



FEDERATION: Norway

25th IHF Women's Junior (U20) World Championship 2026 China



#	No.	Name	First Name	Date of Birth	Club	Country of Club	Height	Weight	Main Position	Int. Matches	Goals
1	2	AALSTAD	Ada	09/10/2006	Storhamar Håndball	NOR	175	15	Left Back	28	55
2	9	BARBOSA	Sara Benedicte Fredheim	26/06/2007	Follo HK	NOR	174	15	Centre Back	31	49
3	33	BECH	Emilie	04/08/2007	Glassverket IF	NOR	179	1	Left Back	0	0
4	6	BREEN	Milla Haugerstuen	16/07/2006	Aker Topphåndball	NOR	176	1	Left Wing	39	98
5	7	BRUNSVIK	Lise Aggerholm	16/01/2007	Flint Tønsberg Håndball AL	NOR	159	1	Right Wing	3	4
6	14	EKERHOVD	Sofie Nilssen	07/04/2007	Sotra	NOR	173	1	Right Back	32	72
7	24	ELLINGSEN	Julie	19/09/2006	Volda Handballklubb	NOR	178	1	Right Back	35	56
8	11	FJELDDALEN	Mathilde Aas	24/12/2006	Fjellhammer IL	NOR	179	1	Left Back	17	11
9	21	GULBRANDSEN	Vanessa Bråten	21/08/2007	Oppsal	NOR	168	1	Right Wing	35	52
10	36	GULLIKSEN	Maja Linnea	15/09/2006	Oppsal	NOR	174	1	Goalkeeper	5	0
11	16	GUNNARSDOTTIR	Ella Briet	22/03/2006	Stavanger IF	NOR	175	1	Goalkeeper	32	0
12	4	HAGENES	Maia Matre	01/06/2006	Stavanger IF	NOR	171	15	Pivot	47	94
13	27	HALLDORSSON	Mali	26/05/2006	Oppsal	NOR	180	1	Left Back	41	147
14	28	HELLEBUST	Hennie Nygård	28/05/2006	Glassverket IF	NOR	184	1	Goalkeeper	16	0
15	15	HESSEN	Julia	24/11/2006	Molde HK - Elite	NOR	160	1	Centre Back	25	32
16	22	HOLTE	Othilie Liodden	05/11/2006	Aker Topphåndball	NOR	183	1	Left Back	45	89
17	30	ISIK	Leyna Hauge	24/10/2006	Åsane	NOR	168	1	Left Wing	0	0
18	1	JOHANNESSEN	Mia Tvedte	10/05/2007	Gjerpen Håndball	NOR	188	1	Goalkeeper	0	0
19	31	KLEIVEN	Sofie Sandø	07/09/2006	Byåsen IL	NOR	179	1	Right Back	12	11
20	12	LANGAARD	Leah Isabell	13/11/2007	Randesund IL	NOR	184	1	Goalkeeper	32	1
21	35	LANGSETH	Thilla Karoline Molle	04/01/2007	Aker Topphåndball	NOR	180	15	Left Back	13	26
22	13	LEINAN	Maja	10/06/2007	Oppsal	NOR	184	1	Pivot	33	21
23	26	LEYLAND	Ella Tollisen	29/06/2006	Aker Topphåndball	NOR	178	1	Right Back	15	16
24	20	LINDQUIST	Hanna Waaler	05/02/2006	Follo HK Damer	NOR	184	1	Pivot	27	55
25	17	LITLAND	Edle Eik	25/04/2006	Åsane	NOR	174	1	Left Back	30	82

26	29	LÖFSTEDT	Thea Ellen	22/12/2007	Oppsal	NOR	193	1	Right Back	2	1
27	40	PRØSCH	Lotte	01/07/2006	Bækkelaget Håndball Elite	NOR	185	1	Goalkeeper	0	0
28	8	REFSLAND	Vilde	26/09/2006	Stavanger IF	NOR	171	15	Left Wing	36	52
29	44	RØ	Pernille	27/05/2006	Byåsen IL	NOR	186	1	Goalkeeper	33	0
30	19	SANDNES	Helene Klæstad	31/03/2007	Flint Tønsberg Håndball AL	NOR	176	1	Right Back	3	1
31	34	SKIPPERVOLD	Oda Kjus	09/12/2006	Glassverket IF	NOR	175	1	Left Back	0	0
32	5	STRAND-LARSEN	Line	24/10/2006	Follo HK Damer	NOR	167	1	Left Wing	14	48
33	25	TOFT	Frida Haugen	19/05/2007	Aker Topphåndball	NOR	179	1	Pivot	0	0
34	18	TØMMERVÅG	Ingeborg Johanne Nyborg	01/09/2006	Molde HK - Elite	NOR	177	15	Pivot	31	47
35	10	WITH	Synne	17/02/2006	Sola HK	NOR	167	1	Right Wing	39	121

OFFICIALS:

#	Name	First Name	Date of Birth	Position	Gender
1	Rantala	Lene	10/08/1968	Assistant Coach	female
2	Kristensen	Kari	20/02/1984	Physiotherapist	female
3	Stefansson	Axel	19/07/1970	Head Coach	male
4	Ruud	Fredrik	26/02/1989	Assistant Coach	male
5	Solberg	Guro Horten	20/09/1981	Physiotherapist	female

TEAM KITS:

No.	Shirt	Shorts	Goalkeeper
1	RED	DARK BLUE	BLUE
2	WHITE	DARK BLUE	BLACK
C	-	RED	RED

HEAD OF DELEGATION:

#	Name	First Name	Email	Phone
1	Hope	Ole Einar Brandtzæg	ole.ebh@gmail.com	+4797569070