

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

Pos.	Team	Teamscore	Gold	Silver	Bronz	4th Pl.
1.	 Team FRAM	25.50	3.00	1.50	0.00	1.00
2.	 IR	22.50	1.17 (2.33)	1.00	2.00	0.00
3.	 Armann	20.50	1.33 (1.67)	1.50	0.00	0.00
4.	 TKO	19.33	0.33 (2.00)	2.00	3.00	0.00
5.	 Team Selfoss	17.50	1.50 (1.00)	1.00	0.00	1.00
6.	 Afturelding	15.33	1.33	2.00	0.00	0.00
7.	 KR	3.33	0.33	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

Pos.	Team	Teamscore	Gold	Silver	Bronz	4th Pl.
1.	 KR	24.00	3.00	1.00	0.00	0.00
2.	 Armann	14.33	2.00	0.00	0.33	0.33
3.	 TKO	13.00	1.00	1.00	3.00	2.00
4.	 Bjork Taekwondo	10.00	1.00	1.00	0.00	1.00
5.	 Keflavík	9.00	0.00	2.00	3.00	2.00
6.	 IR	7.66	0.00	1.00	0.67	1.00
			(1.00)			
7.	 Afturelding	7.00	1.00	0.00	0.00	0.67
8.	 Team FRAM	7.00	0.00	2.00	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**



Poomsae individual

Íslandsmót Poomsae 2026

Category **Ind Cadet Male-A**
Competitors **1**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	65	Viktor Kari Albertsson TKO	ISL	6.18	3.80	2.38



Category **Ind Cadet Male-B**
Competitors **11**
Class **B**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	42	Prasun Tiwari Duwadi KR	ISL	6.45	4.05	2.40
2	21	Viktor Jonsson IR	ISL	6.11	3.87	2.24
3	75	Oskar Thor Bjarkason TKO	ISL	5.96	3.86	2.10
4	74	Oliver Siren Matthiasson TKO	ISL	5.47	3.75	1.72
5	29	Vignir Noi Helgason Keflavik	ISL	5.11	3.46	1.65
6	68	Tomas Gill Ragnarsson TKO	ISL	5.01	3.46	1.55
7	8	Gudmundur Isar Atlason Armann	ISL	4.99	3.46	1.53
8	17	Sigurbjorn Mani Asgeirsson IR	ISL	4.70	3.25	1.45
9	6	Viktor Hrafn Sigurbjornsson Afturelding	ISL	4.51	3.34	1.17
10	16	Damian Tomalak Bjork Taekwondo	ISL	3.96	3.06	0.90
11	1	Erik Ægir Björk Aðalsteinsson Afturelding	ISL	3.78	3.10	0.68

Poomsae individual Íslandsmót Poomsae 2026

Category **Ind Cadet Male-B**
Competitors **11**
Class **B**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	42	Prasun Tiwari Duwadi KR	ISL	6.80	4.02	2.78
2	21	Viktor Jonsson IR	ISL	6.62	3.95	2.67
3	75	Oskar Thor Bjarkason TKO	ISL	6.24	3.86	2.38
4	29	Vignir Noi Helgason Keflavík	ISL	5.64	3.70	1.94
5	74	Oliver Siren Matthiasson TKO	ISL	5.52	3.57	1.95
6	68	Tomas Gill Ragnarsson TKO	ISL	5.43	3.68	1.75
7	17	Sigurbjorn Mani Asgeirsson IR	ISL	5.06	3.42	1.64
8	8	Gudmundur Isar Atlason Armann	ISL	4.73	3.45	1.28

Poomsae individual Íslandsmót Poomsae 2026

Category **Ind Cadet Female-B**
Competitors **5**
Class **B**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	12	Eva Modzelewska Armann	ISL	7.12	4.04	3.08
2	50	Lilja Johanna Birgisdottir Team FRAM	ISL	6.58	3.70	2.88
3	32	Gabriella Libertye Keflavík	ISL	5.84	3.51	2.33
4	72	Gabriella Kristjansdottir TKO	ISL	5.84	3.42	2.42
5	28	Heida Dis Helgadóttir Keflavík	ISL	5.57	3.32	2.25

Poomsae individual Íslandsmót Poomsae 2026

Category **Ind Cadet Male-C**
Competitors **15**
Class **C**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	59	Wakin Lucas Reyes Team FRAM	ISL	6.63	4.13	2.50
2	26	Nawar Abo Assaf Keflavík	ISL	5.97	3.90	2.07
3	44	Kiljan Heisterkamp KR	ISL	5.94	3.77	2.17
4	45	Ari Thor Riggott KR	ISL	5.90	4.07	1.83
5	47	Daniel Lorenzo Silva Eggertsson KR	ISL	5.87	3.77	2.10
6	51	Hilmar Birkisson Team FRAM	ISL	5.63	3.60	2.03
7	40	Olafur Arni Arason KR	ISL	5.34	3.77	1.57
8	39	Omar Abdallah Ahmedsson KR	ISL	5.30	3.67	1.63
9	48	Snaevarr Stefansson KR	ISL	5.03	3.23	1.80
10	52	Thorsteinn Hilmar Bjarkason Team FRAM	ISL	4.63	3.50	1.13
11	18	Tomas Geir Axelsson IR	ISL	4.47	3.37	1.10
12	49	Patrekur Thorarinsson KR	ISL	3.84	2.77	1.07
13	36	Smari Marques Valsson Keflavík	ISL	3.63	2.70	0.93



Poomsae individual

Íslandsmót Poomsae 2026

Category **Ind Cadet Male-C**
Competitors **15**
Class **C**

2

Pos.	Id	Surname	Country	Average	Pres.	Acc.
		Team				



Poomsae individual Íslandsmót Poomsae 2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	64	Ulfur Darri Sigurdsson Team Selfoss	ISL	7.30	4.38	2.92
2	23	Axel Freyr Thorkelsson IR	ISL	7.19	4.34	2.85
3	22	Mikael Thor Santi Mikaelsson IR	ISL	6.20	3.83	2.37
4	62	Veigar Olversson Team Selfoss	ISL	6.14	3.90	2.24
5	76	Thorarinn Vikingur Einarsson TKO	ISL	5.89	3.76	2.13
6	61	Loftur Gudmundsson Team Selfoss	ISL	4.97	3.52	1.45

Poomsae individual

Íslandsmót Poomsae 2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	7	Elly Gudrun Sigurdardottir Afturelding	ISL	6.77	4.12	2.65
2	63	Ingibjorg Laufey Ragnarsdottir Team Selfoss	ISL	6.61	4.15	2.46
3	46	Bryndis Eir Sigurjonsdottir KR	ISL	6.34	3.92	2.42

Category **Ind Junior Male-B**
Competitors **10**
Class **B**

2

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	38	Bjartur Adalsteinsson KR	ISL	6.08	3.90	2.18
2	5	Hilmar Birgir Larusson Afturelding	ISL	5.45	3.47	1.98
3	71	Matthias Hans Kjartansson TKO	ISL	5.30	3.44	1.86
4	54	Nojus Gedvilas Team FRAM	ISL	5.07	3.45	1.62
5	67	Dagur Bergmann TKO	ISL	4.83	3.20	1.63
6	33	Mikael Snaer Petursson Keflavik	ISL	4.75	3.07	1.68
7	43	Erling Kari Freysson KR	ISL	4.10	2.92	1.18
8	25	Gabriel Louis Tumarao IR	ISL	3.40	2.74	0.66
9	19	Karl Mikael Clausen Aaronsson IR	ISL	3.32	2.62	0.70
10	53	Arnar Freyr Brynjarsson Team FRAM	ISL	2.68	2.24	0.44

Poomsae individual Íslandsmót Poomsae 2026

Category **Ind Junior Male-B**
Competitors **10**
Class **B**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	5	Hilmar Birgir Larusson Afturelding	ISL	6.13	4.03	2.10
2	38	Bjartur Adalsteinsson KR	ISL	6.10	3.86	2.24
3	71	Matthias Hans Kjartansson TKO	ISL	5.74	3.70	2.04
4	67	Dagur Bergmann TKO	ISL	5.66	3.78	1.88
5	54	Nojus Gedvilas Team FRAM	ISL	5.34	3.50	1.84
6	43	Erling Kari Freysson KR	ISL	4.55	3.27	1.28
7	33	Mikael Snaer Petursson Keflavík	ISL	4.10	3.02	1.08
8	25	Gabriel Louis Tumarao IR	ISL	3.30	2.78	0.52

Poomsae individual Íslandsmót Poomsae 2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	14	Hrafnhildur Katla Siemsen Bjork Taekwondo	ISL	6.31	3.96	2.35
2	27	Fjola Sif Farestveit Keflavík	ISL	5.94	3.94	2.00
3	37	Oliwia Waszkiewicz Keflavík	ISL	5.84	3.99	1.85
4	13	Alicja Grzegorzewska Bjork Taekwondo	ISL	5.81	3.87	1.94
5	15	Olivia Surynt Bjork Taekwondo	ISL	5.30	3.92	1.38

Poomsae individual Íslandsmót Poomsae 2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	30	Guðrun Heida Jonsdóttir Keflavík	ISL	6.40	3.77	2.63
2	4	Guðbjörg Ósk Gunnlaugsdóttir Afturelding	ISL	5.30	3.53	1.77
3	55	Kawsar Karimi Team FRAM	ISL	5.27	3.37	1.90

Poomsae individual Íslandsmót Poomsae 2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	9	Eythor Atli Reynisson Armann	ISL	7.62	4.48	3.14
2	70	Egill Kari Gunnarsson TKO	ISL	7.15	4.40	2.75
3	96	Solborg Gudmundsdottir TKO	ISL	6.94	4.14	2.80
4	56	Bjarki Kjartansson Team FRAM	ISL	6.88	4.05	2.83
5	2	Gudni Fridmar J. Asmundsson Afturelding	ISL	5.64	3.70	1.94
6	3	Sigurdur Mani Gudmundsson Afturelding	ISL	5.48	3.66	1.82



Poomsae individual

Íslandsmót Poomsae 2026

Category **Ind Undir 40 Male-A**
Competitors **1**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	11	Jóhann Daníel Jimma Armann	ISL	4.67	3.45	1.22





Poomsae individual Íslandsmót Poomsae 2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	24	Anna Suryati Tjhin IR	ISL	5.08	3.50	1.58





Poomsae individual

Íslandsmót Poomsae 2026

Category **Ind Undir 50 Male-B**
Competitors **1**
Class **B**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	20	Oli Mar Hroffsson IR	ISL	3.90	3.18	0.72





Poomsae individual Íslandsmót Poomsae 2026

Category **Ind Undir 50 Male-C**
Competitors **1**
Class **C**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	41	Tomas Bickel KR	ISL	4.87	3.47	1.40



Poomsae individual Íslandsmót Poomsae 2026

Category **Ind Yfir 50 Male-A**
Competitors **3**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	60	Rudolf Runarsson Team FRAM	ISL	5.52	3.54	1.98
2	10	Grettir Einarsson Armann	ISL	4.78	3.38	1.40
3	73	Gudmundur Magnusson TKO	ISL	3.13	2.78	0.35

Poomsae individual Íslandsmót Poomsae 2026

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

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	57	Hulda Dagmar Magnúsdóttir Team FRAM	ISL	6.05	3.78	2.27
2	58	Gudrun Nina Petersen Team FRAM	ISL	5.63	3.62	2.01

Category **Pair Pair Cadet-B**
Competitors **6**
Class **B**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Armann Gudmundur Isar Atlason / Eva Modzelewska	ISL	5.62	3.52	2.10
2	TKO Oskar Thor Bjarkason / Gabriella Kristjansdottir	ISL	5.12	3.04	2.08
3	Keflavík Vignir Noi Helgason / Gabriella Libertye	ISL	5.05	3.12	1.93
4	IR Sigurbjorn Mani Asgeirsson / Viktor Jonsson	ISL	4.66	2.96	1.70
5	TKO Tomas Gill Ragnarsson / Oliver Siren Matthiasson	ISL	4.53	2.78	1.75
6	Afturelding Erik Ægir Björk Aðalsteinsson / Viktor Hrafn Sigurbjornsson	ISL	3.39	2.22	1.17

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

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	IR / Team Selfoss Axel Freyr Thorkelsson / Ingibjorg Laufey Ragnarsdottir	ISL	6.55	4.10	2.45
2	Afturelding Elly Gudrun Sigurdardottir / Hilmar Birgir Larusson	ISL	6.18	3.95	2.23

Category **Pair Pair Junior-B**Competitors **7**Class **B****3**

Pos.	Surname	Country	Average	Pres.	Acc.
1	KR Bjartur Adalsteinsson / Prasun Tiwari Duwadi	ISL	6.95	4.20	2.75
2	Team FRAM Lilja Johanna Birgisdottir / Nojus Gedvilas	ISL	6.52	4.02	2.50
3	TKO Matthias Hans Kjartansson / Bara Bergmann	ISL	6.41	3.99	2.42
4	Keflavík Mikael Snaer Petursson / Oliwia Waszkiewicz	ISL	6.34	3.97	2.37
5	Bjork Taekwondo Hrafnhildur Katla Siemsen / Olivia Surynt	ISL	6.17	3.92	2.25
6	Bjork Taekwondo Alicja Grzegorzewska / Damian Tomalak	ISL	5.01	3.45	1.56
7	IR Karl Mikael Clausen Aaronsson / Gabriel Louis Tumarao	ISL	4.90	3.50	1.40

Category **Pair Pair Junior-C**
Competitors **6**
Class **C**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team FRAM Hilmar Birkisson / Wakin Lucas Reyes	ISL	6.13	3.93	2.20
2	Keflavík Nawar Abo Assaf / Smari Marques Valsson	ISL	6.00	3.73	2.27
3	KR Daniel Lorenzo Silva Eggertsson / Snaevarr Stefansson	ISL	5.40	3.50	1.90
4	KR Omar Abdallah Ahmedsson / Kiljan Heisterkamp	ISL	5.30	3.47	1.83
5	Team FRAM Thorsteinn Hilmar Bjarkason / Kawsar Karimi	ISL	5.13	3.50	1.63

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

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	TKO Solborg Gudmundsdottir / Egill Kari Gunnarsson	ISL	6.77	4.05	2.72

Category **Pair Pair Undir 50-A**
Competitors **1**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	IR Anna Suryati Tjhin / Oli Mar Hrolfsson	ISL	4.46	3.34	1.12

Category **Pair Pair Yfir 50-A**
Competitors **2**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team FRAM Hulda Dagmar Magnúsdóttir / Rudolf Runarsson	ISL	5.32	3.38	1.94
2	Armann / Team FRAM Grettir Einarsson / Gudrun Nina Petersen	ISL	4.30	3.15	1.15

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

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	TKO Oliver Siren Matthiasson / Tomas Gill Ragnarsson / Oskar Thor Bjarkason	ISL	4.90	3.05	1.85
2	Keflavík Vignir Noi Helgason / Gabriella Libertye / Heida Dis Helgadottir	ISL	4.70	3.05	1.65
3	Armann / IR Gudmundur Isar Atlason / Sigurbjorn Mani Asgeirsson / Viktor Jonsson	ISL	4.54	3.14	1.40
4	Afturelding / Armann Erik Ægir Björk Aðalsteinsson / Viktor Hrafn Sigurbjornsson / Eva Modzelewska	ISL	4.00	2.78	1.22

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

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Afturelding / IR / KR Elly Gudrun Sigurdardottir / Anna Suryati Tjhin / Bryndis Eir Sigurjonsdottir	ISL	5.84	3.88	1.96
2	TKO Viktor Kari Albertsson / Thorarinn Vikingur Einarsson / Matthias Hans Kjartansson	ISL	5.29	3.65	1.64
3	IR Mikael Thor Santi Mikaelsson / Karl Mikael Clausen Aaronsson / Gabriel Louis Tumarao	ISL	4.28	3.26	1.02

Category **Team Team Junior Male-B**
Competitors **4**
Class **B**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	KR Bjartur Adalsteinsson / Prasun Tiwari Duwadi / Erling Kari Freysson	ISL	5.87	3.99	1.88
2	Bjork Taekwondo Alicja Grzegorzewska / Hrafnhildur Katla Siemsen / Olivia Surynt	ISL	5.86	3.88	1.98
3	Team FRAM Arnar Freyr Brynjarsson / Nojus Gedvilas / Lilja Johanna Birgisdottir	ISL	5.50	3.72	1.78

Category **Team Team Junior Male-C**
Competitors **4**
Class **C**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Team FRAM Hilmar Birkisson / Wakin Lucas Reyes / Kawsar Karimi	ISL	6.00	3.93	2.07
2	Keflavík Nawar Abo Assaf / Smari Marques Valsson / Gudrun Heida Jonsdottir	ISL	5.86	3.83	2.03
3	KR Olafur Arni Arason / Daniel Lorenzo Silva Eggertsson / Snaevarr Stefansson	ISL	5.80	3.83	1.97

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

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Armann / IR / TKO Eythor Atli Reynisson / Axel Freyr Thorkelsson / Egill Kari Gunnarsson	ISL	7.29	4.37	2.92
2	Afturelding Gudni Fridmar J. Asmundsson / Sigurdur Mani Gudmundsson / Hilmar Birgir Larsson	ISL	6.34	3.87	2.47
3	TKO Gabriella Kristjansdottir / Bara Bergmann / Solborg Gudmundsdottir	ISL	5.92	3.68	2.24

Category **Team Team Undir 50 Male-A**
Competitors **1**
Class **A**

3

Pos.	Surname	Country	Average	Pres.	Acc.
1	Armann / IR Grettir Einarsson / Jóhann Daníel Jimma / Oli Mar Hrólfsson	ISL	3.95	3.10	0.85

Category **Free Ind Freestyle Undir 17 Male-A**
Competitors **1**
Class **A**

3

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	64	Ulfur Darri Sigurdsson Team Selfoss	ISL	4.74	2.27	2.47