

All days- Overall - Cadet/Junior/Undir 30/Undir 40/Undir 50/Yfir

Pos.	Team	Teamscore	Gold	Silver	Bronz	4th Pl.
1.	 TKO	18.00	0.00 (2.00)	3.00	1.00	1.00
2.	 Afturelding	14.00	1.00 (1.00)	1.00	0.00	1.00
3.	 IR	12.00	1.00 (1.00)	0.00	1.00	0.00
4.	 Team Selfoss	8.00	1.00	0.00	1.00	0.00
5.	 Armann	7.00	1.00	0.00	0.00	0.00
6.	 Team FRAM	4.00	0.00 (1.00)	0.00	0.00	0.00
7.	 KR	1.00	0.00	0.00	1.00	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: 4 Pnts

(...) is a first place without opponent

All days- Overall - Cadet/Junior/Undir 30/Undir 40/Undir 50/Yfir

Pos.	Team	Teamscore	Gold	Silver	Bronz	4th Pl.
1.	 KR	17.00	2.00	1.00	0.00	0.00
2.	 Keflavík	17.00	1.00	3.00	1.00	2.00
3.	 Armann	14.00	2.00	0.00	0.00	0.00
4.	 TKO	12.00	1.00	0.00	5.00	2.00
5.	 IR	10.00	1.00	1.00	0.00	1.00
6.	 Bjork Taekwondo	8.00	1.00	0.00	1.00	1.00
7.	 Team FRAM	6.00	0.00	2.00	0.00	0.00
8.	 Afturelding	3.00	0.00	1.00	0.00	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: 4 Pnts

(...) is a first place without opponent

Poomsae individual

Bikarmót II Poomsae 2025-2026

Category **Ind Cadet Male-B**
 Competitors **12**
 Class **B**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	45	Viktor Jonsson IR	ISL	6.36	3.56	2.80
2	74	Prasun Tiwari Duwadi KR	ISL	6.34	3.70	2.64
3	57	Vignir Noi Helgason Keflavík	ISL	5.53	3.45	2.08
4	113	Oskar Thor Bjarkason TKO	ISL	5.47	3.42	2.05
5	23	Gudmundur Isar Atlason Armann	ISL	4.76	3.28	1.48
6	40	Sigurbjorn Mani Asgeirsson IR	ISL	4.22	2.95	1.27
7	43	Igor Sebastian Cieszynski IR	ISL	4.17	3.14	1.03
8	37	Damian Tomalak Bjork Taekwondo	ISL	4.17	3.05	1.12
9	17	Viktor Hrafn Sigurbjornsson Afturelding	ISL	3.88	2.96	0.92
10	29	Egill Cabrera Bjork Taekwondo	ISL	3.52	2.90	0.62

Poomsae individual

Bikarmót II Poomsae 2025-2026

Category **Ind Cadet Male-B**
 Competitors **12**
 Class **B**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	45	Viktor Jonsson IR	ISL	6.24	3.60	2.64
2	74	Prasun Tiwari Duwadi KR	ISL	6.04	3.64	2.40
3	57	Vignir Noi Helgason Keflavík	ISL	5.21	3.45	1.76
4	113	Oskar Thor Bjarkason TKO	ISL	5.19	3.35	1.84
5	23	Gudmundur Isar Atlason Armann	ISL	4.62	3.24	1.38
6	40	Sigurbjorn Mani Asgeirsson IR	ISL	3.55	2.85	0.70
7	37	Damian Tomalak Bjork Taekwondo	ISL	3.50	2.75	0.75
8	43	Igor Sebastian Cieszynski IR	ISL	3.27	2.75	0.52

Poomsae individual

Bikarmót II Poomsae 2025-2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	26	Eva Modzelewska Armann	ISL	7.21	3.96	3.25
2	84	Lilja Johanna Birgisdottir Team FRAM	ISL	6.66	3.78	2.88
3	107	Gabriella Kristjansdottir TKO	ISL	5.27	3.25	2.02
4	56	Heida Dis Helgadottir Keflavík	ISL	5.02	3.27	1.75
5	61	Gabriella Libertye Keflavík	ISL	4.85	3.25	1.60
6	33	Marharyta Kotvytska Bjork Taekwondo	ISL	4.03	2.85	1.18
7	131	Kristrun Erla Kristinsdottir Þór	ISL	3.09	2.52	0.57

Poomsae individual

Bikarmót II Poomsae 2025-2026

Category **Ind Cadet Male-C**
 Competitors **16**
 Class **C**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	85	Hilmar Birgisson Team FRAM	ISL	5.47	2.97	2.50
2	12	Saevar Noi Jakobsson Afturelding	ISL	5.43	2.93	2.50
3	93	Wakin Lucas Reyes Team FRAM	ISL	5.40	3.20	2.20
4	50	Nawar Abo Assaf Keflavík	ISL	5.37	2.90	2.47
5	71	Olafur Arni Arason KR	ISL	5.20	2.87	2.33
6	54	Leo Thor Gislason Keflavík	ISL	5.20	2.77	2.43
7	67	Smari Marques Valsson Keflavík	ISL	5.03	2.70	2.33
8	80	Daniel Lorenzo Silva Eggertsson KR	ISL	4.97	2.60	2.37
9	34	Aron Noah Schulz Bjork Taekwondo	ISL	4.93	3.03	1.90
10	78	Ari Thor Riggott KR	ISL	4.83	3.00	1.83
11	89	Benedikt Cesar Kristmundsson Team FRAM	ISL	4.70	2.57	2.13
12	62	Lukas Freyr Pagliaro Keflavík	ISL	4.53	2.93	1.60
13	9	Hrafn Gudmundur Helgason Afturelding	ISL	4.43	2.43	2.00
14	81	Snaevar Stefansson KR	ISL	4.40	2.47	1.93
15	88	Isak Thor Jokulsson Team FRAM	ISL	4.17	2.50	1.67
16	16	Sverrir Arni Omarsson Afturelding	ISL	3.54	2.27	1.27

Poomsae individual

Bikarmót II Poomsae 2025-2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	59	Gudrun Heida Jonsdottir Keflavík	ISL	5.47	2.97	2.50
2	8	Gudbjorg Osk Gunnlaugsdottir Afturelding	ISL	4.90	2.80	2.10
3	38	Grace Agbontaen IR	ISL	4.90	2.73	2.17
4	58	Thorunn Elisabet Hermannsdottir Keflavík	ISL	4.87	2.57	2.30
5	31	Akira Erica Shantal Dedoza Bjork Taekwondo	ISL	4.50	2.60	1.90
6	133	Soley Katla Vignisdottir Þór	ISL	4.40	2.47	1.93
7	14	Ingunn Dyrleif Kristjansdottir Afturelding	ISL	4.17	2.77	1.40

Poomsae individual

Bikarmót II Poomsae 2025-2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	48	Axel Freyr Thorkelsson IR	ISL	7.26	4.34	2.92
2	101	Viktor Kari Albertsson TKO	ISL	6.27	3.95	2.32
3	98	Veigar Olversson Team Selfoss	ISL	6.10	3.82	2.28
4	114	Thorarinn Vikingur Einarsson TKO	ISL	5.57	3.65	1.92
5	68	Anton Vyplel Keflavík	ISL	5.26	3.52	1.74
6	97	Loftur Gudmundsson Team Selfoss	ISL	4.98	3.54	1.44

Poomsae individual

Bikarmót II Poomsae 2025-2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	99	Ingibjorg Laufey Ragnarsdottir Team Selfoss	ISL	6.97	4.13	2.84
2	18	Elly Gudrun Sigurdardottir Afturelding	ISL	6.59	3.99	2.60
3	79	Bryndis Eir Sigurjonsdottir KR	ISL	6.56	3.92	2.64

Poomsae individual

Bikarmót II Poomsae 2025-2026

Category **Ind Junior Male-B**
 Competitors **7**
 Class **B**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	70	Bjartur Adalsteinsson KR	ISL	6.29	3.84	2.45
2	15	Hilmar Birgir Larusson Afturelding	ISL	6.12	3.84	2.28
3	106	Matthias Hans Kjartansson TKO	ISL	5.35	3.53	1.82
4	103	Dagur Bergmann TKO	ISL	5.30	3.55	1.75
5	87	Nojus Gedvilas Team FRAM	ISL	5.30	3.25	2.05
6	64	Mikael Snaer Petursson Keflavík	ISL	5.14	3.36	1.78
7	55	Jakub Aron Gruca Keflavík	ISL	2.40	1.88	0.52

Poomsae individual

Bikarmót II Poomsae 2025-2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	35	Hrafnhildur Katla Siemsen Bjork Taekwondo	ISL	5.79	3.47	2.32
2	69	Oliwia Waszkiewicz Keflavík	ISL	5.08	3.24	1.84
3	102	Bara Bergmann TKO	ISL	5.08	3.16	1.92
4	32	Alicja Grzegorzewska Bjork Taekwondo	ISL	4.82	3.08	1.74
5	65	Lara Karitas Stefansdottir Keflavík	ISL	4.70	3.00	1.70
6	53	Fjola Sif Farestveit Keflavík	ISL	4.64	2.90	1.74
7	36	Olivia Surynt Bjork Taekwondo	ISL	4.18	2.76	1.42

Poomsae individual

Bikarmót II Poomsae 2025-2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	44	Zahra Fayyaz IR	ISL	5.44	3.07	2.37
2	135	Myroslav Dorokhin Þór	ISL	5.00	2.97	2.03
3	132	Perla Dis Vignisdottir Þór	ISL	4.67	2.87	1.80
4	39	Maryam Ahmadi IR	ISL	4.53	2.83	1.70

Poomsae individual

Bikarmót II Poomsae 2025-2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	24	Eythor Atli Reynisson Armann	ISL	7.33	4.36	2.97
2	105	Egill Kari Gunnarsson TKO	ISL	6.95	4.25	2.70
3	138	Solborg Gudmundsdottir TKO	ISL	6.66	4.03	2.63
4	21	Wiktor Sobczynski Afturelding	ISL	6.08	3.88	2.20
5	3	Gudni Fridmar J. Asmundsson Afturelding	ISL	5.11	3.44	1.67

Category **Ind Undir 50 Female-A**
Competitors **1**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	46	Aino-Katri Karinen IR	ISL	5.24	3.49	1.75

Poomsae individual

Bikarmót II Poomsae 2025-2026

Category **Ind Yfir 50 Male-A**
Competitors **1**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	94	Rudolf Runarsson Team FRAM	ISL	5.35	3.75	1.60

Poomsae Pair

Bikarmót II Poomsae 2025-2026

Category **Pair Pair Cadet-B**
 Competitors **7**
 Class **B**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Armann Gudmundur Isar Atlason / Eva Modzelewska	ISL	5.38	3.42	1.96
2	Keflavík Vignir Noi Helgason / Gabriella Libertye	ISL	5.07	3.22	1.85
3	TKO Gabriella Kristjansdottir / Oskar Thor Bjarkason	ISL	4.73	3.10	1.63
4	IR Sigurbjorn Mani Asgeirsson / Viktor Jonsson	ISL	4.62	3.22	1.40
5	KR Hrafney Myrk Arnarsdottir / Ari Thor Riggott	ISL	4.55	3.05	1.50
6	Bjork Taekwondo Egill Cabrera / Damian Tomalak	ISL	3.44	2.82	0.62
7	IR Igor Sebastian Cieszynski / Inga Lucja Cieszynska	ISL	3.20	2.65	0.55

Poomsae Pair

Bikarmót II Poomsae 2025-2026

Category **Pair Pair Cadet-C**
 Competitors **10**
 Class **C**

2

Pos.	Surname	Country	Average	Pres.	Acc.
1	Keflavík Thorunn Elisabet Hermansdóttir / Gudrun Heida Jonsdóttir	ISL	5.07	2.67	2.40
2	Keflavík Leo Thor Gislason / Smari Marques Valsson	ISL	4.87	2.67	2.20
3	Team FRAM Hilmar Birkisson / Wakin Lucas Reyes	ISL	4.86	2.83	2.03
4	IR Grace Agbontaen / Syana-Teodora Sabou	ISL	4.80	2.63	2.17
5	Team FRAM Isak Thor Jokulsson / Benedikt Cesar Kristmundsson	ISL	4.60	2.57	2.03
6	Keflavík Nawar Abo Assaf / Lukas Freyr Pagliaro	ISL	4.50	2.60	1.90
6	KR Daniel Lorenzo Silva Eggertsson / Snaevar Stefansson	ISL	4.50	2.60	1.90
8	Bjork Taekwondo Victor Atlas Danielsson Cabrera / Aron Noah Schulz	ISL	3.90	2.43	1.47
9	Bjork Taekwondo Akira Erica Shantal Dedoza / Bergdis Gudrun Brynjarsdóttir	ISL	3.84	2.37	1.47
10	Afturelding Hrafn Gudmundur Helgason / Sverrir Arni Omarsson	ISL	3.80	2.30	1.50

Poomsae Pair

Bikarmót II Poomsae 2025-2026

Category **Pair Pair Junior-A**
Competitors **3**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Afturelding Elly Gudrun Sigurdardottir / Hilmar Birgir Larusson	ISL	6.30	4.00	2.30
2	TKO Thorarinn Vikingur Einarsson / Bara Bergmann	ISL	5.37	3.72	1.65
3	IR Aino-Katri Karinen / Axel Freyr Thorkelsson	ISL	5.21	3.65	1.56

Poomsae Pair

Bikarmót II Poomsae 2025-2026

Category **Pair Pair Junior-B**
 Competitors **7**
 Class **B**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	KR Bjartur Adalsteinsson / Prasun Tiwari Duwadi	ISL	5.99	3.77	2.22
2	Team FRAM Lilja Johanna Birgisdottir / Nojus Gedvilas	ISL	5.56	3.38	2.18
3	TKO Dagur Bergmann / Matthias Hans Kjartansson	ISL	5.28	3.55	1.73
4	Keflavík Mikael Snaer Petursson / Oliwia Waszkiewicz	ISL	5.25	3.55	1.70
5	Bjork Taekwondo Alicja Grzegorzewska / Hrafnhildur Katla Siemsen	ISL	5.16	3.42	1.74
6	Keflavík Fjola Sif Farestveit / Heida Dis Helgadóttir	ISL	5.13	3.48	1.65
7	Keflavík Jakub Aron Gruca / Lara Karitas Stefansdóttir	ISL	3.67	2.92	0.75

Poomsae Pair

Bikarmót II Poomsae 2025-2026

Category **Pair Pair Junior-C**
Competitors **2**
Class **C**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Pór Perla Dis Vignisdottir / Soley Katla Vignisdottir	ISL	5.10	2.70	2.40
2	IR Maryam Ahmadi / Zahra Fayyaz	ISL	4.74	2.77	1.97

Poomsae Pair

Bikarmót II Poomsae 2025-2026

Category **Pair Pair Undir 30-A**
Competitors **1**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	TKO	ISL	6.73	4.15	2.58
Solborg Gudmundsdottir / Egill Kari Gunnarsson					

Poomsae Team

Bikarmót II Poomsae 2025-2026

Category **Team Team Cadet Male-B**
Competitors **3**
Class **B**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	TKO Oliver Siren Matthiasson / Oskar Thor Bjarkason / Gabriella Kristjansdottir	ISL	4.70	3.23	1.47
2	IR Sigurbjorn Mani Asgeirsson / Igor Sebastian Cieszynski / Viktor Jonsson	ISL	3.40	2.82	0.58

Poomsae Team

Bikarmót II Poomsae 2025-2026

Category **Team Team Cadet Male-C**
 Competitors **6**
 Class **C**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	KR Olafur Arni Arason / Daniel Lorenzo Silva Eggertsson / Snaevar Stefansson	ISL	5.34	2.97	2.37
2	Keflavík Nawar Abo Assaf / Leo Thor Gislason / Smari Marques Valsson	ISL	5.33	2.80	2.53
3	Team FRAM Hilmar Birkisson / Isak Thor Jokulsson / Benedikt Cesar Kristmundsson	ISL	5.10	2.70	2.40
4	Team FRAM Wakin Lucas Reyes / Maria Bjarney Palsdottir / Emilia Bjork Magnusdottir	ISL	4.94	2.97	1.97
5	Bjork Taekwondo María Lovísa Bjarkardóttir / Akira Erica Shantal Dedoza / Bergdis Gudrun Brynjarsdottir	ISL	4.07	2.77	1.30

Poomsae Team

Bikarmót II Poomsae 2025-2026

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

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	TKO Viktor Kari Albertsson / Thorarinn Vikingur Einarsson / Matthias Hans Kjartansson	ISL	5.15	3.60	1.55

Poomsae Team

Bikarmót II Poomsae 2025-2026

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

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Keflavík Fjola Sif Farestveit / Lara Karitas Stefansdottir / Oliwia Waszkiewicz	ISL	5.34	3.46	1.88
2	Keflavík Heida Dis Helgadóttir / Mikael Snaer Petursson / Jakub Aron Gruca	ISL	5.14	3.38	1.76
3	Bjork Taekwondo Alicja Grzegorzewska / Hrafnhildur Katla Siemsen / Olivia Surynt	ISL	4.82	3.30	1.52

Poomsae Team

Bikarmót II Poomsae 2025-2026

Category **Team Team Junior Female-C**
Competitors **1**
Class **C**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	IR	ISL	5.27	3.00	2.27
Grace Agbontaen / Maryam Ahmadi / Zahra Fayyaz					

Poomsae Team

Bikarmót II Poomsae 2025-2026

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

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Afturelding Gudni Fridmar J. Asmundsson / Wiktor Sobczynski / Hilmar Birgir Larusson	ISL	6.06	4.00	2.06