

**FREDRIKSTAD TKD(1060) / 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 | Dommerfrokokost/møte<br>09:00 - 10:00 (01:00)                                            | Dommerfrokokost/møte<br>09:00 - 10:00 (01:00)                     | Dommerfrokokost/møte<br>09:00 - 10:00 (01:00)                                         | Dommerfrokokost/møte<br>09:00 - 10:00 (01:00)                                         | Dommerfrokokost/møte<br>09:00 - 10:00 (01:00)                                          | Dommerfrokokost/møte<br>09:00 - 10:00 (01:00) | Dommerfrokokost/møte<br>09:00 - 10:00 (01:00)                             |
| 09:05 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 09:10 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 09:15 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 09:20 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 09:25 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 09:30 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 09:35 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 09:40 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 09:45 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 09:50 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 09:55 | <b><u>14251 Herre Jr.-1<br/>&amp; Jr.-2 Mønster<br/>1-3 Dan (9)</u></b><br>10:00 - 10:35 | 24251 Dame Jr.-1 & Jr.-2<br>Mønster 1-3 Dan (12)<br>10:00 - 10:45 | <b><u>13231 Herre Jr.-1<br/>Mønster 4-1 Gup (21)</u></b><br>Pool 1/2<br>10:00 - 11:00 | <b><u>13231 Herre Jr.-1<br/>Mønster 4-1 Gup (21)</u></b><br>Pool 2/2<br>10:00 - 11:00 | 23211 Dame Jr.-1<br>Mønster 8-5 Gup (14)<br>10:00 - 10:40                              |                                               |                                                                           |
| 10:00 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 10:05 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
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| 11:25 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 11:30 | <b><u>25251 Dame Sr.<br/>Mønster 1-4 Dan (12)</u></b><br>11:50 - 12:35                   | 17251 Herre Veteran<br>Mønster 1-4 Dan (6)<br>11:55 - 12:15       | <b><u>24231 Dame Jr.-2<br/>Mønster 4-1 Gup (2)</u></b><br>Final                       | 13211 Herre Jr.-1 & Jr.-2<br>Mønster 8-5 Gup (8)<br>11:50 - 12:10                     | 18231 Herre Sr./Veteran<br>Mønster 4-1 Gup (16)<br>12:05 - 12:50                       |                                               |                                                                           |
| 11:35 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
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| 12:15 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 12:20 | 24211 Dame Jr.-2<br>Mønster 8-5 Gup (8)<br>12:20 - 12:40                                 | 18211 Herre Sr./Veteran<br>Mønster 8-5 Gup (11)<br>12:10 - 12:40  | <b><u>28231 Dame Sr./<br/>Veteran Mønster<br/>4-1 Gup (18)</u></b><br>12:15 - 13:05   | <b><u>28211 Dame Sr./<br/>Veteran Mønster<br/>8-5 Gup (4)</u></b><br>12:50 - 13:05    |                                                                                        |                                               |                                                                           |
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| 13:05 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               | Lunsj<br>12:55 - 13:55 (01:00)                                            |
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| 13:45 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 13:50 | 13072 Herre Jr.-1 Sparring<br>1-3 Dan +165 cm (2)<br>13:55 - 14:05                       | 15140 Herre Sr. Sparring<br>4-1 Gup -69 kg (2)                    | 15148 Herre Sr. Sparring<br>4-1 Gup +75 kg (4)<br>14:05 - 14:20                       | 13011 Herre Jr.-1 Sparring<br>8-5 Gup -165 cm (3)<br>14:10 - 14:20                    | <b><u>13041 Herre Jr.-1<br/>Sparring 4-1<br/>Gup -165 cm (20)</u></b><br>14:10 - 15:10 | Highkick<br>14:00 - 17:30 (03:30)             |                                                                           |
| 13:55 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
| 14:00 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
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| 14:35 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               | 24170 Dame Jr.-1 og Jr.-2<br>Sparring 1-3 Dan -61 kg (7)<br>14:00 - 14:55 |
| 14:40 |                                                                                          |                                                                   |                                                                                       |                                                                                       |                                                                                        |                                               |                                                                           |
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**FREDRIKSTAD TKD(1060) / TAEKWON-DO ITF -  
ØSTLANDSCUP 1/2023 - SANDEFJORD - 2023-02-11**

|       | Ring 1                                                            | Ring 2                                                                | Ring 3                                                               | Ring 4                                                              | Ring 5                                                                 | Ring 6                                                              | Ring 7                                                                |                                                                      |
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| 14:55 |                                                                   |                                                                       |                                                                      | 14:45 - 15:05                                                       |                                                                        |                                                                     |                                                                       |                                                                      |
| 15:00 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 15:05 | 24177 Dame Jr.-2 Sparring<br>1-3 Dan +65 kg (3)<br>15:00 - 15:25  | 14177 Herre Jr.-2 Sparring<br>1-3 Dan +75 kg (3)<br>14:55 - 15:20     |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 15:10 |                                                                   |                                                                       |                                                                      | 17113 Herre Veteran Sparring<br>8-5 Gup 76-84 kg (2)                |                                                                        |                                                                     |                                                                       |                                                                      |
| 15:15 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 15:20 |                                                                   |                                                                       |                                                                      | 24147 Dame Jr.-2 Sparring<br>4-1 Gup +65 kg (3)<br>15:20 - 15:30    | 17114 Herre Veteran<br>Sparring 8-5<br>Gup +84 kg (4)<br>15:20 - 15:35 | 13042 Herre Jr.-1 Sparring<br>4-1 Gup +165 cm (17)<br>15:15 - 16:05 |                                                                       |                                                                      |
| 15:25 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 15:30 | 25170 Dame Sr.<br>Sparring 1-3<br>Dan -60 kg (4)<br>15:30 - 16:05 | 15170 Herre Sr. Sparring<br>1-3 Dan -69 kg (6)<br>15:25 - 16:15       | 23041 Dame Jr.-1 Sparring<br>4-1 Gup -160 cm (9)<br>15:35 - 16:00    |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 15:35 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 15:40 |                                                                   |                                                                       |                                                                      |                                                                     | 17140 Herre Veteran<br>Sparring 4-1 Gup -76 kg (3)<br>15:40 - 15:50    |                                                                     |                                                                       |                                                                      |
| 15:45 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 15:50 |                                                                   |                                                                       |                                                                      |                                                                     | 17143 Herre Veteran<br>Sparring 4-1 Gup 76-84 kg (3)<br>15:55 - 16:05  |                                                                     |                                                                       |                                                                      |
| 15:55 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 16:00 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 16:05 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 16:10 |                                                                   |                                                                       | 23042 Dame Jr.-1 Sparring<br>4-1 Gup +160 cm (9)<br>16:05 - 16:30    | 17144 Herre Veteran<br>Sparring 4-1 Gup +84 kg (4)<br>16:10 - 16:25 | 23012 Dame Jr.-1 Sparring<br>8-5 Gup +160 cm (4)<br>16:10 - 16:25      |                                                                     |                                                                       |                                                                      |
| 16:15 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 16:20 | 25178 Dame Sr. Sparring<br>1-3 Dan +65 kg (4)<br>16:10 - 16:45    | 15174 Herre Sr. Sparring<br>1-3 Dan 69-75 kg (4)<br>16:20 - 16:55     |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 16:25 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     | 24117 Dame Jr.-2 Sparring<br>8-5 Gup APEN KLASSE (3)<br>16:30 - 16:40 | 27143 Dame Veteran<br>Sparring 4-1 Gup 67-74 kg (3)<br>16:30 - 16:40 |
| 16:30 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 16:35 |                                                                   |                                                                       | 14140 Herre Jr.-2<br>Sparring 4-1<br>Gup -70 kg (9)<br>16:35 - 17:00 |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 16:40 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 16:45 |                                                                   | 25148 Dame Sr. Sparring<br>8-1 Gup APEN KLASSE (4)<br>16:45 - 17:00   |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 16:50 | 15178 Herre Sr. Sparring<br>1-4 Dan +75 kg (5)<br>16:50 - 17:30   | 17173 Herre Veteran<br>Sparring 1-3 Dan 76-84 kg (3)<br>17:00 - 17:10 |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 16:55 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 17:00 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 17:05 |                                                                   | 14147 Herre Jr.-2 Sparring<br>4-1 Gup +75 kg (4)<br>17:05 - 17:20     |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 17:10 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 17:15 |                                                                   |                                                                       | 17174 Herre Veteran<br>Sparring 1-3 Dan +84 kg (3)<br>17:15 - 17:25  |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 17:20 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |
| 17:25 |                                                                   |                                                                       |                                                                      |                                                                     |                                                                        |                                                                     |                                                                       |                                                                      |