

TAEKWON-DO ITF - VEST-NORSK MESTERSKAP 1/2023 - BERGEN - 2023-03-19

	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5
12:30					
12:35					
12:40	14251 Herre Jr.-2 Mønster 1-3 Dan (10) 12:30 - 13:00			24251 Dame Jr.-2 Mønster 1-3 Dan (10) 12:30 - 13:00	
12:45					
12:50		15251 Herre Sr. Mønster 1-3 Dan (10) 12:30 - 13:15	25251 Dame Sr. Mønster 1-3 Dan (8) 12:30 - 13:05		
12:55					
13:00					
13:05			23211 Dame Jr. Mønster 8-5 Gup (3) 13:05 - 13:15	23251 Dame Jr.-1 Mønster 1-3 Dan (4) 13:00 - 13:15	
13:10	13231 Herre Jr.-1 Mønster 4-1 Gup (12) 13:00 - 13:35				
13:15				14231 Herre Jr.-2 Mønster 4-1 Gup (4) 13:15 - 13:30	
13:20					
13:25					
13:30					
13:35	14211 Herre Jr. Mønster 8-5 Gup (2)	15178 Herre Sr. Sparring 1-3 Dan +69 kg (6) 13:15 - 14:05	25178 Dame Sr. Sparring 1-3 Dan Åpen Klasse (6) 13:15 - 14:05	15170 Herre Sr. Sparring 1-3 Dan -69 kg (4) 13:30 - 14:05	
13:40					
13:45	17251 Herre Veteran Mønster 1-3 Dan (4) 13:40 - 14:00				
13:50					
13:55					
14:00	28211 Dame Sr./Veteran Mønster 8-5 Gup (2)				
14:05					
14:10					
14:15	Lunsj 14:05 - 14:35 (00:30)	Lunsj 14:05 - 14:35 (00:30)	Lunsj 14:05 - 14:35 (00:30)	Lunsj 14:05 - 14:35 (00:30)	
14:20					
14:25					
14:30					
14:35	13011 Herre Jr.-1 Sparring 8-5 Gup -165 cm (3) 14:35 - 14:45			18231 Herre Sr./Veteran Mønster 8-1 Gup (6) 14:35 - 14:55	
14:40		24177 Dame Jr.-2 Sparring 1-3 Dan +61 kg (4) 14:35 - 15:10	23231 Dame Jr.-1 Mønster 4-1 Gup (10) 14:35 - 15:05		
14:45				28231 Dame Sr./Veteran Mønster 4-1 Gup (6) 14:55 - 15:15	
14:50					
14:55					
15:00					
15:05					
15:10	14170 Herre Jr.-2 Sparring 1-3 Dan -70 kg (9) 14:45 - 15:50	14110 Herre Jr.-2 Sparring 8-5 Gup -75 kg (3) 15:10 - 15:20	24231 Dame Jr.-2 Mønster 4-1 Gup (5) 15:05 - 15:20	27144 Dame Sr./Veteran Sparring 4-1 Gup +74 kg (3) 15:15 - 15:25	
15:15					
15:20					
15:25		13042 Herre Jr.-1 Sparring 4-1 Gup +165 cm (10) 15:20 - 15:50	24170 Dame Jr.-2 Sparring 1-3 Dan -61 kg (3) 15:20 - 15:45	17143 Herre Veteran Sparring 4-1 Gup 76-84 kg (4) 15:25 - 15:40	
15:30					
15:35					
15:40					
15:45					
15:50			24146 Dame Jr.-2 Sparring 4-1 Gup -65 kg (4) 15:45 - 16:00	17170 Herre Veteran Sparring 1-3 Dan -84 kg (3) 15:40 - 16:05	
15:55		14140 Herre Jr.-2 Sparring 4-1 Gup -70 kg (4) 15:50 - 16:05	24147 Dame Jr.-2 Sparring 8-1 Gup +65 kg (2)		
16:00	14177 Herre Jr.-2 Sparring 1-3 Dan +70 kg (3) 15:50 - 16:15		23012 Dame Jr.-1 Sparring 8-5 Gup +160 cm + 1-4 Gup -160 cm (3) 16:05 - 16:15		
16:05		14146 Herre Jr.-2 Sparring 4-1 Gup 70-75 kg (4) 16:05 - 16:20		17174 Herre Veteran Sparring 1-3 Dan +84 kg (3) 16:05 - 16:30	
16:10					
16:15		14147 Herre Jr.-2 Sparring 4-1 Gup +75 kg (2)	23042 Dame Jr.-1 Sparring 4-1 Gup +160 cm (9) 16:15 - 16:40		
16:20	23072 Dame Jr.-1 Sparring 1-3 Dan +160 cm (3) 16:15 - 16:40	13041 Herre Jr.-1 Sparring 4-1 Gup -165 cm (5) 16:25 - 16:40			
16:25					
16:30					
16:35					
16:40		15148 Herre Sr. Sparring 4-1 Gup Åpen klasse (2)			

Spesial teknikk
12:30 - 16:30 (04:00)