

Norwegian Athletic Federation

Ullevaal stadion
Sognsveien 75 J
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NORWAY
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COURSE MEASUREMENT REPORT

REPORT FOR INTERNATIONAL CERTIFIED COURSE

1. INFORMATION ABOUT EVENT AND COURSE

Event: Nidaros løpsfest

Technical Organiser: Strindheim idrettslag + Nidaros Turn

City/Place: Trondheim

Date of Arrangement: 25.05.2024

Date and time for measurement: 17.04.2024 17.05

Measured distance(s): 5km + 10km

Length of calibration course: 400m

Terrain: Flat ☒ Slightly hilly ☐ Hilly ☐ Terrain ☐

Type of course route: Closed loop ☒ Back and forth ☐ A to B ☐ Other ☐

Race surface: Asphalt

Elevation Start - Finish: 0

Description of start: Straight line asphalt

Description of finish: Turn right 60 m before the finish line on asphalt

Distance, in a straight line, between start & finish: 10k: 150m 5km: 145m

Start and Finish marked: Yes ☒ No ☐

Km-markings: Yes ☐ No ☒

Measurement direction: Running direction ☒ Opposite running direction ☐

National record can be approved: Yes ☒ No ☐

2. CONTACT INFORMATION

	Measured by:	Organizer:
Contact person:	Bjarne Vad Nilsen	Strindheim idrettslag
Phone:	+4790846655	92600473
Email:	bvnilsen@online.no	asgeir.bogeberg@live.no

It is hereby confirmed that the course has been measured by an A- or B certified international certified course measurer from Norwegian Athletics. The course is measured in accordance with AIMS and 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.

24.04.2024

Bjarne Vad Nilsen

Date

Signature by Course measurer

Date

Signature by AIMS

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3. CALIBRATION COURSE AND PROCEDURE	
Length of measuring tape (steel measuring tape only)	
Length of calibration course 1st measurement	
Length of calibration course 2nd measurement	
Possible 3rd measure (max. 1 cm diff per 100m 1 st and 2 nd)	
Average of measurements before adjustments	
Temperature (road or measuring tape)	
Adjustment cf. $D - (D * (1 + (\text{temp} - 20) * 0,0000115))$	
Measured calibration distance after adjustment	
Distance from start/finish to calibration distance	Fixed nailed calibration stretch, see picture section 7.

4. CALIBRATION INFORMATION - (max 8 counts difference of 1000 m between 4 measurements, ie 2 counts of 300m and 3 count of 400m)						
	Pre-measurement: 16.25 13°C			Post measurement: 19.45 8 °C		
	Date and Time:			Date and Time:		
	Start	End	Diff.	Start	End	Diff.
1st measure	52100	56896,5	4796,5	18730	23528	4798
2nd measure	56896,5	61694	4797,5	23528	28327	4799
3rd measure	61694	66490,5	4796,5	28327	33124	4797
4th measure	66490,5	71288,5	4798	33124	3797	4799

	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	4797,13	4798,25	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11992,81	11995,63	
Addn. +1‰	11,99	12,00	
Measurement constant (rounded)	12004,81	12007,62	12006,21

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5. MEASUREMENT PROCEDURE		
Measurement constant	12006	
Measured Distance	Counter	Description of place
10km	54700-176150	
	10115,6m	Total measured without adjustments
5 km	80900-141263	
	5027,6m	Total measured without adjustments
	5km -15m = 5000,6m 10km -27m = 10000,6m	Total measured adjustments Total measured course
Overall length of the course	10 km is not shorter than 10000 m	
	5 km is not shorter than 5000 m	

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6. CONCLUSION OF MEASUREMENT

1. Measurement method

Roadbike with Cook counter

2. Measurement procedure

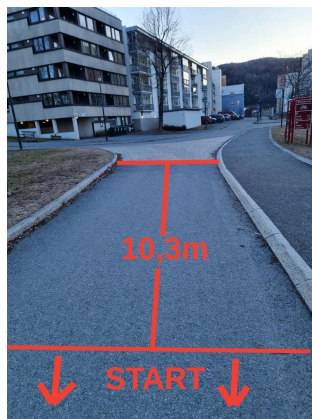
Measured shortest way, excluding points A-G, see map and images in the critical points section 6.1 and 8.

3. Course adjustment

Start 10km moved forward by 115m from the measured starting point.

Start 5km moved forward (west) by 27m from the measured starting point.

Start 10 km



Finish line 5 + 10 km

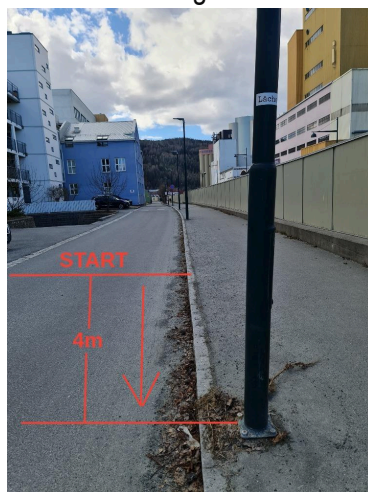


Turning point 5 km

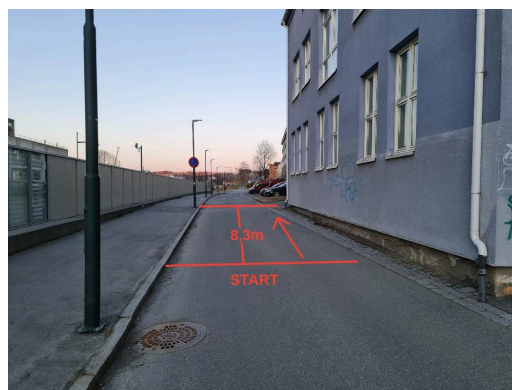


Cone + 1 person

Start 5km heading west



Start 5km heading east



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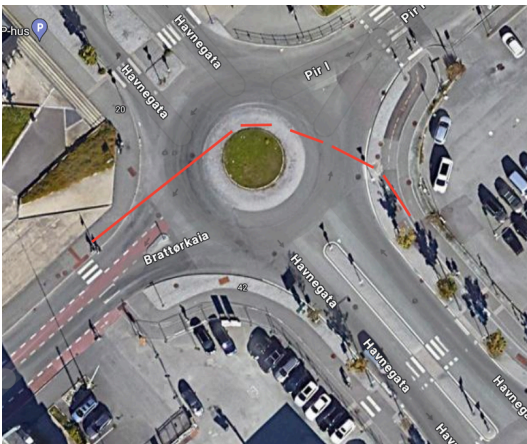
6.1. CRITICAL POINTS

A



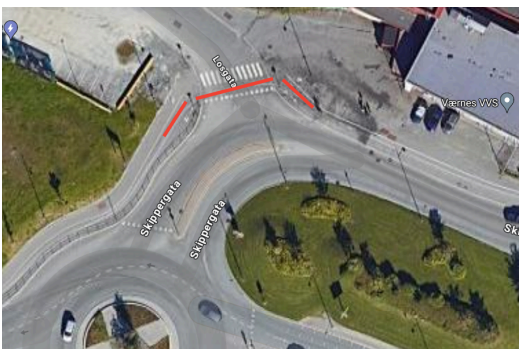
Cone If the road work is completed

B



2 persons

C



1 person

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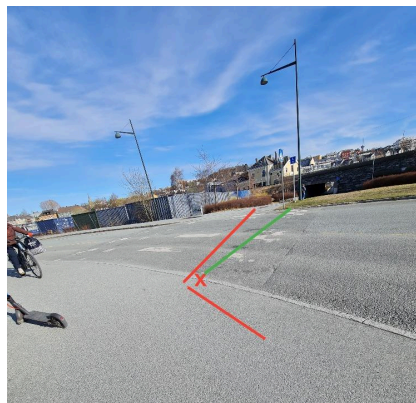
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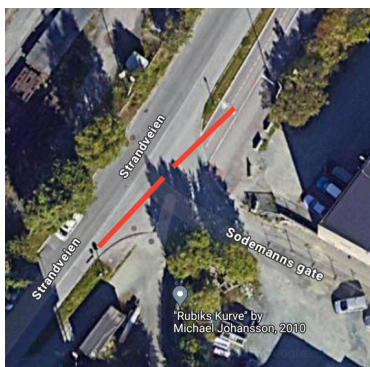
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D



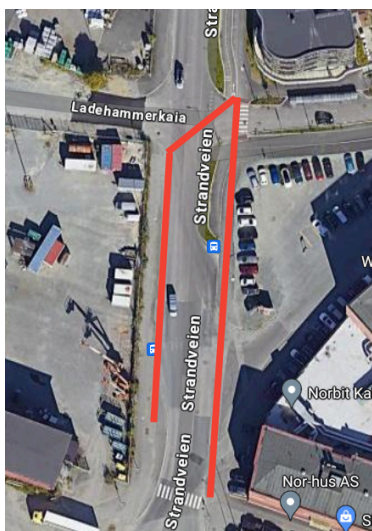
x= cone+
1 person

E



Spay marking +
1 person

F



Spay marking
+ 1 person

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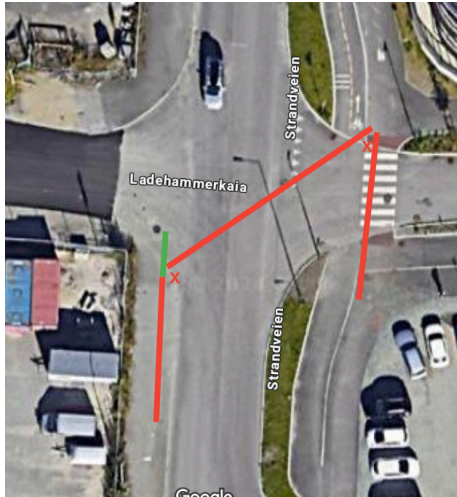
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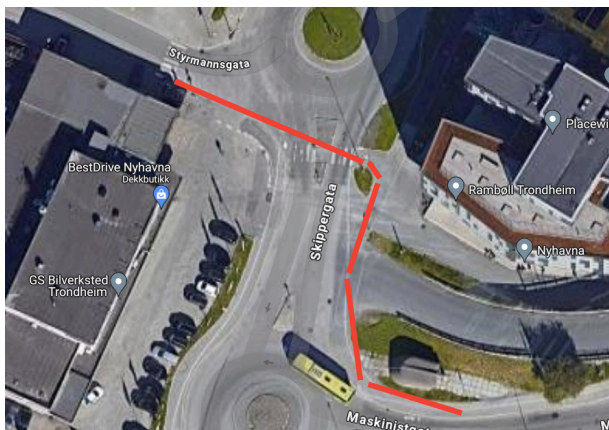
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G



2 Cones + 1 person

H



1 person

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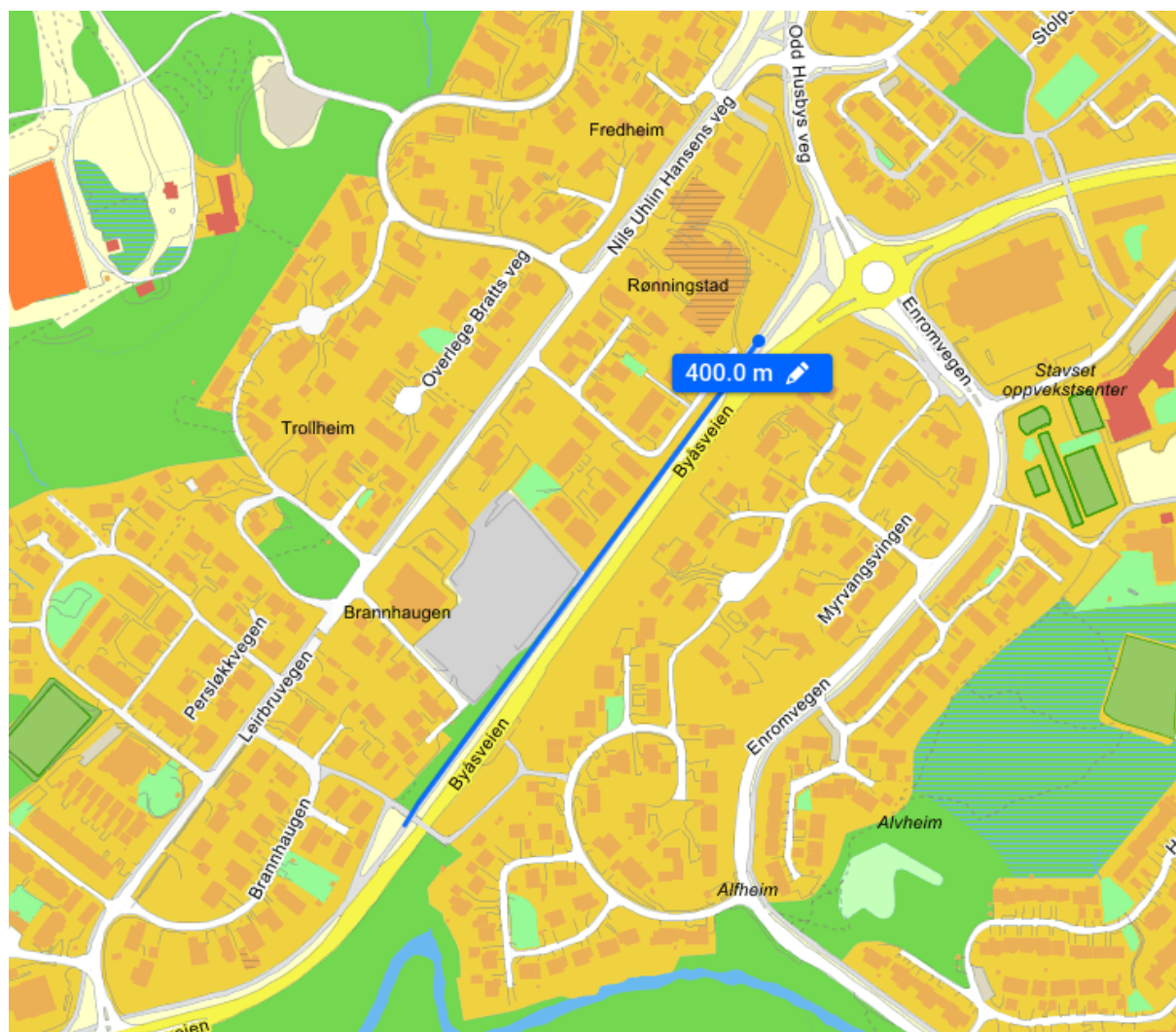
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7. CALIBRATION COURSE MAP



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8. COURSE MAP & DESCRIPTION

10km

Nidaros Løpefest

Løypekart 10 km

- trase
- løpsretning
- ① km-merking



5 km

