

This year consists of the following competitions:

20.5	Norrtälje, SWE	5 <sup>th</sup> Nordic 10000m Challenge
16.6	Göteborg, SWE	36 <sup>th</sup> Nordic Junior Race Walking Match
4.-5.8	Gävle, SWE	29 <sup>th</sup> Nordic Junior Championships Combined Events
18.-19.8	Lillehammer, NOR	52 <sup>nd</sup> Nordic Junior Match
11.11	Perniö, FIN	5 <sup>th</sup> Nordic Cross Country Championships

Nordic 10000 m Challenge

Norrtälje, SWE 20 May

Men

Senior		20 May	
1	<b>Joakim Johansson</b>	<b>SWE</b>	<b>29:23.81</b>
2	<b>Ulrik Bohnsen</b>	<b>DEN</b>	<b>29:42.04</b>
3	<b>Knut Erik Rame</b>	<b>NOR</b>	<b>29:44.86</b>
4	Bjarte Vik	NOR	29:45.03
5	Steen Walter	DEN	29:50.12
6	Claus Bugge Hansen	DEN	29:52.72
7	Endre Evensen	NOR	30:11.88
8	Kristian Algers	SWE	30:35.69

Sonni Thelmark, DEN DNF

Extra: August Mbusuyo, KEN 29:14.44, Wilson Komen, KEN 29:46.2m, Martin Söderberg, SWE 31:03.43, Clas Björling, SWE 31:29.79, Anders Nilsson, SWE 32:06.95, Anders Hultgren, SWE 32:14.67, Gebriel Zeron, SWE 32:24.08, Anders Soovik, SWE 32:24.31, Johan Faskunger, SWE 32:42.22, Henrik Ruffel, SWE 33:56.47

Women

Senior		20 May	
1	<b>Bente Landøy</b>	<b>NOR</b>	<b>33:58.89</b>
2	<b>Marie Söderström-Lundberg</b>	<b>SWE</b>	<b>34:06.15</b>
3	<b>Tonje Sekse</b>	<b>NOR</b>	<b>35:07.42</b>
4	Catarina Asph	SWE	35:20.94

Extra: Mia Larsson, SWE 35:06.17, Anna Lindh, SWE 36:44.24, Camilla Thuné, SWE 37:33.06, Cecilia Erling, SWE 38:34.41, Anneli Fransson, SWE 38:44.92, Carin Jaxell, SWE 38:53.26

Nordic Race Walking Match

Slottskogsvallen, Göteborg, SWE 16 Jun

*This edition not a championships, match only*

Men

U21		16 Jun		10000m	
1	<b>Eero Turpeinen</b>	<b>FIN</b>	<b>43:29.6</b>		
2	<b>Andreas Gustafsson</b>	<b>SWE</b>	<b>44:22.7</b>		
3	<b>Janne Mariläinen</b>	<b>FIN</b>	<b>47:13.2</b>		
4	Pekka Vuori	FIN	47:24.8		
5	Sigbjørn Sandberg	NOR	47:34.5		
6	John-Christian Scheie	NOR	48:45.7		
7	Michael Bengtsson	SWE	52:47.7		

U18		16 Jun		5000m	
1	<b>Jarkko Kinnunen</b>	<b>FIN</b>	<b>21:57.7</b>		
2	<b>Kalevi Jääskeläinen</b>	<b>FIN</b>	<b>23:21.4</b>		
3	<b>Thomas Elholm</b>	<b>NOR</b>	<b>23:49.7</b>		
4	Ato Ibáñez	SWE	23:54.2		
5	Mats Elholm	NOR	26:09.9		
	Fredrik Hermansson	SWE	DQ		

U16		16 Jun		3000m	
1	<b>Derek Lange</b>	<b>FIN</b>	<b>14:15.1</b>		
2	<b>Bjørn Ove Ølness</b>	<b>NOR</b>	<b>14:18.7</b>		
3	<b>Tommi Nurmi</b>	<b>FIN</b>	<b>14:35.0</b>		
4	Nillo Halonen	FIN	15:18.0		
5	Caspen Hansson	DEN	16:18.1		
6	Johan Larsson	SWE	18:28.3		
	Henric Ferrari	SWE	DQ		

Women

U21		16 Jun		5000m	
1	<b>Sandra Eriksson</b>	<b>SWE</b>	<b>23:52.4</b>		
2	<b>Marja Penttinen</b>	<b>FIN</b>	<b>24:33.4</b>		
3	<b>Johanna Ellefsen Rostad</b>	<b>NOR</b>	<b>24:55.8</b>		
4	Minna Heikkinen	FIN	25:30.3		
5	Tiina Kokkonen	FIN	25:32.5		
6	Maria Nilsson	SWE	27:31.9		
7	Bodil Stillesjö	SWE	28:07.6		

U18		16 Jun		5000m	
1	<b>Mirke Hämäläinen</b>	<b>FIN</b>	<b>25:16.0</b>		
2	<b>Niina Viinikka</b>	<b>FIN</b>	<b>25:54.8</b>		
3	<b>Alicia Lind</b>	<b>SWE</b>	<b>26:09.1</b>		
4	Sofia Andersson	SWE	26:45.9		
5	Silje Solheim	NOR	29:17.5		
6	Nina Bergli	NOR	29:22.0		
	Marika Ojanperä	FIN	DQ		

U16		16 Jun		3000m	
1	<b>Mia Hovi</b>	<b>FIN</b>	<b>15:18.9</b>		
2	<b>Patricia Pahlman</b>	<b>FIN</b>	<b>15:25.8</b>		
3	<b>Maja Jansson</b>	<b>SWE</b>	<b>15:29.1</b>		
4	Emelie Mattsson	SWE	15:34.7		
5	Mari Olsson	SWE	15:49.3		
6	Jonna Ranta	FIN	17:00.6		
7	Line Marie Andersen	NOR	17:55.0		
	Stine Larsen	NOR	DQ		

Points Women	Nation	Total
	FIN	90
	SWE	54
	NOR	43
	DEN	5

Nordic Junior Championships Combined Events

Gävlestadion, Gävle, SWE 4-5 Aug

*Organised together with Gefle-Kampen – Combined events seniors*

Men

U23 Decathlon		4-5 Aug	
1	<b>Temu Rautiainen</b>	<b>FIN</b>	<b>6.886</b>
2	<b>Gustav Andhill</b>	<b>SWE</b>	<b>6.125</b>

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

1	11.37	7.02	13.35	1.87	53.07	15.29	35.94	4.56	55.49	5:32.46
	+1,1	+1,1			+1,5					
	780	818	689	687	679	815	583	778	670	387
2	11.34	6.30	11.44	1.75	54.19	16.08	30.15	4.36	40.44	5:03.48
	+1,1	+1,4			+1,5					
	786	652	572	585	632	724	467	719	448	540

U21 Decathlon		4-5 Aug	
1	<b>Tatu Pussila</b>	<b>FIN</b>	<b>7.156</b>
2	<b>Hans Olav Uldal</b>	<b>NOR</b>	<b>7.095</b>
3	<b>Christoffer Thomée</b>	<b>SWE</b>	<b>6.968</b>
4	Johan Szabo	SWE	6.669
5	Ville Välimäki	FIN	6.579
6	Nils Pettersson	SWE	6.526



1	14.54	1.61	11.05	25.87	5.47	32.91	2:22.51	5.41
	+1,5		+1,9	+2,1				+1,3
	903	747	598	809	691	532	790	
2	14.01	1.64	10.16	26.42	5.67	29.09	2:23.06	
	+1,5		+1,9	+1,7				
	977	783	540	761	750	459	782	
3	14.71	1.61	10.81	26.18	5.48	27.90	2:23.02	5.16
	+1,5		+1,9	+2,4				+0,9
	880	747	583	781	694	437	783	
4	15.51	1.64	12.26	25.74	5.63	30.30	2:40.28	
	+1,5		+1,9	+1,3				
	775	783	678	820	738	482	570	
5	15.76	1.49	10.03	27.40	5.38	33.47	2:48.91	
	+1,5		+1,9	+1,7				
	744	610	531	679	665	542	475	

Nordic U20 Match & Championships

Stampesletta, Lillehammer, NOR 18-19 Aug

Men

<b>100 m</b>				19 Aug	+2.1
<b>1</b>	<b>Johan Engberg</b>	<b>SWE</b>	<b>10.46</b>		
<b>2</b>	<b>Andreas Kristiansen</b>	<b>NOR</b>	<b>10.65</b>		
<b>3</b>	<b>Daniel Persson</b>	<b>SWE</b>	<b>10.67</b>		
4	Morten Jensen	DEN	10.68		
5	Bård Anders Ruud Granum	NOR	10.68		
6	Mats-Johan Hagman	FIN	10.87		
7	Óttar Jónsson	ISL	11.18		
8	Teemu Jokela	FIN	11.19		

<b>200 m</b>				18. aug	+1,4
<b>1</b>	<b>Johan Engberg</b>	<b>SWE</b>	<b>20.88</b>		
<b>2</b>	<b>Johan Wissman</b>	<b>SWE</b>	<b>21.03</b>		
<b>3</b>	<b>Anders Bache</b>	<b>DEN</b>	<b>21.57</b>		
4	Teemu Jokela	FIN	21.82		
5	Njål Kvendseth	NOR	21.97		
6	Bård Anders Ruud Granum	NOR	21.97		
7	Mats-Johan Hagman	FIN	22.01		
8	Óttar Jónsson	ISL	22.82		

<b>400 m</b>				19. aug	
<b>1</b>	<b>Johan Wissman</b>	<b>SWE</b>	<b>46.53</b>		
<b>2</b>	<b>Ragnar Bergheim</b>	<b>NOR</b>	<b>47.98</b>		
<b>3</b>	<b>Thomas Nikitin</b>	<b>SWE</b>	<b>48.14</b>		
4	Risto Koskelainen	FIN	48.76		
5	Ådne Svahn Dæhlin	NOR	49.22		
6	Tommi Poussu	FIN	49.46		
7	Björgvin Víkingsson	ISL	49.58		
8	Henrik Therkildsen	DEN	49.92		

<b>800 m</b>				18. aug	
<b>1</b>	<b>Jukka-Pekka Kauppi</b>	<b>FIN</b>	<b>1:51.08</b>		
<b>2</b>	<b>Jukka Keskiälo</b>	<b>FIN</b>	<b>1:51.28</b>		
<b>3</b>	<b>Philip Aagaard</b>	<b>SWE</b>	<b>1:51.34</b>		
4	Stig Vervik Ellingsen	NOR	1:51.59		
5	Hans Chr. Nettelund van Nijkerk	NOR	1:52.01		
6	Frederik C. Taarnhøj	DEN	1:53.45		
7	Jan Olszlowy	SWE	1:53.72		
8	Daði Rúnar Jónsson	ISL	1:54.76		

<b>1500 m</b>				19 Aug	
<b>1</b>	<b>Odd Morten Brekke</b>	<b>NOR</b>	<b>3:52.87</b>		
<b>2</b>	<b>Philip Aagaard</b>	<b>SWE</b>	<b>3:53.68</b>		
<b>3</b>	<b>Jukka-Pekka Kauppi</b>	<b>FIN</b>	<b>3:54.05</b>		
4	Geir Eklund	NOR	3:56.60		
5	Tuukka Sundström	FIN	3:57.68		
6	Mikkel Black Christensen	DEN	3:58.16		
7	Oskar Käck	SWE	3:58.28		

Daði Rúnar Jónsson	ISL	DNF	
<b>5000 m</b>			18. aug
<b>1</b>	<b>Odd Morten Brekke</b>	<b>NOR</b>	<b>14:45.25</b>
<b>2</b>	<b>Henrik Nyström</b>	<b>SWE</b>	<b>14:57.19</b>
<b>3</b>	<b>Henrik Them Andersen</b>	<b>DEN</b>	<b>15:01.15</b>
4	Oskar Käck	SWE	15:06.96
5	Konstantin Kutilainen	FIN	15:11.32
6	Aki Mustonen	FIN	15:11.67
7	Kjetil Magne Dørheim Hals	NOR	15:12.34

<b>110 m hurdles</b>				19 Aug	+1,9
<b>1</b>	<b>Juha Sonck</b>	<b>FIN</b>	<b>14.32</b>		
<b>2</b>	<b>Rafael Askros</b>	<b>SWE</b>	<b>14.34</b>		
<b>3</b>	<b>Tatu Pussila</b>	<b>FIN</b>	<b>14.66</b>		
4	Andreas Aune Viken	NOR	15.13		
5	Ingi Sturla Þórisson	ISL	15.17		
6	Peter Eriksen	DEN	15.35		
7	Johan Szabo	SWE	16.09		
8	Kjetil Myrmed	NOR	16.30		

<b>400 m hurdles</b>				18. aug	
<b>1</b>	<b>Ragnar Bergheim</b>	<b>NOR</b>	<b>51.50</b>		
<b>2</b>	<b>Björgvin Víkingsson</b>	<b>ISL</b>	<b>53.21</b>		
<b>3</b>	<b>Kjetil Myrmed</b>	<b>NOR</b>	<b>53.67</b>		
4	Johan Szabo	SWE	54.31		
5	Henrikki Lindlöf	FIN	54.34		
6	Joachim Ögren	SWE	54.79		
7	Markus Lanne	FIN	55.25		
8	Peter Eriksen	DEN	55.67		

<b>3000 m steeplechase</b>				19 Aug	
<b>1</b>	<b>Jukka Keskiälo</b>	<b>FIN</b>	<b>8:50.79</b>		
<b>2</b>	<b>Erik Emilsson</b>	<b>SWE</b>	<b>8:52.10</b>		
<b>3</b>	<b>Bjørnar Ustad Kristensen</b>	<b>NOR</b>	<b>9:06.42</b>		
4	Ulf Nilsson	SWE	9:29.71		
5	Mårten Boström	FIN	9:35.91		
6	Thomas Høgseth	NOR	9:48.44		
7	Brian Lindberg	DEN	10:01.48		

<b>10000 m Walk</b>				19. aug	
<b>1</b>	<b>Eero Turpeinen</b>	<b>FIN</b>	<b>44:57.60</b>		
<b>2</b>	<b>Andreas Gustafsson</b>	<b>SWE</b>	<b>46:46.34</b>		
<b>3</b>	<b>Sigbjørn Sandberg</b>	<b>NOR</b>	<b>47:09.43</b>		
4	Pekka Vuori	FIN	47:16.44		
5	Thomas Elholm	NOR	50:07.48		
6	Ato Ibáñez	SWE	52:42.36		

<b>High jump</b>				18. aug	
<b>1</b>	<b>Oscar Jonsson</b>	<b>SWE</b>	<b>2.09</b>		
<b>2</b>	<b>Andreas Aune Viken</b>	<b>NOR</b>	<b>2.07</b>		
<b>3</b>	<b>Juho Walinen</b>	<b>FIN</b>	<b>2.04</b>		
4	Topi Ovaska	FIN	2.01		
5	Magnus Glendrange	NOR	2.01		
6	Christer Johansson	SWE	1.95		

Series	1.85	1.90	1.95	1.98	2.01	2.04	2.07	2.09
1								o xxx
2			o	-	xo	o	xxo	xxx
3	o	o	o	o	xo	xxo	xxx	
4		o	o	xxo	o	xxx		
5		xo	xo	xo	xxo	xxx		
6				o	xxx			

<b>Pole vault</b>				18. aug	
<b>1</b>	<b>Alhaji Jeng</b>	<b>SWE</b>	<b>5.20</b>		
<b>2</b>	<b>Teemu Juhola</b>	<b>FIN</b>	<b>5.05</b>		
<b>3</b>	<b>Mikael Westö</b>	<b>FIN</b>	<b>5.00</b>		
<b>3</b>	<b>Håkan Jedhammar</b>	<b>SWE</b>	<b>5.00</b>		

5	Lars Haukohl	DEN	4.50
6	Hans Olav Uldal	NOR	4.00
7	Bjørn Åge Herdlevær	NOR	4.00

<i>Series</i>	<u>3.75</u>	<u>4.00</u>	<u>4.20</u>	<u>4.30</u>	<u>4.40</u>	<u>4.50</u>	<u>4.60</u>	<u>4.70</u>	<u>4.80</u>	<u>4.90</u>	<u>5.00</u>	<u>5.05</u>	<u>5.10</u>	<u>5.15</u>	<u>5.20</u>	<u>5.40</u>
1																
2																
3																
4																
5																
6																
7																

**Long jump** 18. aug

1	<b>Anton Andersson</b>	<b>SWE</b>	<b>7.45</b> +0,5
2	<b>Morten Jensen</b>	<b>DEN</b>	<b>7.29</b> +0,5
3	<b>Andreas Hedström</b>	<b>SWE</b>	<b>7.18</b> +1,7
4	Lars Jacob Woie	NOR	7.11 +1,7
5	Tatu Pussila	FIN	7.08 +0,9
6	Hans Olav Uldal	NOR	6.90 +1,4
7	Kyösti Vänskä	FIN	6.87 +2,3

**Triple jump** 18. aug

1	<b>Anton Andersson</b>	<b>SWE</b>	<b>16.14</b> +1,5
2	<b>Thomas Flensborg Madsen</b>	<b>DEN</b>	<b>15.79</b> +2,9
3	<b>Ville Välimäki</b>	<b>FIN</b>	<b>14.95</b> +1,5
4	Lars Ytterhaug	NOR	14.57 +0,9
5	Kyösti Vänskä	FIN	14.20 +1,6
6	Henning Johansen	NOR	14.06 +1,5
7	Christer Johansson	SWE	13.69 +1,6

<i>Series</i>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
1	X	16.00	15.83	16.01	X	16.14
		+2,4	+0,4	+2,7		+1,5
2	15.10	X	X	15.79	X	X
	0,0			+2,9		
3	14.37	14.95	14.88	-	14.89	14.70
	+0,3	+1,5	+1,6		+2,6	+0,7
4	14.37	X	13.81	X	14.38	14.57
	+1,3		+1,7		+3,5	+0,9
5	X	14.20	X	X	X	X
		+1,6				
6	X	X	14.06	X	-	-
			+1,5			
7	X	13.62	13.69	13.35	13.65	13.63
		+1,5	+1,6	+1,3	+3,3	+0,6

**Shot put** 18. aug

1	<b>Robert Häggblom</b>	<b>FIN</b>	<b>17.68</b>
2	<b>Niklas Arrhenius</b>	<b>SWE</b>	<b>16.06</b>
3	<b>Gunnar Åsvestad</b>	<b>NOR</b>	<b>15.01</b>
4	Esben Nicolaisen	DEN	14.96
5	Anders Constantin	SWE	14.65
6	Heikki Pääaho	FIN	14.39
7	Ódinn B. Þorsteinsson	ISL	13.98
8	Paal Kvasheim	NOR	12.45

<i>Series</i>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
1	17.48	X	17.01	X	17.68	17.30
2	15.23	16.06	X	15.36	X	X
3	X	X	14.05	X	15.01	14.55
4	13.35	14.61	14.08	14.82	14.96	13.89
5	14.07	14.44	13.95	14.14	14.65	14.52
6	14.05	14.38	14.25	14.19	14.39	14.24
7	X	13.98	X	X	13.93	X
8	14.5	12.07	12.45	12.23	X	12.45

**Discus throw** 18. aug

1	<b>Niklas Arrhenius</b>	<b>SWE</b>	<b>56.85</b>
2	<b>Raine Munukka</b>	<b>FIN</b>	<b>48.59</b>
3	<b>Ódinn B. Þorsteinsson</b>	<b>ISL</b>	<b>48.07</b>
4	Robert Häggblom	FIN	47.72
5	Robert Melin	SWE	46.21
6	Christian Nordgård	NOR	45.04
7	Martin Roald	DEN	44.60
8	Gunnar Åsvestad	NOR	42.24

<i>Series</i>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
1	49.34	55.01	56.85	54.49	X	X

2	45.43	47.17	47.33	X	X	48.59
3	48.07	X	46.88	47.82	X	X
4	X	47.52	47.69	47.58	X	47.72
5	X	45.43	X	X	46.21	X
6	42.31	X	45?	45.04	X	X
7	43.77	44.60	44.15	X	X	X
8	X	X	42.24	X	X	X

**Hammer throw** 19. aug

1	<b>Petri Rautio</b>	<b>FIN</b>	<b>61.90</b>
2	<b>Mats Granö</b>	<b>FIN</b>	<b>60.32</b>
3	<b>Tomas Pyka</b>	<b>SWE</b>	<b>54.76</b>
4	Mattias Jons	SWE	53.59
5	Gunnar Åsvestad	NOR	52.57
6	Stein Harald Sundal	NOR	43.88
7	Brian Nielsen	DEN	43.77

<i>Series</i>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
1	60.91	X	X	X	61.12	61.90
2	X	58.90	58.72	X	60.32	X
3	53.46	X	54.76	X	X	54.13
4	X	X	47.67	X	X	53.59
5	50.28	X	50.97	49.15	51.19	52.57
6	X	X	42.78	43.88	X	X
7	43.65	42.80	X	43.77	X	42.51

**Javelin throw** 18 aug

1	<b>Andreas Thorkildsen</b>	<b>NOR</b>	<b>79.61</b>
2	<b>Saku Kuusisto</b>	<b>FIN</b>	<b>73.12</b>
3	<b>Tero Pitkämäki</b>	<b>FIN</b>	<b>69.99</b>
4	Gabriel Wallin	SWE	66.78
5	Johan Bjellerman	SWE	59.76
6	Hans Olav Uldal	NOR	54.93
7	Lars Møller Lauersen	DEN	54.38

**4x100 m relay** 18 aug

1	<b>NOR</b>	<b>41.45</b>	(Andreas Kristiansen, Bård A.R. Granum, Njål Kvendseth, Eirik Sætre Ulvestad)
2	<b>DEN/ISL</b>	<b>41.61</b>	(Peter Eriksen, Morten Jensen, Anders Bache, Thomas Flensborg Madsen)
3	<b>FIN</b>	<b>41.71</b>	(Juha Sonck, Mats-Johan Hagman, Teemu, Jokela, Risto Koskelainen)
	<b>SWE</b>	<b>DNF</b>	(Rafael Askroos, Daniel Persson, Johan Engberg, Johan Wissman)

**4x400 m relay** 18. Aug

1	<b>SWE</b>	<b>3:15.76</b>	Thomas Nikitin, Albin Johansson, Joachim Ögren, Johan Wissman)
2	<b>NOR</b>	<b>3:17.35</b>	(Ådne Svahn Dæhlin, Hans Christian Netteland van Nijkerk, Stig Vervik Ellingsen, Njål Kvendseth)
3	<b>FIN</b>	<b>3:22.30</b>	(Lasse Juusela, Markus Lanne, Tommi Poussu, Risto Koskelainen)
4	<b>DEN/ISL</b>	<b>3:57.76</b>	(Henrik Therkildsen, Frederik Tårnhøj, Björgvin Víkingsson, Daði Rúnar Jónsson)

<b>Points Men</b>	<b>Nation</b>	<b>Total</b>
	SWE	217,5
	FIN	198,5
	NOR	177
	DEN/ISL	90

**Women**

**100 m** 19. aug +2,0

1	<b>Sille Søndergaard</b>	<b>DEN</b>	<b>11.78</b>
2	<b>Emmelie Barenfeldt</b>	<b>SWE</b>	<b>11.79</b>
3	<b>Emma Rienas</b>	<b>SWE</b>	<b>11.97</b>
4	Silja Úlfarsdóttir	ISL	11.99
5	Leena Huhta	FIN	12.10
6	Elina Lax	FIN	12.15
7	Anne Cathrine Bakken	NOR	12.23
8	Camilla Gullhav Hatlen	NOR	12.44

**200 m** 18. aug +0,1

1	<b>Silja Úlfarsdóttir</b>	<b>ISL</b>	<b>24.02</b>
2	<b>Emmelie Barenfeldt</b>	<b>SWE</b>	<b>24.09</b>

<b>3</b>	<b>Leena Huhta</b>	<b>FIN</b>	<b>24.49</b>
4	Emma Rienas	SWE	24.51
5	Hanne Ringnes	NOR	24.79
6	Anne Cathrine Bakken	NOR	25.03
7	Elina Lax	FIN	25.48
8	Helena Schmidt-Scherer	DEN	25.63

*400 m* 19. aug

<b>1</b>	<b>Silja Úlfarsdóttir</b>	<b>ISL</b>	<b>54.77</b>
<b>2</b>	<b>Kristina Blomstrand</b>	<b>SWE</b>	<b>55.23</b>
<b>3</b>	<b>Anna Virtanen</b>	<b>FIN</b>	<b>55.68</b>
4	Annika Eriksson	SWE	55.69
5	Hanne Ringnes	NOR	56.30
6	Tina Stilson	NOR	57.34
7	Helena Schmidt-Scherer	DEN	57.46
8	Minna Järvenpää	FIN	57.82

*800 m* 18. aug

<b>1</b>	<b>Ragnhild Kvarberg</b>	<b>NOR</b>	<b>2:07.44</b>
<b>2</b>	<b>Liv-Miriam Nordtømme</b>	<b>NOR</b>	<b>2:08.49</b>
<b>3</b>	<b>Minna Nummela</b>	<b>FIN</b>	<b>2:08.52</b>
4	Minna Järvenpää	FIN	2:11.12
5	Sandra Pode	SWE	2:11.42
6	Madeleine Mattsson	SWE	2:11.52
7	Silla Dührkop	DEN	2:14.60

*1500 m* 19. aug

<b>1</b>	<b>Ulla Tuimala</b>	<b>FIN</b>	<b>4:25.51</b>
<b>2</b>	<b>Minna Nummela</b>	<b>FIN</b>	<b>4:27.75</b>
<b>3</b>	<b>Liv-Miriam Nordtømme</b>	<b>NOR</b>	<b>4:32.77</b>
4	Madeleine Mattsson	SWE	4:34.72
5	Louise Mørch	DEN	4:35.23
6	Marte Elden	NOR	4:37.94
7	Mia Larsson	SWE	4:39.07
8	Silla Dührkop	DEN	4:43.87

*3000 m* 18. aug

<b>1</b>	<b>Ulla Tuimala</b>	<b>FIN</b>	<b>9:29.79</b>
<b>2</b>	<b>Anni Tuimala</b>	<b>FIN</b>	<b>9:34.66</b>
<b>3</b>	<b>Kristin Størmer Steira</b>	<b>NOR</b>	<b>9:47.07</b>
4	Mia Larsson	SWE	9:47.40
5	Louise Mørch	DEN	9:57.14
6	Anna Rahm	SWE	10:00.03
7	Line Tveter	NOR	10:36.78

*100 m hurdles* 19. aug +0,7

<b>1</b>	<b>Anne K. Andersen</b>	<b>DEN</b>	<b>13.88</b>
<b>2</b>	<b>Emma Montell</b>	<b>FIN</b>	<b>13.95</b>
<b>3</b>	<b>Janna Jokihäärä</b>	<b>FIN</b>	<b>14.19</b>
4	Anna Marberg	SWE	14.41
5	Camilla Gullhav Hatlen	NOR	14.50
6	Paulina Orell	SWE	15.23
7	Anne Cathrine Bakken	NOR	15.34
8	Ylfa Jónsdóttir	ISL	15.84

*400 m hurdles* 18. aug

<b>1</b>	<b>Kristina Blomstrand</b>	<b>SWE</b>	<b>59.62</b>
<b>2</b>	<b>Ilona Ranta</b>	<b>FIN</b>	<b>59.86</b>
<b>3</b>	<b>Sinikka Leminen</b>	<b>FIN</b>	<b>61.42</b>
4	Paulina Orell	SWE	61.91
5	Rikke Sørensen	DEN	63.09
6	Mari Bones	NOR	64.68
7	Ylfa Jónsdóttir	ISL	65.26
8	Torunn Hammersland	NOR	65.99

*2000 m steeplechase* 19. aug

<b>1</b>	<b>Ragnhild Kvaerberg</b>	<b>NOR</b>	<b>6:32.04</b>
<b>2</b>	<b>Anni Tuimala</b>	<b>FIN</b>	<b>6:36.84</b>
<b>3</b>	<b>Isabell Ahlström</b>	<b>SWE</b>	<b>6:44.12</b>
4	Mira Tuominen	FIN	7:08.90
5	Anna Stenbäck	SWE	7:22.30
6	Mari Arnesen	NOR	7:27.60
7	Helle Nielsen	DEN	7:43.92

*5000 m walk* 18. aug

<b>1</b>	<b>Sandra Eriksson</b>	<b>SWE</b>	<b>24:19.27</b>
<b>2</b>	<b>Johanna Ellefsen Rostad</b>	<b>NOR</b>	<b>24:50.31</b>
<b>3</b>	<b>Jenni Lahtinen</b>	<b>FIN</b>	<b>25:19.03</b>
4	Marja Penttinen	FIN	25:42.77
5	Sofia Andersson	SWE	26:49.00
6	Nina Bergli	NOR	29:18.41

*High jump* 19. aug

<b>1</b>	<b>Hanna Mikkonen</b>	<b>FIN</b>	<b>1.92</b>
<b>2</b>	<b>Anne Gerd Eieland</b>	<b>NOR</b>	<b>1.79</b>
<b>3</b>	<b>Alina Mattila</b>	<b>FIN</b>	<b>1.76</b>
4	Jenny Isgren	SWE	1.73
5	Mona Andreassen	NOR	1.70
6	Sabine Pettersson	SWE	1.70
7	Íris Svavarsdóttir	ISL	1.60
8	Karina Johansen	DEN	1.55

Series	1.50	1.55	1.60	1.65	1.70	1.73	1.76	1.79	1.82	1.88
1					o	-	o	o	xo	xxx
2				o	o	xo	xo	xo	xxx	
3				o	o	o	xxx	xxx		
4			o	o	xo	xo	xxx			
5					o	-	xxx			
6		o	o	xo	xxo	xxx				
7	o	o	o	xxx						
8		xo	xxx							

*Pole vault* 18. aug

<b>1</b>	<b>Kirsten Belin</b>	<b>SWE</b>	<b>3.85</b>
<b>2</b>	<b>Linda Persson</b>	<b>SWE</b>	<b>3.80</b>
<b>3</b>	<b>Anne Latvala</b>	<b>FIN</b>	<b>3.75</b>
4	Karen Klintø	DEN	3.50
5	Saara Laaksonen	FIN	3.40
6	Aðalheiður Vigfúsdóttir	ISL	3.30
7	Sofia Holand	NOR	3.10
8	Reidun Småge	NOR	3.10

Series	2.80	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.75	3.80	3.85	3.90	3.95	4.00
1									o	o	o	-	o	-	xxx
2									o	o	o	-	xo	-	xxx
3								xo	o	o	xo	xxx			
4				o	o	o	o	xxx							
5				o	o	xxx									
6		o	-	o	xo	xxx									
7	o	o	o	xxx											
8	o	o	xxo	xxx											

*Long jump* 18. aug

<b>1</b>	<b>Jenniina Halkoaho</b>	<b>FIN</b>	<b>6.17</b>
<b>2</b>	<b>Margrethe Renstrøm</b>	<b>NOR</b>	<b>5.97</b>
<b>3</b>	<b>Sanna Saarman</b>	<b>FIN</b>	<b>5.96</b>
4	Sara Brankell	SWE	5.94
5	Sofie Andersson	SWE	5.84
6	Lene Berger	NOR	5.83
7	Lotte Thiesen	DEN	5.63
8	Sigurbjörg Ólafsdóttir	ISL	5.59

Series	1	2	3	4	5	6
1	x	6.12	x	6.05	6.02	6.17
		+1,4		+1,4	+1,5	+0,7
2	x	5.97	x	x	x	x
		+1,5				
3	5.83	5.96	5.85	x	5.69	5.76
	+1,1	+2,0	+0,8		+0,3	0,0
4	5.82	x	x	5.94	x	5.70
	+0,8			+1,0		-0,2

5	X	5.67 +0,7	5.84 +1,1	X	X	5.67 -0,2
6	5.72 +0,8	5.83 +1,7	X	X	X	5.65 -1,1
7	X	5.61 +1,6	5.48 +1,2	5.63 +1,5	X	5.55 -0,6
8	5.57 +1,+	5.53 +1,4	X	X	5.12 -0,2	5.59 +0,5

**Triple jump**

			19. aug
<b>1</b>	<b>Sanna Saarman</b>	<b>FIN</b>	<b>13.08</b> +0,8
<b>2</b>	<b>Sara Brankell</b>	<b>SWE</b>	<b>13.03</b> +2,3
<b>3</b>	<b>Anna Wibberger</b>	<b>SWE</b>	<b>13.01</b> +0,2
4	Jenniina Halkoaho	FIN	12.39 +1,1
5	Lotte Thiesen	DEN	12.30 +0,4
6	Hilde Røsvik	NOR	12.24 0,0
7	Margrethe Renstrøm	NOR	12.22 +1,8
8	Kristín Birna Ólafsdóttir	ISL	11.78 +1,8

**Shot put**

			19. aug
<b>1</b>	<b>Reetta Laitinen</b>	<b>FIN</b>	<b>14.26</b>
<b>2</b>	<b>Helmi Leppänen</b>	<b>FIN</b>	<b>14.05</b>
<b>3</b>	<b>Anna-Karin Svensson</b>	<b>SWE</b>	<b>13.43</b>
4	Maren Ilsaas Romstad	NOR	12.57
5	Karin Larsson	SWE	12.19
6	Mona Holm	NOR	12.09
7	Ásdis Hjálmsdóttir	ISL	11.14
8	Maria Sløk Hansen	DEN	11.14

<b>Series</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
1	13.62	X	13.11	13.64	14.26	X
2	12.27	13.48	13.58	14.05	13.91	13.29
3	12.21	12.66	13.06	13.43	X	X
4	11.12	12.25	X	X	12.57	X
5	10.70	11.89	11.94	12.19	12.03	12.08
6	X	X	10.46	11.27	11.61	12.09
7	11.13	11.14	10.65	X	10.60	10.86
8	10.41	10.89	10.83	10.92	11.14	10.22

**Discus throw**

			18. aug
<b>1</b>	<b>Reetta Laitinen</b>	<b>FIN</b>	<b>50.18</b>
<b>2</b>	<b>Mona Holm</b>	<b>NOR</b>	<b>47.85</b>
<b>3</b>	<b>Terhi Kujanpää</b>	<b>FIN</b>	<b>46.98</b>
4	Agnete Johansen	NOR	45.92
5	Anna-Karin Svensson	SWE	44.21
6	Ásdis Hjálmsdóttir	ISL	38.01
7	Karin Larsson	SWE	37.99
8	Maria Sløk Hansen	DEN	35.61

<b>Series</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
1	50.18	X	X	48.90	48.79	48.01
2	44.98	X	43.44	X	44.08	47.85
3	46.67	46.56	46.34	46.01	46.98	44.52
4	45.92	44.06	X	45.48	43.55	42.44
5	43.84	43.31	44.21	42.20	41.21	X
6	38.01	X	X	X	X	37.50
7	34.15	36.52	37.58	37.96	37.71	37.99
8	X	X	34.24	X	34.25	35.61

**Hammer throw**

			19. aug
<b>1</b>	<b>Merja Korpela</b>	<b>FIN</b>	<b>59.28</b>
<b>2</b>	<b>Eva Danielsen</b>	<b>NOR</b>	<b>55.57</b>
<b>3</b>	<b>Katariina Lahti</b>	<b>FIN</b>	<b>54.70</b>
4	Vanessa Mortensen	DEN	52.39
5	Mona Holm	NOR	51.00
6	Maria Andersson	SWE	50.60
7	Anna Zachrisson	SWE	43.79
8	Adalheiður Vigfúsdóttir	ISL	34.22

<b>Series</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
1	X	X	58.14	X	59.28	X
2	54.59	54.21	54.21	53.84	55.57	52.36
3	49.84	X	X	X	X	54.70
4	X	52.39	51.97	52.09	X	X
5	45.67	X	X	51.00	47.61	X
6	48.81	50.60	49.81	49.41	48.93	47.47
7	X	42.73	X	43.05	43.79	X
8	X	34.22	32.90	X	X	32.76

**Javelin throw**

			18. aug
<b>1</b>	<b>Helmi Leppänen</b>	<b>FIN</b>	<b>49.78</b>
<b>2</b>	<b>Sigrún Fjeldsted Sveinsdóttir</b>	<b>ISL</b>	<b>45.34</b>
<b>3</b>	<b>Päivi Kinnari</b>	<b>FIN</b>	<b>45.08</b>
4	Marie Lindeberg	NOR	44.51
5	Mikaela Wieslander	SWE	42.87
6	Brigitta Lado	SWE	41.54
7	Elin Marvik	NOR	40.50
8	Jane Lindved	DEN	36.32

<b>Series</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
1	41.73	41.92	43.08	44.30	49.78	43.55
2	41.25	45.34	42.21	44.36	42.65	43.17
3	38.57	X	41.97	45.08	43.88	42.65
4	40.12	39.08	40.69	44.51	40.35	38.72
5	X	42.87	-	39.07	39.71	X
6	41.54	X	X	37.69	37.56	36.32
7	37.42	39.86	X	36.52	39.43	40.50
8	34.90	36.07	34.24	36.32	35.41	X

**4x100 m relay**

			18 aug
<b>1</b>	<b>FIN</b>	<b>46.74</b>	(Jenniina Halkoaho, Ilona Ranta, Leena Huhta, Elina Lax)
<b>2</b>	<b>SWE</b>	<b>46.81</b>	(Emma Rienas, Sofie Toftgård, Jessica Palm, Emmelie Barenfeld)
<b>3</b>	<b>NOR</b>	<b>47.73</b>	(Camilla Gullhav Hatlen, Hanne Ringnes, Karen Helene Milli, Tina Stilson)
4	DEN	48.35	(Rikke Sørensen, Helena Schmidt-Scherer, Lotte Thiesen, Anne Kløve Andersen)
5	ISL	48.55	(Kristín Birna Ólafsdóttir, Silja Úlfarsdóttir, Ylfa Jónsdóttir, Sigurbjörg Ólafsdóttir)

**4x400 m relay**

			19. Aug
<b>1</b>	<b>SWE</b>	<b>3:47.71</b>	(Paulina Orell, Sandra Pode, annika Eriksson, Kristina Blomstrand)
<b>2</b>	<b>FIN</b>	<b>3:51.17</b>	(Leena Huhta, Minna Järvenpää, Sinikka Leminen, Anna Virtanen)
<b>3</b>	<b>NOR</b>	<b>3:52.27</b>	(Tina Stilson, Hanne Ringnes, Marie Kjøstvedt Olsen, Ingrid Bjørkmo)
4	DEN/ISL	3:57.76	(Ylfa Jónsdóttir, Sigurbjörg Ólafsdóttir, Rikke Sørensen, Silla Dührkop)

<b>Points Women</b>	<b>Nation</b>	<b>Total</b>
	FIN	232
	SWE	182
	NOR	163
	DEN/ISL	115

**Nordic Cross Country Championships**

<b>Perniö. FIN</b>	<b>11 Nov</b>
<b>Men</b>	

		<b>Senior</b>	12 Nov	9 km
<b>1</b>	<b>Jari Matinlauri</b>	<b>FIN</b>	<b>26:50</b>	
<b>2</b>	<b>Claes Nyberg</b>	<b>SWE</b>	<b>26:53</b>	
<b>3</b>	<b>Dennis Jensen</b>	<b>DEN</b>	<b>27:01</b>	
4	Erik Sjöqvist	SWE	27:26	
5	Turo Inkiläinen	FIN	27:29	
6	Marko Kotila	FIN	27:30	
7	Juha Hellstén	FIN	27:37	
8	Steen Walter	DEN	27:41	
9 Christian Olsen, DEN 27:46, 10 Magnus Bergman, SWE 27:49, 11 Kjetil Ramstad, NOR 27:54, 12 Knut Erik Rame, NOR 28:02, 13 Ingemund Askeland, NOR 28:05, 14 Sonni Thelmark, DEN 28:12, 15 Simo Wannas, FIN 28:13, 16 Svein Inge Buhaug, NOR 28:22, 17 Per Jacobsen, SWE 28:33, 18 Stefan Wagnsson, SWE 29:08, 19 Michael Rasmussen, DEN 29:19				
<b>Teams:</b>				
1 FIN 19p (Jari Matinlauri, Turo Inkiläinen, Marko Kotila, Juha Hellstén)				
2 SWE 33p (Claes Nyberg, Erik Sjöqvist, Magnus Bergman, Per Jacobsen)				
3 DEN 34p (Dennis Jensen, Steen Walter, Christian Olsen, Sonni Thelmark)				
4 NOR 52p (Kjetil Ramstad, Knut Erik Rame, Ingemund Askeland, Svein Inge Buhaug)				

		<b>U20</b>	11 Nov	6 km
<b>1</b>	<b>Mats Granström</b>	<b>SWE</b>	<b>20:03</b>	

<b>2</b>	<b>Bjørnar Ustad Kristensen</b>	<b>NOR</b>	<b>20:10</b>
<b>3</b>	<b>Mårten Boström</b>	<b>FIN</b>	<b>20:10</b>
4	Henrik Them Andersen	DEN	20:15
5	Geir Eklund	NOR	20:29
6	Magnus Ohlsson	SWE	20:47
7	Roger Svensson	SWE	21:00
8	Even Sangnes	NOR	21:02

9 Øyvind Sjøli, NOR 21:07, 10 Timo Similä, FIN 21:12, 11 Jaakko Rinne, FIN 21:14, 12 Jesper Faurischou, DEN 21:21, 13 Pepe Mäenpää, FIN 21:24, 14 Mikael Bergdahl, FIN 21:30, 15 Arto Aalto, FIN 21:41, 16 Jo Erik Gjøl, NOR 21:59, Henrik Nyström, SWE DNF

**Teams:**

1 SWE 14p (Mats Granström, Magnus Ohlsson, Roger Svensson)  
 2 NOR 15p (Bjørnar Ustad Kristensen, Geir Eklund, Even Sangnes)  
 3 nFin 24p (Morten Boström, Timo Similä, Jaakko Rinne)

### Women

<i>Senior</i>			
		11 Nov	4,5 km
<b>1</b>	<b>Gunhild Halle Haugen</b>	<b>NOR</b>	<b>16:17</b>
<b>2</b>	<b>Annemari Sandell</b>	<b>FIN</b>	<b>16:26</b>
<b>3</b>	<b>Malin Öhrn</b>	<b>SWE</b>	<b>16:33</b>
4	Tonje Sekse	NOR	16:43
5	Maria Söderström	FIN	16:47
6	Jytte Pedersen	DEN	16:48
7	Catarina Asph	SWE	17:04
8	Heidi Pedersen	DEN	17:06

9 Ragnhild Kvarberg, NOR 17:10, 10 Jenny Widarsson, SWE 17:11, 11 Jessica Gylfe, SWE 17:15, 12 Britt-Helen Langeland, NOR 17:18, 13 Mari Niskanen, FIN 17:23, 14 Jaana Ahonen, FIN 17:29

Extra: Marika Mikkola 16:56, Minna Pihala, FIN 17:12, Päivi Luostrinen, FIN 17:39

**Teams:**

1 NOR 14p (Gunhild Halle-Haugen, Tonje Sekse, Ragnhild Kvarberg)  
 2 SWE 20p (Malin Öhrn, Catarina Asph, Jenny Widarsson)  
 3 FIN 20p (Annemari Sandell, Maria Söderström, Mari Niskanen)

<i>U20</i>			
		11 Nov	4,5 km
<b>1</b>	<b>Riina Tolonen</b>	<b>FIN</b>	<b>16:42</b>
<b>2</b>	<b>Elina Lindgren</b>	<b>FIN</b>	<b>17:02</b>
<b>3</b>	<b>Minna Myllykoski</b>	<b>FIN</b>	<b>17:11</b>
4	Ulla Tuimala	FIN	17:38
5	Hanna Bremler	SWE	17:42
6	Marte Elden	NOR	17:57
7	Ingrid Vikman	SWE	18:16
8	Sofie Eklund	SWE	18:25

9 Line Tveter, NOR 18:43, 10 Karin Lindqvist, SWE 18:44, 11 Lydia Weydahl, NOR 18:51

**Teams:**

1 FIN 6p (Riina Tolonen, Elina Lindgren, Minna Myllykoski)  
 2 SWE 20p (Hanna Bremler, Ingrid Vikman, Sofie Eklund)  
 3 NOR 26p (Marte Elden, Line Tveter, Lydia Weydahl)

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