

LIER TKD(LTKD) / 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	Dommerfrukost/møte 09:00 - 10:00 (01:00)	Dommerfrukost/møte 09:00 - 10:00 (01:00)	Dommerfrukost/møte 09:00 - 10:00 (01:00)	Dommerfrukost/møte 09:00 - 10:00 (01:00)	Dommerfrukost/møte 09:00 - 10:00 (01:00)	Dommerfrukost/møte 09:00 - 10:00 (01:00)	Dommerfrukost/møte 09:00 - 10:00 (01:00)
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10:00	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	Highkick 10:00 - 13:00 (03:00)	PowerKube 10:00 - 13:00 (03:00)
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10:35	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	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		
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11:45	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	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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12:40	27251 Dame Veteran Mønster 1-4 Dan (2)			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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13:55	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)
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15:00	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					
15:05							

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	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7
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			
15:25							
15:30							
15:35							
15:40							
15:45	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		
15:50				17143 Herre Veteran Sparring 4-1 Gup 76-84 kg (3) 15:55 - 16:05			
15:55							
16:00							
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	25178 Dame Sr. Sparring 1-3 Dan +65 kg (4) 16:10 - 16:45						
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							
16:40			14140 Herre Jr.-2 Sparring 4-1 Gup -70 kg (9) 16:35 - 17:00				
16:45							
16:50					25148 Dame Sr. Sparring 8-1 Gup APEN 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					
17:05			14147 Herre Jr.-2 Sparring 4-1 Gup +75 kg (4) 17:05 - 17:20				
17:10	15178 Herre Sr. Sparring 1-4 Dan +75 kg (5) 16:50 - 17:30						
17:15		17174 Herre Veteran Sparring 1-3 Dan +84 kg (3) 17:15 - 17:25					
17:20							
17:25							