

Norgesmesterskapet 2025

27.09.2025, Oslofjord Convention Centre

Mens Physique Junior Åpen

| | | | | | / | | | | | |
|---|---|----------------------|------------------------|--|---|----|----|--|--|----|
| 1 | 7 | Truls Rakvåg | / Haralds Gym | | / | 5 | 5 | | | 5 |
| 2 | 2 | Yousef Al Qaroot | / Team Elite | | / | 12 | 13 | | | 13 |
| 3 | 3 | Mert Ambarduzgun | / Team Toppform | | / | 16 | 15 | | | 15 |
| 4 | 8 | Yousef Hrateh | / Haralds Gym | | / | 18 | 17 | | | 17 |
| 5 | 5 | Zeth Johnsen | / Colosseum KK | | / | 25 | 25 | | | 25 |
| 6 | 4 | Sander Harildstad | / Haralds Gym | | / | 33 | 30 | | | 30 |
| 7 | 1 | Oliver Overland | / Kaliber Gym FKK | | / | 36 | | | | |
| 8 | 6 | Markus Skomedal Engh | / Execute Fitness Team | | / | 37 | | | | |

Σ=8

Mens Physique Master Åpen

| | | | | | / | | | | | |
|---|----|-------------------------|-----------------|--|---|----|--|--|--|----|
| 1 | 9 | Eduardo Jaques da Silva | / Team Toppform | | / | 5 | | | | 5 |
| 2 | 10 | Chaouki Jebali | / Team Toppform | | / | 10 | | | | 10 |

Σ=2

Mens Physique -176

| | | | | | / | | | | | |
|----|----|-------------------------|------------------------|--|---|----|----|--|--|----|
| 1 | 16 | Moha Yusuf | / Team Elite | | / | 6 | 6 | | | 6 |
| 2 | 12 | Maksims Smirnovs | / Team City 24/7 | | / | 10 | 11 | | | 11 |
| 3 | 18 | Yousef Al Qaroot | / Team Elite | | / | 12 | 13 | | | 13 |
| 4 | 21 | Mert Ambarduzgun | / Team Toppform | | / | 17 | 17 | | | 17 |
| 5 | 14 | Eduardo Jaques da Silva | / Team Toppform | | / | 31 | 25 | | | 25 |
| 6 | 22 | Yusif Asgarov | / Porsgrunn FBK | | / | 25 | 30 | | | 30 |
| 7 | 11 | Musa Tekce | / Team Toppform | | / | 34 | | | | |
| 8 | 19 | Martin Moe Bersås | / Execute Fitness Team | | / | 41 | | | | |
| 9 | 17 | Shazad Ashraf | / Team Toppform | | / | 48 | | | | |
| 10 | 20 | Chaouki Jebali | / Team Toppform | | / | 49 | | | | |
| 11 | 15 | Emil Torjusen | / Team PowerCore | | / | 51 | | | | |
| 12 | 13 | Tommy Rydén | / Team PS | | / | 58 | | | | |
| 13 | 23 | Michael Venables | / Team Toppform | | / | 65 | | | | |

Σ=13

Mens Physique -179

| | | | | | / | | | | | |
|---|----|-------------------|------------------|--|---|----|--|--|--|----|
| 1 | 26 | Joachim Halvorsen | / Haralds Gym | | / | 5 | | | | 5 |
| 2 | 27 | Yousef Hrateh | / Haralds Gym | | / | 11 | | | | 11 |
| 3 | 24 | Aaed Alnajjar | / Team City 24/7 | | / | 14 | | | | 14 |
| 4 | 25 | Philip Helgesen | / Team Toppform | | / | 20 | | | | 20 |
| 5 | 28 | Babak Aghazadeh | / Team Vitality | | / | 25 | | | | 25 |

Σ=5

Mens Physique +179

| | | | | | / | | | | |
|---|----|----------------------|------------------------|--|---|----|--|--|----|
| 1 | 33 | Truls Rakvåg | / Haralds Gym | | / | 5 | | | 5 |
| 2 | 34 | Zeth Johnsen | / Colosseum KK | | / | 10 | | | 10 |
| 3 | 29 | Martin Antonsen | / Team Exit | | / | 17 | | | 17 |
| 4 | 31 | Steffen Angeltveit | / Team Exit | | / | 21 | | | 21 |
| 5 | 35 | Espen Finnestad | / Team City 24/7 | | / | 24 | | | 24 |
| 6 | 30 | Sander Harildstad | / Haralds Gym | | / | 29 | | | 29 |
| 7 | 32 | Markus Skomedal Engh | / Execute Fitness Team | | / | 34 | | | 34 |

Σ=7

Mens Physique Overall

| | | | | | / | | | | |
|---|----|-------------------|---------------|--|---|----|--|--|----|
| 1 | 33 | Truls Rakvåg | / Haralds Gym | | / | 5 | | | 5 |
| 2 | 26 | Joachim Halvorsen | / Haralds Gym | | / | 12 | | | 12 |
| 3 | 16 | Moha Yusuf | / Team Elite | | / | 13 | | | 13 |

Σ=3

Bodyfitness Junior Åpen

| | | | | | / | | | | |
|---|----|--------------------------------|----------------------|--|---|---|--|--|---|
| 1 | 36 | Tuva Victoria Nilsen Senneseth | / Kaliber Gym FKK | | / | 7 | | | 7 |
| 2 | 37 | Malene Pedersen | / Edvartsen Athletes | | / | 8 | | | 8 |

Σ=2

Bodyfitness Master Åpen

| | | | | | / | | | | |
|---|----|---------------------|------------------|--|---|----|--|--|----|
| 1 | 39 | Line Klevedal | / Alpha Athletes | | / | 5 | | | 5 |
| 2 | 40 | Tine Rødningsby | / Colosseum KK | | / | 12 | | | 12 |
| 3 | 38 | Petra Fagerholt | / B30Performance | | / | 13 | | | 13 |
| 4 | 41 | Norma Beatriz Abreu | / Team Flex | | / | 20 | | | 20 |

Σ=4

Bodyfitness -168

| | | | | | / | | | | |
|---|----|--------------------------------|----------------------|--|---|----|--|--|----|
| 1 | 45 | Line Klevedal | / Alpha Athletes | | / | 8 | | | 8 |
| 2 | 46 | Silje Wintervold Folde | / Team Vitality | | / | 12 | | | 12 |
| 3 | 47 | Tale Moen | / Team PowerCore | | / | 12 | | | 12 |
| 4 | 44 | Tuva Victoria Nilsen Senneseth | / Kaliber Gym FKK | | / | 20 | | | 20 |
| 5 | 48 | Malene Pedersen | / Edvartsen Athletes | | / | 24 | | | 24 |
| 6 | 43 | Petra Fagerholt | / B30Performance | | / | 30 | | | 30 |
| 7 | 42 | Norma Beatriz Abreu | / Team Flex | | / | 35 | | | 35 |

Σ=7

Bodyfitness +168

| | | | | | / | | | | |
|---|----|-------------------------|----------------------|--|---|----|--|--|----|
| 1 | 51 | Tuva Madsen | / Team Exit | | / | 6 | | | 6 |
| 2 | 52 | Isabell Adolfsen | / B30Performance | | / | 11 | | | 11 |
| 3 | 50 | Aurelija Laurinaviciene | / Mecca Fitness Team | | / | 14 | | | 14 |
| 4 | 49 | Tine Rødningsby | / Colosseum KK | | / | 20 | | | 20 |

Σ=4

Bodyfitness Overall

| | | | | | / | | | | |
|---|----|---------------|------------------|--|---|---|--|--|---|
| 1 | 45 | Line Klevedal | / Alpha Athletes | | / | 7 | | | 7 |
| 2 | 51 | Tuva Madsen | / Team Exit | | / | 8 | | | 8 |

Σ=2

Bodybuilding Junior Åpen

| | | | | | / | x2 | | | | |
|---|----|-----------------|-----------------|--|---|----|---|--|--|----|
| 1 | 53 | Penyo Kyuchukov | / Porsgrunn FBK | | / | 14 | 8 | | | 22 |
| 2 | 54 | Sondre Norberg | / Team Exit | | / | 16 | 7 | | | 23 |

Σ=2

Bodybuilding Master Åpen

| | | | | | / | x2 | | | | |
|---|----|----------------------|------------------|--|---|----|---|--|--|----|
| 1 | 55 | Roy-Kenneth Drivenes | / Team City 24/7 | | / | 10 | 5 | | | 15 |

Σ=1

Bodybuilding Åpen

| | | | | | / | x2 | | | | |
|---|----|-----------------|----------------------|--|---|----|----|--|--|----|
| 1 | 58 | Petter Svendsen | / Mecca Fitness Team | | / | 10 | 5 | | | 15 |
| 2 | 60 | Penyo Kyuchukov | / Porsgrunn FBK | | / | 22 | 12 | | | 34 |
| 3 | 59 | Sondre Norberg | / Team Exit | | / | 30 | 13 | | | 43 |
| 4 | 56 | Pawel Zlotowski | / Colosseum KK | | / | 40 | 25 | | | 65 |
| 5 | 57 | Bendik Blix | / Mecca Fitness Team | | / | 50 | 20 | | | 70 |

Σ=5

Classic Bodybuilding Junior Åpen

| | | | | | / | x2 | | | | |
|---|----|---------------------|----------------------|--|---|----|----|--|--|----|
| 1 | 64 | Sander Tørnby Høyer | / Team PowerCore | | / | 10 | 9 | | | 19 |
| 2 | 62 | Sebastian Bleivik | / Team PowerCore | | / | 22 | 7 | | | 29 |
| 3 | 65 | Sondre Norberg | / Team Exit | | / | 28 | 15 | | | 43 |
| 4 | 61 | Sander Varne | / Team City 24/7 | | / | 40 | 23 | | | 63 |
| 5 | 63 | Mathias Andreassen | / Edvartsen Athletes | | / | 50 | 22 | | | 72 |
| 6 | 66 | Henrik Lohmann | / Kaliber Gym FKK | | / | 60 | 30 | | | 90 |

Σ=6

Classic Bodybuilding Master Åpen

| | | | | | / | x2 | | | | |
|---|----|----------------------|------------------|--|---|----|----|--|--|----|
| 1 | 67 | Roy-Kenneth Drivenes | / Team City 24/7 | | / | 10 | 5 | | | 15 |
| 2 | 68 | Aksel Bergheim | / Haralds Gym | | / | 20 | 10 | | | 30 |

Σ=2

Classic Bodybuilding -175

| | | | | | / | x2 | | | | |
|---|----|----------------------|----------------------|--|---|----|----|--|--|-----|
| 1 | 72 | Per Andreas Humstad | / Kaliber Gym FKK | | / | 10 | 5 | | | 15 |
| 2 | 74 | Carl Mentzoni | / Team Vitality | | / | 20 | 10 | | | 30 |
| 3 | 71 | Thomas Lund | / Edvartsen Athletes | | / | 32 | 16 | | | 48 |
| 4 | 70 | Mathias Andreassen | / Edvartsen Athletes | | / | 44 | 20 | | | 64 |
| 5 | 75 | Daniel Haugen | / Edvartsen Athletes | | / | 54 | 25 | | | 79 |
| 6 | 69 | Roy-Kenneth Drivenes | / Team City 24/7 | | / | 52 | 28 | | | 80 |
| 7 | 73 | Henrik Lohmann | / Kaliber Gym FKK | | / | 68 | 33 | | | 101 |

Σ=7

Classic Bodybuilding -180

| | | | | / | x2 | | | | |
|---|----|---------------------------|------------------|---|----|----|--|--|----|
| 1 | 76 | Sander Tørnby Høyser | / Team PowerCore | / | 10 | 7 | | | 17 |
| 2 | 78 | Sebastian Bleivik | / Team PowerCore | / | 20 | 8 | | | 28 |
| 3 | 81 | Sondre Norberg | / Team Exit | / | 30 | 15 | | | 45 |
| 4 | 79 | Petrus Hagelund | / Colosseum KK | / | 44 | 21 | | | 65 |
| 5 | 77 | Pawel Zlotowski | / Colosseum KK | / | 50 | 33 | | | 83 |
| 6 | 82 | Sindre Bergheim | / Team Vitality | / | 64 | 28 | | | 92 |
| 7 | 80 | Alexander Friis Mathiesen | / Haralds Gym | / | 66 | 30 | | | 96 |

Σ=7

Classic Bodybuilding +180

| | | | | / | x2 | | | | |
|---|----|---------------------|----------------------|---|----|----|--|--|----|
| 1 | 83 | Kristoffer Bjørndal | / Kaliber Gym FKK | / | 10 | 5 | | | 15 |
| 2 | 86 | Tord Rorgemoen | / Mecca Fitness Team | / | 20 | 10 | | | 30 |
| 3 | 84 | Kamil Maciag | / Haralds Gym | / | 30 | 15 | | | 45 |
| 4 | 85 | Thor Johan Amundsen | / Edvartsen Athletes | / | 40 | 20 | | | 60 |

Σ=4

Classic Bodybuilding Overall

| | | | | / | x2 | | | | |
|---|----|----------------------|-------------------|---|----|--|--|--|----|
| 1 | 83 | Kristoffer Bjørndal | / Kaliber Gym FKK | / | 5 | | | | 5 |
| 2 | 76 | Sander Tørnby Høyser | / Team PowerCore | / | 11 | | | | 11 |
| 3 | 72 | Per Andreas Humstad | / Kaliber Gym FKK | / | 14 | | | | 14 |

Σ=3

Classic Physique Junior Åpen

| | | | | / | x2 | | | | |
|---|----|----------------------|----------------------|---|----|----|--|--|----|
| 1 | 87 | Sander Tørnby Høyser | / Team PowerCore | / | 10 | 10 | | | 20 |
| 2 | 88 | Sebastian Bleivik | / Team PowerCore | / | 20 | 5 | | | 25 |
| 3 | 89 | Sondre Norberg | / Team Exit | / | 30 | 15 | | | 45 |
| 4 | 90 | Mathias Andreassen | / Edvartsen Athletes | / | 40 | 20 | | | 60 |

Σ=4

Classic Physique -175

| | | | | / | x2 | | | | |
|---|----|---------------------|----------------------|---|----|----|--|--|----|
| 1 | 91 | Carl Mentzoni | / Team Vitality | / | 10 | 8 | | | 18 |
| 2 | 94 | Per Andreas Humstad | / Kaliber Gym FKK | / | 20 | 7 | | | 27 |
| 3 | 93 | Thomas Lund | / Edvartsen Athletes | / | 30 | 15 | | | 45 |
| 4 | 92 | Daniel Haugen | / Edvartsen Athletes | / | 40 | 20 | | | 60 |

Σ=4

Classic Physique +175

| | | | | / | x2 | | | | |
|---|-----|----------------------|----------------------|---|----|----|--|--|----|
| 1 | 96 | Kristoffer Bjørndal | / Kaliber Gym FKK | / | 12 | 10 | | | 22 |
| 2 | 97 | Sebastian Bleivik | / Team PowerCore | / | 22 | 9 | | | 31 |
| 3 | 99 | Sander Tørnby Høyser | / Team PowerCore | / | 26 | 13 | | | 39 |
| 4 | 98 | Sondre Norberg | / Team Exit | / | 40 | 20 | | | 60 |
| 5 | 100 | Kamil Maciag | / Haralds Gym | / | 50 | 25 | | | 75 |
| 6 | 95 | Thor Johan Amundsen | / Edvartsen Athletes | / | 60 | 30 | | | 90 |

Σ=6

Classic Physique Overall

| | | | | / | | | | | |
|---|----|---------------------|-------------------|---|---|--|--|--|---|
| 1 | 96 | Kristoffer Bjørndal | / Kaliber Gym FKK | / | 7 | | | | 7 |
| 2 | 91 | Carl Mentzoni | / Team Vitality | / | 8 | | | | 8 |

Σ=2

Wellness Åpen

| | | | | / | | | | | |
|---|-----|----------------|-------------------|---|----|--|--|--|----|
| 1 | 102 | Roya Karimi | / Team Fit2gether | / | 5 | | | | 5 |
| 2 | 101 | Aurora Ottesen | / Team Next Level | / | 10 | | | | 10 |

Σ=2

Womens Physique Åpen

| | | | | / | x2 | | | | |
|---|-----|-------------------------------|-----------------|---|----|---|--|--|----|
| 1 | 103 | Aagot-Cecilia Sprus Brandlien | / Team Toppform | / | 10 | 5 | | | 15 |

Σ=1

Bikini Fitness Master Åpen

| | | | | / | | | | | |
|---|-----|-------------------------|--------------------|---|----|----|--|--|----|
| 1 | 109 | Anita Strand | / Team Fit2gether | / | 5 | 5 | | | 5 |
| 2 | 114 | Madeleine Eilerås Aasen | / Team Exit | / | 10 | 10 | | | 10 |
| 3 | 112 | Linn Otterbu | / Team Fit2gether | / | 15 | 16 | | | 16 |
| 4 | 108 | Jowan Azizpour | / Team Fit2gether | / | 20 | 19 | | | 19 |
| 5 | 110 | Marianne Brustad | / Team Fit2gether | / | 31 | 27 | | | 27 |
| 6 | 111 | Sif Holm | / Team Fit2gether | / | 30 | 28 | | | 28 |
| 7 | 113 | Chawee Alaburda | / Team TrainingDay | / | 31 | | | | |
| 8 | 107 | Roxana Sandall | / Haralds Gym | / | 40 | | | | |

Σ=8

Bikini Fitness Junior Åpen

| | | | | / | | | | | |
|---|-----|--------------------------|-------------|---|----|--|--|--|----|
| 1 | 105 | Emmeli Grønvold | / Team Exit | / | 6 | | | | 6 |
| 2 | 104 | Ida Kristine Larsen Høie | / Team Exit | / | 9 | | | | 9 |
| 3 | 106 | Eirin Eriksen | / Team Flex | / | 15 | | | | 15 |

Σ=3

Bikini Fitness -162

| | | | | / | | | | | |
|---|-----|--------------------------|--------------------|---|----|--|--|--|----|
| 1 | 115 | Sonja Younesi Arghdeh | / Team Fit2gether | / | 7 | | | | 7 |
| 2 | 119 | Madeleine Eilerås Aasen | / Team Exit | / | 8 | | | | 8 |
| 3 | 120 | Muna Hassan | / Kaliber Gym FKK | / | 15 | | | | 15 |
| 4 | 117 | Ida Kristine Larsen Høie | / Team Exit | / | 21 | | | | 21 |
| 5 | 118 | Marianne Brustad | / Team Fit2gether | / | 27 | | | | 27 |
| 6 | 116 | Chawee Alaburda | / Team TrainingDay | / | 27 | | | | 27 |
| 7 | 121 | Roxana Sandall | / Haralds Gym | / | 34 | | | | 34 |

Σ=7

Bikini Fitness -166

| | | | | / | | | | | |
|---|-----|------------------------------|----------------------|---|----|--|--|--|----|
| 1 | 123 | Anita Strand | / Team Fit2gether | / | 5 | | | | 5 |
| 2 | 126 | Linn Otterbu | / Team Fit2gether | / | 10 | | | | 10 |
| 3 | 127 | Ingrid Flatla Knarud | / B30Performance | / | 16 | | | | 16 |
| 4 | 122 | Sara Paola Herrera Pasos | / Edvartsen Athletes | / | 21 | | | | 21 |
| 5 | 124 | Frida-Johanne Hanssen Skevik | / Edvartsen Athletes | / | 23 | | | | 23 |
| 6 | 125 | Eirin Eriksen | / Team Flex | / | 27 | | | | 27 |

Σ=6

Bikini Fitness -169

| | | | | | / | | | | | |
|---|-----|---------------------------|-------------------|--|---|----|--|--|--|----|
| 1 | 133 | Emmeli Grønvold | / Team Exit | | / | 8 | | | | 8 |
| 2 | 129 | Jowan Azizpour | / Team Fit2gether | | / | 10 | | | | 10 |
| 3 | 131 | Hannah Stenstad | / Team Fit2gether | | / | 16 | | | | 16 |
| 4 | 132 | Gail Cecilie Langøy | / Alpha Athletes | | / | 20 | | | | 20 |
| 5 | 130 | Hanna Pernille Aurdal Lie | / Kaliber Gym FKK | | / | 21 | | | | 21 |
| 6 | 128 | Sif Holm | / Team Fit2gether | | / | 29 | | | | 29 |

Σ=6

Bikini Fitness +169

| | | | | | / | | | | | |
|---|-----|-----------------|-------------------|--|---|----|--|--|--|----|
| 1 | 136 | Kine Vee | / Team Fit2gether | | / | 5 | | | | 5 |
| 2 | 134 | Elise Skjølås | / Team Toppform | | / | 10 | | | | 10 |
| 3 | 135 | Mette Grindheim | / Team Exit | | / | 15 | | | | 15 |

Σ=3

Bikini Fitness Overall

| | | | | | / | | | | | |
|---|-----|-----------------------|-------------------|--|---|----|--|--|--|----|
| 1 | 123 | Anita Strand | / Team Fit2gether | | / | 5 | | | | 5 |
| 2 | 115 | Sonja Younesi Arghdeh | / Team Fit2gether | | / | 10 | | | | 10 |
| 3 | 136 | Kine Vee | / Team Fit2gether | | / | 17 | | | | 17 |
| 4 | 133 | Emmeli Grønvold | / Team Exit | | / | 17 | | | | 17 |

Σ=4