

This year consists of the following competitions:

3.6	Sandefjord, NOR	4 th Nordic 10000m Challenge
2.7	Lapinlahti, FIN	Nordic Junior Race Walking Match (FIN-NOR-SWE only)
15.-16.7	Geithus, NOR	28 th Nordic Junior Championships Combined Events
29.-30.7	Göteborg, SWE	2 nd Nordic U23 Championships
26.-27.8	Borgarnes, ISL	51 st Nordic Junior Match
21.10	København, DEN	20 th Nordic Race Walking Championships Long Distances
22.10	Vallensbæk, DEN	22 nd Nordic Race Walking Championships
19.11	København, DEN	4 th Nordic Cross Country Championships

Nordic 10000 m Challenge *

Bugårdsparken, Sandefjord, NOR 3 Jun

* This competition was also the Norwegian national championships

Men

Senior		3 Jun	
1	Erik Sjöqvist	SWE	29:13.16
2	Janne Holmén	FIN	29:14.85
3	Flemming Bjerre	DEN	29:18.92
4	Klaus Hansen	DEN	29:21.15
5	Jussi Utriainen	FIN	29:21.99
6	Knut Erik Rame	NOR	29:25.07
7	Svein Inge Buhaug	NOR	29:27.73
8	Jonas Hagelin	SWE	28:42.63

9 Joakim Johansson, SWE 30:00.09, 10 Tesfaye Bekele, NOR 30:07.97, 11 Knut Aalien, NOR 30:27.59, 12 Sonni Thelmark, DEN 30:27.76, 13 Gunnar Osmundsen, NOR 30:31.59, 14 Rolf Knudsen, DEN 30:36.42, 15 Runar Höiom, SWE 30:41.53, 16 Toni Paunonen, FIN 30:42.68, 17 Martin Söderberg, SWE 32:05.80

Extra: Jan Felde, NOR 30:46.70, Bjarte Vik, NOR 31:18.41, Johnny Skaar, NOR 31:28.40, Svein Oskar Nedregård, NOR 34:32.61

Women

Senior		3 Jun	
1	Gunhild Halle Haugen	NOR	32:24.06
2	Bente Landøy	NOR	33:32.46
3	Maria Söderström	FIN	34:48.19
4	Eva Conradi	NOR	34:56.31
5	Catarina Asph	SWE	35:06.57
6	Tonje Sekse	NOR	35:21.52
7	Kirsi Mattila	FIN	35:24.36
8	Majja Kukkokovi	FIN	35:43.90

9 Susanne Wiström, SWE 36:15.15, Veslemøy Hausken, NOR DNF

Extra: Ana Dias, POR 32:04.81, Natalie Harvey, AUS 32:07.44

Nordic Junior Race Walking Match (FIN-NOR-SWE only)

Lapinlahti, FIN 2 Jul

Men

U21		2 Jul 10000m	
1	Erik Tysse	NOR	43:34.0
2	Snorre Utaker	NOR	44:43.3
3	Antti Kempas	FIN	45:08.8
4	Eero Turpeinen	FIN	45:51.0
5	John-Christian Scheie	NOR	46:22.7

U18		2 Jul 5000m	
1	Jarkko Kinnunen	FIN	22:04.9
2	Sigbjørn Sandberg	NOR	22:43.0
3	Pekka Vuori	FIN	22:51.5
4	Janne Meriläinen	FIN	23:46.9
5	Ludvig Jansson	SWE	24:25.1
6	Thomas Elholm	NOR	26:08.1
7	Bjørn Ove Øiness	NOR	26:14.1
8	Michael Bentgsson	SWE	27:01.1

9 Fredrik Hermansson, SWE 28:33.9

U16		2 Jul 3000m	
1	Asko Ala-Petäys	FIN	14:46.4
2	Ato Ibáñez	SWE	15:03.7
3	Tommi Nurmi	FIN	15:32.7
4	Richard Hermansson	SWE	18:31.5

Derek Lange FIN DQ

Women

U21		2 Jul 5000m	
1	Anne Haaland Simonsen	NOR	22:57.3
2	Tiina Muinonen	FIN	23:26.9
3	Sandra Eriksson	SWE	24:25.0
4	Benedicte Bergli	NOR	24:47.7
5	Marja Penttinen	FIN	25:32.0
6	Johanna Ellefsen Rostad	NOR	25:46.2
7	Jenni Lahtinen	SWE	26:43.8
8	Anna Nilsson	SWE	30:30.2

U18		2 Jul 5000m	
1	Mirke Hämäläinen	FIN	25:52.2
2	Suvi Päällysaho	FIN	26:40.4
3	Sofia Andersson	SWE	26:44.6
4	Marika Ojanperä	FIN	27:18.1
5	Bodil Stillesjö	SWE	27:54.9
6	Maria Nilsson	SWE	28:54.7
7	Nina Bergli	NOR	31:40.9

U16		2 Jul 3000m	
1	Sonja Korpela	FIN	14:33.0
2	Tiina-Liisa Soikkeli	FIN	15:40.5
3	Emelie Mattsson	SWE	15:40.7
4	Marie Olsson	SWE	15:57.0
5	Lina Frost	SWE	16:43.6
6	Jonna Ranta	FIN	16:43.8

Points Overall	Nation	Total
	FIN	60
	NOR	31
	SWE	31

Nordic Junior Championships Combined Events

Furumo, Geithus, NOR 15-16 Jul

Men

U23 Decathlon		15-16 Jul	
1	Henri Kokkonen	FIN	7.533
2	Jukka Väkeväinen	FIN	7.116
3	Knut Harald Sommerfeldt	NOR	5.407
	Vegard Sellæg	NOR	DNF

(100m, Long jump, Shot put 7,26kg, High jump, 400m, 110 hurdles 106,7cm, Discus 2kg, Pole vault, Javelin throw 800g, 1500m)

1	11.04	7.15	14.24	1.92	50.68	14.97	37.25	4.53	58.60	4:49.01
	+1,1	+0,9							-0,8	
2	11.58	6.74	12.18	1.98	50.41	15.87	34.98	4.53	48.97	4:25.12
	+1,1	-2,0							-0,8	
3	11.63	6.33	13.08	1.80	53.28	16.27	38.09	NM	59.15	DNF

+1,1 -0,2 -0,8
11.47 6.20 12.43 1.86 54.92 DNS
+1,1 +0,4

U21 Decathlon		15-16 Jul	
1	Teemu Rautiainen	FIN	6.734
2	Henrik Baker	DEN	6.449
3	Mikkel Larsen	DEN	5.998

(100m, Long jump, Shot put, High jump, 400m, 100m hurdles, Discus, Pole vault, Javelin throw, 1500m)

1 11.66 6.79 12.75 1.92 53.32 15.87 33.38 4.43 61.33 5:25.13
-1,7 +2,0 +0,3
2 11.85 5.94 11.49 1.95 52.23 15.33 32.74 3.83 50.89 4:48.22
-1,7 +1,4 +0,3
3 11.66 6.16 10.57 1.68 52.44 16.32 28.46 4.13 36.66 4:27.19
-1,7 +0,2 +0,3

U19 Decathlon		15-16 Jul	
1	Hans Olav Uldal	NOR	6.910
2	Kimmo Lehtinen	FIN	6.812
3	Ville Välimäki	FIN	6.695
4	Christoffer Thomée	SWE	6.369
5	Björn Lundin	SWE	6.336
6	Jónas Lynur Hallgrímsson	ISL	6.013
7	Daniel Hansson	SWE	5.915
8	Björn Sigurd Sommerfeldt	NOR	5.698

Mikko Halvari, FIN DNF, Gert Skals, DEN DNF
(100m, Long jump, Shot put 6,25kg, High jump, 400m, 110m hurdles 100cm, Discus 1,75kg, Pole Vault, Javelin throw 800g, 1500m)

1 11.56 6.76 12.51 1.84 51.50 15.58 43.40 4.03 49.96 4:46.67
+0,3 +0,6 +0,3
2 11.71 6.82 12.78 1.96 55.97 15.70 36.98 4.63 49.95 4:54.15
+0,3 +1,2 +0,3
3 11.50 6.92 13.52 1.81 53.24 15.63 35.01 4.33 48.91 5:07.12
+1,3 -0,3 +0,3
4 12,44 6,69 12,84 1,84 54,41 15,90 35,03 3,73 51,90 4:42.23
+1,3 +1,5 0,0
5 11.53 6.00 12.41 1.72 51.44 15.35 31.73 4.03 47.33 4:56.32
+0,3 +0,4 +0,3
6 11.70 6.75 12.72 NM 53.18 15.57 37.50 4.03 48.27 4:46.88
+0,3 +0,4 +0,3
7 12.23 6.48 9-78 1.99 55.30 16.53 31.14 3.53 46.52 4:57.31
+1,3 -0,4 0,0
8 12.08 6.43 11.04 1.72 54.07 16.60 31.76 3.53 40.00 5:03.81
+1,3 +1,8 0,0
11.70 6.67 12.08 1.81 54.34 DNF 46.22 4.53 DNS
+0,3 -0,4
12.09 DNS
+1,3

U17 Nonathlon		15-16 Jul	
1	Eirik Ruud	NOR	5.444
2	Oskar Edqvist	SWE	5.396
3	Espen Næss	NOR	5.233
4	Ólafur Dan Hreinsson	ISL	5.155

(100m hurdles 91,4cm, Discus 1,5kg, Pole Vault, Javelin throw 600g, 100m, High jump, Shot put 5,5kg, Long jump, 1000m)

1 14.44 24.00 4.13 44.92 12.32 1.86 13.05 6.08 2:55.15
+0,1 -0,2
2 14.35 31.73 3.13 46.09 11.94 1.74 12.53 6.42 2:52.91
+0,1 -0,2
3 15.26 27.22 2.83 58.96 12.81 1.77 11.45 6.10 2:54.02
4 15.38 33.79 3.53 45.56 12.60 1.74 11.69 6.01 2:52.09

Women

U23 Heptathlon		15-16 Jul	
1	Jeanette Hansson	SWE	4.960
2	Hildegunn Holten	NOR	4.513

(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw, 800m)

1 15.03 1.60 10.22 27.07 5.96 32.39 2:23.48
+0,2 -0,6 +0,3

2 15.51 1.51 10.83 27.25 5.22 34.01 2:32.80
+0,2 -0,6 +0,5

U21 Heptathlon		15-16 Jul	
1	Niina Kelo	FIN	5.728
2	Sanna Saarman	FIN	5.718
3	Salla Käppi	FIN	5.699
4	Ida Sjöling	SWE	4.904
5	Jenny Jansson	SWE	4.856
6	Eva Olofsson	SWE	4.647
7	Lene Berger	NOR	4.556

(100m hurdles 84cm, High jump, Shot put 4kg, 200m, Long jump, Javelin throw 600g, 800m)

1 14.45 1.72 14.65 26.45 5.48 50.63 2:23.82
-0,7 -0,9 +0,6
2 13.91 1.69 12.67 25.99 6.01 43.18 2:21.73
-0,7 -0,9 +0,9
3 14.13 1.75 12.43 26.12 5.69 47.18 2:22.94
-0,7 -0,9 +0,5
4 15.29 1.63 10.62 26.77 5.52 33.67 2:23.56
-0,7 -0,9 -0,3
5 15.28 1.63 11.68 26.73 5.61 34.78 2:37.08
-0,7 -0,9 +0,5
6 14.87 1.54 10.61 25.65 4.83 26.92 2:22.28
+0,2 -0,6 +0,3
7 16.00 1.60 9.34 26.59 5.28 29.04 2:23.31
+0,2 -0,6 -0,1

U19 Heptathlon		15-16 Jul	
1	Carolina Klüft	SWE	5.764
2	Jenniina Halkoaho	FIN	5.259
3	Nadja Casadei	SWE	5.215
4	Elin Marvik	NOR	4.851
5	Camilla Hatlen	NOR	4.660
6	Jóhanna Ingadóttir	ISL	4.535
7	Karina Johansen	DEN	4.324

Anna Mörstam, SWE DNF
(100m hurdles, High jump, Shot put, 200m, Long jump, Javelin throw, 800m)

1 17.02 1.85 11.81 24.47 6.23 44.39 2:16.54
+0,1 -0,5 -0,3
2 14.58 1.64 10.99 25.52 5.60 35.78 2:19.64
+0,1 -0,5 +0,8
3 14.81 1.70 11.33 25.31 5.40 29.93 2:16.53
+0,1 -0,5 +0,3
4 15.78 1.67 11.51 27.23 5.11 39.89 2:28.14
-0,1 -0,9 -0,1
5 14.69 1.52 10.88 26.22 5.47 26.89 2:32.70
-0,1 -0,9 +0,6
6 15.68 1.61 10.23 26.97 5.17 33.39 2:35.54
-0,1 -0,9 +0,2
7 16.53 1.64 10.00 26.51 4.79 26.24 2:29.53
+0,1 -0,5 +0,6
16.67 DNS
-0,1

U17 Heptathlon		15-16 Jul	
1	Suvi Kattilakoski	FIN	5.061
2	Mikaela Bernhardsson	SWE	4.984
3	Jessica Rydin	SWE	4.984
4	Thale Glomsrød	NOR	4.753
5	Sofia Klüft	SWE	4.481
6	Tina Kolstad	NOR	4.154
7	Kristína Birna Ólafsdóttir	ISL	4.142
8	Stine Renate Simensen	NOR	4.142

(100m hurdles 76,2cm, High jump, Shot put 3kg, 200m, Long jump, Javelin throw 600g, 800m)

1 14.52 1.50 12.50 26.52 5.54 39.41 2:27.82
+0,4 +0,4 +0,4
2 15.03 1.53 11.75 26.46 5.49 39.79 2:27.15
+0,4 +0,4 +0,5
3 15.64 1.62 11.72 25.71 5.47 27.73 2:32.81
+0,4 +0,4 +1,0
4 14.64 1.65 9.85 25.63 5.25 26.70 2:31.39

+0,4	+0,4	+0,4			
5	14.86	1.65	9.92	27.45	5.45 27.82 2:46.02
	-0,2		-0,5	+0,7	
6	16.75	1.44	11.59	27.81	4.62 32.91 2:29.22
	-0,2		-0,5	+0,5	
7	15.96	1.56	10.19	27.37	4.91 23.85 2:36.35
	-0,2		-0,5	+0,2	
8	16.31	1.56	11.62	29.41	5.02 27.01 2:53.27
	-0,2		-0,5	+0,6	

Nordic U23 Match

Göteborg, SWE 29-30 Jul

Men

	100 m	29 Jul	+0,1	
1	Tuomas Näsi	FIN	10.63	
2	Christofer Sandin	SWE	10.69	
3	Martin Rypdal	NOR	10.70	
4	Mikael Ahl	SWE	10.74	
5	Nghi Tran	FIN	10.87	
6	Maciek Musial	NOR	10.95	
	200 m	30 Jul	-0,1	
1	Martin Rypdal	NOR	21.50	
2	Christofer Sandin	SWE	21.76	
3	Ville Salmi	FIN	21.86	
4	Jan Christian Torvestad	NOR	21.95	
5	Nghi Tran	FIN	21.98	
	Mikael Ahl	SWE	DNF	
	400 m	29 Jul		
1	Yngve Sundsfjord	NOR	47.94	
2	Juha Yli-Arvela	FIN	48.38	
3	Magnus Norberg	SWE	48.41	
4	Thomas Byrberg	SWE	48.43	
5	Einar Inge Aasen	NOR	48.45	
6	Mikko Karppi	FIN	48.93	
	800 m	30 Jul		
1	Rickard Pell	SWE	1:50.20	
2	Fredrik Karlsson	SWE	1:50.52	
3	Jon Are Sundland	NOR	1:50.73	
4	Vesa Kukkamo	FIN	1:52.69	
5	Terje Krangsås	NOR	1:53.06	
6	Olli Rantamäki	FIN	1:54.06	
	1500 m	29 Jul		
1	Jari Matinlauri	FIN	3:49.75	
2	John Laselle	SWE	3:50.25	
3	Michael Öhman	SWE	3:50.29	
4	Mikael Talasjoki	FIN	3:53.91	
5	Björn Margeirsson	ISL	3:58.45	
6	Kjetil Magne Dørheim Hals	NOR	4:02.51	
7	Lars Kristian Tveter	NOR	4:10.78	
	5000 m	30 Jul		
1	Jussi Utriainen	FIN	14:15.04	
2	Björn Bergström	SWE	14:22.65	
3	Simo Wannas	FIN	14:25.01	
4	Ingemund Askeland	NOR	15:00.20	
5	Björn Margeirsson	ISL	15:08.02	
6	Kjetil Magne Dørheim Hals	NOR	15:17.97	
7	Jan Amnéus	SWE	15:17.56	
	110 m hurdles	29 Jul	-1,0	
1	Marko Ritola	FIN	14.33	
2	Joni Myllyntaus	FIN	14.46	
3	Paul Ragnvaldsson	SWE	14.87	

4	Erik Svensson	SWE	14.89
5	Vegar Sellæg	NOR	14.94
6	Ingi Sturla Þórisson	ISL	15.02

400 m hurdles

		30 Jul	
1	Magnus Norberg	SWE	51.65
2	Janne Mäkelä	FIN	51.66
3	Ragnar Bergheim	NOR	52.89
4	Michael Tomala	NOR	53.50
5	Jimmy Palm	SWE	53.85
6	Lassi Niemi	FIN	54.13

3000 m steeplechase

		29 Jul	
1	Henrik Skoog	SWE	8:40.27
2	Kim Bergdahl	FIN	8:46.13
3	Tuomo Lehtinen	FIN	8:49.53
4	Sveinn Margeirsson	ISL	8:51.87
5	Johan Olehäll	SWE	9:21.32
6	Jon Jåvoll Hagen	NOR	9:25.12
7	Kristian Jarnung	NOR	9:33.79

High jump

		29 Jul	
1	Toni Huikuri	FIN	2.20
2	Einar Karl Hjartarson	ISL	2.20
3	Mika Kleimola	FIN	2.10
4	Andreas Aune Viken	NOR	2.06
5	Peter Blom	SWE	2.01
6	Yannick Tregaro	SWE	1.96
7	Jens Møller Boeris	DEN	1.96
8	Marcus Nøstdahl	NOR	1.91

Pole vault

		30 Jul	
1	Viktor von Bothmer	SWE	5.45
2	Henrik Hallenbo	SWE	5.04
3	Jukka Nurmela	FIN	4.94
4	Sami Liski	FIN	4.94
5	Maciek Musial	NOR	4.84
6	Sverre Helland	NOR	4.24
	Thor Torp	DEN	NM

Extra: Erik Svensson, SWE 4.74

Long jump

		29 Jul	
1	Simon Sundsten	FIN	7.65 +1,0
2	Lars Jacob Woie	NOR	7.37 +0,7
3	Finn Tysland Johnsen	NOR	7.32 +1,5
4	Saku Kostet	FIN	7.19 +0,1
5	Mathias Frykholm	SWE	6.86
6	Magnus Åhlén	SWE	6.79

Triple jump

		30 Jul	
1	Janne Harju	FIN	15.53
2	Julius Anckar	FIN	15.49
3	Lars Eric Sæther	NOR	15.13
4	Yannick Tregaro	SWE	15.13
5	Elvir Rakovic	SWE	14.72
6	Henning Johansen	NOR	14.09

Shot put

		30 Jul	
1	Jimmy Nordin	SWE	19.65
2	Anders Holmström	SWE	18.88
3	Gjøran Sørli	NOR	18.27
4	Mikko Rönkkö	FIN	18.27
5	Gaute Myklebust	NOR	17.10
6	Timo Kujala	FIN	16.70

Discus throw

		29 Jul	
1	Petri Hakala	FIN	59.54

2	Janne Hummastenniemi	FIN	56.53
3	Gjøran Sørli	NOR	55.91
4	Gaute Myklebust	NOR	53.29
5	Anders Holmström	SWE	50.89
6	Tobias Melin	SWE	50.31
7	Torben Wolf	DEN	49.38
8	Oðinn Björn Þorsteinsson	ISL	44.91

Hammer throw

30 Jul

1	Samu-Petri Simo	FIN	72.01
2	Jarkko Paljakka	FIN	70.76
3	Torben Wolf	DEN	66.29
4	Mikael Holst	SWE	54.83
5	Steffan Kjellander	SWE	54.83
6	Jan Erik Hopen	NOR	48.99
7	Håvard Eide	NOR	46.87

Javelin throw

30 Jul

1	Andreas Thorkildsen	NOR	73.18
2	Jarkko Koski-Vähälä	FIN	72.61
3	Marko Kantanen	FIN	70.32
4	Pasi Mäntylä	SWE	66.97
5	Paul A. Solberg	NOR	62.73
6	Mattias Voss	SWE	61.44

4x100 m relay

29 Jul

1	SWE	40.69	(Daniel Nunez, Christoffer Sandin, Magnus Åhlén, Mikael Ahl)
2	NOR	40.95	(Jan Christian Torvestad, Joachim Wiborg, Maciek Musial, Martin Rypdal)
3	FIN	DQ	(Nghi Tran, Esa Liukkonen, Markus Pöyhönen, Tuomas Näsi)

4x400 m relay

30 Jul

1	SWE	3:12.84	(Fredrik Karlsson, Magnus Åhlén, Thomas Byrberg, Magnus Norberg) *
2	FIN	3:13.16	(Kari Rissanen, Mikko Karpi, Juha Sipilä, Juha Yli-Arvela) *
3	NOR	3:13.41	(Einar Inge Aasen, Eystein Lyshom, Jon Are Sundland, Yngve Sundsfjord)

* Running order may be different.

Points	Men	Nation	Total
		SWE	154
		FIN	134
		NOR	101

Women

100 m

29 Jul

-2,2

1	Lena Berntsson	SWE	12.11
2	Veronica Fransson	SWE	12.11
3	Silja Úlfarsdóttir	ISL	12.30
4	Anja Rantanen	FIN	12.31
5	Inger Elisabeth Tørre	NOR	12.37
6	Synnøve Jayne Andersen	NOR	12.40
7	Camilla Wirén	FIN	12.76

200 m

30 Jul

-0,2

1	Lena Berntsson	SWE	24.47
2	Silja Úlfarsdóttir	ISL	24.57
3	Veronica Fransson	SWE	24.86
4	Synnøve Jayne Andersen	NOR	25.00
5	Cecilie Ringvold	NOR	25.87
6	Mari Kiminkinen	FIN	25.95
7	Heidi Knuutila	FIN	25.97

400 m

29 Jul

1	Andrea Geurtsen	SWE	54.42
2	Silja Úlfarsdóttir	ISL	55.17
3	Nadja Petersen	SWE	55.37

4	Milla Kelo	FIN	56.00
5	Heidi Knuutila	FIN	57.53
6	Asborg Aanstad	NOR	57.55
7	Hege Brekken Riise	NOR	57.67

800 m

30 Jul

1	Kristin Roset	NOR	2:06.03
2	Johanna Risku	FIN	2:06.26
3	Carolina Nylén	SWE	2:06.96
4	Hanna Karlsson	SWE	2:09.82
5	Liv-Miriam Nordtømme	NOR	2:09.88
6	Päivi Varis	FIN	2:15.86

1500 m

29 Jul

1	Johanna Risku	FIN	4:21.34
2	Kristin Ahlepil	SWE	4:23.21
3	Hanna Karlsson	SWE	4:28.38
4	Suvi Myllymäki	FIN	4:36.36
5	Jofrid Risa	NOR	4:37.24
6	Grethe Lise Nygård	NOR	4:49.76

5000 m

29 Jul

1	Susanne Wigene	NOR	16:20.72
2	Linda Sjöström	SWE	16:26.86
3	Pauliina Sormunen	FIN	17:29.91
4	Susanna Wiström	SWE	17:35.82
5	Liisa Santaholma	FIN	18:23.27
	Jofrid Risa	NOR	DNF

100 m hurdles

19 Jul

-0,4

1	Susanna Rajamäki	FIN	13.86
2	Maria Eriksson	SWE	13.98
3	Milla Ranta	FIN	14.45
4	Thale Glomsrød	NOR	14.77
5	Jana Cagin	SWE	14.78
6	Camilla Gullhav Hatlen		14.85

400 m hurdles

30 Jul

1	Anja Rantanen	FIN	58.23
2	Erica Mårtensson	SWE	58.96
3	Caroline Gyllenhammar	SWE	59.60
4	Margit Katrine Strand	NOR	60.70
5	Hege Olsen	NOR	62.47
6	Marika Reeb	FIN	62.78

3000 m steeplechase

30 Jul

1	Susanne Wigene	NOR	10:14.95
2	Kristina Ahlepil	SWE	10:34.42
3	Mira Tuominen	FIN	10:57.50
4	Eliisa Ahola	FIN	11:13.49
5	Sara Talia	SWE	11:26.82
	Grethe Lise Nygård	NOR	DNF

High jump

30 Jul

1	Marianne Mattas	FIN	1.83
2	Mona Andreassen	NOR	1.73
3	Johanna Olander	SWE	1.70
4	Lena Johansson	SWE	1.70
5	Synne Husby Rostad	NOR	1.62
6	Milla Kelo	FIN	1.40

Pole vault

29 Jul

1	Vala Flosadóttir	ISL	4.20
2	Birgitta Ivanoff	FIN	3.72
3	Hanna-Mia Persson	SWE	3.72
4	Anita Tørring	DEN	3.72

5	Monica Grimrud	NOR	3.62
6	Sofia Holand	NOR	3.12
7	Maija Päivinen	FIN	2.92
8	Linnéa Eriksson	SWE	2.52

Long jump

30 Jul

1	Lene Berger	NOR	5.81 -0,3
2	Hilde Røsvik	NOR	5.60 +0,4
3	Sofia Gustavsson	SWE	5.56 +0,3
4	Sanna-Kaisa Pakkanen	FIN	5.53 +1,2
5	Birgitta Ivanoff	FIN	5.52 +0,4
6	Marie Åhlander	SWE	5.52 +1,0

Triple jump

29 Jul

1	Marie Åhlander	SWE	13.26 +1,6
2	Sanna Kaisa Pakkanen	FIN	12.44 +0,7
3	Åsa Lönn	SWE	12.32 +1,6
4	Maria Høgheim	NOR	11.95 +1,7
5	Heidi Karlstedt	FIN	11.73 +2,1
6	Hedvig Glomsrød	NOR	11.63 +1,6

Shot put

29 Jul

1	Riita Pelli	FIN	14.22
2	Susanna Rajamäki	FIN	13.92
3	Cecilia Nilsson	SWE	13.22
4	Britt Helen Thon	NOR	12.71
5	Annicka Petersson	SWE	12.23
6	Maren Ilsaas Romstad	NOR	11.77

Discus throw

30 Jul

1	Satu Järvenpää	FIN	50.80
2	Agnete Johansen	NOR	49.31
3	Milla Kelo	FIN	48.45
4	Britt Helen Thon	NOR	45.58
5	Angela Åkeson	SWE	43.99
6	Guðleif Harðardóttir	ISL	36.46
7	Cecilia Nilsson	SWE	33.83

Hammer throw

29 Jul

1	Cecilia Nilsson	SWE	60.74
2	Johanna Rantti	FIN	54.10
3	Eva Danielsen	NOR	53.07
4	Marjaana Rekikoski	FIN	45.79
5	Gudleif Hardardóttir	ISL	44.19
6	Marie Nyland	NOR	42.03
7	Annicka Petersson	SWE	41.50

Javelin throw

29 Jul

1	Veera Oksanen	FIN	54.70
2	Åsa Lindberg	FIN	53.25
3	Annika Petersson	SWE	49.04
4	Bodil Hjelmset	NOR	46.47
5	Jennie Niesel	SWE	46.44
6	Merete Knudsen	NOR	42.76

4x100 m relay

29 Jul

1	SWE	46.38	(Veronica Svensson, Lena Berntsson, Maria Eriksson, Linda Storkull) *
2	NOR	47.12	(Inger Elisabeth Tørre, Cecilie Ringvold, Synnøve Jayne Andersen, Karen Helene Milli)
3	FIN	47.30	(Milla Ranta, Camilla Wirén, Anja Rantanen, Susanna Rajamäki)

* Running order may be different

4x400 m relay

30 Jul

1	SWE	3:38.22	(Andrea Geurtsen, Caroline Gyllenhammar, Erica Mårtensson, Nadja Petersen)
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2	FIN	3:38.55	(Suvi Myllymäki, Heidi Knuutila, Milla Kelo, Anja Rantanen)
3	NOR	3:49.49	(Margit Katrine Strand, Kristin Roset, Hege Riise, Asborg Aanstad)

* Running order may be different

Points	Women	Nation	Total
		SWE	145
		FIN	139
		NOR	106

Nordic U21 Match

Skallagrimsvöllur, Borgarnes, ISL 26-27 Aug

Men

100 m 26 Aug Heat A: +4,2
Heat B: +3,6

P	A	B			
1	1		Johan Engberg	SWE	10.44
2	2		Tomas Johansson	FIN	10.61
3	1		Peter Ahl	SWE	10.62
4	3		Morten Jensen	DEN	10.67
5	2		Aleksi Sillanpää	FIN	10.70
6	4		Andreas Kristiansen	NOR	11.02
7	3		Ívar Örn Indriðason	ISL	11.05
8	4		Simen Andersen	NOR	11.06

200 m 27 Aug Heat A: +3,7
Heat B: +4,4

P	A	B			
1	1		Johan Engberg	SWE	21.14
2	2		Tomas Johansson	FIN	21.66
3	1		Mats-Johan Hagman	FIN	21.97
4	3		Yngve Sundsfjord	NOR	22.00
5	2		Peter Ahl	SWE	22.03
6	4		Espen Gatzwiller	DEN	22.12
7	3		Rune Selstad	NOR	22.49
8	4		Óttar Jónsson	ISL	22.91

400 m 26. aug

P	A	B			
1	1		Yngve Sundsfjord	NOR	48.80
2	2		Andreas Rehnborg	SWE	48.84
3	3		Tommi Poussu	FIN	49.41
4	4		Björgvin Vikingsson	ISL	49.84
5	1		Johan Hed	SWE	50.26
6	2		Risto Koskelainen	FIN	50.58
7	3		Einar Inge Aasen	NOR	51.40
8	4		Henrik Therkildsen	DEN	53.49

800 m 27 Aug

1	Mathias Björkqvist	SWE	1:55.19
2	Jon Andersson	SWE	1:56.65
3	Jukka-Pekka Kauppi	FIN	1:57.13
4	Andreas Rehnborg	SWE	1:58.43
5	Stig Vervik Ellingsen	NOR	1:59.51
6	Frederik C. Taarnhøj	DEN	1:59.84
7	Daði Rúnar Jónsson	ISL	2:00.78
8	Raymond Maudal	NOR	2:03.71

1500 m 26 Aug

1	Mathias Björkqvist	FIN	4:09.59
2	Gustav Svedbrandt	SWE	4:10.91
3	Odd Morten Brekke	NOR	4:12.26
4	Tero Tuominen	FIN	4:15.05
5	Kjetil M.D. Hals	NOR	4:16.76
6	Axel Lönnqvist	SWE	4:17.12

7	Rasmus K. Larsen	DEN	4:19.51
8	Stefán Ágúst Hafsteinsson	ISL	4:27.31

5000 m 27 Aug

1	Turo Inkiläinen	FIN	15:02.00
2	Ingemund Askeland	NOR	15:10.58
3	Ørjan Lunde	NOR	15:16.78
4	Anders Ejby-Ernst	DEN	15:37.78
5	Mikko Upola	FIN	15:38.50
6	Johan Lindberg	SWE	15:41.26
7	Björn Ahlepil	SWE	16:43.90
	Stefán Ágúst Hafsteinsson	ISL	DNF

110 m hurdles 26 Aug Heat A: +5,4 Heat B: +4,4

P	A	B		
1	1	Juha Sonck	FIN	14.41
2	2	Mikael Jakobsson	SWE	14.52
3	3	Ingi Sturla Þórisson	ISL	14.57
4	1	Rafael Skros	SWE	14.62
5	4	Magnus Husby Rostad	NOR	14.71
6	2	Henrik Baker	DEN	14.87
7	3	Jarmo Uutela	FIN	15.11
8	4	Andreas Aune Viken	NOR	15.21

400 m hurdles 27 Aug

P	A	B		
1	1	Ragnar Bergheim	NOR	54.47
2	2	Kalle Simpanen	FIN	54.64
3	3	Björgvin Víkingsson	ISL	55.38
4	1	Björn Pettersen	NOR	55.73
5	2	Andreas Rehnborg	SWE	56.01
6	4	Joachim Ögren	SWE	56.75
7	3	Jarkko Rajala	FIN	57.46
8	4	Mikkel Larsen	DEN	58.60

3000 m steeplechase 26 Aug

1	Jukka Keskisalo	FIN	9:07.44
2	Trond Idland	NOR	9:23.29
3	Björn Ahlepihl	SWE	9:23.95
4	Johan Lindberg	SWE	9:33.97
5	Bjørnar Kristensen	NOR	9:35.51
6	Benjamin Wolthers	DEN	9:43.43
7	Eemeli Saarelna	FIN	10:00.81

10000 m Walk 26 Aug

1	Erik Tysse	NOR	42:17.08
2	Viktor Jansson	SWE	45:07.56
3	Antti Kempas	FIN	45:30.08
4	John-Christian Scheie	NOR	45:39.48
5	Eero Turpeinen	FIN	47:36.46
6	Ludvig Jansson	SWE	47:52.20

High jump 27 Aug

1	Einar Karl Hjartarson	ISL	2.10
2	Heikki Taneli	FIN	2.07
3	Erik Sikström	SWE	2.04
=4	Haakon Asmyhr	NOR	1.98
=4	Jarkko Vähälä	FIN	1.98
6	Andreas Aune Viken	NOR	1.95
7	Jens Møller Boeris	DEN	1.90
	Oscar Jonsson	SWE	DNS

Series	1.80	1.85	1.90	1.95	1.98	2.01	2.04	2.07	2.10	2.20
1					o	-	-	o	xxx	
2					o	xo	o	xxx		

3					xxo	o	xxo	x	xx
=4		xo	o	xxx	xxx				
=4	o	-	o	xo	xxo	xxx			
6			o	-	xxx				
7		xxo	xxx						

Pole vault 26 Aug

1	Mikko Latvala	FIN	4.90
2	Fredrik Skoglund	SWE	4.80
3	Alhaji Jeng	SWE	4.60
4	Teemu Juhola	FIN	4.40
5	Geir Ove Rasmussen	NOR	4.20
6	Sverre Helland	NOR	4.20
7	Thomas Offersen	DEN	4.00
8	Jónas Hlynur Hallgrímsson	ISL	3.80

Series	3.80	4.00	4.20	4.30	4.40	4.50	4.60	4.70	4.75	4.80	4.85	4.90	4.95
1						o	-	xo	-	-	-	o	-
2		o	-	o	-	o	-	x	-	o	-	-	xxx
3				o	-	o	-	-	-	x	-	x	x
4	o	o	xo	xxo	o	x-							
5	o	o	o	xxx									
6	o	o	xxo	xxx									
7	o	xo	x-										
8	xxo	xxx											

Long jump 26. aug

1	Anton Andersson	SWE	7.72
2	David Frykholm	SWE	7.70
3	Tommi Evilä	FIN	7.58
4	Morten Jensen	DEN	7.49
5	Finn Tysland Johnsen	NOR	7.34
6	Antti Rintakoski	FIN	7.21
7	Jónas Hlynur Hallgrímsson	ISL	6.88
8	Lars Jacob Woie	NOR	6.39

Series	1	2	3	4	5	6
1	4.26	7.21	67.64	2.64	7.72	7.18
	+4,6	+3,1	+3,1	+3,0	+5,1	+4,7
2	7.45	7.22	7.45	7.48	4.76	7.70
	+4,7	+3,5	+3,5	+2,2	+4,2	+4,4
3	7.36	7.43	7.29	7.55	7.37	7.58
	+4,3	+4,4	+3,3	+4,0	+3,7	+4,4
4	X	7.49	X	-	-	7.39
		+3,5				+3,3
5	X	X	7.34	5.36	X	5.21
			+4,2	+2,5		+4,5
6	7.18	X	7.21	X	X	X
	+3,0		+3,6			
7	6.88	X	6.39	-	-	-
	+3,5		+3,0			
8	X	X	6.39	X	X	X
			+4,2			

Triple jump 27 Aug

1	Anton Andersson	SWE	16.27
2	Antti Rintakoski	FIN	15.60
3	David Frykholm	SWE	15.14
4	Sauli Leino	FIN	15.07
5	Thomas Flensburg Madsen	DEN	14.72
6	Hans Olav Uldal	NOR	14.35
7	Jónas Hlynur Hallgrímsson	ISL	14.27
8	Lars Ytterhaug	NOR	14.26

Series	1	2	3	4	5	6
1	16.05	X	15.93	16.10	15.92	16.27
	+4,6		+2,2	+3,7	+2,9	+3,9
2	13.20	15.60	15.42	15.53	15.56	X
	+4,5	+3,1	+1,9	+3,7	+2,9	
3	X	14.08	X	14.57	14.94	15.14
		+2,6		+3,7	+3,0	+3,1
4	X	13.84	14.57	15.07	X	X
		+2,4	+3,5	+2,9		
5	X	14.72	14.67	14.47	14.27	-
		+3,3	+1,8	+2,9	+4,0	
6	14.35	14.29	X	X	-	X
	+6,6	+3,4				
7	14.11	14.13	X	X	14.27	14.27
	+3,7	+4,1	+3,0	+3,9		
8	14.05	14.26	13.98	13.95	14.18	14.03
	+3,3	+3,0	+3,0	+3,5	+4,4	+2,5

<i>Shot put</i>		26 aug
1	Teijo Kööpikkä	FIN 17.83
2	Seppo Kujala	FIN 16.35
3	Stein Syversen	NOR 15.40
4	Johan Persson	SWE 15.14
5	David Johansson	SWE 14.93
6	Rune Johansen	NOR 14.18
7	Esben Nicolaisen	DEN 13.93
8	Vigfús Dan Sigurðsson	ISL 12.50

Series	1	2	3	4	5	6
1	X	X	X	17.83	17.43	X
2	16.23	X	16.35	X	X	-
3	15.23	15.40	15.02	15.04	X	14.01
4	15.14	14.77	14.50	X	14.59	X
5	14.28	14.55	14.77	14.57	14.93	X
6	13.64	13.86	X	14.18	X	X
7	12.98	13.93	X	X	13.15	13.76
8	12.50	X	X	X	X	X

<i>Discus throw</i>		27 Aug
1	Mikko Kyyrö	FIN 55.45
2	Staffan Jönsson	SWE 50.65
3	Johan Persson	SWE 49.26
4	Rune Johansen	NOR 47.54
5	Harri Martti	FIN 47.29
6	Christian Nordgård	NOR 47.13
7	Martin Roald	DEN 36.80

Series	1	2	3	4	5	6
1	X	55.36	53.53	51.98	55.45	X
2	45.23	47.70	50.65	48.18	47.28	40.77
3	X	X	46.25	49.26	X	43.11
4	44.22	X	X	47.54	X	X
5	33.88	47.29	46.02	X	X	X
6	46.09	45.43	45.37	X	X	47.13
7	X	X	X	X	34.75	36.80

<i>Hammer throw</i>		26 aug
1	Jari Polvi	FIN 61.65
2	Antti Vierula	FIN 59.46
3	Tomas Pyka	SWE 53.17
4	Gunnar Åsvestad	NOR 49.96
5	Emil Wickman	SWE 48.60
6	Vigfús Dan Sigurðsson	ISK 45.17
7	Stein Harald Sundal	NOR 41.88

Series	1	2	3	4	5	6
1	56.83	61.28	61.65	60.41	59.68	59.60
2	56.23	59.46	X	X	58.14	X
3	48.93	50.66	X	48.52	50.60	53.17
4	X	X	X	46.04	49.96	46.80
5	39.75	47.15	44.59	X	48.60	X
6	45.17	44.70	X	42.87	X	X
7	X	X	41.88	X	X	37.35

<i>Javelin throw</i>		26 Aug
1	Andreas Thorkildsen	NOR 74.71
2	Pasi Kuusinen	FIN 71.25
3	Mikael Snällfot	SWE 67.48
4	Mattias Eriksson	SWE 66.35
5	Harri Hietala	FIN 65.59
6	Paul A. Solberg	NOR 64.13
7	Claus Borggreen	DEN 50.37
8	Einar Karl Hjartarson	ISL 46.57

Series	1	2	3	4	5	6
1	X	X	67.97	72.50	71.18	74.71
2	68.66	X	71.25	67.50	-	69.18
3	63.39	X	X	X	67.48	65.00
4	64.22	X	66.35	-	X	-
5	64.91	65.59	64.78	-	X	64.37
6	62.58	63.00	59.92	63.91	64.13	61.69
7	X	X	X	47.00	47.73	50.37
8	X	X	X	46.57	X	X

<i>4x100 m relay</i>		26 Aug
1	SWE	42.10 (Rafael Skros, Peter Ahl, Johan Hed, Johan Engberg)

2	FIN	42.31 (Jukka Tilus, Aleksii Sillanpää, Mats-Johan Hagman, Tomas Johansson)
3	DEN	42.91 (Morten Jensen, Espen Gatzwiller, Thomas Flensburg Madsen, Steffen Jørgensen)
4	NOR	43.82 (Simen Andersen, Rune Selstad, Andreas Kristiansen, Lats Jakob Woie)
	ISL	DNF (Óttar Jónsson, Ívar Örn Indriðason, Ingi Sturla Þórisson, Sigurður Arnar Björnsson)

<i>4x400 m relay</i>		18. Aug
1	FIN	3:21.68 (Sauli Pahlman, Ari Kauppinen, Risto Koskelainen, Tommi Poussu)
2	SWE	3:22.36 (Johan Hed, Axel Lönnquist, Joachim Ögren, Andreas Rehnberg)
3	NOR	3:25.06 (Eystein Lysholm, Rune Selstad, Yngve Sundsfjord, Ragnar Bergheim)
4	DEN/ISL	3:36.07 (Henrik Therkildsen, Mikkel Larsen, Óttar Jónsson, Björgvin Víkingsson)

Points Men	Nation	Total
	FIN	230,5
	SWE	211
	NOR	157,5
	DEN/ISL	91

Women

<i>100 m</i>		26 aug	Heat A: +4,7
Heat			
	Heat B: +3,9		
P	A	B	
1	1	Linda Fernström	SWE 11.66
2	2	Elina Lax	FIN 11.77
3	1	Susanna Kallur	SWE 11.81
4	2	Silja Úlfarsdóttir	ISL 11.81
5	3	Anne Cathrine Bakken	NOR 12.04
6	3	Synnøve J. Andersen	NOR 12.12
7	4	Katja Salivaara	FIN 12.13
8	4	Sille Søndergaard	DEN 12.14

<i>200 m</i>		27 Aug	Heat A: +3,7
Heat			
	Heat B: +2,3		
P	A	B	
1	1	Jenny Kallur	SWE 24.14
2	2	Silja Úlfarsdóttir	ISL 24.25
3	1	Helene Nordquist	SWE 25.11
4	3	Synnøve Jayne Andersen	NOR 25.35
5	2	Anne Cathrine Bakken	NOR 25.43
6	4	Katja Salivaara	FIN 25.48
7	3	Pamela Lindfors	FIN 25.59
8	4	Rikke Sørensen	DEN 25.81

<i>400 m</i>		26 Aug	Heat B: +2,3
Heat			
P	A	B	
1	1	Silja Úlfarsdóttir	ISL 56.45
2	2	Helene Nordqvist	SWE 56.64
3	3	Suvi Myllymäki	FIN 56.75
4	1	Hanna Petersson	SWE 57.56
5	2	Michala Bluhm	DEN 58.54
6	4	Tina Stilson	NOR 58.84
7	3	Annika Rikberg	FIN 59.18
8	4	Hanne Ringnes	NOR 60.81

<i>800 m</i>		27 Aug
1	Mari Järvenpää	FIN 2:14.10
2	Suvi Myllymäki	FIN 2:15.19
3	Liv-Miriam Nordtømme	NOR 2:15.67
4	Linda Olsson	SWE 2:16.95
5	Alvilde Ossum	NOR 2:18.13
6	Silla Dührkop	DEN 2:19.17

7	Sandra Pode	SWE	2:20.42
8	Eva Rós Stefánsdóttir	ISL	2:30.71

1500 m

26 Aug

1	Mari Järvenpää	FIN	4:30.83
2	Minna Järvenpää	FIN	4:33.43
3	Madeleine Mattsson	SWE	4:37.39
4	Ida Nilsson	SWE	4:39.72
5	Liv-Miriam Nordtømme	NOR	4:41.57
6	Laila Laursen	DEN	4:46.03
7	Mari L. Papsdorff	NOR	4:56.25
8	Borghildur Valgeirsdóttir	ISL	5:10.94

3000 m

27 Aug

1	Ida Nilsson	SWE	10:18.53
2	Laila Laursen	DEN	10:23.92
3	Mia Larsson	SWE	10:31.74
4	Anette Björkgård	FIN	10:33.34
5	Päivi Lehto	FIN	10:51.86
6	Anne Haaland Simonsen	NOR	10:57.44
7	Gígja Gunnlaugsdóttir	ISL	11:34.94
	Laila Selbæk	NOR	DNS

100 m hurdles

26 Aug

Heat A: +4,5
Heat B: +5,3

Heat

P	A	B				
1	1		Susanna Kallur	SWE	13.09	
2		1	Jenny Kallur	SWE	13.70	
3		2	Sanna Saarman	FIN	13.76	
4	2		Jaana Jokihaara	FIN	13.83	
5	3		Camilla Gullhav Hatlen	NOR	13.94	
=6	4		Anne K. Andersen	DEN	14.78	
=6		3	Tine Borge	NOR	14.78	
8		4	Anna Margrét Ólafsdóttir	ISL	15.50	

400 m hurdles

27 Aug

Heat

P	A	B				
1	1		Tea Hytönen	FIN	62.81	
2		2	Eva Olofsson	SWE	62.83	
3		1	Sinikka Leminen	FIN	63.14	
4		2	Ulrika Johansson	SWE	63.68	
5	3		Ellen Strøm	NOR	64.45	
6	4		Rikke Sørensen	DEN	64.45	
7		3	Tine Borge	NOR	66.25	
8		4	Ylfa Jónsdóttir	ISL	66.54	

2000 m steeplechase

27 Aug

1	Ragnhild Kvarberg	NOR	7:05.92
2	Mira Tuominen	FIN	7:10.27
3	Sara Forsström	FIN	7:14.85
4	Helle Nielsen	DEN	7:18.02
5	Rebecka Johansson	SWE	7:20.18
6	Frida Skarin	SWE	7:37.01
7	Mari L. Papsdorff	NOR	7:40.00

5000 m walk

26 Aug

1	Anne Haaland Simonsen	NOR	23:09.75
2	Tiina Muinonen	FIN	24:41.35
3	Sandra Eriksson	SWE	24:56.07
4	Benedikte Bergli	NOR	25:28.59
5	Jenni Lahtinen	FIN	26:22.19
6	Sofie Andersson	SWE	26:55.45

High jump

26 Aug

1	Hanna Mikkonen	FIN	1.74
2	Jenny Isgren	SWE	1.74
3	Mona Andreassen	NOR	1.71
4	Marie Norrman	SWE	1.71
5	Laura Virtanen	FIN	1.68
6	Anne Gerd Eieland	NOR	1.65
7	Íris Svavarsdóttir	ISL	1.65
8	Anne Christiansen	DEN	1.60

Series	1.55	1.60	1.65	1.68	1.71	1.74	1.77
1					o	o	xxx
2			o	o	o	o	xxx
3		xo	xo	xo	xo	xxx	
4			o	o	xxx	xxx	
5			o	o	xo	xxx	
6				o	xxx		
7	o	o	xo	xxx			
8	o	o	xxx				

Pole vault

27 Aug

1	Annamari Leminen	FIN	3.50
2	Malin Ericsson	SWE	3.40
3	Hanna Virtanen	FIN	3.30
=4	Monica Grimsrud	NOR	3.20
=4	Linda Persson	SWE	3.20
6	Sofia Holand	NOR	3.10
7	Karen Marie Kristoffersen	DEN	3.00
8	Aðalheiður María Vigfúsdóttir	ISL	2.90

Series	2.80	2.90	3.00	3.10	3.20	3.30	3.35	3.40	3.45	3.50	3.55
1	o	-	xxo	-	o	-	-	xo	-	o	-
2		xo	-	o	o	-	-	xo	-	-	xxx
3			o	-	o	o	-	xxx			
=4			o	o	xo	xxx					
=4			o	o	xo	xxx					
6	o	-	o	o	xxx						
7	o	o	xo	xxx							
8	o	o	xxx								

Long jump

27 Aug

1	Pamela Lindfors	FIN	6.33
2	Heli Paloranta	FIN	6.17
3	Lina Quick	SWE	6.13
4	Lene Berger	NOR	5.77
5	Sofie Andersson	SWE	5.70
6	Lotte Thiesen	DEN	5.50
7	Hilde Røsvik	NOR	5.44
8	Guðný Eyþórsdóttir	ISL	4.97

Series	1	2	3	4	5	6
1	X	6.26	6.21	6.20	6.08	6.33
		+6,0	+5,0	+2,9	+3,9	
2	5.92	6.05	6.17	3.30	X	X
	+4,0	+3,3	+5,6	+3,8		
3	5.99	5.89	6.05	5.93	5.86	6.13
	+4,5	+5,0	+5,4	+3,6	+3,4	+4,4
4	X	5.72	5.77	3.94	5.32	5.61
		+4,3	+5,7	+3,6	+2,6	+5,3
5	5.69	X	5.70	5.53	X	5.70
	+4,8		+5,9	+5,0		+4,9
6	X	5.39	5.30	5.01	5.50	X
		+4,9	+4,6	+3,3	+4,0	
7	X	X	X	X	5.44	X
					+3,6	
8	4.97	X	X	X	X	-
	+5,2					

Triple jump

26 Aug

1	Niina Kelo	FIN	12.72
2	Heli Paloranta	FIN	12.53
3	Helena Rönner	SWE	12.45
4	Sara Brankell	SWE	12.34
5	Lotte Thiesen	DEN	12.01
6	Maria Høgheim	NOR	11.83
7	Hilde Røsvik	NOR	11.48
8	Þórunn Erlingsdóttir	ISL	10.81

Series	1	2	3	4	5	6
1	12.24	12.29	12.38	12.31	12.42	12.72
	+3,1	+3,1	+3,2	+3,7	+3,5	+2,5

2	X	12.48 +2,7	12.53 +3,0	X	12.44 +3,0	X
3	X	X	12.39 +2,5	12,45 +3,3	X	12.35
4	12.06 +2,8	12.34 +2,4	12.02 +3,2	X	12.33 +2,7	12.22 +2,9
5	X	11.77 +3,5	11.89 +2,9	11.57 +2,7	12.01 +3,3	11.74 +4,1
6	11.82 +4,1	11.53 +3,0	X	X	X	11.83 +1,5
7	11.47 +2,9	X	X	X	11.48 +3,7	11.38
8	10.50 +2,5	10.81 +3,2	10.70 +2,8	X	X	9.06 +2,6

Shot put 27 aug

1	Niina Kelo	FIN	14.14
2	Helmi Leppänen	FIN	13.74
3	Britt Helen Thon	NOR	13.25
4	Anna-Karin Svensson	SWE	12.38
5	Karin Larsson	SWE	12.36
6	Meiken Greve	DEN	11.14
7	Mona Holm	NOR	11.14
8	Rósa Jónsdóttir	ISL	10.71

Series	1	2	3	4	5	6
1	13.93	14.00	X	14.13	X	14.14
2	13.74	12.83	13.18	13.23	13.66	13.25
3	12.18	12.22	12.58	12.61	13.25	12.78
4	12.05	X	X	11.81	X	12.38
5	11.96	12.33	12.36	X	11.50	11.91
6	11.14	10.94	X	X	X	10.69
7	11.14	X	10.73	10.89	10.65	X
8	10.22	X	X	10.24	10.50	10.71

Discus throw 26 Aug

1	Niina Kelo	FIN	50.53
2	Agnete Johansen	NOR	46.43
3	Pauliina Aalto	FIN	45.67
4	Veronica Karlsson	SWE	45.30
5	Britt Helen Thon	NOR	44.55
6	Anna-Karin Svensson	SWE	38.73
7	Ásdís Hjálmsdóttir	ISL	34.50
8	Nina Kristiansen	DEN	32.09

Series	1	2	3	4	5	6
1	46.22	48.89	49.82	50.53	48.88	X
2	46.40	X	X	46.43	X	X
3	X	42.30	45.67	41.43	X	45.15
4	43.15	X	43.96	45.30	X	X
5	44.55	43.62	X	X	X	43.51
6	X	35.59	37.04	X	38.73	36.18
7	34.50	X	X	31.25	X	33.92
8	32.09	31.56	X	31.07	X	X

Hammer throw 27 Aug

1	Kaisa Kiintonen	FIN	56.64
2	Merja Korpela	FIN	56.54
3	Eva Danielsen	NOR	51.64
4	Marie Hilmerson	SWE	49.49
5	Vanessa Mortensen	DEN	46.82
6	Mona Holm	NOR	44.92
7	Charlotta Nilsson	SWE	43.04
8	Adalheidur María Vigfúsdóttir	ISL	32.33

Series	1	2	3	4	5	6
1	56.30	55.74	55.13	56.64	55.08	X
2	X	54.63	X	52.77	54.39	56.54
3	50.85	X	X	51.52	51.64	50.82
4	48.25	X	48.63	X	48.65	49.49
5	X	X	43.68	X	46.82	44.66
6	41.19	39.66	44.35	X	44.92	X
7	X	43.04	X	X	X	X
8	X	30.19	31.12	32.33	X	30.02

Javelin throw 27 aug

1	Sini Koivula	FIN	49.70
2	Niina Kelo	FIN	45.82
3	Mikaela Wieslander	SWE	44.15
4	Merete Knudsen	NOR	41.70

5	Sigrún Fjeldsted Sveinsdóttir	ISL	41.05
6	Signe Bech	DEN	40.66
7	Brigitta Lado	SWE	40.55
8	Ida Tangen	NOR	37.05

Series	1	2	3	4	5	6
1	49.58	X	X	49.70	48.21	X
2	45.74	44.16	X	45.82	X	X
3	44.15	41.71	X	X	40.50	X
4	36.63	X	40.59	41.70	38.63	41.38
5	38.48	X	X	41.05	X	X
6	36.88	38.48	40.66	39.39	X	38.54
7	40.37	X	X	X	X	40.55
8	X	35.89	37.00	36.85	37.05	X

4x100 m relay 26 aug

1	SWE	46.46	(Emelie Barenfeld, Jenny Kallur, Susanna Kallur, Linda Fernström)
2	NOR	47.61	(Karen H. Milli, Cecilie Ringvold, Anne Cathrine Bakken, Synnøve J. Andersen)
3	DEN	48.00	(Sille Søndergaard, Michala Bluhm, Louise Højland, Lotte Thiesen)
4	FIN	48.14	(Heli Paloranta, Tea Hytönen, Katja Salivaara, Elina Lax)
5	ISL	49.39	(Anna Margrét Ólafsdóttir, Silja Úlfarsdóttir, Guðný Eyþórsdóttir, Þórunn Erlingsdóttir)

4x400 m relay 27 Aug

1	FIN	3:49.62	(Annika Rikberg, Minna Järvenpää, Mari Järvenpää, Suvi Myllymäki)
2	SWE	3:53.47	(Hanna Petersson, Helene Nordquist, Maria Åhr, Ulrika Johansson)
3	NOR	3:58.73	(Tina Stilson, Alvilde Ossum, Hanne Ringnes, Tine Borge)
4	DEN/ISL	3:59.88	(Rikke Sørensen, Michala Bluhm, Silja Úlfarsdóttir, Hafðis Ósk Pétursdóttir)

Points Women	Nation	Total
	FIN	246
	SWE	207,5
	NOR	147
	DEN/ISL	92,5

Nordic Race Walking Championships Long distances

Valbyparken, København, DEN 21 Oct

Men

Senior		16 Oct	50km
1	Fredrik Svensson	SWE	4:05:48
2	Bengt Bengtsson	SWE	4:07:57
3	Jacob Sørensen	DEN	4:20:13
4	Christer Svensson	SWE	4:33:27
5	Ulf-Peter Sjöholm	SWE	4:45:59

Hans Dahlén, SWE DQ, Birger Fält, SWE DNS, Trond Nymark, DNS, Hans Christensen, DEN DNS, Erik Tysse, NOR DNS, Bo Gustafsson, SWE DNS, Jean-Claude Grivel, DEN DNF

Women

Senior		16 Oct	20km
1	Anne Haaland Simonsen	NOR	1:38:15
2	Monica Svensson	SWE	1:40:30
3	Outi Sillanpää	FIN	1:40:50
4	Elin Cesilie Loftesnes	NOR	1:45:01
5	Nilda Mena	SWE	1:48:59

Siw Vera, SWE DQ, Magdalena Jacobsson, SWE DNF

Nordic Race Walking Championships

Vallensbæk, DEN 22 Oct

Men

Senior			20km
1	Bengt Bengtsson	SWE	1:31:18
2	Erik Tysse	NOR	1:32:17
3	Birger Fält	SWE	1:33:33
4	Arturo Orozco	DEN	1:37:32
5	Félix Gómez	DEN	1:56:31

6 Ole David Jensen DEN 2:02:01

Jani Lehtinen, FIN DNF, Claus Jørgensen, DEN DNF

Junior

20km

1 **John-Christian Scheie** NOR **1:45:35**
2 **Thomas Elholm** NOR **1:55:16**

Women

Senior

10km

1 **Anne Haaland Simonsen** NOR **48:06**
2 **Monica Svensson** SWE **48:34**
3 **Hanne Liland** NOR **49:59**
4 Elin Cesilie Loftesnes NOR 50:19
5 Heidi Lindewall FIN 52:48

Junior

10km

1 **Johanna Ellefsen Rostad** NOR **54:35**
2 **Jenni Lahtinen** FIN **55:22**

Nordic Cross Country Championships

Bernstorffparken, København, DEN 19 Nov

Men

Senior

19 Nov 9 km

1 **Dennis Jensen** DEN **26:26**
2 **Erik Sjöqvist** SWE **26:31**
3 **Knut Erik Rame** NOR **26:32**
4 Carsten Jørgensen DEN 26:33
5 Henrik Skoog SWE 25:36
6 Steen Walter DEN 26:51
7 Ulrik Bohnsen DEN 26:52
8 Marko Kotila FIN 27:06

9 Turo Inkiläinen, FIN 27:08, 10 Mustafa Mohamed, SWE 27:09, 11 Jussi Utraiainen, FIN 27:13, 12 Jari Matinlauri, FIN 27:23, 13 Klaus Hansen, DEN 27:24, 14 Kristian Algers, SWE 27:25, 15 Sonni Thelmark, DEN 27:27, 16 Terje Aggvin, NOR 27:35, 17 Karl Johan Rasmussen, NOR 27:37, 18 Göran Axelsson, SWE 27:57, 19 Knut Aalien, NOR 28:10, 20 Svein Ove Risa, NOR 28:17, 21 Trond Idland, NOR 28:24

Teams:

1 DEN 18p (Dennis Jensen, Carsten Jørgensen, Steen Walter, Ulrik Bohnsen)
2 SWE 31p (Erik Sjöqvist, Henrik Skoog, Mustafa Mohamed, Kristian Algers)
3 FIN 40p (Marko Kotila, Turo Inkiläinen, Jussi Utraiainen, Jari Matinlauri)
4 NOR 55p (Knut Erik Rame, Terje Aggvin, Karl Johan Rasmussen, Knut Aalien,)

U20

19 Nov 6 km

1 **Ingemund Askeland** NOR **19:18**
2 **Erik Emilsson** SWE **19:23**
3 **Jukka Keskiälo** FIN **19:30**
4 Mats Granström SWE 19:31
5 Henrik Nyström SWE 19:46
6 Odd M. Brekke NOR 19:56

7 Oskar Käck SWE 20:03

8 **Bjørnar Kristensen** NOR **20:06**

9 Kjetil Hals, NOR 20:08, 10 Martin Jørgensen, DEN 20:12, 11 Casper Hunnerup, DEN 20:15, 12 David Lind, SWE 20:21, 13 Henrik Them Andersen, DEN 20:25, 14 Matti Luokkanen, FIN 20:30, 15 Geir Eklund, NOR 20:35, 16 Aki Mustonen, FIN 20:40, 17 Ulrik Heitmann, DEN 21:04, 18 Juuso Lehtinen, FIN 21:10, 19 Mikkel Black Christensen, DEN 21:22

Teams:

1 SWE 11p (Erik Emilsson, Mats Granström, Henrik Nyström)
2 NOR 15 p (Ingemund Askeland, Odd M. Brekke, Bjørnar Kristensen)
3 FIN 33p (Jukka Keskiälo, Matti Luokkanen, Aki Mustonen)
4 DEN 34p (Martin Jørgensen, Casper Hunnerup, Henrik Them Andersen)

Women

Senior

19 Nov 4,5 km

1 **Gunhild Halle Haugen** NOR **14:29**
2 **Malin Öhrn** SWE **14:43**
3 **Linda Stjörström** SWE **14:50**
4 Nina Christensen DEN 14:54
5 Catarina Asph SWE 15:06
6 Kristina Rebane SWE 15:10
7 Heidi Pedersen DEN 15:22
8 Camilla Benjaminsson SWE 15:29

9 Bettina Romer Jensen, DEN 15:30, 10 Hanne Baltzersen, DEN 15:33, 11 Heidi Jensen, DEN 15:41.12 Maria Söderström, SWE 15:43, 13 Mari Niskanen, FIN 15:53, 14 Ann-Catrin Nordman, FIN 16:05

Teams:

1 SWE 10p (Malin Öhrn, Linda Stjörström, Catarina Asph)
2 DEN 20p (Nina Christensen, Heidi Pedersen, Bettina Romer Jensen)
3 FIN 39p (Mare Söderström, Mari Niskanen, Ann-Catrin Nordman)

U20

19 Nov 4,5 km

1 **Ida Nilsson** SWE **14:55**
2 **Johann Nilsson** SWE **15:13**
3 **Mia Larsson** SWE **15:19**
4 Isabelle Ahlström SWE 15:22
5 Elina Lindgren FIN 15:25
6 Laila K. Laursen DEN 15:29
7 Ragnhild Kvarberg NOR 15:40
8 Ulla Tuimala FIN 15:43

9 Anni Tuimala, FIN 15:44, 10 Annukka Ylikantola, FIN 15:45, 11 Louise Mørch, DEN 15:53, 12 Magdalena Ottersten, SWE 16:09, 13 Anna Holm Jørgensen, DEN 16:15, 14 Louise Brasen, DEN 16:33, 15 Pia Folsing, DEN 17:06

Teams:

1 SWE 6p (Ida Nilsson, Johanna Nilsson, Mia Larsson)
2 FIN 22p (Elina Lindgren, Ulla Tuimala, Anni Tuimala)
3 DEN 30p (Laila K. Laursen, Louise Mørch, Anna Holm Jørgensen)