

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

www.youtube.com/LentsTaekwondo

www.facebook.com/LentsTaekwondo

Recognized Poomsae Day 3 25 July 2021

Time (CEST, GMT +2)	Ring 1 Facebook & YouTube Lents Taekwondo
12:10	Under 17 / Female Team / Black Belts / Final
12:15	Over 17 / Female Team / Black Belts / Final
12:20	Over 17 / Male Team / Black Belts / Final
12:25	Under 30 / Individual Male / Black Belts / Semifinal
12:30	
12:35	
12:40	
12:45	
12:50	
12:55	
13:00	
13:05	
13:10	
13:15	BREAK 10 min
13:20	
13:25	Under 30 / Individual Male / Black Belts / Final
13:35	
13:40	
13:45	
13:50	
13:55	
14:00	
14:05	
14:10	
14:15	
14:20	
14:25	
14:30	
14:35	
14:40	
14:40	
14:45	
14:50	
14:55	BREAK 30 min
15:00	
15:05	
15:10	Under 50 / Individual Male / Black Belts / Semifinal
15:15	
15:20	
15:25	
15:30	
15:35	
15:40	
15:45	
15:50	
15:55	
16:10	
16:15	

Time (CEST, GMT +2)	Ring 1 Facebook & YouTube Lents Taekwondo
16:20	BREAK 10 min
16:25	
16:30	Under 50 / Individual Male / Black Belts / Final
16:35	
16:40	
16:45	
16:45	
16:50	
16:55	Under 60 / Individual Male / Black Belts / Final
17:00	
17:05	
17:10	
17:15	
17:20	Under 65 / Individual Male / Black Belts / Final
17:25	
17:30	
17:35	
17:40	Over 65 / Individual Male / Black Belts / Final
17:45	
17:50	BREAK 10 min
17:55	
18:00	
18:05	
18:10	
18:15	
18:20	
18:25	
18:30	
18:35	
18:40	Male Overall Champion
18:45	
18:50	
18:55	
19:00	
19:05	
19:05	

5th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

www.youtube.com/LentsTaekwondo

www.facebook.com/LentsTaekwondo

Recognized Poomsae Day 3 25 July 2021

Time (CEST, GMT +2)	Ring 2 Facebook & YouTube Lents Taekwondo
12:10	
12:15	
12:20	
12:25	
12:30	
12:35	
12:40	
12:45	Under 30 / Individual Female /
12:50	Black Belts /
12:55	Semifinal
13:00	
13:05	
13:10	
13:15	
13:20	
13:25	
13:30	
13:35	
13:40	
13:45	BREAK 10 min
13:50	
13:55	
14:00	
14:05	
14:10	Under 30 /
14:15	Individual Female / Black Belts /
14:20	Final
14:25	
14:30	
14:35	
14:40	
14:45	Under 40 /
14:50	Individual Female / Black Belts /
14:55	Semifinal
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	
15:55	
16:00	Under 40 /
16:05	Individual Female / Black Belts /
16:10	Final
16:15	
16:20	
16:25	
16:30	
16:35	
16:40	Under 50 /
16:45	Individual Female / Black Belts /
16:50	Final
16:55	
17:00	
17:05	
17:10	BREAK 10 min
17:20	Under 60 /
17:30	Individual Female / Black Belts / Final
17:35	
17:40	Under 65 /
17:45	Individual Female / Black Belts / Final
17:50	
17:55	
18:00	Over 65 /
18:05	Individual Female / Black Belts / Final
18:10	
18:15	
18:20	BREAK 10 min
18:25	
18:30	
18:35	
18:40	Female Overall Champion
18:45	
18:50	
18:55	
19:00	
19:05	