

Media Schedule 2026

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 2026

(Commercial advertisers)

Regular issues (12.000 copies)

2/1 page:	NOK 32.900
1/1 page:	NOK 23.900
1/2 page:	NOK 14.900
1/4 page:	NOK 8.900
1/8 page:	NOK 4.900

Racecalendars (13.000 copies)

2/1 page:	NOK 54.900
1/1 page:	NOK 35.400
1/2 page:	NOK 18.900
1/4 page:	NOK 12.400
1/8 page:	NOK 7.400

* Sentrumsløpet special

** Bergen City Marathon special (10.000 copies)

2/1 page:	NOK 32.900**
1/1 page:	NOK 16.000* / NOK 23.900**
1/2 page:	NOK 9.000* / NOK 14.900**
1/4 page:	NOK 5.500* / NOK 8.900**
1/8 page:	NOK 3.500* / NOK 4.900**

* 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

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:

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 12.251 members per 19.09. 2025



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Edition	Deadline	Distribution	Comments
1	15. jan	30. jan	
2	5. mars	20. mars	
3	23. april	8. may	
4	23. april	8. may	Race calendar summer 13.000 copies
5	11. june	26. june	
6	20. aug	4. sept	
7	15. oct	30. oct	
8	3. dec	18. dec	
9	3. dec	18. dec	Race calendar winter 13.000 copies

Edition	Deadline	Distribution	Comments
Special edition*	25. mars	1. apr - 25. apr.	Digital edition Sentrumsløpet
Special edition**	25. mars	23. apr - 25. apr.	Print edition Bergen City Marathon

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