

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

(Commercial advertisers)

Regular issues (14.000 copies)

2/1 page:	NOK 32.500
1/1 page:	NOK 22.000
1/2 page:	NOK 13.500
1/4 page:	NOK 7.500
1/8 page:	NOK 4.500

Racecalendars (16.000 copies)

2/1 page:	NOK 55.000
1/1 page:	NOK 35.500
1/2 page:	NOK 19.000
1/4 page:	NOK 12.500
1/8 page:	NOK 7.250

* Holmenkollmarsjen special

** Bergen City Marathon special

* Sentrumsløpet special

1/1 page:	NOK 22.000
1/2 page:	NOK 13.500
1/4 page:	NOK 7.500
1/4 page:	NOK 4.500,-

* 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.

** Print edition

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	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 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 11.427 members per 01.01 2024.



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Edition	Deadline	Distribution	Comments
1	18. jan	2. feb	
2	7. mars	22. mars	
3	25. april	10. mai	
4	25. april	10. mai	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*	31. oct.	1. nov - 15. feb.	Digital edition Holmenkollmarsjen

* 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.

