

## Individual winners by category

2013 NM

### Male

<input type="checkbox"/>	Category:	<b>Aspirants Male A -41 / Bantam (4 competitors)</b>	
<input type="checkbox"/>	1	104 Murugathan, Rathushan	Taekwondo Team Heimdal
<input type="checkbox"/>	2	101 Evensen, Kevin	Grorud Taekwondo Klubb
<input type="checkbox"/>	3	105 Gasmi, Wesam A.	Vågen Taekwondo Klubb
<input type="checkbox"/>	Category:	<b>Aspirants Male A -49 / Light (4 competitors)</b>	
<input type="checkbox"/>	1	106 Aune, Magnus	Namsos Taekwondo klubb
<input type="checkbox"/>	2	111 Thune, Sebastian	Oslo Mudo Klubb
<input type="checkbox"/>	3	107 Dahl, Marcus	Grorud Taekwondo Klubb
<input type="checkbox"/>	Category:	<b>Juniors Male A -48 / Fly (4 competitors)</b>	
<input type="checkbox"/>	1	3 Pedersen, Bengt	Grorud Taekwondo Klubb
<input type="checkbox"/>	2	1 Pettersen, Herm	Skedsmo Tan Gun Taekwondo klubb
<input type="checkbox"/>	3	5 Sillue, Victor	Keum Gang Taekwondo-Nesttun
<input type="checkbox"/>	Category:	<b>Juniors Male A -51 / Bantam (4 competitors)</b>	
<input type="checkbox"/>	1	7 Bontveit, Joachim	Centrum Taekwondo
<input type="checkbox"/>	2	13 Moiceanu, Victor Florin	Viking T&IF Kampsport
<input type="checkbox"/>	3	11 Derås, Joachim	Namsos Taekwondo klubb
<input type="checkbox"/>	Category:	<b>Juniors Male A -55 / Feather (3 competitors) (Poule)</b>	
<input type="checkbox"/>	1	15 Uthayasingham, Vithu	Oslo Mudo Klubb
<input type="checkbox"/>	2	14 Narverud, Erlend Andreas	Hwa Rang Team Drammen
<input type="checkbox"/>	3	19 Rezaie, Ali Agha	Steigen Taekwondo Klubb
<input type="checkbox"/>	Category:	<b>Juniors Male A -59 / Light (12 competitors)</b>	
<input type="checkbox"/>	1	41 Berg, Mikael	Tøyen Taekwondo Klubb
<input type="checkbox"/>	2	32 Strøm, Børge	Taekwondo Team Heimdal
<input type="checkbox"/>	3	39 Lefstad, Anker	Tong-Ir TaeKwonDo klubb
<input type="checkbox"/>	Category:	<b>Juniors Male A -63 / Welter (8 competitors)</b>	
<input type="checkbox"/>	1	44 Kamal, Farouk	Grorud Taekwondo Klubb
<input type="checkbox"/>	2	43 Jacobsen, Tomas E.	Chon-Ji Team Hokksund
<input type="checkbox"/>	3	50 Brønstad, Sondre Sørensen	Taekwondo Team Heimdal
<input type="checkbox"/>	Category:	<b>Juniors Male A -68 / Light Middle (7 competitors)</b>	

<input type="checkbox"/>	1	60 Landsem, Ådne	Taekwondo Team Heimdal
<input type="checkbox"/>	2	57 Aalerud, Kristoffer	Oslo Mudo Klubb
<input type="checkbox"/>	3	59 Bragstad, Martin	Røra Taekwondo Kubb

Category: **Juniors Male A -78 / Light Heavy (2 competitors)**

<input type="checkbox"/>	1	65 Asp, John	Grorud Taekwondo Klubb
<input type="checkbox"/>	2	68 Nielsen, Jørgen Andre	Chon-Ji Team Hokksund

## Individual winners by category

2013 NM

### Male

Category: **Seniors Male A -63 / Bantam (4 competitors)**

<input type="checkbox"/>	1	71 Bitew, Dagmawi Workneh	Taekwondo Team Heimdal
<input type="checkbox"/>	2	72 Maurtvedt, Martin	Nesodden Tae Kwon-Do Klubb
<input type="checkbox"/>	3	76 Zahedi, Mohammad Reza	Steigen Taekwondo Klubb

Category: **Seniors Male A -68 / Feather (4 competitors)**

<input type="checkbox"/>	1	84 Øyan, Bendik	Tøyen Taekwondo Klubb
<input type="checkbox"/>	2	82 Smith, Seth	Steigen Taekwondo Klubb
<input type="checkbox"/>	3	83 Ahmedi, Reza	Tøyen Taekwondo Klubb

Category: **Seniors Male A -74 / Light (4 competitors)**

<input type="checkbox"/>	1	86 Skånøy, Carl Edvard	Tong-Ir TaeKwonDo klubb
<input type="checkbox"/>	2	89 Ness, Jo Flottorp	Tøyen Taekwondo Klubb
<input type="checkbox"/>	3	85 Wærdahl, Marius	Taekwondo Team Heimdal

Category: **Seniors Male A -80 / Welter (4 competitors)**

<input type="checkbox"/>	1	92 Waage, Tor Løvset	Taekwondo Team Heimdal
<input type="checkbox"/>	2	93 Konopka Ordem, Richard Andre	Tøyen Taekwondo Klubb
<input type="checkbox"/>	3	91 Honningdalsnes, Robert	Grorud Taekwondo Klubb

Category: **Seniors Male A -87 / Middle (2 competitors)**

<input type="checkbox"/>	1	95 Gjedtjernet, Kim	Solør Tae Kwondoklubb
<input type="checkbox"/>	2	96 Kudosov, Magomed-Khan	Ulstein Taekwon Do Klubb

Category: **Seniors Male A +87 / Heavy (2 competitors)**

<input type="checkbox"/>	1	97 Johnsen, Truls Lystad	Taekwondo Team Heimdal
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<input type="checkbox"/>	2	98 Khoda, Sina	Tøyen Taekwondo Klubb
<hr/>			
Category: <b>Veteran Male A -200 / Heavy (3 competitors)</b>			
<input type="checkbox"/>	1	115 Tasdelen, Erkin	Chon-Ji Team Hokksund
<input type="checkbox"/>	2	116 W. Weymarn, Richard	Grorud Taekwondo Klubb
<input type="checkbox"/>	3	55 Kringstad, Bjørn	Oslo Mudo Klubb

## Individual winners by category

2013 NM

### Female

Category: <b>Aspirants Female A -47 / Welter (2 competitors)</b>			
<input type="checkbox"/>	1	100 Throseth, Lone Therese	Taekwondo Team Heimdal
<hr/>			
Category: <b>Aspirants Female A -55 / Heavy (3 competitors) (Poule)</b>			
<input type="checkbox"/>	1	109 Ramsey, Julie Helgesen	Taekwondo Team Heimdal
<input type="checkbox"/>	2	103 Rasmussen, Julia	Vågen Taekwondo Klubb
<input type="checkbox"/>	3	110 Haugen, Christine Victoria	Viking T&IF Kampsport
<hr/>			
Category: <b>Aspirants Female A -59 / Heavy 2 (2 competitors)</b>			
<input type="checkbox"/>	1	112 Willoch, Elisa	Bjerke Taekwondo Klubb
<input type="checkbox"/>	2	114 Sunde, Kaja Refsnes	Taekwondo Team Heimdal
<hr/>			
Category: <b>Juniors Female A -44 / Fly (3 competitors) (Poule)</b>			
<input type="checkbox"/>	1	2 Tveit, Kaja Jun Kiberg	Keum Gang Taekwondo-Nesttun
<input type="checkbox"/>	2	4 Almvik, Kine Kolaas	Røra Taekwondo Kubb
<input type="checkbox"/>	3	8 Øien, Ronja Iren Moen	Taekwondo Team Heimdal
<hr/>			
Category: <b>Juniors Female A -49 / Feather (3 competitors) (Poule)</b>			
<input type="checkbox"/>	1	10 Prodanovic, Jelena	Oslo Mudo Klubb
<input type="checkbox"/>	2	16 Ersøybakk, Eline	Taekwondo Team Heimdal
<input type="checkbox"/>	3	9 Knudsen, Ingrid K.	Nesodden Tae Kwon-Do Klubb
<hr/>			
Category: <b>Juniors Female A -52 / Light (5 competitors)</b>			
<input type="checkbox"/>	1	22 Eriksen, Julie	Taekwondo Team Heimdal
<input type="checkbox"/>	2	18 Jakobsen, Eirin Berg	Oslo Mudo Klubb
<input type="checkbox"/>	3	17 Eikrem, Andrea	Nesodden Tae Kwon-Do Klubb
<hr/>			
Category: <b>Juniors Female A -55 / Welter (3 competitors) (Poule)</b>			

<input type="checkbox"/>	1	28 Magnus, Marie	Keum Gang Taekwondo-Nesttun
<input type="checkbox"/>	2	27 Oulie, Christine	Chon-Ji Team Hokksund
<input type="checkbox"/>	3	108 Guneriussen, Silje Kristin	Chon-Ji Team Hokksund
<b>Category: Juniors Female A -59 / Light Middle (4 competitors)</b>			
<input type="checkbox"/>	1	36 Thorsø, Frida Ronja	Oslo Mudo Klubb
<input type="checkbox"/>	2	37 Syversen, Ronja Furuviik	Taekwondo Team Heimdal
<input type="checkbox"/>	3	35 Dyngeland, Randi	Keum Gang Taekwondo-Nesttun
<b>Category: Juniors Female A -63 / Middle (3 competitors) (Poule)</b>			
<input type="checkbox"/>	1	48 Gjelsvik, Karoline	Viking T&IF Kampsport
<input type="checkbox"/>	2	38 Landsem, Mia Sofie	Tong-Ir TaeKwonDo klubb
<input type="checkbox"/>	3	40 Antonsen, Frida Marie H.	Grorud Taekwondo Klubb

## Individual winners by category

2013 NM

### Female

<b>Category: Juniors Female A -68 / Light Heavy (4 competitors)</b>			
<input type="checkbox"/>	1	49 Svendsen, Ine	Grorud Taekwondo Klubb
<input type="checkbox"/>	2	53 Sørtveit, Celina Berhane	Oslo Mudo Klubb
<input type="checkbox"/>	3	56 Bjørndal Farestvedt, Ingrid	Vågen Taekwondo Klubb
<b>Category: Juniors Female A +68 / Heavy (3 competitors) (Poule)</b>			
<input type="checkbox"/>	1	69 F. Lemme, Marie	Chon-Ji Team Hokksund
<input type="checkbox"/>	2	63 Eilertsen, Maren-Kristin	Chon-Ji Team Hokksund
<input type="checkbox"/>	3	70 Nyaas, Helene	Chon-Ji Team Hokksund
<b>Category: Seniors Female A -57 / Feather (3 competitors) (Poule)</b>			
<input type="checkbox"/>	1	73 Lai, Janike	Nesodden Tae Kwon-Do Klubb
<input type="checkbox"/>	2	77 Lysø Drage, Rakel	Oslo Mudo Klubb
<input type="checkbox"/>	3	74 Mienna, Siv Anja	Taekwondo Team Heimdal
<b>Category: Seniors Female A -73 / Middle (4 competitors)</b>			
<input type="checkbox"/>	1	79 Slettevold, Vilde Heian	Oslo Mudo Klubb
<input type="checkbox"/>	2	87 Hove, Kristine	Keum Gang Taekwondo-Nesttun



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78 Kristiansen, Elise S

Oslo Mudo Klubb

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Norwegian Taekwondo

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