

HARSTAD TKD(0573) / 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 09:00 - 10:00 (01:00)	Dommerfrokokost/møte 09:00 - 10:00 (01:00)	Dommerfrokokost/møte 09:00 - 10:00 (01:00)	Dommerfrokokost/møte 09:00 - 10:00 (01:00)	Dommerfrokokost/møte 09:00 - 10:00 (01:00)	Dommerfrokokost/møte 09:00 - 10:00 (01:00)	Dommerfrokokost/møte 09:00 - 10:00 (01:00)
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09:55	14251 Herre Jr.-1 & Jr.-2 Mønster 1-3 Dan (9) 10:00 - 10:35	<u>24251 Dame Jr.-1 & Jr.-2 Mønster 1-3 Dan (12)</u> 10:00 - 10:45	13231 Herre Jr.-1 Mønster 4-1 Gup (21) Pool 1/2 10:00 - 11:00	13231 Herre Jr.-1 Mønster 4-1 Gup (21) Pool 2/2 10:00 - 11:00	23211 Dame Jr.-1 Mønster 8-5 Gup (14) 10:00 - 10:40		
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11:30	25251 Dame Sr. Mønster 1-4 Dan (12) 11:50 - 12:35	<u>17251 Herre Veteran Mønster 1-4 Dan (6)</u> 11:55 - 12:15	24231 Dame Jr.-2 Mønster 4-1 Gup (2) Final	13211 Herre Jr.-1 & Jr.-2 Mønster 8-5 Gup (8) 11:50 - 12:10	18231 Herre Sr./Veteran Mønster 4-1 Gup (16) 12:05 - 12:50		
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12:20	27251 Dame Veteran Mønster 1-4 Dan (2)	24211 Dame Jr.-2 Mønster 8-5 Gup (8) 12:20 - 12:40	18211 Herre Sr./Veteran Mønster 8-5 Gup (11) 12:10 - 12:40	28231 Dame Sr./Veteran Mønster 4-1 Gup (18) 12:15 - 13:05	28211 Dame Sr./Veteran Mønster 8-5 Gup (4) 12:50 - 13:05		
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13:50	13072 Herre Jr.-1 Sparring 1-3 Dan +165 cm (2) 13:55 - 14:05	15140 Herre Sr. Sparring 4-1 Gup -69 kg (2)	15148 Herre Sr. Sparring 4-1 Gup +75 kg (4) 14:05 - 14:20	13011 Herre Jr.-1 Sparring 8-5 Gup -165 cm (3) 14:10 - 14:20	13041 Herre Jr.-1 Sparring 4-1 Gup -165 cm (20) 14:10 - 15:10	Highkick 14:00 - 17:30 (03:30)	PowerKube 14:00 - 17:30 (03:30)
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	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7
15:00	24177 Dame Jr.-2 Sparring 1-3 Dan +65 kg (3) 15:00 - 15:25	14:55 - 15:20					
15:05							
15:10			17113 Herre Veteran Sparring 8-5 Gup 76-84 kg (2)				
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	13042 Herre Jr.-1 Sparring 4-1 Gup +165 cm (17) 15:15 - 16:05		
15:25	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					
15:30							
15:35			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			
15:40							
15:45				17143 Herre Veteran Sparring 4-1 Gup 76-84 kg (3) 15:55 - 16:05			
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16:10	25178 Dame Sr. Sparring 1-3 Dan +65 kg (4) 16:10 - 16:45		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		15174 Herre Sr. Sparring 1-3 Dan 69-75 kg (4) 16:20 - 16:55		24117 Dame Jr.-2 Sparring 8-5 Gup APEN KLASSE (3) 16:30 - 16:40	27143 Dame Veteran Sparring 4-1 Gup 67-74 kg (3) 16:30 - 16:40		
16:25							
16:30			14140 Herre Jr.-2 Sparring 4-1 Gup -70 kg (9) 16:35 - 17:00				
16:35							
16:40							
16:45					25148 Dame Sr. Sparring 8-1 Gup APEN KLASSE (4) 16:45 - 17:00		
16:50							
16:55							
17:00	17173 Herre Veteran Sparring 1-3 Dan 76-84 kg (3) 17:00 - 17:10						
17:05	15178 Herre Sr. Sparring 1-4 Dan +75 kg (5) 16:50 - 17:30		14147 Herre Jr.-2 Sparring 4-1 Gup +75 kg (4) 17:05 - 17:20				
17:10							
17:15		17174 Herre Veteran Sparring 1-3 Dan +84 kg (3) 17:15 - 17:25					
17:20							
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