

TAEKWON-DO ITF - JUNIORMESTERESKAP 2025 - TROMSØ - 2025-02-01

	Ring 1	Ring 2	Ring 3		
10:00	<u>KADETT MØNSTER</u> 10:00 - 10:45 (00:45)	<u>KADETT MØNSTER</u> 10:00 - 10:45 (00:45)	<u>KADETT MØNSTER</u> 10:00 - 10:45 (00:45)		
10:05					
10:10					
10:15					
10:20					
10:25					
10:30					
10:35					
10:40					
10:45					
10:50					
10:55	<u>KADETT SPARRING</u> 10:55 - 12:00 (01:05)	<u>KADETT SPARRING</u> 10:55 - 11:55 (01:00)	<u>KADETT SPARRING</u> 10:55 - 12:00 (01:05)		
11:00					
11:05					
11:10					
11:15					
11:20					
11:25					
11:30					
11:35					
11:40					
11:45					
11:50					
11:55					
12:00					
12:05				<u>KADETT HIGH KICK/SPES.TEK</u> 12:00 - 12:25 (00:25)	
12:10					
12:15					
12:20					
12:25					
12:30	<u>0103 DAME JR.-1 MØNSTER 2-1 GUP (6)</u> 12:30 - 13:20	<u>0403 HERRE JR.-1 MØNSTER 2-1 GUP (5)</u> 12:35 - 13:05	<u>0100f DAME JR.-1 MØNSTER 8-3 GUP (3)</u> 12:30 - 12:50		
12:35					
12:40					
12:45					
12:50					
12:55					
13:00					
13:05					
13:10		<u>0401f HERRE JR.-1 MØNSTER 8-3 GUP (5)</u> 13:05 - 13:35			
13:15					
13:20	<u>0601f DAME JR.-2 MØNSTER ALLE (6)</u> 13:15 - 13:45				
13:25					
13:30					
13:35					
13:40		<u>0801f HERRE JR.-2 MØNSTER ALLE (6)</u> 13:30 - 14:00			
13:45					
13:50					
13:55					
14:00	<u>0504 HERRE JR.-1 SPARRING</u> <u>4-1 GUP +165 CM (5)</u> 13:55 - 14:25		<u>0501f HERRE JR.-1 SPARRING</u> <u>8-1 GUP -165 CM (5)</u> 13:50 - 14:20		
14:05					
14:10					
14:15					
14:20		<u>0204 DAME JR.-1 SPARRING 4-1 GUP +160 CM (3)</u> 14:15 - 14:30			
14:25					
14:30					
14:35		<u>0902f HERRE JR.-2 SPARRING 4-1 GUP -75 KG (6)</u> 14:30 - 15:00	<u>0203 DAME JR.-1 SPARRING 4-1 GUP -160 CM (5)</u> 14:30 - 15:00		
14:40	<u>0701f DAME JR.-2 SPARRING ALLE -61 KG (4)</u> 14:40 - 15:00				
14:45					
14:50					
14:55					
15:00					
15:05					
15:10		<u>0251 DAME JR.-1 SPES.TEK 8-1 GUP (4)</u> 15:10 - 15:25	<u>0903f HERRE JR.-2 SPARRING ALLE +75 KG (4)</u> 15:05 - 15:25		
15:15					
15:20					
15:25					
15:30					
15:35		<u>0551 HERRE JR.-1 SPES.TEK 8-1 GUP (4)</u> 15:30 - 15:45			
15:40					
15:45					
15:50		<u>0750f DAME JR.-2 SPES.TEK ALLE (3)</u> 15:50 - 16:05			
15:55					
16:00					
16:05					
16:10		<u>0950 HERRE JR.-2 SPES.TEK 8-1 GUP (8)</u> 16:10 - 16:25			
16:15					
16:20					