

**ΠΡΟΓΡΑΜΜΑ ΖΥΓΙΣΗΣ ΓΙΑ ΠΑΝΕΛΛΗΝΙΑ
ΠΡΩΤΑΘΛΗΜΑΤΑ ΠΑΙΔΩΝ - ΚΟΡΑΣΙΔΩΝ
& ΝΕΩΝ ΑΝΔΡΩΝ - ΝΕΩΝ ΓΥΝΑΙΚΩΝ 21-
22/11/2019**

| NO | ΣΩΜΑΤΕΙΟ |
|----|---------------------------------|
| 1 | A.C.Anagennisi |
| 2 | A S THORAX LEFKONA |
| 3 | A. O. ZEYS TKD LAMIAS |
| 4 | A.C AIOLOS |
| 5 | A.C ATHILISI NIKAIAS |
| 6 | A.C ATHLITIS |
| 7 | A.C ALKIMOS XARILAOY |
| 8 | A.c Apollon Rethymnhs |
| 9 | A.C ASTRAPI PATRWN |
| 10 | A.C ATLANTAS PERISTERIOY |
| 11 | A,C, Avantas |
| 12 | A.C ATTALOS METAMORFOSIS |
| 13 | A.C Chaidariou |
| 14 | A.C DYNAMI KORYDALLOU |
| 15 | A.C EKRIXI PATRWN |
| 16 | A.C ELEFSINAS |
| 17 | A.C. IACHI |
| 18 | A.C FOKEAS |
| 19 | A.C NIKEAS ALAISKAS TEAM |
| 20 | A.C OLYMPIAKOS NIKAIAS |
| 21 | A.C PALMOS SKIATHOS |
| 22 | A.C PASPOT IOANNINON |
| 23 | A.C PAUSANIAS EGIO |
| 24 | A.C PERSEAS THESSALONIKI |
| 25 | A.C SEPOLION ARISTION |
| 26 | a.c promitheas mosxatou attikis |
| 27 | A.C TAEKWONDO ABELOKIPON |
| 28 | A.C TAEKWONDO EDESSAS |
| 29 | A.C TAEKWONDO PAPAGOU |
| 30 | A.C TAEKWONDO WTF IOANNINON |
| 31 | A.C THEAGENIS KALLITHEAS |
| 32 | A.C TITANES RODOU |
| 33 | A.C TKD EVRITANIAS |
| 34 | A.C TKD KEUMGANG |
| 35 | A.C Zeus Aspropyrgou |
| 36 | A.C. 'THRIAMVOS' Ilioupolis |
| 37 | A.C. Acharnon K.Paleologos |
| 38 | a.c. aiantas agiou dimitriou |
| 39 | A.C. AIGIOY STRATON |
| 40 | A.C. ALKIMACHOS ZAKYNTHOS |
| 41 | A.C. AMPELONOS EY ZHN |
| 42 | A.C. ANATOLIKOS PYLAIAS |
| 43 | A.C. ANTIMAXOS |
| 44 | A.C. ATRWTOS Kamaterou |
| 45 | A.C. COBRA ILIOU |
| 46 | A.C. DAFNIS |
| 47 | A.C. DIASTRO |
| 48 | A.C. DRAPETSONA |
| 49 | A.C DIAS LARISAS |

| Τετάρτη 20/11/2019 | | |
|-----------------------|--------------|--------------|
| ΑΤΟΜΑ | ΑΤΤΙΚΗ | ΕΠΑΡΧΙΑ |
| | 1 & 2 A/K | 3 & 4 A/K |
| 1 | 16:00 | |
| 2+1 | 16:00 | |
| 1 | 16:00 | |
| 1 | | 16:00 |
| 2 | | 16:00 |
| 2+2 | 16:05 | |
| 1+1 | 16:05 | |
| 1+2 | 16:10 | |
| 5+1 | 16:10 | |
| 5+2 | | 16:05 |
| 1 | 16:15 | |
| 1 | | 16:10 |
| 1 | | 16:10 |
| 3+2 | 16:15 | |
| 3 | | 16:10 |
| 1 | | 16:10 |
| 1 | | 16:10 |
| 1 | | 16:15 |
| 2+3 | | 16:15 |
| 1 | 16:15 | |
| 1+1 | 16:20 | |
| 1+2 | | 16:20 |
| 3+1 | | 16:20 |
| 1 | 16:20 | |
| 3+2 | | 16:25 |
| 3+2 | 16:20 | |
| 5+2 | | 16:30 |
| 2 | 16:25 | |
| 10+3 | | 16:35 |
| 1 | | 16:45 |
| 1 | | 16:45 |
| 1 | | 16:45 |
| 6+7 | | 16:45 |
| 1 | 16:25 | |
| 1+2 | 16:25 | |
| 1 | 16:30 | |
| 2 | 16:30 | |
| 2 | | 16:55 |
| 1+2 | | 16:55 |
| 2 | | 16:55 |
| 4+3 | | 17:00 |
| 1 | | 17:05 |
| 1 | | 17:05 |
| 2+1 | 16:30 | |

| Πέμπτη 21/11/2019 | | |
|----------------------|--------------|--------------|
| ΑΤΟΜΑ | ΑΤΤΙΚΗ | ΕΠΑΡΧΙΑ |
| | 1 & 2 A/K | 3 & 4 A/K |
| 1 | 18:30 | |
| 1 | 18:30 | |
| 2 | 18:30 | |
| 1 | | 18:25 |
| 2 | 18:25 | |
| 2+2 | 18:25 | |
| 2+1 | 18:20 | |
| 3+2 | | 18:25 |
| 3 | | 18:20 |
| 2+1 | | 18:15 |
| 1 | | 18:15 |
| 1+1 | 18:20 | |
| 1 | | 18:15 |
| 2 | | 18:10 |
| 2+2 | | 18:10 |
| 5+2 | | 18:05 |
| 1 | 18:20 | |
| 1 | 18:20 | |
| 1+1 | 18:15 | |
| 1+4 | 18:15 | |
| 1 | | 18:00 |
| 1 | | 18:00 |
| 1 | | 18:00 |
| 1+1 | 18:10 | |
| 1 | | 18:00 |
| 2 | 18:10 | |
| 5+1 | | 17:55 |
| 2+1 | 18:05 | |
| 1+2 | 18:05 | |
| 3+3 | | 17:50 |
| 1+1 | | 17:50 |
| 1 | | 17:50 |
| 9+7 | | 17:40 |
| 3+3 | 17:55 | |
| 1+2 | 17:55 | |
| 1+1 | 17:50 | |
| 1 | | 17:35 |
| 1+1 | | 17:35 |
| 1 | | 17:35 |
| 3+2 | | 17:30 |
| 2+1 | | 17:30 |
| 1 | | 17:25 |

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|-----|--|------|-------|-------|-----|-------|-------|
| 50 | A.C. ENTELECHIA | 6+2 | | 17:05 | 3+2 | | 17:25 |
| 51 | A.C. Flegon | 1 | | 17:15 | 1 | | 17:20 |
| 52 | A.C. Jeon-sa iwanninwn | 3+1 | 16:35 | | 1+3 | 17:50 | |
| 53 | A.C. Kyung Hee | 1+1 | | 17:15 | 2+2 | | 17:20 |
| 54 | A.C. MACEDON | 1 | 16:35 | | | | |
| 55 | A.C. Moiron | 1 | 16:35 | | 1 | 17:50 | |
| 56 | A.C. Nea Dinami Geraka | 2+1 | | 17:15 | 3+1 | | 17:15 |
| 57 | A.C. NIKOMAHOS VOLOU | 1+2 | 16:40 | | 4+2 | 17:45 | |
| 58 | A.C. PARMENION ALEXANDROUPOLIS | 1 | 16:40 | | 1 | 17:40 | |
| 59 | A.C. PILEAS | | | | 1 | | 17:15 |
| 60 | a.c. tae kwon do akrotiriou | | | | 1 | | 17:15 |
| 61 | A.C ORION | 1 | | 17:20 | | | |
| 62 | A.C PAOK | 1 | 16:40 | | | | |
| 63 | A.C. PROTATHLITON GLYFADAS | 1 | | 17:20 | | | |
| 64 | A.C. TAEKWONDO ATTIKOS | | | | 1 | | 17:15 |
| 65 | A.C. TAEKWONDO F.ADAMASTO PNEUMA | | | | 2+1 | 17:40 | |
| 66 | A.C. TAEKWONDO N.AMPLIANHS LAMIAS | 3 | 16:40 | | 1 | 17:40 | |
| 67 | A.C. THISEAS 2003 | 1+1 | | 17:20 | 1 | | 17:10 |
| 68 | A.C. TITANES AMPELOKIPON | 2+2 | 16:45 | | 3 | 17:35 | |
| 69 | A.C. TITORMOS AITOLOAKARNANIAS | 1 | 16:45 | | 1+1 | 17:35 | |
| 70 | A.C. TKD AGIA PARASKEVI | 1+1 | | 17:20 | 1+1 | | 17:10 |
| 71 | A.C. TKD ARION 2005 | 1+1 | | 17:20 | 1 | | 17:10 |
| 72 | A.C. TKD ARTEMIDA | 1 | | 17:25 | 1 | | 17:10 |
| 73 | A.C. TKD ZOGRAFOU | 2 | | 17:25 | 1 | | 17:10 |
| 74 | A.C. VIRONA | 10+3 | | 17:25 | 3+5 | | 17:00 |
| 75 | A.C.'D.IPSILANTIS' | 4+1 | | 17:35 | 1+3 | | 16:55 |
| 76 | A.C.ASTERAS LOUTRAKIOU | 2+1 | 16:45 | | 2 | 17:35 | |
| 77 | A.C MAKEDONIKI ASPIDA KOUFALION | 1 | 16:50 | | | | |
| 78 | A.C.AYTOAMYNA PERISTERIOY | 1 | | 17:40 | 1 | | 16:55 |
| 79 | A.C.MITILINI | 2+2 | 16:50 | | 4+3 | 17:30 | |
| 80 | A.C.NEMESIS ATHENS | 1 | | 17:40 | 1 | | 16:55 |
| 81 | A.C.TAEKWONDO W.T.F. PROMAXOS ORESTIADAS | 2 | 16:50 | | | | |
| 82 | A.G.S IRAKLIS ANO TOUBAS | 4+5 | 16:55 | | 4 | 17:25 | |
| 83 | a.g.s. korydallou | 4+1 | | 17:40 | 2 | | 16:50 |
| 84 | A.G.S. PROTOPOROS | | | | 1 | | 16:50 |
| 85 | A.G.S. TKD ANDROGEOS | | | | 3 | 17:20 | |
| 86 | A.K ORESTIADAS | 1 | 17:00 | | 1+2 | 17:20 | |
| 87 | A.K.POLEMIKWN TEXNWN LAMIAS | 1 | 17:00 | | 1 | 17:20 | |
| 88 | A.M.C KENTAYROS ASTAKOY | | | | 1 | 17:20 | |
| 89 | A.M.S PIGMI PANAITOLIOU | 1 | 17:00 | | 1+1 | 17:15 | |
| 90 | A.O. AIANTAS ASYRMATOU | 3 | | 17:45 | 1+2 | | 16:50 |
| 91 | A.M.P.G.O. O MAKEDONIKOS | 3 | 17:00 | | | | |
| 92 | A.O. TITANES PERISTERIOU | 1 | | 17:45 | 1 | | 16:45 |
| 93 | A.O.G TKD Alexandroupolis | 1 | 17:05 | | 1 | 17:15 | |
| 94 | A.O.G. Pigasos Analipseos | 1 | 17:05 | | 2+3 | 17:15 | |
| 95 | A.S AGXEMAXOS | | | | 1 | | 16:45 |
| 96 | A.S ATROTOS | 2 | 17:05 | | | | |
| 97 | A.S EAR AG.STEFANOU | | | | 2 | | 16:45 |
| 98 | A.S ELPIDES SERRON | | | | 1 | 17:10 | |
| 99 | A.S KERAYNOS AXARNWN | 1 | | 17:45 | | | |
| 100 | A.S Monomaxoi Nigritas | | | | 1 | 17:10 | |
| 101 | A.S. MIRMIDONES PEIRAIA | 1 | | 17:45 | | | |
| 102 | A.S PSAXNWN | 2 | 17:05 | | 1 | 17:10 | |
| 103 | a.s spartacos vrilission | 3 | | 17:45 | 1 | | 16:45 |
| 104 | A.S TAEKWONDO AG.VARVARAS | 1 | | 17:50 | | | |
| 105 | A.S TAEKWONDO SERRON | | | | 1 | | 16:40 |
| 106 | A.S TAEKWONDO ZEYS TRIKKAION | 1 | 17:10 | | 3 | 17:10 | |
| 107 | A.S. AGOGI HERAKLION | 1 | 17:10 | | 1 | 17:10 | |
| 108 | A.S. AGONAS | 2 | | 17:50 | | | |
| 109 | A.S. ASPIS EVOSMOU | | | | 1 | 17:05 | |

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|-----|--------------------------------------|-----|-------|-------|------|-------|-------|
| 110 | A.S. Asterion | 1 | | 17:50 | 2+2 | | 16:40 |
| 111 | A.S. DANAOS ORAIOKASTROU | 1 | 17:10 | | 4+2 | 17:05 | |
| 112 | A.S. DYNAMI PATRWN | 2+8 | 17:15 | | 1+4 | 17:00 | |
| 113 | A.S. ELPIDOS POLIXNI | 1 | 17:25 | | 1+3 | 17:00 | |
| 114 | A.S. Ethnikos 95 | 1+2 | | 17:50 | 2+10 | | 16:30 |
| 115 | A.S. FILIPPOS GIANNITSON | 5+1 | 17:25 | | 4 | 16:55 | |
| 116 | a.s. kaisarianis | 9+1 | | 17:55 | 4+3 | | 16:25 |
| 117 | A.S. KORINTHIAS | 1 | 17:30 | | 1+3 | 16:55 | |
| 118 | a.s. makedones | 1+1 | 17:30 | | 2 | 16:50 | |
| 119 | A.S. MAXITES THESSALONIKIS | 3 | 17:30 | | 1 | 16:50 | |
| 120 | A.S. MONOMAXOS | | | | 1 | 16:50 | |
| 121 | A.S. NEA PAIDEIA XAIDARIOY | | | | 1 | | 16:20 |
| 122 | A.S. NEAPOLEWS | | | | 2 | 16:50 | |
| 123 | A.S. ORESTIS VASILIS XANTHIS 2004 | | | | 2 | 16:45 | |
| 124 | A.S. PARADOSIAKO TAEKWONDO DRAMAS | 1 | 17:30 | | | | |
| 125 | A.S. SARISA | 2+1 | 17:35 | | 1+1 | 16:45 | |
| 126 | A.S. TAEKWONDO KERATSINIOU | 2 | | 18:05 | 3+1 | | 16:20 |
| 127 | A.S. TAEKWONDO MENEMENIS | 4 | 17:35 | | 2 | 16:45 | |
| 128 | A.S. TAEKWONDO PYRGOU PELOPS | 1 | 17:35 | | 1 | 16:45 | |
| 129 | A.S. TKD AETOI MAKEDONIAS | | | | 1+3 | 16:40 | |
| 130 | A.S. TKD ATLANTAS PROSOTSANIS DRAMAS | 4+2 | 17:40 | | 3+1 | 16:40 | |
| 131 | A.S. TKD EVOEWN ISXYS | 1 | 17:45 | | 1 | 16:40 | |
| 132 | A.S. TKD PELOPIDAS | 1 | | 18:05 | 1+1 | | 16:15 |
| 133 | A.S. TRITWNAS ILIOY | 1+1 | | 18:05 | | | |
| 134 | A.S.ARION PATRAS | 1 | 17:45 | | 3+2 | 16:35 | |
| 135 | a.s.athlos kilkis | 1 | 17:45 | | | | |
| 136 | A.S.DIAS IOANNINWN | 3+3 | 17:50 | | 1+4 | 16:35 | |
| 137 | A.S.IFAISTOS | 1 | 17:50 | | 1+4 | 16:30 | |
| 138 | A.S.LARISAS | 2 | 17:55 | | 2+3 | 16:25 | |
| 139 | A.S.N.IONIAS ATTIKIS | 2+2 | | 18:05 | 3+1 | | 16:15 |
| 140 | A.S.PAIANIAS 'PAIAN' | | | | 1 | | 16:15 |
| 141 | A.S.PANORAMATOS | 2 | 17:55 | | 1 | 16:20 | |
| 142 | A.S.POL.T.V.OI PAMMAXOI | 1+1 | 17:55 | | 4 | 16:20 | |
| 143 | a.s.spartakos | 3+2 | 18:00 | | 3+1 | 16:15 | |
| 144 | A.S.TAEKBONTO KAVALAS | 1 | 18:00 | | 1 | 16:15 | |
| 145 | A.S.TAEKWONDO LASSANIS KOZANIS | 1 | 18:00 | | | | |
| 146 | A.S.ZEYS | 1 | | 18:10 | | | |
| 147 | AC APOLLONIOS | | | | 1 | 16:15 | |
| 148 | AC FIGHT CLUB PATRAS | 3+1 | 18:05 | | 4+3 | 16:10 | |
| 149 | A.C KOLONOU ALAISKAS TEAM | 1 | | 18:10 | | | |
| 150 | AC NIKH PAIANIAS GLIKON NERON | 2+1 | | 18:10 | 1+2 | | 16:10 |
| 151 | AC Taekwondo "Doxa" Patras | 2 | 18:05 | | 1 | 16:10 | |
| 152 | AC TKD AIGALEO | 1 | | 18:10 | 1 | | 16:10 |
| 153 | AC TKD MANDRAS | 2+1 | | 18:10 | 2 | | 16:10 |
| 154 | AC. AITHERAS THESSALONIKIS | | | | 1 | 16:05 | |
| 155 | ac.Krites | 1+2 | 18:10 | | 1 | 16:05 | |
| 156 | AGC TRIKALA | 3+1 | 18:10 | | 2 | 16:05 | |
| 157 | A.C. TKD KYPARISSIA | 2+1 | 18:15 | | | | |
| 158 | A.C. DAVID | 1+1 | 18:15 | | | | |
| 159 | AGS KALAMATAS | 4 | 18:15 | | | | |
| 160 | AGS PROTEAS SERRON | 1 | 18:20 | | 2+1 | 16:05 | |
| 161 | AGS XANTHS | 1 | 18:20 | | | | |
| 162 | AIANTAS KOROPIOU | 1 | | 18:15 | 1 | | 16:05 |
| 163 | AO EYPIRIDAI | 1 | | 18:15 | | | |
| 164 | AO GERAKA | 2 | | 18:15 | | | |
| 165 | AO HOLARGOS | | | | 1 | | 16:05 |
| 166 | ARCHAIA OLYMPIA | 1 | | 18:15 | 3+1 | | 16:05 |
| 167 | Argolida Taekwondo Union GSC | 2 | 18:20 | | | | |
| 168 | As Albatros | 1+1 | 18:20 | | 1 | 16:00 | |
| 169 | AS ATTIKH DYNAMH SEPOLION | 7+3 | | 18:20 | 9+3 | | 15:55 |

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| 170 | as dragons viotias | 1 | 18:20 | | 1 | 16:00 | |
| 171 | AS MAIANDROS | 2+3 | | 18:30 | 2+3 | | 15:50 |
| 172 | AS PONTION NEA TRAPEZOUNTA | 1 | | 18:30 | | | |
| 173 | AS POSEIDONAS A.TOUMPAS | 1 | 18:25 | | 1 | 16:00 | |
| 174 | AS THISEAS AITOLOAKARNANIAS | 1+2 | 18:25 | | 1 | 16:00 | |
| 175 | AS TKD AGRINIO | 2 | 18:25 | | 1+1 | 16:00 | |
| 176 | AS TKD ELPIDES KAISARIANIS | 2+2 | | 18:35 | | | |
| 177 | AS TOLMI KILKIS | 2 | 18:25 | | 1 | 15:55 | |
| 178 | Athletic Club Hwarang (Maxites) | 7 | 18:30 | | 3+2 | 15:55 | |
| 179 | Athletic club tirnavos | | | | 2 | 15:50 | |
| 180 | Athlitiki Enosi Santorinis | 1 | 18:30 | | 1 | 15:50 | |
| 181 | ATHLITIKO KENTRO EFKARPIAS ATHLISIS | 1 | 18:35 | | 1+4 | 15:50 | |
| 182 | ATHLITIKOS AGONISTIKOS SYLLOGOS TKD KARDITSAS | 1 | 18:35 | | 4 | 15:45 | |
| 183 | ATLITIKOS SYLLOGOS TALWS | 1 | | 18:35 | | | |
| 184 | ATHLOFOROS THESSALONIKI | 1 | 18:35 | | 1+1 | 15:45 | |
| 185 | athlos aigaleo | | | | 3+3 | | 15:45 |
| 186 | dinami amarousiou | | | | 1 | | 15:40 |
| 187 | EORDAIKI DYNAMI | | | | 1 | 15:45 | |
| 188 | FOTIA | 2+2 | | 18:40 | 2 | | 15:40 |
| 189 | G.A.S. STOXOS | 4+1 | | 18:40 | 3 | | 15:40 |
| 190 | G.C TAEKWONDO AXILLEAS AIGALEO | 2+1 | | 18:45 | 3+1 | | 15:35 |
| 191 | GAIA AC | 1+3 | | 18:45 | 1 | | 15:35 |
| 192 | GAS MESSINIS | | | | 1 | | 15:35 |
| 193 | KEFALOS KOS | 1 | 18:35 | | | | |
| 194 | Macedoniki Dinami Kozani-Greece | 6+4 | 18:40 | | 2+5 | 15:40 | |
| 195 | MEGAS ALEXANDROS THESSALONIKHS | 4 | 18:50 | | 1+1 | 15:35 | |
| 196 | Momentum Taekwondo | 1 | | 18:50 | 1 | | 15:35 |
| 197 | N. IONIAS VOLOU | 1 | 18:50 | | | | |
| 198 | OLYMPIACOS S.F.P. | 1 | | 18:50 | 2 | | 15:35 |
| 199 | olympiaki floga xalkidos | 1 | 18:50 | | 1 | 15:35 | |
| 200 | panathlitikos omilos 'neas amplianis' | 2+1 | 18:55 | | 1 | 15:35 | |
| 201 | PAO ELLINOROSON O ANDRIANOS | | | | 1 | | 15:35 |
| 202 | PIGMI VERIAS TKD | 1 | 18:55 | | | | |
| 203 | Polydamas triandrias | 2+1 | 18:55 | | 2 | 15:35 | |
| 204 | s.c peristeriou | 2 | | 18:50 | 1+2 | | 15:30 |
| 205 | s.c tkd didimoteixou | 1 | 19:00 | | 1 | 15:35 | |
| 206 | S.C.C. Newton | | | | 4 | | 15:30 |
| 207 | S.G TKD NIKH ALEX/POLIS | | | | 3 | 15:30 | |
| 208 | S.G.MEGARON | 1 | | 18:50 | 1 | | 15:30 |
| 209 | SILLOGOS OLYMPIAKON ATHLIMATON BYRONA | 1 | | 18:50 | 1 | | 15:30 |
| 210 | soat trikalon | 5+2 | 19:00 | | 2+2 | 15:30 | |