












TAEKWON-DO ITF - ØSTLANDSCUP  
1/2019 - ØST - 2019-02-09





Official Results





0010 ITF MØNSTER D. Junior 1 Gult-Grønt			
1	THONG-ASA PAWITRA	OSLO ØST TKD	 NORWAY
2	STORVIK HJELMSØ EMMA MARIE	ÅL IL TKD	 NORWAY
3	BUTT ALISHA NAZ	JESSHEIM TKD	 NORWAY




0020 ITF MØNSTER D. Junior 1 Blått-Rødt			
1	TUENG-HELGESEN NORA CARENE	CHRISTIANSLUND TKD	 NORWAY
2	KROG JOSEFINE	BÆRUM TKD	 NORWAY
3	STRANDSKOG FRØYA	TØNSBERG TKD	 NORWAY
3	TVEITO TIRIL EMILIE FUGLESANG	ÅL IL TKD	 NORWAY





0030 ITF MØNSTER D. Junior 1 DAN			
1	OMMUNDSEN MALIN SØRLI	KRISTIANSAND TKD	 NORWAY





0031 ITF MØNSTER D. Junior 2 Gult-Grønt			
1	OLSSON MARIA HOVLAND	OSLO ØST TKD	 NORWAY
2	BJØRNØ SILJE LU	RØYKEN TKD	 NORWAY
3	DAHL-SKJOLDE SANDRA	KOLBOTN TKD	 NORWAY

0032 ITF MØNSTER D. Junior 2 Blått-Rødt			
1	MORRISON PETRONELLA	BÆRUM TKD	 NORWAY
2	PAPOUTSIS NADIA FOSS	LIER TKD	 NORWAY
3	BABAI TAHIRA	KONGSVINGER TKD	 NORWAY
3	REZAIY SAMIRA	KONGSVINGER TKD	 NORWAY

0033 ITF MØNSTER D. Junior 2 DAN			
1	ANDRESEN ANNE MARIA	MELHUS TKD	 NORWAY
2	DERÅS-DE JONG REBEKKA	CHRISTIANSLUND TKD	 NORWAY
3	GUSTAFSSON EMMA	FRÖLUNDA TKD	 SWEDEN
3	HILL EMILIA	FRÖLUNDA TKD	 SWEDEN




0040 ITF MØNSTER D. SR/Veteran Gult-Grønt			
1	SPENCER VICKY-LYNN	ÅLESUND TKD	 NORWAY
2	STEEN-FOSNÆS CAMILLA	ASKER TKD	 NORWAY
3	THUNEM CATHRINE	SKIEN TKD	 NORWAY





0050 ITF MØNSTER D. SR/Veteran Blått-Rødt			
1	ANDERSEN RAVNA	SKIEN TKD	 NORWAY
2	SVENDSEN CAMILLA KLINGEN	SANDEFJORD TKD	 NORWAY
3	TRONDSSEN JANNE	KOLBOTN TKD	 NORWAY
3	HØVÅS CHRISTINE	SKIEN TKD	 NORWAY


0060 ITF MØNSTER D. Senior DAN			
1	HAMMERØ TRINE	OSLO ØST TKD	 NORWAY
2	HALLING LINA XIAO-LAN	TRÆLEBORG TKD	 NORWAY
3	OPPEDAL MALIN	RØYKEN TKD	 NORWAY
3	LILLELIEN NORA BECK	RØYKEN TKD	 NORWAY



TAEKWON-DO ITF - ØSTLANDSCUP  
1/2019 - ØST - 2019-02-09





Official Results




0070 ITF MØNSTER H. Junior 1 Gult-Grønt				
1	KRISTIANSEN SIMEN	RØYKEN TKD		NORWAY
2	CHOUDHARY SAMEER	RØYKEN TKD		NORWAY
3	THOMASSEN TOBIAS	DRAMMEN TKD		NORWAY





0080 ITF MØNSTER H. Junior 1 Blått-Rødt				
1	KROGVOLD FELIX	ASKER TKD		NORWAY
2	HREGGVIDSSON THORSTEIN HARSTAD	CHRISTIANIA TKD		NORWAY
3	ASHEIM OLIVER MIKKELSEN	TØNSBERG TKD		NORWAY
3	KRISTENSEN EMIL SKOGHOLT	DRAMMEN TKD		NORWAY




0091 ITF MØNSTER H. Junior 2 Gult-Grønt				
1	KYRKJEEIDE TOR KRISTIAN	OSLO ØST TKD		NORWAY





0092 ITF MØNSTER H. Junior 2 Blått-Rødt				
1	EL-AGROUDI TAREK	PORSGRUNN TKD		NORWAY
2	JOHNSEN KASPER DARELL	TØNSBERG TKD		NORWAY
3	SKOGAN EMIL MOHR	CHRISTIANIA TKD		NORWAY
3	PARADINA DANIEL MØRCK	TØNSBERG TKD		NORWAY

0093 ITF MØNSTER H. Junior 2 DAN				
1	JENSTAD ELIAS	RØYKEN TKD		NORWAY
2	OMMUNDSEN KRISTOFFER SØRLI	KRISTIANSAND TKD		NORWAY
3	BERTELSEN SANDER	OSLO ØST TKD		NORWAY
3	LOKNA GUSTAV	STAVANGER TKD		NORWAY

0100 ITF MØNSTER H. SR/Veteran Gult-Grønt				
1	GOMEZ LINDSTRØM DAN OSIAS	ARENDAL TKD		NORWAY
2	ØKSTAD OLE ANDREAS LØCHEN	MOSS NATIONAL TKD		NORWAY
3	MAAGERUD HENNING	BÆRUM TKD		NORWAY



0110 ITF MØNSTER H. SR/Veteran Blått-Rødt				
1	KIRKERUD MARIUS KLONK	OSLO ØST TKD		NORWAY
2	JOHANSEN EIRIK E.	CHRISTIANSLUND TKD		NORWAY
3	ALZEER QASEM	SANDEFJORD TKD		NORWAY
3	BERTHLING CATO	SANDEFJORD TKD		NORWAY

0111 ITF MØNSTER H. & D. Veteran DAN				
1	ROSHAN ANDRÉ	ARENDAL TKD		NORWAY
2	LUND EIRIK	LIER TKD		NORWAY
3	TUENG CATHRIN	CHRISTIANSLUND TKD		NORWAY


0120 ITF MØNSTER H. Senior DAN				
1	HELAMB ADAM	FRÖLUNDA TKD		SWEDEN
2	ØYSTESE SINDRE	SKIEN TKD		NORWAY
3	KROG DIDRIK	BÆRUM TKD		NORWAY
3	NORDANG SIMEN SELVIK	ASKER TKD		NORWAY

TAEKWON-DO ITF - ØSTLANDSCUP  
1/2019 - ØST - 2019-02-09





Official Results

0140 ITF SPARRING D. Junior 1 +150 cm Gult-Grønt			
1	HØVIK ALEXANDRA	SANDEFJORD TKD	 NORWAY
2	GUTTORMSEN SILJE	KOLBOTN TKD	 NORWAY


  

0150 ITF SPARRING D. Junior 1 -150 cm Blått-Rødt			
1	WOLD BORLAUG MARIA SINJITA	RØYKEN TKD	 NORWAY




  

0160 ITF SPARRING D. Junior 1 +150 cm Blått-Rødt			
1	KROG JOSEFINE	BÆRUM TKD	 NORWAY
2	HELGESEN-MURAD AMALIE BODUR	ITF HØNEFOSS TKD	 NORWAY
3	BIRKELAND HEDDA	RØYKEN TKD	 NORWAY
3	STRANDSKOG FRØYA	TØNSBERG TKD	 NORWAY





  

0180 ITF SPARRING D. Junior 1 +150 cm Dan			
1	AYALA-TRUILLJO LUNA SYLVANA	ÅL IL TKD	 NORWAY




  

0200 ITF SPARRING H. Junior 1 +150 cm Gult-Grønt			
1	PLASSEN ADRIAN MATHIAS	BÆRUM TKD	 NORWAY
2	LUND GEORG VASSHUS	OSLO ØST TKD	 NORWAY
3	KRZYZANOWSKI KRZYSZTOF	JESSHEIM TKD	 NORWAY




  

0220 ITF SPARRING H. Junior 1 +150 cm Blått-Rødt			
1	BYLUND JONATAN	FRÖLUNDA TKD	 SWEDEN
2	KRISTENSEN EMIL SKOGHOLT	DRAMMEN TKD	 NORWAY
3	SEGURA MATHIAS	RØYKEN TKD	 NORWAY
3	JOHANSSON NOAH	FRÖLUNDA TKD	 SWEDEN




  

0250 ITF SPARRING D. Junior 2 -60 kg Gult-Grønt			
1	PAULUS-LARSEN LILIAN	KOLBOTN TKD	 NORWAY
2	OLSSON MARIA HOVLAND	OSLO ØST TKD	 NORWAY
3	MORTENSEN NORA	MOSS NATIONAL TKD	 NORWAY



  

0280 ITF SPARRING D. Junior 2 -60 kg Blått-Rødt			
1	HAFREDAL VICTORIA	BÆRUM TKD	 NORWAY
2	EGSÆTER CELINE	KOLBOTN TKD	 NORWAY
3	IVARSSON REBECCA	FRÖLUNDA TKD	 SWEDEN




0290 ITF SPARRING D. Junior 2 -65 kg Blått-Rødt			
1	STENSENG ELISABETH	BÆRUM TKD	 NORWAY
2	MORRISON PETRONELLA	BÆRUM TKD	 NORWAY
3	SJETNAN CAROLINE DESIRÉE	DRAMMEN TKD	 NORWAY




  





0300 ITF SPARRING D. Junior 2 +65 kg Blått-Rødt			
1	PAPOUTSIS NADIA FOSS	LIER TKD	 NORWAY
2	EL-AGROUDI LINA	PORSGRUNN TKD	 NORWAY



TAEKWON-DO ITF - ØSTLANDSCUP  
1/2019 - ØST - 2019-02-09




Official Results





0310 ITF SPARRING D. Junior 2 -60 kg Dan				
1	STADELMANN ALICIA	FRÖLUNDA TKD		SWEDEN
2	HILL EMILIA	FRÖLUNDA TKD		SWEDEN
3	ANDRESEN ANNE MARIA	MELHUS TKD		NORWAY



0320 ITF SPARRING D. Junior 2 +65 kg Dan				
1	GUSTAFSSON EMMA	FRÖLUNDA TKD		SWEDEN
2	GREGERS WILMA SOFIE	CHRISTIANIA TKD		NORWAY
3	DERAS-DE JONG REBEKKA	CHRISTIANSLUND TKD		NORWAY



0370 ITF SPARRING H. Junior 2 -68 kg Blått-Rødt				
1	EL-AGROUDI TAREK	PORSGRUNN TKD		NORWAY
2	PARADINA DANIEL MØRCK	TØNSBERG TKD		NORWAY
3	HEGNA TOR KRISTIAN	PORSGRUNN TKD		NORWAY
3	ABELSETH FELIX	DRAMMEN TKD		NORWAY




0380 ITF SPARRING H. Junior 2 -75 kg Blått-Rødt				
1	HANSEN FRIDTJOF	DRAMMEN TKD		NORWAY
2	ØIEN IBRAHIM SHIRE	CHRISTIANIA TKD		NORWAY


0390 ITF SPARRING H. Junior 2 +75 kg Blått-Rødt				
1	WESTRUM TOM ALEX	SANDEFJORD TKD		NORWAY
2	SØFTING-OROURKE PATRICK	KOLBOTN TKD		NORWAY
3	RAKAUSKAS DENAS	JESSHEIM TKD		NORWAY

0400 ITF SPARRING H. Junior 2 -68 kg Dan				
1	LOKNA GUSTAV	STAVANGER TKD		NORWAY
2	HASSANIPOUR DANIEL	STAVANGER TKD		NORWAY
3	HUSEBØ REMI	STAVANGER TKD		NORWAY
3	AASEN ELIAS	CHRISTIANIA TKD		NORWAY

0410 ITF SPARRING H. Junior 2 +75 kg Dan				
1	KROGSTAD GULSETH FREDRIK	CHRISTIANIA TKD		NORWAY
2	ANGELSEN SIGURD MANSÅKER	TØNSBERG TKD		NORWAY

0450 ITF SPARRING D. Senior +68 kg Gult-Grønt				
1	ØVRETVEIT MADELEINE	SANDEFJORD TKD		NORWAY
2	SPENCER VICKY-LYNN	ALESUND TKD		NORWAY

0460 ITF SPARRING D. Senior -62 kg Blått-Rødt				
1	TRONDSSEN JANNE	KOLBOTN TKD		NORWAY
2	STUBBEN SILJE BEATHE	TØNSBERG TKD		NORWAY
3	MANGER GURO	PORSGRUNN TKD		NORWAY

0490 ITF SPARRING D. Senior -62 kg Dan				
1	HAUGEHÅTVEIT KAROLINE	PORSGRUNN TKD		NORWAY

TAEKWON-DO ITF - ØSTLANDSCUP  
1/2019 - ØST - 2019-02-09

Official Results

0510 ITF SPARRING D. Senior +68 kg Dan			
1	KLØVE-GRAUE ASTRID	KOLBOTN TKD	 NORWAY

0540 ITF SPARRING H. Senior +78 kg Gult-Grønt			
1	GOMEZ LINDSTRØM DAN OSIAS	ARENDAL TKD	 NORWAY

0550 ITF SPARRING H. Senior -70 kg Blått-Rødt			
1	AHMED BILAL	KOLBOTN TKD	 NORWAY
2	KIRKERUD MARIUS KLONK	OSLO ØST TKD	 NORWAY
3	LØKEN AUGUST	CHRISTIANSLUND TKD	 NORWAY

0570 ITF SPARRING H. Senior +78 kg Blått-Rødt			
1	BRASTAD SINDRE	ÅLESUND TKD	 NORWAY
2	SOLLI TROND	ITF HØNEFOSS TKD	 NORWAY
3	SENEVIRATNE PHILIP Ø.	LIER TKD	 NORWAY

0580 ITF SPARRING H. Senior -70 kg Dan			
1	KROG DIDRIK	BÆRUM TKD	 NORWAY
2	HEYERAAS THOMAS NORDBØ	CHRISTIANIA TKD	 NORWAY
3	NOREN ANTON	FRÖLUNDA TKD	 SWEDEN

0590 ITF SPARRING H. Senior +70 kg Dan			
1	VIK ARNE MARTIN	CHRISTIANIA TKD	 NORWAY
2	LEIRVAARA TONY	DRAMMEN TKD	 NORWAY

0600 ITF SPARRING H. Senior +78 kg Dan			
1	HJORTSKOG PONTUS	FRÖLUNDA TKD	 SWEDEN
2	NORDANG SIMEN SELVIK	ASKER TKD	 NORWAY
3	KUPIECKI SEBASTIAN DAMIAN	BÆRUM TKD	 NORWAY

0660 ITF SPARRING H. Veteran +80 kg Gult-Grønt			
1	RAANAAS JOACHIM	CHRISTIANIA TKD	 NORWAY

0681 ITF SPARRING H. Veteran -80 kg DAN			
1	ROSHAN ANDRÉ	ARENDAL TKD	 NORWAY
2	ENBERGET BJØRN OLE	JESSHEIM TKD	 NORWAY

0682 ITF SPARRING H. Veteran +80 kg DAN			
1	GIMSE ANTON	MELHUS TKD	 NORWAY
2	LUND EIRIK	LIER TKD	 NORWAY


0690 ITF SPESIALTEKNIKK - TW.NOPI - D. Jr. -160 cm			
1	IVARSSON REBECCA	FRÖLUNDA TKD	 SWEDEN


0700 ITF SPESIALTEKNIKK - TW.NOPI - D. Jr. +160 cm			
1	AYALA-TRUILLJO LUNA SYLVANA	ÅL IL TKD	 NORWAY

TAEKWON-DO ITF - ØSTLANDSCUP  
1/2019 - ØST - 2019-02-09


Official Results

0710 ITF SPESIALTEKNIKK - TW.NOPI - H. Jr. -165 cm			
1	THOMASSEN TOBIAS	DRAMMEN TKD	 NORWAY


  

0720 ITF SPESIALTEKNIKK - TW.NOPI - H. Jr. +165 cm			
1	WESTRUM TOM ALEX	SANDEFJORD TKD	 NORWAY


  

0730 ITF SPESIALTEKNIKK - TW.NOPI - D. SR/Veteran			
1	HAUGEHÅTVEIT KAROLINE	PORSGRUNN TKD	 NORWAY


  

0740 ITF SPESIALTEKNIKK - TW.NOPI - H. SR/Veteran			
1	HEYERAAS THOMAS NORDBØ	CHRISTIANIA TKD	 NORWAY


  

0750 ITF KNUSING D. SR/Veteran Rødt-Dan			
1	HAUGEHÅTVEIT KAROLINE	PORSGRUNN TKD	 NORWAY


  

0760 ITF KNUSING H. SR/Veteran Rødt-Dan			
1	NORDANG SIMEN SELVIK	ASKER TKD	 NORWAY

0770 ITF KNUSING D. JR. RØDT-DAN			
1	EL-AGROUDI LINA	PORSGRUNN TKD	 NORWAY

0780 ITF KNUSING H. JR. RØDT-DAN			
1	EL-AGROUDI TAREK	PORSGRUNN TKD	 NORWAY