FIKTA Hiroshi Shirai Karate Do asd 2° Coppa Italia 2026 sabato 25 aprile ore 10:00

tatami 1	tatami 2	tatami 3	tatami 4	tatami 5	tatami 6
10:00 SQ Kata JUN/SEN VERDI-BLU	10:00 SQ Kata ESO GIALLA-ARANCIO	10:00 Eso Kata Sq Open 12 atleti poule 1	10:00 Eso Kata Sq Open 11 atleti poule 1	10:00 Kata MAS F VER-BLU	10:00 SQ Kata SPE/CAD VERDI-BLU
10:05	10:05	10:05	10:05	10:05	10:05
10:10 Kata SPE F verde-blu	10:10 Kata CAD/SPE F GIA-ARA	10:10	10:10	10:10 Kata JUN/SEN F VER-BLU	10:10 Kata CAD F VER-BLU
10:15	10:15	10:15	10:15	10:15	10:15
10:20	10:20	10:20	10:20	10:20	10:20
10:25	10:25	10:25	10:25	10:25 Finale Kara JUN/SEN F VER-BLU	10:25
10:30 Finale Kata SPE F VER-BLU	10:30 Finale Kata CAD/SPE F GIA-ARA	10:30	10:30	10:30	10:30
10:35	10:35	10:35	10:35	10:35 Kata ESO F VER-BLU	10:35
10:40 Kata SPE M Ver-Blu	10:40 Kata JUN/SEN/MAS F GIA-ARA	10:40	10:40	10:40	10:40
10:45	10:45	10:45 Finale Kata SQ ESO MAR-NERA	10:45 Finale Kata SQ ESO VER-BLU	10:45	10:45
10:50	10:50 Kata ESO F GIA-ARA	10:50	10:50	10:50	10:50
10:55 Kata ESO M VER-BLU	10:55	10:55 Kata JIU/SEN M VER-BLU	10:55 Kata CAD/SPE M GIA-ARA	10:55	10:55
11:00	11:00	11:00	11:00	11:00	11:00 Finale kata CAD F VER-BLU
11:05	11:05	11:05	11:05	11:05	11:05
11:10	11:10	11:10 Kata ESO M MAR-NER	11:10 Kata JUN/SEN/MAS M GIA-ARA	11:10	11:10 Kata ESO M GIA-ARA
11:15	11:15	11:15	11:15	11:15	11:15
11:20	11:20	11:20	11:20	11:20	11:20
11:25	11:25	11:25	11:25	11:25	11:25
11:30	11:30	11:30	11:30 Finale Kata JUN/SEN/MAS GIA-ARA	11:30	11:30
11:35	11:35	11:35	11:35	11:35	11:35
11:40	11:40	11:40	11:40 Kata MASTER M VER-BLU	11:40	11:40
11:45	11:45 Finale Kata ESO F GIA-ARA	11:45	11:45	11:45	11:45
11:50	11:50	11:50	11:50	11:50	11:50
11:55	11:55 Kata CAD M VER-BLU	11:55	11:55	11:55	11:55
12:00	12:00	12:00	12:00 Finale Kata MAS M VER-BLU	12:00	12:00
12:05	12:05	12:05	12:05	12:05	12:05
12:10	12:10	12:10	12:10 PAUSA PRANZO	12:10	12:10
12:15	12:15 Finale Kata CAD M VER-BLU	12:15	12:15	12:15	12:15 Finale Kata ESO M GIA-ARA
12:20	12:20	12:20	12:20	12:20	12:20
12:25	12:25 PAUSA PRANZO	12:25	12:25	12:25	12:25 Kata ESO F MAR-NER
12:30	12:30	12:30	12:30	12:30	12:30
12:35	12:35	12:35	12:35	12:35 Finale Kata ESO F VER-BLU	12:35
12:40	12:40	12:40	12:40	12:40	12:40
12:45	12:45	12:45	12:45	12:45 Kata F MAS MAR-1°dan	12:45
12:50	12:50	12:50	12:50	12:50	12:50
12:55	12:55	12:55	12:55	12:55	12:55
13:00	13:00	13:00	13:00 Kumite ESO M VER-BLU	13:00 Mas Kata ind Open 10 atleti poule 1	13:00
13:05	13:05	13:05 Kata ESO M MAR/NER	13:05	13:05	13:05
13:10 PAUSA PRANZO	13:10 Kata MAS M MAR-1°DAN	13:10	13:10	13:10	13:10
13:15	13:15	13:15 PAUSA PRANZO	13:15	13:15	13:15
13:20	13:20	13:20	13:20	13:20	13:20
13:25	13:25	13:25	13:25	13:25 Finale Kata MAS oltre 2°DAN	13:25
13:30	13:30 Finale Kata MAS M MAR/1°DAN	13:30	13:30	13:30	13:30
13:35	13:35	13:35	13:35	13:35 PAUSA PRANZO	13:35
13:40	13:40 Kumite ESO F VER-BLU Poule 2	13:40	13:40	13:40	13:40
13:45	13:45	13:45	13:45	13:45	13:45
13:50	13:50	13:50	13:50	13:50	13:50
13:55 Kumite ESO F VER-BLU Poule 1	13:55	13:55	13:55	13:55	13:55
14:00	14:00	14:00 Kumite ESO F +45Kg MAR-NER	14:00	14:00	14:00 Finale Kata ESO F MAR-NER
14:05	14:05	14:05	14:05	14:05	14:05
14:10	14:10	14:10	14:10	14:10	14:10 PAUSA PRANZO
14:15	14:15	14:15	14:15	14:15	14:15
14:20	14:20	14:20	14:20	14:20 Kumite ESO M -50 MAR-NER	14:20
14:25	14:25	14:25	14:25	14:25	14:25
14:30	14:30	14:30	14:30	14:30	14:30
14:35	14:35	14:35	14:35	14:35	14:35
14:40	14:40	14:40	14:40	14:40	14:40
14:45	14:45	14:45	14:45	14:45	14:45
14:50	14:50	14:50	14:50	14:50	14:50
14:55	14:55	14:55	14:55	14:55	14:55 Kumite ESO M +50Kg MAR-NER
15:00	15:00	15:00	15:00	15:00	15:00
15:05	15:05	15:05	15:05	15:05	15:05
15:10	15:10 Kumite SPE F VER-BLU	15:10	15:10	15:10	15:10
15:15	15:15	15:15	15:15	15:15	15:15
15:20	15:20	15:20	15:20	15:20	15:20
15:25 Finale Kumite ESO F VER-BLU	15:25	15:25	15:25	15:25	15:25
15:30 Kumite ESO F -45 MAR-NER	15:30	15:30	15:30	15:30	15:30
15:35	15:35	15:35	15:35	15:35	15:35
15:40	15:40	15:40	15:40	15:40	15:40
15:45	15:45 Finale Kumite SPE F VER-BLU	15:45 Finale Kumite ESO F + 45 MAR-NER	15:45	15:45	15:45
15:50	15:50 Kumite ESO M GIA-ARA	15:50 Kumite JUN/SEN M GIA-ARA	15:50	15:50	15:50
15:55 Finale Kumite ESO F - 45 MAR-NER	15:55	15:55	15:55	15:55	15:55
16:00 Kumite JUN/SEN F GIA-ARA	16:00	16:00	16:00 Finale Kumite ESO M VER-BLU	16:00	16:00
16:05	16:05	16:05	16:05 Kumite CAD/SPE F GIA-ARA	16:05 Finale Kumite ESO M -50 MAR-NER	16:05
16:10 Eso F Kumite Sq Open 7 squadre *85 minuti*	16:10	16:10	16:10	16:10 Kumite CAD/SPE M GIA-ARA	16:10
16:15	16:15	16:15 Finale Kumite JUN/SEN M GIA-ARA	16:15	16:15	16:15
16:20	16:20	16:20 Kumite ESO F GIA-ARA	16:20	16:20	16:20
16:25	16:25	16:25	16:25	16:25	16:25
16:30	16:30	16:30	16:30 Finale Kumite CAD/SPE F GIA-ARA	16:30	16:30
16:35	16:35	16:35	16:35 Kumite JUN/SEN M VER-BLU	16:35 Finale Kumite CAD/SPE M GIA-ARA	16:35 Finale Kumite ESO M +50 MAR-NER
16:40	16:40	16:40	16:40	16:40 Kumite CAD F VER-BLU	16:40 Eso M Kumite Sq Open 8 squadre *95 minuti*
16:45	16:45	16:45	16:45	16:45	16:45
16:50	16:50	16:50	16:50	16:50	16:50
16:55	16:55	16:55	16:55	16:55	16:55
17:00	17:00	17:00	17:00 Finale Kumite JUN/SEN M VER-BLU	17:00	17:00
17:05	17:05	17:05	17:05 Kumite SPE M VER-BLU	17:05	17:05
17:10	17:10	17:10	17:10	17:10	17:10
17:15	17:15	17:15	17:15	17:15	17:15
17:20	17:20	17:20	17:20	17:20	17:20
17:25	17:25 Finale Kumite ESO M GIA-ARA	17:25 Kumite JUN/SEN F VER-BLU	17:25	17:25	17:25
17:30	17:30	17:30	17:30 Finale Kumite SPE M VER-BLU	17:30	17:30
17:35	17:35	17:35	17:35 Kumite CAD M VER-BLU	17:35	17:35
17:40 Finale Sq Kumite F ESO BLU-MAR-NER	17:40	17:40	17:40	17:40 Finale Kumite CAD F VER-BLU	17:40
17:45	17:45	17:45	17:45	17:45	17:45
17:50	17:50	17:50 Finale Kumite JUN/SEN F VER-BLU	17:50	17:50	17:50
17:55	17:55	17:55	17:55	17:55	17:55
18:00	18:00	18:00	18:00	18:00	18:00
18:05	18:05	18:05	18:05	18:05	18:05
18:10	18:10	18:10	18:10 Finale Kumite CAD M VERD-BLU	18:10	18:10
18:15	18:15	18:15	18:15	18:15	18:15
18:20	18:20	18:20	18:20	18:20	18:20
18:25	18:25	18:25	18:25	18:25	18:25
18:30	18:30	18:30	18:30	18:30	18:30