

TAEKWON-DO ITF - NM - LM - Lag 2025 - OSLO - 2025-11-01

	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7	Ring 8	Ring 9																	
08:30	18480 Herre Sr/Veteran Spes.Tek. 1-6 Dan (19) 08:30 - 10:25	25260 Dame Sr. Mønster 2 Dan (22) 08:30 - 09:55	25250 Dame Sr. Mønster 1 Dan (16) 08:30 - 09:30	22250 Dame Eldre Jr. Mønster 1 Dan (24) 08:30 - 10:05	22261 Dame Eldre Jr. Mønster 2-3 Dan (9) 08:30 - 09:05	27250 Dame Veteran Mønster 1 Dan (8) 08:30 - 09:00	11240 Herre Jr. Mønster 2-1 Gup (23) Pool 1/2 08:30 - 09:35	21240 Dame Jr. Mønster 2-1 Gup (19) Pool 1/2 08:30 - 09:25	25240 Dame Sr. Mønster 2-1 Gup (13) 08:30 - 09:05																	
08:35																										
08:40					28480 Dame Sr./Veteran Spes.Tek. 1-6 Dan (11) 10:30 - 11:35	15260 Herre Sr. Mønster 2 Dan (12) 10:35 - 11:20			12250 Herre Eldre Jr. Mønster 1 Dan (26) 09:35 - 11:15	15250 Herre Sr. Mønster 1 Dan (20) 10:20 - 11:35	17270 Herre Veteran Mønster 3 Dan (6) 10:30 - 10:55	12261 Herre Eldre Jr. Mønster 2-3 Dan (5) 10:35 - 10:55	12240 Herre Eldre Jr. Mønster 2-1 Gup (21) 10:40 - 11:40	20240 Dame Yngre Jr. Mønster 2-1 Gup (32) 10:45 - 12:20	21240 Dame Jr. Mønster 2-1 Gup (2) Final											
08:45																										
08:50											Lunsj 11:40 - 12:25 (00:45)	15280 Herre Sr. Mønster 4-6 Dan (5) 11:25 - 11:45			15270 Herre Sr. Mønster 3 Dan (10) 11:20 - 11:55	21250 Dame Yngre Jr. & Jr. Mønster 1 Dan (21) 11:00 - 12:20	35250 Herre U21 Mønster 1 Dan (4) 11:00 - 11:15	Lunsj 11:20 - 12:05 (00:45)	Lunsj 11:40 - 12:25 (00:45)	22240 Dame Eldre Jr. Mønster 2-1 Gup (22) 11:05 - 12:10						
08:55																										
09:00																	Lunsj 11:50 - 12:35 (00:45)				Lunsj 12:00 - 12:45 (00:45)	Lunsj 11:40 - 12:25 (00:45)	Lunsj 11:40 - 12:25 (00:45)	Lunsj 11:40 - 12:25 (00:45)	Lunsj 11:40 - 12:25 (00:45)	Lunsj 12:10 - 12:55 (00:45)
09:05																										
09:10																										
09:15																										
09:20																										
09:25																										
09:30																										
09:35																										
09:40																										
09:45																										
09:50																										
09:55																										
10:00																										
10:05																										
10:10																										
10:15																										
10:20																										
10:25																										
10:30																										
10:35																										
10:40																										
10:45																										
10:50																										
10:55																										
11:00																										
11:05																										
11:10																										
11:15																										
11:20																										
11:25																										
11:30																										
11:35																										
11:40																										
11:45																										
11:50																										
11:55																										
12:00																										
12:05																										
12:10																										
12:15																										
12:20																										

TAEKWON-DO ITF - NM - LM - Lag 2025 - OSLO - 2025-11-01

	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7	Ring 8	Ring 9
12:25									
12:30									
12:35									
12:40									
12:45									
12:50		<u>25280 Dame Sr.</u> <u>Mønster 4-6 Dan (5)</u> Pool 1/1 12:45 - 13:00			<u>Lunsj</u> 12:25 - 13:10 (00:45)				
12:55	<u>22470 Dame Eldre Jr.</u> <u>Spes.Tek. 1-3 Dan (14)</u> 12:30 - 13:25	<u>25280 Dame Sr.</u> <u>Mønster 4-6 Dan (2)</u> Repechage		<u>15180 Herre Sr. Sparring</u> <u>1-6 Dan -63 kg (8)</u> Pool 1/1 12:30 - 13:20		<u>59551 Alle Jr.</u> <u>Trad.Sparring 1-3 Dan (9)</u> 12:45 - 13:25	<u>10240 Herre Yngre Jr.</u> <u>Mønster 2-1 Gup (21)</u> 12:25 - 13:25	<u>Lunsj</u> 12:30 - 13:15 (00:45)	
13:00			<u>45250 Dame U21</u> <u>Mønster 1 Dan (9)</u> 12:50 - 13:25						
13:05									
13:10					<u>17250 Herre Veteran</u> <u>Mønster 1 Dan (4)</u> 13:10 - 13:25				<u>17240 Herre Veteran</u> <u>Mønster 2-1 Gup (9)</u> 13:00 - 13:25
13:15		<u>58590 Sr./Veteran</u> <u>Trad.Sparring 1-6 Dan (2)</u>							
13:20									
13:25									
13:30									
13:35									
13:40			<u>Offisiell åpning</u> 13:30 - 14:00 (00:30)						
13:45									
13:50		<u>Offisiell åpning</u> 13:30 - 14:10 (00:40)							
13:55									
14:00			<u>25280 Dame Sr.</u> <u>Mønster 4-6 Dan (2)</u> Final 14:00 - 14:10						
14:05	<u>Offisiell åpning</u> 13:30 - 14:45 (01:15)			<u>Offisiell åpning</u> 13:30 - 14:45 (01:15)	<u>Offisiell åpning</u> 13:30 - 14:45 (01:15)	<u>Offisiell åpning</u> 13:30 - 14:45 (01:15)	<u>Offisiell åpning</u> 13:30 - 14:45 (01:15)	<u>Offisiell åpning</u> 13:30 - 14:45 (01:15)	<u>Offisiell åpning</u> 13:30 - 14:45 (01:15)
14:10		<u>15180 Herre Sr. Sparring</u> <u>1-6 Dan -63 kg (2)</u> Final 14:10 - 14:20							
14:15									
14:20			<u>Offisiell åpning</u> 14:10 - 14:45 (00:35)						
14:25									
14:30		<u>Offisiell åpning</u> 14:20 - 14:45 (00:25)							
14:35									
14:40									
14:45									
14:50	<u>22470 Dame Eldre Jr. Spes.Tek. 1-3 Dan - Fortsettelse</u> 14:45 - 15:20 (00:35)			<u>25186 Dame Sr. Sparring</u> <u>1-6 Dan 70-75 kg (3)</u> 14:45 - 15:10	<u>12177 Herre Eldre Jr. Sparring 1-3 Dan +75 kg (5)</u> 14:45 - 15:25				
14:55		<u>25185 Dame Sr. Sparring</u> <u>1-6 Dan 65-70 kg (8)</u> 14:45 - 15:40							
15:00									
15:05									
15:10									
15:15									
15:20									
15:25									
15:30			<u>15184 Herre Sr. Sparring</u> <u>1-6 Dan 69-75 kg (12)</u> 14:45 - 16:15						
15:35									
15:40									
15:45	<u>12470 Herre Eldre Jr. Spes.Tek. 1-3 Dan (20)</u> 15:30 - 17:30			<u>25184 Dame Sr. Sparring</u> <u>1-6 Dan 60-65 kg (6)</u> 15:15 - 16:05					
15:50									
15:55		<u>15187 Herre Sr. Sparring</u> <u>1-6 Dan +87 kg (6)</u> 15:45 - 16:35			<u>15183 Herre Sr. Sparring</u> <u>1-6 Dan 63-69 kg (11)</u> 15:30 - 16:50				
16:00									
16:05						<u>15186 Herre Sr. Sparring</u> <u>1-6 Dan 81-87 kg (3)</u> 15:55 - 16:20	<u>25183 Dame Sr. Sparring</u> <u>1-6 Dan 55-60 kg (7)</u> 15:45 - 16:40	<u>25187 Dame Sr. Sparring</u> <u>1-6 Dan +75 kg (6)</u> 15:45 - 16:35	<u>45174 Dame U21 Sparring 1-3 Dan 60-65 kg (5)</u> 15:40 - 16:20

TAEKWON-DO ITF - NM - LM - Lag 2025 - OSLO - 2025-11-01									
	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7	Ring 8	Ring 9
16:10				25180 Dame Sr. Sparring 1-6 Dan -55 kg (5) 16:10 - 16:50					
16:15									
16:20									
16:25			15185 Herre Sr. Sparring 1-6 Dan 75-81 kg (7) 16:20 - 17:15			22170 Dame Eldre Jr. Sparring 1-3 Dan -53 kg (6) 16:25 - 17:15			22175 Dame Eldre Jr. Sparring 1-3 Dan 57-61 kg (7) 16:25 - 17:20
16:30									
16:35									
16:40		22174 Dame Eldre Jr. Sparring 1-3 Dan 53-57 kg (5) 16:40 - 17:20		22177 Dame Eldre Jr. Sparring 1-3 Dan +65 kg (4) 16:55 - 17:30			22176 Dame Eldre Jr. Sparring 1-3 Dan 61-65 kg (4) 16:45 - 17:20	35174 Herre U21 Sparring 1-3 Dan 69-75 kg (5) 16:40 - 17:20	
16:45									
16:50									
16:55									
17:00									
17:05									
17:10									
17:15									
17:20									
17:25									

TAEKWON-DO ITF - NM - LM - Lag 2025 - OSLO - 2025-11-02

	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7	Ring 8	Ring 9		
09:00	28390 Dame Sr./Veteran Knusing 1-6 Dan (21) 09:00 - 11:30	17184 Herre Veteran Sparring 1-6 Dan +84 kg (9) 09:00 - 09:25	17180 Herre Veteran Sparring 1-6 Dan -76 kg (5) 09:00 - 09:15	21174 Dame Jr. Sparring 1-3 Dan 53-57 kg (8) 09:00 - 09:55	11470 Herre Jr. Spes.Tek. 1-3 Dan (8) 09:00 - 09:50	21175 Dame Jr. Sparring 1-3 Dan 57-61 kg (4) 09:00 - 09:35	10104 Herre Yngre Jr. Sparring 2-1 Gup - 1-3 DAN 50-55 Kg (4) 09:00 - 09:15	11150 Herre Jr. Sparring 2-1 Gup -55 Kg (5) 09:00 - 09:20	21140 Dame Jr. Sparring 2-1 Gup -49 Kg (4) 09:00 - 09:15		
09:05											
09:10											
09:15											
09:20							27180 Dame Veteran Sparring 1-6 Dan -67 kg (5) 09:20 - 09:35		20104 Dame Yngre Jr. Sparring 2-1 Gup - 1-3 DAN 48-52 Kg (5) 09:20 - 09:40	21143 Dame Jr. Sparring 2-1 Gup 49-53 Kg (5) 09:25 - 09:45	11153 Herre Jr. Sparring 2-1 Gup 55-60 Kg (5) 09:20 - 09:40
09:25											
09:30		27150 Dame Veteran Sparring 2-1 Gup -67 Kg (3) 09:30 - 09:40									
09:35											
09:40											
09:45		27154 Dame Veteran Sparring 2-1 Gup +74 Kg (2)	17154 Herre Veteran Sparring 2-1 Gup +84 Kg (6) 09:40 - 10:00			21178 Dame Jr. Sparring 1-3 Dan +61 kg (3) 09:40 - 10:05	10105 Herre Yngre Jr. Sparring 2-1 Gup - 1-3 DAN 55-60 Kg (4) 09:45 - 10:00		21144 Dame Jr. Sparring 2-1 Gup 53-57 Kg (5) 09:45 - 10:05		
09:50								11154 Herre Jr. Sparring 2-1 Gup 60-65 Kg (5) 09:50 - 10:10			
09:55		25150 Dame Sr. Sparring 2-1 Gup -70 Kg (5) 09:55 - 10:10									
10:00											
10:05			15150 Herre Sr. Sparring 2-1 Gup -81 Kg (5) 10:05 - 10:20	11173 Herre Jr. Sparring 1-3 Dan 55-60 kg (6) 10:00 - 10:50	21470 Dame Yngre Jr. & Jr. Spes.Tek. 1-3 Dan (8) 10:05 - 10:55		20105 Dame Yngre Jr. Sparring 2-1 Gup - 1-3 DAN 52-56 Kg (4) 10:05 - 10:20				
10:10		25156 Dame Sr. Sparring 2-1 Gup 70-75 Kg (3) 10:15 - 10:25							21145 Dame Jr. Sparring 2-1 Gup 57-61 Kg (7) 10:15 - 10:40	11155 Herre Jr. Sparring 2-1 Gup 65-70 Kg (10) 10:10 - 10:40	
10:15											
10:20		25157 Dame Sr. Sparring 2-1 Gup +75 Kg (2)	15157 Herre Sr. Sparring 2-1 Gup +87 Kg (4) 10:25 - 10:40		11175 Herre Jr. Sparring 1-3 Dan 65-70 kg (4) 10:10 - 10:45		20106 Dame Yngre Jr. Sparring 2-1 Gup - 1-3 DAN 56-60 Kg (4) 10:25 - 10:40				
10:25											
10:30											
10:35											
10:40			12150 Herre Eldre Jr. Sparring 2-1 Gup -60 Kg (3) 10:40 - 10:50		22140 Dame Eldre Jr. Sparring 2-1 Gup -53 Kg (6) 10:45 - 11:05		10106 Herre Yngre Jr. Sparring 2-1 Gup - 1-3 DAN 60-65 Kg (4) 10:45 - 11:00	11158 Herre Jr. Sparring 2-1 Gup +70 Kg (19) 10:45 - 11:50	21148 Dame Jr. Sparring 2-1 Gup +61 Kg (13) 10:45 - 11:30		
10:45											
10:50											
10:55	12154 Herre Eldre Jr. Sparring 2-1 Gup 60-65 Kg (6) 10:55 - 11:15		11178 Herre Jr. Sparring 1-3 Dan +70 kg (5) 10:55 - 11:35		10100 Herre Yngre Jr. Sparring 2-1 Gup - 1-3 DAN -50 Kg (7) 10:50 - 11:15						
11:00											
11:05											
11:10		12157 Herre Eldre Jr. Sparring 2-1 Gup +75 Kg (6) 11:10 - 11:30				20107 Dame Yngre Jr. Sparring 2-1 Gup - 1-3 DAN +60 Kg (8) 11:05 - 11:30					
11:15											
11:20											
11:25	22145 Dame Eldre Jr. Sparring 2-1 Gup 57-61 Kg (5) 11:20 - 11:40										
11:30						20100 Dame Yngre Jr. Sparring 2-1 Gup - 1-3 DAN -48 Kg (8) 11:20 - 11:45					
11:35		12156 Herre Eldre Jr. Sparring 2-1 Gup 70-75 Kg (4) 11:35 - 11:50					10107 Herre Yngre Jr. Sparring 2-1 Gup - 1-3 DAN +65 Kg (2)				
11:40											
11:45	Lunsj 11:40 - 12:25 (00:45)		Lunsj 11:45 - 12:30 (00:45)	Lunsj 11:30 - 12:15 (00:45)			Lunsj 11:50 - 12:35 (00:45)		Lunsj 12:00 - 12:45 (00:45)	Lunsj 11:40 - 12:25 (00:45)	
11:50											
11:55					22146 Dame Eldre Jr. Sparring 2-1 Gup 61-65 Kg (4) 11:55 - 12:10						
12:00											
12:05											
12:10											
12:15											
12:20					Lunsj 12:15 - 13:00 (00:45)						
12:25											

TAEKWON-DO ITF - NM - LM - Lag 2025 - OSLO - 2025-11-02

	Ring 1	Ring 2	Ring 3	Ring 4	Ring 5	Ring 6	Ring 7	Ring 8	Ring 9
12:30	18390 Herre Sr./Veteran Knusing 1-6 Dan (22) 12:30 - 15:05								
12:35					69200 Herre Alle Jr. Lag Mønster 2-1 Gup - 1-3 Dan (4) Pool 2/2 12:30 - 13:00				
12:40									
12:45									79200 Dame Alle Jr. Lag Mønster 2-1 Gup - 1-3 Dan (3) Pool 4/4 12:40 - 13:00
12:50				69200 Herre Alle Jr. Lag Mønster 2-1 Gup - 1-3 Dan (4) Pool 1/2 12:40 - 13:10		79200 Dame Alle Jr. Lag Mønster 2-1 Gup - 1-3 Dan (3) Pool 1/4 12:45 - 13:05	79200 Dame Alle Jr. Lag Mønster 2-1 Gup - 1-3 Dan (3) Pool 2/4 12:45 - 13:05	79200 Dame Alle Jr. Lag Mønster 2-1 Gup - 1-3 Dan (3) Pool 3/4 12:50 - 13:10	
12:55									
13:00									
13:05									
13:10		78290 Dame Sr./Veteran Lag Mønster 1-6 Dan (5) 12:45 - 13:35							
13:15									
13:20			68290 Herre Sr./Veteran Lag Mønster 1-6 Dan (3) 13:05 - 13:35			79200 Dame Alle Jr. Lag Mønster 2-1 Gup - 1-3 Dan (2) Pool winner 2 13:15 - 13:25	69200 Herre Alle Jr. Lag Mønster 2-1 Gup - 1-3 Dan (2) Final 13:15 - 13:25	79200 Dame Alle Jr. Lag Mønster 2-1 Gup - 1-3 Dan (2) Pool winner 1 13:15 - 13:25	
13:25									
13:30					79200 Dame Alle Jr. Lag Mønster 2-1 Gup - 1-3 Dan (2) Final 13:30 - 13:40				
13:35									
13:40									
13:45									
13:50		72100 Dame Eldre Jr. Lag Sparring 2-1 Gup - 1-3 Dan (2) Pool 1/2 13:50 - 14:10	72100 Dame Eldre Jr. Lag Sparring 2-1 Gup - 1-3 Dan (2) Pool 2/2 13:50 - 14:10	65180 Herre Sr. Lag Sparring 1-6 Dan (3) Pool 1/2 13:50 - 14:30	65180 Herre Sr. Lag Sparring 1-6 Dan (3) Pool 2/2 13:50 - 14:30	71100 Dame Jr. Lag Sparring 2-1 Gup - 1-3 Dan (3) Pool 1/2 13:50 - 14:30	71100 Dame Jr. Lag Sparring 2-1 Gup - 1-3 Dan (3) Pool 2/2 13:50 - 14:30	61100 Herre Jr. Lag Sparring 2-1 Gup - 1-3 Dan (3) Pool 1/2 13:50 - 14:30	61100 Herre Jr. Lag Sparring 2-1 Gup - 1-3 Dan (2) Pool 2/2 13:50 - 14:10
13:55									
14:00									
14:05									
14:10									
14:15									
14:20									
14:25									
14:30									
14:35		75180 Dame Sr. Lag Sparring 1-6 Dan (3) Pool 1/2 14:20 - 15:00	75180 Dame Sr. Lag Sparring 1-6 Dan (3) Pool 2/2 14:20 - 15:00						62100 Herre Eldre Jr. Lag Sparring 2-1 Gup - 1-3 Dan (3) Pool 1/2 14:20 - 15:00
14:40				72100 Dame Eldre Jr. Lag Sparring 2-1 Gup - 1-3 Dan (2) Repechage 14:40 - 15:00	72100 Dame Eldre Jr. Lag Sparring 2-1 Gup - 1-3 Dan (2) Final 14:40 - 15:00	61100 Herre Jr. Lag Sparring 2-1 Gup - 1-3 Dan (2) Repechage 14:40 - 15:00	61100 Herre Jr. Lag Sparring 2-1 Gup - 1-3 Dan (2) Final 14:40 - 15:00	62100 Herre Eldre Jr. Lag Sparring 2-1 Gup - 1-3 Dan (2) Pool 2/2 14:40 - 15:00	
14:45									
14:50									
14:55									
15:00									
15:05									
15:10									
15:15		65180 Herre Sr. Lag Sparring 1-6 Dan (2) Final 15:10 - 15:30	65180 Herre Sr. Lag Sparring 1-6 Dan (2) Repechage 15:10 - 15:30	75180 Dame Sr. Lag Sparring 1-6 Dan (2) Final 15:10 - 15:30	75180 Dame Sr. Lag Sparring 1-6 Dan (2) Repechage 15:10 - 15:30	62100 Herre Eldre Jr. Lag Sparring 2-1 Gup - 1-3 Dan (2) Final 15:10 - 15:30	62100 Herre Eldre Jr. Lag Sparring 2-1 Gup - 1-3 Dan (2) Repechage 15:10 - 15:30	71100 Dame Jr. Lag Sparring 2-1 Gup - 1-3 Dan (2) Repechage 15:10 - 15:30	71100 Dame Jr. Lag Sparring 2-1 Gup - 1-3 Dan (2) Final 15:10 - 15:30
15:20									
15:25									