

# 2<sup>nd</sup> LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

[www.youtube.com/LentsTaekwondo](http://www.youtube.com/LentsTaekwondo)    [www.facebook.com/LentsTaekwondo](http://www.facebook.com/LentsTaekwondo)

## Recognized Poomsae Schedule - Day 3 - Nov. 7, 2020

Time (CET, GMT +1)	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 YouTube Lents Taekwondo	Ring 3 YouTube Lents Taekwondo
12:00	Junior Male Black Belt SEMI-FINAL	THF Refugees Recognized Poomsae Individual Male SEMI-FINAL	Kids Under 11 Male Color Belt (10th - 7th Kup) FINAL
12:05			
12:10			
12:15			
12:20			
12:25			
12:30			
12:35			
12:40			
12:45			
12:50	BREAK	BREAK	BREAK
12:55	Junior Female Black Belt SEMI-FINAL	Cadet Female Color Belt (10th - 7th Kup) FINAL	Kids Under 11 Female Color Belt (10th - 7th Kup) FINAL
13:00			
13:05			
13:10			
13:15			
13:20			
13:25			
13:30			
13:35			
13:40			
13:45	BREAK	BREAK	BREAK
13:50	Junior Female Black Belt SEMI-FINAL	Over 17 Female Color Belt (10th - 7th Kup) FINAL	Cadet Male Color Belt (10th - 7th Kup) FINAL
13:55			
14:00			
14:05			
14:10			
14:15			
14:20			
14:25			
14:30			
14:35			
14:40	Kids Under 11 Female Color Belt (6th - 3rd Kup) FINAL	Junior Female Color Belt (10th - 7th Kup) FINAL	Junior Female Color Belt (10th - 7th Kup) FINAL
14:45			
14:50			
14:55			
15:00			
15:05			
15:10			
15:15			
15:20			
15:25			
15:30	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
15:35			
15:40			
15:45			
15:50			
15:55			
16:00			
16:05			
16:10			
16:15			
16:20	BREAK	BREAK	BREAK
16:25	Junior Female Black Belt SEMI-FINAL	Kids Under 11 Female Color Belt (6th - 3rd Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
16:30			
16:35			
16:40			
16:45			
16:50			
16:55			
17:00			
17:05			
17:10			
17:15	BREAK	BREAK	BREAK
17:20	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
17:25			
17:30			
17:35			
17:40			
17:45			
17:50			
17:55			
18:00			
18:05			
18:10	BREAK	BREAK	BREAK
18:15	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
18:20			
18:25			
18:30			
18:35			
18:40			
18:45			
18:50			
18:55			
19:00			
19:05	BREAK	BREAK	BREAK
19:10	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
19:15			
19:20			
19:25			
19:30			
19:35			
19:40			
19:45			
19:50			
19:55			
20:00	BREAK	BREAK	BREAK
20:05	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
20:10			
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20:45			
20:50			
20:55	BREAK	BREAK	BREAK
21:00	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
21:05			
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21:40			
21:45			
21:50	BREAK	BREAK	BREAK
21:55	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
22:00			
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22:35			
22:40			
22:45	BREAK	BREAK	BREAK
22:50	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
22:55			
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23:30			
23:35			
23:40	BREAK	BREAK	BREAK
23:45	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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00:35	BREAK	BREAK	BREAK
00:40	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
00:45			
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01:20			
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01:30	BREAK	BREAK	BREAK
01:35	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
01:40			
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02:15			
02:20			
02:25	BREAK	BREAK	BREAK
02:30	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
02:35			
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03:20	BREAK	BREAK	BREAK
03:25	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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04:15	BREAK	BREAK	BREAK
04:20	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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05:10	BREAK	BREAK	BREAK
05:15	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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06:05	BREAK	BREAK	BREAK
06:10	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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07:00	BREAK	BREAK	BREAK
07:05	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
07:10			
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07:45			
07:50			
07:55	BREAK	BREAK	BREAK
08:00	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
08:05			
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08:45			
08:50	BREAK	BREAK	BREAK
08:55	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
09:00			
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09:45	BREAK	BREAK	BREAK
09:50	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
09:55			
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10:40	BREAK	BREAK	BREAK
10:45	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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11:35	BREAK	BREAK	BREAK
11:40	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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12:30	BREAK	BREAK	BREAK
12:35	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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13:25	BREAK	BREAK	BREAK
13:30	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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14:20	BREAK	BREAK	BREAK
14:25	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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15:15	BREAK	BREAK	BREAK
15:20	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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16:10	BREAK	BREAK	BREAK
16:15	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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17:05	BREAK	BREAK	BREAK
17:10	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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18:00	BREAK	BREAK	BREAK
18:05	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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18:55	BREAK	BREAK	BREAK
19:00	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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19:50	BREAK	BREAK	BREAK
19:55	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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20:45	BREAK	BREAK	BREAK
20:50	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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21:40	BREAK	BREAK	BREAK
21:45	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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22:35	BREAK	BREAK	BREAK
22:40	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
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23:30	BREAK	BREAK	BREAK
23:35	Junior Female Black Belt SEMI-FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL	Over 17 Male Color Belt (10th - 7th Kup) FINAL
23:40			
23:45			
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23:55			

# 2<sup>nd</sup> LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2020

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## Recognized Poomsae Schedule - Day 3 - Nov. 7, 2020

Time (CET, GMT +1)	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 YouTube Lents Taekwondo	Ring 3 YouTube Lents Taekwondo	
15:10	Under 30 Male Black Belt SEMI-FINAL	Kids Under 11 Male Color Belt (6th - 3rd Kup) FINAL	Cadet Female Color Belt (6th - 3rd Kup) FINAL	
15:15		Cadet Male Color Belt (6th - 3rd Kup) FINAL		BREAK
15:20			BREAK	
15:25		BREAK		Junior Female Color Belt (6th - 3rd Kup) FINAL
15:30			Over 17 Female Color Belt (6th - 3rd Kup) FINAL	Over 17 Male Color Belt (6th - 3rd Kup) FINAL
15:35		Kids Under 11 Female Color Belt (2nd - 1st Kup) FINAL		BREAK
15:40			Kids Under 11 Male Color Belt (2nd - 1st Kup) FINAL	
15:45		Under 30 Female Black Belt SEMI-FINAL		Cadet Female Color Belt (2nd - 1st Kup) FINAL
15:50			Cadet Female Color Belt (2nd - 1st Kup) FINAL	
15:55		BREAK		BREAK
16:00	BREAK		BREAK	
16:05		BREAK		BREAK
16:10	BREAK		BREAK	
16:15		BREAK		BREAK
16:20	BREAK		BREAK	
16:25		BREAK		BREAK
16:30	BREAK		BREAK	
16:35		BREAK		BREAK
16:40	BREAK		BREAK	
16:45		BREAK		BREAK
16:50	BREAK		BREAK	
16:55		BREAK		BREAK
17:00	BREAK		BREAK	
17:05		BREAK		BREAK
17:10	BREAK		BREAK	
17:15		BREAK		BREAK
17:20	BREAK		BREAK	
17:25		BREAK		BREAK
17:30	BREAK		BREAK	
17:35		BREAK		BREAK
17:40	BREAK		BREAK	
17:45		BREAK		BREAK
17:50	BREAK		BREAK	
17:55		BREAK		BREAK
18:00	BREAK		BREAK	
18:05		BREAK		BREAK
18:10	BREAK		BREAK	
18:15		BREAK		BREAK