

	Afturelding			Árman			Björk			Fram			ÍR			Keflavík			KR			Selfoss			TKO						
	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B	G	S	B				
Ind Cadet Male-B												1						1						1							1 gull = 7 stig
Ind Cadet Female-B																		1			1						1				1 silfur = 3 stig
Ind Junior Male-A	1																	1													1 brons = 1 stig
Ind Junior Female-A	1	1																													
Ind Junior Female-B												1						1						1							
Ind Undir 30 Male-A						1																					1	1			
Ind Undir 30 Female-A												1															1				
Ind Undir 30 Male-B			1			1									1																
Ind Undir 50 Female-A															1												1				
Ind Undir 50 Female-B															1			1													
Pair Para Cadet-B																		1			1			1							
Pair Para Junior-A	0.5	1				0.5																									
Pair Para Y30-B												0.5			1			0.5													
Team Team U30-A			0.67			0.33																					0.67	0.33			
Team Team Cadet-B									0.33			0.67						0.33			0.33			1	0.33						
Pair Para U30 A						0.5						0.5															1				
<b>Samtals</b>	2.5	3.7	0.0	2.8	0.5	0.3	0.0	0.0	0.0	0.0	3.0	1.7	2.0	2.5	1.0	2.0	3.3	0.0	1.0	0.3	1.0	2.0	1.3	2.0	3.7	1.3	1.0				
<b>Stig</b>		28.5			21.7			0.0			10.7			22.5			24.0			9.0			20.0			30.7					

# Poomsae individual

## Íslandsmót Poomsae 2023

Category **Ind Cadet Male-B**  
Competitors **13**  
Class **B**

**2**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	47	Sigurdsson, Ulfur Darri Team Selfoss	ISL	5.88	3.53	2.35
2	21	Gudmundsson, Magnus Mani Keflavík	ISL	5.79	3.50	2.29
3	36	Gedvilass, Nojus Team FRAM	ISL	5.17	3.25	1.92
4	45	Olversson, Veigar Team Selfoss	ISL	4.85	2.98	1.87
5	16	Mikaelsson, Mikael Thor Santi IR	ISL	4.55	2.82	1.74
6	7	Samuelsson, Sebastian Smari Armann	ISL	4.54	2.97	1.57
7	31	Freysson, Erling Kari KR	ISL	4.50	2.85	1.65
8	25	Sigurbergsson, Snorri Pall Keflavík	ISL	4.35	2.88	1.47
9	30	Eyjolfur Mba, Christian KR	ISL	4.12	2.84	1.29
10	35	Birgisson, Arnar Freyr Team FRAM	ISL	3.95	2.69	1.27
11	43	Gudmundsson, Loftur Team Selfoss	ISL	3.89	2.74	1.15

# Poomsae individual

## Íslandsmót Poomsae 2023

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

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	33	Sigurjonsdottir, Bryndis Eir KR	ISL	6.04	3.34	2.70
2	19	Bator, Julia Marta Keflavík	ISL	5.18	2.92	2.27
3	46	Ragnarsdottir, Ingibjorg Laufey Team Selfoss	ISL	4.50	2.65	1.85

# Poomsae individual

## Íslandsmót Poomsae 2023

Category **Ind Cadet Male-C**  
Competitors **3**  
Class **C**

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	32	Gunnarsson, Gudmundur Leo KR	ISL	4.84	2.47	2.37
2	28	Adalsteinsson, Bjartur KR	ISL	4.27	2.40	1.87
3	24	Petursson, Mikael Snaer Keflavík	ISL	3.97	2.20	1.77

# Poomsae individual

## Íslandsmót Poomsae 2023

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

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	26	Stefansdottir, Lara Karitas Keflavík	ISL	4.97	2.67	2.30
2	41	Sigurjonsdottir , Alexandra Gudrun Daniela Team FRAM	ISL	4.93	2.40	2.53
3	10	Siemsen, Hrafnhildur Katla Bjork Taekwondo	ISL	4.67	2.50	2.17
4	27	Waszkiewicz, Oliwia Keflavík	ISL	4.60	2.60	2.00
5	38	Hjorleifsdottir, Elisa Bjork Team FRAM	ISL	4.47	2.30	2.17
6	11	Slomka, Olivia Bjork Taekwondo	ISL	4.40	2.57	1.83
7	22	Hertervig, Anita Ran Keflavík	ISL	4.33	2.53	1.80
8	9	Grzegorzewska, Alicja Bjork Taekwondo	ISL	4.10	2.33	1.77

# Poomsae individual

## Íslandsmót Poomsae 2023

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

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	1	Bjarkason, Patrik Afturelding	ISL	6.52	3.89	2.64
2	23	Jonsson, Jon Agust Keflavík	ISL	6.19	3.79	2.40

# Poomsae individual

## Íslandsmót Poomsae 2023

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

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	5	Stefansdottir, Athena Ran Afturelding	ISL	6.60	3.95	2.65
2	4	Njalsdottir, Anna Jasmine Afturelding	ISL	5.97	3.77	2.20

# Poomsae individual

## Íslandsmót Poomsae 2023

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

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	20	Dobrenko, Klaudia Keflavík	ISL	4.72	2.87	1.85
2	37	Hauksdottir, Eva Thora Team FRAM	ISL	4.34	2.69	1.65
3	44	Olafsdottir, Katla Mist Team Selfoss	ISL	3.47	2.44	1.04



# Poomsae individual

## Íslandsmót Poomsae 2023

Category **Ind Junior Male-C**  
Competitors **2**  
Class **C**

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	34	Benonysson, Stormur Sigurdur Team FRAM	ISL	5.30	2.73	2.57

# Poomsae individual

## Íslandsmót Poomsae 2023

Category **Ind Undir 30 Male-A**  
Competitors **4**  
Class **A**

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	6	Reynisson, Eythor Atli Armann	ISL	7.57	4.32	3.25
2	51	Gunnarsson, Egill Kari TKO	ISL	7.32	4.30	3.02
3	48	Eggertsson, Orri Thor TKO	ISL	7.14	4.14	3.00

# Poomsae individual

## Íslandsmót Poomsae 2023

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

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	50	Gudmundsdottir, Solborg TKO	ISL	6.78	4.05	2.73
2	39	Johannsdottir, Jenny Maria Team FRAM	ISL	5.80	3.65	2.15

# Poomsae individual

## Íslandsmót Poomsae 2023

Category **Ind Undir 30 Male-B**  
Competitors **3**  
Class **B**

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	8	Thors, Petur Valur Armann	ISL	6.15	3.35	2.80
2	2	Gudmundsson, Sigurdur Mani Afturelding	ISL	4.40	2.60	1.80
3	17	Olasson Paz, Jakob Mar IR	ISL	3.89	2.49	1.40

# Poomsae individual

## Íslandsmót Poomsae 2023

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

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	49	Gnarr, Margret Edda TKO	ISL	5.40	3.50	1.90
2	14	Karinen, Aino-Katri IR	ISL	4.52	2.98	1.54

# Poomsae individual

## Íslandsmót Poomsae 2023

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

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	18	Tjhin, Anna Suryati IR	ISL	4.82	2.70	2.12
2	12	Hrolfsson, Oli Mar IR	ISL	3.95	2.40	1.55

# Poomsae individual

## Íslandsmót Poomsae 2023

Category **Ind Undir 50 Male-C**  
Competitors **2**  
Class **C**

**3**

Pos.	Id	Surname Team	Country	Average	Pres.	Acc.
1	40	Sigurdarson, Sveinbjorn Saevar Team FRAM	ISL	4.67	2.70	1.97
2	29	Bickel, Tomas KR	ISL	4.13	2.43	1.70

# Poomsae Pair

## Íslandsmót Poomsae 2023

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

**3**

Pos.	Surname	Country	Average	Pres.	Acc.
1	<b>Afturelding / Armann</b> Stefansdottir, Athena Ran / Thors, Petur Valur	ISL	<b>6.73</b>	<b>3.97</b>	<b>2.77</b>
2	<b>Afturelding</b> Njalsdottir, Anna Jasmine / Bjarkason, Patrik	ISL	<b>6.56</b>	<b>3.92</b>	<b>2.64</b>



# Poomsae Pair

## Íslandsmót Poomsae 2023

Category **Pair Para U30-A**  
Competitors **2**  
Class **A**

**3**

Pos.	Surname	Country	Average	Pres.	Acc.
1	<b>TKO</b> Eggertsson, Orri Thor / Gudmundsdottir, Solborg	ISL	<b>6.75</b>	<b>4.00</b>	<b>2.75</b>
2	<b>Team FRAM / Armann</b> Johannsdottir, Jenny Maria / Reynisson, Eythor Atli	ISL	<b>5.99</b>	<b>3.80</b>	<b>2.19</b>

# Poomsae Pair

## Íslandsmót Poomsae 2023

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

**3**

Pos.	Surname	Country	Average	Pres.	Acc.
1	<b>Keflavík</b> Gudmundsson, Magnus Mani / Bator, Julia Marta	ISL	<b>5.20</b>	<b>2.87</b>	<b>2.33</b>
2	<b>Team Selfoss</b> Sigurdsson, Ulfur Darri / Ragnarsdottir, Ingibjorg Laufey	ISL	<b>4.78</b>	<b>2.65</b>	<b>2.13</b>
3	<b>KR</b> Sigurjonsdottir, Bryndis Eir / Eyjolfur Mba, Christian	ISL	<b>4.30</b>	<b>2.57</b>	<b>1.74</b>

# Poomsae Pair

## Íslandsmót Poomsae 2023

Category **Pair Para Y30-B**  
Competitors **2**  
Class **B**

**3**

Pos.	Surname	Country	Average	Pres.	Acc.
1	IR Tjhin, Anna Suryati / Hrolfsson, Oli Mar	ISL	3.54	2.50	1.04
2	IR / Team FRAM Olasson Paz, Jakob Mar / Hauksdottir, Eva Thora	ISL	3.52	2.52	1.00

# Poomsae Pair

## Íslandsmót Poomsae 2023

Category **Pair Para Cadet-C**  
Competitors **4**  
Class **C**

**3**

Pos.	Surname	Country	Average	Pres.	Acc.
1	<b>Team FRAM</b> Sigurjonsdottir , Alexandra Gudrun Daniela / Hjorleifsdottir, Elisa Bjork	ISL	<b>4.77</b>	<b>2.27</b>	<b>2.50</b>
2	<b>Keflavík</b> Stefansdottir, Lara Karitas / Hertervig, Anita Ran	ISL	<b>4.50</b>	<b>2.33</b>	<b>2.17</b>
3	<b>KR</b> Gunnarsson, Gudmundur Leo / Adalsteinsson, Bjartur	ISL	<b>4.40</b>	<b>2.40</b>	<b>2.00</b>
4	<b>Keflavík</b> Waszkiewicz, Oliwia / Petursson, Mikael Snaer	ISL	<b>4.10</b>	<b>2.17</b>	<b>1.93</b>

# Poomsae Team

## Íslandsmót Poomsae 2023

Category **Team Team U30 -A**  
Competitors **2**  
Class **A**

**3**

Pos.	Surname	Country	Average	Pres.	Acc.
1	<b>Armann / TKO</b> Reynisson, Eythor Atli / Eggertsson, Orri Thor / Gunnarsson, Egill Kari	ISL	<b>7.07</b>	<b>4.20</b>	<b>2.87</b>
2	<b>TKO / Afturelding</b> Gudmundsdottir, Solborg / Njalsdottir, Anna Jasmine / Stefansdottir, Athena Ran	ISL	<b>6.72</b>	<b>4.00</b>	<b>2.72</b>

# Poomsae Team

## Íslandsmót Poomsae 2023

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

**3**

Pos.	Surname	Country	Average	Pres.	Acc.
1	<b>Team Selfoss</b> Gudmundsson, Loftur / Sigurdsson, Ulfur Darri / Olversson, Veigar	ISL	<b>4.40</b>	<b>2.59</b>	<b>1.82</b>
2	<b>KR / Keflavík / Team Selfoss</b> Sigurjonsdottir, Bryndis Eir / Bator, Julia Marta / Ragnarsdottir, Ingibjorg Laufey	ISL	<b>4.25</b>	<b>2.60</b>	<b>1.65</b>
3	<b>Armann / Team FRAM</b> Samuelsson, Sebastian Smari / Birgisson, Arnar Freyr / Gedvilass, Nojus	ISL	<b>3.87</b>	<b>2.40</b>	<b>1.47</b>