

Media Schedule 2022

Our readers are great consumers of exercise equipment and sports articles. They are active in skiing, cycling and running. Our readers do not want to get in shape - they are in shape!

Ads 2022

(Commercial advertisers)

Regular issues (14.000 copies)

2/1 page:	NOK 30.500
1/1 page:	NOK 18.900
1/2 page:	NOK 11.000
1/4 page:	NOK 6.400
1/8 page:	NOK 3.800

Racecalendars

2/1 page:	NOK 57.900
1/1 page:	NOK 33.900
1/2 page:	NOK 18.000
1/4 page:	NOK 11.500
1/8 page:	NOK 6.750

***Holmenkollmarsjen special**

***Bergen City Marathon special**

***Trondheim Marathon special**

***Sentrumsløpet special**

1/1 page:	NOK 33.900
1/2 page:	NOK 18.000
1/4 page:	NOK 11.500

* distributed continuously through the organizer's own social media and the organizer's newsletter (those who have consented). In addition, the special 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 34.000 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	10% discount
3-4 inserts	15% discount
5-6 inserts	20% discount
7-9 inserts	25% 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 resources 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 11 465 members per 1.11 2021



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Edition	Deadline	Distribution	Comments
1	18. jan	2. feb	
2	8. mars	23. mars	
3	26. april	11. mai	
4	26. april	11. mai	Race calendar summer 20.000 copies
5	8. june	22. june	
6	31. aug	14. sept	
7	12. oct	26. oct	
8	29. nov	14. dec	
9	29. nov	14. dec	Race calendar winter 20.000 copies

Edition	Deadline	Distribution	Comments
Special edition*	25. jan	1. feb. - 23. apr.	Digital edition Sentrumsløpet
Special edition*	1. feb	7. feb. - 30. apr.	Digital edition Bergen City Marathon
Special edition*	15. july	1. aug. - 3. sept.	Digital edition Trondheim Maraton
Special edition*	1. nov.	15. nov - 11. mar.	Digital edition Holmenkollmarsjen

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