

Lents Taekwondo & Worldwide Sports Online present:

4th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

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

Day 5 - Recognized Poomsae Saturday, May 8th

Time (CEST, GMT +2)	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 Facebook & YouTube Lents Taekwondo
12:00		Cadet Color Belt (10-7 Kup) Individual Male Final
12:05		
12:10		
12:15	Kids Under 11 Black Belt	
12:20	Individual Female Final	Cadet Color Belt (2-1 Kup)
12:25		Individual Female Final
12:30		
12:35		
12:40		
12:45		
12:50	Kids Under 11 Black Belt	
12:55	Individual Male Final	Cadet Color Belt (2-1 Kup)
13:00		Individual Male Final
13:05		
13:10		
13:15		
13:20	BREAK	
13:25		
13:30		BREAK
13:35		
13:40	Kids Under 11 Color Belt (10-7 Kup)	
13:45	Individual Female Final	Cadet Color Belt (6-3 Kup)
13:50		Individual Female Final
13:55		
14:00		
14:05		
14:10		
14:15		
14:20	Kids Under 11 Color Belt (10-7 Kup)	Cadet Color Belt (6-3 Kup) Individual Male Final
14:25	Individual Male Final	
14:30		Cadet Color Belt (10-7 Kup) Individual Female Final
14:35		
14:40		
14:45		
14:50		
14:55		
15:00		
15:05	BREAK	
15:10		BREAK
15:15		
15:20		
15:25		
15:30		
15:35	Kids Under 11 Color Belt (2-1 Kup)	Junior Black Belt
15:40	Individual Female Final	Individual Female Final
15:45		
15:50		



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Time (CEST, GMT +2)	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 Facebook & YouTube Lents Taekwondo
15:50	Kids Under 11 Color Belt (2-1 Kup) Individual Female Final	Junior Black Belt Individual Female Final
15:55		
16:00		
16:05		
16:10	Kids Under 11 Color Belt (2-1 Kup) Individual Male Final	Junior Black Belt Individual Male Final
16:15		
16:20		
16:25		
16:30		
16:35		
16:40		
16:45	BREAK	BREAK
16:50		
16:55	Kids Under 11 Color Belt (6-3 Kup) Individual Female Final	Junior Color Belt (10-7 Kup) Individual Female Final
17:00		
17:05		
17:10		Junior Color Belt (2-1 Kup) Individual Female Final
17:15		
17:20		
17:25		
17:30	Kids Under 11 Color Belt (6-3 Kup) Individual Male Final	Junior Color Belt (2-1 Kup) Individual Male Final
17:35		
17:40		
17:45		
17:50		
17:55		
18:00		
18:05		
18:10		
18:15	BREAK	BREAK
18:20		Junior Color Belt (6-3 Kup) Individual Male Final
18:25	Cadet Black Belt Individual Female Final	
18:30		
18:35		
18:40		Junior Color Belt (6-3 Kup) Individual Female Final
18:45		
18:50		
18:55		
19:00	Cadet Black Belt Individual Male Final	Over 17 Color Belt (10-7 Kup) Individual Female Final
19:05		
19:10		
19:15		
19:20		
19:25		
19:30		
19:35		

