

# TEAM ROSTER

As of Mon 30 Mar 2026



Team:  Norway

Competition: Women's EHF EURO CUP 2026 - Women's EHF Euro Cup 2026 - Round 5 & 6

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Andersen, Frida Brandbu	27.09.2002	3	Left Back	1.73	Sola Handballklubb	0	0
Aune, Malin Larsen	04.03.1995	11	Right Wing	1.65	Storhamar Handball	117	218
Barka, Martha	13.06.1999	47	Line Player	1.75	Sola Handballklubb	0	0
Breistøl, Kristine	23.08.1993	14	Left Back	1.93	Györi ETO KC	122	220
Dahlum, Karine Emilie	16.12.1999	48	Right Back	1.74	SønderjyskE Damehåndbold A/S	3	2
Eiriksson, Kristin Loraas	26.01.2001	49	Centre Back	1.79	Oppsal IF Håndball	0	0
Grønstad, Pia	06.11.2005	50	Right Wing	1.80	Sola Handballklubb	0	0
Haugsgeng, Kaja Horst	23.09.2001	39	Line Player	1.82	Sola Handballklubb	6	5
Henriksen, Selma Helén	25.07.2002	19	Line Player	1.80	Sola Handballklubb	17	29
Hesselberg, Mina	20.04.2000	29	Left Wing	1.77	CS Rapid Bucuresti	7	8
Høgseth, Ane Cecilie	15.01.2001	46	Line Player	1.78	Ikast.f.S	31	16
Hovden, Emilie Margrethe	05.04.1996	26	Right Wing	1.63	Gyori Audi ETO KC	73	186
Høve, Tuva Ulsaker	11.06.2000	17	Right Wing	1.72	SCM RM VALCEA	7	13
Hulleberg, Julie	15.06.2001	2	Left Back	1.80	Larvik Handballklubb	6	3
Ingstad, Vilde Mortensen	18.12.1994	15	Line Player	1.78	Ferencvarosi Torna Club	147	235
Kristiansen, Veronica Egebakken	10.07.1990	4	Left Back	1.74	Gyori Audi ETO KC	206	640
Krogh, June Cecilie	02.12.2003	44	Goalkeeper	1.87	Storhamar Håndball Elite	14	0
Kruse, Stella Waagan	07.05.2005	18	Left Wing	1.72	Tertnes Handball Elite	0	0
Løken, Nora	17.08.2000	52	Left Wing	1.69	Oppsal IF Håndball	0	0
Lunde, Katrine	30.03.1980	16	Goalkeeper	1.80	Randesund IL	388	3

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Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
<b>Mørch</b> , Tirill Alexandrine Solumsmoen	18.08.2000	53	Line Player	1.80	Larvik Handballklubb	0	0
<b>Mørk</b> , Nora	05.04.1991	9	Right Back	1.67	Team Esbjerg Elitehandbold A/S	204	952
<b>Muri</b> , Maja Sofie	12.08.1999	35	Line Player	1.68	Molde HK Elite	3	3
<b>Nypan</b> , Johanne Halseth	25.06.2003	54	Right Back	1.72	Molde HK Elite	0	0
<b>Obaidli</b> , Anniken	22.06.1995	5	Centre Back	1.72	Storhamar Håndball Elite	24	27
<b>Raasok</b> , Eli Marie	21.11.1996	40	Goalkeeper	1.75	Storhamar Håndball Elite	31	1
<b>Reistad</b> , Henny Ella	09.02.1999	25	Centre Back	1.81	Team Esbjerg Elitehandbold A/S	120	548
<b>Rosenberg</b> , Nora Evelina Cecilia	15.03.2005	55	Left Back	1.82	Larvik Handballklubb	0	0
<b>Rushfeldt Deila</b> , Thale	15.01.2000	33	Left Back	1.78	DHG Odense	81	196
<b>Rushfeldt Deila</b> , Live	15.01.2000	8	Left Back	1.76	Team Esbjerg Elitehandbold A/S	40	48
<b>Sæteren</b> , Maja Furu	14.05.2003	30	Left Back	1.74	Larvik Handballklubb	16	31
<b>Skogrand</b> , Stine Ruscetta	03.03.1993	7	Right Back	1.73	Ikast f.S.	186	375
<b>Skogstrand</b> , Eli Smørgrav	21.03.2000	32	Goalkeeper	1.73	Molde HK Elite	0	0
<b>Stensland</b> , Mia	21.07.1999	1	Goalkeeper	1.78	Gjerpen Handball	0	0
<b>Wollik</b> , Anniken	05.12.1997	34	Left Wing	1.66	SCM Rm. Valcea	29	61

# TEAM ROSTER

As of Mon 30 Mar 2026

Team:  Norway

Competition: Women's EHF EURO CUP 2026 - Women's EHF Euro Cup 2026 - Round 5 & 6

Official	Birthdate	Nationality	Function
<b>Olsson, Mats Åke</b>	12.01.1960	SWE	Goalkeeper Coach (LC)
<b>Gjekstad, Ole Gustav</b>	29.11.1967	NOR	Head Coach (LC)
<b>Gjerde, Joar</b>	01.11.1988	NOR	Coach (LC)
<b>Krøger, Henning</b>	04.02.1954	NOR	Video & Analysis
<b>Markussen, Nina</b>	25.02.1984	NOR	Physiotherapist
<b>Larsen, Tonje</b>	26.01.1975	NOR	Assistant Coach
<b>Kronborg, Lars</b>	24.02.1993	NOR	Team Manager
<b>Aas-Larsen, Petter André</b>	05.10.1981	NOR	Masseur
<b>Kaalstad, Nora</b>	12.06.2000	NOR	Head of Delegation
<b>Olsen, Benedicte Watne</b>	14.08.1991	NOR	SoMe Manager
<b>Fjerdumsmoen, Stine</b>	29.04.1978	NOR	Doctor
<b>Jensen, Benjamin</b>	13.04.1975	NOR	Athletic Trainer
<b>Gulbrandsen, Solveig</b>	12.01.1981	NOR	Other

## Dresses Colours

	Priority 1	Priority 2	Priority 3
Shirt color	Dark blue	Red	White
Short color	Dark blue	Dark blue	Dark blue
Goalkeeper shirt color	Blue	Black	Red

# TEAM ROSTER

As of Mon 23 Feb 2026



Team:  Norway

Competition: Women's EHF EURO CUP 2026 - Women's EHF Euro Cup 2026 - Round 3 & 4

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Aardahl, Maren Nyland	02.03.1994	6	Line Player	1.83	DHG Odense	91	170
Andersen, Martine Kårigstad	07.05.2002	43	Left Back	1.77	Fana IL	1	0
Andersen, Frida Brandbu	27.09.2002	41	Left Back	1.73	Sola Handballklubb	0	0
Aune, Malin Larsen	04.03.1995	11	Right Wing	1.65	Storhamar Handball	117	218
Barka, Martha	13.06.1999	47	Line Player	1.75	Sola Handballklubb	0	0
Breistøl, Kristine	23.08.1993	14	Left Back	1.93	Györi ETO KC	120	214
Dahlum, Karine Emilie	16.12.1999	48	Right Back	1.74	SønderjyskE Damehåndbold A/S	3	2
Eiriksson, Kristin Loraas	26.01.2001	49	Centre Back	1.79	Oppsal IF Håndball	0	0
Grønstad, Pia	06.11.2005	50	Right Wing	1.80	Sola Handballklubb	0	0
Haugsgeng, Kaja Horst	23.09.2001	39	Line Player	1.82	Sola Handballklubb	6	5
Henriksen, Selma Helén	25.07.2002	19	Line Player	1.80	Sola Handballklubb	17	29
Hesselberg, Mina	20.04.2000	29	Left Wing	1.77	CS Rapid Bucuresti	5	7
Høgseth, Ane Cecilie	15.01.2001	46	Line Player	1.78	Ikast.f.S	29	13
Hovden, Emilie Margrethe	05.04.1996	26	Right Wing	1.63	Gyori Audi ETO KC	71	182
Hulleberg, Julie	15.06.2001	2	Left Back	1.80	Larvik Handballklubb	4	3
Kristiansen, Veronica Egebakken	10.07.1990	4	Left Back	1.74	Gyori Audi ETO KC	204	635
Krogh, June Cecilie	02.12.2003	44	Goalkeeper	1.87	Storhamar Håndball Elite	12	0
Kruse, Stella Waagan	07.05.2005	51	Left Wing	1.72	Tertnes Handball Elite	0	0
Løken, Nora	17.08.2000	52	Left Wing	1.69	Oppsal IF Håndball	0	0
Magnussen, Maja	30.06.1997	38	Right Wing	1.64	Nykøbing F. Håndbold	0	0

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Team:  Norway

Competition: Women's EHF EURO CUP 2026 - Women's EHF Euro Cup 2026 - Round 3 & 4

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
<b>Mørch</b> , Tirill Alexandrine Solumsmoen	18.08.2000	53		1.80	Larvik Handballklubb	0	0
<b>Mørk</b> , Nora	05.04.1991	9	Right Back	1.67	Team Esbjerg Elitehandbold A/S	204	952
<b>Muri</b> , Maja Sofie	12.08.1999	35	Line Player	1.68	Molde HK Elite	1	0
<b>Nypan</b> , Johanne Halseth	25.06.2003	54	Right Back	1.72	Molde HK Elite	0	0
<b>Obaidli</b> , Anniken	22.06.1995	5	Centre Back	1.72	Storhamar Håndball Elite	22	25
<b>Raasok</b> , Eli Marie	21.11.1996	40	Goalkeeper	1.75	Storhamar Håndball Elite	29	1
<b>Reistad</b> , Henny Ella	09.02.1999	25	Centre Back	1.81	Team Esbjerg Elitehandbold A/S	118	533
<b>Rosenberg</b> , Nora Evelina Cecilia	15.03.2005	55	Left Back	1.82	Tertnes Handball Elite	0	0
<b>Rushfeldt Deila</b> , Thale	15.01.2000	33	Left Back	1.78	DHG Odense	80	193
<b>Rushfeldt Deila</b> , Live	15.01.2000	8	Left Back	1.76	Team Esbjerg Elitehandbold A/S	38	45
<b>Sæteren</b> , Maja Furu	14.05.2003	30	Left Back	1.74	Larvik Handballklubb	16	31
<b>Skogrand</b> , Stine Ruscetta	03.03.1993	7	Right Back	1.73	Ikast f.S.	184	368
<b>Skogstrand</b> , Eli Smørgrav	21.03.2000	32	Goalkeeper	1.73	Molde HK Elite	0	0
<b>Stensland</b> , Mia	21.07.1999	1	Goalkeeper	1.78	Gjerpen Handball	0	0
<b>Wollik</b> , Anniken	05.12.1997	34	Left Wing	1.66	SCM Rm. Valcea	27	51

# TEAM ROSTER

As of Mon 23 Feb 2026

Team:  Norway

Competition: Women's EHF EURO CUP 2026 - Women's EHF Euro Cup 2026 - Round 3 & 4

Official	Birthdate	Nationality	Function
<b>Olsson, Mats Åke</b>	12.01.1960	SWE	Goalkeeper Coach (LC)
<b>Rantala, Lene</b>	10.08.1968	DEN	Goalkeeper Coach (LC)
<b>Gjekstad, Ole Gustav</b>	29.11.1967	NOR	Head Coach (LC)
<b>Krøger, Henning</b>	04.02.1954	NOR	Video & Analysis
<b>Markussen, Nina</b>	25.02.1984	NOR	Physiotherapist
<b>Larsen, Tonje</b>	26.01.1975	NOR	Assistant Coach
<b>Kronborg, Lars</b>	24.02.1993	NOR	Team Manager
<b>Aas-Larsen, Petter André</b>	05.10.1981	NOR	Masseur
<b>Olsen, Benedicte Watne</b>	14.08.1991	NOR	SoMe Manager
<b>Fjerdumsmoen, Stine</b>	29.04.1978	NOR	Doctor
<b>Jensen, Benjamin</b>	13.04.1975	NOR	Athletic Trainer

## Dresses Colours

	Priority 1	Priority 2	Priority 3
Shirt color	Red	Navy	White
Short color	Red	Navy	Navy
Goalkeeper shirt color	Black	Blue	Red

# TEAM ROSTER

As of Tue 07 Oct 2025



Team:  Norway

Competition: Women's EHF EURO CUP 2026 - Women's EHF Euro Cup 2026 - Round 1 & 2

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Aardahl, Maren Nyland	02.03.1994	6	Line Player	1.83	DHG Odense	78	134
Abdulla, Tina	20.09.1997	36	Right Wing	1.64	DHG Odense	4	7
Aune, Malin Larsen	04.03.1995	11	Right Wing	1.65	Storhamar Handball	104	190
Berg, Sara	09.09.2001	18	Left Wing	1.78	Larvik Handballklubb	5	1
Boge Solås, Kjerstin	31.12.1997	31	Left Back	1.82	Storhamar Håndball Elite	17	8
Breistøl, Kristine	23.08.1993	14	Left Back	1.93	Györi ETO KC	106	179
Eggen, Henriette Espetvedt	16.12.2002	27	Left Back	1.84	Tertnes Handball Elite	0	0
Frisendal, Dina	31.07.2004	42	Goalkeeper	1.77	Larvik Handballklubb	1	0
Granlund, Rikke Marie	14.11.1989	28	Goalkeeper	1.72	Sola Handballklubb	16	0
Haugsgeng, Kaja Horst	23.09.2001	39	Line Player	1.81	Sola Handballklubb	5	5
Henriksen, Selma Helén	25.07.2002	19	Line Player	1.79	Sola Handballklubb	3	8
Hesselberg, Mina	20.04.2000	29	Left Wing	1.77	CS Rapid Bucuresti	3	7
Hovden, Emilie Margrethe	05.04.1996	26	Right Wing	1.63	Gyori Audi ETO KC	57	137
Høve, Tuva Ulsaker	11.06.2000	17	Right Wing	1.72	SCM RM VALCEA	7	13
Hulleberg, Julie	15.06.2001	2	Left Back	1.80	Larvik Handballklubb	4	3
Ingstad, Vilde Mortensen	18.12.1994	15	Line Player	1.80	FTC-Rail Cargo Hungaria	137	215
Kristiansen, Veronica Egebakken	10.07.1990	4	Left Back	1.74	Györi Audi ETO KC	190	607
Kristiansen Bakkerud, Ingvild	09.07.1995	21	Left Back	1.87	DHG Odense	74	121
Krogh, June Cecilie	02.12.2003	44	Goalkeeper	1.87	Storhamar Håndball Elite	6	0
Lunde, Katrine	30.03.1980	16	Goalkeeper	1.80	SU ZRK Crvena Zvezda	376	3

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Team:  Norway

Competition: Women's EHF EURO CUP 2026 - Women's EHF Euro Cup 2026 - Round 1 & 2

Player	Birthdate	Nr.	Position	Height (in m)	Club	Int. Matches	Goals
Magnussen, Maja	30.06.1997	38	Right Wing	1.64	Nykøbing F. Håndbold	0	0
Mørk, Nora	05.04.1991	9	Right Back	1.69	Team Esbjerg Elitehandbold A/S	192	913
Muri, Maja Sofie	12.08.1999	35	Line Player	1.68	Molde HK Elite	1	0
Nestaker, Guro	15.08.1998	3	Left Back	1.81	BV Borussia 09 Dortmund	9	15
Novak, Kristina Sirum	29.08.2000	22	Right Back	1.76	CSM Bucuresti	34	47
Obaidli, Anniken	22.06.1995	5	Centre Back	1.72	Storhamar Håndball Elite	19	20
Raasok, Eli Marie	21.11.1996	40	Goalkeeper	1.75	Storhamar Håndball Elite	15	1
Reistad, Henny Ella	09.02.1999	25	Centre Back	1.81	Team Esbjerg Elitehandbold A/S	107	463
Rushfeldt Deila, Thale	15.01.2000	33	Left Back	1.78	DHG Odense	67	155
Rushfeldt Deila, Live	15.01.2000	8	Left Back	1.76	Team Esbjerg Elitehandbold A/S	24	32
Sæteren, Maja Furu	14.05.2003	30	Left Back	1.73	Larvik Handballklubb	15	28
Skogrand, Stine Ruscetta	03.03.1993	7	Right Back	1.73	Ikast f.S.	171	347
Solberg-Isaksen, Sanna Charlotte	16.06.1990	24	Left Wing	1.78	Team Esbjerg Elitehandbold A/S	230	450
Stensland, Mia	21.07.1999	1	Goalkeeper	1.78	Gjerpen Handball	0	0
Wollik, Anniken	05.12.1997	34	Left Wing	1.66	SCM Ramnicu Valcea	14	12

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Official	Birthdate	Nationality	Function
<b>Olsson, Mats Åke</b>	12.01.1960	SWE	(LC)
<b>Gjerde, Joar</b>	01.11.1988	NOR	(LC)
<b>Krøger, Henning</b>	04.02.1954	NOR	
<b>Markussen, Nina</b>	25.02.1984	NOR	
<b>Larsen, Tonje</b>	26.01.1975	NOR	Unknown
<b>Gjekstad, Ole Gustav</b>	29.11.1967	NOR	Unknown
<b>Kronborg, Lars</b>	24.02.1993	NOR	
<b>Sodal, Siv</b>	23.03.1967	NOR	
<b>Longe, Tania</b>	04.04.1974	NOR	Unknown
<b>Kvalvåg, Per Olav</b>	24.09.1981	NOR	
<b>Ryther, Thomas</b>	12.01.1985	NOR	
<b>Aas-Larsen, Petter André</b>	05.10.1981	NOR	
<b>Olsen, Benedicte Watne</b>	14.08.1991	NOR	

## Dresses Colours

	Priority 1	Priority 2	Priority 3
Shirt color	Navy Blue	Red	White
Short color	Navy Blue	Navy Blue	Navy Blue
Goalkeeper shirt color	Blue	Black	Red