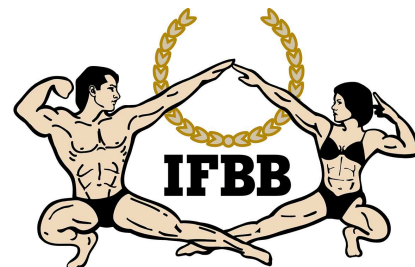


## IFBB Nordic Cup &amp; Expo

05-07 October 2018, Lahti, Finland



## OFFICIAL CONTEST RESULTS

## Women's Bodyfitness Up To And Incl. 163 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2		Score
1	13	Marte Lian	Norway	1985	/160,2	5	7		7
2	6	Virginija Kaminska	Lithuania	1993	/161,4	27	11		11
3	11	Daria Ivanova	Russia	1990	/160,9	16	19		19
4	2	Anna-Sofia Pekkarinen	Finland	1992	/159,1	28	20		20
5	15	Kari Sollied	Norway	1985	/159,8	15	22		22
6	3	Chantal Graziani	Malta	1991	/159,4	16	25		25
7	8	Elina Niemelä	Finland	1990	/160,8	33			
8	12	Nutsa Zurabishvili	Georgia	1989	/159	39			
9	7	Melanie Roth	Germany	1982	/157	49			
10	10	Janne Krohn	Norway	1975	/162,9	54			
11	4	Katriina Pietilä	Finland	1987	/159,6	58			
12	9	Maria Sofia Juvas	Finland	1984	/159,3	59			
13	1	Minna Tanttu	Finland	1993	/159	62			
14	5	Elena Masarykova	Slovakia	1983	/161,8	67			
15	14	Miia Nyysönen	Finland	1985	/156,4	69			

Σ=15

## Women's Bodyfitness Up To And Incl. 168 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2		Score
1	22	Alina Yaman	Ukraine	1985	/167,3	5	5		5
2	19	Pepita Ravantti	Finland	1994	/166,3	10	10		10
3	20	Nelli Heikkilä	Finland	1996	/166,9	15	18		18
4	18	Stanislava Volekova	Slovakia	1985	/165,5	20	19		19
5	21	Melissa Geimer	Germany	1989	/167,7	25	24		24
6	25	Daniela Ehrschwendtner	Austria	1981	/165,2	33	28		28
7	24	Henna Tuomainen	Finland	1991	/165,7	35			
8	23	Riikka Palo	Finland	1985	/166,1	37			

Σ=8

## Women's Bodyfitness Over 168 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2		Score
1	33	Henriikka Kempainen	Finland	1994	/175,9	6	6		6
2	37	Soraya Alvarez	Spain	1986	/173,1	11	12		12
3	32	Marianne Kankaisto	Finland	1989	/170,1	15	17		17
4	28	Melanie Niebergall	Germany	1978	/173,5	25	21		21
5	36	Henriette Alfstadsaeter	Norway	1993	/169,7	18	23		23
6	35	Helena Huikkala	Finland	1988	/169,1	29	26		26
7	30	Niina Kaunisto	Finland	1986	/169,9	36			
8	29	Liina Lapteyko	Estonia	1982	/173,7	41			
9	31	Anneli Volkov	Estonia	1978	/169,3	44			
10	34	Kati Rinta-aho	Finland	1983	/175,6	48			

Σ=10

## OVERALL Women's Bodyfitness

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1				Score
1	22	Alina Yaman	Ukraine	1985	/	6				6
2	33	Henriikka Kempinen	Finland	1994	/	12				12
3	13	Marte Lian	Norway	1985	/	16				16
4	6	Virginija Kaminska	Lithuania	1993	/161,4	18				18
5	19	Pepita Ravanti	Finland	1994	/166,3	24				24
6	37	Soraya Alvarez	Spain	1986	/173,1	29				29

Σ=6

## Men's Physique Up To And Incl. 173 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2			Score
1	40	David Ouamba	Finland	1991	/172,8	8	9			9
2	45	Renatas Suleimanovas	Lithuania	1987	/170,6	10	10			10
3	46	Alexander Solland	Norway	1990	/172	12	11			11
4	44	Marwan Muhtasam	Finland	1989	/171,3	25	23			23
5	41	Hanli Xiong	Finland	1981	/169,4	20	24			24
6	42	Levan Gobejshvili	Georgia	1987	/170,4	31	29			29
7	43	Alessandro Fumo	Portugal	1976	/171,6	36				
8	47	Pankaj Sharma	India	1991	/165,8	38				

Σ=8

## Men's Physique Up To And Incl. 179 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2			Score
1	50	Jones Ahmad	Sweden	1994	/174	8	8			8
2	55	Piotr Zielinski	Poland	1986	/176,6	12	9			9
3	56	Rashid Kwarasay	Norway	1980	/177,5	15	15			15
4	54	Tino Mäkelä	Finland	1988	/177,2	17	22			22
5	51	Ali Alzuabidi	Finland	1991	/176,4	22	24			24
6	53	Piotr Majchrowicz	Poland	1991	/174,9	31	28			28
7	52	Stefan Habbal	Finland	1988	/175,1	34				
8	57	Honi Hasib	Finland	1994	/176,5	40				

Σ=8

## Men's Physique Over 179 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2			Score
1	72	Momar Bah	Finland	1992	/183,2	6	6			6
2	73	Dominik Antos	Slovakia	1991	/185,7	15	13			13
3	66	Petter Horgan	Norway	1996	/180,5	11	16			16
4	75	Nikita Dvorkin	Estonia	1994	/181,6	20	19			19
5	69	Randy Tutu	Norway	1995	/180,7	21	21			21
6	65	Ats Lahi	Estonia	1989	/179,7	36	29			29
7	63	Carlos Soldado	Spain	1986	/181,2	37				
8	74	Youcef Harm Elain	Algeria	1984	/179,5	39				
9	76	Abraham Massaquoi	Finland	1991	/182,1	39				
10	62	Sami Lantola	Finland	1990	/186,8	48				
	60	Michael Komosny	Czech Republic	1994	/181,2					
	61	Thomas Joramo	Norway	1995	/186,8					
	64	Aleksi Silventoinen	Finland	1994	/192,3					
	67	Andrew Fahy	Finland	1991	/187,2					
	68	Luukas Lindeman	Finland	1993	/179,3					
	70	Santeri Sorasahi	Finland	1994	/187,6					
	71	Andrei Bodryi	Russia	1984	/190,4					

Σ=17

## OVERALL Men's Physique

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1				Score
1	72	Momar Bah	Finland	1992	/	12				12
2	73	Dominik Antos	Slovakia	1991	/185,7	13				13
3	40	David Ouamba	Finland	1991	/	14				14
4	50	Jones Ahmad	Sweden	1994	/	18				18
5	45	Renatas Suleimanovas	Lithuania	1987	/170,6	22				22
6	55	Piotr Zielinski	Poland	1986	/176,6	24				24

Σ=6

## Women's Bikini-Fitness Up To And Incl. 160 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2			Score
1	83	Arida Muru	Estonia	1997	/158,2	6	7			7
2	84	Janica Joutulainen	Finland	1990	/158,6	13	12			12
3	86	Bettina Bjornaa	Norway	1995	/152,8	17	15			15
4	82	Marjo Voutilainen	Finland	1989	/159,3	18	18			18
5	87	Clarissa Pajukoski	Finland	1992	/155,8	22	22			22
6	85	Liis Rosenthal	Estonia	1983	/155,9	32	30			30
7	80	Salla Käsmä	Finland	1994	/158,7	33				
8	81	Lenita Ugartechea	Finland	1971	/155,8	40				

Σ=8

## Women's Bikini-Fitness Up To And Incl. 164 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2			Score
1	94	Claudia Nielsen	Denmark	1999	/162,1	18	13			13
2	90	Iida Peltonen	Finland	1997	/161,8	33	15			15
3	98	Heidrun Ertsaas	Norway	1998	/161,2	17	19			19
4	107	Andrea Lowing	Norway	1996	/161,8	16	19			19
5	99	Emmi Nenonen	Finland	1992	/160,4	8	20			20
6	105	Anna Fedorova	Estonia	1991	/160,9	18	20			20
7	93	Liisa Ahtinen	Finland	1991	/161,1	38				
8	102	Michelle Claussen	Norway	1996	/163,1	42				
9	106	Simona Hostacna	Slovakia	1990	/163,6	44				
10	103	Kine Saeter	Norway	1982	/162,9	50				
11	97	Renata Vanhatalo	Finland	1991	/161,3	50				
12	96	Kati Lyytikka	Finland	1992	/162,1	58				
	91	Elina Tullinen	Finland	1980	/163,7					
	92	Anaelle Lopez	Taihi	1997	/160,5					
	95	Kerttu Meltsas	Estonia	1983	/163,8					
	100	Janika Aavamagi	Estonia	1991	/161,6					
	101	Kristine Sile	Estonia	1982	/163,7					
	104	Sandrine Reiser	Germany	1996	/162,5					

Σ=18

## Women's Bikini-Fitness Up To And Incl. 169 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2			Score
1	115	Julia Tzisoa	Estonia	1996	/166,1	6	7			7
2	126	Eliska Dombkova	Czech Republic	1989	/169	12	10			10
3	111	Agne Kiviselg	Estonia	1988	/167,6	13	14			14
4	130	Vilma Toiviainen	Finland	1995	/168,5	34	22			22
5	131	Lene Fossdal	Norway	1992	/167,3	19	23			23
6	132	Andrea Horvath	Hungary	1983	/167,4	32	28			28
7	120	Liis-Marian Toomse	Estonia	1995	/168,9	35				
8	128	Linda Obermayer	Germany	1995	/164,2	39				
9	125	Sanna Paasimaa	Finland	1997	/166	40				
10	129	Karianne Holene	Norway	1987	/168,1	46				
	110	Iida Ali-rantala	Finland	1992	/167					
	112	Sonja Netsäinen	Finland	1994	/165,1					
	113	Tuuli Jürgens	Estonia	1979	/166					
	114	Maren Mandmaa	Estonia	1984	/166,8					
	116	Linda Gulin	Finland	1979	/168					
	117	Jenna Ukkonen	Finland	1999	/165					
	118	Elli Valla	Finland	1987	/168,2					
	119	Mariia Bondar	Russia	1986	/165,6					
	121	Krista Lepistö	Finland	1988	/165,8					
	122	Sofia Aiello	Finland	1995	/169					
	123	Therese Arntzen	Norway	1990	/165,7					
	124	Kerli Djomina	Estonia	1989	/168,9					
	127	Laura Paavola	Finland	1987	/168,8					
	133	Anastasia Gravis	Estonia	1992	/168					

Σ=24

## Women's Bikini-Fitness Up To And Incl. 172 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2			Score
1	143	Oksana Oleinik	Russia	1981	/171,5	5	5			5
2	146	Elena Temnikova	Russia	1984	/169,5	17	10			10
3	138	Natalia Ejsmont	Norway	1992	/169,5	16	18			18
4	136	Galina Osirtseva	Russia	1983	/170,5	14	19			19
5	151	Kristina Brunauer	Austria	1997	/170,6	24	23			23
6	137	Yana Grishina	Ukraine	1989	/170,1	34	30			30
7	141	Heta Ahonen	Finland	1991	/170,9	40				
8	148	Silja Pihlaja	Finland	1991	/169,7	41				
9	145	Marika Kasesalk	Estonia	1987	/169,9	43				
10	144	Netta Suikkanen	Finland	1987	/170,8	46				
11	150	Tiril Sundkjaer	Norway	1992	/170,1	51				
	139	Liisa Säkkinen	Finland	1980	/169,7					
	140	Anette Virkki	Finland	1996	/171,1					
	142	Annika Westerlund	Finland	1993	/169,7					
	147	Jelena Smirnova	Estonia	1974	/170,1					
	149	Betti Nigul	Estonia	1993	/170,7					
	152	Nelli Pasanen	Finland	1996	/169,6					

Σ=17

## Women's Bikini-Fitness Over 172 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2			Score
1	161	Mari Pukk	Estonia	1981	/175	10	7			7
2	155	Therese Sivertsen	Norway	1995	/175,5	6	9			9
3	159	Sanna Mattila	Finland	1990	/175,7	14	14			14
4	157	Beata Rantaeskola	Finland	1994	/174	20	20			20
5	164	Kristiin-Heleen Uuemois	Estonia	1994	/173,5	33	26			26
6	168	Lisett Luts	Estonia	1994	/176,3	33	27			27
7	156	Jaana Manner	Finland	1989	/180,4	35				
8	162	Marlee Kruusimäe	Estonia	1988	/173,1	37				
9	169	Maija Kivimäki	Finland	1992	/178,2	38				
10	163	Triin Maesalu	Estonia	1988	/175,2	55				
11	167	Caroline Sünd	Estonia	1994	/179,1	56				
12	158	Katja Karhu	Finland	1985	/175,9	57				
13	160	Linda Sonntag	Finland	1973	/173,8	65				
14	166	Kirke Kirt	Estonia	1991	/176,7	67				
15	165	Piret Kubarsepp	Estonia	1992	/181,6	74				

Σ=15

## OVERALL Women's Bikini-Fitness

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1				Score
1	143	Oksana Oleinik	Russia	1981	/	6				6
2	115	Julia Tziso	Estonia	1996	/	12				12
3	146	Elena Temnikova	Russia	1984	/169,5	12				12
4	83	Arida Muru	Estonia	1997	/	19				19
5	90	Iida Peltonen	Finland	1997	/161,8	25				25
6	161	Mari Pukk	Estonia	1981	/	33				33
7	126	Eliska Dombkova	Czech Republic	1989	/169	39				39
8	94	Claudia Nielsen	Denmark	1999	/	39				39
9	84	Janica Joutulainen	Finland	1990	/158,6	41				41
10	155	Therese Sivertsen	Norway	1995	/175,5	46				46

Σ=10

## Master Women's Bikini-Fitness Open

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2			Score
1	180	Oksana Oleinik	Russia	1981	/171,5	5	5			5
2	184	Kine Saeter	Norway	1982	/162,9	12	12			12
3	172	Mari Pukk	Estonia	1981	/175	13	13			13
4	176	Anne Eronen	Finland	1979	/159,1	29	22			22
5	177	Tuuli Jürgens	Estonia	1979	/166	20	24			24
6	185	Andrea Horvath	Hungary	1983	/167,4	28	29			29
7	171	Camilla Brahms	Norway	1981	/165,2	33				
8	174	Linda Sonntag	Finland	1973	/173,8	44				
9	178	Kerttu Meltsas	Estonia	1983	/163,8	45				
10	181	Liisa Säkkinen	Finland	1980	/169,7	46				
11	179	Mervi Kuorilehto	Finland	1979	/161,5	56				
12	183	Elina Tullinen	Finland	1980	/163,7	61				
13	182	Jelena Smirnova	Estonia	1974	/170,1	63				
14	173	Lenita Ugartechea	Finland	1971	/155,8	70				
15	175	Mira Tolvanen	Finland	1970	/169,2	75				

Σ=15

## Master Women's Bodyfitness Open

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2			Score
1	200	Janne Krohn	Norway	1975	/162,9	9	8			8
2	190	Melanie Roth	Germany	1982	/157	7	9			9
3	201	Hanna-Mari Manninen	Finland	1981	/174,6	16	14			14
4	197	Jeanette Hansen	Norway	1979	/161,5	18	21			21
5	196	Melanie Niebergall	Germany	1978	/173,5	30	26			26
6	188	Anneli Volkov	Estonia	1978	/169,3	30	28			28
7	192	Daniela Ehrschwendtner	Austria	1981	/165,2	33				
8	202	Kati Olamo	Finland	1972	/157,4	36				
9	198	Johanna Väätäinen	Finland	1977	/170	45				
10	194	Kati Rinta-aho	Finland	1983	/175,6	54				
11	199	Teija Lahtinen	Finland	1979	/160,1	54				
12	195	Kirsi Timonen	Finland	1975	/156,6	58				
13	193	Heidi Ilomäki	Finland	1979	/155,7	64				
14	191	Paula Koskenheimo	Finland	1971	/161,2	70				
15	189	Laura Lehtinen	Finland	1982	/171,3	74				

Σ=15

## Men's Classic Bodybuilding Open

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2			Score
1	207	Andreas Ehrschwendtner	Austria	1969	87,3/180,4	10	5			15
2	206	Eemi Nieminen	Finland	1987	76,3/175,4	26	11			37
3	205	Pekka Rautio	Finland	1985	75,3/173	24	14			38
4	208	Ville Jaakkola	Finland	1982	67/171,6	44	21			65
5	209	Margus Kaasik	Estonia	1985	93,8/187,5	46	24			70

Σ=5

## Men's Classic Physique Up To And Incl. 180 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2			Score
1	215	Sergii Gorenkov	Russia	1975	88,5/179,5	12	5			17
2	218	Erasmus Adiakpor	Austria	1986	84,95/176,4	20	10			30
3	212	Alexander Espailat	Finland	1992	75,5/172,9	32	14			46
4	213	Michal Pattermam	Slovakia	1991	82,3/174,8	40	20			60
5	214	Jabor Alkuwari	Qatar	1989	69,25/167	48	25			73
6	216	Miso Rakita	Austria	1975	79,3/173,7	60	30			90
DNC	217	Juho Kurko	Finland	1986	80,15/177,7					

Σ=7

## Men's Classic Physique Over 180 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2			Score
1	221	Paul Harris	United Kingdom	1991	97,5/184,5	10	8			18
2	223	Nurudeen Adedorja	Finland	1985	93,8/181,4	20	7			27
3	222	Olli Kiviniemi	Finland	1982	92,8/182,4	30	15			45

Σ=3

## OVERALL Men's Classic Physique

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1				Score
1	221	Paul Harris	United Kingdom	1991	/	8				8
2	215	Sergii Gorenkov	Russia	1975	/	8				8
3	223	Nurudeen Adedorja	Finland	1985	93,8/181,4	16				16
4	218	Erasmus Adiakpor	Austria	1986	84,95/176,4	19				19

Σ=4

## Men's Bodybuilding Up To And Incl. 90 Kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2x 2	RD3		Score
1	226	Carles Guinart	Spain	1978	76,9/	10	12	9		21
2	227	Rafel Beltran	Spain	1983	87,25/	10	20	9		29
3	233	Ott Kivikas	Estonia	1977	85/	11	26	12		38
4	229	Christian Racan	Austria	1974	76,5/	19	40	20		60
5	232	Tommi Heinonen	Spain	1973	89,3/	30	52	26		78
6	230	Galin Dimitrov	Bulgaria	1989	73,15/	29	58	29		87
7	231	Spely Laventure	Haiti	1987	89,45/	31				
8	228	Thomas Pirker	Austria	1987	87,7/	40				

Σ=8

## Men's Bodybuilding Over 90 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2x 2	RD3		Score
1	238	Abdelaziz Jellali	Morocco	1990	110/	8	12	6		18
2	237	Harald Schober	Austria	1984	97,9/	8	20	10		30
3	236	Andre Niebergall	Germany	1976	96,3/	13	28	15		43
4	243	Ralph Decelis	Malta	1978	93,4/	20	40	19		59
5	241	Fabio Romagnolo	Italy	1983	104,05/	25	50	25		75
6	240	Lasse Sordal	Norway	1980	96,7/	30	60	29		89
7	242	Jonathan Andersen	Denmark	1996	99,05/	37				
8	239	Rody Mushiete	Finland	1997	96/	38				
9	235	Laurynas Siauly	Norway	1983	99,95/	45				

Σ=9

## OVERALL Men's Bodybuilding

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1				Score
1	238	Abdelaziz Jellali	Morocco	1990	/	7				7
2	237	Harald Schober	Austria	1984	97,9/	11				11
3	226	Carles Guinart	Spain	1978	/	13				13
4	227	Rafel Beltran	Spain	1983	87,25/	20				20

Σ=4

## Women's Wellness-Fitness Up To 164 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2			Score
1	246	Natalia Lesukova	Russia	1987	/162,5	9	10			10
2	249	Nikolatta Sularz	Poland	1996	/159,5	17	12			12
3	247	Nadezda Tsapkina	Russia	1985	/158,7	13	15			15
4	256	Maike Neubert	Germany	1992	/158,5	14	16			16
5	251	Ksenia Serstjukova	Estonia	1994	/161,3	21	24			24
6	257	Evgeniia Sokolova	Russia	1977	/160,4	31	29			29
7	250	Johanna Hermans	Finland	1986	/154,3	35				
8	248	Jurate Budaite-Kurronen	Finland	1991	/164	39				
9	254	Izabella Jivan	Austria	1988	/160,5	50				
10	253	Catia Moreira	Luxembourg	1988	/158	53				
11	255	Janika Sankala	Finland	1990	/156	55				
12	252	Saara Salo	Finland	1986	/157,1	56				
13	258	Lina Demarre	Italy	1995	/158,6	59				

Σ=13

## Women's Wellness-Fitness Over 164 Cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1				Score
1	263	Onnela Raudsepp	Estonia	1972	/164,9	5				5
2	261	Tea Tyvijärvi	Finland	1989	/168,3	11				11
3	264	Pavlina Stouracova	Czech Republic	1990	/177,3	14				14
4	266	Lisa-Mari Ingebrigtsen	Norway	1994	/167,7	21				21
5	265	Hanni Mäntynen	Finland	1982	/174,9	24				24
6	262	Kertu Rosenthal	Finland	1994	/173,8	30				30

Σ=6



## OVERALL Women's Wellness-Fitness

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1				Score
1	246	Natalia Lesukova	Russia	1987	/	5				5
2	263	Onnela Raudsepp	Estonia	1972	/	11				11
3	249	Nicolatta Sularz	Poland	1996	/159,5	14				14
4	261	Tea Tyvijärvi	Finland	1989	/168,3	20				20

$\Sigma=4$