

## 2019 Nordic Championship - Poomsae competition

Group	Name	Club
A • Freestyle group under 18	Ebba-Ling Tembert - Freja Gunnarsson - Jonathan Eriksson - Yezi He Gustafsson - Vincent Saigne	National Team of Sweden
A • Freestyle individual female over 18	Steinunn Selma Jónsdóttir	Afturelding
A • Freestyle individual female over 18	Eva Sandersen	Gangnam
A • Freestyle individual female over 18	Linnea Ruiz Mutikainen	National Team of Sweden
A • Freestyle individual female over 18	Amalie Benfeldt Poulsen	Skanderborg Moo Sa DENMARK
A • Freestyle individual female under 18	Lisa Tobiasson	National Team of Sweden
A • Freestyle individual female under 18	Janice Jin	National Team of Sweden
A • Freestyle individual female under 18	Isabelle Lammers	National Team of Sweden
A • Freestyle individual female under 18	Melanie Møller	Solrød Taekwondo
A • Freestyle individual male over 18	Johan Diget Holleder	gladsaxe taekwondo
A • Freestyle individual male over 18	Bjørn Laug	Hwa Rang Team Drammen
A • Freestyle individual male over 18	Emil Nørby	Risskov Taekwondo klub
A • Freestyle individual male over 18	Christian Kamphuis	Team Finland
A • Freestyle individual male under 18	Andreas Bregnballe Sørensen	Skanderborg Moo Sa DENMARK
A • Freestyle individual male under 18	Þorsteinn Ragnar Guðnason Strupler	Selfoss
A • Freestyle pair over 18	Amalie Benfeldt Poulsen - Thomas Purup	Skanderborg Moo Sa DENMARK
A • Freestyle pair under 18	Ásthildur Emma Ingileifardóttir - Wiktor Sobczynski	Afturelding
A • Freestyle pair under 18	Norah Ladegaard-Pedersen - Quincy Kliba	Baekdusan Taekwondo
A • Freestyle pair under 18	Elin Fors - Vincent Saigne	National Team of Sweden
A • Freestyle pair under 18	Denise Son - Mille Bergh	National Team of Sweden
A • Group cadet (F+F+F)	Regina Bergmann Guðmundsdóttir - Iðunn Anna Eyjólfssdóttir - Ásthildur Emma Ingileifardóttir	Afturelding
A • Group cadet (F+F+F)	Ebba-Ling Tembert - Elin Fors - Freja Gunnarsson	National Team of Sweden
A • Group cadet (F+F+F)	Aino Kortelainen - Quinones Sara - Sofia Sarala	Team Finland
A • Group cadet (F+F+F)	Sofia Sarala - Bella Buuri - Victoria Hentunen	Team Finland
A • Group cadet (F+F+F)	Nete Brønnum-Carlson - Camille La Cour - Amalie Petersen	Herlev Taekwondo Klub
A • Group junior (M+M+M)	Joonas Järvenpää - Eero Halenius - Methasit Kopisto	Team Finland
A • Group junior (F+F+F)	Álfdis Freyja Hansdóttir - Sunneva Eldbj. Sigtryggssdóttir - Ibtisam El Bouazzati	Ármann - Afturelding - ÍR
A • Group junior (F+F+F)	Alba Diget Holleder - Caroline Amby - Silje Liborius	gladsaxe taekwondo klub / Klub TKD Keumgang
A • Group junior (F+F+F)	Amalie Hofflund - Sofie Ahlquist Rimbækklund Nielsen - Melanie Møller	Islev Taekwondo / Solrød Taekwondo
A • Group junior (F+F+F)	Lisa Tobiasson - Janice Jin - Cornelia Lelinge	National Team of Sweden
A • Group junior (F+F+F)	Naam Suomalainen - Mia Knutsson - Helmi Riuttala	Team Finland
A • Group junior (F+F+F)	Tara Tuokko - Noora Sepponen - Aino Kangasmaa	Team Finland
A • Group junior (M+M+M)	Nikolaj Amby - Bastian Tinggaard Byrgesen - Victor Frisch Schultz	Herlev Taekwondo Klub
A • Group junior (M+M+M)	Jonas Golmen - Andy Nguyen - Andre Rishovd Mjølén	Hwa Rang Team Drammen
A • Group junior (M+M+M)	Olle Tegner - Måns Dahlgren - Jonathan Eriksson	National Team of Sweden
A • Group senior over 30 (M+M+M)	Sampsu Aukio - Ville Lehtinen - Kim Rejman	Team Finland
A • Group senior under 30 (F+F+F)	Louise Ahlquist Rimbækklund Nielsen - Nikoline Frølich - Caroline La Cour	Islev Taekwondo / Skive Taekwondo
A • Group senior under 30 (F+F+F)	Alicia Brännback - Linnea Ruiz Mutikainen - Nora Hahr	National Team of Sweden
A • Group senior under 30 (F+F+F)	Johanna Lim Falk - Jennifer Viljakainen - Minji Kim	National Team of Sweden
A • Group senior under 30 (F+F+F)	Elina Tiikainen - Nea Säynäjoki - Linda Räkköläinen	Team Finland
A • Group senior under 30 (M+M+M)	Johan Diget Holleder - Emil Nørby - Danish Hameed	gladsaxe taekwondo
A • Group senior under 30 (M+M+M)	Bjørn Laug - Arnas Miseikis - Joakim Nilsen	Hwa Rang Team Drammen
A • Group senior under 30 (M+M+M)	Olli Siltanen - Christian Kamphuis - Frans Salmi	Team Finland
A • Individual female cadet	Ásthildur Emma Ingileifardóttir	Afturelding
A • Individual female cadet	Kanyawi Khawdee Moss	Bergen Nord Taekwondoklubb
A • Individual female cadet	Olivia Björck	National Team of Sweden
A • Individual female cadet	Norah Ladegaard-Pedersen	National Team of Sweden
A • Individual female cadet	Ebba-Ling Tembert	National Team of Sweden
A • Individual female cadet	Elin Fors	National Team of Sweden
A • Individual female cadet	Freja Gunnarsson	National Team of Sweden
A • Individual female cadet	Yezi He Gustafsson	National Team of Sweden
A • Individual female cadet	Camille La Cour	Skive Taekwondo Klub
A • Individual female cadet	Aino Kortelainen	Team Finland
A • Individual female cadet	Quinones Sara	Team Finland
A • Individual female cadet	Sofia Sarala	Team Finland
A • Individual female cadet	Bella Buuri	Team Finland
A • Individual female junior	Álfdis Freyja Hansdóttir	Ármann
A • Individual female junior	Katharina von Münchow	Gangnam
A • Individual female junior	Alba Diget Holleder	gladsaxe taekwondo klub
A • Individual female junior	Rebecca de Jong Nordberg	Haga Taekwondo
A • Individual female junior	Anette Nilsen	Hwa Rang Team Drammen
A • Individual female junior	Thea Andrine Skjenald Tandberg	Hwa Rang Team Drammen
A • Individual female junior	Amalie Hofflund	Islev Taekwondo
A • Individual female junior	Sofie Ahlquist Rimbækklund Nielsen	Islev Taekwondo
A • Individual female junior	Ellen Bökman	National Team of Sweden
A • Individual female junior	Lisa Tobiasson	National Team of Sweden
A • Individual female junior	Janice Jin	National Team of Sweden
A • Individual female junior	Cornelia Lelinge	National Team of Sweden
A • Individual female junior	Caroline Amby	Risskov Taekwondo klub
A • Individual female junior	Lucia Brieghel	Skive Taekwondo Klub
A • Individual female junior	Silje Liborius	Skive Taekwondo Klub
A • Individual female junior	Denise Son	Team Academy
A • Individual female junior	Tara Tuokko	Team Finland
A • Individual female junior	Noora Sepponen	Team Finland
A • Individual female junior	Aino Kangasmaa	Team Finland
A • Individual female junior	Naam Suomalainen	Team Finland
A • Individual female junior	Elvi Ollila	Team Finland
A • Individual female junior	Mia Knutsson	Team Finland
A • Individual female junior	Helmi Riuttala	Team Finland
A • Individual female junior	Enna Turunen	Team Finland
A • Individual female junior	Melanie Møller	Solrød Taekwondo
A • Individual female junior	Isabelle Lammers	National Team of Sweden
A • Individual female senior over 30	Steinunn Selma Jónsdóttir	Afturelding
A • Individual female senior over 30	Gerður Eva Halldórsdóttir	Ármann
A • Individual female senior over 30	Rie Friberg Lund	Gangnam
A • Individual female senior over 30	Eva Sandersen	Gangnam
A • Individual female senior over 30	Ayla Bonsak	Hamar Taekwondoklubb
A • Individual female senior over 30	Rikke Heggedal	Hamar Taekwondoklubb
A • Individual female senior over 30	Michelle Sejersgaard Jakobsen	Herlev Taekwondo Klub
A • Individual female senior over 30	Louise Ahlquist Rimbækklund Nielsen	Islev Taekwondo
A • Individual female senior over 30	Alicia Brännback	National Team of Sweden
A • Individual female senior over 30	Linnea Ruiz Mutikainen	National Team of Sweden
A • Individual female senior over 30	Nora Hahr	National Team of Sweden
A • Individual female senior over 30	Emma Sjöberg	National Team of Sweden
A • Individual female senior over 30	Jennifer Viljakainen	National Team of Sweden

A • Individual female senior under 30	Johanna Lim Falk	National Team of Sweden
A • Individual female senior under 30	Tuva Hatlen Kjødnes	Oslo taekwondo klubb
A • Individual female senior under 30	Annesofie Leuenhagen Fredberg	Skanderborg Moo Sa DENMARK
A • Individual female senior under 30	Caroline La Cour	Skive Taekwondo Klub
A • Individual female senior under 30	Nikoline Frølich	Skive Taekwondo Klub
A • Individual female senior under 30	Minji Kim	Team Academy
A • Individual female senior under 30	Mira Mänty	Team Finland
A • Individual female senior under 30	Milla Knutsson	Team Finland
A • Individual female senior under 30	Elna Tikkanen	Team Finland
A • Individual female senior under 30	Nea Säynäjoki	Team Finland
A • Individual female senior under 30	Linda Rökköläinen	Team Finland
A • Individual female senior under 30	Eevi Huuskonen	Team Finland
A • Individual female senior under 40	María Guðrún Sveinbjörnsdóttir	Afturelding
A • Individual female senior under 40	Lisa Lents	Gladsaxe Taekwondo Klub
A • Individual female senior under 40	Laura Pihkala	Team Finland
A • Individual female senior under 40	Johanna Nukari	Team Finland
A • Individual female senior under 40	Triin Saviauk	Team Finland
A • Individual female senior under 40	Nina Bansal	Tveita Taekwondoklubb
A • Individual female senior under 50	Lene Kjær	Islev Taekwondo
A • Individual female senior under 60	Gro Rishovd Miøen	Hwa Rang Team Drammen
A • Individual female senior under 60	Lillian Fossum	Hwa Rang Team Drammen
A • Individual female senior under 60	Lotta Dahlqvist	National Team of Sweden
A • Individual female senior under 60	Sirpa Huuskonen	Team Finland
A • Individual female senior under 60	Riitta Patrikainen	Team Finland
A • Individual male cadet	Wiktor Sobczynski	Afturelding
A • Individual male cadet	Gustav Lelinge	National Team of Sweden
A • Individual male cadet	Alex Jürgens	Team Finland
A • Individual male junior	Hákon Jan Norðfjörð	Ármann
A • Individual male junior	Anthony Siliang Tran	CHONKWON VESTLI TAEKWONDO
A • Individual male junior	Theodor Solberg Brodersen	Hamar Taekwondoklubb
A • Individual male junior	Sander Skar	Hamar Taekwondoklubb
A • Individual male junior	Victor Frisch Schultz	Herlev Taekwondo Klub
A • Individual male junior	Andy Nguyen	Hwa Rang Team Drammen
A • Individual male junior	Andre Rishovd Miøen	Hwa Rang Team Drammen
A • Individual male junior	Jonas Golmen	Hwa Rang Team Drammen
A • Individual male junior	Bastian Thinggaard Byrgesen	Ikast Taekwondo klub
A • Individual male junior	Andri Sævar Arnarsson	Keflavik
A • Individual male junior	Olle Tegner	National Team of Sweden
A • Individual male junior	Måns Dahlgren	National Team of Sweden
A • Individual male junior	Jonathan Eriksson	National Team of Sweden
A • Individual male junior	Emil Truelsen	Ringsted taekwondoklub
A • Individual male junior	Nikolaj Amby	Risskov Taekwondo klub
A • Individual male junior	Vincent Saigne	Team Academy
A • Individual male junior	Joonas Järvenpää	Team Finland
A • Individual male junior	Eero Halenius	Team Finland
A • Individual male junior	Methasit Kopisto	Team Finland
A • Individual male junior	Porsteinn Ragnar Guðnason Strupler	Selfoss
A • Individual male minor	Noel Hinder	National Team of Sweden
A • Individual male senior under 30	Eyþór Atli Reynisson	Ármann
A • Individual male senior under 30	Johan Diget Holleederer	gladsaxe taekwondo
A • Individual male senior under 30	Thomas Monsen	Hamar Taekwondoklubb
A • Individual male senior under 30	Mathias Jespersgaard Laursen	Herlev Taekwondo Klub
A • Individual male senior under 30	Bjørn Laug	Hwa Rang Team Drammen
A • Individual male senior under 30	Joakim Nilsen	Hwa Rang Team Drammen
A • Individual male senior under 30	Arnas Miseikis	Hwa Rang Team Drammen
A • Individual male senior under 30	Danish Hameed	Hwarang Rødovre Taekwondo Klub Denmark
A • Individual male senior under 30	Lukas Kaslund	Islev Taekwondo
A • Individual male senior under 30	Anton Olsen	Islev Taekwondo
A • Individual male senior under 30	Ágúst Kristinn Eðvarðsson	Keflavik
A • Individual male senior under 30	Daniel Arnar Ragnarsson Viborg	Keflavik
A • Individual male senior under 30	Jesper Ladegaard-Pedersen	National Team of Sweden
A • Individual male senior under 30	Simon Gustafsson	National Team of Sweden
A • Individual male senior under 30	Richard Coltelius	National Team of Sweden
A • Individual male senior under 30	Sune Østli	Oslo Taekwondo Klubb
A • Individual male senior under 30	Simon Thomsen	Skive Taekwondo Klub
A • Individual male senior under 30	Filip Sandström	Team Academy
A • Individual male senior under 30	Christian Kamphuis	Team Finland
A • Individual male senior under 30	Frans Salmi	Team Finland
A • Individual male senior under 30	Olli Siltanen	Team Finland
A • Individual male senior under 40	Sampsa Aukio	Team Finland
A • Individual male senior under 40	Ville Lehtinen	Team Finland
A • Individual male senior under 50	Se Buorn Tran	CHONKWON VESTLI TAEKWONDO
A • Individual male senior under 50	Jan Helge Mehren	Hwa Rang Team Drammen
A • Individual male senior under 50	Allan Olsen	Islev Taekwondo
A • Individual male senior under 50	JiPyo Lim	National Team of Sweden
A • Individual male senior under 50	Kim Nedergaard	Skive Taekwondo Klub
A • Individual male senior under 50	Antti Mynttinen	Team Finland
A • Individual male senior under 60	Jørn Christian Andersen	Herlev Taekwondo Klub
A • Individual male senior under 60	Josef Chiu	National Team of Sweden
A • Individual male senior under 60	Niklas Tembort	National Team of Sweden
A • Individual male senior under 60	Matti Huuskonen	Team Finland
A • Individual male senior under 60	Kim Rejman	Team Finland
A • Pair cadet (M+F)	Wiktor Sobczynski - Ásthildur Emma Ingileifardóttir	Afturelding
A • Pair cadet (M+F)	Norah Ladegaard-Pedersen - Gustav Lelinge	National Team of Sweden
A • Pair cadet (M+F)	Victoria Hentunen - Alex Jürgens	Team Finland
A • Pair junior (M+F)	Sunneva Eldbj. Sigtryggsdóttir - Andri Sævar Arnarsson	Afturelding / Keflavik
A • Pair junior (M+F)	Álfdis Freyja Hansdóttir	Ármann
A • Pair junior (M+F)	Hákon Jan Norðfjörð - Álfdis Freyja Hansdóttir	Ármann
A • Pair junior (M+F)	Caroline Amby - Victor Frisch Schultz	Herlev Taekwondo Klub
A • Pair junior (M+F)	Andy Nguyen - Anette Nilsen	Hwa Rang Team Drammen
A • Pair junior (M+F)	Andre Rishovd Miøen - Thea Andrine Skjenald Tandberg	Hwa Rang Team Drammen
A • Pair junior (M+F)	Sofie Ahlquist Rimbækklund Nielsen - Emil Truelsen	Islev Taekwondo / Ringsted Taekwondo
A • Pair junior (M+F)	Ibtisam El Bouazzati - Porsteinn Ragnar Guðnason Strupler	ÍR - Selfoss
A • Pair junior (M+F)	Ellen Bökman - Måns Dahlgren	National Team of Sweden
A • Pair junior (M+F)	Cornelia Lelinge - Jonathan Eriksson	National Team of Sweden
A • Pair junior (M+F)	Olle Tegner - Janice Jin	National Team of Sweden
A • Pair junior (M+F)	Mia Knutsson - Methasit Kopisto	Team Finland
A • Pair junior (M+F)	Helmi Riuttala - Joonas Järvenpää	Team Finland

A • Pair junior (M+F)	Eero Halenius - Elvi Ollila	Team Finland
A • Pair minior (M+F)	Isabelle Lammers - Noel Hinder	National Team of Sweden
A • Pair senior over 30 (M+F)	Allan Olsen - Lene Kjaer	Islev Taekwondo
A • Pair senior over 30 (M+F)	Josef Chiu - Lotta Dahlqvist	National Team of Sweden
A • Pair senior over 30 (M+F)	Johanna Nukari - Kim Rejman	Team Finland
A • Pair senior over 30 (M+F)	Triin Saviauk - Ville Lehtinen	Team Finland
A • Pair senior over 30 (M+F)	Sampsu Aukio - Laura Pihkala	Team Finland
A • Pair senior over 30 (M+F)	Riitta Patrikainen - Antti Mynttinen	Team Finland
A • Pair senior over 30 (M+F)	Lisa Lents - Kim Nedergaard	Gladsaxe Taekwondo Klub - Skive Taekwondo Klub
A • Pair senior under 30 (M+F)	Steinunn Selma Jónsdóttir - Ágúst Kristinn Eðvarðsson	Afturelding / Keflavik
A • Pair senior under 30 (M+F)	Eyþór Atli Reynisson - Gerður Eva Halldórsdóttir	Ármann
A • Pair senior under 30 (M+F)	Rikke Heggedal Thomas Monsen	Hamar Taekwondoklubb
A • Pair senior under 30 (M+F)	Louise Ahlquist Rimbækklund Nielsen - Lukas Kaslund	Islev Taekwondo
A • Pair senior under 30 (M+F)	Alicia Brännback - Richard Cottelius	National Team of Sweden
A • Pair senior under 30 (M+F)	Emma Sjöberg - Simon Gustafsson	National Team of Sweden
A • Pair senior under 30 (M+F)	Jesper Ladegaard-Pedersen - Nora Hahr	National Team of Sweden
A • Pair senior under 30 (M+F)	Sune Østli - Tuva Hatlen Kjødnes	Oslo Taekwondo Klubb
A • Pair senior under 30 (M+F)	Nikoline Frølich - Simon Thomsen	Skive Taekwondo Klub
A • Pair senior under 30 (M+F)	Minji Kim - Filip Sandström	Team Academy
A • Pair senior under 30 (M+F)	Eevi Huuskonen - Olli Siltanen	Team Finland
B • Freestyle individual female under 18	Sofia Bregnballe Sørensen	Skanderborg Moo Sa DENMARK
B • Freestyle individual female under 18	Signe Damgaard	Skanderborg Moo Sa DENMARK
B • Freestyle individual female under 18	Laura Nancke	Skanderborg Moo Sa DENMARK
B • Freestyle individual male under 18	Mille Bergh	Team Academy
B • Group cadet (F+F+F)	Amalie Petersen - Camille La Cour - Nete Brønnum-Carlson	Herlev Taekwondo Klub
B • Group cadet (M+M+M)	Zayd El Bouazzati - Daniel Viljar Sigtryggsson - Vigsteinn Frosti Hauksson	Afturelding / ÍR
B • Individual female cadet	Ásta Kristbjörnsdóttir	Afturelding
B • Individual female cadet	Regína Bergmann Guðmundsdóttir	Afturelding
B • Individual female cadet	Iðunn Anna Eyjólfsdóttir	Afturelding
B • Individual female cadet	Áþena Rán Stefánsdóttir	Afturelding
B • Individual female cadet	Ran Chang Hlesdóttir	Ármann
B • Individual female cadet	Felicia Leventin	Baekdusan Taekwondo
B • Individual female cadet	Nete Brønnum-Carlson	Herlev Taekwondo Klub
B • Individual female cadet	Amalie Petersen	Islev Taekwondo
B • Individual female cadet	Signe Damgaard	Skanderborg Moo Sa DENMARK
B • Individual female cadet	Laura Nancke	Skanderborg Moo Sa DENMARK
B • Individual female cadet	Benedikta Valgerður Jónsdóttir	KR
B • Individual female junior	Sunneva Eldbjörg Sigtryggsdóttir	Afturelding
B • Individual female junior	Sophia Ladewig	Herlev Taekwondo Klub
B • Individual female minior	Caroline Hofflund	Islev Taekwondo
B • Individual female senior under 50	Hulda Dagmar Magnúsdóttir	Fram
B • Individual male cadet	Vigsteinn Frosti Hauksson	Afturelding
B • Individual male cadet	Daniel Viljar Sigtryggsson	Afturelding
B • Individual male cadet	Lucas Glass Nicolaisen	Islev Taekwondo
B • Individual male cadet	Zayd El Bouazzati	ÍR
B • Individual male cadet	Mille Bergh	Team Academy
B • Individual male cadet	Jón Steinar Mikaelsson	Keflavik
B • Individual male junior	Mikkel Wellejus Dybæk	Herlev Taekwondo Klub
B • Individual male junior	Gabriel Kristján Kristjánsson Grimm	ÍR
B • Individual male minior	Pétur Valur Thors	Ármann
B • Individual male senior under 30	Kriel Eric Jan	ÍR
B • Individual male senior under 50	Peter Leventin	Baekdusan Taekwondo
B • Individual male senior under 50	Rudolf K. Rúnarsson	Fram
B • Individual male senior under 50	Kim Maurice Nicolaisen	Islev Taekwondo
B • Individual male senior under 60	Viglundur Þór Viglundsson	ÍR
B • Pair cadet (M+F)	Regína Bergmann Guðmundsdóttir - Vigsteinn Frosti Hauksson	Afturelding
B • Pair cadet (M+F)	Áþena Rán Stefánsdóttir - Daniel Viljar Sigtryggsson	Afturelding
B • Pair cadet (M+F)	Daniel Viljar Sigtryggsson - Áþena Rán Stefánsdóttir	Afturelding
B • Pair cadet (M+F)	Ásta Kristbjörnsdóttir - Zayd El Bouazzati	Afturelding / ÍR
B • Pair cadet (M+F)	Jón Steinar Mikaelsson - Iðunn Anna Eyjólfsdóttir	Keflavik / Afturelding
B • Pair junior (M+F)	Mikkel Wellejus Dybæk - Sophia Ladewig	Herlev Taekwondo Klub
B • Pair junior (M+F)	Selma Naz Kastor Subasi Hansen - Lucas Glass Nicolaisen	Islev Taekwondo
B • Pair senior over 30 (M+F)	Hulda Dagmar Magnúsdóttir - Rudolf K. Rúnarsson	Fram