

EFOL 2025 registrations (by 30.07.2025)				
SPRINT COMPETITION				
First name	Last name	Year of birth	Country	Competition category
Esben	Fabricsius-Bjerre	2018	Denmark	M10
Tauras	Grikšelis	2015	Lithuania	M10
Jindrich	Skalka	2015	Czech Republic	M10
Gytis	Bukaitis	2014	Lithuania	M12
Hubert	Hubík	2013	Czech Republic	M12
Radan	Hubík	2015	Czech Republic	M12
Gabrielius	Judinas	2015	Lithuania	M12
Rokas	Kučinskas	2014	Lithuania	M12
Matěj	Moštěk	2014	Czech Republic	M12
Jakob	Nuske	2014	Germany	M12
Přemysl	Šimek	2014	Czech Republic	M12
Benas	Pankratovas	2012	Lithuania	M14
Domas	Paukštis	2011	Lithuania	M14
Emīls Heino	Rinkevičs	2011	Latvia	M14
Toms	Zudrags	2011	Latvia	M14
Jędrzej	Bączek	2010	Poland	M16
Oskars	Ermansons	2009	Latvia	M16
Jokūbas	Kanapė	2009	Lithuania	M16
Joris	Kantas	2009	Lithuania	M16
Jonas	Weitlaner	2010	Italy	M16
Łukasz	Banaszek	2008	Poland	M18
Filip	Burzyński	2008	Poland	M18
Mikołaj	Dawid	2007	Poland	M18
Kacper	Gapski	2007	Poland	M18
Radosław	Kuśmirek	2007	Poland	M18
Asbjørn	Lande	2007	Norway	M18
Kamil	Semeniuk	2008	Poland	M18
Witold	Siewert	2007	Poland	M18
Alan	Szymankiewicz	2008	Poland	M18
Stepan	Termer	2008	Czech Republic	M18
Vilius	Tubilevičius	2007	Lithuania	M18
Patryk	Wysocki	2007	Poland	M18
Karolis	Boguska	2005	Lithuania	M20
Mikołaj	Dorawa	2006	Poland	M20
Ragnar	Lande	2005	Norway	M20
Julian	Sukniak	2006	Poland	M20
Soma	Szalontai	2006	Hungary	M20

Tomasz	Talma	2006	Poland	M20
Dénes Tibor	Árvay	1999	Hungary	M21
Benedek	Bálint	2002	Hungary	M21
Michal	Bolehovský	2002	Czech Republic	M21
Balázs	Garamszegi	1991	Hungary	M21
Jaroslav	Gizela	1993	Slovakia	M21
Ágoston	Gyenes	2001	Hungary	M21
Barnabás	Jacsó	2001	Hungary	M21
Damian	Jakubczyk	1995	Poland	M21
Arkadiusz	Jakubczyk	1999	Poland	M21
Marcis	Jansons	2003	Latvia	M21
Paulius	Janušauskas	1997	Lithuania	M21
Risto	Kaljud	1989	Estonia	M21
Attila	Korózs	1992	Hungary	M21
Rinalds	Kūdis	2004	Latvia	M21
Bendik	Loee	2004	Norway	M21
Dawid	Mocarski	2004	Poland	M21
Ole Kristian	Myrland	1998	Norway	M21
Jonas B	Nilsson	1992	Sweden	M21
Ondřej	Paleček	2001	Czech Republic	M21
Szymon	Pieńkowski	2001	Poland	M21
Jakub	Piersa	1998	Poland	M21
Johannes	Pohjala	1988	Finland	M21
Jan	Procinger	2001	Czech Republic	M21
Peder Gjoelstad	Roehnebaek	1992	Norway	M21
Štěpán	Šimek	2001	Czech Republic	M21
Karol	Skisiały	2004	Poland	M21
Bendix	Smith	1994	Norway	M21
Viktoras	Staisiunas	1993	Lithuania	M21
Karol	Strumiłowski	1995	Poland	M21
Botond	Szász	1997	Hungary	M21
Vendel János	Tőczik	2004	Hungary	M21
Martin	Vilismäe	1989	Estonia	M21
Mārcis	Vinters	1993	Latvia	M21
Martin	Bátor	1987	Slovakia	M35
Andreas	Gabriel	1990	Switzerland	M35
Kaupo	Kaljumets	1987	Estonia	M35
Heikki	Manninen	1989	Finland	M35
Piotr	Pawłowicz	1988	Poland	M35
Ondřej	Pešek	1985	Czech Republic	M35
Adrian	Szlaszyński	1986	Poland	M35
Johan	Wodschow	1989	Denmark	M35

Jakub	Banaszek	1982	Poland	M40
Marcin	Cieřlik	1984	Poland	M40
Andreas	Fabircius-Bjerre	1982	Denmark	M40
Hubert	Hubík	1982	Czech Republic	M40
Ondřej	Mořtěk	1982	Czech Republic	M40
Łukasz	Nikonowicz	1984	Poland	M40
Mateusz	Pańkowski	1984	Poland	M40
Mads	Pedersen	1981	Denmark	M40
KASPARS	PUDISTS	1983	Latvia	M40
Michał	Waszkiewicz	1981	Poland	M40
Dalius	Boguska	1977	Lithuania	M45
Hannes	Böttcher	1978	Germany	M45
Jānis	Brauns	1976	Latvia	M45
Paweł	Drabek	1980	Poland	M45
Tomasz	Duda	1976	Poland	M45
Zbigneu	Glazko	1978	Lithuania	M45
Danielius	Judinas	1980	Lithuania	M45
Armands	Kūdis	1976	Latvia	M45
Maciej	Ligocki	1976	Poland	M45
Bartłomiej	Małeckı	1979	Poland	M45
INTARS	METUMS	1977	Latvia	M45
Remigiusz	Molski	1976	Poland	M45
Robert	Nuske	1977	Germany	M45
Mateusz	Pomianek	1980	Poland	M45
Ahto	Rāhn	1980	Estonia	M45
Madis	Raudsaar	1979	Estonia	M45
Tarmo	Tolm	1979	Estonia	M45
Andreas	Weitlaner	1976	Italy	M45
Mykola	Yakymchko	1977	Ukraine	M45
Kaspars	Zudrags	1977	Latvia	M45
Jacek	Borzyszkowski	1974	Poland	M50
Jiří	Cupák	1972	Czech Republic	M50
Dagnis	Dubrovskis	1973	Latvia	M50
Robert	Fredriksen	1972	Norway	M50
Matias	Jansons	1973	Latvia	M50
Indrek	Karolin	1973	Estonia	M50
ANDRIS	KIKUSTS	1971	Latvia	M50
Harijs	Meiers	1974	Latvia	M50
Tõnis	Piirisild	1973	Estonia	M50
Jānis	Segliņš	1974	Latvia	M50
Audrius	Smilgius	1970	Lithuania	M50
Mattias	Blaschke	1966	Germany	M55

Justas	Budriunas	1970	Lithuania	M55
Aivars	Dzalbs	1969	Latvia	M55
Petr	Hynek	1970	Czech Republic	M55
Raul	Kangur	1970	Estonia	M55
Mart	Koppel	1969	Estonia	M55
Jan	Kristensson	1966	Sweden	M55
Guntis	Lūkins	1966	Latvia	M55
Alexander	Myachin	1969	United States	M55
Joern	Myrland	1967	Norway	M55
Steffen Manfred	Noe	1966	Germany	M55
Bjoernar	Olsroed	1968	Norway	M55
UGIS	OZOLS	1967	Latvia	M55
Priit	Pääslane	1967	Estonia	M55
Allar	Padari	1968	Estonia	M55
Jānis	Rinkevičs	1969	Latvia	M55
Michal	Skalka	1967	Czech Republic	M55
Vytautas	Staišiūnas	1966	Lithuania	M55
Ricardas	Tevelis	1969	Lithuania	M55
Darius	Truncė	1968	Lithuania	M55
Esko	Ylikangas	1969	Finland	M55
Dariusz	Bączek	1965	Poland	M60
Markus	Blaschke	1964	Germany	M60
Jospeh	Bruegger	1962	Switzerland	M60
Guttorm	Egge	1965	Norway	M60
Jānis	Ence	1961	Latvia	M60
Mārtiņš	Gaigals	1965	Latvia	M60
Lauri	Leppik	1964	Estonia	M60
Jarosław	Lickiewicz	1964	Poland	M60
Inno	Ling	1965	Estonia	M60
Petter	Loee	1964	Norway	M60
Ismo	Minkkinen	1964	Finland	M60
Sven	Ohrvik	1963	Norway	M60
Petr	Polívka	1962	Czech Republic	M60
Jarmo	Reiman	1965	Finland	M60
Antti	Roose	1964	Estonia	M60
Miroslav	Šimek	1963	Czech Republic	M60
Roman	Šimek	1965	Czech Republic	M60
Ceslav	Sokolovic	1964	Lithuania	M60
Alvydas	Vengalis	1963	Lithuania	M60
Paul	Corrodi	1959	Switzerland	M65
Guntis	Dude	1960	Latvia	M65
Zbigniew	Fałkowski	1957	Poland	M65

Erik	Haugen	1958	Norway	M65
Per Bundgaard	Larsen	1960	Denmark	M65
Ari	Martikainen	1958	Finland	M65
Marek	Mikielski	1960	Poland	M65
Morten	Oeie	1959	Norway	M65
Ole Hans	Oeie	1956	Norway	M65
Harald	Oestbye	1957	Norway	M65
Sture	Ottesen	1958	Norway	M65
Enn	Pärt	1959	Estonia	M65
Pekka	Partanen	1958	Finland	M65
Heinrich	Schwingshackl	1957	Italy	M65
Tõnu	Sikkal	1955	Estonia	M65
Tiit	Tali	1960	Estonia	M65
Imre	Urbán	1957	Hungary	M65
Otti	Bisang	1955	Switzerland	M70
Valdis	Cikanovičs	1954	Latvia	M70
Timo	Hyytiäinen	1952	Finland	M70
Zygmunt	Jeliński	1954	Poland	M70
Hans	Jessen	1954	Denmark	M70
Feliks	Kaczanowski	1955	Poland	M70
Björn	Karlsson	1955	Sweden	M70
Urban	Larsson	1955	Poland	M70
Riho	Männi	1951	Estonia	M70
Sveinung	Rekaa	1951	Norway	M70
Marek	Szczepański	1954	Poland	M70
Terje	Uthushagen	1954	Norway	M70
Oddvar	Boehn	1946	Norway	M75
Hannu	Humalamäki	1950	Finland	M75
Ilmārs	Limbēns	1948	Latvia	M75
Stein	Nordvi	1950	Norway	M75
Lajos	Rétfalvi	1946	Hungary	M75
Toivo	Saue	1948	Estonia	M75
Timo	Turpeinen	1949	Finland	M75
Sven	Wodschow	1950	Denmark	M75
Magne	Eidem	1941	Norway	M80
Per Gunnar	Gjoelstad	1943	Norway	M80
Rihko	Haarlaa	1939	Finland	M80
John Ivar	Kjellevold	1944	Norway	M80
Iveta	Adamsone	1979	Latvia	Open
Witold	Breska	1974	Poland	Open
Andris	Dzalbs	1972	Latvia	Open
Kerstin	Erixon	1985	Sweden	Open

Urszula	Franczak	1987	Poland	Open
Karol	Grzywacz	1982	Poland	Open
Konrad	Grzywacz	2016	Poland	Open
Lisa	Havsengren	1976	Sweden	Open
Ingrīda	Jansone	1973	Latvia	Open
Lena	Karlsson	1958	Sweden	Open
Brita	Pääslane	2018	Estonia	Open
Norbert	Papp	1992	Hungary	Open
Kristof	Szita	1994	Hungary	Open
Alma	Böttcher	2017	Germany	W10
Johana	Hynkova	2017	Czech Republic	W10
Karla	Nuske	2017	Germany	W10
Olha	Yakymchko	2015	Ukraine	W10
Smilla	Böttcher	2013	Germany	W12
Astrid	Fabricius-Bjerre	2014	Denmark	W12
Lėja	Stanaitytė	2014	Lithuania	W12
Nora	Straková	2013	Czech Republic	W12
Marie	Benešová	2012	Czech Republic	W14
Emilija	Borusevičiūtė	2011	Lithuania	W14
Lote	Brauna	2012	Latvia	W14
Johanne	Fabricius-Bjerre	2011	Denmark	W14
Anna	Hynkova	2012	Czech Republic	W14
Amanda	Ķude	2012	Latvia	W14
Rūta	Meiere	2012	Latvia	W14
Rozálie	Moštěková	2012	Czech Republic	W14
Barbara	Nadolna	2011	Poland	W14
Jagoda	Nadolna	2011	Poland	W14
Ellen Dyrland	Pedersen	2011	Denmark	W14
Agnes Dyrland	Pedersen	2011	Denmark	W14
Maria	Drabek	2009	Poland	W16
Marie	Hynkova	2010	Czech Republic	W16
Hanna	Larsson	2010	Poland	W16
Gerda	Mikalauskaitė	2009	Lithuania	W16
Anelė	Naruševičiūtė	2010	Lithuania	W16
Austėja	Naujokaitė	2009	Lithuania	W16
Oliwia	Pecio	2010	Poland	W16
Liise	Rähn	2010	Estonia	W16
Anežka	Šimková	2009	Czech Republic	W16
Žemyna	Biržinytė	2007	Lithuania	W18
Ugnė	Bislytė	2008	Lithuania	W18
Ieva	Boguskaite	2008	Lithuania	W18
Magdalena	Glazko	2008	Lithuania	W18

Katarzyna	Judek	2007	Poland	W18
Józefina	Kaźmierska	2008	Poland	W18
Džiuga	Kvedarauskaitė	2007	Lithuania	W18
Erika	Matulionytė	2007	Lithuania	W18
Julia	Przybył	2008	Poland	W18
Gabija	Stankevičiūtė	2008	Lithuania	W18
Amelia	Geller	2006	Poland	W20
Lenka	Jílková	2006	Czech Republic	W20
Kornelia	Przybyłowska	2006	Poland	W20
Kamile	Smilgiute	2005	Lithuania	W20
Emilija	Staisiunaite	2005	Lithuania	W20
Henriette	Andersen	1994	Norway	W21
Astrid Gjoelstad	Borge	2003	Norway	W21
Līna	Brauna	2001	Latvia	W21
Anni	Inkilä	1990	Finland	W21
Dalia	Kančauskaitė	1998	Lithuania	W21
Mariia	Koval	2004	Ukraine	W21
Joanna	Kowal	2002	Poland	W21
Anna	Molnár	1992	Hungary	W21
Eva	Müllerová	1996	Czech Republic	W21
Justė	Petrauskaitė	1997	Lithuania	W21
Frida Gjoelstad	Smith	1998	Norway	W21
Monika	Tworzydło	1993	Poland	W21
Emma	Brundin	1987	Sweden	W35
Justyna	Butrym	1986	Poland	W35
Zuzana	Hendrychová	1989	Czech Republic	W35
Eleri	Hirv	1988	Estonia	W35
Jana	Hynkova	1986	Czech Republic	W35
Alena	Pástorová	1986	Slovakia	W35
Mariann	Sulg	1987	Estonia	W35
Anna	Grzywacz	1983	Poland	W40
Iva	Hubíková	1983	Czech Republic	W40
Hana	Kožíšková	1983	Czech Republic	W40
Anna	Orniņa	1981	Latvia	W40
Ester	Parksepp	1982	Estonia	W40
Birgit	Pokk	1983	Estonia	W40
Urszula	Dyl-Nadolna	1979	Poland	W45
Dace	Gaigala	1973	Latvia	W45
Daiga	Kūde	1977	Latvia	W45
Berit	Land Nielsen	1980	Denmark	W45
Julie Finsrud	Lande	1976	Norway	W45
Ieva	Meiere	1976	Latvia	W45

Alexandra	Nuske	1980	Germany	W45
Maarit	Partanen	1978	Finland	W45
Sine Dyrland	Pedersen	1979	Denmark	W45
Ilze	Pikšena	1979	Latvia	W45
Linda	Straková	1979	Czech Republic	W45
Jana	Termerová	1978	Czech Republic	W45
Iva	Bolehovská	1975	Czech Republic	W50
Ewelina	Breska	1973	Poland	W50
SANTA	KIKUSTE	1971	Latvia	W50
Ieva	Štāle	1973	Latvia	W50
Audrun	Utskarpen	1974	Norway	W50
Liv Solberg	Andersen	1968	Norway	W55
Aušra	Bartkevičienė	1968	Lithuania	W55
Ilze	Lūkina	1967	Latvia	W55
Minija	Pääslane	1969	Estonia	W55
Indra	Segliņa	1970	Latvia	W55
Hana	Šimková	1965	Czech Republic	W55
Gabriele	Weber-Blaschke	1966	Germany	W55
Anette Binder	Larsen	1963	Denmark	W60
Lea	Leppik	1965	Estonia	W60
Sandra	Līckrastiņa	1963	Latvia	W60
Anu	Reiman	1965	Finland	W60
Christina	Smedberg	1964	Sweden	W60
Veslemoey	Solberg	1964	Norway	W60
Ruth	Humbel	1957	Switzerland	W65
Inger	Jessen	1956	Denmark	W65
Danuta	Mikielska	1959	Poland	W65
Regina	Neukom	1959	Switzerland	W65
Ann	Öhlin	1959	Sweden	W65
Ágnes	Őzse	1959	Hungary	W65
Maria-Pia	Virgolini	1960	Italy	W65
Rūta	Zepa	1960	Latvia	W65
Gunta	Vilciņa	1951	Latvia	W70
Randi Aas	Fjaestad	1946	Norway	W75