

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Minior Female-B**
Competitors **3**
Class **B**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	46	Birgisdottir, Lilja Team FRAM	ISL	5.54	3.10	2.44
2	60	Kristjansdottir, Gabriella TKO	ISL	5.16	3.24	1.92
3	4	Siggedottir , Embla Stefania Armann	ISL	3.39	2.14	1.25

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Minior Male-C1**
Competitors **4**
Class **C1**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	69	Oskarsson, Oskar Thor Keflavík	ISL	4.30	2.13	2.17
2	67	Sigurthorsson, Sverrir Logi Team FRAM	ISL	2.90	1.87	1.03
3	68	Gunnarsson, Gunnar Gabriel Keflavík	ISL	2.80	2.07	0.73

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Minior Female-C1**
Competitors **3**
Class **C1**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	15	Knutsdottir, Klara Bjork Taekwondo	ISL	2.90	1.73	1.17

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Minior Male-C2**
Competitors **6**
Class **C2**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	72	Pagliari, Lukas Freyr Keflavík	ISL	4.90	2.97	1.93
2	70	Helgason, Vignir Noi Keflavík	ISL	3.87	2.60	1.27
3	71	Arnarsson, Kristofer Gudjon Team FRAM	ISL	3.67	2.17	1.50
4	2	Janssen , Tomas Armann	ISL	3.57	2.10	1.47
5	20	Stefansson, Liam Jon Bjork Taekwondo	ISL	2.17	1.50	0.67

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Minior Female-C2**
Competitors **4**
Class **C2**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	74	Helgadóttir, Heida Dis Keflavík	ISL	4.57	2.80	1.77
2	73	Libertye, Gabriella Keflavík	ISL	3.76	2.43	1.33
3	40	Arnarsdóttir, Hrafney Myrk KR	ISL	3.64	2.47	1.17

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Minior Male-D1**
Competitors **5**
Class **D1**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	66	Riggott, Haukur Thor KR	ISL	3.43	2.73	0.70
2	65	Arnarsson Wagner , Hugj Josep KR	ISL	3.30	2.73	0.57
3	12	Fjolnisson, Viktor Hrafn Bjork Taekwondo	ISL	3.10	2.50	0.60
4	30	Helgason, Gunnar Valur Keflavík	ISL	3.03	2.40	0.63

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Minior Male-D2**
Competitors **3**
Class **D2**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	1	Grettisson, Einar Otto Armann	ISL	5.33	3.13	2.20
2	18	Schulz, Aron Noah Bjork Taekwondo	ISL	4.33	2.60	1.73
3	21	Stefansson, Ulfar Karl Bjork Taekwondo	ISL	3.30	2.57	0.73

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Cadet Male-B**
Competitors **6**
Class **B**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	56	Sigurdsson, Ulfur Darri Team Selfoss	ISL	5.27	3.20	2.07
2	26	Bator, Julia Marta Keflavík	ISL	4.92	2.79	2.14
3	11	Engilbertsson, Jon Thor Sanne Bjork Taekwondo	ISL	4.84	2.97	1.87
4	37	Sigurbergsson, Snorri Pall Keflavík	ISL	4.09	2.82	1.27

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Cadet Male-C**
Competitors **7**
Class **C**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	49	Gedvilass, Nojus Team FRAM	ISL	4.97	2.90	2.07
2	32	Kotowski, Kacper Einar Keflavík	ISL	4.87	3.00	1.87
3	83	Gislason, Johannes Thor Team FRAM	ISL	4.83	2.70	2.13
4	42	Gunnarsson, Gudmundur Leo KR	ISL	4.64	2.77	1.87
5	47	Birgisson, Arnar Freyr Team FRAM	ISL	4.43	2.53	1.90
6	36	Petursson, Mikael Snaer Keflavík	ISL	4.37	2.67	1.70

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Cadet Female-C**
 Competitors **7**
 Class **C**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	38	Stefansdottir, Lara Karitas Keflavík	ISL	5.27	3.30	1.97
2	54	Sigurjonsdottir , Alexandra Gudrun Daniela Team FRAM	ISL	5.06	3.03	2.03
3	51	Hjorleifsdottir, Elisa Bjork Team FRAM	ISL	4.90	2.87	2.03
4	31	Hertervig, Anita Ran Keflavík	ISL	4.87	2.90	1.97
5	19	Slomka, Olivia Bjork Taekwondo	ISL	4.63	3.10	1.53
6	17	Laufeyjardottir, Emma Osk Bjork Taekwondo	ISL	4.26	2.83	1.43
7	13	Grzegorzewska, Alicja Bjork Taekwondo	ISL	4.17	2.87	1.30

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Junior Male-A**
Competitors **3**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	80	Bjarkason, Patrik Afturelding	ISL	5.95	3.67	2.28
2	62	Stefansson, Alfgeir TKO	ISL	5.92	3.62	2.30

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Junior Female-A**
Competitors **3**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	63	Stefansdottir, Athena Ran Afturelding	ISL	6.42	3.84	2.59
2	22	Jensen, Thea Elise Icelandic Taekwondo Federation	ISL	6.07	3.60	2.47
3	79	Njalsdottir, Anna Jasmine Afturelding	ISL	6.05	3.60	2.45

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Undir 30 Male-A**
Competitors **5**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	24	Rimbæklund Nielsen, Louise Ahlquist Icelandic Taekwondo Federation	ISL	7.29	4.30	2.99
2	23	Nicolaisen, Lucas Glass Icelandic Taekwondo Federation	ISL	6.99	4.19	2.80
3	3	Reynisson, Eythor Atli Armann	ISL	6.97	4.15	2.82
4	57	Eggertsson, Orri Thor TKO	ISL	6.67	4.07	2.60
5	59	Gunnarsson, Egill Kari TKO	ISL	6.57	4.04	2.54

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Undir 30 Female-B**
Competitors **2**
Class **B**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	5	Thors, Petur Valur Armann	ISL	5.80	3.55	2.25
2	58	Gudmundsdottir, Solborg TKO	ISL	5.74	3.52	2.22

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Undir 30 Male-C**
Competitors **3**
Class **C**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	77	Hauksdóttir, Eva Þóra Team FRAM	ISL	4.10	2.67	1.43
2	53	Sigurdarson, Sveinbjorn Saevar Team FRAM	ISL	3.80	2.87	0.93
3	25	Astthorsson, Kristjan Petur Keflavík	ISL	3.60	2.80	0.80

Poomsae individual

Poomsae Mót 3 2022-2023

Category **Ind Minior Female-D**
Competitors **2**
Class **D**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	76	Fridriksdottir, Dagbjort Mia Team FRAM	ISL	5.36	3.23	2.13
2	75	Mileris, Sonia Fjola Team FRAM	ISL	5.00	3.13	1.87

Poomsae Pair

Poomsae Mót 3 2022-2023

Category **Pair Para U30-C**
Competitors **1**
Class **C**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team FRAM Sigurdarson, Sveinbjorn Saevar / Hauksdóttir, Eva Þóra	ISL	3.47	2.67	0.80

Poomsae Pair

Poomsae Mót 3 2022-2023

Category **Pair Para Cadet-C**
Competitors **5**
Class **C**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Keflavík Stefansdottir, Lara Karitas / Kotowski, Kacper Einar	ISL	5.10	3.23	1.87
2	Team FRAM Sigurjonsdottir , Alexandra Gudrun Daniela / Hjorleifsdottir, Elisa Bjork	ISL	5.06	3.03	2.03
3	Keflavík Petursson, Mikael Snaer / Hertervig, Anita Ran	ISL	4.34	2.77	1.57
4	Team FRAM Gedvilass, Nojus / Birgisson, Arnar Freyr	ISL	4.07	2.87	1.20

Poomsae Pair

Poomsae Mót 3 2022-2023

Category **Pair Para Minior-C**
Competitors **3**
Class **C**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Keflavík Libertye, Gabriella / Helgason, Vignir Noi	ISL	3.90	2.60	1.30
2	Keflavík Pagliaro, Lukas Freyr / Helgadóttir, Heida Dis	ISL	3.87	2.60	1.27
3	Team FRAM Arnarsson, Kristofer Gudjon / Sigurthorsson, Sverrir Logi	ISL	2.90	1.97	0.93

Poomsae Pair

Poomsae Mót 3 2022-2023

Category **Pair Para Cadet-B**
Competitors **1**
Class **B**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Keflavík Sigurbergsson, Snorri Pall / Bator, Julia Marta	ISL	3.44	2.62	0.82

Poomsae Pair

Poomsae Mót 3 2022-2023

Category **Pair Para U30-A**
Competitors **5**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	TKO / Icelandic Taekwondo Federation Eggertsson, Orri Thor / Rimbækilund Nielsen, Louise Ahlquist	ISL	6.25	4.00	2.25
2	Afturelding / Armann Stefansdottir, Athena Ran / Reynisson, Eythor Atli	ISL	6.08	3.90	2.18
3	TKO Gudmundsdottir, Solborg / Gunnarsson, Egill Kari	ISL	5.40	3.62	1.79
4	TKO / Icelandic Taekwondo Federation Stefansson, Alfgeir / Jensen, Thea Elise	ISL	5.32	3.52	1.80
5	Afturelding Bjarkason, Patrik / Njalsdottir, Anna Jasmine	ISL	4.95	3.47	1.49

Poomsae Pair

Poomsae Mót 3 2022-2023

Category **Pair Para Minior-D**
Competitors **3**
Class **D**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team FRAM Mileris, Sonia Fjola / Fridriksdottir, Dagbjort Mia	ISL	4.83	3.03	1.80
2	Keflavík Oskarsson, Oskar Thor / Gunnarsson, Gunnar Gabriel	ISL	3.70	2.93	0.77
3	KR Riggott, Haukur Thor / Arnarsson Wagner , Hugi Josep	ISL	3.33	2.73	0.60

Poomsae Team

Poomsae Mót 3 2022-2023

Category **Team Team U30 -A**
Competitors **3**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Armann / TKO Reynisson, Eythor Atli / Eggertsson, Orri Thor / Gunnarsson, Egill Kari	ISL	6.73	4.07	2.67
2	Afturelding / Icelandic Taekwondo Federation Stefansdottir, Athena Ran / Jensen, Thea Elise / Njalsdottir, Anna Jasmine	ISL	5.99	3.60	2.39
3	Armann / TKO Thors, Petur Valur / Marciuk, Nicolas / Stefansson, Alfgeir	ISL	5.55	3.63	1.92