hamrevegen (Km-marker 8 and 15) (photographed opposite running direction) there is no pavement, and the runners must run on the right side of the road.



5km and 12km at Kvernabekksveien 51b

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At the roundabout at Hamre, runners must run 2m outside the roundabout itself, will be blocked with cones and barrier tape



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At the beginning of Hamreveien, a short distance before and after km-marker 7 and 14, the runners must use the pavement.

When the pavement ends, the runners must use the right side of the road until they reach Fanavegen. Guards must be in place to make sure runners do not un on the left side of the road.



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Km-markeringer 4 og 11. På stien mellom Stend og Kvernabekksveien