

### Court:3 (cat.11)

#### Poomsae individual

Category **Ind Cadets Male**

Competitors **9**

Round **2**

	ID no.	Surname	Team	Country
1	129	Sander Lammers	MUDO Team Academy IF	SWE
2	55	Alex Karlsson	Team Finland	FIN
3	112	Liam Sky Lumban	Oslo Nord Taekwondo Club	NOR
4	30	Hugo Hjarsø	Gangnam Sportstaekwondo	DEN
5	70	Luca Lonka	Team Finland	FIN
6	101	Nicolas Marciuk	Icelandic Taekwondo Federation	ISL
7	56	Emil Karma	Team Finland	FIN
8	7	Isaac Rask Drube	Danish National Team Poomsae	DEN
9	121	Hektor Askelöf	MUDO Team Academy IF	SWE

### Court:3 (cat.5)

#### Poomsae individual

Category **Ind Cadets Female**

Competitors **14**

Round **2**

	ID no.	Surname	Team	Country
1	126	Anna Maria Juharyan	MUDO Team Academy IF	SWE
2	39	Inès Benaissa	Team Finland	FIN
3	134	Ekatarina Rafailovic	MUDO Team Academy IF	SWE
4	43	Matleena Grönlund	Team Finland	FIN
5	113	Cassandra Cansund	?Restad Baekdusan Taekwondo	SWE
6	29	Shiri Ginnerup	Gangnam Sportstaekwondo	DEN
7	138	Lily Toth	MUDO Team Academy IF	SWE
8	72	Elisa Mäkinen	Team Finland	FIN
9	75	Mimi Miettinen	Team Finland	FIN
10	122	Maja Bergström	MUDO Team Academy IF	SWE
11	3	Emma Au-Nguyen	Danish National Team Poomsae	DEN
12	28	Filippa Blaedel	Gangnam Sportstaekwondo	DEN
13	66	Pinja Latvajärvi	Team Finland	FIN
14	40	Nea Forsell	Team Finland	FIN

### Court:2 (cat.14)

#### Poomsae individual

Category **Ind Juniors Male**

Competitors **12**

Round **2**

	ID no.	Surname	Team	Country
1	37	Alexander Andersson	Team Finland	FIN
2	135	Folke Rudh Sjöholm	MUDO Team Academy IF	SWE
3	124	Lukas Erlandsson	MUDO Team Academy IF	SWE
4	139	David Agrest	PTE Sweden	SWE
5	42	Frans Frangén	Team Finland	FIN
6	111	Jens Grambo Gundersen	Oslo Nord Taekwondo Club	NOR
7	132	Noah Mkrtchian	MUDO Team Academy IF	SWE
8	53	Lassi Kaasinen	Team Finland	FIN
9	140	Mille Bergh	PTE Sweden	SWE
10	52	Alex Jürgens	Team Finland	FIN
11	102	Álfgeir Stefánsson	Icelandic Taekwondo Federation	ISL
12	91	Henry Suoniitty	Team Finland	FIN

### Court:3 (cat.7)

### Poomsae individual

Category **Ind Juniors Female**

Competitors **17**

Round **2**

	ID no.	Surname	Team	Country
1	128	Isabelle Lammers	MUDO Team Academy IF	SWE
2	62	Aino Kortelainen	Team Finland	FIN
3	120	Vera Angsell	MUDO Team Academy IF	SWE
4	119	Ellen Örsing	MUDO Team Academy IF	SWE
5	133	Lovisa Nihlén	MUDO Team Academy IF	SWE
6	87	Sofia Sarala	Team Finland	FIN
7	71	Roosa Määttä	Team Finland	FIN
8	114	Felicia Leventin	?Restad Baekdusan Taekwondo	SWE
9	143	Ellen Eckerström	PTE Sweden	SWE
10	12	Annebell T.W. Ibsen	Danish National Team Poomsae	DEN
11	67	Aino Laukkanen	Team Finland	FIN
12	92	Bao Boi Trieu	Team Finland	FIN
13	45	Airada Heikkinen	Team Finland	FIN
14	65	Veera Lampinen	Team Finland	FIN
15	35	Naja Nancke	Skanderborg Moo Sa	DEN
16	125	Mia Galvenius	MUDO Team Academy IF	SWE
17	32	Thea Elise Jensen	Islev Taekwondo Klub	DEN

### Court:1 (cat.5)

#### Poomsae individual

Category **Ind Under 30 Male**

Competitors **10**

Round **2**

	ID no.	Surname	Team	Country
1	136	Vincent Saigne	MUDO Team Academy IF	SWE
2	116	Alexander Månsson	?Restad Baekdusan Taekwondo	SWE
3	100	Egill Kári Gunnarsson	Icelandic Taekwondo Federation	ISL
4	4	Bastian Thinggaard Byrgesen	Danish National Team Poomsae	DEN
5	108	Andy Nguyen	Hwa Rang Team Drammen	NOR
6	98	Orri Þór Eggertsson	Icelandic Taekwondo Federation	ISL
7	85	Frans Salmi	Team Finland	FIN
8	16	Alexandar Vinther Larsen	Danish National Team Poomsae	DEN
9	18	Lucas Nicolaisen	Danish National Team Poomsae	DEN
10	50	Joonas Järvenpää	Team Finland	FIN

### Court:1 (cat.1)

### Poomsae individual

Category **Ind Under 30 Female**

Competitors **27**

Round **1**

	ID no.	Surname	Team	Country
1	73	Mira Mänty	Team Finland	FIN
2	27	Andersen Benedicte	Gangnam Sportstaekwondo	DEN
3	144	Elin Fors	PTE Sweden	SWE
4	117	Rebecka Chiu	Chae TKD Rumlaborg	SWE
5	105	Rikke Heggedal	Hamar Taekwondo Klubb	NOR
6	13	Silje Anne L. Jensen	Danish National Team Poomsae	DEN
7	36	Anna Alatalo	Team Finland	FIN
8	26	Hjarsø Alberte	Gangnam Sportstaekwondo	DEN
9	84	Helmi Riuttala	Team Finland	FIN
10	110	Kine Solvang Tellnes	Keum Gang Taekwondo Norway	NOR
11	76	Heidi Natunen	Team Finland	FIN
12	8	Annesofie Leuenhagen Fredberg	Danish National Team Poomsae	DEN
13	60	Mia Knutsson	Team Finland	FIN
14	17	Laura Nancke	Danish National Team Poomsae	DEN
15	109	Anette Nilsen	Hwa Rang Team Drammen	NOR
16	82	Linda Rökköläinen	Team Finland	FIN
17	94	Saila-Kristine Vienonen	Team Finland	FIN
18	99	Sólborg Vanda Guðmundsdóttir	Icelandic Taekwondo Federation	ISL
19	20	Sofie A.R. Nielsen	Danish National Team Poomsae	DEN
20	54	Aino Kangasmaa	Team Finland	FIN
21	141	Alicia Brännback	PTE Sweden	SWE
22	44	Ada Gustafsson	Team Finland	FIN

### Court:1 (cat.1)

#### Poomsae individual

Category **Ind Under 30 Female**

Competitors **27**

Round **1**

	ID no.	Surname	Team	Country
23	23	Camille La Cour Pedersen	Danish National Team Poomsae	DEN
24	21	Mechid Palman	Danish National Team Poomsae	DEN
25	86	Kerttu Salminen	Team Finland	FIN
26	106	Emma Christine Larsen	Hamar Taekwondo Klubb	NOR
27	61	Julia Korja	Team Finland	FIN

### Court:2 (cat.15)

#### Poomsae individual

Category **Ind Under 40 Male**

Competitors **9**

Round **2**

	ID no.	Surname	Team	Country
1	10	Benjamin Harder	Danish National Team Poomsae	DEN
2	127	Alexander Lagos Kusk	MUDO Team Academy IF	SWE
3	48	Tatu Iivanainen	Team Finland	FIN
4	38	Sampsa Aukio	Team Finland	FIN
5	104	Michael Phan	Askim If Taekwondo Klubb	NOR
6	89	Olli Siltanen	Team Finland	FIN
7	34	Jesper Hansen	Lyngby Taekwondo Klub	DEN
8	137	Murat Sarikus	MUDO Team Academy IF	SWE
9	77	Elmer Nordberg	Team Finland	FIN



### Court:2 (cat.10)

#### Poomsae individual

Category **Ind Under 40 Female**

Competitors **5**

Round **3**

	ID no.	Surname	Team	Country
1	88	Triin Saviauk	Team Finland	FIN
2	90	Miia Siutila	Team Finland	FIN
3	22	Charlotte Pedersen	Danish National Team Poomsae	DEN
4	97	Laura Wild	Team Finland	FIN
5	59	Laura Kinnunen	Team Finland	FIN

### Court:3 (cat.10)

#### Poomsae individual

Category **Ind Under 50 Male**

Competitors **6**

Round **3**

	ID no.	Surname	Team	Country
1	31	Johnny Jensen	Islev Taekwondo Klub	DEN
2	80	Erik Pohjonen	Team Finland	FIN
3	93	Antti Vehman	Team Finland	FIN
4	145	David Jansson	Vänernsberg Tkd YOKSA	SWE
5	95	Mikko Virta	Team Finland	FIN
6	115	Peter Leventin	?Restad Baekdusan Taekwondo	SWE

### Court:2 (cat.13)

#### Poomsae individual

Category **Ind Under 50 Female**

Competitors **8**

Round **3**

	ID no.	Surname	Team	Country
1	19	Nicole Nielsen	Danish National Team Poomsae	DEN
2	51	Nyman Jenny	Team Finland	FIN
3	64	Kati Kuosmanen	Team Finland	FIN
4	81	Kirsimarja Raitasalo	Team Finland	FIN
5	78	Johanna Nukari	Team Finland	FIN
6	14	Lene Kjær	Danish National Team Poomsae	DEN
7	83	Satu Ritari	Team Finland	FIN
8	123	Katariina Edling	MUDO Team Academy IF	SWE

### Court:3 (cat.9)

#### Poomsae individual

Category **Ind Under 60 Male**

Competitors **3**

Round **3**

	ID no.	Surname	Team	Country
1	107	Jan Helge Mehren	Hwa Rang Team Drammen	NOR
2	130	Ji-Pyo Lim	MUDO Team Academy IF	SWE
3	58	Rejman Kim	Team Finland	FIN

### Court:1 (cat.2)

#### Poomsae individual

Category **Ind Under 60 Female**

Competitors **4**

Round **3**

	ID no.	Surname	Team	Country
1	96	Niina Virtala	Team Finland	FIN
2	33	Lene Werge	Islev Taekwondo Klub	DEN
3	103	May-Lisbeth Fjeld	Askim If Taekwondo Klubb	NOR
4	49	Marita Jaakkola	Team Finland	FIN

### Court:2 (cat.2)

#### Poomsae individual

Category **Ind Under 65 Male**

Competitors **5**

Round **3**

	ID no.	Surname	Team	Country
1	74	Juho Metsälä	Team Finland	FIN
2	118	Josef Chiu	Chae TKD Rumlaborg	SWE
3	46	Matti Huuskonen	Team Finland	FIN
4	2	Jørn C. Andersen	Danish National Team Poomsae	DEN
5	6	Ky-Tu Dang	Danish National Team Poomsae	DEN

### Court:3 (cat.8)

#### Poomsae individual

Category **Ind Under 65 Female**

Competitors **1**

Round **3**

	ID no.	Surname	Team	Country
1	47	Sirpa Huuskonen	Team Finland	FIN

### Court:3 (cat.1)

#### Poomsae Pair

Category **Pair Pair Junior**

Pairs **7**

Round **3**

	Team	ID no.	Surname	
1	MUDO Team Academy IF			SWE
		120	Vera Angsell	
		135	Folke Rudh Sjöholm	
2	Team Finland			FIN
		37	Alexander Andersson	
		65	Veera Lampinen	
3	MUDO Team Academy IF			SWE
		124	Lukas Erlandsson	
		133	Lovisa Nihlén	
4	MUDO Team Academy IF			SWE
		119	Ellen Örsing	
		132	Noah Mkrтчian	
5	PTE Sweden			SWE
		140	Mille Bergh	
		143	Ellen Eckerström	
6	Team Finland			FIN
		53	Lassi Kaasinen	
		87	Sofia Sarala	
7	Team Finland			FIN
		71	Roosa Määttä	
		91	Henry Suoniitty	



### Court:1 (cat.4)

#### Poomsae Pair

Category **Pair Pair Under 30**

Pairs **10**

Round **2**

	Team	ID no.	Surname	
1	Danish National Team Poomsae / Icelandic Taekwondo Federation			DEN
		23	Camille La Cour Pedersen	
		98	Orri Þór Eggertsson	
2	MUDO Team Academy IF			SWE
		131	Johanna Lim Falk	
		136	Vincent Saigne	
3	Team Finland			FIN
		60	Mia Knutsson	
		85	Frans Salmi	
4	Hwa Rang Team Drammen			NOR
		108	Andy Nguyen	
		109	Anette Nilsen	
5	Danish National Team Poomsae / Icelandic Taekwondo Federation			DEN
		21	Mechid Palman	
		100	Egill Kári Gunnarsson	
6	Danish National Team Poomsae			DEN
		9	Johan Hogrefe Fredman	
		15	Silja Kjølbo	
7	Danish National Team Poomsae			DEN
		18	Lucas Nicolaisen	
		20	Sofie A.R. Nielsen	
8	PTE Sweden			SWE
		141	Alicia Brännback	
		142	Måns Dahlgren	
9	Team Finland			FIN
		36	Anna Alatalo	
		68	Leo Lehti	
10	Team Finland			FIN
		50	Joonas Järvenpää	
		84	Helmi Riuttala	

### Court:2 (cat.1)

#### Poomsae Pair

Category **Pair Pair Over 30**

Pairs **13**

Round **2**

	Team	ID no.	Surname	
1	Team Finland			FIN
		78	Johanna Nukari	
		89	Olli Siltanen	
2	Team Finland			FIN
		38	Sampsa Aukio	
		59	Laura Kinnunen	
3	Team Finland			FIN
		41	Sini Forssell	
		93	Antti Vehman	
4	Team Finland			FIN
		83	Satu Ritari	
		95	Mikko Virta	
5	Team Finland			FIN
		69	Ville Lehtinen	
		88	Triin Saviuk	
6	Islev Taekwondo Klub			DEN
		31	Johnny Jensen	
		33	Lene Werge	
7	Team Finland			FIN
		64	Kati Kuosmanen	
		74	Juho Metsälä	
8	Danish National Team Poomsae			DEN
		2	Jørn C. Andersen	
		14	Lene Kjær	
9	Team Finland			FIN
		48	Tatu Iivanainen	
		97	Laura Wild	
10	Askim If Taekwondo Klubb			NOR
		103	May-Lisbeth Fjeld	
		104	Michael Phan	
11	Danish National Team Poomsae			DEN
		10	Benjamin Harder	
		22	Charlotte Pedersen	

### Court:2 (cat.1)

#### Poomsae Pair

Category **Pair Pair Over 30**

Pairs **13**

Round **2**

	Team	ID no.	Surname	
12	Team Finland			FIN
		80	Erik Pohjonen	
		96	Niina Virtala	
13	MUDO Team Academy IF			SWE
		123	Katariina Edling	
		130	Ji-Pyo Lim	

### Court:3 (cat.2)

#### Poomsae Pair

Category **Pair Pair Cadet**

Pairs **6**

Round **3**

	Team	ID no.	Surname	
1	Danish National Team Poomsae			DEN
		3	Emma Au-Nguyen	
		7	Isaac Rask Drube	
2	Team Finland			FIN
		39	Inès Benaissa	
		55	Alex Karlsson	
3	Team Finland			FIN
		43	Matleena Grönlund	
		70	Luca Lonka	
4	MUDO Team Academy IF			SWE
		126	Anna Maria Juharyan	
		129	Sander Lammers	
5	Team Finland			FIN
		56	Emil Karma	
		72	Elisa Mäkinen	
6	Gangnam Sportstaekwondo			DEN
		29	Shiri Ginnerup	
		30	Hugo Hjarsø	

### Court:3 (cat.3)

### Poomsae synchron

Category **Team Team Junior Male**

Round **3**

Syncron teams **2**

Team	ID no.	Surname	
<b>1 Team Finland</b>			<b>FIN</b>
	<b>37</b>	<b>Alexander Andersson</b>	
	<b>42</b>	<b>Frans Frangén</b>	
	<b>91</b>	<b>Henry Suoniitty</b>	
<b>2 MUDO Team Academy IF</b>			<b>SWE</b>
	<b>124</b>	<b>Lukas Erlandsson</b>	
	<b>132</b>	<b>Noah Mkrтчian</b>	
	<b>135</b>	<b>Folke Rudh Sjöholm</b>	

### Court:3 (cat.4)

### Poomsae synchron

Category **Team Team Junior Female**

Round **3**

Synchron teams **3**

Team	ID no.	Surname	
<b>1 Team Finland</b>			<b>FIN</b>
	<b>45</b>	<b>Airada Heikkinen</b>	
	<b>62</b>	<b>Aino Kortelainen</b>	
	<b>87</b>	<b>Sofia Sarala</b>	
<b>2 MUDO Team Academy IF</b>			<b>SWE</b>
	<b>125</b>	<b>Mia Galvenius</b>	
	<b>128</b>	<b>Isabelle Lammers</b>	
	<b>133</b>	<b>Lovisa Nihlén</b>	
<b>3 Team Finland</b>			<b>FIN</b>
	<b>67</b>	<b>Aino Laukkanen</b>	
	<b>71</b>	<b>Roosa Määttä</b>	
	<b>92</b>	<b>Bao Boi Trieu</b>	

### Court:3 (cat.6)

### Poomsae synchron

Category **Team Team Under 30 Male**

Synchron teams **1**

Round **3**

Team	ID no.	Surname
<b>1 Danish National Team Poomsae</b>		

**DEN**

<b>1</b>	<b>Nikolaj Amby</b>
<b>4</b>	<b>Bastian Thinggaard Byrgesen</b>
<b>24</b>	<b>Victor Schultz</b>

### Court:1 (cat.3)

### Poomsae synchron

Category **Team Team Under 30 Female**

Round **3**

Syncron teams **6**

Team	ID no.	Surname	
<b>1 Team Finland</b>			<b>FIN</b>
	44	Ada Gustafsson	
	73	Mira Mänty	
	76	Heidi Natunen	
<b>2 Hamar Taekwondo Klubb / Hwa Rang Team Drammen / Keum Gang Taekwondo Norway</b>			<b>NOR</b>
	105	Rikke Heggedal	
	109	Anette Nilsen	
	110	Kine Solvang Tellnes	
<b>3 Team Finland</b>			<b>FIN</b>
	54	Aino Kangasmaa	
	60	Mia Knutsson	
	84	Helmi Riuttala	
<b>4 Danish National Team Poomsae</b>			<b>DEN</b>
	5	Signe Damgaard	
	8	Annesofie Leuenhagen Fredberg	
	17	Laura Nancke	
<b>5 Team Finland</b>			<b>FIN</b>
	36	Anna Alatalo	
	82	Linda Rökköläinen	
	86	Kerttu Salminen	
<b>6 Team Finland</b>			<b>FIN</b>
	61	Julia Korja	
	63	Aino Koskinen	
	79	Iiris Petäjä	



### Court:2 (cat.3)

### Poomsae synchron

Category **Team Team Over 30 Male**

Round **3**

Synchron teams **3**

Team	ID no.	Surname	
<b>1 MUDO Team Academy IF</b>			<b>SWE</b>
	127	Alexander Lagos Kusk	
	130	Ji-Pyo Lim	
	137	Murat Sarikus	
<b>2 Team Finland</b>			<b>FIN</b>
	77	Elmer Nordberg	
	93	Antti Vehman	
	95	Mikko Virta	
<b>3 Team Finland</b>			<b>FIN</b>
	38	Sampsa Aukio	
	48	Tatu Iivanainen	
	69	Ville Lehtinen	

### Court:2 (cat.4)

### Poomsae synchron

Category **Team Team Over 30 Female**

Synchron teams **4**

Round **3**

Team	ID no.	Surname	
<b>1 Danish National Team Poomsae</b>			<b>DEN</b>
	14	Lene Kjær	
	19	Nicole Nielsen	
	22	Charlotte Pedersen	
<b>2 Team Finland</b>			<b>FIN</b>
	59	Laura Kinnunen	
	90	Miia Siutila	
	97	Laura Wild	
<b>3 Team Finland</b>			<b>FIN</b>
	78	Johanna Nukari	
	88	Triin Saviak	
	96	Niina Virtala	
<b>4 Team Finland</b>			<b>FIN</b>
	49	Marita Jaakkola	
	51	Nyman Jenny	
	64	Kati Kuosmanen	

### Court:2 (cat.11)

### Poomsae synchron

Category **Team Team Cadet Male**

Synchron teams **1**

Round **3**

Team	ID no.	Surname
<b>1 Team Finland</b>		

FIN

55 Alex Karlsson

56 Emil Karma

57 Julius Karma

### Court:2 (cat.12)

### Poomsae synchron

Category **Team Team Cadet Female**

Round **3**

Syncron teams **2**

Team	ID no.	Surname	
<b>1 Team Finland</b>			<b>FIN</b>
	40	Nea Forsell	
	66	Pinja Latvajärvi	
	75	Mimi Miettinen	
<b>2 MUDO Team Academy IF</b>			<b>SWE</b>
	122	Maja Bergström	
	134	Ekatarina Rafailovic	
	138	Lily Toth	

### Freestyle Individual

Category **Free Ind Freestyle U17 Male**

Competitors **1**

Round **3**

ID no.	Surname	Team	Country
1	129 Sander Lammers	MUDO Team Academy IF	SWE



### Freestyle Individual

Category **Free Ind Freestyle U17 Female**

Competitors **1**

Round **3**

ID no.	Surname	Team	Country	
1	128	Isabelle Lammers	MUDO Team Academy IF	SWE

**A**

### Freestyle Individual

Category **Free Ind Freestyle O17 Male**

Competitors **3**

Round **3**

ID no.	Surname	Team	Country	
1	9 Johan Hogrefe Fredman	Danish National Team Pomsae	DEN	
2	11 Johan Hollederer	Danish National Team Pomsae	DEN	
3	25 Andreas Sørensen	Danish National Team Pomsae	DEN	

# Competitors per category

## Nordic Championships 2023 poomsae

### Freestyle pair

Category **Free Pair Frees. Pair O17**

Pairs **1**

Round **3**

	Team	ID no.	Surname	
1	Danish National Team Poomsae			DEN
<b>A</b>		9	Johan Hogrefe Fredman	
		15	Silja Kjølbo	



# Competitors per category

## Nordic Championships 2023 poomsae

### Freestyle mixed team

Category **Free Mixed Frees. Mix-team**

Teams **1**

Round **3**

	Team	ID no.	Surname	
<b>1</b>	<b>Danish National Team Poomsae</b>			<b>DEN</b>
<b>A</b>		9	Johan Hogrefe Fredman	
		11	Johan Hollederer	
		13	Silje Anne L. Jensen	
		15	Silja Kjølbo	
		25	Andreas Sørensen	