

# 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
Event: Heddal 10k
Technical Organiser: Snøgg friidrett
City/Place: Notodden
Date of Arrangement: 30.05.2026
Date and time for measurement: 03.05.2026 10:00
Measured distance(s): 10km
Length of calibration course: 350m
Terrain: Flat <input checked="" type="checkbox"/> Slightly hilly <input type="checkbox"/> Hilly <input type="checkbox"/> Terrain <input type="checkbox"/>
Type of course route: Closed loop <input type="checkbox"/> Back and forth <input checked="" type="checkbox"/> A to B <input type="checkbox"/> Other <input type="checkbox"/>
The course consists of 95%, or more, solid surface: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Elevation Start - Finish: 0m
Description of start: 13 meters before the lamppost outside Stein&Va Grossisten, on the bikepath along Semsvegen.
Description of finish: Same as start
Distance, in a straight line, between start & finish: 0m
Start and Finish marked: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Km-markings: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Measurement direction: Running direction <input checked="" type="checkbox"/> Opposite running direction <input type="checkbox"/>

CONTACT INFORMATION		
	Measured by:	Organizer:
Contact person:	Samuel Hafsaahl	Espen Vasby
Phone:	970 46 905	979 73 034
Email:	samuel.hafsaahl@gmail.com	blueslopet@gmail.com

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.

03.05.2026 Samuel Hafsaahl

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)	100m
Length of calibration course 1st measurement	350
Length of calibration course 2nd measurement	350
Possible 3rd measure (max. 1 cm diff per 100m 1 <sup>st</sup> and 2 <sup>nd</sup> )	
Average of measurements before adjustments	350
Temperature (road or measuring tape)	9
Adjustment cf. $D-(D*(1+(temp-20)*0,0000115))$	0,9998735
Measured calibration distance after adjustment	349,956
Distance from start/finish to calibration distance	50m

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: 03.05.2026 10:20			Date and Time: 03.05.2026 11:30		
	Start	End	Diff.	Start	End	Diff.
1st measure	79133	83202,5	4069,5	18846	22917	4071
2nd measure	83202,5	87274	4071,5	22917	26986	4069
3rd measure	87274	91344	4070	26986	31056	4070
4th measure	91344	95415	4071	31056	35126	4070

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	Pre measurement	Post measurement	
<b>Average (1+2+3+4) / 4</b>	4070,5	4070	Today's constant. Either highest or average of before and after measurement
<b>Constant 1 km</b>	11631,5	11630,0	
<b>Addn. +1‰</b>	11,6	11,6	
<b>Measurement constant (rounded)</b>	11643	11642	11643

MEASUREMENT PROCEDURE		
<b>Measurement constant</b>	11643	
<b>Measured Distance</b>	<b>Counter</b>	<b>Description of place</b>
<b>0m</b>	1 612,0	Assumed start
<b>9 986,9m</b>	117 890,0	back to assumed start
<b>9 986,9m</b>		<b>Total measured without adjustments</b>
<b>13,1m</b>		Before assumed start-/finishline
<b>13,1m</b>		<b>Total measured adjustments</b>
<b>10 000m</b>		<b>Total measured course</b>

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## CONCLUSION OF MEASUREMENT

### 1. Measurement method

Cycled the shortest route with Cook Jones Counter mounted on the bike

### 2. Measurement procedure

Stop counter - Start counter = number of counts for the course

$$117\ 890 - 1612 = 116\ 278$$

Number of counts / measurement constant \* 1000 = number of meters

$$116\ 278 / 11\ 643 * 1\ 000 = 9\ 986,94\ \text{meter}$$

The u-turn was set, so a startline was assumed.

The course was 13,1 meters too short.

### 3. Course adjustment

The start-/finishline was moved 6,55 meters back from the measurement starting point, to make the course 13,1meters longer

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## CALIBRATION COURSE MAP

350m along Semsvegen



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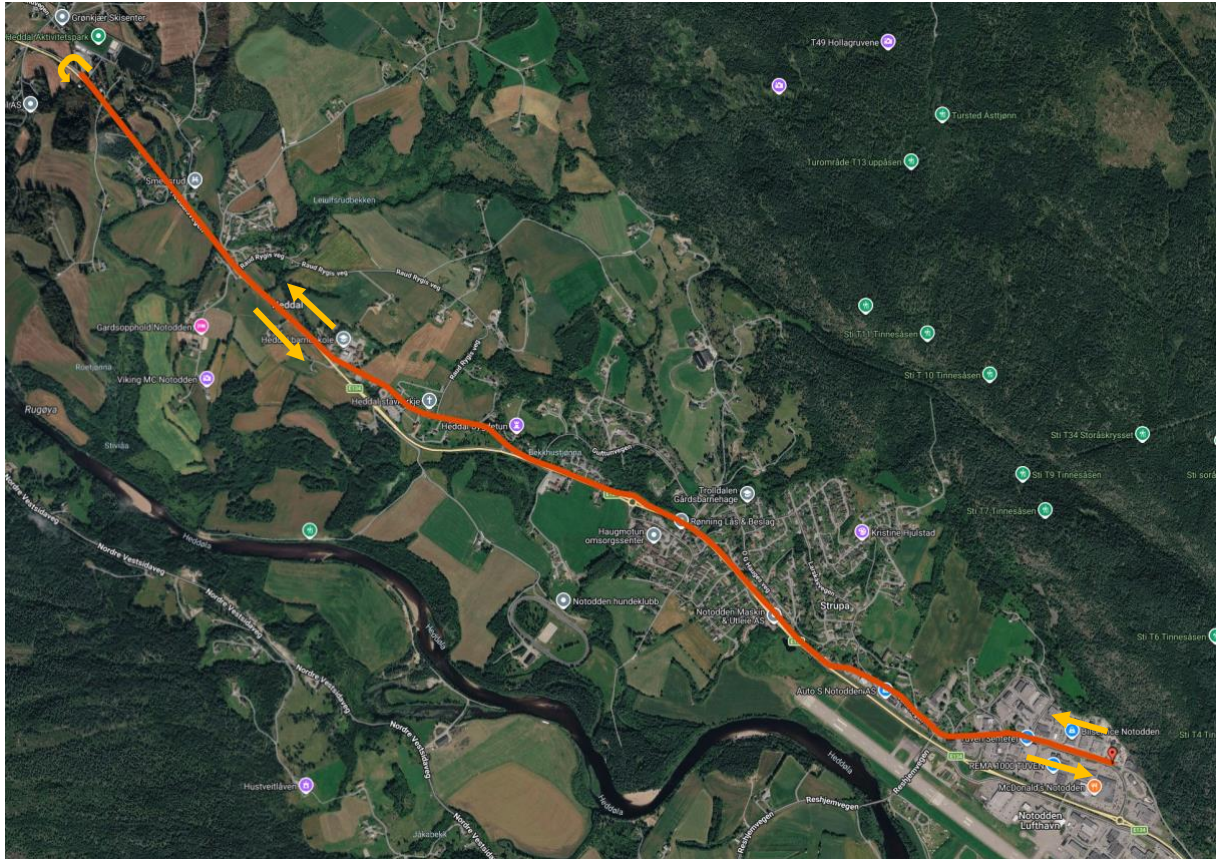
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## COURSE MAP & DESCRIPTION



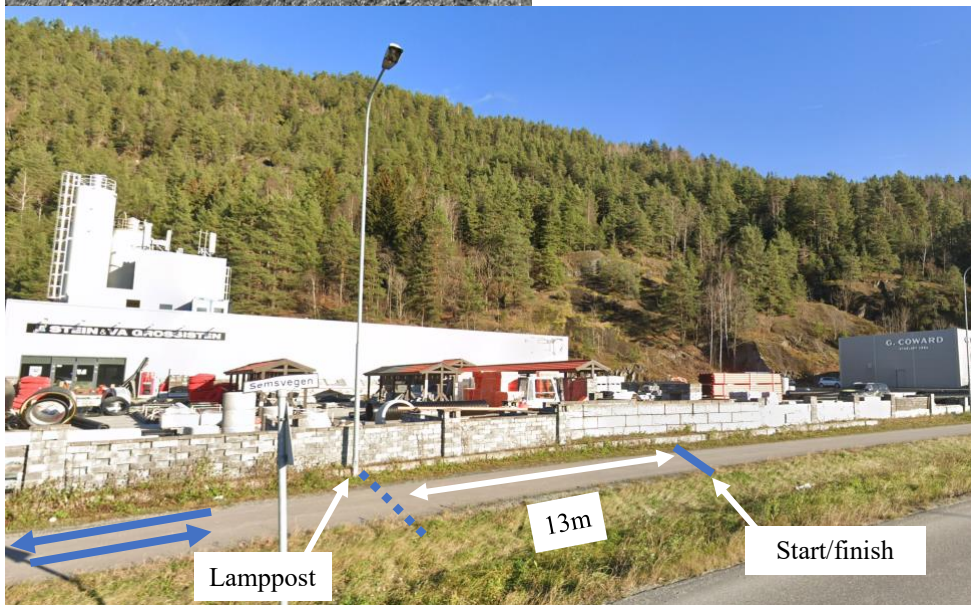
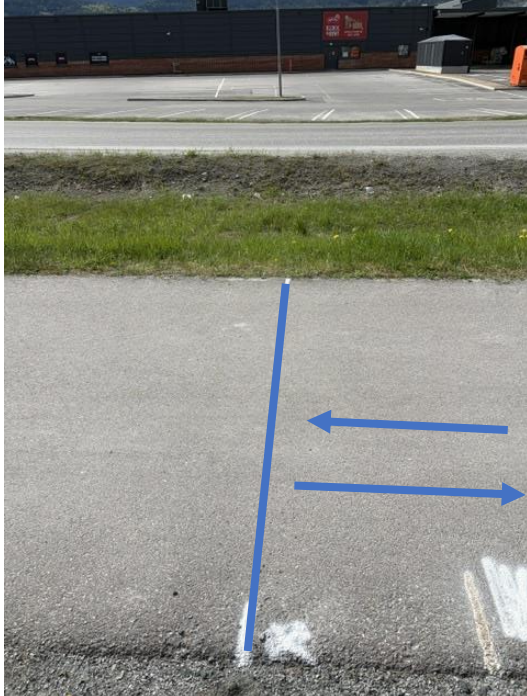
[https://www.google.com/maps/d/edit?mid=1FqD\\_PeZYPzMivJVF3Us2-Pa74TDEn2c&usp=sharing](https://www.google.com/maps/d/edit?mid=1FqD_PeZYPzMivJVF3Us2-Pa74TDEn2c&usp=sharing)

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## Start-/finishline



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## U-turn

Around the sign "Heddal Aktivitetspark"

