

Name: YİĞİT ARIN

Results: 06:10,2

Watt: 441

Waight: 89,4

Average: 01:32,6

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	01:57,5	216			1,4	149	147	148	148,0	200	138	131
2.	01:49,5	266			1,8	166	166	163	165,0			
3.	01:43,5	316			2,5	179	179	179	179,0			
4.	01:38,5	366			5,8	188	188	188	188,0			
2000m			06:10,2	441						8,4	10,6	13,7

500m	1000m	1500m	2000m

Watt/kg: 4,9

Watt/kg^{2/3}: 22,1

Name:

OGEDAY GİRİŞKEN

Results:

06:06,1

Watt:

457

Waight:

88,1

Average:

01:31,5

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	01:57,5	216			1,6	132	134	134	133,3	198	131	116
2.	01:49,5	266			1,5	161	160	160	160,3			
3.	01:43,5	316			2,7	175	176	176	175,7			
4.	01:38,5	366			4,5	188	187	186	187,0			
2000m			06:06,1	457						7,8	12	12,1

500m	1000m	1500m	2000m

Watt/kg: 5,2

Watt/kg^{2/3}: 23,1

Name: FUAD RAFAİL

Results: 06:07,5

Watt: 451

Waight: 89,9

Average: 01:31,9

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	01:54,0	235			1,4	141	141	141	141,0	177	112	96
2.	01:47,0	285			1,4	157	157	157	157,0			
3.	01:41,5	335			2,6	168	168	169	168,3			
4.	01:37,0	385			5,3	173	174	174	173,7			
2000m			06:07,5	451						8,6	9,2	10,9

500m	1000m	1500m	2000m

Watt/kg: 5,0

Watt/kg^{2/3}: 22,5

Name: ONAT KAZAKLI

Results: 05:59,9

Watt: 482

Waight: 87,3

Average: 01:29,9

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	01:54,0	235			1,3	127	126	126	126,3	185	108	105
2.	01:47,0	285			1,1	144	146	146	145,3			
3.	01:41,5	335			1,4	157	159	159	158,3			
4.	01:37,0	385			3,9	171	172	172	171,7			
2000m			05:59,9	482						12,8	14,1	16

500m	1000m	1500m	2000m

Watt/kg: 5,5

Watt/kg^{2/3}: 24,5

Name: ENES KUŞKU

Results: 06:25,2

Watt: 00:00,0

Waight: 72,7

Average: 01:36,3

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:02,5	189			1,1	147	153	151	150,3	193	150	136
2.	01:53,5	239			1,7	163	163	163	163,0			
3.	01:47,0	289			3,9	175	174	174	174,3			
4.	01:41,5	339			7,2	183	184	184	183,7			
2000m			06:25,2	392						9,9	15,1	16,7

500m	1000m	1500m	2000m

Watt/kg: 5,4

Watt/kg^{2/3}: 22,5

Name: AHMET YUMRUKAYA

Results: 06:29,3

Watt: 380

Waight: 72,4

Average: 01:37,3

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180			0,8	140	141	142	141,0	188	121	112
2.	01:55,0	230			1,2	156	156	155	155,7			
3.	01:47,5	280			2,3	168	168	167	167,7			
4.	01:42,0	330			4,6	176	176	176	176,0			
2000m			06:29,3	380						6,8	10,1	11,3

500m	1000m	1500m	2000m

Watt/kg: 5,2

Watt/kg^{2/3}: 21,9

Name:

BAYRAM SÖNMEZ

Results:

06:29,6

Watt:

379

Waight:

74,9

Average:

01:37,4

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:02,5	189			1,3	122	122	123	122,3	180	123	112
2.	01:53,5	239			1,5	143	141	141	141,7			
3.	01:47,0	289			1,8	160	159	160	159,7			
4.	01:41,5	339			2,8	169	175	174	172,7			
2000m			06:29,6	379						6,8	9,3	10,1

500m	1000m	1500m	2000m

Watt/kg: 5,1

Watt/kg^{2/3}: 21,3

Name:

BARBAROS GÖZÜTOK

Results:

06:22,8

Watt:

399

Waight:

72,6

Average:

01:35,7

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:02,5	189			0,9	129	129	129	129,0	182	107	102
2.	01:53,5	239			1,1	149	151	148	149,3			
3.	01:47,5	289			2,2	167	167	167	167,0			
4.	01:41,5	339			4,3	175	176	177	176,0			
2000m			06:22,8	399						11,4	13,7	14

500m	1000m	1500m	2000m

Watt/kg: 5,5

Watt/kg^{2/3}: 22,9

Name: CEM YILMAZ

Results: 06:45,6

Watt: 336

Waight: 74,4

Average: 01:41,4

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180			1,2	141	144	144	143,0	181	109	98
2.	01:55,0	230			1,5	160	158	158	158,7			
3.	01:47,5	280			3,9	176	176	176	176,0			
4.	01:42,0	330			8,6	187	185	185	185,7			
2000m			06:45,6	336						12,5	12,7	12,6

500m	1000m	1500m	2000m

Watt/kg: 4,5

Watt/kg^{2/3}: 19,0

Name: HAKAN ÖZCAN

Results: 06:32,7

Watt: 369

Waight: 73,5

Average: 01:38,2

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180			1,5	144	142	142	142,7	182	123	109
2.	01:55,0	230			1,7	157	157	157	157,0			
3.	01:47,5	280			3,3	167	167	167	167,0			
4.	01:42,0	330			6,8	175	176	176	175,7			
2000m			06:32,7	369						8,5	14,4	15,6

500m	1000m	1500m	2000m

Watt/kg: 5,0

Watt/kg^{2/3}: 21,0

Name: CENGİZHAN SUNGURLU

Results: 06:12,9

Watt: 432

Waight: 88,6

Average: 01:33,2

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	01:57,5	216			1,5	140	142	142	141,3	193	118	108
2.	01:49,5	166			1,7	157	158	158	157,7			
3.	01:43,5	316			3,2	174	174	174	174,0			
4.	01:38,5	366			6,6	184	185	185	184,7			
2000m			06:12,9	432						6,4	10,9	12,9

500m	1000m	1500m	2000m

Watt/kg: 4,9

Watt/kg^{2/3}: 21,7

TOLGA ŞAHİNOĞLU

Results: 06:07,8

Watt: 450

Waight: 85,1

Average: 01:32,0

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30''	15''	0''	Average	0'	3'	6'
1.	01:57,5	216			1,4	144	143	143	143,3	196	150	130
2.	01:49,5	266			1,6	168	165	165	166,0			
3.	01:43,5	316			1,9	178	176	174	176,0			
4.	01:38,5	366			3,3	187	187	187	187,0			
2000m			06:07,8	450						7,2	12,3	13,7

500m	1000m	1500m	2000m

Watt/kg: 5,3

Watt/kg^{2/3}: 23,3

Name:

SELMAN BURUŞOĞLU

Results:

06:25,8

Watt:

390

Waight:

89,6

Average:

01:36,5

Max HR:

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	01:57,5	216			1,1	151	150	152	151,0	184	145	113
2.	01:49,5	266			1,6	167	166	168	167,0			
3.	01:43,5	316			2,6	177	178	179	178,0			
4.	01:38,5	366			5,1	186	187	187	186,7			
2000m			06:25,8	390						8,4	9,5	10,3

500m	1000m	1500m	2000m

Watt/kg: 4,4

Watt/kg^{2/3}: 19,5

	İSİM	KATGR	KİLO	AVR.500	WATT	SÜRE	REL. KUV.
1	ONAT KAZAKLI	BB	87,3	01:29,9	482	05:59,9	24,49
2	YASİN GÖLER	HKBB	69	01:35,4	403	06:21,5	23,96
3	DOĞŞAH BÖLÜK	HKBB	73,5	01:34,7	412	06:18,9	23,48
4	TOLGA ŞAHİNOĞLU	BB	85,1	01:32,0	450	06:07,8	23,26
5	OGEDAY GİRİŞKEN	BA	88,1	01:31,5	457	06:06,1	23,08
6	FATİH ÜNSAL	HKBB	72,8	01:35,6	401	06:22,3	23,00
7	BARBAROS GÖZÜTOK	HKBA	72,6	01:35,7	399	06:22,8	22,93
8	MERT KAN KARTAL	HKBB	70,2	01:36,8	386	06:27,1	22,68
9	HARUN ARDIÇ	HKGA	73,2	01:36,0	395	06:24,1	22,57
10	DOĞUŞ KÖKER	BB	90,6	01:31,7	455	06:06,6	22,56
11	ENES KUŞKU	HKBB	72,7	01:36,3	392	06:25,2	22,50
12	FUAT RAFİL	BA	89,9	01:31,9	451	06:07,5	22,47
13	YİĞİT ARIN	BB	89,4	01:32,6	441	06:10,2	22,06
14	EMRE HAYMANA	HKBB	73,5	01:36,7	387	06:36,7	22,06
15	ENGİN ÖZKAN	HKBA	72,6	01:36,9	383	06:27,6	22,01
16	AHMET YUMRUKAYA	HKBA	72,4	01:37,3	380	06:29,3	21,88
17	CENGİZHAN SUNGURLU	BB	88,6	01:33,2	432	06:12,9	21,74
18	NADİR ŞAHİN	HKBA	75,4	01:37,0	384	06:27,9	21,52
19	GÖKHAN GÜVEN	GA	86,3	01:34,3	417	06:17,2	21,35
20	BAYRAM SÖNMEZ	HKBA	74,9	01:37,4	379	06:29,6	21,33
21	HAKAN ÖZCAN	HKBA	73,5	01:38,2	369	06:32,7	21,03
22	MEHMET KOÇUR	HKGA	74,8	01:38,1	371	06:32,3	20,90
23	UĞUR ÖZCAN	HKBB	72,2	01:40,9	341	06:41,3	19,67
24	SELMAN BURUŞOĞLU	BB	89,6	01:36,5	390	06:25,8	19,48
25	EMRE FAİK ACAR	HKGA	72,9	01:41,3	337	06:45,1	19,31
26	İNANÇ ŞAHİN	YE	74,2	01:41,0	339	01:44,0	19,20
27	CEM YILMAZ	HKBA	74,4	01:41,4	336	06:45,6	18,99
28	İSMAİL BEKİROĞLU	YE	82,2	01:39,6	353	01:38,8	18,67

Name:	İNANÇ ŞAHİN				Results:	06:44,0			Watt:	339		
Waight:	74,2				Average:	01:41,0			Max HR:			

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:13,0	148			2,1	130	130	130	130,0	191	125	126
2.	02:01,0	197			1,9	157	154	156	155,7			
3.	01:53,0	242			1,7	177	177	176	176,7			
4.	01:47,0	285			2,7	190	189	189	189,3			
2000m			06:44,0	339						4,4	7,6	8,7
500m	1000m	1500m	2000m									
					Watt/kg:	4,6			Watt/kg ^{2/3} :	19,2		

Name:		DOĞUŞ KÖKER					Results:	06:06,6			Watt:	455
Waight:	90,6						Average:	01:31,7			Max HR:	

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	01:57,5	216			0,8	132	132	135	133,0	189	138	126
2.	01:49,5	166			1,3	157	157	157	157,0			
3.	01:43,5	316			2,2	169	169	169	169,0			
4.	01:38,5	366			4,8	181	181	181	181,0			
2000m			06:06,6	455						7,3	13	13,2
500m	1000m	1500m	2000m									
					Watt/kg:	5,0			Watt/kg ^{2/3} :	22,6		

Name:	DOĞŞAH BÖLÜK				Results:	06:18,9				Watt:	412	
Waight:	73,5				Average:	01:34,7				Max HR:		
	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:02,5	189			1,1	147	147	149	147,7	195	136	122
2.	01:53,5	239			1,4	160	160	160	160,0			
3.	01:41,0	289			2,2	172	175	174	173,7			
4.	01:41,5	339			4,4	183	184	185	184,0			
2000m			06:18,9	412						9,6	16,5	16,3
500m	1000m	1500m	2000m									
					Watt/kg:	5,6			Watt/kg ^{2/3} :	23,5		

Name:	EMRE FAİK ACAR				Results:	06:45,1				Watt:	337	
Waight:	72,9				Average:	01:41,3				Max HR:		
	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:12,0	149			1,7	140	138	133	137,0	193	131	123
2.	02:00,0	200			1,6	161	163	163	162,3			
3.	01:52,0	250			2	180	179	180	179,7			
4.	01:45,0	300			3,8	190	189	190	189,7			
2000m			06:45,1	337						8,6	10,6	10,8
500m	1000m	1500m	2000m									
					Watt/kg:	4,6			Watt/kg ^{2/3} :	19,3		

Name:	EMRE HAYMANA				Results:	06:26,7				Watt:	387	
Waight:	73,5				Average:	01:36,7				Max HR:		
	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180			1,4	128	127	127	127,3	199	131	106
2.	01:55,0	230			1,5	154	154	153	153,7			
3.	01:47,5	280			2,3	173	175	174	174,0			
4.	01:42,0	330			4,9	186	186	185	185,7			
2000m			06:26,7	387						10,5	14	15,4
500m	1000m	1500m	2000m									
					Watt/kg:	5,3			Watt/kg ^{2/3} :	22,1		

Name:	ENGIN ÖZKAN				Results:	06:27,6				Watt:	383	
Waight:	72,6				Average:	01:36,9				Max HR:		
	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180			0,8	138	137	138	137,7	187	130	122
2.	01:55,0	230			1	157	156	158	157,0			
3.	01:47,5	280			1,7	176	176	176	176,0			
4.	01:42,0	330			3	185	186	186	185,7			
2000m			06:27,6	383						7,3	13,4	13,9
500m	1000m	1500m	2000m									
					Watt/kg:	5,3			Watt/kg ^{2/3} :	22,0		

		1. 4000 T 22	2. 4000 T 24	3. 4000 T 25	4.4000 T 22
ONAT KAZAKLI	HEDEF	01:42,0	01:40,0	01:38,0	01:40,0
	DERECE	01:42,0	01:39,8	01:37,1	01:39,9
FUAD RAFAIL	HEDEF	01:42,0	01:40,0	01:38,0	01:40,0
	DERECE	01:42,0	01:39,9	01:37,3	01:39,9
TOLGA ŞAHİNOĞLU	HEDEF	01:43,0	01:41,0	01:39,0	01:41,0
	DERECE	01:42,9	01:40,8	01:41,2	01:41,4
YİĞİT ARIN	HEDEF	01:44,0	01:42,0	01:40,0	01:42,0
	DERECE	01:43,7	01:41,6	01:40,3	01:42,6
CENGİZHAN SUNGURI	HEDEF	01:44,0	01:42,0	01:40,0	01:42,0
	DERECE	01:44,0	01:42,0	01:39,9	01:41,7
ENES KUŞKU	HEDEF	01:47,0	01:45,0	01:43,0	01:45,0
	DERECE	01:47,0	01:43,0	01:42,8	01:45,2
BAYRAM SÖNMEZ	HEDEF	01:47,0	01:45,0	01:43,0	01:45,0
	DERECE	01:47,1	01:45,0	01:42,9	01:44,8
BARBAROS GÖZÜTOK	HEDEF	01:47,0	01:45,0	01:43,0	01:45,0
	DERECE	01:46,7	01:45,9	01:42,2	01:43,9
HAKAN ÖZCAN	HEDEF	01:48,0	01:46,0	01:44,0	01:46,0
	DERECE	01:47,9	01:45,9	01:44,2	01:46,3
AHMET YUMRUKAYA	HEDEF	01:48,0	01:46,0	01:44,0	01:46,0
	DERECE	01:47,9	01:45,9	01:43,4	01:45,7
CEM YILMAZ	HEDEF	01:48,0	01:46,0	01:45,0	01:46,0
	DERECE	01:48,1	01:47,6	01:47,8	01:48,5
OGEDAY GİRİŞKEN	HEDEF	01:43,0	01:41,0	01:39,0	01:41,0
	DERECE	01:42,4	01:40,4	01:38,4	01:42,5

Name:	FATIH ÜNSAL				Results:	06:22,3				Watt:	401	
Waight:	72,8				Average:	01:35,6				Max HR:		
	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180			1,6	147	144	144	145,0	189	135	124
2.	01:55,0	230			1,5	161	158	159	159,3			
3.	01:47,5	280			2,5	178	177	177	177,3			
4.	01:42,0	330			3,9	185	186	185	185,3			
2000m			06:22,3	401						7	13,8	14,1
500m	1000m	1500m	2000m									
					Watt/kg:	5,5			Watt/kg ^{2/3} :	23,0		

Name:	GÖKHAN GÜVEN				Results:	06:17,2			Watt:	417		
Waight:	86,3				Average:	01:34,3			Max HR:			
	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:02,5	189			1	143	144	146	144,3	201	117	108
2.	01:53,5	239			1,1	158	156	155	156,3			
3.	01:47,0	289			2	169	167	171	169,0			
4.	01:41,5	339			3,3	187	187	186	186,7			
2000m			06:17,2	417						13,7	14,8	15,1
500m	1000m	1500m	2000m									
					Watt/kg:	4,8			Watt/kg ^{2/3} :	21,4		

Name:	HARUN ANDIÇ				Results:	06:24,1			Watt:	395		
Waight:	73,2				Average:	01:36,0			Max HR:			
	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180			1,4	137	132	131	133,3	205	136	126
2.	01:55,0	230			1	157	156	158	157,0			
3.	01:47,5	280			3	177	176	176	176,3			
4.	01:42,0	330			4,5	191	190	189	190,0			
2000m			06:24,1	395						10,7	15,8	15,7
500m	1000m	1500m	2000m									
					Watt/kg:	5,4			Watt/kg ^{2/3} :	22,6		

Name:	İSMAİL ALİBEKİROĞLU				Results:	06:38,8				Watt:	353	
Waight:	82,2				Average:	01:39,6				Max HR:		
	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:12,0	150			1,9	137	140	141	139,3	194	145	140
2.	02:00,0	200			1,7	154	154	154	154,0			
3.	01:52,0	250			2,1	172	172	173	172,3			
4.	01:46,0	294			3,1	184	184	184	184,0			
2000m			06:38,8	353						9,5	12,1	13
500m	1000m	1500m	2000m									
					Watt/kg:	4,3			Watt/kg ^{2/3} :	18,7		

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	5 KM T:26		8 KM T:22		
	RESULTS	SPEED	RESULTS	-20	SPEED
4- LW AHMET HAKAN BARBO CEM	17:57,9	01:47,8	29:37,9	29:17,9	01:49,9
2X HUN HW	19:09,5	01:55,0	31:20,2	31:00,2	01:56,3
2X HUN LW	19:13,9	01:55,4	31:23,5	31:03,5	01:56,5
2X LW ENES BAYRAM	19:00,0	01:54,0	31:34,6	31:14,6	01:57,2
2- U23 TOLGA ONAT	19:38,0	01:57,8	31:54,4	31:34,4	01:58,4
1X SA BEDİK	20:37,0	02:03,7	33:25,6	33:05,6	02:04,1
1X U23 ONAT	21:26,0	02:08,6	34:24,4	34:04,4	02:07,8
1X SA JAGAR	21:28,9	02:08,9	34:15,3	33:55,3	02:07,2
1X SA OGEDAY	22:04,5	02:12,5	34:27,2	34:07,2	02:07,9
1X LWU23 MARKO	21:20,0	02:08,0	34:37,5	34:17,5	02:08,6
1X SA MİLAN	21:14,0	02:07,4	34:25,3	34:05,3	02:07,8
1X SA IVA	22:43,0	02:16,3	37:48,5	37:28,5	02:20,5
1X SA JOVANA	21:17,7	02:07,8	39:06,5	38:46,5	02:25,4

1. GÜN 1. TEST START LİSTESİ

	KATG.	SPORCU	KLÜP	START	BİTİŞ	SONUÇ
1	BE 2-	FUAD RAFAİL/ONAT KAZAKLI	FENERBAHÇE	00:00,0	06:57,4	06:57,4
2	HKBE 2-	CEM YILMAZ / AHMET YUMRUKAYA	GALATASARA	03:00,0	10:02,7	07:02,7
3	BE-ÜE 2-	OGEDAY GİRİŞKEN/EREN CAN ASLAN	FENERBAHÇE	06:00,0	13:03,7	07:03,7
4	ÜE 2-	TOLGA ŞAHİNOĞLU/YİĞİT ARIN	FB/FERDİ KAF	01:00,0	08:03,9	07:03,9
5	ÜE 2-	SELMAN BURUŞOĞLU/CENGİZHAN SUNGURLU	GALATASARA	04:00,0	11:04,9	07:04,9
6	HKBE 2-	BARBAROS GÖZÜTOK / HAKAN ÖZCAN	GALATASARA	02:00,0	09:04,9	07:04,9
7	HKÜE 2-	DOĞŞAH BÖLÜK/MERT KAAAN KARTAL	FENERBAHÇE	05:00,0	12:05,3	07:05,3
8	HKÜE 1X	ENES KUŞKU	GALATASARA	13:00,0	20:16,3	07:16,3
9	GE 2-	MESUT KILIÇ / MUSTAFA GAZANFER	GALATASARA	08:00,0	15:19,3	07:19,3
10	GE 2-	ENES AKGÜL/EMİN ÇAYLAK	A.HİSARI KÜF	09:00,0	16:20,2	07:20,2
11	HKBE 1X	HÜSEYİN KANDEMİR	GALATASARA	15:00,0	22:21,8	07:21,8
12	GE 2-	GÖKHAN GÜVEN/EMRE FAİK ACAR	FENERBAHÇE	07:00,0	14:22,4	07:22,4
13	HKBE 1X	UĞUR ÖZCAN	GALATASARA	18:00,0	25:22,7	07:22,7
14	ÜE 1X	DOĞUŞ KÖKER	FENERBAHÇE	16:00,0	23:24,3	07:24,3
15	GE 2-	FURKAN GERMEÇ/BERKCAN TAMAS	FENERBAHÇE	10:00,0	17:26,3	07:26,3
16	GE 2-	CELAL GÜLER/KAAN KELDAL	A.HİSARI KÜF	11:00,0	18:26,6	07:26,6
17	HKBE 1X	BAYRAM SÖNMEZ	GALATASARA	14:00,0	21:28,5	07:28,5
18	GE 1X	HARUN ARDIÇ	FENERBAHÇE	28:00,0	35:28,7	07:28,7
19	HKBE 1X	NADİR ŞAHİN	GALATASARA	17:00,0	24:29,7	07:29,7
20	GE 1X	ENES YENİPAZARLI	GALATASARA	30:00,0	37:29,7	07:29,7
21	ÜE 1X	MÜCAHİT SAĞLIK	GALATASARA	24:00,0	31:33,4	07:33,4
22	GE 2-	FURKAN ÖZTÜRK/ALİ ÖNENÇ	ŞİŞECAM	12:00,0	19:33,5	07:33,5
23	GE 1X	UTKU KEREM KANIBELLİ	GALATASARA	34:00,0	41:34,8	07:34,8
24	HKÜE 1X	FATİH ÜNSAL	FENERBAHÇE	22:00,0	29:37,5	07:37,5
25	HKÜE 1X	EMRE HAYMANA	FENERBAHÇE	20:00,0	27:38,6	07:38,6
26	GE 1X	SABRİ SEVİNİŞ	GALATASARA	31:00,0	38:39,5	07:39,5
27	HKÜE 1X	YASİN GÖLER	FENERBAHÇE	19:00,0	26:39,5	07:39,5
28	ÜE 1X	BURAK ACAR	GALATASARA	23:00,0	30:39,9	07:39,9
29	GE 1X	ERKAN GÖKTAŞ	GALATASARA	36:00,0	43:40,3	07:40,3
30	GE 1X	ALİHAN SUNGURLU	GALATASARA	32:00,0	39:41,4	07:41,4
31	GE 1X	MEHMET KOÇUR	FENERBAHÇE	29:00,0	36:41,5	07:41,5
32	GE 1X	MUHAMMED ALİ ERDİK	GALATASARA	37:00,0	44:45,9	07:45,9
33	ÜE 1X	EKİNCAN YILMAZ	FENERBAHÇE	27:00,0	34:47,8	07:47,8
34	GE 1X	FATİH SEVLİ	GALATASARA	33:00,0	40:47,9	07:47,9
35	GE 1X	TALHA KÜBEL	ŞİŞECAM	40:00,0	47:48,6	07:48,6
36	GE 1X	ULUÇ AYYILDIZ	FETHİYE	35:00,0	42:48,7	07:48,7
37	HKBE 1X	ENGİN ÖZKAN	FENERBAHÇE	21:00,0	28:50,7	07:50,7
38	GE 1X	BİLAL KARADEMİR	GALATASARA	41:00,0	48:52,6	07:52,6

39	GE 1X	EMİRHAN KUŞÇUOĞLU	GALATASARA	38:00,0	45:54,3	07:54,3
40	GE 1X	ÖMER ÖNER	GALATASARA	39:00,0	47:00,2	08:00,2
41	HKÜE 1X	TURGUT BAYRAM	GALATASARA	26:00,0	34:07,8	08:07,8
42	ÜE 1X	HASAN ATAY	GALATASARA	25:00,0	33:26,2	08:26,2
43	GE 1X	YUSUF KAAAN BEKEN	FETHİYE	42:00,0	50:54,5	08:54,5

44	YE 4-	İSMAIL BEKİROĞLU/İNANÇ ŞAHİN/BARIŞ ÖZGÜR/MEYSEL KÖSEDAĞ	ŞİŞECAMI-HEREKE	43:00,0	49:34,3	06:34,3
45	YE 4-	ÖGÜZ UNAK - KAAAN BAĞ - MUSA ÇAKIRMAK - ÖMER ÖZTÜRK	GALATASARA	43:00,0	49:39,0	06:39,0

46	YE 2X	ÖMER SEFA POLAT/ÇAĞATAY ŞEKERÖZ	FENERBAHÇE/SİŞECAM	44:00,0	51:10,1	07:10,1
47	YE 2X	NAİM TALHA GÜNEŞ - AHMET ENSAR YILDIRIM	GALATASARA	44:00,0	50:50,0	06:50,0

48	ÜK 1X	SİMGE ZEYNEP GÜNDÜZ	GALATASARA	44:58,0	53:44,1	08:46,1
49	HKÜK1X	KÜBRA MEYDANCI	GALATASARA	46:00,0	54:49,8	08:49,8
50	GK 1X	İREM BULUT	ŞİŞECAM	49:00,0	57:51,4	08:51,4
1	GK 1X	DİLANUR BİÇER	A.HİSARI KÜP	48:00,0	56:54,6	08:54,6
2	ÜK 1X	YASMİNA GÜRKAN	FENERBAHÇE	47:00,0	55:58,3	08:58,3
3	GK 1X	AYŞE ECE ARTAN	FETHİYE	50:00,0	59:02,8	09:02,8
4	GK 1X	SEDEF ÖZALP	SAKARYA GE	53:00,0	02:14,1	09:14,1
5	GK 1X	NİSA ARICI	SAKARYA GE	52:00,0	01:14,1	09:14,1
6	GK 1X	İDİL DEMİR	GALATASARA	54:00,0	03:24,5	09:24,5
7	GK 1X	YAĞMUR TURAL	ŞİŞECAM	51:00,0	00:28,4	09:28,4

8	YE2-	İSMET ÇARDAKLI - KEMAL ÖZDEMİR	GALATASARA	55:00,0	02:35,1	07:35,1
9	BK 2-	ANCA LUCIAN -MAGDELENA IAKOP	SAKARYA	55:00,0	03:08,9	08:08,9

11	YK 2X	EDANUR GÖNEÇ - BERE BALTAOĞLU	GALATASARA	56:14,0	04:24,4	08:10,4
10	YK 2X	AYŞENUR YILMAZ/SERAP BAŞ	ŞİŞECAM	56:14,0	04:40,6	08:26,6

13	GK 2-	ALEYNA EĞİLMEZ/BETÜL SERİN	FENERBAHÇE	57:00,0	05:17,3	08:17,3
12	YK2-	AYŞENUR DİLSİZ - ELİF SAĞÇOLAK	GALATASARA	56:58,0	05:24,3	08:26,3

1. GÜN 2. TEST START LİSTESİ

KATG.	SPORCU	KLÜP	11:00
1	BE 2- FUAD RAFAIL/ONAT KAZAKLI	FENERBAHÇE	06:59,0
2	YE 2X NAİM TALHA GÜNEŞ - ENSAR YILDIRIM	GALATASARAY	07:02,0
3	BE-ÜE 2- OGEDAY GİRİŞKEN/EREN CAN ASLAN	FENERBAHÇE	07:15,3
11:04			
4	HKBE 2- CEM YILMAZ / AHMET YUMRUKAYA	GALATASARAY	07:02,3
5	HKBE 2- BARBAROS GÖZÜTOK / HAKAN ÖZCAN	GALATASARAY	07:02,8
6	HKÜE 2- DOĞŞAH BÖLÜK/MERT KAAAN KARTAL	FENERBAHÇE	07:06,2
11:08			
7	ÜE 2- TOLGA ŞAHİNOĞLU/YİĞİT ARIN	FB/FERDİ KAR	07:02,8
8	ÜE 2- SELMAN BURUŞOĞLU/CENGİZ SUNGURLU	GALATASARAY	07:09,5
11:12			
9	HKÜE 1X ENES KUŞKU	GALATASARAY	07:29,3
10	HKBE 1X UĞUR ÖZCAN	GALATASARAY	07:32,8
11	HKBE 1X HÜSEYİN KANDEMİR	GALATASARAY	07:36,3
11:16			
12	ÜE 1X DOĞUŞ KÖKER	FENERBAHÇE	07:28,6
13	HKBE 1X BAYRAM SÖNMEZ	GALATASARAY	07:35,1
14	HKBE 1X NADİR ŞAHİN	GALATASARAY	07:42,6
11:20			
15	GE 2- GÖKHAN GÜVEN/EMRE FAİK ACAR	FENERBAHÇE	07:17,5
16	GE 2- ENES AKGÜL/EMİN ÇAYLAK	A.HİSARI KÜREK	07:22,4
17	GE 2- MESUT KILIÇ / MUSTAFA GAZANFER	GALATASARAY	07:27,3
11:24			
18	GE 2- FURKAN GERMEÇ/BERKCAN TAMAS	FENERBAHÇE	07:34,5
19	GE 2- CELAL GÜLER/KAAN KELDAL	A.HİSARI KÜREK	07:24,3
20	GE 2- FURKAN ÖZTÜRK/ALİ ÖNENÇ	ŞİŞECAM	07:38,9
11:28			
21	GE 1X HARUN ARDIÇ	FENERBAHÇE	07:18,5
22	GE 1X ENES YENİPAZARLI	GALATASARAY	07:20,5
23	GE 1X UTKU KEREM KANIBELLİ	GALATASARAY	07:36,7
11:32			
24	HKÜE 1X FATİH ÜNSAL	FENERBAHÇE	07:29,8
25	HKÜE 1X EMRE HAYMANA	FENERBAHÇE	07:22,3
26			
11:36			
27	ÜE 1X MÜCAHİT SAĞLIK	GALATASARAY	07:30,9
28	ÜE 1X BURAK ACAR	GALATASARAY	07:33,5
29	ÜE 1X EKİNCAN YILMAZ	FENERBAHÇE	07:43,6
11:40			
30	GE 1X SABRİ SEVNiŞ	GALATASARAY	
31	GE 1X ERKAN GÖKTAŞ	GALATASARAY	
32	GE 1X ALİHAN SUNGURLU	GALATASARAY	

11:44

33	GE 1X	MEHMET KOÇUR	FENERBAHÇE		
34	GE 1X	MUHAMMED ALİ ERDİK	GALATASARAY		
35	GE 1X	FATİH SEVLİ	GALATASARAY		

11:48

36	GE 1X	TALHA KÜBEL	ŞİŞECAM		
37	GE 1X	ULUÇ AYYILDIZ	FETHİYE		
38	HKBE 1X	ENGİN ÖZKAN	FENERBAHÇE		

11:52

39	GE 1X	BİLAL KARADEMİR	GALATASARAY		
40	GE 1X	EMİRHAN KUŞÇUOĞLU	GALATASARAY		
41	GE 1X	ÖMER ÖNER	GALATASARAY		

11:56

42	HKÜE 1X	TURGUT BAYRAM	GALATASARAY		
43	ÜE 1X	HASAN ATAY	GALATASARAY		
44	GE 1X	YUSUF KAAN BEKEN	FETHİYE		

12:00

45	YE 4-	İSMAİL BEKİROĞLU/İNANÇ ŞAHİN/BARIŞ ÖZGÜR/VEYSEL KÖSEDAĞ	ŞİŞECAM-HEREKE KARMASI		
46	YE 4-	OĞUZ ONAK - KAAN BAĞ - MUSA ÇAKMAK - ÖMER ÖZTÜRK	GALATASARAY		

12:04

47	YE 2X	ÖMER SEFA POLAT/ÇAĞATAY ŞEKERÖZ	FENERBAHÇE/ ŞİŞECAM KARMA		
48	YE2-	İSMET ÇARDAKLI - KEMAL ÖZDEMİR	GALATASARAY		

12:08

50	YK 2X	EDANUR GÖNEÇ - BERE BALTAOĞLU	GALATASARAY		
1	YK 2X	AYŞENUR YILMAZ/SERAP BAŞ	ŞİŞECAM		

12:12

2	GK 2-	ALEYNA EĞİLMEZ/BETÜL SERİN	FENERBAHÇE		
3	YK2-	AYŞENUR DİLSİZ - ELİF SAĞÇOLAK	GALATASARAY		

12:16

4	ÜK 1X	SİMGE ZEYNEP GÜNDÜZ	GALATASARAY		
5	HKÜK1X	KÜBRA MEYDANCI	GALATASARAY		
6	GK 1X	İREM BULUT	ŞİŞECAM		

12:20

7	GK 1X	DİLANUR BİÇER	A.HİSARI KÜREK		
8	ÜK 1X	YASMİNA GÜRKAN	FENERBAHÇE		
9	GK 1X	AYŞE ECE ARTAN	FETHİYE		

12:24

10	GK 1X	SEDEF ÖZALP	SAKARYA GENÇLİK M.		
11	GK 1X	NİSA ARICI	SAKARYA GENÇLİK M.		
12	GK 1X	İDİL DEMİR	GALATASARAY		

12:28

13	GK 1X	YAĞMUR TUTAL	ŞİŞECAM		
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12:29

49	BK 2-	ANCA LUCIAN -MAGDELENA IAKOP	SAKARYA		
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1. GÜN 2. TEST START LİSTESİ

KATG.	SPORCU	KLÜP	11:00
1	BE 2- FUAD RAFAIL/ONAT KAZAKLI	FENERBAHÇE	06:59,0
2	YE 2X NAİM TALHA GÜNEŞ - ENSAR YILDIRIM	GALATASARAY	07:02,0
3	BE-ÜE 2- OGEDAY GİRİŞKEN/EREN CAN ASLAN	FENERBAHÇE	07:15,3
11:04			
4	HKBE 2- CEM YILMAZ / AHMET YUMRUKAYA	GALATASARAY	07:02,3
5	HKBE 2- BARBAROS GÖZÜTOK / HAKAN ÖZCAN	GALATASARAY	07:02,8
6	HKÜE 2- DOĞŞAH BÖLÜK/MERT KAAAN KARTAL	FENERBAHÇE	07:06,2
11:08			
7	ÜE 2- TOLGA ŞAHİNOĞLU/YİĞİT ARIN	FB/FERDİ KAR	07:02,8
8	ÜE 2- SELMAN BURUŞOĞLU/CENGİZ SUNGURLU	GALATASARAY	07:09,5
11:12			
9	HKÜE 1X ENES KUŞKU	GALATASARAY	07:29,3
10	HKBE 1X UĞUR ÖZCAN	GALATASARAY	07:32,8
11	HKBE 1X HÜSEYİN KANDEMİR	GALATASARAY	07:36,3
11:16			
12	ÜE 1X DOĞUŞ KÖKER	FENERBAHÇE	07:28,6
13	HKBE 1X BAYRAM SÖNMEZ	GALATASARAY	07:35,1
14	HKBE 1X NADİR ŞAHİN	GALATASARAY	07:42,6
11:20			
15	GE 2- GÖKHAN GÜVEN/EMRE FAİK ACAR	FENERBAHÇE	07:17,5
16	GE 2- ENES AKGÜL/EMİN ÇAYLAK	A.HİSARI KÜREK	07:22,4
17	GE 2- MESUT KILIÇ / MUSTAFA GAZANFER	GALATASARAY	07:27,3
11:24			
18	GE 2- FURKAN GERMEÇ/BERKCAN TAMAS	FENERBAHÇE	07:34,5
19	GE 2- CELAL GÜLER/KAAN KELDAL	A.HİSARI KÜREK	07:24,3
20	GE 2- FURKAN ÖZTÜRK/ALİ ÖNENÇ	ŞİŞECAM	07:38,9
11:28			
21	GE 1X HARUN ARDIÇ	FENERBAHÇE	07:18,5
22	GE 1X ENES YENİPAZARLI	GALATASARAY	07:20,5
23	GE 1X UTKU KEREM KANIBELLİ	GALATASARAY	07:36,7
11:32			
24	HKÜE 1X FATİH ÜNSAL	FENERBAHÇE	07:29,8
25	HKÜE 1X EMRE HAYMANA	FENERBAHÇE	07:22,3
26			
11:36			
27	ÜE 1X MÜCAHİT SAĞLIK	GALATASARAY	07:30,9
28	ÜE 1X BURAK ACAR	GALATASARAY	07:33,5
29	ÜE 1X EKİNCAN YILMAZ	FENERBAHÇE	07:43,6
11:40			
30	GE 1X SABRİ SEVNiŞ	GALATASARAY	
31	GE 1X ERKAN GÖKTAŞ	GALATASARAY	
32	GE 1X ALİHAN SUNGURLU	GALATASARAY	

Name:	MEHMET KOÇUR				Results:	06:32,3			Watt:	371		
Waight:	74,8				Average:	01:38,1			Max HR:			
	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:06,0	175			1,3	122	128	124	124,7	191	114	111
2.	01:55,0	225			1,7	148	151	150	149,7			
3.	01:48,5	275			2	169	169	169	169,0			
4.	01:42,5	325			3,6	185	185	185	185,0			
2000m			06:32,3	371						9,8	11,2	10,8
500m	1000m	1500m	2000m									
					Watt/kg:	5,0			Watt/kg ^{2/3} :	20,9		

Name:	MERT K KARTAL				Results:	06:27,1				Watt:	386	
Waight:	70,2				Average:	01:36,8				Max HR:		
	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:06,0	175			1,2	137	138	139	138,0	203	129	119
2.	01:55,0	225			1,6	157	160	158	158,3			
3.	01:48,5	275			2,4	174	175	175	174,7			
4.	01:42,5	325			5,5	186	188	190	188,0			
2000m			06:27,1	386						8,8	14,2	17,2
500m	1000m	1500m	2000m									
					Watt/kg:	5,5			Watt/kg ^{2/3} :	22,7		

Name:	NADIR ŞAHİN				Results:	06:27,9				Watt:	384	
Waight:	75,4				Average:	01:37,0				Max HR:		
	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180			1,4	141	142	142	141,7	196	124	122
2.	01:55,0	230			1,9	168	168	168	168,0			
3.	01:47,5	280			1,6	182	182	183	182,3			
4.	01:42,0	330			2,7	190	190	190	190,0			
2000m			06:27,9	384						5,7	10,7	12,5
500m	1000m	1500m	2000m									
					Watt/kg:	5,1			Watt/kg ^{2/3} :	21,5		

Name:	UĞUR ÖZCAN				Results:	06:43,3			Watt:	341		
Waight:	72,2				Average:	01:40,9			Max HR:			

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180			1,1	137	137	146	140,0	193	113	108
2.	01:55,0	230			1,2	170	171	171	170,7			
3.	01:47,5	280			2,8	186	186	185	185,7			
4.	01:42,0	330			6,3	195	195	195	195,0			
2000m			06:43,3	341						7,5	11,4	11,2
500m	1000m	1500m	2000m									
					Watt/kg:	4,7			Watt/kg ^{2/3} :	19,7		

Name:	YASIN GÖLER				Results:	06:21,5				Watt:	403	
Waight:	69				Average:	01:35,4				Max HR:		
	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180			0,8	132	130	131	131,0	201	121	119
2.	01:55,0	230			1,1	151	151	152	151,3			
3.	01:47,5	280			2,6	172	170	171	171,0			
4.	01:42,0	330			5,4	184	185	185	184,7			
2000m			06:21,5	403						5,1	12,1	12,8
500m	1000m	1500m	2000m									
					Watt/kg:	5,8			Watt/kg ^{2/3} :	24,0		