



# Poomsae Landsholds Ranking

Her kan I finde den aktuelle ranking for Poomsae Landsholdet i forbindelse med udtagelserne til VM i Korea i september 2026. Rankingen er udarbejdet på baggrund af de gældende kriterier og danner grundlag for den løbende vurdering frem mod mesterskabet.

Rankingen omfatter udelukkende medlemmer af Landsholdet samt udøvere, der har været aktive internationalt.

Markeringer i farve indikerer de udøvere, som har opnået de internationale pointkrav, der er fastsat som en del af udtagelseskriterierne, samt ingen tal betyder udøveren ikke har stillet op til gældende stævne.

Såfremt der måtte være spørgsmål, behov for yderligere afklaring eller tvivl omkring rangeringen og udtagelsesprocessen, er I meget velkomne til at kontakte Sportschef Teknik Michael G. Schjoldager på mail: [mgs@taekwondo.dk](mailto:mgs@taekwondo.dk)

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# Poomsae Landsholds Ranking

## Cadet:

<b>Individuel Cadet Female</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Megan Sison	2	10	10	0			<b>22</b>

<b>Individuel Cadet Male</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Elias Au-Nguyen	2	6	10	0			<b>18</b>
Mikkel Andresen	2	10	4	0			<b>16</b>
Theodor Bodekær Villadsen		4	6	0			<b>10</b>
Sri Ram Vavilala	1	4	4	0			<b>9</b>

<b>Pair Cadet</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Elias Au-Nguyen/Megan Sison	4	10	10	0			<b>24</b>

<b>Team Cadet Male</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Mikkel Andresen/Theodor Villadsen/Sir Ram Vavilala	4	10	10	4			<b>28</b>



# Poomsae Landsholds Ranking

## Junior:

<b>Individuel Junior Female</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Emma Au-Nguyen	1	10	10	0			<b>21</b>
Naja Curovac	4	6	4	0			<b>14</b>
Pavlina Linh Dang	0	4	6	0			<b>10</b>
Albert Grøndbech		4		0			<b>4</b>

<b>Individuel Junior Male</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Hugo Hjarsø	4	10	10	0			<b>24</b>
Philip Radich-Holde	0		6	0			<b>6</b>

<b>Pair Junior</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Hugo Hjarsø/Albert Grønbech	0	10	6	0			<b>16</b>
Philip Radich-Holde/Naja Curovac	4		10	1			<b>15</b>

<b>Team Junior Female</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Alberte Grønbech/Mie Hviid/Linnea Svendsen	2	10	10				<b>22</b>



# Poomsae Landsholds Ranking

## U30:

<b>Individuel U30 Female</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Eva Sandersen	10	10	10	10			<b>40</b>
Annebell T.W. Ibsen		4	6	0			<b>10</b>
Camille La Cour	2	6					<b>8</b>
Pernille Valencia	0	4	0	0			<b>4</b>
Sofie A. Rimbækklund	0		4	0			<b>4</b>
Louise A. Rimbækklund	0		4	0			<b>4</b>
Camille Høi-Hansen	0	2	0	0			<b>2</b>
Luna Hjort	0	2	0	0			<b>2</b>

<b>Individuel U30 Male</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Thomas Lyngge	1	10	6				<b>17</b>
Johan F		4	10				<b>14</b>

<b>Pair U30</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Thomas/Annebell	4	6	10				<b>20</b>
Camille/Johan F	6	10					<b>16</b>

<b>Team U30 Female</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Annesofie/Silje/Laura	10	10	6	10			<b>36</b>
Sofie/Mechid/Louise	6		10	4			<b>20</b>
Luna/Camille/Pernille	2	4	4	4			<b>14</b>
Annebell/Alberte/Jhana	0	6					<b>6</b>



## Poomsae Landsholds Ranking

### U40:

<b>Individuel U40 Female</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Charlotte Pedersen	1	10	10	4			<b>25</b>
Michelle Sejersgaard	1	6	6				<b>13</b>
Line Holm Jensen	2		4				<b>6</b>

<b>Individuel U40 Male</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	
Benjamin Hellegaard-Harder	10		10	10			<b>30</b>



# Poomsae Landsholds Ranking

## U50:

<b>Individuel U50 Female</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Nicole Halfdan Nielsen	1	10	10	2			<b>23</b>
Anita Mejer	1	4	4				<b>9</b>
Windy Nielsen		2	6				<b>8</b>
Helle Fyllgraf		6					<b>6</b>

<b>Individuel U50 Male</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Peter Rothgardt	1	10	10				<b>21</b>
Kim Nicolaisen			6				<b>6</b>

<b>Pair U50</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Peter Rothgardt/Nicole Halfdan Nielsen		10	6				<b>16</b>
Benjamin Hellegaard-Harder/Charlotte Pedersen	4		10				<b>14</b>

<b>Team U50 Female</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Windy Nielsen/Michelle Sejersgaard/Helle Fyllgraf	2	10	10				<b>22</b>



# Poomsae Landsholds Ranking

## U60:

<b>Individuel U60 Female</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Lene Kjær	4		10	4			<b>18</b>
Nana Juul Hansen		10	6				<b>16</b>
Lisette Gonge			4				<b>4</b>

<b>Individuel U60 Male</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Preben Ernst		10	6				<b>16</b>
Allan Olsen			10				<b>10</b>
Hans Christensen		4					<b>4</b>

<b>Team U60 Female</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Lene Kjær/Lisette Gonge/Nana Juul Hansen	10		10	10			<b>30</b>

<b>Team U60 Male</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Hans Christensen/Anders Bennedsen/Preben Ernst	4	10	10				<b>24</b>



# Poomsae Landsholds Ranking

## U65:

Individuel U65 Male	German Open	Esbjerg	Tommerup	London Open	Danish Open	Austrian Open	Total
Ky-Tu Dang				10			10



# Poomsae Landsholds Ranking

## O65:

Individuel O65 Male	German Open	Esbjerg	Tommerup	London Open	Danish Open	Austrian Open	Total
Jørn Chr. Andersen	6	10	10	10			36



# Poomsae Landsholds Ranking

## Freestyle:

<b>Individuel U17 Male</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Andreas Rchendorff	10	10	10	6			<b>36</b>

<b>Individuel O17 Female</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Eva Sandersen	10		10	10			<b>30</b>
Anoemone Linderoth		10	6				<b>16</b>

<b>Individuel O17 Male</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Johan Hollederer	4	10	6	0			<b>20</b>
Johan Fredmar	0	6	10	0			<b>16</b>

<b>Pair U30</b>	<b>German Open</b>	<b>Esbjerg</b>	<b>Tommerup</b>	<b>London Open</b>	<b>Danish Open</b>	<b>Austrian Open</b>	<b>Total</b>
Johan Hollederer/Eva Høgh	6	10		10			<b>26</b>