

	Afturelding				Árman				Björk				Fram				ÍR				Keflavík				KR				Selfoss				TKO				Þór															
	G	S	B	E	G	S	B	E	G	S	B	E	G	S	B	E	G	S	B	E	G	S	B	E	G	S	B	E	G	S	B	E	G	S	B	E	G	S	B	E												
Ind Cadet Male-B																	1																																			
Ind Cadet Female-B									1				1								1																															
Ind Junior Male-A																	1												1	1																						
Ind Junior Female-A																													1	1																						
Ind Junior Male-B		1															1																1																			
Ind Junior Female-B	1								1	1																																										
Ind Undir 30 Male-A					1								1																				1																			
Ind Undir 30 Female-A	1	1																											1																							
Ind Undir 30 Male-B													1																																							
Ind Undir 40 Male-A																													1								1															
Ind Undir 50 Female-A					1												1																																			
Ind Yfir 50 Male-A													1																1																							
Ind Yfir 50 Female-A													1	1																																						
Pair Para Cadet-B																					1	1							1																							
Pair Para Junior-A																	1																1																			
Pair Para Junior-B		1							1	1																																										
Pair Para Undir 30-A																	1																																			
Pair Para Undir 30-B																	1																																			
Pair Para Yfir 30-A																	1																																			
Team Team Junior Male-A																																																				
Team Team Junior Female-B													1												1																											
Team Team Undir 30 Male-A																																																				
Team Team Undir 30 Female-A	1																1																																			
Samtals	3	2	1	0	1	1	0	0	0	1	3	0	5	1	2	5	2	2	1	0	1	3	0	0	0	1	1	0	3	4	2	1	1	2	0	0	1	0	0	0												
Stig	28				10				6				60				21				16				4				39				13				7															

G = Gullverðlaun (7 stig)
S = Silfurverðlaun (3 stig)
B = Bronsverðlaun (1 stig)
E = Einn keppandi (4 stig)

Poomsae individual

Bikarmót III Poomsae 2024-2025

Category **Ind Cadet Male-B**
Competitors **4**
Class **B**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	40	Viktor Jonsson IR	ISL	4.77	2.70	2.07
2	100	Viktor Kari Albertsson TKO	ISL	4.40	2.58	1.82
3	87	Tomas Birgir Frimannsson Team Selfoss	ISL	2.87	1.92	0.95
4	13	Viktor Hrafn Sigurbjornsson Afturelding	ISL	2.55	1.83	0.72

Poomsae individual

Bikarmót III Poomsae 2024-2025

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	70	Lilja Johanna Birgisdottir Team FRAM	ISL	4.37	2.47	1.90
2	60	Lara Karitas Stefansdottir Keflavík	ISL	4.15	2.40	1.75
3	33	Hrafnhildur Katla Siemsen Bjork Taekwondo	ISL	4.07	2.35	1.72
4	55	Gabriella Libertye Keflavík	ISL	3.84	2.32	1.52
5	53	Heida Dis Helgadóttir Keflavík	ISL	2.80	1.94	0.86
6	97	Snaedis Freyja Stefansdottir Team Selfoss	ISL	2.27	1.75	0.52
7	98	Svava Roisin Stefansdottir Team Selfoss	ISL	1.68	1.60	0.08

Poomsae individual

Bikarmót III Poomsae 2024-2025

Category **Ind Cadet Male-C**
Competitors **8**
Class **C**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	24	Einar Otto Grettisson Armann	ISL	5.70	3.40	2.30
1	64	Prasun Tiwari Duwadi KR	ISL	5.70	3.40	2.30
3	81	Wakin Lucas Reyes Team FRAM	ISL	5.54	3.27	2.27
4	68	Ari Thor Riggott KR	ISL	5.23	3.13	2.10
5	66	Gudmundur Leo Gunnarsson KR	ISL	5.07	3.07	2.00
6	77	Benedikt Cesar Kristmundsson Team FRAM	ISL	4.00	2.33	1.67

Poomsae individual

Bikarmót III Poomsae 2024-2025

Category **Ind Cadet Female-C**
Competitors **4**
Class **C**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	75	Kawsar Karimi Team FRAM	ISL	5.63	3.10	2.53
2	35	Rama Alassaf IR	ISL	4.50	2.97	1.53
3	39	Apichaya Eiamlamoon IR	ISL	4.20	2.80	1.40
4	47	Aria Alexandra S. Thorsteinsson IR	ISL	4.07	2.80	1.27

Poomsae individual

Bikarmót III Poomsae 2024-2025

Category **Ind Junior Male-A**
Competitors **6**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	95	Ulfur Darri Sigurdsson Team Selfoss	ISL	6.58	4.14	2.44
2	46	Axel Freyr Thorkelsson IR	ISL	6.38	3.96	2.42
3	91	Veigar Olversson Team Selfoss	ISL	6.28	3.94	2.34
4	29	Petur Valur Thors Armann	ISL	5.69	3.72	1.97
5	1	Gudni Fridmar J. Asmundsson Afturelding	ISL	5.46	3.68	1.78
6	88	Loftur Gudmundsson Team Selfoss	ISL	5.18	3.58	1.60

Poomsae individual

Bikarmót III Poomsae 2024-2025

Category **Ind Junior Female-A**
Competitors **2**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	93	Ingibjorg Laufey Ragnarsdottir Team Selfoss	ISL	6.11	3.96	2.15
2	94	Julia Wiktorja Sakowicz Team Selfoss	ISL	2.78	2.30	0.48

Poomsae individual

Bikarmót III Poomsae 2024-2025

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	103	Thorarinn Vikingur TKO	ISL	5.58	3.53	2.05
2	10	Hilmar Birgir Larusson Afturelding	ISL	5.34	3.42	1.92
3	42	Mikael Thor Santi Mikaelsson IR	ISL	5.26	3.48	1.78
4	59	Mikael Snaer Petursson Keflavík	ISL	5.11	3.26	1.85
5	73	Nojus Gedvilas Team FRAM	ISL	4.92	3.24	1.68
6	71	Arnar Freyr Birgisson Team FRAM	ISL	4.21	2.85	1.36

Poomsae individual

Bikarmót III Poomsae 2024-2025

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	14	Elly Gudrun Sigurdardottir Afturelding	ISL	5.81	3.58	2.23
2	34	Olivia Surynt Bjork Taekwondo	ISL	4.57	2.95	1.62
3	31	Alicja Grzegorzewska Bjork Taekwondo	ISL	4.38	2.90	1.48

Poomsae individual

Bikarmót III Poomsae 2024-2025

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	22	Skarphedinn Armann Bjarnarson Armann	ISL	4.60	2.60	2.00
2	52	Fjola Sif Farestveit Keflavík	ISL	4.33	3.00	1.33
3	84	Maggie Eiden Team Selfoss	ISL	3.84	2.67	1.17

Poomsae individual

Bikarmót III Poomsae 2024-2025

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	21	Eythor Atli Reynisson Armann	ISL	7.39	4.42	2.97
2	102	Egill Kari Gunnarsson TKO	ISL	7.00	4.32	2.68
3	76	Bjarki Kjartansson Team FRAM	ISL	6.76	4.10	2.66
4	5	Sigurdur Mani Gudmundsson Afturelding	ISL	5.78	3.70	2.08

Poomsae individual

Bikarmót III Poomsae 2024-2025

Category **Ind Undir 30 Female-A**
Competitors **6**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	18	Athena Ran Stefansdottir Afturelding	ISL	7.39	4.45	2.94
2	67	Alfdis Freyja Hansdottir KR	ISL	6.89	4.31	2.58
3	8	Athena Run Kolbeins Afturelding	ISL	5.93	4.08	1.85
4	74	Jenny Maria Johannsdottir Team FRAM	ISL	5.53	3.88	1.65
5	99	Thorunn Sturludottir Team Selfoss	ISL	4.66	3.62	1.04

Poomsae individual

Bikarmót III Poomsae 2024-2025

Category **Ind Undir 30 Male-B**
Competitors **1**
Class **B**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	83	Sveinbjorn Saevar Sigurdarson Team FRAM	ISL	2.97	2.22	0.75

Poomsae individual

Bikarmót III Poomsae 2024-2025

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	56	Jovana Mrdanov Keflavík	ISL	5.10	3.10	2.00

Poomsae individual

Bikarmót III Poomsae 2024-2025

Category **Ind Undir 40 Male-A**
Competitors **2**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	106	Björn Heiðar Rúnarsson Þór	ISL	5.55	3.55	2.00
2	92	Daniel Jens Petursson Team Selfoss	ISL	5.44	3.60	1.84

Poomsae individual

Bikarmót III Poomsae 2024-2025

Category **Ind Undir 50 Female-A**
Competitors **2**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	41	Aino-Katri Karinen IR	ISL	5.05	3.10	1.95
2	23	Grettir Einarsson Armann	ISL	4.87	3.07	1.80

Poomsae individual

Bikarmót III Poomsae 2024-2025

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	82	Rudolf Runarsson Team FRAM	ISL	5.53	3.58	1.95
2	86	Daniel Fonseca Fortes Team Selfoss	ISL	2.72	2.62	0.10

Poomsae individual

Bikarmót III Poomsae 2024-2025

Category **Ind Yfir 50 Female-A**
Competitors **2**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	80	Gudrun Nina Petersen Team FRAM	ISL	4.80	3.12	1.68
2	78	Hulda Dagmar Magnusdottir Team FRAM	ISL	4.70	3.05	1.65

Poomsae Pair

Bikarmót III Poomsae 2024-2025

Category **Pair Para Cadet-B**
Competitors **3**
Class **B**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Keflavík Vignir Noi Helgason / Gabriella Libertye	ISL	4.02	2.44	1.58
2	Keflavík Heida Dis Helgadottir / Lara Karitas Stefansdottir	ISL	3.55	2.37	1.18
3	KR Hrafney Myrk Arnarsdottir / Prasun Tiwari Duwadi	ISL	3.06	2.06	1.00

Poomsae Pair

Bikarmót III Poomsae 2024-2025

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

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team FRAM Emilia Bjork MagnUSDottir / Wakin Lucas Reyes	ISL	3.94	2.47	1.47

Poomsae Pair

Bikarmót III Poomsae 2024-2025

Category **Pair Para Junior-A**
Competitors **2**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team Selfoss Ingibjorg Laufey Ragnarsdóttir / Ulfur Darri Sigurdsson	ISL	6.48	4.10	2.38
2	IR Aino-Katri Karinen / Axel Freyr Thorkelsson	ISL	5.36	3.40	1.96

Poomsae Pair

Bikarmót III Poomsae 2024-2025

Category **Pair Para Junior-B**
Competitors **3**
Class **B**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team FRAM Lilja Johanna Birgisdottir / Nojus Gedvilas	ISL	5.33	3.36	1.97
2	Afturelding Hilmar Birgir Larusson / Elly Gudrun Sigurdardottir	ISL	4.98	3.28	1.70
3	Bjork Taekwondo Alicja Grzegorzewska / Olivia Surynt	ISL	4.43	2.99	1.44

Poomsae Pair

Bikarmót III Poomsae 2024-2025

Category **Pair Para Undir 30-A**
Competitors **2**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team FRAM Jenny Maria Johannsdottir / Bjarki Kjartansson	ISL	6.15	3.80	2.35

Poomsae Pair

Bikarmót III Poomsae 2024-2025

Category **Pair Para Undir 30-B**
Competitors **1**
Class **B**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team FRAM Arnar Freyr Birgisson / Sveinbjorn Saevar Sigurdarson	ISL	3.80	2.22	1.58

Poomsae Pair

Bikarmót III Poomsae 2024-2025

Category **Pair Para Undir 30-C**
Competitors **2**
Class **C**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Keflavík Fjola Sif Farestveit / Jovana Mrdanov	ISL	4.67	2.90	1.77

Poomsae Pair

Bikarmót III Poomsae 2024-2025

Category **Pair Para Undir 30-Exhibition**
Competitors **1**
Class **Exhibition**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Armann / Afturelding Eythor Atli Reynisson / Athena Ran Stefansdottir	ISL	7.08	4.25	2.83

Poomsae Pair

Bikarmót III Poomsae 2024-2025

Category **Pair Para Yfir 30-A**
Competitors **1**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team FRAM Hulda Dagmar Magnúsdóttir / Rudolf Runarsson	ISL	4.66	3.45	1.21

Poomsae Team

Bikarmót III Poomsae 2024-2025

Category **Team Team Junior Male-A**
Competitors **1**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team Selfoss Loftur Gudmundsson / Veigar Olversson / Ulfur Darri Sigurdsson	ISL	5.82	3.88	1.94

Poomsae Team

Bikarmót III Poomsae 2024-2025

Category **Team Team Junior Female-B**
Competitors **2**
Class **B**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team FRAM Arnar Freyr Birgisson / Nojus Gedvilas / Lilja Johanna Birgisdottir	ISL	4.82	3.25	1.57
2	Keflavík Heida Dis Helgadóttir / Gabriella Libertye / Lara Karitas Stefansdottir	ISL	4.82	3.24	1.58

Poomsae Team

Bikarmót III Poomsae 2024-2025

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

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team FRAM Sveinbjorn Saevar Sigurdarson / Bjarki Kjartansson / Rudolf Runarsson	ISL	4.72	3.52	1.20

Poomsae Team

Bikarmót III Poomsae 2024-2025

Category **Team Team Undir 30 Female-A**
Competitors **3**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Afturelding Elly Gudrun Sigurdardottir / Athena Run Kolbeins / Athena Ran Stefansdottir	ISL	5.51	3.86	1.65
2	Team Selfoss Viktoria Bjorg Kristoferdottir / Katla Mist Olafsdottir / Thorunn Sturludottir	ISL	5.15	3.55	1.60
3	Team FRAM Jenny Maria Johannsdottir / Hulda Dagmar Magnusdottir / Gudrun Nina Petersen	ISL	4.93	3.48	1.45

Poomsae Team

Bikarmót III Poomsae 2024-2025

Category **Team Team Undir 30 Female-C**
Competitors **2**
Class **C**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	IR Rama Alassaf / Apichaya Eiamlamoon / Aria Alexandra S. Thorsteinsson	ISL	4.86	2.93	1.93
2	Team FRAM Kawsar Karimi / Bjorgvin Bjarnason / Wakin Lucas Reyes	ISL	4.04	2.57	1.47