

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Miniors Female-Elite**  
Competitors **1**  
Class **Elite**

**3**

| Pos. | Id  | Surname<br>Team                    | Country | Average | Pres. | Acc. |
|------|-----|------------------------------------|---------|---------|-------|------|
| 1    | 117 | BERGSTROEM Maja<br>Team Academy IF | SWE     | 6.40    | 3.85  | 2.55 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Cadets Male-Elite**  
Competitors **7**  
Class **Elite**

**3**

| Pos. | Id  | Surname<br>Team                             | Country | Average | Pres. | Acc. |
|------|-----|---|---------|---------|-------|------|
| 1    | 84  | LUMBAN Liam Sky<br>Oslo Nord Taekwondo Club | NOR     | 7.19    | 4.35  | 2.84 |
| 2    | 130 | MKRTCHIAN Noah<br>Team Academy IF           | SWE     | 6.59    | 4.05  | 2.54 |
| 3    | 112 | AGREST David<br>Team Academy IF             | SWE     | 6.39    | 3.90  | 2.49 |
| 4    | 127 | LAMMERS Sander<br>Team Academy IF           | SWE     | 6.09    | 3.75  | 2.34 |
| 5    | 35  | KARLSSON Alex<br>Team Finland               | FIN     | 6.09    | 3.69  | 2.40 |
| 6    | 60  | SIGURJONSSON Gudmundur Floki<br>KR          | ISL     | 5.73    | 3.62  | 2.12 |
| 7    | 58  | THORS Petur Valur<br>Armann                 | ISL     | 5.63    | 3.47  | 2.17 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Cadets Female-Elite**  
 Competitors **19**  
 Class **Elite**

**2**

| Pos. | Id  | Surname<br>Team                                 | Country | Average | Pres. | Acc. |
|------|-----|---|---------|---------|-------|------|
| 1    | 128 | LAMMERS Isabelle<br>Team Academy IF             | SWE     | 7.04    | 4.25  | 2.79 |
| 2    | 123 | GALVENIUS Mia<br>Team Academy IF                | SWE     | 6.95    | 4.24  | 2.72 |
| 3    | 134 | OESTLUND Hedvig<br>Team Academy IF              | SWE     | 6.29    | 4.04  | 2.25 |
| 4    | 26  | BENAISSA Ines<br>Team Finland                   | FIN     | 6.23    | 3.93  | 2.30 |
| 5    | 41  | LATVAJARVI Pinja<br>Team Finland                | FIN     | 6.17    | 3.97  | 2.20 |
| 6    | 27  | FORSELL Nea<br>Team Finland                     | FIN     | 6.13    | 4.00  | 2.13 |
| 7    | 100 | AUKLAND Anna<br>PTE Sweden                      | SWE     | 6.07    | 4.00  | 2.07 |
| 8    | 30  | HYVARINEN Sara<br>Team Finland                  | FIN     | 6.02    | 3.83  | 2.19 |
| 9    | 124 | JUHARYAN Anna Maria<br>Team Academy IF          | SWE     | 6.00    | 3.92  | 2.09 |
| 10   | 90  | CANSUND Cassandra<br>Ørestad Bækdusan Taekwondo | SWE     | 5.32    | 3.77  | 1.55 |
| 11   | 98  | VAART Helmi<br>Haga TKD Klubb                   | SWE     | 5.27    | 3.63  | 1.64 |
| 12   | 141 | TOTH Lily<br>Team Academy IF                    | SWE     | 4.74    | 3.55  | 1.19 |
| 13   | 113 | ALTESKOG Anna<br>Team Academy IF                | SWE     | 4.68    | 3.50  | 1.18 |
| 14   | 118 | BROST Alexia<br>Team Academy IF                 | SWE     | 4.59    | 3.42  | 1.17 |
| 15   | 108 | HJÄRNE Wilma<br>PTE Sweden                      | SWE     | 4.49    | 3.47  | 1.02 |
| 16   | 59  | SIGURJONSDOTTIR Bryndis Eir<br>KR               | ISL     | 4.24    | 3.39  | 0.85 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Cadets Female-Elite**  
Competitors **19**  
Class **Elite**

**2**

| Pos. | Id  | Surname<br>Team                    | Country | Average | Pres. | Acc. |
|------|-----|------------------------------------|---------|---------|-------|------|
| 17   | 131 | MKRTCHIAN Alice<br>Team Academy IF | SWE     | 4.18    | 3.33  | 0.85 |
| 18   | 126 | KWAN Elise<br>Team Academy IF      | SWE     | 3.87    | 3.22  | 0.65 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Cadets Female-Elite**  
Competitors **19**  
Class **Elite**

**3**

| Pos. | Id  | Surname<br>Team                     | Country | Average | Pres. | Acc. |
|------|-----|-------------------------------------|---------|---------|-------|------|
| 1    | 128 | LAMMERS Isabelle<br>Team Academy IF | SWE     | 7.34    | 4.35  | 2.99 |
| 2    | 123 | GALVENIUS Mia<br>Team Academy IF    | SWE     | 7.22    | 4.30  | 2.92 |
| 3    | 134 | OESTLUND Hedvig<br>Team Academy IF  | SWE     | 6.91    | 4.17  | 2.74 |
| 4    | 41  | LATVAJARVI Pinja<br>Team Finland    | FIN     | 6.85    | 4.02  | 2.84 |
| 5    | 100 | AUKLAND Anna<br>PTE Sweden          | SWE     | 6.59    | 3.99  | 2.60 |
| 6    | 27  | FORSELL Nea<br>Team Finland         | FIN     | 6.49    | 3.97  | 2.52 |
| 7    | 26  | BENAISSA Ines<br>Team Finland       | FIN     | 6.24    | 3.89  | 2.35 |
| 8    | 30  | HYVARINEN Sara<br>Team Finland      | FIN     | 6.24    | 3.77  | 2.47 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Juniors Male-Elite**  
 Competitors **10**  
 Class **Elite**

**2**

| Pos. | Id  | Surname<br>Team                                    | Country | Average | Pres. | Acc. |
|------|-----|--|---------|---------|-------|------|
| 1    | 91  | LELINGE Gustav<br>Ørestad Bækdusan Taekwondo       | SWE     | 6.70    | 3.99  | 2.72 |
| 2    | 32  | JURGENS Alex<br>Team Finland                       | FIN     | 6.44    | 3.90  | 2.54 |
| 3    | 1   | VINTHER LARSEN Alexandar<br>Aalborg Taekwondo Klub | DEN     | 6.40    | 3.88  | 2.52 |
| 4    | 116 | BERGH Mille<br>Team Academy IF                     | SWE     | 6.27    | 3.74  | 2.54 |
| 5    | 33  | KAASINEN Lassi<br>Team Finland                     | FIN     | 6.24    | 3.80  | 2.44 |
| 6    | 139 | RUDH SJOHOLM Folke<br>Team Academy IF              | SWE     | 5.98    | 3.75  | 2.23 |
| 7    | 64  | GUNNARSSON Egill Kari<br>TKO                       | ISL     | 5.97    | 3.72  | 2.25 |
| 8    | 121 | DRAKENBERG Edvin<br>Team Academy IF                | SWE     | 5.85    | 3.60  | 2.25 |
| 9    | 24  | ANDERSSON Alexander<br>Team Finland                | FIN     | 5.62    | 3.52  | 2.10 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Juniors Male-Elite**  
 Competitors **10**  
 Class **Elite**

**3**

| Pos. | Id  | Surname<br>Team                                    | Country | Average | Pres. | Acc. |
|------|-----|--|---------|---------|-------|------|
| 1    | 91  | LELINGE Gustav<br>Ørestad Bækdusan Taekwondo       | SWE     | 6.45    | 3.92  | 2.54 |
| 2    | 64  | GUNNARSSON Egill Kari<br>TKO                       | ISL     | 6.35    | 3.87  | 2.49 |
| 3    | 33  | KAASINEN Lassi<br>Team Finland                     | FIN     | 6.22    | 3.82  | 2.40 |
| 4    | 116 | BERGH Mille<br>Team Academy IF                     | SWE     | 6.17    | 3.82  | 2.35 |
| 5    | 1   | VINTHER LARSEN Alexandar<br>Aalborg Taekwondo Klub | DEN     | 6.02    | 3.75  | 2.27 |
| 6    | 139 | RUDH SJOHOLM Folke<br>Team Academy IF              | SWE     | 6.02    | 3.70  | 2.32 |
| 7    | 32  | JURGENS Alex<br>Team Finland                       | FIN     | 5.97    | 3.68  | 2.29 |
| 8    | 121 | DRAKENBERG Edvin<br>Team Academy IF                | SWE     | 5.90    | 3.65  | 2.25 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Juniors Female-Elite**  
 Competitors **25**  
 Class **Elite**

**1**

| Pos. | Id  | Surname<br>Team                          | Country | Average | Pres. | Acc. |
|------|-----|--|---------|---------|-------|------|
| 1    | 11  | LA COUR Camille<br>Denmark National Team | DEN     | 7.59    | 4.42  | 3.17 |
| 2    | 12  | NANCKE Laura<br>Denmark National Team    | DEN     | 7.40    | 4.35  | 3.05 |
| 3    | 28  | HEIKKINEN Airada<br>Team Finland         | FIN     | 7.32    | 4.30  | 3.02 |
| 4    | 38  | KORTELAINEN Aino<br>Team Finland         | FIN     | 7.15    | 4.29  | 2.87 |
| 5    | 52  | TRIEU Bao Boi<br>Team Finland            | FIN     | 7.10    | 4.17  | 2.93 |
| 6    | 8   | IBSEN Annebell<br>Denmark National Team  | DEN     | 7.07    | 4.23  | 2.84 |
| 7    | 104 | ECKERSTRÖM Ellen<br>PTE Sweden           | SWE     | 6.89    | 4.12  | 2.77 |
| 8    | 50  | SARALA Sofia<br>Team Finland             | FIN     | 6.78    | 4.05  | 2.73 |
| 9    | 107 | HE GUSTAFSSON Yezi<br>PTE Sweden         | SWE     | 6.73    | 4.13  | 2.60 |
| 10   | 18  | HØGH Eva<br>Risskov TKD                  | DEN     | 6.54    | 3.95  | 2.59 |
| 11   | 19  | LINDROTH Anemone<br>Risskov TKD          | DEN     | 6.33    | 3.90  | 2.43 |
| 12   | 37  | KORJA Julia<br>Team Finland              | FIN     | 6.32    | 3.80  | 2.52 |
| 13   | 106 | FORS Elin<br>PTE Sweden                  | SWE     | 6.24    | 4.00  | 2.24 |
| 14   | 110 | MOATAMID Yasmine<br>PTE Sweden           | SWE     | 6.20    | 3.85  | 2.35 |
| 15   | 133 | OERSING Ellen<br>Team Academy IF         | SWE     | 5.97    | 3.88  | 2.09 |
| 16   | 56  | KISKEVICIUTE Justina<br>Afturelding      | ISL     | 5.95    | 3.80  | 2.15 |



# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Juniors Female-Elite**  
 Competitors **25**  
 Class **Elite**

**1**

| Pos. | Id  | Surname<br>Team                                 | Country | Average | Pres. | Acc. |
|------|-----|---|---------|---------|-------|------|
| 17   | 80  | NORSTRØM Elin Anna<br>Hwa Rang Team Drammen     | NOR     | 5.94    | 3.77  | 2.17 |
| 18   | 93  | LEVENTIN Felicia<br>Ørestad Bækdusan Taekwondo  | SWE     | 5.87    | 3.99  | 1.89 |
| 19   | 81  | PAULSEN Malin<br>Hwa Rang Team Drammen          | NOR     | 5.85    | 3.73  | 2.12 |
| 20   | 42  | MAATTA Roosa<br>Team Finland                    | FIN     | 5.79    | 3.65  | 2.14 |
| 21   | 55  | GUDMUNSDOTTIR Regina<br>Bergmann<br>Afturelding | ISL     | 5.77    | 3.75  | 2.02 |
| 22   | 40  | LAMPINEN Veera<br>Team Finland                  | FIN     | 5.77    | 3.54  | 2.23 |
| 23   | 137 | PETTERSSON Emilia<br>Team Academy IF            | SWE     | 5.70    | 3.62  | 2.09 |
| 24   | 132 | NIHLÉN Lovisa<br>Team Academy IF                | SWE     | 5.69    | 3.65  | 2.04 |
| 25   | 142 | WANG Evylin<br>Team Academy IF                  | SWE     | 5.17    | 3.57  | 1.60 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Juniors Female-Elite**  
 Competitors **25**  
 Class **Elite**

**2**

| Pos. | Id  | Surname<br>Team                          | Country | Average | Pres. | Acc. |
|------|-----|--|---------|---------|-------|------|
| 1    | 11  | LA COUR Camille<br>Denmark National Team | DEN     | 7.67    | 4.49  | 3.18 |
| 2    | 12  | NANCKE Laura<br>Denmark National Team    | DEN     | 7.50    | 4.40  | 3.10 |
| 3    | 8   | IBSEN Annebell<br>Denmark National Team  | DEN     | 7.44    | 4.40  | 3.04 |
| 4    | 38  | KORTELAINEN Aino<br>Team Finland         | FIN     | 7.25    | 4.35  | 2.90 |
| 5    | 104 | ECKERSTRÖM Ellen<br>PTE Sweden           | SWE     | 7.18    | 4.25  | 2.93 |
| 6    | 28  | HEIKKINEN Airada<br>Team Finland         | FIN     | 7.05    | 4.23  | 2.82 |
| 7    | 50  | SARALA Sofia<br>Team Finland             | FIN     | 7.02    | 4.22  | 2.80 |
| 8    | 52  | TRIEU Bao Boi<br>Team Finland            | FIN     | 7.00    | 4.20  | 2.80 |
| 9    | 107 | HE GUSTAFSSON Yezi<br>PTE Sweden         | SWE     | 6.57    | 4.14  | 2.44 |
| 10   | 106 | FORS Elin<br>PTE Sweden                  | SWE     | 6.32    | 4.02  | 2.30 |
| 11   | 18  | HØGH Eva<br>Risskov TKD                  | DEN     | 6.32    | 3.90  | 2.42 |
| 12   | 37  | KORJA Julia<br>Team Finland              | FIN     | 6.14    | 3.79  | 2.35 |
| 13   | 19  | LINDROTH Anemone<br>Risskov TKD          | DEN     | 5.75    | 3.67  | 2.08 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Juniors Female-Elite**  
Competitors **25**  
Class **Elite**

**3**

| Pos. | Id  | Surname<br>Team                          | Country | Average | Pres. | Acc. |
|------|-----|--|---------|---------|-------|------|
| 1    | 11  | LA COUR Camille<br>Denmark National Team | DEN     | 7.66    | 4.49  | 3.17 |
| 2    | 8   | IBSEN Annebell<br>Denmark National Team  | DEN     | 7.42    | 4.40  | 3.02 |
| 3    | 12  | NANCKE Laura<br>Denmark National Team    | DEN     | 7.36    | 4.39  | 2.97 |
| 4    | 38  | KORTELAINEN Aino<br>Team Finland         | FIN     | 7.24    | 4.30  | 2.94 |
| 5    | 28  | HEIKKINEN Airada<br>Team Finland         | FIN     | 7.21    | 4.22  | 2.99 |
| 6    | 104 | ECKERSTRÖM Ellen<br>PTE Sweden           | SWE     | 7.01    | 4.22  | 2.79 |
| 7    | 50  | SARALA Sofia<br>Team Finland             | FIN     | 6.99    | 4.15  | 2.84 |
| 8    | 52  | TRIEU Bao Boi<br>Team Finland            | FIN     | 6.95    | 4.15  | 2.80 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Under 30 Male-Elite**  
 Competitors **10**  
 Class **Elite**

**3**

| Pos. | Id  | Surname<br>Team                                     | Country | Average | Pres. | Acc. |
|------|-----|---|---------|---------|-------|------|
| 1    | 49  | SALMI Frans<br>Team Finland                         | FIN     | 7.17    | 4.19  | 2.99 |
| 2    | 6   | HELLEGAARD HARDER Benjamin<br>Denmark National Team | DEN     | 7.13    | 4.22  | 2.92 |
| 3    | 16  | THINGGAARD Bastian<br>Denmark National Team         | DEN     | 7.00    | 4.19  | 2.82 |
| 4    | 34  | KAMPHUIS Christian<br>Team Finland                  | FIN     | 6.80    | 4.10  | 2.70 |
| 5    | 140 | SAIGNE Vincent<br>Team Academy IF                   | SWE     | 6.77    | 4.03  | 2.74 |
| 6    | 57  | REYNISSON Eythor Atli<br>Armann                     | ISL     | 6.15    | 3.72  | 2.44 |
| 7    | 22  | BAK Mathias<br>Skive Taekwondo Klub - Denmark       | DEN     | 6.12    | 3.75  | 2.37 |
| 8    | 61  | KJARTANSSON Bjarki<br>Team FRAM                     | ISL     | 5.06    | 3.17  | 1.89 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Under 30 Female-Elite**  
 Competitors **15**  
 Class **Elite**

**2**

| Pos. | Id  | Surname<br>Team  | Country | Average | Pres. | Acc. |
|------|-----|--|---------|---------|-------|------|
| 1    | 7   | HOLLEDERER Alba<br>Denmark National Team                       | DEN     | 6.95    | 4.17  | 2.79 |
| 2    | 101 | BRÄNNBACK Alicia<br>PTE Sweden                                 | SWE     | 6.82    | 4.09  | 2.73 |
| 3    | 36  | KNUTSSON Mia<br>Team Finland                                   | FIN     | 6.59    | 3.95  | 2.64 |
| 4    | 46  | RAKKOLAINEN Linda<br>Team Finland                              | FIN     | 6.52    | 3.89  | 2.63 |
| 5    | 97  | SJOBERG Emma<br>Haga TKD Klubb                                 | SWE     | 6.52    | 3.87  | 2.65 |
| 6    | 14  | RIMBAEKLUND NIELSEN Sofie<br>Ahlquist<br>Denmark National Team | DEN     | 6.29    | 3.77  | 2.52 |
| 7    | 48  | RIUTTALA Helmi<br>Team Finland                                 | FIN     | 6.17    | 3.75  | 2.42 |
| 8    | 95  | CHIU Rebecka<br>Chae TKD Rumlaborg                             | SWE     | 5.97    | 3.60  | 2.37 |
| 9    | 23  | ALATALO Anna<br>Team Finland                                   | FIN     | 5.86    | 3.59  | 2.27 |
| 10   | 73  | LARSEN Emma Christine<br>Hamar Taekwondo Klubb                 | NOR     | 5.73    | 3.57  | 2.17 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Under 30 Female-Elite**  
 Competitors **15**  
 Class **Elite**

**3**

| Pos. | Id  | Surname<br>Team  | Country | Average | Pres. | Acc. |
|------|-----|--|---------|---------|-------|------|
| 1    | 7   | HOLLEDERER Alba<br>Denmark National Team                       | DEN     | 7.02    | 4.12  | 2.90 |
| 2    | 101 | BRÄNNBACK Alicia<br>PTE Sweden                                 | SWE     | 6.95    | 4.12  | 2.84 |
| 3    | 36  | KNUTSSON Mia<br>Team Finland                                   | FIN     | 6.75    | 4.03  | 2.72 |
| 4    | 97  | SJOBERG Emma<br>Haga TKD Klubb                                 | SWE     | 6.69    | 3.99  | 2.70 |
| 5    | 14  | RIMBAEKLUND NIELSEN Sofie<br>Ahlquist<br>Denmark National Team | DEN     | 6.69    | 3.97  | 2.72 |
| 6    | 46  | RAKKOLAINEN Linda<br>Team Finland                              | FIN     | 6.55    | 3.89  | 2.67 |
| 7    | 48  | RIUTTALA Helmi<br>Team Finland                                 | FIN     | 6.47    | 3.90  | 2.57 |
| 8    | 95  | CHIU Rebecka<br>Chae TKD Rumlaborg                             | SWE     | 6.14    | 3.65  | 2.49 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Under 40 Male-Elite**  
Competitors **3**  
Class **Elite**

**3**

| Pos. | Id | Surname<br>Team                          | Country | Average | Pres. | Acc. |
|------|----|--|---------|---------|-------|------|
| 1    | 25 | AUKIO Sampsa<br>Team Finland             | FIN     | 7.25    | 4.27  | 2.98 |
| 2    | 66 | PHAN Michael<br>Askim If Taekwondo Klubb | NOR     | 6.75    | 4.09  | 2.67 |
| 3    | 43 | NORDBERG Elmer<br>Team Finland           | FIN     | 6.50    | 4.02  | 2.48 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Under 40 Female-Elite**  
Competitors **5**  
Class **Elite**

**3**

| Pos. | Id | Surname<br>Team                             | Country | Average | Pres. | Acc. |
|------|----|---|---------|---------|-------|------|
| 1    | 13 | PEDERSEN Charlotte<br>Denmark National Team | DEN     | 7.52    | 4.37  | 3.15 |
| 2    | 51 | SIUTILA Miia<br>Team Finland                | FIN     | 6.87    | 4.12  | 2.75 |
| 3    | 54 | WILD Laura<br>Team Finland                  | FIN     | 6.19    | 3.72  | 2.47 |
| 4    | 45 | NYMAN Jenny<br>Team Finland                 | FIN     | 6.10    | 3.79  | 2.32 |



# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Under 50 Male-Elite**  
Competitors **3**  
Class **Elite**

**3**

| Pos. | Id  | Surname<br>Team                                  | Country | Average | Pres. | Acc. |
|------|-----|--|---------|---------|-------|------|
| 1    | 146 | JANSSON David<br>Vanersborgs TKD Klubb           | SWE     | 6.77    | 3.95  | 2.82 |
| 2    | 92  | LEVENTIN Peter<br>Ørestad Bækdusan Taekwondo     | SWE     | 6.08    | 3.67  | 2.42 |
| 3    | 76  | LEEMBRUGGEN Karl Henrik<br>Hwa Rang Team Drammen | NOR     | 6.02    | 3.65  | 2.37 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Under 50 Female-Elite**  
Competitors **4**  
Class **Elite**

**3**

| Pos. | Id | Surname<br>Team                               | Country | Average | Pres. | Acc. |
|------|----|---|---------|---------|-------|------|
| 1    | 44 | NUKARI Johanna<br>Team Finland                | FIN     | 7.42    | 4.39  | 3.04 |
| 2    | 9  | KJAER Lene<br>Denmark National Team           | DEN     | 7.03    | 4.33  | 2.70 |
| 3    | 39 | KUOSMANEN Kati<br>Team Finland                | FIN     | 6.02    | 3.82  | 2.20 |
| 4    | 99 | BÖCKSTRÖM Annethe<br>Kumgang Trollh&#228;Ttan | SWE     | 5.59    | 3.57  | 2.02 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Under 60 Male-Elite**  
Competitors **5**  
Class **Elite**

**3**

| Pos. | Id  | Surname<br>Team                           | Country | Average | Pres. | Acc. |
|------|-----|---|---------|---------|-------|------|
| 1    | 3   | DANG Ky-Tu<br>Denmark National Team       | DEN     | 7.49    | 4.52  | 2.97 |
| 2    | 129 | LIM Ji-Pyo<br>Team Academy IF             | SWE     | 7.49    | 4.45  | 3.04 |
| 3    | 47  | REJMAN Kim<br>Team Finland                | FIN     | 6.73    | 4.17  | 2.57 |
| 4    | 29  | HUUSKONEN Matti<br>Team Finland           | FIN     | 6.66    | 4.14  | 2.52 |
| 5    | 77  | MEHREN Jan Helge<br>Hwa Rang Team Drammen | NOR     | 6.35    | 3.99  | 2.37 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Under 60 Female-Elite**  
Competitors **3**  
Class **Elite**

**3**

| Pos. | Id | Surname<br>Team                               | Country | Average | Pres. | Acc. |
|------|----|---|---------|---------|-------|------|
| 1    | 53 | VIRTALA Niina<br>Team Finland                 | FIN     | 6.72    | 3.95  | 2.77 |
| 2    | 31 | JAAKKOLA Marita<br>Team Finland               | FIN     | 6.02    | 3.65  | 2.37 |
| 3    | 67 | FJELD May-Lisbeth<br>Askim If Taekwondo Klubb | NOR     | 5.29    | 3.32  | 1.97 |

# Poomsae individual

## Nordic Taekwondo Championships 2022 & Nordic Dala Open POOMSAE

Category **Ind Over 60 Male-Elite**  
Competitors **2**  
Class **Elite**

**3**

| Pos. | Id | Surname<br>Team                             | Country | Average | Pres. | Acc. |
|------|----|---|---------|---------|-------|------|
| 1    | 17 | ANDERSEN Jørn Christian<br>Herlev Taekwondo | DEN     | 7.30    | 4.35  | 2.95 |
| 2    | 94 | CHIU Josef<br>Chae TKD Rumlaborg            | SWE     | 7.14    | 4.24  | 2.90 |