

Taekwon-do ITF - Norgesmesterskap og Landsmesterskap for senior og junior 2015 - 2015-11-06

Tatami 1

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Umpire Meeting
13:00 - 18:00 (05:00)

Weight Control till 22.00
18:00 - 21:00 (03:00)

Taekwon-do ITF - Norgesmesterskap og Landsmesterskap for senior og junior 2015 - 2015-11-06

Tatami 1

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Coach Meeting
 21:00 - 21:30 (00:30)

Taekwon-do ITF - Norgesmesterskap og Landsmesterskap for senior og junior 2015 - 2015-11-07

	Tatami 1	Tatami 2	Tatami 3	Tatami 4	Tatami 5	Tatami 6	Tatami 7
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Taekwon-do ITF - Norgesmesterskap og Landsmesterskap for senior og junior 2015 - 2015-11-07

	Tatami 1	Tatami 2	Tatami 3	Tatami 4	Tatami 5	Tatami 6	Tatami 7
14:40							
14:45							
14:50							
14:55						Senior Damer Sparring Dan -56 kg (2) Repechage 14:50 - 15:00 (00:10)	
15:00							
15:05	Senior Damer Sparring Dan -50 kg (2) 15:00 - 15:10 (00:10)	Divisjon 3 Junior Herre Mønster Rødt (2) Final		Divisjon 4 Eldre Junior Herre Mønster Rødt (2) Final			
15:10	Senior Damer Sparring Dan -56 kg (2) Final 15:10 - 15:20 (00:10)				Senior Herre Sparring Dan +85 kg (5) Pool 1/1 15:05 - 15:40 (00:35)	Senior Herre Sparring Dan -63 kg (5) Pool 1/1 15:00 - 15:35 (00:35)	Spesialteknikk Eldre Junior Dame Highkick (9) 15:00 - 15:30 (00:30)
15:15		Senior Damer Sparring Dan -68 kg (4) Pool 1/1 15:15 - 15:40 (00:25)	Senior Damer Sparring Dan -75 kg (6) Pool 1/1 15:10 - 15:50 (00:40)	Senior Damer Sparring Dan +75 kg (4) 15:15 - 15:50 (00:35)			
15:20							
15:25							
15:30							
15:35		Senior Damer Sparring Dan -68 kg (2) Repechage 15:40 - 15:50 (00:10)			Senior Herre Sparring Dan +85 kg (2) Repechage 15:40 - 15:50 (00:10)	Senior Herre Sparring Dan -63 kg (2) Repechage 15:35 - 15:45 (00:10)	Spesialteknikk Junior Dame Highkick (6) 15:30 - 15:50 (00:20)
15:40	Senior Damer Sparring Dan -62 kg (7) 15:20 - 16:15 (00:55)		Senior Damer Sparring Dan -75 kg (2) Repechage 15:50 - 16:00 (00:10)				
15:45							
15:50							
15:55							Spesialteknikk Junior Herre Highkick (4) 15:50 - 16:05 (00:15)
16:00							
16:05							
16:10							
16:15							
16:20	Senior Herre Sparring Dan +85 kg (2) Final 16:20 - 16:30 (00:10)	Senior Herre Sparring Dan -85 kg (9) Pool 1/1 15:50 - 16:55 (01:05)					
16:25							
16:30	Senior Damer Sparring Dan -68 kg (2) Final 16:30 - 16:40 (00:10)			Senior Herre Sparring Dan -78 kg (11) Pool 1/2 15:50 - 17:10 (01:20)	Senior Herre Sparring Dan -78 kg (11) Pool 2/2 15:50 - 17:10 (01:20)	Senior Herre Sparring Dan -70 kg (10) Pool 1/1 15:45 - 17:00 (01:15)	Spesialteknikk Eldre Junior Herre Highkick (20) 16:05 - 17:05 (01:00)
16:35							
16:40	Senior Damer Sparring Dan -75 kg (2) Final 16:40 - 16:50 (00:10)						
16:45							
16:50	Senior Herre Sparring Dan -63 kg (2) Final 16:50 - 17:00 (00:10)						
16:55							
17:00	Senior Herre Sparring Dan -70 kg (2) Final 17:00 - 17:10 (00:10)						
17:05							
17:10	Senior Herre Sparring Dan -85 kg (2) Final 17:10 - 17:20 (00:10)						
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17:20	Senior Herre Sparring Dan -78 kg (2) Final 17:20 - 17:30 (00:10)						
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Taekwon-do ITF - Norgesmesterskap og Landsmesterskap for senior og junior 2015 - 2015-11-07

	Tatami 1	Tatami 2	Tatami 3	Tatami 4	Tatami 5	Tatami 6	Tatami 7
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20:30	Banket NM/LM 2015 20:30 - 23:00 (02:30)	Banket NM/LM 2015 20:30 - 23:00 (02:30)	Banket NM/LM 2015 20:30 - 23:00 (02:30)		Banket NM/LM 2015 20:30 - 23:00 (02:30)	Banket NM/LM 2015 20:30 - 23:00 (02:30)	Banket NM/LM 2015 20:30 - 23:00 (02:30)
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Taekwon-do ITF - Norgesmesterskap og Landsmesterskap for senior og junior 2015 - 2015-11-08

	Tatami 1	Tatami 2	Tatami 3	Tatami 4	Tatami 5	Tatami 6	Tatami 7
	13:55 - 14:05 (00:10)						
14:05	Eldre Junior Herrer Sparring Dan -62 kg (2)						
14:10	Final 14:05 - 14:15 (00:10)						
14:15	Eldre Junior Herrer Sparring Dan + 75 kg (2)						
14:20	Final 14:15 - 14:25 (00:10)						
14:25	Eldre JUNIOR Herrer Sparring Dan -68 kg (2)				Eldre Junior Damer Sparring Blått og Rødt -55 kg (4)		
14:30	Final 14:25 - 14:35 (00:10)				14:20 - 14:40 (00:20)		
14:35	Eldre Junior Damer Sparring Dan -60 kg (2)						
14:40	Final 14:35 - 14:45 (00:10)						
14:45	Eldre Junior Damer Sparring Dan -55 kg (2)						Knusing NM Damer Dan +19 år (8)
14:50	Final 14:45 - 14:55 (00:10)						14:35 - 15:00 (00:25)
14:55	Eldre Junior Damer Sparring Dan -65 kg (2)	Eldre Junior Herrer Sparring Blått og Rødt -50 kg (2)	Eldre Junior Herrer Sparring Blått og Rødt -68 kg (16)	Eldre Junior Damer Sparring Blått og Rødt +65 kg (5)	Eldre Junior Damer Sparring Blått og Rødt -60 kg (6)		
15:00	Final 14:55 - 15:05 (00:10)	14:55 - 15:05 (00:10)	14:20 - 15:45 (01:25)	14:45 - 15:20 (00:35)	14:40 - 15:20 (00:40)		
15:05	Eldre Junior Damer Sparring Dan +65 kg (2)	Eldre Junior Herrer Sparring Blått og Rødt -56 kg (2)					Spesialteknikk Senior Dame Highkick (7)
15:10	Final 15:05 - 15:15 (00:10)	15:05 - 15:15 (00:10)				Junior Herre Sparring Blått og Rødt -56 kg (12)	15:00 - 15:20 (00:20)
15:15	Eldre Junior Herrer Sparring Dan -75 kg (2)						
15:20	Final 15:15 - 15:25 (00:10)	Eldre Junior Herrer Sparring Blått og Rødt -62 kg (5)					
15:25		15:15 - 15:50 (00:35)					
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15:50							
15:55	Team Sparring Senior Herrer (5)			Team Sparring Senior Damer (4)			
16:00	Pool 1/1			Pool 1/1			
16:05	15:30 - 16:40 (01:10)	TEAM Sparring JUNIOR HERRER (4)	TEAM Sparring JUNIOR HERRER (4)	15:35 - 16:25 (00:50)			
16:10		Pool 1/2	Pool 2/2				
16:15		15:50 - 16:40 (00:50)	15:50 - 16:40 (00:50)		TEAM SPARRING JUNIOR DAMER (5)	Junior Herre Sparring Blått og Rødt -75 kg (10)	
16:20					Pool 1/1	15:50 - 16:45 (00:55)	
16:25							
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16:35							
16:40	Team Sparring Senior Herrer (2)			Team Sparring Senior Damer (2)			
16:45	Repechage			Repechage			
16:50							
16:55	16:40 - 17:00 (00:20)						
17:00	TEAM Sparring JUNIOR HERRER (2)				TEAM SPARRING JUNIOR DAMER (2)		
17:05	Final				Repechage		
17:10	17:00 - 17:20 (00:20)				17:00 - 17:20 (00:20)		
17:15							
17:20	Team Sparring Senior Damer (2)						
17:25	Final						
17:30	17:20 - 17:40 (00:20)						
17:35							
17:40	TEAM SPARRING JUNIOR DAMER (2)						
17:45	Final						
17:50	17:40 - 18:00 (00:20)						
17:55							
18:00	Team Sparring Senior Herrer (2)						
18:05	Final						
18:10	18:00 - 18:20 (00:20)						
18:15							