

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

www.youtube.com/LentsTaekwondo

www.facebook.com/LentsTaekwondo

Recognized Poomsae Day 2 24 July 2021

Time (CEST, GMT +2)	Ring 1 Facebook & YouTube Lents Taekwondo
12:10	Kids Under 11/ Individual Male/ Color Belts 10th - 7th Kup/ Final
12:15	
12:20	
12:25	
12:30	
12:34	Kids Under 11/ Individual Female /Color Belts 10th - 7th Kup/ Final
12:38	
12:42	Kids Under 11/ Individual Male/ Color Belts 6th - 3rd Kup/ Final
12:50	
12:55	
13:02	
13:06	Kids Under 11/ Individual Female/ Color Belts 6th - 3rd Kup/ Final
13:10	
13:14	
13:18	
13:22	Kids Under 11/ Individual Male/ Color Belts 2nd - 1st Kup/ Final
13:26	
13:30	Kids Under 11/ Individual Female / Color Belts 2nd - 1st Kup/ Final
13:34	
13:42	
13:46	Cadet/ Individual Female/ Color Belts 10th - 7th Kup/ Final
13:54	
13:58	BREAK
14:08	Cadet/ Individual Female/ Color Belts 6th - 3rd Kup/ Final
14:12	
14:16	
14:20	Cadet/ Individual Male/ Color Belts 2nd - 1st Kup/ Final
14:24	
14:28	
14:32	
14:36	Cadet Individual Female/ Color Belts: 2nd - 1st Kup/ Final
14:40	
14:44	
14:48	
14:52	Junior Individual Male/ Color Belts: 6th - 3rd Kup/ Final
14:56	
15:08	Junior Individual Female/ Color Belts 2nd - 1st Kup/ Final
15:12	
15:20	
15:24	
15:28	Over 17 Individual Male/ Color Belts: 10th - 7th Kup/ Final
15:32	
15:36	
15:44	Over 17 Individual Male/ Color Belts 6th - 3rd Kup/ Final
15:48	
16:00	Break 30 min
16:10	
16:18	

Time (CEST, GMT +2)	Ring 1 Facebook & YouTube Lents Taekwondo
16:18	Over 17/ Individual Male/ Color Belts 2nd - 1st Kup/ Final
16:22	
16:26	Over 17/ Individual Female/ Color Belts 6th - 3rd Kup/ Final
16:30	
16:34	Over 17/ Individual Female/ Color Belts: 2nd - 1st Kup/ Final
16:38	
16:43	Kids Under 11/ Individual Male/ Black Belts/ Semifinal
16:48	
16:53	
16:58	
17:03	
17:08	
17:13	
17:18	
17:23	
17:33	
17:38	BREAK 10 min
17:43	
17:50	Kids Under 11/ Individual Male/ Black Belts/ Final
17:53	
17:58	
18:03	
18:08	
18:13	
18:18	
18:23	Kids Under 11/ Individual Female/ Black Belts/ Semifinal
18:28	
18:33	
18:38	
18:43	
18:48	
19:03	BREAK 10 min
19:13	
19:18	Kids Under 11/ Individual Female/ Black Belts/ Final
19:23	
19:28	
19:33	
19:38	
19:43	
19:48	
19:53	
19:58	
20:03	

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Time (CEST, GMT +2)	Ring 2 Facebook & YouTube Lents Taekwondo
12:10	Cadet/ Individual Male/ Black Belts/ Semifinal
12:15	
12:20	
12:25	
12:30	
12:35	
12:40	
12:45	
12:50	
12:55	
13:00	
13:05	
13:10	
13:15	
13:20	
13:25	BREAK 10 min
13:30	Cadet/ Individual Male/ Black Belts/ Final
13:35	
13:40	
13:45	
13:50	
14:05	
14:10	Cadet/ Individual Female/ Black Belts/ Semifinal
14:15	
14:20	
14:25	
14:30	
14:35	
14:40	
14:45	
14:50	
14:55	
15:00	
15:05	
15:10	
15:15	
15:20	
15:25	
15:30	Break 30 min
15:35	
15:40	
15:45	

Time (CEST, GMT +2)	Ring 2 Facebook & YouTube Lents Taekwondo
15:50	Cadet/ Individual Female/ Black Belts/ Final
15:55	
16:00	
16:05	
16:10	
16:15	
16:20	
16:25	Junior/ Individual Male/ Black Belts/ Final
16:30	
16:35	
16:40	
16:45	
16:50	
16:55	
17:00	Junior/ Individual Female/ Black Belts/ Semifinal
17:05	
17:10	
17:20	
17:30	
17:40	
17:45	
17:50	
18:00	
18:10	
18:20	
18:30	
18:35	BREAK 10 min
18:45	Junior/ Individual Female/ Black Belts/ Final
19:00	
19:15	
19:20	Over 17/ Pairs/ Black Belts/ Final
19:25	
19:30	Over 17/ Pairs/ Color Belts / Final
19:35	
19:40	Under 17/ Pairs/ Black Belts/ Final
19:45	
19:50	
19:54	Under 17/ Pairs/ Color Belts/ Final
19:59	