

Tempo 32 / 2000m

Ekip		24.6.2014 (Sabah)		24.6.2014 (Akşam)		25.6.2014 (Sabah)		ORTALAMA	
		Kalite	Derece	Kalite	Derece	Kalite	Derece		
4-	Doğuşah/Burak/Melihcan/Mert	0,0	06:16,7	1,0	06:11,2	0,0	06:10,4	0,3	06:12,8
2-	Tolga / Erencan					2,0	06:41,5	2,0	06:41,5
2-	Fuat / Onat					2,0	06:31,6	2,0	06:31,6
2X	Yasin/Enes	1,5	06:38,4			3,0	06:33,2	2,3	06:35,8
2-	Erencan/Gökhan	6,0	07:00,0	0,0	06:47,2			3,0	06:53,6
1X	Enes			3	07:08,0			3,0	07:08,0
1X	Harun	8,0	07:32,8			0,0	07:15,3	4,0	07:24,1
2X	Yasin / Harun			4	06:38,1			4,0	06:38,1
2-	Tolga/Onat	8,0	06:52,2	3,0	06:41,7			5,5	06:47,0
2-	Ahmet/Cem	10,0	06:53,6	9,0	06:45,5	0,0	06:36,4	6,3	06:45,2
2-	Fatih/Emre	9,0	07:02,2	8,0	06:54,8	4,5	06:51,2	7,2	06:56,1
2-	Engin/Hüseyin	13,0	06:56,7	10,0	06:46,0	5,5	06:42,0	9,5	06:48,2
2-	Ogeday/Yiğit	16,0	07:00,2	11,0	06:49,1	7,0	06:45,5	11,3	06:51,6
1X	Bayram	11,5	07:14,5	15,0	07:10,6	13,0	07:09,2	13,2	07:11,4
2X	Mehmet/Ekincan	19,0	06:58,2	13,5	06:47,7	8,5	06:41,6	13,7	06:49,2
1X	Gökhan						07:53,6		07:53,6
1X	Fuad				07:16,2				07:16,2

4x4000m 01 kasım 2014

			20-22	24	26	26-28	avarage
2-	FUAT/ONAT	-20	15:07,8	14:51,3	14:30,2	14:35,3	14:46,2
2-	ERENCAN/TOLGA	-20	15:12,6	14:57,8	14:49,4	14:56,2	14:59,0
2-	OGEDAY/SELEHATTİN	-20	15:28,5	15:09,4	14:57,6	14:56,1	15:07,9
2-	ENGİN/EMRE H.	-20	15:43,4	15:20,2	15:07,6	15:10,0	15:20,3
2-	DOĞŞAH/MERT	-20	15:34,2	15:28,4	15:03,5		15:22,0
2-	FATİH/EMRE F.	-20	15:51,0	15:29,4	15:31,4	15:58,2	15:42,5
1X	ERDAL	-20	16:24,0	16:18,0	16:14,0	16:12,0	16:17,0
1X	HARUN	-20	16:38,7	16:13,2	16:21,2	16:24,1	16:24,3
1X	MEHMET KOÇUR	-20	16:38,4	16:21,3	16:10,0	16:36,3	16:26,5
1X	GÖKHAN	-20	16:55,8	16:39,4			16:47,6
1X	YİĞİT	-20	16:56,0	16:50,0	17:00,0		16:55,3
1X	EKİNCAN	-20	17:38,0	17:27,0	17:20,0	18:00,0	17:36,3

MİLLİ TAKIM SEÇME YARIŞLARI ADANA (1. GÜN 2. TEST)

1	16:30	1X			
2	Selehattin Gürsoy	Fenerbahçe	BA	1	07:04,0
3	Enes Kuşku	Galatasaray	HKÜE	2	07:08,3
4	Yasin Göler	Fenerbahçe	HKGA	3	07:12,0
5	Uğur Özcan	Galatasaray	HKÜE	4	07:14,9
6	Erdal Deveci	Fenerbahçe	ÜE	5	07:20,5
2	16:35	1X			
3	Dünya Örer	Fenerbahçe	BA	1	07:19,5
5	Ali Numan Erus	Fenerbahçe	ÜE	2	07:21,7
2	Mücahit Sağlık	Galatasaray	ÜE	3	07:23,8
4	Emre Haymana	Fenerbahçe	ÜE	4	07:25,7
6	Yiğit Arın	Galatasaray	ÜE	5	07:32,3
7	Selman Buruşoğlu	Galatasaray	ÜE	6	07:38,2
3	16:40	1X			
4	Harun Ardıç	Fenerbahçe	YE	1	07:24,9
3	Mehmet KOCUR	Çukurova	GA	2	07:29,2
5	Ekincan Yılmaztürk	Çukurova	GA	3	07:36,8
2	ULUÇ AYYILDIZ	Fethiye	GA	4	07:50,2
6	Sami Alpaşahin	Fethiye	YE	5	08:12,9
4	16:45	2-			
4	Fuat Rafail / Muhammed Cañşı	Fenerbahçe	BA/ÜE	1	06:42,7
7	Tolga Şahinoğlu / Onat Kazaklı	Fenerbahçe	ÜE	2	06:45,0
3	Ahmet Yumrukaya / Cem Yılmaz	Galatasaray	HKE	3	06:48,7
6	Melihcan Çetinkaya / Burak Özdemir	Galatasaray	HKÜE	4	06:50,4
2	Engin Özkan / Birol Atmaca	Fenerbahçe	BA	5	06:50,9
5	Doğuşah Bölük / Mert Kaan Kartal	Fenerbahçe	HKÜE	6	06:55,6
5	16:50	2-/2x			
6	Fatih Selvi / Sabri Sevniş	Galatasaray	YE(2x)	1	06:50,7
5	Ali R.Herseklioğlu / Cengizhan Sungurlu	Galatasaray	ÜE	2	06:51,0
4	Erencan Aslan / Gökhan Güven	Fenerbahçe	GA	3	06:51,2
3	Fatih Ünsal / Emre Faik Acar	Fenerbahçe	HKÜE/HKG	4	06:54,4
2	Nadir Şahin / Hakan Özcan	Galatasaray	HKE/HKÜE	5	06:57,6

6	16:55	2-			
6	Semih Süha ÖR / Talha ÖRGÜÇ	Hereke	ÜE	1	07:02,9
3	Erkan Göktaş / Jeremy Amram	Galatasaray	GA	2	07:08,0
2	Orhan Tahtacı / Emre Başkan	Fenerbahçe	BA/GA	3	07:09,7
4	Mesut Kılıç / Sergen Yüksel	Galatasaray	GA	4	07:15,9
5	Yunus Tör / Hasan Atay	Galatasaray	GA	5	07:31,8
7	17:00	2-			
3	Levent Öрге / Harun Alkaya	Galatasaray	GA	1	07:25,2
5	Kerem Sarı / İsmail Talha Kübel	Şişecam	GA	2	07:25,8
2	Ramazan esen / Rezan Karaca	Çukurova	GA	3	07:34,4
4	Serhat Avcı / Burak Kılınc	Fethiye	GA	4	08:04,8
8	17:05	2X			
2	İnanç Şahin / Furkan Öztürk	Şişecam	YE	07:13,9	
3	Fatih Burak Akdemir / Barış Çakır	Balıkdamlar	YE	07:31,5	
9	17:10	2-/2X			
2	Fatma TEZCAN / Elif SAĞÇOLAK	Galatasaray	YK	08:19,5	
3	Betül Serin / Şevval Deniz POLAT	Fenerbahçe	GK	08:28,6	
6	İpek DİNÇER / İdil DEMİR	Galatasaray	YK	08:05,1	
5	Lia Asena Algöz / Ayşenur Yılmaz	Şişecam	YK	08:08,8	
7	Ayşenur DİLSİZ / Ezgi YILMAZ	Galatasaray	YK	08:30,9	
10	17:15	1X			
2	Simge Zeynep Gündüz	Galatasaray	HÜK	08:21,3	
3	Hilal Temelgünzeki	Fenerbahçe	GK	08:38,7	
4	Göknur Şen	Şişecam	GK	08:49,9	
5	Sibel Kar	Fenerbahçe	HÜK	08:52,3	
6	Güniz İlayda Demir	Galatasaray	HÜK	08:55,1	

MİLLİ TAKIM SEÇME YARIŞLARI ADANA (1. GÜN)

1	09:30	1X				6	09:55	2-			
4	Enes Kuşku	Galatasaray	HKÜE	1	07:02,9	2	Erencan Aslan / Gökhan Güven	Fenerbahçe	GA	1	06:47,6
5	Selehattin Gürsoy	Fenerbahçe	BA	2	07:07,7	4	Erkan Göktaş / Jeremy Amram	Galatasaray	GA	2	07:02,2
6	Yasin Göler	Fenerbahçe	HKGA	3	07:08,5	5	Mesut Kılıç / Sergen Yüksel	Galatasaray	GA	3	07:09,2
2	Uğur Özcan	Galatasaray	HKÜE	4	07:15,2	3	Kerem Sarı / İsmail Talha Kübel	Şişecam	GA	4	07:16,1
7	Muammed Canşi	Fenerbahçe	BA	5	07:19,3						
3	Emre Haymana	Fenerbahçe	HKÜE	6	07:24,5	7	10:00	2-			
2	09:35	1X				2	Yunus Tör / Hasan Atay	Galatasaray	GA	1	07:10,1
4	Erdal Deveci	Fenerbahçe	ÜE	1	07:16,3	5	Ramazan esen / Rezan Karaca	Çukurova	GA	2	07:11,4
6	Ali Numan Erus	Fenerbahçe	ÜE	2	07:17,8	3	Levent Örgе / Harun Alkaya	Galatasaray	GA	3	07:14,2
5	Yiğit Arın	Galatasaray	ÜE	3	07:18,2	4	Serhat Avcı / Burak Kılınc	Fethiye	GA	4	07:52,3
2	Dünya Örer	Fenerbahçe	BA	4	07:19,6						
7	Mücahit Sağlık	Galatasaray	ÜE	5	07:24,9	8	10:05	2X			
3	Selman Buruşođlu	Galatasaray	ÜE	6	07:39,1	4	Fatih Selvi / Sabri Sevnış	Galatasaray	YE	1	06:47,3
3	09:40	1X				2	İnanç Şahin / Furkan Öztürk	Şişecam	YE	2	07:08,1
4	Harun Ardıç	Fenerbahçe	YE	1	07:19,3	3	Fatih Burak Akdemir / Barış Çakır	Balıkkadamlar	YE	3	07:22,4
3	Mehmet KOCUR	Çukurova	GA	2	07:22,4						
2	Ekincan Yılmaztürk	Çukurova	GA	3	07:30,7	9	10:10	2-/2X			
5	ULUÇ AYYILDIZ	Fethiye	GA	4	07:46,7	3	Fatma TEZCAN / Elif SAĞÇOLAK	Galatasaray	YK	1	08:12,5
6	Fatih Örer	Ferdi	ME	5	08:00,3	2	Betül Serin / Şevval Deniz POLAT	Fenerbahçe	GK	2	08.25,8
4	09:45	2-				4					3
4	Fuat Rafail / Onat Kazaklı	Fenerbahçe	BA/ÜE	1	06:35,3	5	Lia Asena Algöz / Ayşenur Yılmaz	Şişecam	YK	4	07:55,1
5	Ahmet Yumrukaya / Cem Yılmaz	Galatasaray	HKE	2	06:41,9	6	İpek DİNÇER / İdil DEMİR	Galatasaray	YK	5	08:04,5
2	Engin Özkan / Birol Atmaca	Fenerbahçe	BA	3	06:43,4	7	Ayşenur DİLSİZ / Ezgi YILMAZ	Galatasaray	YK	6	08:25,4
3	Nadir Şahin / Hakan Özcan	Galatasaray	HKE/HKÜE	4	06:57,7						
6	Orhan Tahtacı / Emre Başkan	Fenerbahçe	BA/GA	5	07:04,5	10	10:15	1X			
5	09:50	2-				3	Simge Zeynep Gündüz	Galatasaray	HÜK	1	08:09,3
3	Doğuş Bölük / Mert Kaan Kartal	Fenerbahçe	HKÜE	1	06:40,0	5	Hilal Temelgünzeki	Fenerbahçe	GK	2	08:24,9
4	Melihcan Çetinkaya / Burak Özdemir	Galatasaray	HKÜE	1	06:40,0	6	Göknur Şen	Şişecam	GK	3	08:37,9
6	Ali R.Hersekliođlu / Cengizhan Sungurlu	Galatasaray	ÜE	3	06:49,4	2	Sibel Kar	Fenerbahçe	HÜK	4	08:50,2
5	Fatih Ünsal / Emre Faik Acar	Fenerbahçe	HKÜE/HKGA	4	06:51,2	4	Güniz İlayda Demir	Galatasaray	HÜK	5	09:03,1
2	Semih Süha ÖR / Talha ÖRGÜÇ	Hereke	ÜE	5	06:59,3						

MILLİ TAKIM SEÇME YARIŞLARI ADANA (2. GÜN 1. TEST)

1	4-	17:00				5	1x	17:20				
3	Selehattin Gürsoy / Muhammed Canşi / Fuat Rafail / Onat Kazaklı	Fenerbahçe	ÜE/BA	1	06:11,9	3	FATİH SEVLİ	Galatasaray	YE	1	07:41,2	
						2	Barış Çakır	Balık Adamlar	YE	2	08:05,2	
4	Melihcan Çelinkaya / Burak Özdemir / Cem Yılmaz / Ahmet Yumrukaya	Galatasaray	HKÜE/HKE	2	06:14,0	4	SAMİ ALP ŞAHİN	Fethiye	YE	3	08:46,3	
						6	2-	17:25				
2	Gökhan Güven / Erencan Aslan / Engin Özkan / Birol Atmaca	Fenerbahçe	ÜE/BA	3	06:15,9	4	İsmet Çardaklı - Mustafa Gazanfer	Galatasaray	YE	1	07:26,7	
						2	Ali Osman Kocakaya / Osman Fırat	Fenerbahçe	YE	2	07:40,5	
6	Doğuşah Bölük / Mert Kaan Kartal / Fatih Ünsal / Emre Faik Acar	Fenerbahçe	HKÜE/HKGA	4	06:16,6	3	Furkan Öztürk / İsmail Ali Bekiroğlu	Şişecam	YE	3	07:43,5	
						5	Cihangir Ünal- Uygur Ballıoğlu	Çukurova	YE	4	07:48,0	
7	Ali R. Herseklioğlu / Cengizhan Sungurlu / Nadir Şahin / Hakan Özcan	Galatasaray	ÜE/HKÜE/HKE	5	06:17,2	7	1x	17:30				
						2	Lia Asena Algöz	Şişecam	YK	1	09:04,2	
2	2X/4-	17:05				5	Aleyna Eğilmez	Fenerbahçe	YK	2	09:04,5	
5	Mesut Kılıç - Erkan Göktaş - Jeremy Amram - Sergen Yüksel	Galatasaray	GA	1	06:28,3	4	İdil Demir	Galatasaray	YK	3	09:08,0	
2	Emre Haymana / Yasin Göler	Fenerbahçe	HKÜE/HKGA	2	06:43,8	3	İpek Dinçer	Galatasaray	YK	4	09:08,3	
3	Enes Kuşku / Bayram Sönmez	Galatasaray	HKÜE/HKE	3	06:39,8	7	Ayşenur Dilsiz	Galatasaray	YK	5	09:14,1	
						6	Ezgi Yılmaz	Galatasaray	YK	6	09:54,1	
3	2x	17:10										
6	Uğur Özcan / Mücahit Sağlık	Galatasaray	HKÜE/ÜE	1	06:43,6							
4	Mehmet Koçur / Harun Ardiç	FB/ ÇKR	GA/YE	2	06:48,1							
3	F. Yiğit Arın / Selmancan Buruşoğlu	Galatasaray	ÜE	3	06:52,8							
5	Semih Süha ÖR / Talha ÖRGÜÇ	Hereke	ÜE	4	06:56,8							
2	Erdal Deveci / Ali Numan Erus	Fenerbahçe	ÜE	5	06:57,3							
4	1x	17:15										
4	SABRİ SEVNiŞ	Galatasaray	YE	1	07:40,2							
2	İnanç Şahin	Şişecam	YE	2	07:45,3							
5	Yunus Emre	Çukurova	YE	3	07:52,7							
3	Fatih Burak Akdemir	Balık Adamlar	YE	4	08:40,9							

2.TEST DERECE

	İSİM	KATAGORİ	KULÜP	START	SÜRE	DERECE		
1	ENES KUŞKU	HKBB	GALATASARAY	11:00,0	26:23,3	15:23,3	0	
2	NAİM GÜNEŞ	YE	SAKARYA TOHM	34:00,0	50:04,4	16:04,4	5	
3	İSMAİL BEKİROĞLU/ İNANÇ ŞAHİN	YE	ŞİŞECAM	15:00,0	30:25,7	15:25,7	6	
4	CENGİZ SUNGURLU/SELMAN BURUSOĞLU	BB	GALATASARAY	04:00,0	18:38,5	14:38,5	9	
5	DOĞŞAH BÖLÜK/ MERT KAAN KARTAL	HKBB	FENERBAHÇE	07:00,0	21:52,9	14:52,9	9	
6	GÖKHAN GÜVEN /EMRE FAİK ACAR	GE	FENERBAHÇE	10:00,0	24:57,3	14:57,3	9	
7	ENSAR YILDIRIM	YE	SAKARYA TOHM	35:00,0	51:10,4	16:10,4	11	
8	TOLGA ŞAHİNOĞLU /YİĞİT ARIN	BB	FENERBAHÇE/FERDİ	05:00,0	19:40,5	14:40,5	11	
9	DERİC/STOİÇ	BA	SRB	00:00,0	14:21,8	14:21,8	12	
10	HARUN ARDIÇ	GE	FENERBAHÇE	28:00,0	43:42,9	15:42,9	13	
11	STANOJEVIÇ	BA	SRB	12:00,0	27:23,1	15:23,1	14	
12	BEDİK/VASIÇ	BA	SRB	01:00,0	15:24,0	14:24,0	15	
13	FUAD RAFAIL / ONAT KAZAKLI	BA/BB	FENERBAHÇE	02:00,0	16:24,9	14:24,9	15	
14	AHMET YUMRUKAYA /CEM YILMAZ	HKBA	GALATASARAY	03:00,0	17:39,1	14:39,1	16	
15	SABRİ SEVNiŞ	GE	GALATASARAY	30:00,0	45:47,6	15:47,6	17	
16	BARBAROS GÖZÜTOK /HAKAN ÖZKAN	HKBA	GALATASARAY	06:00,0	20:42,7	14:42,7	19	
17	MEHMET KOÇUR	GE	ADANA TOHM	29:00,0	44:49,9	15:49,9	19	
18	İVA / JOVANA	BK	SRB	19:00,0	34:19,6	15:19,6	20	
19	YASİN GÖLER	HKBB	FENERBAHÇE	16:00,0	31:46,7	15:46,7	23	
20	HUSEYİN KANDEMİR	HKBA	GALATASARAY	13:00,0	28:27,5	15:27,5	28	
21	BAYRAM	HKBA	GALATASARAY	14:00,0	29:31,7	15:31,7	31	
22	ÇAĞATAY ŞEKERÖZ	YE	FENERBAHÇE	46:00,0	02:31,6	16:31,6	31	
23	ÖMER SEFA POLAT	YE	ŞİŞECAM	45:00,0	01:32,8	16:32,8	32	
24	FATİH ÜNSAL	HKBB	FENERBAHÇE	17:00,0	32:57,0	15:56,9	33	
25	FATİH SELVİ	GE	GALATASARAY	39:00,0	55:06,1	16:06,1	37	
26	ENES YENİPAZAR	GE	SAKARYA TOHM	38:00,0	54:06,5	16:06,5	37	
27	NADİR ŞAHİN	HKBA	GALATASARAY	21:00,0	36:38,4	15:38,4	38	
28	DOĞUŞ KÖKER	BB	FENERBAHÇE	20:00,0	35:47,9	15:47,9	38	
29	EMRE HAYMAN / ENGİN ÖZKAN	HKBA/HKBB	FENERBAHÇE	08:00,0	23:02,1	15:02,1	39	
30	VUKOVIÇ / OGEDAY	BA	SRB/FENERBAHÇE	09:00,0	23:48,7	14:48,7	39	
31	BURAK ACAR	BB	GALATASARAY	31:00,0	46:49,7	15:49,7	40	
32	BARIŞ ÖZGÜR/ SAYD DZUMSOY	YE	HEREKE	33:00,0	48:58,2	15:58,2	41	
33	PETAR	HKBB	SRB	26:00,0	42:04,5	16:04,5	41	
34	UTKU KEREM KANIBELLİ	GE	SAKARYA TOHM	42:00,0	58:11,9	16:11,9	41	
35	ALİHAN SUNGURLU/ OĞUZ ZOR	GE/YE	SAKARYA TOHM	24:00,0	39:30,5	15:30,5	45	11
36	UĞUR ÖZCAN	HKBA	GALATASARAY	18:00,0	33:48,7	15:48,7	45	
37	VEYSEL KÖSEDAĞ/ ALPCAN DAMAR	YE/GE	HEREKE	32:00,0	47:38,6	15:38,6	48	18
38	EMİN ÇAYLAK/ KAAN KELDAL	GE	ANADOLU HİSARI KÜREK	27:00,0	42:39,8	15:39,8	49	
39	FURKAN GERMEÇ/ BATUHAN KARAKOÇ	GE	FENERBAHÇE	25:00,0	40:38,2	15:38,2	50	
40	CEMAL YİĞİT UZUNLAR	HKBB	ŞİŞECAM	37:00,0	53:19,9	16:19,9	55	
41	EKİNCAN YILMAZTÜRK	BB	ADANA TOHM	41:00,0	57:08,8	16:08,8	59	
42	FURKAN ÖZTÜRK	GE	ŞİŞECAM	47:00,0	03:34,0	16:34,0	64	
43	ULUÇ AYYILDIZ	GE	FETHİYE	44:00,0	00:37,0	16:37,0	67	
44	ÖMER ÖZTÜRK	YE	SAKARYA TOHM	50:00,0	07:07,1	17:07,1	67	
45	KAAN BAĞ	YE	SAKARYA TOHM	51:00,0	08:07,3	17:07,3	67	
46	ANCA LUCIAN /MAGDELENA IAKOP	BK	SAKARYA TOHM	43:00,0	59:39,4	16:39,4	68	
47	REZAN KARACA	BB	ADANA TOHM	49:00,0	05:35,9	16:35,9	71	
48	M.ALİ ERDİK	GE	SAKARYA TOHM	48:00,0	04:44,4	16:44,4	74	
49	ENES AKGÜL/ CELAL GÜLER	GE	ANADOLU HİSARI KÜREK	40:00,0	56:07,6	16:07,6	78	
50	EMİRHAN KUŞÇUOĞLU	GE	SAKARYA TOHM	22:00,0	38:59,0	16:59,0	89	
51	BİLAL KARADEMİR	GE	SAKARYA TOHM	53:00,0	10:02,4	17:02,4	92	
52	BERK OGÜN	YE	ADANA TOHM	56:00,0	13:44,1	17:44,2	104	

53	HALİL İBRAHİM GÜZELBAY	YE	ADANA TOHM	55:00,0	12:53,8	17:53,8	113	
54	BERKE YILMAZ	YE	ADANA TOHM	54:00,0	12:01,7	18:01,7	121	
55	MEHMET ÇOPANOĞLU	YE	ADANA TOHM	58:00,0	16:08,2	18:08,2	129	
56	ASLIHAN ATEŞ/SUBHİYE AYDAL	GK	FENERBAHÇE	57:00,0	15:04,6	18:04,6		
57	BETÜL SERİN	GK	FENERBAHÇE	59:00,0	17:37,2	18:37,2		
58	DİLANUR BİÇER	GK	ANADOLU HİSARI KÜREK	03:00,0	21:40,9	18:40,9		
59	İREM BULUT	GK	ŞİŞECAM	00:00,0	18:43,2	18:43,2		
60	AYŞENUR YILMAZ	YK	ŞİŞECAM	01:00,0	19:43,7	18:43,7		
61	AYŞE ECE ARTAN	GK	FETHİYE	04:00,0	23:01,8	19:01,8		
62	ALEYNA EĞİMEZ	GK	FENERBAHÇE	02:00,0	21:04,8	19:04,8		
63	NAZLI YANILMAZ	YK	HEREKE	07:00,0	26:06,1	19:06,1		
64	LİA ALAGÖZ	YK	ŞİŞECAM	05:00,0	24:09,4	19:09,4		
65	NİSA ARICI	GK	SAKARYA TOHM	06:00,0	25:24,2	19:24,2		
66	DİDEM SÜRER	YK	ADANA TOHM	09:00,0	28:34,7	19:34,7		
67	SEDEF ÖZALP	GK	SAKARYA TOHM	11:00,0	30:39,5	19:39,5		
68	İREM ATAY	YK	FETHİYE	08:00,0	27:41,9	19:41,9		

4000m

(dönüşler çıkartıldı)

aynı antrenmanda

1. 26T

2. 28T

3. 26T

19.06.2014

20.06.2014

20.06.2014

2X	Yasin\Harun	14:07,6	15:08,4	15:08,8
2X	Mehmet\Ekincan	14:19,6	15:39,5	15:23,7
2-	Tolga\Onat	14:35,8	15:19,1	15:18,5
2-	Erencan\Gökhan	14:49,3	15:27,4	15:42,6
1X	Enes	15:20,9	16:44,4	16:15,8
1X	Cem	15:22,4	16:10,2	16:30,7
1X	Fuad	15:28,8	16:34,2	16:34,7



KÜREK MİLLİ TAKIMI
DAYANIKLILIK TESTİ
SONUÇ VE DEĞERLENDİRMESİ

ARALIK, 2014

Ehlibeyt Mah. Ceyhun Atıf Kansu Cad. 1271 Sokak Sümer İş Merkezi 15/6 Balgat/Çankaya/Ankara

Telefon:0312 286 64 64

Kürek Milli Takımında yer alan 9 sporcuya, 15 Aralık 2014 tarihinde Köyceğiz'de uygulanan dayanıklılık testine ait ham veriler ile sabit laktat eşiklerinde yer alan antrenman alanlarına ilişkin iş yükü ve kalp atım hızı verileri aşağıda verilmiştir.

Sportofit Performans Akademisi ekibi olarak soru ya da önerilerinize her zaman açık olduğumuzu belirtir, başarılı ve sağlıklı bir sezon geçirmenizi dileriz.

Saygılarımızla.

Dr. Sinem MAVİLİ
Spor Bilimci



DATE: 15.12.2014

Name:

HÜSEYİN KANDEMİR

Results:

06:18,8

Watt:

412

Weight:

75,4

Average:

01:34,7

Max HR:

190

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:01,0	196	02:00,6	199	1	149	149	150	149,3			
2.	01:52,0	247	01:52,0	249	1,8	164	165	164	164,3			
3.	01:46,0	296	01:45,9	294	4,1	177	177	176	176,7			
4.	01:40,5	346	01:40,2	348	7,7	186	186	187	186,3			
2000m			06:18,8	412						9,5	11,9	13,2
500m	1000m	1500m	2000m									
					Watt/kg:	5,5		Watt/kg ^{2/3} :	23,1			

Hüseyin Kandemir

PERFORMANS AKADEMİ

İş Yüğü (W)	KAH (a/dk)	LA (mmol/L)
Dinlenik		1,6
199	149	1,0
249	164	1,8
294	178	4,1
348	186	7,7

LA Training Zones (mmol.L)	Load (W)	HR (beat/m)
1,5	230	158
2,0	253	165
2,5	264	168
3,0	273	170
3,5	283	172
4,0	292	174
5,0	309	178
6,0	325	180

DATE: 15.12.2014

Name: CEM YILMAZ

Results: 06:38,8

Watt: 353

Weight: 75,2

Average: 01:39,7

Max HR: 182

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:02,5	189	02:02,3	191	0,7	145	145	145	145,0			
2.	01:53,5	239	01:53,4	240	1,5	164	163	162	163,0			
3.	01:47,0	289	01:46,9	286	4,7	177	177	177	177,0			
4.	01:41,5	339	01:41,4	336	9,4	185	185	183	184,3			
2000m			06:38,8	336						12,7	12,9	12,8

500m	1000m	1500m	2000m

Watt/kg: 4,5

Watt/kg^{2/3}: 18,9

Cem Yılmaz

İş Yüğü (W)	KAH (a/dk)	LA (mmol/L)
Dinlenik		1,3
191	145	0,7
240	163	1,5
286	177	4,7
336	183	9,4

LA Training Zones (mmol.L)	Load (W)	HR (beat/m)
1,5	240	163
2,0	248	166
2,5	255	169
3,0	263	171
3,5	270	172
4,0	277	174
5,0	290	177
6,0	302	179

DATE: 15.12.2014

Name: BAYRAM SÖNMEZ

Results: 06:28,0

Watt: 383

Weight: 75,4

Average: 01:37,0

Max HR: 180

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:02,5	189	02:02,0	191	1,7	135	136	135	135,3			
2.	01:53,5	239	01:53,4	240	1,8	153	153	152	152,7			
3.	01:47,0	289	01:47,4	282	2,7	167	167	167	167,0			
4.	01:41,5	339	01:41,4	336	4,5	177	177	177	177,0			
2000m			06:28,0	383						6,8	8,8	11,4
500m	1000m	1500m	2000m			Watt/kg: 5,1		Watt/kg ^{2/3} : 21,5				

Bayram Sönmez

İş Yüğü (W)	KAH (a/dk)	LA (mmol/L)
Dinlenik		1,3
191	135	1,7
240	153	1,8
282	167	2,7
336	177	4,5

LA Training

Zones (mmol.L)	Load (W)	HR (beat/m)
1,5	224	148
2,0	250	157
2,5	274	163
3,0	294	168
3,5	311	172
4,0	325	174
4,5	336	177

DATE: 15.12.2014

Name: DOĞUŞAH BÖLÜK

Results: 06:26,8

Watt: 387

Weight: 74,5

Average: 01:36,7

Max HR: 193

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:02,5	189	02:02,4	191	0,5	150	150	154	151,3			
2.	01:53,5	239	01:53,5	239	1,6	167	168	167	167,3			
3.	01:47,0	289	01:46,9	286	2,8	181	181	181	181,0			
4.	01:41,5	339	01:41,4	335	5,7	190	191	191	190,7			
2000m			06:26,8	387						10,2	12,5	12,7

500m	1000m	1500m	2000m

Watt/kg: 5,2

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

Doğuşah Bölük

İş Yüğü (W)	KAH (a/dk)	LA (mmol/L)
Dinlenik		1,4
191	151	0,5
239	167	1,6
286	181	2,8
335	191	5,7

LA Training Zones (mmol.L)	Load (W)	HR (beat/m)
1,5	235	165
2,0	255	171
2,5	275	176
3,0	289	182
3,5	298	183
4,0	306	186
5,0	323	189

DATE: 15.12.2014

Name: YASİN GÖLER

Results: 06:28,6

Watt: 382

Weight: 70,8

Average: 01:37,1

Max HR: 208

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180	02:05,1	179	0,8	138	135	136	136,3			
2.	01:55,0	230	01:55,2	229	2,1	165	165	163	164,3			
3.	01:47,5	280	01:47,9	282	4,4	185	184	184	184,3			
4.	01:42,0	330	01:42,2	327	8,4	196	195	196	195,7			
2000m			06:28,6	382						9,4	12,3	13,4

500m	1000m	1500m	2000m

Watt/kg: 5,4

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

Yasin Göler

İş Yüğü (W)	KAH (a/dk)	LA (mmol/L)
Dinlenik		1,3
179	136	0,8
229	164	2,1
282	184	4,4
327	196	8,4

LA Training Zones (mmol.L)	Load (W)	HR (beat/m)
1,5	208	152
2,0	226	162
2,5	241	167
3,0	254	173
3,5	266	177
4,0	275	180
5,0	291	186
6,0	302	188

DATE: 15.12.2014

Name: FATİH ÜNSAL

Results: 06:24,8

Watt: 393

Weight: 74,5

Average: 01:36,2

Max HR: 192

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180	02:04,5	181	1,5	148	142	143	144,3			
2.	01:55,0	230	01:55,0	230	1,7	169	167	168	168,0			
3.	01:47,5	280	01:47,4	282	2,7	182	182	181	181,7			
4.	01:42,0	330	01:41,9	331	6,6	186	187	186	186,3			
2000m			06:24,8	393						8,2	12,1	12,3
500m	1000m	1500m	2000m									

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

Fatih Uysal

İş Yüğü (W)	KAH (a/dk)	LA (mmol/L)	İş Yüğü (W)
Dinlenik		1,3	Dinlenik
181	144	1,5	181
230	168	1,7	230
282	182	2,7	282
331	186	6,6	331

LA Training Zones (mmol.L)	Load (W)	HR (beat/m)
1,5	181	144
2,0	273	176
2,5	279	177
3,0	286	182
3,5	292	183
4,0	298	183
5,0	311	183
6,0	323	184

DATE: 15.12.2014

Name: ENGİN ÖZKAN

Results: 06:27,7

Watt: 384

Weight: 74,5

Average: 01:36,9

Max HR: 191

	Target		Results		Laktat	Puls				2000m max test		
	Time	Watt	Time	Watt	mmol	30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180	02:05,8	176	0,6	132	137	133	134,0			
2.	01:55,0	230	01:55,1	229	0,9	162	163	161	162,0			
3.	01:47,5	280	01:47,4	282	2,3	180	181	180	180,3			
4.	01:42,0	330	01:42,0	330	5,4	192	187	185	188,0			
2000m			06:27,7	384						15,1	14,5	15,1
500m	1000m	1500m	2000m									
					Watt/kg:	5,2		Watt/kg ^{2/3} :	21,7			

Engin Özkan

İş Yüğü (W)	KAH (a/dk)	LA (mmol/L)
Dinlenik		1,1
176	134	0,6
229	162	0,9
282	180	2,3
330	188	5,4

LA Training Zones (mmol.L)	Load (W)	HR (beat/m)
1,5	254	173
2,0	272	174
2,5	288	180
3,0	301	183
3,5	312	184
4,0	320	184
5,0	329	188

DATE: 15.12.2014

Name: EMRE HAYMANA

Results: 06:25,1

Watt: 392

Weight: 75,4

Average: 01:36,2

Max HR: 194

	Target		Results		Laktat mmol	Puls				2000m max test		
	Time	Watt	Time	Watt		30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180	02:05,0	180	1,1	145	145	146	145,3			
2.	01:55,0	230	01:55,0	230	1,4	161	160	160	160,3			
3.	01:47,5	280	01:47,5	282	2,5	177	177	178	177,3			
4.	01:42,0	330	01:41,9	330	5	189	189	189	189,0			
2000m			06:25,1	392						8	12,3	13,9

500m	1000m	1500m	2000m

Watt/kg: 5,2

Watt/kg^{2/3}: 22,0

Emre Haymana

İş Yüğü (W)	KAH (a/dk)	LA (mmol/L)
Dinlenik		1,4
180	145	1,1
230	160	1,4
282	177	2,5
330	189	5,0

LA Training Zones (mmol.L)	Load (W)	HR (beat/m)
1,5	235	164
2,0	258	172
2,5	282	177
3,0	292	182
3,5	301	184
4,0	311	187
5,0	330	190

DATE: 15.12.2014

Name: MERT KAAN KARTAL

Results: 06:36,1

Watt: 360

Weight: 72,8

Average: 01:39,0

Max HR: 199

	Target		Results		Laktat mmol	Puls				2000m max test		
	Time	Watt	Time	Watt		30"	15"	0"	Average	0'	3'	6'
1.	02:05,0	180	02:05,0	179	2	153	153	153	153,0			
2.	01:55,0	230	01:55,1	229	2,4	169	169	171	169,7			
3.	01:47,5	280	01:47,4	282	4,9	188	189	188	188,3			
4.	01:42,0	330	01:42,2	327	8,7	196	197	197	196,7			
2000m			06:36,1	360						10,2	14,3	14,4
500m	1000m	1500m	2000m									
					Watt/kg: 4,9				Watt/kg ^{2/3} : 20,6			

Mert Kartal

İş Yüğü (W)	KAH (a/dk)	LA (mmol/L)
Dinlenik		2,1
179	153	2,0
229	170	2,4
282	188	4,9
327	197	8,7

LA Training Zones (mmol.L)	Load (W)	HR (beat/m)
1,5	96	114
2,0	179	153
2,5	242	173
3,0	243	174
3,5	255	177
4,0	265	180
5,0	284	188
6,0	299	191

