

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Cadets Male-A**
 Competitors **14**
 Class **A**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	137	Askelof Hektor MUDO Team Academy IF	SWE	6.54	4.10	2.44
2	5	Hjars♦ Hugo Gangnam Sportstaekwondo	DEN	6.54	3.95	2.59
3	25	Danielsen Martin Risskov TKD	DEN	6.49	4.00	2.49
4	141	Lammers Sander MUDO Team Academy IF	SWE	6.24	3.90	2.34
5	58	Lonka Luca Team Finland	FIN	6.23	3.88	2.35
6	29	Rechendorff Andreas Risskov TKD	DEN	6.15	3.87	2.29
7	28	Radich-Holde Philip Risskov TKD	DEN	6.07	3.80	2.27
8	144	Lindberg Tim MUDO Team Academy IF	SWE	5.82	3.75	2.07
9	154	Wessman Jakob MUDO Team Academy IF	SWE	5.72	3.79	1.94
10	108	Sigurdsson Ulfur Darri Team Iceland	ISL	5.39	3.60	1.79
11	101	Olversson Veigar Eli Team Iceland	ISL	4.87	3.40	1.47
12	86	Gedvilas Nojus Team Iceland	ISL	4.43	3.27	1.17
13	78	Adalsteinsson Bjartur Team Iceland	ISL	4.26	3.29	0.97



Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Cadets Male-A**
Competitors **14**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
14	106	Samuelsson Sebastian Smari Team Iceland	ISL	4.17	3.15	1.02



Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Cadets Male-A**
Competitors **14**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	5	Hjars♦ Hugo Gangnam Sportstaekwondo	DEN	6.93	4.25	2.68
2	141	Lammers Sander MUDO Team Academy IF	SWE	6.74	4.25	2.49
3	137	Askelof Hektor MUDO Team Academy IF	SWE	6.65	4.22	2.44
4	25	Danielsen Martin Risskov TKD	DEN	6.35	4.05	2.30
5	58	Lonka Luca Team Finland	FIN	6.25	4.02	2.24
6	29	Rechendorff Andreas Risskov TKD	DEN	6.21	4.07	2.14
7	144	Lindberg Tim MUDO Team Academy IF	SWE	6.02	3.87	2.15
8	28	Radich-Holde Philip Risskov TKD	DEN	5.77	3.83	1.94

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Cadets Female-A**
Competitors **9**
Class **A**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	115	Gasperini Kjeldsen Maya Østerås Kampkunstklubb	NOR	6.57	4.02	2.55
2	117	Wicklund Annie Østerås Kampkunstklubb	NOR	6.48	3.93	2.55
3	149	Rafailovic Ekatarina MUDO Team Academy IF	SWE	6.32	3.92	2.40
4	109	Sigurjonsdottir Bryndis Eir Team Iceland	ISL	6.02	3.78	2.24
5	46	Hiltunen Elli Team Finland	FIN	5.87	3.75	2.12
6	120	Mørk Misha Hamar Taekwondo Klubb	NOR	5.66	3.69	1.97
7	81	Birgisdottir Lilja Johanna Team Iceland	ISL	5.10	3.40	1.70
8	80	Bator Julia Marta Team Iceland	ISL	4.30	3.22	1.09

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Cadets Female-A**
Competitors **9**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	149	Rafailovic Ekatarina MUDO Team Academy IF	SWE	6.49	4.02	2.47
2	115	Gasperini Kjeldsen Maya Østerås Kampkunstklubb	NOR	6.47	4.00	2.47
3	117	Wicklund Annie Østerås Kampkunstklubb	NOR	6.23	3.88	2.35
4	109	Sigurjonsdottir Bryndis Eir Team Iceland	ISL	6.09	3.87	2.22
5	120	Mørk Misha Hamar Taekwondo Klubb	NOR	5.89	3.77	2.12
6	46	Hiltunen Elli Team Finland	FIN	5.59	3.65	1.94
7	81	Birgisdottir Lilja Johanna Team Iceland	ISL	4.92	3.42	1.50
8	80	Bator Julia Marta Team Iceland	ISL	4.80	3.40	1.40

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Juniors Male-A**
 Competitors **18**
 Class **A**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	138	Erlandsson Lukas MUDO Team Academy IF	SWE	7.12	4.34	2.78
2	128	Grambo Gundersen Jens Oslo Nord Taekwondo Club	NOR	7.07	4.32	2.75
3	146	Mkrtchian Noah MUDO Team Academy IF	SWE	6.90	4.24	2.67
4	51	Kaasinen Lassi Team Finland	FIN	6.87	4.25	2.62
5	2	Drube Isaac Rask Arirang Herlev Taekwondo Academy	DEN	6.85	4.17	2.69
6	156	Bergh Mille PTE Sweden	SWE	6.83	4.20	2.63
7	116	Olufsen Lereim Aksel Østerås Kampkunstklubb	NOR	6.72	4.17	2.55
8	155	Agrest David PTE Sweden	SWE	6.43	4.15	2.28
9	37	Soerensen Oliver Skive Taekwondo Klub - Denmark	DEN	6.35	4.00	2.35
10	112	Thors Petur Valur Team Iceland	ISL	6.32	3.92	2.40
11	14	Erazo-Nielsen Milos Islev Taekwondo Klub	DEN	6.23	4.02	2.22
12	145	Mehta Mithil MUDO Team Academy IF	SWE	6.17	3.97	2.20
13	82	Bjarkason Patrik Team Iceland	ISL	5.90	3.83	2.07

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Juniors Male-A**
Competitors **18**
Class **A**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
14	90	Gudmundsson Magnus Mani Team Iceland	ISL	5.09	3.55	1.54
15	79	Asmundsson Gudni Fridmar J. Team Iceland	ISL	4.90	3.52	1.39
16	40	Dam Benjamin Hwarang Føroyar	FRO	4.39	3.35	1.04
17	97	Larsson Hilmar Birgir Team Iceland	ISL	4.10	3.22	0.89
18	83	Brynjarsson Arnar Freyr Team Iceland	ISL	3.92	3.14	0.79

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Juniors Male-A**
Competitors **18**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	51	Kaasinen Lassi Team Finland	FIN	7.35	4.39	2.97
2	128	Grambo Gundersen Jens Oslo Nord Taekwondo Club	NOR	7.25	4.32	2.93
3	156	Bergh Mille PTE Sweden	SWE	7.16	4.34	2.82
4	138	Erlandsson Lukas MUDO Team Academy IF	SWE	7.07	4.30	2.77
5	146	Mkrtchian Noah MUDO Team Academy IF	SWE	7.05	4.22	2.84
6	2	Drube Isaac Rask Arirang Herlev Taekwondo Academy	DEN	7.05	4.20	2.85
7	116	Olufsen Lereim Aksel Østerås Kampkunstklubb	NOR	6.74	4.17	2.57
8	155	Agrest David PTE Sweden	SWE	6.54	4.05	2.49

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Juniors Female-A**
 Competitors **24**
 Class **A**

1

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	159	Eckerström Ellen PTE Sweden	SWE	6.95	4.25	2.70
2	45	Heikkinen Airada Team Finland	FIN	6.74	4.15	2.59
3	1	Au-Nguyen Emma Arirang Herlev Taekwondo Academy	DEN	6.65	4.05	2.60
4	139	Juharyan Anna Maria MUDO Team Academy IF	SWE	6.59	4.09	2.50
5	140	Lammers Isabelle MUDO Team Academy IF	SWE	6.57	4.04	2.53
6	125	Skogen Marie Hwa Rang Team Drammen	NOR	6.46	3.97	2.49
7	60	Mäkinen Elisa Team Finland	FIN	6.42	3.95	2.47
8	114	Fjeld Kajsa Gahre Østerås Kampkunstklubb	NOR	6.40	3.97	2.44
9	59	Määttä Roosa Team Finland	FIN	6.36	3.93	2.43
10	148	Orsing Ellen MUDO Team Academy IF	SWE	6.35	3.95	2.40
11	56	Laukkanen Aino Team Finland	FIN	6.29	3.90	2.39
12	21	Engel Hoei-Hansen Camille Lyngby Taekwondo Klub	DEN	6.27	3.94	2.34
13	136	Angsell Vera MUDO Team Academy IF	SWE	6.22	3.87	2.35

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Juniors Female-A**
 Competitors **24**
 Class **A**

1

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
14	110	Stefansdottir Athena Ran Team Iceland	ISL	6.21	3.94	2.27
15	153	Toth Lily MUDO Team Academy IF	SWE	6.20	3.84	2.37
16	133	Nakstad Jenny Shin Sangrok Kwan Idrettslag	NOR	6.13	3.87	2.27
17	126	Saunes Andersen Benedicte Keum Gang Taekwondo Norway	NOR	5.97	3.78	2.19
18	135	Abiad Nicole MUDO Team Academy IF	SWE	5.75	3.70	2.05
19	96	Kristbjornsdottir Asta Team Iceland	ISL	5.67	3.72	1.95
20	17	Jensen Thea Elise Islev Taekwondo Klub	DEN	5.64	3.67	1.97
21	34	Nancke Naja Skanderborg Moo Sa	DEN	5.63	3.70	1.93
22	94	Johannsdottir Ylfa Var Team Iceland	ISL	4.64	3.37	1.27
23	100	Olafsdottir Katla Mist Team Iceland	ISL	3.82	3.00	0.82

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Juniors Female-A**
 Competitors **24**
 Class **A**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	159	Eckerström Ellen PTE Sweden	SWE	6.94	4.22	2.72
2	1	Au-Nguyen Emma Arirang Herlev Taekwondo Academy	DEN	6.73	4.12	2.62
3	45	Heikkinen Airada Team Finland	FIN	6.67	4.09	2.59
4	114	Fjeld Kajsa Gahre Østerås Kampkunstklubb	NOR	6.54	4.00	2.54
5	21	Engel Hoei-Hansen Camille Lyngby Taekwondo Klub	DEN	6.47	3.97	2.50
6	139	Juharyan Anna Maria MUDO Team Academy IF	SWE	6.39	4.00	2.39
7	148	Orsing Ellen MUDO Team Academy IF	SWE	6.33	3.93	2.40
8	140	Lammers Isabelle MUDO Team Academy IF	SWE	6.30	3.90	2.40
9	125	Skogen Marie Hwa Rang Team Drammen	NOR	6.29	3.90	2.39
10	56	Laukkanen Aino Team Finland	FIN	6.27	3.89	2.38
11	60	Mäkinen Elisa Team Finland	FIN	6.24	3.94	2.30
12	59	Määttä Roosa Team Finland	FIN	6.20	3.92	2.29

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Juniors Female-A**
Competitors **24**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	159	Eckerström Ellen PTE Sweden	SWE	7.14	4.25	2.89
2	45	Heikkinen Airada Team Finland	FIN	6.88	4.17	2.72
3	1	Au-Nguyen Emma Arirang Herlev Taekwondo Academy	DEN	6.77	4.10	2.67
4	139	Juharyan Anna Maria MUDO Team Academy IF	SWE	6.72	4.05	2.67
5	140	Lammers Isabelle MUDO Team Academy IF	SWE	6.67	4.02	2.65
6	148	Orsing Ellen MUDO Team Academy IF	SWE	6.57	4.02	2.55
7	114	Fjeld Kajsa Gahre Østerås Kampkunstklubb	NOR	6.57	3.99	2.59
8	21	Engel Hoei-Hansen Camille Lyngby Taekwondo Klub	DEN	5.95	3.84	2.12

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 30 Male-A**
 Competitors **14**
 Class **A**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	68	Salmi Frans Team Finland	FIN	7.47	4.39	3.09
2	158	Dahlgren Måns PTE Sweden	SWE	7.32	4.40	2.92
3	151	Saigne Vincent MUDO Team Academy IF	SWE	7.25	4.30	2.95
4	124	Nguyen Andy Hwa Rang Team Drammen	NOR	7.20	4.30	2.90
5	15	Glass Nicolaisen Lucas Islev Taekwondo Klub	DEN	7.15	4.35	2.80
6	104	Reynisson Eythor Atli Team Iceland	ISL	7.03	4.18	2.85
7	50	Jürgens Alex Team Finland	FIN	6.92	4.25	2.67
8	27	Hansen Thomas Lynge Risskov TKD	DEN	6.88	4.25	2.63
9	91	Gunnarsson Egill Kari Team Iceland	ISL	6.77	4.22	2.55
10	150	Rudh Sjöholm Folke MUDO Team Academy IF	SWE	6.67	4.02	2.65
11	118	Høvde Casper Conopio Hamar Taekwondo Klubb	NOR	6.65	4.03	2.62
12	39	Arge Boas Hwarang Føroyar	FRO	6.63	4.10	2.53
13	131	Isaksen Tobias A. Sveum Oslo Taekwondo Klubb	NOR	5.64	3.85	1.79



Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 30 Male-A**
Competitors **14**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
14	89	Gudmundsson Sigurdur Mani Team Iceland	ISL	4.67	3.45	1.22



Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 30 Male-A**
Competitors **14**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	68	Salmi Frans Team Finland	FIN	7.77	4.65	3.12
2	151	Saigne Vincent MUDO Team Academy IF	SWE	7.26	4.33	2.93
3	158	Dahlgren Måns PTE Sweden	SWE	7.17	4.40	2.77
4	124	Nguyen Andy Hwa Rang Team Drammen	NOR	6.99	4.15	2.84
5	15	Glass Nicolaisen Lucas Islev Taekwondo Klub	DEN	6.79	4.12	2.67
6	50	Jürgens Alex Team Finland	FIN	6.69	4.05	2.64
7	104	Reynisson Eythor Atli Team Iceland	ISL	6.50	4.00	2.50
8	27	Hansen Thomas Lyng Risskov TKD	DEN	6.31	3.99	2.32

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 30 Female-A**
 Competitors **30**
 Class **A**

1

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	36	La Cour Camille Skive Taekwondo Klub - Denmark	DEN	8.04	4.85	3.19
2	32	Liborius Silje Skanderborg Moo Sa	DEN	7.63	4.65	2.98
3	38	Fredberg Annesofie Vejle Taekwondo Klub - Tang Soo	DEN	7.54	4.59	2.95
4	20	Rimbaeklund Nielsen Louise Ahlquist Islev Taekwondo Klub	DEN	7.49	4.50	2.99
5	4	Ibsen Annebell T. W. Gangnam Sportstaekwondo	DEN	7.44	4.44	3.00
6	33	Nancke Laura Skanderborg Moo Sa	DEN	7.40	4.39	3.02
7	53	Knutsson Mia Team Finland	FIN	7.36	4.42	2.94
8	143	Lim Falk Johanna MUDO Team Academy IF	SWE	7.31	4.37	2.94
9	18	Paiman Mechid Islev Taekwondo Klub	DEN	7.29	4.52	2.77
10	19	Rimbaeklund Nielsen Sofie Ahlquist Islev Taekwondo Klub	DEN	7.25	4.30	2.95
11	134	Nielsen Karen Stølan Sangrok Kwan Idrettslag	NOR	7.17	4.27	2.90
12	147	Nihlen Lovisa MUDO Team Academy IF	SWE	7.15	4.27	2.89
13	67	Räkköläinen Linda Team Finland	FIN	7.14	4.42	2.72

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 30 Female-A**
 Competitors **30**
 Class **A**

1

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
14	42	Alatalo Anna Team Finland	FIN	7.11	4.24	2.87
15	73	Vienonen Saila-Kristine Team Finland	FIN	6.82	4.02	2.80
16	69	Salminen Kerttu Team Finland	FIN	6.80	4.03	2.77
17	119	Larssen Emma Christine Hamar Taekwondo Klubb	NOR	6.75	4.05	2.70
18	61	Mänty Mira Team Finland	FIN	6.62	3.95	2.67
19	130	Desalit Mae Anthonette Oslo Taekwondo Klubb	NOR	6.57	4.00	2.57
20	127	Solvang Tellnes Kine Keum Gang Taekwondo Norway	NOR	6.55	4.00	2.55
21	6	Hjars♦ Alberte Gangnam Sportstaekwondo	DEN	6.37	3.90	2.47
22	88	Gudmundsdottir Solborg Team Iceland	ISL	6.25	3.85	2.40
23	62	Natunen Heidi Team Finland	FIN	6.03	3.68	2.35
24	99	Njalsdottir Anna Jasmine Team Iceland	ISL	5.88	3.67	2.22
25	16	Hofflund Amalie Islev Taekwondo Klub	DEN	5.87	3.62	2.25
26	121	Nysveen Kristina Hamar Taekwondo Klubb	NOR	5.80	3.69	2.12

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 30 Female-A**
Competitors **30**
Class **A**

1

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
27	95	Kolbeins Athena Team Iceland	ISL	5.65	3.59	2.07
28	41	Joensen Helena Hwarang Føroyar	FRO	5.33	3.50	1.83

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 30 Female-A**
 Competitors **30**
 Class **A**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	36	La Cour Camille Skive Taekwondo Klub - Denmark	DEN	8.28	5.05	3.23
2	53	Knutsson Mia Team Finland	FIN	8.02	4.85	3.17
3	32	Liborius Silje Skanderborg Moo Sa	DEN	7.89	4.75	3.14
4	67	Räkköläinen Linda Team Finland	FIN	7.84	4.72	3.12
5	20	Rimbaeklund Nielsen Louise Ahlquist Islev Taekwondo Klub	DEN	7.80	4.70	3.10
6	33	Nancke Laura Skanderborg Moo Sa	DEN	7.72	4.62	3.10
7	19	Rimbaeklund Nielsen Sofie Ahlquist Islev Taekwondo Klub	DEN	7.70	4.67	3.03
8	38	Fredberg Annesofie Vejle Taekwondo Klub - Tang Soo	DEN	7.68	4.77	2.92
9	18	Paiman Mechid Islev Taekwondo Klub	DEN	7.65	4.74	2.92
10	4	Ibsen Annebell T. W. Gangnam Sportstaekwondo	DEN	7.51	4.69	2.82
11	143	Lim Falk Johanna MUDO Team Academy IF	SWE	7.43	4.55	2.88
12	134	Nielsen Karen Stølan Sangrok Kwan Idrettslag	NOR	7.22	4.44	2.79
13	42	Alatalo Anna Team Finland	FIN	7.20	4.42	2.79



Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 30 Female-A**
Competitors **30**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
14	147	Nihlen Lovisa MUDO Team Academy IF	SWE	7.05	4.37	2.68



Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 30 Female-A**
Competitors **30**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	36	La Cour Camille Skive Taekwondo Klub - Denmark	DEN	8.50	5.20	3.30
2	32	Liborius Silje Skanderborg Moo Sa	DEN	8.04	4.87	3.17
3	53	Knutsson Mia Team Finland	FIN	7.98	4.90	3.08
4	20	Rimbaeklund Nielsen Louise Ahlquist Islev Taekwondo Klub	DEN	7.97	4.85	3.12
5	38	Fredberg Annesofie Vejle Taekwondo Klub - Tang Soo	DEN	7.95	4.82	3.14
6	19	Rimbaeklund Nielsen Sofie Ahlquist Islev Taekwondo Klub	DEN	7.88	4.83	3.05
7	67	Räkköläinen Linda Team Finland	FIN	7.75	4.75	3.00
8	33	Nancke Laura Skanderborg Moo Sa	DEN	7.72	4.65	3.07

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 40 Male-A**
Competitors **4**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	43	Aukio Sampsa Team Finland	FIN	6.77	4.12	2.65
2	22	Hansen Jesper Mark Fly Lyngby Taekwondo Klub	DEN	6.49	3.99	2.50
3	48	Iivanainen Tatu Team Finland	FIN	6.47	4.04	2.44
4	65	Ponkilainen Mikko Team Finland	FIN	5.67	3.75	1.92

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 40 Female-A**
 Competitors **9**
 Class **A**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	132	Kim Anna Osterøy Taekwondo Klubb	NOR	7.10	4.32	2.79
2	52	Kinnunen Laura Team Finland	FIN	6.81	4.17	2.64
3	161	Chiu Rebecka Rumlaborgs Taekwondoklubb	SWE	6.64	4.12	2.52
4	71	Siutila Miia Team Finland	FIN	6.62	4.15	2.47
5	87	Gnarr Margret Edda Team Iceland	ISL	6.39	4.04	2.35
6	76	Wild Laura Team Finland	FIN	6.37	4.02	2.35
7	23	Jahn Christensen Camilla Lyngby Taekwondo Klub	DEN	6.27	3.95	2.32
8	74	Vienonen Saana-Mari Team Finland	FIN	6.22	3.95	2.27
9	24	Augenstein Isabelle Nørrebro Taekwondo Klub	DEN	5.90	3.85	2.05

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 40 Female-A**
Competitors **9**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	132	Kim Anna Osterøy Taekwondo Klubb	NOR	7.34	4.42	2.92
2	52	Kinnunen Laura Team Finland	FIN	6.99	4.25	2.74
3	71	Siutila Miia Team Finland	FIN	6.94	4.20	2.74
4	76	Wild Laura Team Finland	FIN	6.90	4.20	2.70
5	161	Chiu Rebecka Rumlaborgs Taekwondoklubb	SWE	6.82	4.19	2.63
6	23	Jahn Christensen Camilla Lyngby Taekwondo Klub	DEN	6.53	4.10	2.43
7	74	Vienonen Saana-Mari Team Finland	FIN	6.34	3.99	2.35
8	87	Gnarr Margret Edda Team Iceland	ISL	6.32	4.03	2.29

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 50 Male-A**
Competitors **2**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	122	Leembruggen Karl Henrik Hwa Rang Team Drammen	NOR	6.57	3.97	2.60
2	85	Einarsson Grettir Team Iceland	ISL	4.50	3.24	1.27

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 50 Female-A**
Competitors **6**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	63	Nukari Johanna Team Finland	FIN	7.25	4.35	2.90
2	64	Nyman Jenny Team Finland	FIN	6.40	4.07	2.33
3	55	Kuosmanen Kati Team Finland	FIN	6.40	4.02	2.39
4	3	Mejer Anita Frederikssund	DEN	6.37	3.99	2.39
5	9	Kjaer Fyllgraf Helle Herlev Taekwondo	DEN	6.28	3.97	2.32
6	113	Tjhin Anna Suryati Team Iceland	ISL	4.87	3.43	1.44

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 60 Male-A**
Competitors **6**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	142	Lim Ji-Pyo MUDO Team Academy IF	SWE	6.64	4.07	2.57
2	10	Christensen Hans Brian Aakmann Herning Taekwondo Klub	DEN	6.43	3.93	2.50
3	8	Ernst Preben Herlev Taekwondo	DEN	6.04	3.84	2.20
4	123	Mehren Jan Helge Hwa Rang Team Drammen	NOR	5.87	3.75	2.12
5	105	Runarsson Rudolf K. Team Iceland	ISL	4.45	3.12	1.34
6	77	Antti Mynttinen Tikkurilan Taekwondo Hwang	FIN	4.10	3.00	1.10

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 60 Female-A**
Competitors **7**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	75	Virtala Niina Team Finland	FIN	6.11	3.79	2.32
2	49	Jaakkola Marita Team Finland	FIN	5.90	3.72	2.19
3	11	Gonge Lisette Gjesing Herning Taekwondo Klub	DEN	5.69	3.54	2.15
4	66	Raitasalo Kirsimarja Team Finland	FIN	5.47	3.54	1.94
5	152	Tilii Eva MUDO Team Academy IF	SWE	4.47	3.04	1.44
6	102	Petersen G. Nina Team Iceland	ISL	3.93	2.93	1.00

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Ind Under 65 Male-A**
Competitors **3**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	7	Andersen Jorn Christian Herlev Taekwondo	DEN	7.04	4.27	2.77
2	160	Chiu Josef Rumlaborgs Taekwondoklubb	SWE	6.87	4.19	2.68
3	47	Huuskonen Matti Team Finland	FIN	6.43	4.07	2.37

Category **Pair Pair Under 14-A**
Competitors **5**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	MUDO Team Academy IF Askelof Hektor / Rafailovic Ekatarina	SWE	6.58	4.12	2.47
2	Team Finland Hiltunen Elli / Lonka Luca	FIN	6.32	3.99	2.34
3	Team Iceland Gedvilas Nojus / Birgisdottir Lilja Johanna	ISL	4.80	3.40	1.40
4	Team Iceland Sigurjonsdottir Bryndis Eir / Adalsteinsson Bjartur	ISL	4.77	3.55	1.22
5	Team Iceland Ragnarsdottir Ingibjorg Laufey / Sigurdsson Ulfur Darri	ISL	4.42	3.40	1.02

Category **Pair Pair Under 17-A**
Competitors **12**
Class **A**

2

Pos.	Surname	Country	Average	Pres.	Acc.
1	PTE Sweden Bergh Mille / Eckerström Ellen	SWE	6.88	4.22	2.67
2	MUDO Team Academy IF Erlandsson Lukas / Juharyan Anna Maria	SWE	6.70	4.12	2.59
3	Oslo Nord Taekwondo Club Grambo Gundersen Jens / Skogen Marie	NOR	6.65	4.02	2.63
4	Arirang Herlev Taekwondo Academy Au-Nguyen Emma / Drube Isaac Rask	DEN	6.48	4.02	2.47
5	Team Finland Kaasinen Lassi / Sarala Sofia	FIN	6.39	4.02	2.37
6	Østerås Kampkunstklubb Fjeld Kajsa Gahre / Olufsen Lereim Aksel	NOR	6.13	3.85	2.28
7	Lyngby Taekwondo Klub / PTE Sweden Engel Hoei-Hansen Camille / Agrest David	DEN	6.12	3.82	2.30
8	MUDO Team Academy IF Abiad Nicole / Mehta Mithil	SWE	5.86	3.77	2.09
9	Islev Taekwondo Klub Erazo-Nielsen Vikka / Erazo-Nielsen Milos	DEN	5.60	3.72	1.89
10	Team Iceland Stefansdottir Athena Ran / Bjarkason Patrik	ISL	5.42	3.52	1.90
11	Team Iceland Gudmundsson Magnus Mani / Johannsdottir Ylfa Var	ISL	4.67	3.40	1.27

Poomsae Pair

RIG & Nordic Championships 2024 Poomsae

Category **Pair Pair Under 17-A**
Competitors **12**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
12	Team Iceland Kristbjornsdottir Asta / Asmundsson Gudni Fridmar J.	ISL	3.85	3.05	0.80

Category **Pair Pair Under 17-A**
Competitors **12**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	PTE Sweden Bergh Mille / Eckerström Ellen	SWE	6.94	4.19	2.75
2	Team Finland Kaasinen Lassi / Sarala Sofia	FIN	6.62	4.04	2.58
3	MUDO Team Academy IF Erlandsson Lukas / Juharyan Anna Maria	SWE	6.58	4.08	2.50
4	Arirang Herlev Taekwondo Academy Au-Nguyen Emma / Drube Isaac Rask	DEN	6.57	4.05	2.52
5	Østerås Kampkunstklubb Fjeld Kajsa Gahre / Olufsen Lereim Aksel	NOR	6.19	3.87	2.32
6	Oslo Nord Taekwondo Club Grambo Gundersen Jens / Skogen Marie	NOR	6.12	3.90	2.22
7	MUDO Team Academy IF Abiad Nicole / Mehta Mithil	SWE	5.74	3.69	2.05
8	Lyngby Taekwondo Klub / PTE Sweden Engel Hoei-Hansen Camille / Agrest David	DEN	5.69	3.70	1.99

Category **Pair Pair Under 30-A**
Competitors **12**
Class **A**

2

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team Finland Knutsson Mia / Salmi Frans	FIN	7.51	4.47	3.04
2	Islev Taekwondo Klub Glass Nicolaisen Lucas / Rimbaeklund Nielsen Sofie Ahlquist	DEN	7.47	4.45	3.02
3	PTE Sweden Brännback Alicia / Dahlgren Måns	SWE	7.30	4.42	2.88
4	Skanderborg Moo Sa Fredmar Johan / Silja Kjølbø	DEN	7.14	4.30	2.84
5	Team Finland Jürgens Alex / Rökköläinen Linda	FIN	7.14	4.27	2.87
6	MUDO Team Academy IF Lim Falk Johanna / Saigne Vincent	SWE	7.08	4.22	2.87
7	Hwa Rang Team Drammen / Keum Gang Taekwondo Norway Nguyen Andy / Solvang Tellnes Kine	NOR	7.06	4.27	2.79
8	Hamar Taekwondo Klubb Høvde Casper Conopio / Larssen Emma Christine	NOR	6.60	4.07	2.53
9	Team Iceland Kolbeins Athena / Reynisson Eythor Atli	ISL	6.10	3.75	2.35
10	Team Iceland Gudmundsdottir Solborg / Gunnarsson Egill Kari	ISL	6.07	3.90	2.17
11	Hwarang Føroyar Arge Boas / Joensen Helena	FRO	5.49	3.75	1.74

Poomsae Pair

RIG & Nordic Championships 2024 Poomsae

Category **Pair Pair Under 30-A**
Competitors **12**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
12	Team Iceland Gudmundsson Sigurdur Mani / Njalsdottir Anna Jasmine	ISL	3.72	3.05	0.67

Category **Pair Pair Under 30-A**
Competitors **12**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team Finland Knutsson Mia / Salmi Frans	FIN	7.66	4.63	3.03
2	PTE Sweden Brännback Alicia / Dahlgren Måns	SWE	7.58	4.53	3.05
3	Skanderborg Moo Sa Fredmar Johan / Silja Kjølbø	DEN	7.52	4.50	3.02
4	MUDO Team Academy IF Lim Falk Johanna / Saigne Vincent	SWE	7.33	4.45	2.88
5	Islev Taekwondo Klub Glass Nicolaisen Lucas / Rimbaeklund Nielsen Sofie Ahlquist	DEN	7.22	4.33	2.89
6	Team Finland Jürgens Alex / Rökköläinen Linda	FIN	7.10	4.24	2.87
7	Hwa Rang Team Drammen / Keum Gang Taekwondo Norway Nguyen Andy / Solvang Tellnes Kine	NOR	6.91	4.12	2.79
8	Hamar Taekwondo Klubb Høvde Casper Conopio / Larssen Emma Christine	NOR	6.54	4.07	2.47

Category **Pair Pair Over 30-A**
Competitors **7**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team Finland Iivanainen Tatu / Wild Laura	FIN	6.85	4.08	2.77
2	Team Finland Kinnunen Laura / Lehtinen Ville	FIN	6.82	4.07	2.75
3	Team Finland Aukio Sampsa / Siutila Miia	FIN	6.64	4.02	2.62
4	Herning Taekwondo Klub Christensen Hans Brian Aakmann / Gonge Lisette Gjesing	DEN	6.55	3.95	2.60
5	Lyngby Taekwondo Klub Hansen Jesper Mark Fly / Jahn Christensen Camilla	DEN	6.14	3.80	2.34
6	Team Iceland Petersen G. Nina / Runarsson Rudolf K.	ISL	4.09	3.24	0.85

Category **Team Team Under 14 Male-A**
Competitors **3**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Risskov TKD Danielsen Martin / Radich-Holde Philip / Rechendorff Andreas	DEN	5.73	3.72	2.02
2	Team Finland / MUDO Team Academy IF Lonka Luca / Lindberg Tim / Wessman Jakob	FIN	5.64	3.64	2.00
3	Team Iceland Gedvilas Nojus / Samuelsson Sebastian Smari / Adalsteinsson Bjartur	ISL	4.07	3.10	0.97

Poomsae Team

RIG & Nordic Championships 2024 Poomsae

Category **Team Team Under 17 Male-A**
Competitors **2**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team Finland / MUDO Team Academy IF / PTE Sweden Kaasinen Lassi / Mkrтчian Noah / Bergh Mille	FIN	6.55	3.95	2.60
2	Team Iceland Larsson Hilmar Birgir / Asmundsson Gudni Fridmar J. / Bjarkason Patrik	ISL	3.98	2.83	1.15

Poomsae Team

RIG & Nordic Championships 2024 Poomsae

Category **Team Team Under 17 Female-A**
Competitors **4**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team Finland Heikkinen Airada / Kortelainen Aino / Sarala Sofia	FIN	6.15	3.75	2.40
2	Team Finland Määttä Roosa / Laukkanen Aino / Mäkinen Elisa	FIN	5.61	3.49	2.12
3	MUDO Team Academy IF Angsell Vera / Orsing Ellen / Toth Lily	SWE	5.60	3.55	2.05
4	Islev Taekwondo Klub Engel Hoei Hansen Camille / Erazo-Nielsen Vikka / Jensen Thea Elise	DEN	5.53	3.43	2.10

Category **Team Team Under 30 Male-A**
Competitors **2**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team Finland / MUDO Team Academy IF Jürgens Alex / Salmi Frans / Saigne Vincent	FIN	7.57	4.49	3.09
2	Team Iceland Gudmundsson Sigurdur Mani / Gunnarsson Egill Kari / Reynisson Eythor Atli	ISL	5.76	3.72	2.04

Category **Team Team Under 30 Female-A**
Competitors **7**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Gangnam Sportstaekwondo / Skive Taekwondo Klub - Denmark / PTE Sweden Ibsen Annebell T. W. / La Cour Camille / Brännback Alicia	DEN	7.74	4.65	3.09
2	Islev Taekwondo Klub Paiman Mechid / Rimbaeklund Nielsen Sofie Ahlquist / Rimbaeklund Nielsen Louise Ahlquist	DEN	7.48	4.55	2.93
3	Skanderborg Moo Sa Fredberg Annesofie / Liborius Silje / Nancke Laura	DEN	7.39	4.42	2.97
4	Team Finland / MUJO Team Academy IF Knutsson Mia / Lim Falk Johanna / Nihlen Lovisa	FIN	6.99	4.30	2.69
5	Team Finland Salminen Kerttu / Alatalo Anna / Rökköläinen Linda	FIN	6.98	4.17	2.82
6	Team Finland Viononen Saila-Kristine / Gustafsson Ada / Mänty Mira	FIN	6.46	3.99	2.47
7	Team Iceland Gudmundsdottir Solborg / Kolbeins Athena / Njalsdottir Anna Jasmine	ISL	5.64	3.67	1.97

Poomsae Team

RIG & Nordic Championships 2024 Poomsae

Category **Team Team Over 30 Male-A**
Competitors **1**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team Finland Aukio Sampsa / Iivanainen Tatu / Lehtinen Ville	FIN	5.92	3.58	2.34

Category **Team Team Over 30 Female-A**
Competitors **5**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team Finland Kinnunen Laura / Siutila Miia / Wild Laura	FIN	6.47	3.99	2.49
2	Team Finland Kuosmanen Kati / Nukari Johanna / Nyman Jenny	FIN	6.33	3.97	2.37
3	Team Finland Jaakkola Marita / Raitasalo Kirsimarja / Virtala Niina	FIN	6.14	3.85	2.29
4	Frederikssund / Lyngby Taekwondo Klub / Nørrebro Taekwondo Klub Mejer Anita / Jahn Christensen Camilla / Augenstein Isabelle	DEN	5.44	3.62	1.82

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Free Ind Freestyle Under 17 Male-A**
Competitors **3**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	141	Lammers Sander MUDO Team Academy IF	SWE	4.20	1.87	2.33
2	25	Danielsen Martin Risskov TKD	DEN	4.10	1.87	2.23
3	58	Lonka Luca Team Finland	FIN	3.00	1.47	1.53

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Free Ind Freestyle Under 17 Female-A**
Competitors **4**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	26	Høgh Eva Risskov TKD	DEN	4.70	2.17	2.53
2	140	Lammers Isabelle MUDO Team Academy IF	SWE	4.47	2.10	2.37
3	59	Määttä Roosa Team Finland	FIN	3.34	1.67	1.67
4	46	Hiltunen Elli Team Finland	FIN	2.64	1.37	1.27

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Free Ind Freestyle Over 17 Male-A**
Competitors **3**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	31	Fredmar Johan Skanderborg Moo Sa	DEN	5.36	2.33	3.03
2	72	Turunen Tuomas Team Finland	FIN	3.43	1.50	1.93
3	131	Isaksen Tobias A. Sveum Oslo Taekwondo Klubb	NOR	1.50	0.90	0.60

Poomsae individual

RIG & Nordic Championships 2024 Poomsae

Category **Free Ind Freestyle Over 17 Female-A**
Competitors **1**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	73	Vienonen Saila-Kristine Team Finland	FIN	2.93	1.50	1.43

Freestyle pair

RIG & Nordic Championships 2024 Poomsae

Category **Free Pair Free Pair Under 17-A**
Competitors **1**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team Finland Hiltunen Elli / Lonka Luca	FIN	2.30	1.20	1.10

Freestyle pair

RIG & Nordic Championships 2024 Poomsae

Category **Free Pair Free Pair Over 17-A**
Competitors **1**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Skanderborg Moo Sa Fredmar Johan / Silja Kjølbo	DEN	5.46	2.43	3.03

Freestyle team

RIG & Nordic Championships 2024 Poomsae

Category **Free Mixed Free Team Mixed-A**
Competitors **1**
Class **A**






















3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team Finland Määttä Roosa / Ponkilainen Mikko / Salminen Kerttu / Turunen Tuomas / Vienonen Saila-Kristine	FIN	4.40	1.80	2.60

Team trophy classification

RIG & Nordic Championships 2024 Poomsae

All days- Overall - Cadets/Juniors/Under 30/Under 40/Under

Pos.	Team	Teamscore	Gold	Silver	Bronz	4th Pl.
1.	 Team Finland	142.33	10.00 (4.00)	10.33	13.33	0.00
2.	 MUDO Team Academy IF	50.33	4.67	3.67	6.67	0.00
3.	 PTE Sweden	23.66	2.67	1.00	2.00	0.00
4.	 Skanderborg Moo Sa	19.00	1.00 (1.00)	1.00	2.00	0.00
5.	 Risskov TKD	18.00	2.00	1.00	1.00	0.00
6.	 Team Iceland	13.00	0.00	3.00	4.00	0.00
7.	 Skive Taekwondo Klub - Denmark	9.33	1.33	0.00	0.00	0.00
	 Gangnam Sportstaekwondo	9.33	1.33	0.00	0.00	0.00
9.	 Hwa Rang Team Drammen	9.00	1.00	0.00	2.00	0.00
10.	 Herlev Taekwondo	8.00	1.00	0.00	1.00	0.00
11.	 Osterøy Taekwondo Klubb	7.00	1.00	0.00	0.00	0.00
12.	 Herning Taekwondo Klub	5.00	0.00	1.00	2.00	0.00
	 Islev Taekwondo Klub	5.00	0.00	1.00	2.00	0.00
14.	 Østerås Kampkunstklubb	4.00	0.00	1.00	1.00	0.00
15.	 Lyngby Taekwondo Klub	3.33	0.00	1.00	0.33	0.00
	 Oslo Nord Taekwondo Club	3.00	0.00	1.00	0.00	0.00
	 Rumlaborgs Taekwondoklubb	3.00	0.00	1.00	0.00	0.00
18.	 Arirang Herlev Taekwondo Academy	2.00	0.00	0.00	2.00	0.00
19.	 Frederikssund	1.33	0.00	0.00	1.33	0.00
	 Oslo Taekwondo Klubb	1.00	0.00	0.00	1.00	0.00
21.	 Nørrebro Taekwondo Klub	0.33	0.00	0.00	0.33	0.00

Points based on:

Gold: 7 Pnts - Silver: 3 Pnts - Bronze: 1 Pnts 4th Place (if not shared 3rd): 0Pnts







Participation: 0 Pnts - Win: 0 Pnts - Single: 7 Pnts

() is a first place without opponent

Country classification

RIG & Nordic Championships 2024 Poomsae

All days- Overall - Cadets/Juniors/Under 30/Under 40/Under

Pos.	Country	Teamscore	Gold	Silver	Bronze
1.	 Finland	143	10	10. 33333 33333 333	13. 33333 33333 333
2.	 Denmark	86. 6666666 666667	6. 66666 66666 6667	5	12
3.	 Sweden	79. 3333333 333333	7. 33333 33333 3333	5. 66666 66666 6667	8. 66666 66666 6667
4.	 Norway	24	2	2	4
5.	 Iceland	14	0	3	4
6.	 Færoer Islands	0	0	0	0

Points based on:

Gold: 7 Pnts - Silver: 3 Pnts - Bronze: 1 Pnts 4th Place (if not shared 3rd): 0Pnts

Participation: 0 Pnts - Win: 0 Pnts - Single: 7 Pnts

() is a first place without opponent