

Media Schedule 2025

Our readers are great consumers of exercise equipment and sports articles. They are active in running, cycling and skiing. Our readers are beginners and experienced runners, young and old and elite athletes. They all want to get in shape!

Ads 2025

(Organizer advertisers)

Regular issues (12.500 copies)

****Bergen City Marathon (10.000 copies)**

2/1 page:	NOK 20.000
1/1 page:	NOK 12.500
1/2 page:	NOK 7.500
1/4 page:	NOK 4.500
1/8 page:	NOK 2.500

Racecalendar (14.000 copies)

2/1 page:	NOK 28.000
1/1 page:	NOK 18.000
1/2 page:	NOK 10.000
1/4 page:	NOK 6.000
1/8 page:	NOK 3.500

***Holmenkollmarsjen special**

***Sentrumsløpet special**

1/1 page:	NOK 7.000
1/2 page:	NOK 5.000
1/4 page:	NOK 3.000
1/8 page:	NOK 1.500

* distributed continously through the organizer`s own social media and the organizer`s newsletter (those who have consented). In addition, the spesial editions are published on kondis.no and Kondis` Facebook page.

Winter

Contains more than 450 races in running and cross country skiing and other winter events. Distributed in 14.000 copies.

Prices attachments

Kondis takes attachments, either loose or as part of the magazine. Price on request.

All prices are inclusive colors

Price between NOK 300-500 for help completing advertisement

Discount:

2 inserts	20% discount
3-4 inserts	25% discount
5-6 inserts	30% discount
7-9 inserts	35% discount

Technical specifications

Format:	A4 (210 x 297 mm.)
Print area:	260 x 185 mm.
Paper:	115 g gloss cover 16 pages, 90 g gloss
Print:	Offset
Ads:	Print-ready PDF, images in 300 dpi. Colors in CMYK

Ad Formats (with x height)

1/1 page:	210x297 mm + 5 mm
1/2 page:	190x130 mm + 90x270 mm
1/4 page:	90x130 mm eller 190x60 mm
1/8 page:	190x30 mm eller 90x60 mm

Delivery:

Print-ready PDF, images in 300 dpi. Colors in CMYK

Contact:

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Kondis is an organisation for runners, cross country skiers, cyclists and triathletes who put a lot of recourses and time to participate in races and stay in a good shape. The organisation is a nonprofit organization which target is to encourage endurance training and competing. Kondis has 11 731 members per 1.1 2025



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Edition	Deadline	Distribution	Comments
1	16. jan	31. jan	
2	6. mars	21. mars	
3	24. april	9. mai	
4	24. april	9. mai	Race calendar summer 14.000 copies
5	12. june	27. june	
6	21. aug	5. sept	
7	16. oct	31. oct	
8	4. dec	19. dec	
9	4. dec	19. dec	Race calendar winter 14.000 copies

Edition	Deadline	Distribution	Comments
Special edition*	28. mars	10. apr. - 26. apr.	Digital edition Sentrumsløpet
Special edition**	28. mars	24. apr. - 26. apr.	Print edition Bergen City Marathon
Special edition*	28. nov.	15. dec. - 1. mar	Digital edition Holmenkollmarsjen

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