

# 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: Jessheim Halvmaraton	
Technical Organiser: UKI Friidret	
City/Place: Jessheim	
Date of Arrangement: 02.06.2024	
Date and time for measurement: 31.05.2024 kl.20:00	
Measured distance(s): 21097,5m	
Length of calibration course: 400m	
Terrain: Flat <input type="checkbox"/> Slightly hilly <input checked="" type="checkbox"/> Hilly <input type="checkbox"/> Terrain <input type="checkbox"/>	
Type of course route: Closed loop <input type="checkbox"/> Back and forth <input type="checkbox"/> A to B <input checked="" type="checkbox"/> Other <input type="checkbox"/>	
Race surface: Road(asphalt)	
Elevation Start - Finish: masl	
Description of start: Jessheim Athletics Stadium	
(30m from Start line against running direction)	
Description of finish: Jessheim Athletics Stadium (Start line-0/400m line)	
Distance, in a straight line, between start & finish: 30m	
Start and Finish marked: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>	
Km-markings: Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>	
Measurement direction: Running direction <input checked="" type="checkbox"/> Opposite running direction <input type="checkbox"/>	
National record can be approved: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>	

CONTACT INFORMATION		
	Measured by:	Organizer:
Contact person:	Grzegorz Kosel	Hans Jørgen Borgen
Phone:	+47 97747042	+47 92495895
Email:	Gregory.kosel@gmail.com	hjborgen@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.

31.05.2024 Grzegorz Kosel

Date

Signature by Course measurer

9.6.2024

Date

*Peer Jensen*

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	400m
Length of calibration course 2nd measurement	400
Possible 3rd measure (max. 1 cm diff per 100m 1 <sup>st</sup> and 2 <sup>nd</sup> )	
Average of measurements before adjustments	400
Temperature (road or measuring tape)	20
Adjustment cf. $D-(D*(1+(temp-20)*0,0000115))$	1
Measured calibration distance after adjustment	400
Distance from start/finish to calibration distance	1000m ( from calibration distance)

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:			Date and Time:		
	Start	End	Diff.	Start	End	Diff.
1st measure	77220,0	81911,0	4691,0	54720,0	59412,0	4692,0
2nd measure	81910,0	86602,0	4692,0	59412,0	64103,0	4691,0
3rd measure	86600,0	91292,0	4692,0	64103,0	68795,0	4692,0
4th measure	91292,0	95982,0	4690,0	68794,0	73485,5	4691,5

	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	4691,25	4691,63	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11728,13	11 729,06	
Addn. +1%	11,73	11,73	
Measurement constant (rounded)	11739,85	11 740,79	11 740,32

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	Measurement	
<b>Part.1.0 Start</b>	Counter Stadion(300m) line-0(M)	
	Pre	16665
	After	31832
	Difference	15167
	Distance is:	1291,9 m
<b>Part.2 Round</b>	Counter 0(M) - 0(G)	
	Pre	-219 99785
	After	108209
	Difference	108428
	Distance is:	9235,5 m
<b>Part.3 Connection round</b>	Counter 0(G) - 0(M) via stadion og tunel	
	Pre	8209
	After	16661
	Difference	8452
	Distance is:	719,9 m
<b>Part.4 Finish</b>	Counter 0(G) - Mål	
	Pre	33150
	After	39551
	Difference	6401
	Distance is:	545,2 m

Part.1 Start	1291,9 m
Del.2 (Round x2)	18471,0 m
Del.3 Connection round	719,9 m
Del.4 Finish	545,2 m
<b>Total measured without adjustment</b>	<b>21028,0 m</b>
<b>Required distance</b>	<b>21 097,50 m</b>
<b>Distance is too short (MUST be adjusted towards START LINE)</b>	<b>-69,46 m</b>

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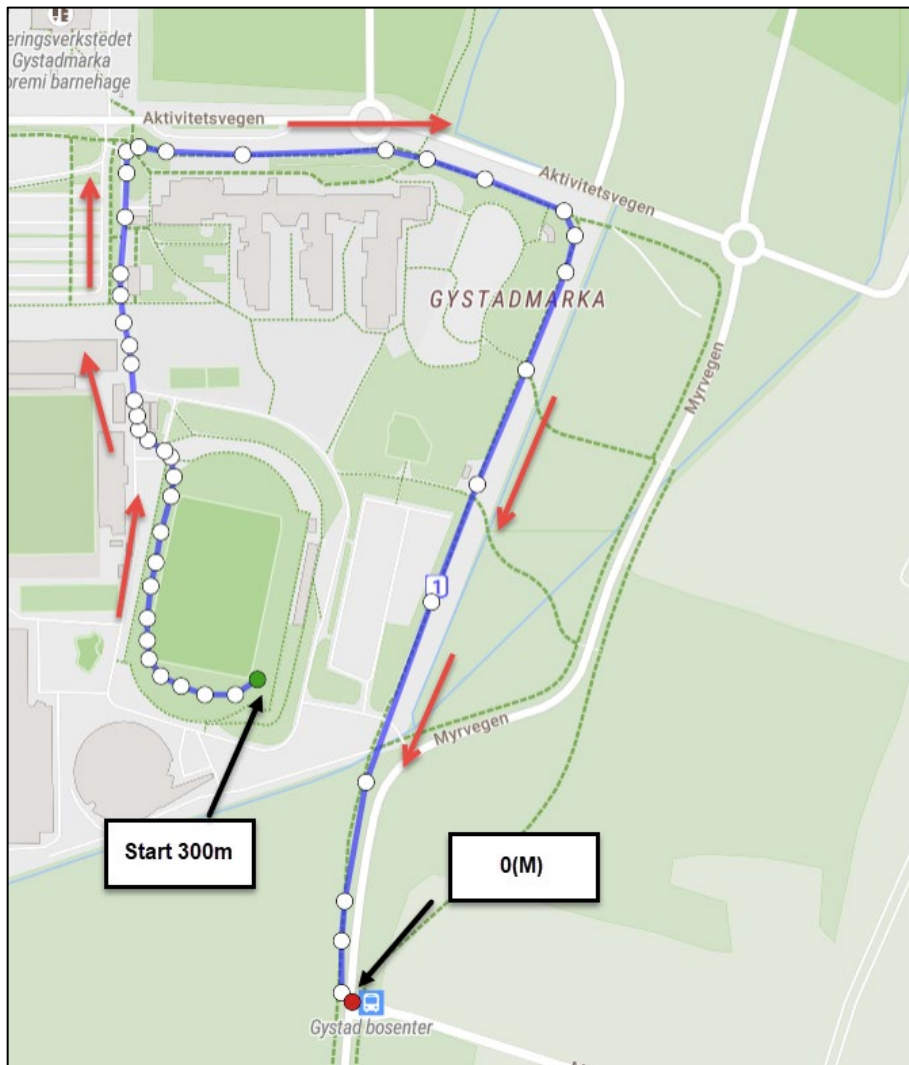
## CONCLUSION OF MEASUREMENT

### 1. Measurement method

The course is divided in sections/parts.

Where:

- **300m** – line in lane 1
- **0(M)** – marked reference point in Myrvegen street
- **0(G)** – marked reference point in Gystamarka
- **Part :1.0 START** from **300m (line)** to **0(M)** point



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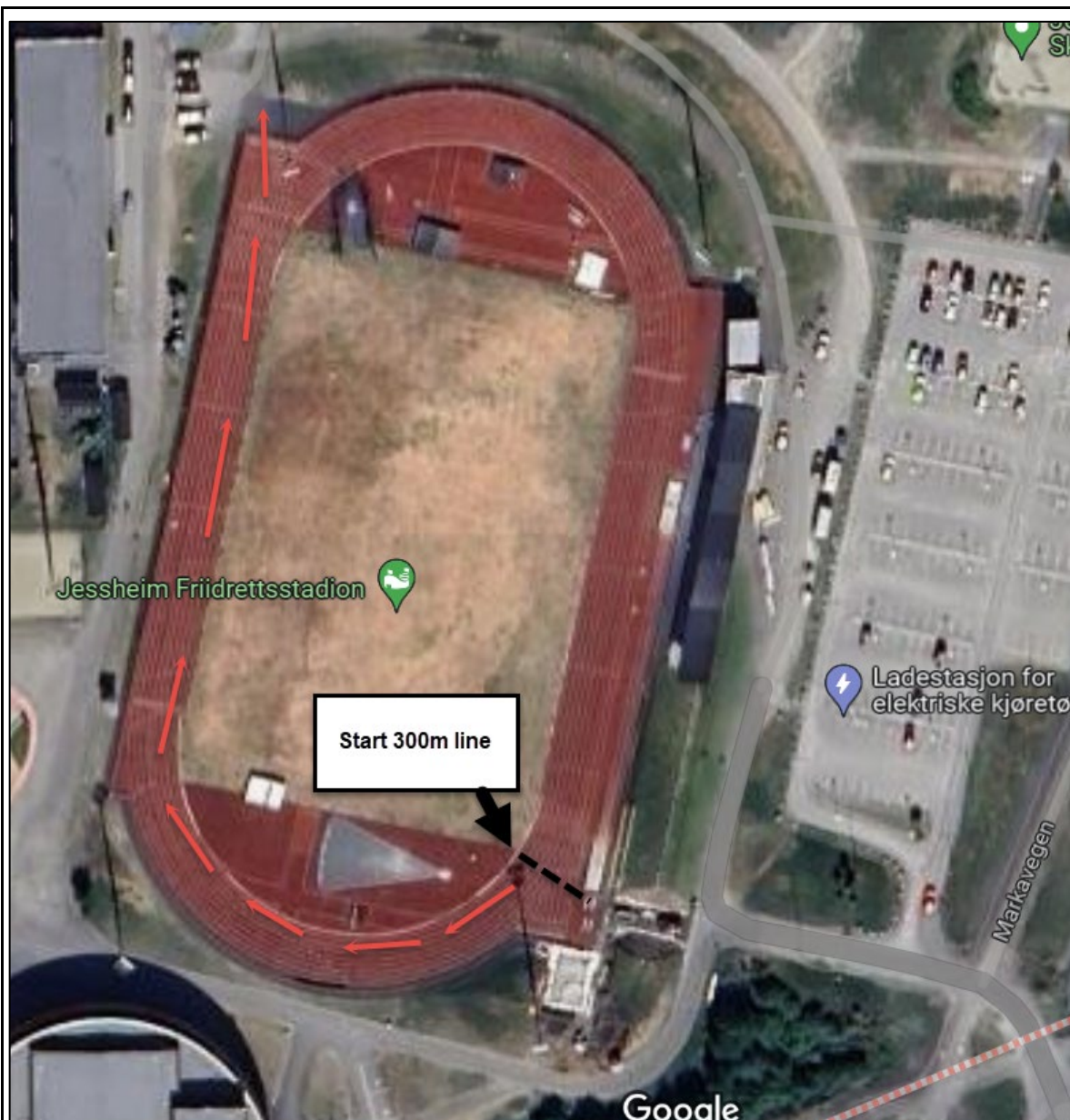
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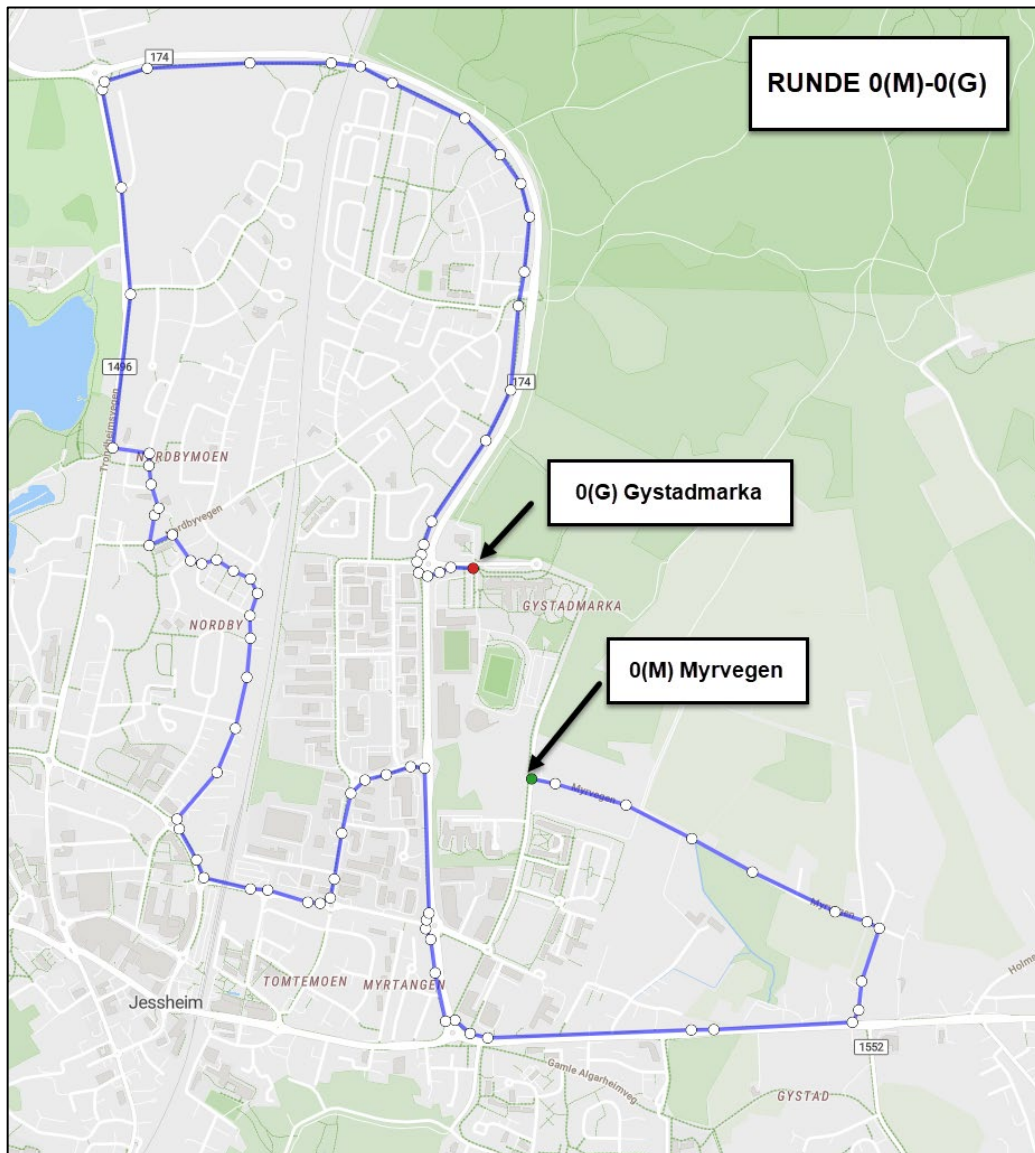
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- **Part :2.0 ROUND** -From **0(M)** til **0(G)**



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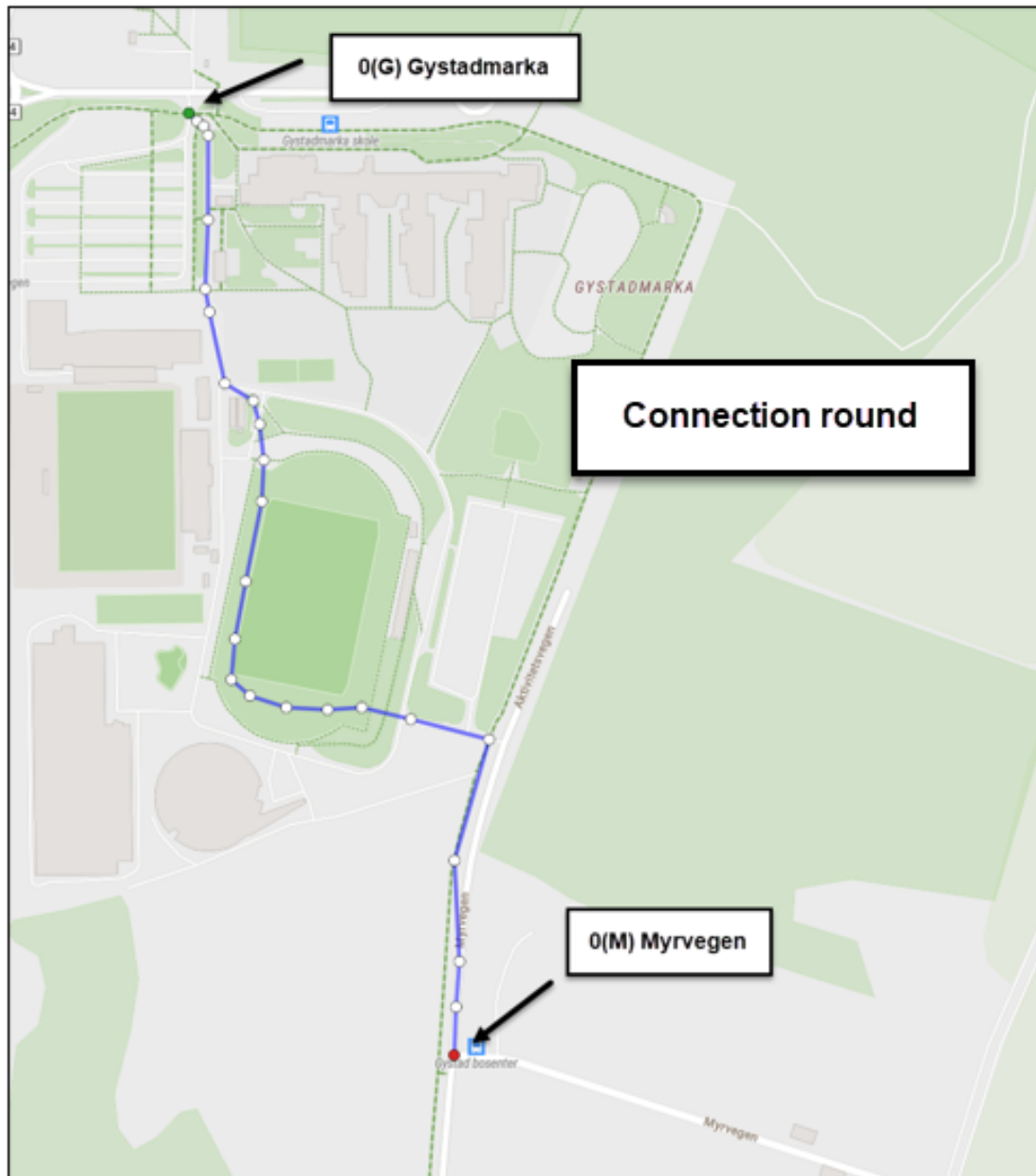
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- **Part :3.0 CONNECTION ROUND** -From **0(G)** to **0(M)** via Stadion



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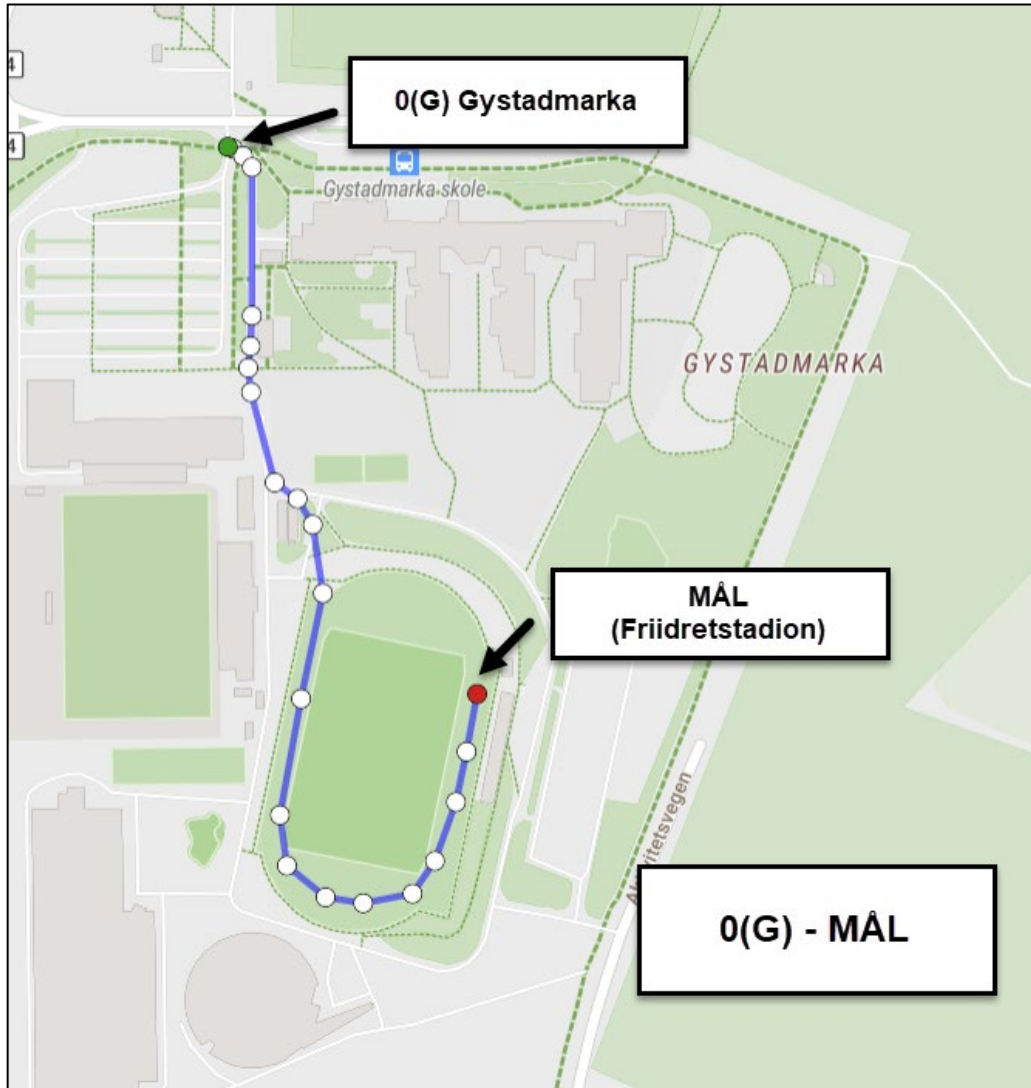
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- **Part:4.0 to FINISH** -From **0(G)** to **Finish line** (Jessheim Athletics Stadium)





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## 2. Course adjustment

**Start and Finish** is located on **Jessheim Athletics Stadium**.

The finish line is at the Jessheim stadium where the line 1 has a finish.

The shortest path was measured and bands/cones/barriers must be set up where it is possible to cut the bends. This was reviewed along the way.

Total measured without adjustment	21028,0 m
Required distance	21 097,50 m
Distance is too short (MUST be adjusted towards START LINE)	-69,46 m



CALIBRATION COURSE MAP

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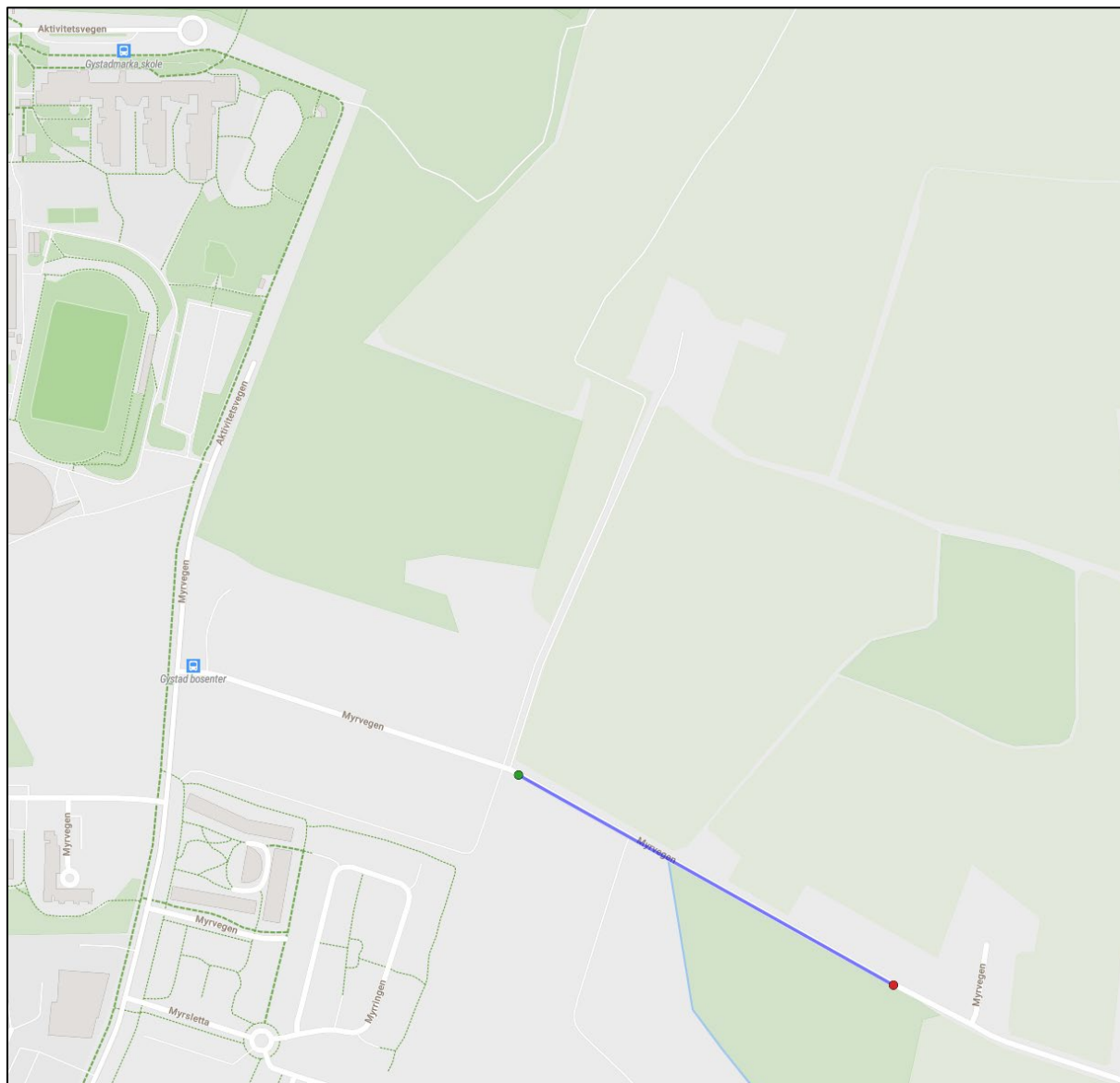
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## COURSE MAP & DESCRIPTION

