

# BETTER BODIES CHALLENGE 2019

March 23rd. Folkets Hus, Stockholm. Organizer: Team Powerlifting  
Approved by the Swedish Bodybuilding and Fitness Federation



## OFFICIAL CONTEST RESULTS

### WOMEN'S PHYSIQUE, OPEN

PLACE	NR	NAME	CLUB OR NATION	R1	R2	R3	SCORE
1	194	Zvonimira Trusic	Nordic Shape, Stockholm		16	6	22
2	195	Elsa Bäckrud	Örebro kraftsportsklubb		22	12	34
3	196	Alexandra Göransdotter	Rebels by Rebella, Malmö		24	12	36

### BIKINI FITNESS BEGINNERS, SHORT

PLACE	NR	NAME	CLUB OR NATION	R1	R2		SCORE
1	8	Moa Dansk	Fitness by Nüwa, Solna	6	6		6
2	33	Lisa Fröjd	Tempo Training, Västerås	10	9		9
3	6	Fanny Liwenborg	MM Sports Team, Askim	18	17		17
4	5	Tilde Pennhage	Team Fitness By Aspen, Nacka	17	20		20
5	27	Emma Nilsson	AL Coaching, Jönköping	22	24		24
6	20	Diana Bergman	Team First Class Fitness, Tyresö	32	28		28
7	2	Lisette Marambio	Maxi Elit, Norrköping	36			
8	25	Helena Gustafsson	Athletes by E.N, Örebro	40			
9	220	Viktoriya Zhuzhina	Estonia	45			
10	14	Malin Axelsson	Orebro Kraftsportklubb	48			

### BIKINI FITNESS BEGINNERS, MIDDLE

PLACE	NR	NAME	CLUB OR NATION	R1	R2		SCORE
1	17	Isabell Kasesalu	Team Fitness By Aspen, Nacka	7	6		6
2	7	Emmy Uusitalo	Team Fitness By Aspen, Nacka	12	12		12
3	9	Jennifer Eriksson	Team Fitness By Aspen, Nacka	16	16		16
4	4	Felicia Engstrom	Team Fitness By Aspen, Nacka	20	21		21
5	12	Elise Estunger	Team Fitness By Aspen, Nacka	22	26		26
6	21	Malin Lundgren	Team Maxa Livet, Stockholm	34	26		26
7	23	Emilie Haglund	Team MFC, Motala	41			
8	31	Valeria Dahlén	Team DiamondVFitness, Halmstad	41			
9	19	Josefine Kjällström	Athletes by E.N, Örebro	42			
10	18	Malin Esbjörnson	Team MandyFit, Göteborg	45			
11	26	Lina Vallqvist	Athletes by E.N, Örebro	55			

## BIKINI FITNESS BEGINNERS, TALL

PLACE	NR	NAME	CLUB OR NATION	R1	R2		SCORE
1	13	Lovisa Broman	Fitness by Nüwa, Solna	9	7		7
2	11	Caroline Berntsson	Team Dellerenti Sports, Borås	13	10		10
3	16	Emilia Bond	Team JF, Malmö	13	16		16
4	15	Annika Rehnberg	Team Getfit Nordic, Varberg	22	21		21
5	28	Sophie Almkvist	Team Fitness By Aspen, Nacka	20	21		21
6	1	Madelen Nordström	Team Fitness By Aspen, Nacka	35	30		30
7	3	Ebba Louise Nyberg	Team Elit Nutrition, Malmö	37			
8	29	Maria Tansbo	Örebro Kraftsportklubb	38			
9	35	Evelina Andersson	AL Coaching, Jönköping	43			
10	30	Sofie Andersson	Team Dellerenti Sports, Borås	48			
11	211	Alina Shaldyrvan	AL Coaching, Jönköping	55			

## MEN'S PHYSIQUE BEGINNERS, OPEN

PLACE	NR	NAME	CLUB OR NATION	R1	R2		SCORE
1	120	Nicki Malm	Team JF, Malmö	11	8		8
2	124	Jhullian Carlsson	Nordic Shape, Stockholm	11	10		10
3	123	Omar Eljardali	Svensk Sport Nutrition, Bandhagen	13	12		12
4	126	Zoran Djuric	Team DiamondVFitness, Halmstad	23	23		23
5	132	Amin Tayebinejad	Nordic Shape, Stockholm	35	25		25
6	133	Rait Vahermets	Estonia	19	27		27
7	137	Filip Alerius	Team B-Strong, Nacka	36			
8	122	Linus Nelin	AL Coaching, Jönköping	38			
9	128	Radek Kmiecik	Vegas Fitness Team, Göteborg	43			
10	135	Daniel Backlund	Team Proteinbutiken, Gävle	52			
11	136	Niklas Valtonen	TeamOneByBoson, Västerås	61			
12	131	Magnus Holmberg	KS Gym & Fitness, Gemla	62			
13	121	Jimmy Morssy	Team Fitnessfashion.se	63			
14	129	Jonathan Gustafsson	Vegas Fitness Team, Göteborg	66			
15	127	Oskar Holmberg	KS Gym & Fitness, Gemla	70			

## CLASSIC BODYBUILDING, JUNIORS

PLACE	NR	NAME	CLUB OR NATION	R1	R2	R3	SCORE
1	177	Victor Friberg	Team JF, Malmö		10	5	15

## CLASSIC BODYBUILDING, UP TO 180 CM

PLACE	NR	NAME	CLUB OR NATION	R1	R2	R3	SCORE
1	179	Anders Lindstrand	Team Fairing, Järfälla		10	5	15
2	185	Alexander Popovici	Svensk Sport Nutrition, Bandhagen		20	10	30
3	184	Ramil Lipp	Estonia		32	15	47
4	183	Fredrik Wallin	TeamOneByBoson, Västerås		44	21	65
5	181	Andreas Åström	Iron League Saint Iron Göteborg		50	26	76
6	187	Kristjan Jan-Johannes Konsap	Estonia		58	29	87

## CLASSIC BODYBUILDING, OVER 180 CM

PLACE	NR	NAME	CLUB OR NATION	R1	R2	R3	SCORE
1	189	Victor Friberg	Team JF, Malmö		10	5	15
2	186	Martin Sima Klepo	Nordic Shape, Stockholm		20	10	30
3	191	Kenny Sydhagen	Skrotnissarna Trosa		32	17	49
4	193	Victor Nylander	Team JF, Malmö		42	23	65
5	190	Tobias Bentzer	Svensk Sport Nutrition, Bandhagen		52	28	80
6	192	Christian Elofsson	Svensk Sport Nutrition, Bandhagen		58	23	81

## WELLNESS FITNESS, OPEN

PLACE	NR	NAME	CLUB OR NATION	R1	R2		SCORE
1	176	Gabrielle Lindfors	Swedish Supplements, Partille	10	8		8
2	213	Ekaterina Krasavina	Russia	10	9		9
3	170	Emmelie Brenander	Team Elit Nutrition, Malmö	15	18		18
4	167	Mia Katarina Wännström	Team Fitnessfashion.se, Umeå	22	20		20
5	174	Linnéa Lindberg	Athletes by E.N, Örebro	17	24		24
6	168	Kathleen Franke	Team DBM, Hisingsbacka	32	27		27
7	173	Matilda Karlsson	Team Forever Fit by Better Bodies	37			
8	175	Emma Jonsson	Gladius Gym, Halmstad	37			
9	169	Susan Dahlbeck	Rebels by Rebella, Malmö	44			
10	63	Emmelie Lundberg	Team Fitness By Aspen, Nacka	55			
11	171	Victoria Andersson	Team Fitness Delux, Karlstad	56			
12	172	Josefin Lingström	Team ForReal Sweden, Skultuna	56			
13	166	Karin Ovebrink	Team MFC, Motala	62			
14	163	Pauline Eriksson Karadzic	Svensk Sport Nutrition, Bandhagen	69			

## BODY FITNESS, UP TO 163 CM

PLACE	NR	NAME	CLUB OR NATION	R1	R2		SCORE
1	112	Alexa Gumse	Delta Gym, Stockholm		7		7
2	214	Sara Pettersson	Iron League Saint Iron Göteborg		8		8
3	108	Somporn Booranmoon	Delta Gym, Stockholm		18		18
4	109	Angelica Brenander	Team Elit Nutrition, Malmö		19		19
5	111	Lovisa Lundström	Team Maximus Gym Partille		25		25
6	110	Belinda Östman	Team ForReal Sweden, Skultuna		28		28

## BODY FITNESS, OVER 163 CM

PLACE	NR	NAME	CLUB OR NATION	R1	R2		SCORE
1	114	Tatyana Poduvkina	Estonia	5	5		5
2	107	Annelie Övermark	Team Chamoun, Norrköping	18	19		19
3	115	Hanna Buller	Iron League Saint Iron Göteborg	30	19		19
4	113	Caroline Rydén	Team Redcon1 Scandinavia By EA	15	19		19
5	117	Tessan Berglund	Team Hasselmark, Tullinge	15	19		19
6	119	Emma Dahlgren	Svensk Sport Nutrition, Bandhagen	21	24		24
7	116	Malin Tång	Strong by fitness, Lidköping	37			
8	118	Carin Gustring	Team Nordic-Physique, Eskilstuna	38			

## BIKINI FITNESS JUNIORS, UP TO 163 CM

PLACE	NR	NAME	CLUB OR NATION	R1	R2	SCORE
1	38	Moa Dansk	Fitness by Nüwa, Solna		6	6
2	40	Viktorija Filippova	Estonia		9	9
3	39	Viktoriya Zhuzhina	Estonia		17	17
4	41	Tilde Pennhage	Team Fitness By Aspen, Nacka		19	19
5	37	Malin Esbjörnson	Team MandyFit, Göteborg		24	24

## BIKINI FITNESS JUNIORS, OVER 163 CM

PLACE	NR	NAME	CLUB OR NATION	R1	R2	SCORE
1	42	Emmy Uusitalo	Team Fitness By Aspen, Nacka	12	9	9
2	57	Lovisa Broman	Fitness by Nüwa, Solna	10	12	12
3	53	Isabell Kasesalu	Team Fitness By Aspen, Nacka	16	13	13
4	51	Filippa Peterson	Svensk Sport Nutrition, Bandhagen	18	16	16
5	46	Caroline Berntsson	Team Dellerenti Sports, Borås	30	24	24
6	44	Helena Winberg	Team Maxa Livet, Stockholm	25	29	29
7	50	Emilia Bond	Team JF, Malmö	38		
8	59	Maria Tansbo	Orebro Kraftsportklubb	40		
9	45	Annika Rehnberg	Team Getfit Nordic, Varberg	42		
10	54	Sophie Almkvist	Team Fitness By Aspen, Nacka	55		
11	58	Wilma Brogren	Team Dellerenti Sports, Borås	59		
12	47	Madelen Nordström	Team Fitness By Aspen, Nacka	61		
13	52	Emilie Haglund	Team MFC, Motala	62		
14	48	Elise Estunger	Team Fitness By Aspen, Nacka	66		
15	43	Josefine Kjällström	Athletes by E.N, Örebro	69		

## MEN'S PHYSIQUE JUNIORS, OPEN

PLACE	NR	NAME	CLUB OR NATION	R1	R2	SCORE
1	146	Robin Wikemar	Svensk Sport Nutrition, Bandhagen		7	7
2	145	Filip Altblom	TeamOneByBoson, Västerås		8	8
3	147	Oskar Holmberg	KS Gym & Fitness, Gemla		15	15

## BODYBUILDING, OPEN

PLACE	NR	NAME	CLUB OR NATION	R1	R2	R3	SCORE
1	202	Alaa Tillo	Svensk Sport Nutrition, Bandhagen		10	5	15
2	197	Jimmy Hagström	Team Jenny & Jimmy, Lessebo		20	10	30
3	199	Gerhard Marcher	Stark - Gym & Fitness, Södertälje		34	18	52
4	198	Ossian Lunden	Team Temple, Kungsbacka		36	17	53

## BIKINI FITNESS, UP TO 163 CM

PLACE	NR	NAME	CLUB OR NATION	R1	R2	SCORE
1	68	Jessica Lopez	Team JF, Malmö	10	8	8
2	60	Moa Dansk	Fitness by Nüwa, Solna	11	9	9
3	73	Lisa Fröjd	Tempo Training, Västerås	16	15	15
4	70	Therese Ranch	Swedish Supplements, Partille	20	18	18
5	65	Fanny Liwenborg	MM Sports Team, Askim	24	26	26
6	72	Viktoriya Zhuzhina	Estonia	35	29	29
7	64	Helena Gustafsson	Athletes by E.N, Örebro	37		
8	76	Emma Nilsson	AL Coaching, Jönköping	37		
9	36	Valeria Dahlén	Team DiamondVFitness, Halmstad	42		
10	67	Diana Bergman	Team First Class Fitness, Tyresö	47		
11	61	Pernilla Sjögren	Team Temple, Kungsbacka	54		
12	74	Tilde Pennhage	Team Fitness By Aspen, Nacka	58		
13	69	Lisette Marambio	Maxi Elit, Norrköping	58		
14	75	Malin Axelsson	Örebro Kraftsportklubb	70		

## BIKINI FITNESS, UP TO 169 CM

PLACE	NR	NAME	CLUB OR NATION	R1	R2	SCORE
1	79	Lisa Swedenborg	Rebels by Rebella, Malmö	10	7	7
2	89	Kady Pärnaku	Estonia	10	11	11
3	85	Emmy Uusitalo	Team Fitness By Aspen, Nacka	12	14	14
4	81	Maja Sturkman	Swedish Supplements, Partille	35	21	21
5	88	Filippa Peterson	Svensk Sport Nutrition, Bandhagen	22	24	24
6	78	Camilla Knief	Team FPS, Solna	20	25	25
7	104	Linn Wallin	WestcoastGym Varberg	38		
8	77	Emelie Holling	Team Rödika, Göteborg	41		
9	87	Jennifer Eriksson	Team Fitness By Aspen, Nacka	42		
10	80	Helena Winberg	Team Maxa Livet, Stockholm	46		
11	101	Isabell Kasesalu	Team Fitness By Aspen, Nacka	58		
12	91	Emilie Haglund	Team MFC, Motala	62		
13	90	Malin Lundgren	Team Maxa Livet, Stockholm	63		
14	66	Jessica Bergendahl	Ren Styrka Team, Falköping	70		
15	86	Moa Frick	Team JF, Malmö	72		

Eliminated						
	82	Lina Vallqvist	Athletes by E.N, Örebro			
	84	Josefine Kjällström	Athletes by E.N, Örebro			

## BIKINI FITNESS, OVER 169 CM

PLACE	NR	NAME	CLUB OR NATION	R1	R2	SCORE
1	215	Panina Elena	Russia	6	5	5
2	216	Zhikhareva Zlata	Russia	11	11	11
3	94	Lovisa Broman	Fitness by Nüwa, Solna	16	16	16
4	93	Olivia Månsson	Team Sportcenter Övik	21	22	22
5	106	Cecilia Fridolf	Team Elit Nutrition, Malmö	23	24	24
6	92	Malin Lilja	Rebels by Rebella, Malmö	38	27	27
7	99	Helena Gunnerholm	Tempo Training, Västerås	38		
8	102	Sophie Almkvist	Team Fitness By Aspen, Nacka	41		
9	105	Ebba Louise Nyberg	Team Elit Nutrition, Malmö	41		
10	97	Annika Rehnberg	Team Getfit Nordic, Varberg	45		
11	103	Michaela Levin	Team Fitness By Aspen, Nacka	58		
12	96	Victoria Thornberg	FNF Athletic Center, Helsingborg	62		
13	217	Linnéa Norén	Iron League Saint Iron Göteborg	65		
14	98	Evelina Andersson	AL Coaching, Jönköping	67		
15	95	Emma Bergendahl	Iron Stable Bodybuilding, Svenljunga	75		

## MEN'S PHYSIQUE, UP TO 178 CM

PLACE	NR	NAME	CLUB OR NATION	R1	R2	SCORE
1	142	Nicki Malm	Team JF, Malmö	5	5	5
2	140	Sari Gharib	Svensk Sport Nutrition, Bandhagen	12	12	12
3	141	Amin Tayebinejad	Nordic Shape, Stockholm	14	17	17
4	143	Firdavs Rahmon	Filipstads Atletklubb	25	18	18
5	153	Zoran Djuric	Team DiamondVFitness, Halmstad	18	22	22
6	138	Filip Alerius	Team B-Strong, Nacka	31	30	30
7	139	Ievgenii Filoniuk	Denmark	36		
8	144	Magnus Holmberg	KS Gym & Fitness, Gemla	38		

## MEN'S PHYSIQUE, UP TO 182 CM

PLACE	NR	NAME	CLUB OR NATION	R1	R2	SCORE
1	158	Jhullian Carlsson	Nordic Shape, Stockholm	7	7	7
2	150	Jimmy Hsia	Team Maxa Livet, Stockholm	10	11	11
3	156	Omar Eljardali	Svensk Sport Nutrition, Bandhagen	14	14	14
4	154	Andreas Kärrbrand	Iron League Saint Iron Göteborg	17	18	18
5	151	Fereydoon Hosseini	Team Redcon1 Scandinavia By EA	27	25	25
6	152	Adam Mittjas	Team First Class Fitness, Tyresö	29	30	30
7	162	Linus Nelin	AL Coaching, Jönköping	34		
8	157	Adam Mosa	Team Redcon1 Scandinavia By EA	40		

## MEN'S PHYSIQUE, OVER 182 CM

PLACE	NR	NAME	CLUB OR NATION	R1	R2	SCORE
1	160	Ani Arinze Peter	Team Redcon1 Scandinavia By EA		7	7
2	159	Ludvig Sjögren	MM Sports Team, Askim		8	8
3	212	Rait Vahermets	Estonia		15	15
4	161	Damian Sapa	Svensk Sport Nutrition, Bandhagen		20	20
5	148	Oskar Holmberg	KS Gym & Fitness, Gemla		25	25

\*All ties are broken using the Relative Placement method.

Ties in the "Final Score" are broken using the athlete's Final Round score.

Head judge: Per Sundström

Assisting head judge: Rachid Misk

Speaker: Fredrik Age

Stage master: Jonni Durlind, Rachid Misk

Judges: Clas Enstedt, Susanne Johansson, Carina Isaksson, Jonni Durlind,

Dimitri Skarmutsos, Richard Bjuvhage, Benny Fencker, Sarah-Ida Nyström

Secretary: Magnus Branzén

Assisting secretary: Stefan Kvoch