

**OSLO ØST TKD(1029) / 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							
09:45							
09:50							
09:55							
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		
10:05							
10:10							
10:15							
10:20							
10:25							
10:30							
10:35							
10:40							
10:45							
10:50	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	Highkick 10:00 - 13:00 (03:00)	PowerKube 10:00 - 13:00 (03:00)
10:55							
11:00							
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	13211 Herre Jr.-1 & Jr.-2 Mønster 8-5 Gup (8) 11:50 - 12:10			
11:45							
11:50							
11:55							
12:00							
12:05							
12:10							
12:15							
12:20							
12:25							
12:30	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	18231 Herre Sr./ Veteran Mønster 4-1 Gup (16) 12:05 - 12:50			
12:35							
12:40							
12:45							
12:50							
12:55							
13:00							
13:05							
13:10							
13:15							
13:20	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)
13:25							
13:30							
13:35							
13:40							
13:45							
13:50							
13:55							
14:00							
14:05							
14:10	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)				
14:15							
14:20							
14:25							
14:30							
14:35							
14:40							
14:45							
14:50							
14:55							
15:00	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	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)
15:05							
15:10							
15:15							
15:20							
15:25							
15:30							
15:35							
15:40							
15:45							

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	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7
14:45				15118 Herre Sr. Sparring 8-5 Gup APEN KLASSE (6) 14:45 - 15:05			
14:50							
14:55							
15:00		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)			
15:05	24177 Dame Jr.-2 Sparring 1-3 Dan +65 kg (3) 15:00 - 15:25						
15:10							
15:15							
15:20			24147 Dame Jr.-2 Sparring 4-1 Gup +65 kg (3) 15:20 - 15:30				
15:25				17114 Herre Veteran Sparring 8-5 Gup +84 kg (4) 15:20 - 15:35			
15:30					13042 Herre Jr.-1 Sparring 4-1 Gup +165 cm (17) 15:15 - 16:05		
15:35							
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			
15:45							
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							
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					
16:25							
16:30				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					25148 Dame Sr. Sparring 8-1 Gup APEN KLASSE (4) 16:45 - 17:00		
16:50							
16:55		17173 Herre Veteran Sparring 1-3 Dan 76-84 kg (3) 17:00 - 17:10					
17:00							
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							
17:25							