

3rd LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

www.youtube.com/LentsTaekwondo www.facebook.com/LentsTaekwondo

Freestyle, Beach & Para Poomsae Schedule - Day 6 Feb. 28, 2021

Time (CET, GMT +1)	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 YouTube Lents Taekwondo
12:00	Freestyle / Individual / Black Belts / Under 11 Male - Final	Under 30 Male - P10 - Visual Impairment - Final
12:05		Under 30 Female - P10 - Visual Impairment - Final
12:10		BREAK
12:15	Freestyle / Individual / Black Belts / Under 11 Female - Final	Junior Female - P20 - Intellectual Impairment - Final
12:20		Junior Male - P20 Intellectual Impairment Final
12:25		
12:30	BREAK	
12:35	Freestyle / Individual / Black Belts / 12 - 17 Male Final	BREAK
12:40		
12:45		
12:50		
12:55		
13:00		BREAK
13:05	Freestyle / Individual / Black Belts / 12 - 17 Female Final	Under 30 Male - P20 Intellectual Impairment Final
13:10		
13:15		
13:20		
13:25		
13:30		
13:35	BREAK	Over 30 Male - P20 - Intellectual Impairment - Final
13:40		
13:45		
13:50		
13:55		BREAK
14:00	Freestyle / Individual / Black Belts / 12 - 17 Female Final	
14:05		
14:10		
14:15		
14:20		
14:25		
14:30		Under 30 Female - P20 Intellectual Impairment Final
14:35		
14:40		
14:45		
14:50	BREAK	
14:55		Over 30 Female - P20 - Intellectual Impairment Final
15:00		
15:05		BREAK
15:10	Freestyle / Individual / Black Belts / Over 17 Male Final	Junior Male - P31/P32/P33 - Physical Impairments - Final
15:15		
15:20		
15:25		
15:30		
15:35		
15:40		Under 30 Male P31/P32/P33 Physical Impairments Final
15:45		
15:50	BREAK	

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15:55	Freestyle / Individual / Black Belts / Over 17 Female Final	Under 30 Female - P31/P32/P33 Physical Impairments - Final
16:00		Over 30 Male - P31/P32/P33 - Physical Impairments - Final
16:05		Over 30 Female - P31/P32/P33 - Physical Impairments - Final
16:10		BREAK
16:15	BREAK	Junior Male - P34 - Physical Impairments - Final
16:20		Junior Female - P34 - Physical Impairments - Final
16:25	Freestyle / Black Belts / Pairs Under 17 Final	Over 30 Male - P34 - Physical Impairments - Final
16:30		Over 30 Female - P34 - Physical Impairments - Final
16:35		BREAK
16:40		Under 30 Male - P50 - Wheelchair Classes - Final
16:45	Freestyle / Black Belts / Pairs Over 17 - Final	Over 30 Male - P50 Wheelchair Classes - Final
16:50		Over 30 Female - P50 Wheelchair Classes - Final
16:55	Freestyle / Black Belts / Mixed Team Final	BREAK
17:00		Junior Male - P60 - Deaf - Final
17:05		Under 30 Male - P60 - Deaf - Final
17:10		Under 30 Female - P60 - Deaf - Final
17:15	Female Overall Champion	Over 30 Male - P60 - Deaf - Final
17:20		Junior Female - P70 - Short Stature - Final
17:25	BREAK	
17:30		
17:35	Male Overall Champion	
17:40		
17:45		
17:50		
17:55		
18:00		
18:05		
18:10		
18:15		
18:20		
18:25		
18:30		
18:35		
18:40		