

Media Schedule 2024

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 2024

(Organizer advertisers)

Regular issues (14.000 copies)

2/1 page: NOK 20.000
 1/1 page: NOK 12.000
 1/2 page: NOK 7.000
 1/4 page: NOK 4.250
 1/8 page: NOK 2.500

Racecalendar (16.000 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

** Bergen City Marathon special

* Trondheim Marathon special

* Sentrumsløpet special

1/1 page: NOK 12.000
 1/2 page: NOK 7.000
 1/4 page: NOK 4.250

* distributed continusly 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.

** Print edition

Winter

Contains more than 450 races in running and cross country skiing and other winter events. Distributed in 16.000 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 11 672 members per 01.01. 2023



Media Schedule 2024

Edition	Deadline	Distribution	Comments
1	18. jan	2. feb	
2	7. mars	22. mars	
3	25. april	10 may	
4	25. april	10. may	Race calendar summer 14.000 copies
5	6. june	21. june	
6	29. aug	13. sept	
7	10. oct	25. oct	
8	28. nov	13. dec	
9	28. nov	13. dec	Race calendar winter 14.000 copies

Edition	Deadline	Distribution	Comments
Special edition*	25. mars	1 apr - 27. apr.	Digital edition Sentrumsløpet
Special edition*	1. april	25. apr - 27. apr.	Print edition Bergen City Marathon
Special edition*	15. june	1 july - 7. sept.	Digital edition Trondheim Maraton
Special edition*	31. oct.	1 nov - 15. feb.	Digital edition Holmenkollmarsjen

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