

## Sparring | 6I keppendur

Keppnisflokkur	Fullt nafn	Félag	Geup	Kyn	Þyngd (kg)	Hæð (cm)	Aldur	Flokkur	Sparring	Poomsae	A/B/C
C • Veteran 40+ karlar • 80 kg og yfir	Vilhjálmur Þór Vilhjálmsson	Ármann	8	karl	86		40	Veteran 40+	x	x	C
C • Veteran 40+ karlar • 80 kg og yfir	Ragnar H Sigurðsson	Keflavík	10	karl	92	175	44	veteran 40+	x	x	C
B • Veteran 40+ karlar • 80 kg og yfir	Haukur Skúlason	Afturelding	3	karl	90		41	Veteran 40+	x		B
B • Veteran 40+ karlar • 68 - 80kg	Richard Már Jónsson	Afturelding	1	karl	72		50	Veteran 40+	x	x	B
C • Veteran 40+ konur • 68 kg og yfir	Margrét A. Sigurvinsdóttir	Keflavík	8	kona	77	170	43	veteran 40+	x	x	C
C • Veteran 40+ konur • 68 kg og yfir	Birgitta Sigurðardóttir	Grindavík	9	kona	78	159	45	veteran 40+	x	x	C
C • Veteran 30+ konur • 68 kg og yfir	Kristín Þyri Þorsteinsdóttir	Keflavík	9	kona	76	166	38	veteran 30+	x	x	C
C • Veteran 30+ karlar • 68 - 80kg	Marcin Januszewicz	Fram	8	karl	74	178	36	Veteran 30+	x		C
B • Veteran 30+ karlar • 68 - 80kg	Ágúst Örn Guðmundsson	Afturelding	2	karl	79,9		34	Veteran 30+	x		B
C • Senior karlar • 68 - 80kg	Ólafur Gestur Jónsson	Keflavík	6	karl	78	170	21	senior	x	x	C
C • Cadet karlar • 61 - 65kg	Hjalti Örn Árnason	Keflavík	8	karl	62	165	14	cadet	x	x	C
B • Cadet karlar • 57 - 61kg	Niels Ágústsson	Afturelding	1	karl	57,5		14	Cadet	x	x	B
C • Cadet karlar • 45 - 49kg	Daniel Sveinn Jörundsson	KR	6	karl	47	157	12	cadet	x	x	C
C • Cadet karlar • 45 - 49kg	Franz Hafþórsson	Grindavík	10	karl	47	160	12	cadet	x	x	C
C • Cadet karlar • 41 - 45kg	Knútur Karl Víðisson	KR	5	karl	42	160	12	cadet	x	x	C
C • Cadet karlar • 41 - 45kg	Þorsteinn Ragnar Guðnason	Selfoss	6	karl	42	145	12	cadet	x	x	C
C • Cadet karlar • 41 - 45kg	Einar Þór Sigurjónsson	Selfoss	9	karl	43	147	12	cadet	x		C
C • Cadet karlar • 37 - 41kg	Sveinn Logi Birgisson	ÍR	7	karl	40	161	12	Cadet	x		C
C • Cadet karlar • 33 - 37kg	Sólón Walker Brooksson	KR	5	karl	34	145		cadet	x	x	C
C • Cadet karlar • 33 - 37kg	Ómar Logi Ragnarsson	Ármann	7	karl	36		13	Cadet	x		C
C • Cadet karlar • 33 kg og undir	Ólafur Benedikt Óskarsson	Fram	6	karl	33	150	11	cadet	x		C
B • Junior karlar • 63 - 73kg	Jóhann Beck Vilhjálmsson	Höttur	3	karl	65	178	16	junior	x		B
C • Junior karlar • 55 - 63kg	Mikael Arnarson	Höttur	6	karl	62	178	16	junior	x		C
C • Junior karlar • 73 kg og yfir	Ástþór Eydal Friðriksson	Selfoss	5	karl	75	185	17	junior	x		C
B • Junior karlar • 73 kg og yfir	Bjarni Júlíus Jónsson	Keflavík	1	karl	89	185	16	junior	x	x	B
C • Junior karlar • 73 kg og yfir	Guðni Elvar Björnsson	Selfoss	6	karl	84	176	16	junior	x		C
C • Junior karlar • 73 kg og yfir	Daði Magnússon	Selfoss	10	karl	74	184	16	junior	x		C
B • Cadet karlar • 49 - 53kg	Leo Anthony Speight	Björk	2	karl	52	163	13	cadet	x		B
A • Cadet karlar • 49 - 53kg	Brynjar Logi Halldórsson	Ármann	1. dan	karl	53		13	Cadet	x	x	A
B • Cadet karlar • 45 - 49kg	Viktor Snær Flosason	Ármann	3	karl	47		12	Cadet	x	x	B
B • Cadet karlar • 45 - 49kg	Eyþór Jónsson	Keflavík	2	karl	46	156	12	cadet	x	x	B
B • Cadet karlar • 41 - 45kg	Andri Sævar Arnarsson	Keflavík	4	karl	43	156	12	cadet	x	x	B
B • Cadet karlar • 41 - 45kg	Alexander Snær Forberg	Afturelding	4	karl	44,4		14	Cadet	x	x	B
B • Cadet karlar • 37 - 41kg	Dagur Brabín Hrnannarsson	KR	4	karl	38	150	11	cadet	x	x	B
B • Cadet karlar • 37 - 41kg	Daniel Aagaard-Nilsen Egilsson	Keflavík	1	karl	40	150	13	cadet	x	x	B
B • Cadet konur • 55 - 59kg	Selma Meddeb	KR	4	kona	57	158	12	cadet	x		B
C • Cadet konur • 55 - 59kg	Salka Hlín Jóhannsdóttir	Fram	6	kona	57	165	13	cadet	x		C
B • Senior konur • 49 - 57kg	Heiðrún Þorvaldsdóttir	Ármann	1	kona	56		26	Senior	x	x	B
B • Senior konur • 49 - 57kg	María Bragadóttir	Afturelding	2	kona	54	168	40	Senior	x		B
B • Junior konur • 55 - 63kg	Kristín María Vilhjálmisdóttir	Ármann	3	kona	57		16	Junior	x	x	B
B • Junior konur • 49 - 55kg	Adda Paula Ómarsdóttir	Keflavík	1	kona	53	166	15	junior	x	x	B
B • Cadet karlar • 33 - 37kg	Snorri Bjarkarson	KR	4	karl	34	143	11	cadet	x	x	B
B • Cadet karlar • 33 - 37kg	Patryk Snorri Ómarsson	Keflavík	4	karl	36	150	12	cadet	x	x	B
A • Cadet karlar • 33 kg og undir	Ágúst Kristinn Eðvarðsson	Keflavík	1. dan	karl	32	151	14	cadet	x	x	A
A • Cadet karlar • 61 - 65kg	Gunnar Snorri Svanþórsson	Selfoss	1. dan	karl	62	175	14	Cadet	x		A
A • Junior karlar • 63 - 73kg	Gabriel Örn Grétarsson	Björk	1. dan	karl	69	182	15	junior	x	x	A
A • Junior karlar • 63 - 73kg	Karel Bergmann Gunnarsson	Keflavík	2. dan	karl	66	170	16	junior	x	x	A
A • Junior karlar • 63 - 73kg	Svanur Þór Mikaelsson	Keflavík	2. dan	karl	70	175	15	junior	x	x	A
A • Junior karlar • 63 - 73kg	Ólafur Þorsteinn Skúlason	Keflavík	1. dan	karl	72	178	15	junior	x	x	A
A • Cadet karlar • 41 - 45kg	Daniel Arnar Ragnarsson	Keflavík	1. dan	karl	45		14	cadet	x	x	A
A • Cadet karlar • 37 - 41kg	Halldór Freyr Grettisson	Ármann	1. dan	karl	40		13	Cadet	x	x	A
A • Senior konur • 57 - 67kg	Kristín Björg Hrólfisdóttir	Selfoss	1. dan	kona	67	176	24	senior	x		A
B • Senior konur • 57 - 67kg	Kristín Sesselja Róbertsdóttir	Selfoss	4	kona	64	177	28	senior	x		B
A • Junior konur • 63 kg og yfir	Dagný María Pétursdóttir	Selfoss	1. dan	kona	64	178	16	junior	x		A
A • Senior karlar • 68 - 80kg	Helgi Rafn Guðmundsson	Keflavík	4. dan	karl	79	180	28	senior	x	x	A
A • Senior karlar • 68 - 80kg	Sigurjón Bergur Eiríksson	Selfoss	1. dan	karl	73	180	17	senior	x		A
B • Senior karlar • 80 kg og yfir	Birgir Viðar Svansson	Selfoss	1	karl	85	187	23	senior	x		B
A • Senior karlar • 58 - 68kg	Sigurður Pálsson	Björk	1. dan	karl	67,5	187	18	Senior	x		A
A • Senior karlar • 58 - 68kg	Arnar Bragason	Afturelding	3. dan	karl	67		45	Senior	x		A
C • Veteran 30+ konur • 57 - 68kg	Anna Dóra Sverrisdóttir	Ármann	6	kona	58		37	veteran 30+	x	x	C
B • Veteran 30+ konur • 57 - 68kg	María Bragadóttir	Afturelding	2	kona	54	168	40	veteran 30+	x		B

## Poomsae | 4I keppendur

Keppnisflokkur	Fullt nafn	Félag	Geup	Kyn	Þyngd	Hæð (cm)	Aldur	Flokkur	Sparring	Poomsae	A/B/C
C • Veteran 40+ konur	Margrét A. Sigurvinsdóttir	Keflavík	8	kona	77	170	43	veteran 40+	x	x	C
C • Veteran 40+ konur	Birgitta Sigurðardóttir	Grindavík	9	kona	78	159	45	veteran 40+	x	x	C
C • Veteran 40+ karlar	Vilhjálmur Þór Vilhjálmsson	Ármann	8	karl	86		40	Veteran 40+	x	x	C
C • Veteran 30+ konur	Anna Dóra Sverrisdóttir	Ármann	6	kona	58		37	Veteran 30+	x	x	C
C • Veteran 30+ konur	Kristín Þyri Þorsteinsdóttir	Keflavík	9	kona	76	166	38	veteran 30+	x	x	C
C • Senior karlar	Ólafur Gestur Jónsson	Keflavík	6	karl	78	170	21	senior	x	x	C
C • Cadet karlar	Daniel Sveinn Jörundsson	KR	6	karl	47	157	12	cadet	x	x	C
C • Cadet karlar	Knútur Karl Víðisson	KR	5	karl	42	160	12	cadet	x	x	C
C • Cadet karlar	Sólon Walker Brooksson	KR	5	karl	34	145		cadet	x	x	C
C • Cadet karlar	Hjalte Örn Árnason	Keflavík	8	karl	62	165	14	cadet	x	x	C
C • Cadet karlar	Franz Hafþórsson	Grindavík	10	karl	47	1,6	12	cadet	x	x	C
C • Cadet karlar	Þorsteinn Ragnar Guðnason	Selfoss	6	karl	42	145	12	cadet	x	x	C
B • Senior konur	Heiðrún Þorvaldsdóttir	Ármann	1	kona	56		26	Senior	x	x	B
B • Senior konur	Ólöf Ólafsdóttir	Selfoss	1	kona			17	senior	x	x	B
B • Junior konur	Kristín María Vilhjálmisdóttir	Ármann	3	kona	57		16	Junior	x	x	B
B • Junior konur	Adda Paula Ómarsdóttir	Keflavík	1	kona	53	166	15	junior	x	x	B
B • Junior karlar	Þjarni Júlíus Jónsson	Keflavík	1	karl	89	185	16	junior	x	x	B
B • Cadet konur	Álfdrís Freyja Hansdóttir	KR	4	kona			12	cadet		x	B
B • Cadet karlar	Guðni Páll Jóelsson	KR	4	karl				cadet		x	B
B • Cadet karlar	Dagur Brabin Hrannarsson	KR	4	karl	38	150	11	cadet	x	x	B
B • Cadet karlar	Snorri Bjarkarson	KR	4	karl	34	143	11	cadet	x	x	B
B • Cadet karlar	Viktor Snær Flosason	Ármann	3	karl	47		12	Cadet	x	x	B
B • Cadet karlar	Patryk Snorri Ómarsson	Keflavík	4	karl	36	150	12	cadet	x	x	B
B • Cadet karlar	Eyþór Jónsson	Keflavík	2	karl	46	156	12	cadet	x	x	B
B • Cadet karlar	Daniel Aagaard-Nilsen Egilsson	Keflavík	1	karl	40	150	13	cadet	x	x	B
B • Cadet karlar	Andri Sævar Arnarsson	Keflavík	4	karl	43	156	12	cadet	x	x	B
B • Cadet karlar	Niels Ágústsson	Afturelding	1	karl	57,5		14	Cadet	x	x	B
B • Cadet karlar	Alexander Snær Fornberg	Afturelding	4	karl	44,4		14	Cadet	x	x	B
A • Senior karlar	Helgi Rafn Guðmundsson	Keflavík	4. dan	karl	79	180	28	senior	x	x	A
A • Senior karlar	Richard Már Jónsson	Afturelding	1	karl	72		50	Veteran 40+	x	x	A
A • Junior konur	Samar-E-Zahida Uz-Zaman	Ármann	1. dan	kona	65		16	Junior		x	A
A • Junior karlar	Gabriel Örn Grétarsson	Björk	1. dan	karl	69	182	15	junior	x	x	A
A • Junior karlar	Karel Bergmann Gunnarsson	Keflavík	2. dan	karl	66	170	16	junior	x	x	A
A • Junior karlar	Svanur Þór Mikaelsson	Keflavík	2. dan	karl	70	175	15	junior	x	x	A
A • Junior karlar	Ólafur Þorsteinn Skúlason	Keflavík	1. dan	karl	72	178	15	junior	x	x	A
A • Junior karlar	Sverrir Örvar Eléfsen	Keflavík	1. dan	karl			15	Junior		x	A
A • Cadet karlar	Hákon Jan Norðfjörð	Ármann	1. dan	karl	50		13	Cadet		x	A
A • Cadet karlar	Haldór Freyr Grettisson	Ármann	1. dan	karl	40		13	Cadet	x	x	A
A • Cadet karlar	Brynjar Logi Haldórsson	Ármann	1. dan	karl	53		13	Cadet	x	x	A
A • Cadet karlar	Ágúst Kristinn Eðvarðsson	Keflavík	1. dan	karl	32	151	14	cadet	x	x	A
A • Cadet karlar	Daniel Arnar Ragnarsson	Keflavík	1. dan	karl	45		14	cadet	x	x	A