

TAEKWON-DO ITF - ØSTLANDSCUP 1/2023 - SANDEFJORD - 2023-02-11

	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7
09:00							
09:05							
09:10							
09:15							
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09:25	Dommerfrokokst/møte	Dommerfrokokst/møte	Dommerfrokokst/møte	Dommerfrokokst/møte	Dommerfrokokst/møte	Dommerfrokokst/møte	Dommerfrokokst/møte
09:30	09:00 - 10:00 (01:00)	09:00 - 10:00 (01:00)	09:00 - 10:00 (01:00)	09:00 - 10:00 (01:00)	09:00 - 10:00 (01:00)	09:00 - 10:00 (01:00)	09:00 - 10:00 (01:00)
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10:10	14251 Herre Jr.-1 & Jr.-2 Mønster 1-3 Dan (9)	24251 Dame Jr.-1 & Jr.-2 Mønster 1-3 Dan (12)	13231 Herre Jr.-1 Mønster 4-1 Gup (21)	13231 Herre Jr.-1 Mønster 4-1 Gup (21)	23211 Dame Jr.-1 Mønster 8-5 Gup (14)		
10:15	10:00 - 10:35	10:00 - 10:45	Pool 1/2 10:00 - 11:00	Pool 2/2 10:00 - 11:00	10:00 - 10:40		
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11:05	15251 Herre Sr. Mønster 1-4 Dan (17)	14231 Herre Jr.-2 Mønster 4-1 Gup (21)	13231 Herre Jr.-1 Mønster 4-1 Gup (2) Final	24231 Dame Jr.-2 Mønster 4-1 Gup (14)	23231 Dame Jr.-1 Mønster 4-1 Gup (25)		
11:10	10:40 - 11:45	10:50 - 11:50		Pool 2/2 11:05 - 11:45	10:45 - 12:00		
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12:00	25251 Dame Sr. Mønster 1-4 Dan (12)	17251 Herre Veteran Mønster 1-4 Dan (6)	24231 Dame Jr.-2 Mønster 4-1 Gup (2) Final	13211 Herre Jr.-1 & Jr.-2 Mønster 8-5 Gup (8)			
12:05	11:50 - 12:35	11:55 - 12:15		11:50 - 12:10			
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12:25		24211 Dame Jr.-2 Mønster 8-5 Gup (8)	18211 Herre Sr./ Veteran Mønster 8-5 Gup (11)		18231 Herre Sr./ Veteran Mønster 4-1 Gup (16)		
12:30		12:20 - 12:40	12:10 - 12:40		12:05 - 12:50		
12:35							
12:40	27251 Dame Veteran Mønster 1-4 Dan (2)			28231 Dame Sr./ Veteran Mønster 4-1 Gup (18)			
12:45				12:15 - 13:05			
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12:55					28211 Dame Sr./ Veteran Mønster 8-5 Gup (4)		
13:00					12:50 - 13:05		
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13:20	Lunsj	Lunsj	Lunsj				
13:25	12:55 - 13:55 (01:00)	12:50 - 13:50 (01:00)	12:50 - 13:50 (01:00)				
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13:55		13072 Herre Jr.-1 Sparring 1-3 Dan +165 cm (2)	15140 Herre Sr. Sparring 4-1 Gup -69 kg (2)				
14:00		13:55 - 14:05					
14:05							
14:10			15148 Herre Sr. Sparring 4-1 Gup +75 kg (4)	13011 Herre Jr.-1 Sparring 8-5 Gup -165 cm (3)			
14:15	24170 Dame Jr.-1 og Jr.-2 Sparring 1-3 Dan -61 kg (7)	14170 Herre Jr.-2 Sparring 1-3 Dan -70 kg (5)	14:05 - 14:20	14:10 - 14:20			
14:20	14:00 - 14:55	14:10 - 14:50			13041 Herre Jr.-1 Sparring 4-1 Gup -165 cm (20)		
14:25			24140 Dame Jr.-2 Sparring 4-1 Gup -61 kg (17)	13012 Herre Jr.-1 Sparring 8-5 Gup +165 cm (2)	14:10 - 15:10		
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	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7
14:35				14146 Herre Jr.-2 Sparring 8-1 Gup 70-75 kg (2)			
14:40							
14:45							
14:50				15118 Herre Sr. Sparring 8-5 Gup ÅPEN KLASSE (6) 14:45 - 15:05			
14:55							
15:00							
15:05	24177 Dame Jr.-2 Sparring 1-3 Dan +65 kg (3) 15:00 - 15:25	14177 Herre Jr.-2 Sparring 1-3 Dan +75 kg (3) 14:55 - 15:20		17113 Herre Veteran Sparring 8-5 Gup 76-84 kg (2)			
15:10							
15:15							
15:20			24147 Dame Jr.-2 Sparring 4-1 Gup +65 kg (3) 15:20 - 15:30	17114 Herre Veteran Sparring 8-5 Gup +84 kg (4) 15:20 - 15:35			
15:25							
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15:40	25170 Dame Sr. Sparring 1-3 Dan -60 kg (4) 15:30 - 16:05	15170 Herre Sr. Sparring 1-3 Dan -69 kg (6) 15:25 - 16:15	23041 Dame Jr.-1 Sparring 4-1 Gup -160 cm (9) 15:35 - 16:00	17140 Herre Veteran Sparring 4-1 Gup -76 kg (3) 15:40 - 15:50	13042 Herre Jr.-1 Sparring 4-1 Gup +165 cm (17) 15:15 - 16:05		
15:45							
15:50				17143 Herre Veteran Sparring 4-1 Gup 76-84 kg (3) 15:55 - 16:05			
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16:05							
16:10			23042 Dame Jr.-1 Sparring 4-1 Gup +160 cm (9) 16:05 - 16:30	17144 Herre Veteran Sparring 4-1 Gup +84 kg (4) 16:10 - 16:25	23012 Dame Jr.-1 Sparring 8-5 Gup +160 cm (4) 16:10 - 16:25		
16:15							
16:20	25178 Dame Sr. Sparring 1-3 Dan +65 kg (4) 16:10 - 16:45	15174 Herre Sr. Sparring 1-3 Dan 69-75 kg (4) 16:20 - 16:55		24117 Dame Jr.-2 Sparring 8-5 Gup ÅPEN KLASSE (3) 16:30 - 16:40	27143 Dame Veteran Sparring 4-1 Gup 67-74 kg (3) 16:30 - 16:40		
16:25							
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16:35			14140 Herre Jr.-2 Sparring 4-1 Gup -70 kg (9) 16:35 - 17:00				
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16:45							
16:50					25148 Dame Sr. Sparring 8-1 Gup ÅPEN KLASSE (4) 16:45 - 17:00		
16:55							
17:00		17173 Herre Veteran Sparring 1-3 Dan 76-84 kg (3) 17:00 - 17:10	14147 Herre Jr.-2 Sparring 4-1 Gup +75 kg (4) 17:05 - 17:20				
17:05	15178 Herre Sr. Sparring 1-4 Dan +75 kg (5) 16:50 - 17:30						
17:10		17174 Herre Veteran Sparring 1-3 Dan +84 kg (3) 17:15 - 17:25					
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