**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**

(Organizer advertisers)

**Regular issues (14,000 copies)**

- 2/1 page: NOK 18,000
- 1/1 page: NOK 10,500
- 1/2 page: NOK 9,350
- 1/4 page: NOK 5,950
- 1/8 page: NOK 2,150

**Racecalendar**

- 2/1 page: NOK 29,500
- 1/1 page: NOK 18,500
- 1/2 page: NOK 9,500
- 1/4 page: NOK 5,950
- 1/8 page: NOK 3,350

*Holmenkollmarsjen special*

*Bergen City Marathon special*

*Trondheim Marathon special*

*Sentrumsløpet special*

- 1/1 page: NOK 18,500
- 1/2 page: NOK 9,500
- 1/4 page: NOK 5,950

*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 180x60 mm
- 1/8 page: 190x30 mm eller 90x60 mm

**Delivery:**

Print ready PDF images in 300 dpi. Colors in CMYK

**Contact:**

Trond Hansen  
Phone: 41 27 84 72  
E-mail: trond.hansen@kondis.no

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 11,536 members per 11.2022

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**Media Schedule 2022**

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<th>Edition</th>
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