

Timetable Open Hanmadang 2023

Poomsae veld A

9:30	0:15 Poomsae_ind M A 16 tem 18
9:45	0:10 Poomsae_ind F PARA A 19 tem 30
9:55	0:15 Poomsae_ind F A 19 tem 30
10:10	0:15 Poomsae_ind M A 19 tem 39
10:25	0:10 Poomsae_team B
10:35	0:15 Poomsae_team D-C
10:50	0:10 Poomsae_ind M B 10 tem 12
11:00	0:10 Poomsae_ind M B 10 tem 12
11:10	0:20 Poomsae_ind M B 13 tem 15
11:30	0:15 Poomsae_ind M B 19 tem 29
11:45	0:10 Poomsae_ind M B 40 tem 49

Pauze om 11:55

Duur pauze 1:05

13:00	0:15 Poomsae_ind F C 13 tem 15
13:15	0:10 Poomsae_ind F C 30 tem 39
13:25	0:10 Poomsae_ind F B 13 tem 15
13:35	0:25 Poomsae_ind F B 16 tem 18
14:00	0:15 Poomsae_ind F B 19 tem 29

Einde veld A 14:15

Hoogtesprong veld C

10:00	0:25 Hoogtesprong F tem 9
10:25	0:45 Hoogtesprong F 10 tem 12
11:10	0:20 Hoogtesprong F 13 tem 15
11:30	0:25 Hoogtesprong F 16 tem 18
11:55	0:25 Hoogtesprong F tem > 18

Pauze om 12:20

Duur pauze 0:40

13:00	0:20 Hoogtesprong M tem 9
13:20	0:45 Hoogtesprong M 10 tem 12
14:05	0:25 Hoogtesprong M 13 tem 15
14:30	0:20 Hoogtesprong M 18 en ouder

Einde veld C 14:50

Poomsae veld B

9:30	0:10 Poomsae_paar D tem 9
9:40	0:10 Poomsae_paar D 10 tem 12
9:50	0:20 Poomsae_paar B 9 tem 16
10:10	0:15 Poomsae_paar B familie
10:25	0:15 Poomsae_paar B-A 30-49
10:40	0:15 Poomsae_ind M D tem 9
10:55	0:10 Poomsae_ind M C tem 9
11:05	0:20 Poomsae_ind M C 10 tem 12
11:25	0:20 Poomsae_ind M C 13 tem 15
11:45	0:15 Poomsae_ind M C 29 tem 39

Pauze om 12:00

Duur pauze 1:00

13:00	0:10 Poomsae_ind F D tem 9
13:10	0:20 Poomsae_ind F C 10 tem 12
13:30	0:15 Creative poomsae paar
13:45	0:15 Allround breaking M Dangraden
14:00	0:10 Allround breaking M kupgraden
14:10	0:15 Momdollyo F
14:25	0:10 Momdollyo M
14:35	0:15 Zelfverdediging

Einde veld B 14:50

Vertesprong veld D

10:00	0:10 Vertesprong M tem 9
10:10	0:30 Vertesprong M 10 tem 12
10:40	0:40 Vertesprong M 13 tem 15
11:20	0:30 Vertesprong M tem 16 en ouder

Pauze om 11:50

Duur pauze 0:55

12:45	0:15 Vertesprong F tem 9
13:00	0:20 Vertesprong F 13 tem 15
13:20	0:10 Vertesprong F 16 tem 18

Einde veld D 13:30

Powerbreaking veld E

14:00	0:10 Power meshand F kupgraden
14:10	0:10 Power meshand F dangraden
14:20	0:15 Power meshand M kupgraden
14:35	0:25 Power meshand M dangraden
15:00	0:10 Power vuist M dangraden
15:10	0:15 Power voet M dangraden

Einde veld E 15:25