

JESSHEIM TKD(1177) / 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	Dommerfrokost/møte 09:00 - 10:00 (01:00)	Dommerfrokost/møte 09:00 - 10:00 (01:00)	Dommerfrokost/møte 09:00 - 10:00 (01:00)	Dommerfrokost/møte 09:00 - 10:00 (01:00)	Dommerfrokost/møte 09:00 - 10:00 (01:00)	Dommerfrokost/møte 09:00 - 10:00 (01:00)	Dommerfrokost/møte 09:00 - 10:00 (01:00)
09:05							
09:10							
09:15							
09:20							
09:25							
09:30							
09:35							
09:40	14251 Herre Jr.-1 & Jr.-2 Mønster 1-3 Dan (9) 10:00 - 10:35	24251 Dame Jr.-1 & Jr.-2 Mønster 1-3 Dan (12) 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		
09:45							
09:50							
09:55							
10:00							
10:05							
10:10							
10:15							
10:20			13231 Herre Jr.-1 Mønster 4-1 Gup (2) Final	24231 Dame Jr.-2 Mønster 4-1 Gup (14) Pool 2/2 11:05 - 11:45	23231 Dame Jr.-1 Mønster 4-1 Gup (25) 10:45 - 12:00	Highkick 10:00 - 13:00 (03:00)	PowerKube 10:00 - 13:00 (03:00)
10:25							
10:30							
10:35							
10:40							
10:45							
10:50							
10:55							
11:00	15251 Herre Sr. Mønster 1-4 Dan (17) 10:40 - 11:45	14231 Herre Jr.-2 Mønster 4-1 Gup (21) 10:50 - 11:50	24231 Dame Jr.-2 Mønster 4-1 Gup (14) Pool 1/2 11:15 - 11:55	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		
11:05							
11:10							
11:15							
11:20							
11:25							
11:30							
11:35							
11:40	25251 Dame Sr. Mønster 1-4 Dan (12) 11:50 - 12:35	17251 Herre Veteran Mønster 1-4 Dan (6) 11:55 - 12:15	24231 Dame Jr.-2 Mønster 4-1 Gup (2) Final	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		
11:45							
11:50							
11:55							
12:00							
12:05							
12:10							
12:15							
12:20	Lunsj 12:55 - 13:55 (01:00)	Lunsj 12:50 - 13:50 (01:00)	Lunsj 12:50 - 13:50 (01:00)	Lunsj 13:05 - 14:05 (01:00)	Lunsj 13:05 - 14:05 (01:00)	Lunsj 13:00 - 14:00 (01:00)	Lunsj 13:00 - 14:00 (01:00)
12:25							
12:30							
12:35							
12:40							
12:45							
12:50							
12:55							
13:00	24170 Dame Jr.-1 og Jr.-2 Sparring 1-3 Dan -61 kg (7) 14:00 - 14:55	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)	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)
13:05							
13:10							
13:15							
13:20							
13:25							
13:30							
13:35							
13:40	14170 Herre Jr.-2 Sparring 1-3 Dan -70 kg (5) 14:10 - 14:50	24140 Dame Jr.-2 Sparring 4-1 Gup -61 kg (17) 14:25 - 15:15	15148 Herre Sr. Sparring 4-1 Gup +75 kg (4) 14:05 - 14:20	13012 Herre Jr.-1 Sparring 8-5 Gup +165 cm (2)			
13:45							
13:50							
13:55							
14:00							
14:05							
14:10							
14:15							
14:20				14146 Herre Jr.-2 Sparring 8-1 Gup 70-75 kg (2)			
14:25							
14:30							
14:35							
14:40							
14:45							
14:50							
14:55							

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	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7	
14:55		14177 Herre Jr.-2 Sparring 1-3 Dan +75 kg (3) 14:55 - 15:20						
15:00	24177 Dame Jr.-2 Sparring 1-3 Dan +65 kg (3) 15:00 - 15:25							
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								
15:30	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					
15:35								
15:40				17140 Herre Veteran Sparring 4-1 Gup -76 kg (3) 15:40 - 15:50				
15:45								
15:50								
15:55					17143 Herre Veteran Sparring 4-1 Gup 76-84 kg (3) 15:55 - 16:05			
16:00								
16:05								
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								
16:25								
16:30			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		
16:35				14140 Herre Jr.-2 Sparring 4-1 Gup -70 kg (9) 16:35 - 17:00				
16:40								
16:45						25148 Dame Sr. Sparring 8-1 Gup APEN KLASSE (4) 16:45 - 17:00		
16:50	15178 Herre Sr. Sparring 1-4 Dan +75 kg (5) 16:50 - 17:30							
16:55								
17:00		17173 Herre Veteran Sparring 1-3 Dan 76-84 kg (3) 17:00 - 17:10						
17:05			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								
17:25								