

## Reebok RealFlex 11,3 Koşusu

### Sonuçları / Ranking

#### Erkekler

| Sıra | G.No | Ad                      | D.Yılı | Kat | Kulüp                                 | 5k      | Brut    | Net     |
|------|------|-------------------------|--------|-----|---------------------------------------|---------|---------|---------|
| 1    | 422  | ÜZEYİR SÖYLEMEZ         | 1988   | E18 |                                       | 0:17:25 | 0:37:35 | 0:37:34 |
| 2    | 52   | ÖĞÜZHAN YILMAZ          | 1991   | E18 | BEŞTELSİZ                             | 0:18:03 | 0:38:59 | 0:38:58 |
| 3    | 421  | MURAT KAYA              | 1974   | E36 |                                       | 0:18:18 | 0:39:18 | 0:39:17 |
| 4    | 203  | ESER AKIŞ               | 1978   | E18 | YOK                                   | 0:18:19 | 0:39:40 | 0:39:38 |
| 5    | 222  | SALİH ÖZTÜRK            | 1977   | E36 | TRABZON SPOR                          | 0:18:33 | 0:47:28 | 0:39:45 |
| 6    | 221  | AYDIN ÇEKEN             | 1964   | E46 | ANKARA MASTERLERİ                     | 0:19:03 | 0:48:31 | 0:40:47 |
| 7    | 282  | MUSA GÖKHAN             | 1988   | E18 | ZİNDE GENÇLİK, SPOR VE İZCİLİK KULÜBÜ | 0:19:33 | 0:42:49 | 0:42:47 |
| 8    | 4    | AYHAN YAŞAR             | 1966   | E46 | YOK                                   | 0:20:04 | 0:43:39 | 0:43:36 |
| 9    | 283  | MEHMET BEYAZTAŞ         | 1989   | E18 | ZİNDE GENÇLİK, SPOR VE İZCİLİK KULÜBÜ | 0:20:27 | 0:44:21 | 0:44:20 |
| 10   | 254  | MICHAEL TRANCHARD       | 1973   | E36 | YOK                                   | 0:20:48 | 0:44:44 | 0:44:42 |
| 11   | 208  | TAYFUN BİNGÖL           | 1984   | E18 | ADIM ADIM                             | 0:20:50 | 0:45:00 | 0:44:57 |
| 12   | 423  | MEHMET BOZTEPE          | 1978   | E18 |                                       | 0:20:50 | 0:45:06 | 0:45:05 |
| 13   | 235  | FETHİ KAYA              | 1969   | E36 | YOK                                   | 0:21:09 | 0:45:10 | 0:45:08 |
| 14   | 158  | SERVER TANFER           |        |     | YOK                                   | 0:21:17 | 0:45:19 | 0:45:14 |
| 15   | 187  | BONİ SALİS              | 1971   | E36 | YOK                                   | 0:21:02 | 0:45:54 | 0:45:43 |
| 16   | 260  | METİN TANYEL            | 1976   | E36 | İSTANBUL TRIATLON                     | 0:20:52 | 0:45:51 | 0:45:47 |
| 17   | 333  | MAZHAR GÜLTEPE          | 1982   | E18 | YOK                                   | 0:21:11 | 0:46:05 | 0:46:03 |
| 18   | 408  | SELÇUK ÇAĞLAR           | 1968   | E36 |                                       | 0:21:16 | 0:46:13 | 0:46:07 |
| 19   | 300  | ERCAN AKGÜL             | 1978   | E18 | ADIM ADIM                             | 0:21:34 | 0:46:27 | 0:46:25 |
| 20   | 376  | MURAT KEMALİ TURAN      | 1966   | E46 | YOK                                   | 0:21:42 | 0:46:58 | 0:46:54 |
| 21   | 175  | KORHAN GÜRER            | 1976   | E36 | YOK                                   | 0:22:08 | 0:47:36 | 0:47:32 |
| 22   | 412  | CANER ODABAŞI           | 1974   | E36 |                                       | 0:21:28 | 0:47:40 | 0:47:36 |
| 23   | 33   | ERKAL HASCAN            | 1976   | E36 | ADIM ADIM                             | 0:21:36 | 0:47:44 | 0:47:40 |
| 24   | 281  | KADIR ER                | 1988   | E18 | ZİNDE GENÇLİK, SPOR VE İZCİLİK KULÜBÜ | 0:22:48 | 0:48:08 | 0:47:58 |
| 25   | 224  | GÖKHAN DOĞRUOL          | 1962   | E46 | YOK                                   | 0:22:29 | 0:48:30 | 0:48:19 |
| 26   | 373  | HARUN ARMAN             | 1980   | E18 | YOK                                   | 0:22:25 | 0:48:29 | 0:48:21 |
| 27   | 296  | ADEM AKÇA               | 1974   | E36 | YOK                                   | 0:22:17 | 0:48:29 | 0:48:27 |
| 28   | 321  | HAKAN KASIRGA           | 1974   | E36 | YOK                                   | 0:23:23 | 0:49:24 | 0:48:58 |
| 29   | 130  | MEHMET ÖZTÜRK           | 1981   | E18 | YOK                                   | 0:22:35 | 0:49:04 | 0:49:02 |
| 30   | 232  | BERK TUFEKÇİ            | 1977   | E36 | YOK                                   | 0:22:38 | 0:49:30 | 0:49:20 |
| 31   | 25   | KAYA KARAYEL            | 1981   | E18 | YOK                                   | 0:23:23 | 0:49:56 | 0:49:30 |
| 32   | 237  | ERCAN ÇİMENAY           | 1986   | E18 | AKATLAR CLUB SPORIUM                  | 0:23:19 | 0:49:49 | 0:49:33 |
| 33   | 256  | NEZİH SAKAOĞLU          | 1963   | E46 | KÜTAHYA -DÜMLUPINAR ÜNİVERSİTESİ      | 0:23:38 | 0:50:14 | 0:50:12 |
| 34   | 286  | BÜLENT DEĞERLİ          | 1962   | E46 | YOK                                   | 0:23:12 | 0:50:25 | 0:50:23 |
| 35   | 284  | MEHMET YAZICI           | 1965   | E46 | İSTANBUL MASTERS                      | 0:23:21 | 0:50:38 | 0:50:27 |
| 36   | 249  | EFE ÖZDEMİR             | 1972   | E36 | YOK                                   | 0:23:22 | 0:51:10 | 0:51:07 |
| 37   | 68   | İSKENDER KANBAY         | 1979   | E18 | YOK                                   | 0:23:21 | 0:51:19 | 0:51:14 |
| 38   | 166  | OGEDAY KARAHAN          | 1965   | E46 | YOK                                   | 0:24:12 | 0:51:36 | 0:51:23 |
| 39   | 183  | OZAN ARGUN              | 1977   | E36 | ADIM ADIM                             | 0:24:27 | 0:51:44 | 0:51:29 |
| 40   | 42   | EMRE YALIN              | 1982   | E18 | ADIM ADIM                             | 0:24:17 | 0:51:38 | 0:51:34 |
| 41   | 118  | SAHİN PULUR             | 1982   | E18 | YOK                                   | 0:24:16 | 0:51:45 | 0:51:40 |
| 42   | 15   | OZAN KOTAN              | 1977   | E36 | MARATHONİST                           | 0:24:53 | 0:51:46 | 0:51:40 |
| 43   | 17   | GALİP AKKAYA            | 1979   | E18 | MARATONİST                            | 0:24:38 | 0:52:12 | 0:51:45 |
| 44   | 7    | BAHADİR TUNCAY          | 1975   | E36 | YOK                                   | 0:24:20 | 0:51:56 | 0:51:50 |
| 45   | 367  | MURAT ATILAN            | 1972   | E36 | YOK                                   | 0:23:36 | 0:52:26 | 0:52:23 |
| 46   | 131  | MUAMMER BÜYÜK           | 1961   | E46 | YOK                                   | 0:24:22 | 0:53:00 | 0:52:23 |
| 47   | 152  | OSMAN İNHAN             | 1969   | E36 | YOK                                   | 0:24:03 | 0:52:28 | 0:52:25 |
| 48   | 115  | SERDAR AKÇAY            | 1986   | E18 | FERDİ                                 | 0:24:38 | 0:52:43 | 0:52:25 |
| 49   | 211  | METİN ÖZVARNA           | 1966   | E46 | YOK                                   | 0:24:48 | 0:52:45 | 0:52:36 |
| 50   | 255  | MEHMET AKİF ERTURK      | 1981   | E18 | İSTANBUL TRIATLON SPOR KULUBU         | 0:23:51 | 0:53:52 | 0:53:25 |
| 51   | 133  | İBRAHİM ÇÖP             | 1973   | E36 | YOK                                   | 0:24:30 | 0:53:28 | 0:53:26 |
| 52   | 125  | NEJAT DEMİRBULAK        | 1984   | E18 | ADIM ADIM                             | 0:25:38 | 0:54:07 | 0:53:39 |
| 53   | 46   | SENCER SALBAŞ           | 1974   | E36 | YOK                                   | 0:24:52 | 0:54:20 | 0:53:43 |
| 54   | 268  | ATILAY ÜNAL             | 1977   | E36 | YOK                                   | 0:25:08 | 0:53:55 | 0:53:45 |
| 55   | 387  | NURİ FATİH AKDENİZ      | 1980   | E18 | HAREKET CANDIR!                       | 0:24:31 | 0:53:53 | 0:53:48 |
| 56   | 414  | ERKAN AKILLI            | 1980   | E18 |                                       | 0:24:05 | 0:54:09 | 0:54:02 |
| 57   | 156  | DAĞHAN KURTGİL          | 1983   | E18 | ADIM ADIM                             | 0:25:33 | 0:54:31 | 0:54:10 |
| 58   | 88   | YAKUP TANRIVERMİS       | 1974   | E36 | İNG EMEKLİLİK KOSU KULUBU             | 0:25:46 | 0:54:47 | 0:54:35 |
| 59   | 407  | ZAFER CİVELEK           | 1965   | E46 |                                       | 0:25:03 | 0:54:57 | 0:54:37 |
| 60   | 343  | SERKAN ERMİŞ            | 1975   | E36 | YOK                                   | 0:24:58 | 0:54:46 | 0:54:43 |
| 61   | 44   | ADEM SUCUOĞLU           | 1974   | E36 | YOK                                   | 0:25:48 | 0:55:18 | 0:54:48 |
| 62   | 240  | NURİ ÇAGATAY ÇİMŞİT     | 1972   | E36 | CLUB SPORIUM                          | 0:25:31 | 0:55:14 | 0:54:53 |
| 63   | 74   | MUSTAFA SARITAŞ         | 1973   | E36 | YOK                                   | 0:25:28 | 0:55:05 | 0:55:03 |
| 64   | 417  | TUNÇ YILMAZ             | 1973   | E36 |                                       | 0:25:29 | 0:55:15 | 0:55:14 |
| 65   | 267  | FAİK BÜYÜKTEOMAN        | 1955   | E46 | YOK                                   | 0:26:12 | 0:55:18 | 0:55:14 |
| 66   | 207  | ERTUĞRUL CEM ÖZDAMAR    | 1971   | E36 | YOK                                   | 0:26:50 | 0:56:15 | 0:55:34 |
| 67   | 155  | VOLKAN TUL              | 1982   | E18 | YOK                                   | 0:25:58 | 0:56:02 | 0:55:35 |
| 68   | 21   | ALİ KARAASLAN           | 1974   | E36 | YOK                                   | 0:25:06 | 0:55:53 | 0:55:50 |
| 69   | 37   | ALTAN DERESÖY           | 1961   | E46 | ADIM ADIM                             | 0:26:22 | 0:56:07 | 0:55:52 |
| 70   | 383  | SERKAN İMRAK            | 1976   | E36 | HAREKET CANDIR                        | 0:25:42 | 0:56:01 | 0:55:56 |
| 71   | 246  | AHMET AKAY              | 1989   | E18 | YOK                                   | 0:26:12 | 0:56:16 | 0:55:59 |
| 72   | 341  | KORHAN YIRMİBEŞOĞLU     | 1967   | E46 | YOK                                   | 0:26:15 | 0:56:14 | 0:56:07 |
| 73   | 257  | UMUTHAN UYAN            | 1988   | E18 | YOK                                   | 0:26:08 | 0:56:48 | 0:56:34 |
| 74   | 218  | CAN VURAN               | 1980   | E18 | İSTANBUL TRIATLON SPOR KLÜBÜ          | 0:26:20 | 0:57:15 | 0:57:04 |
| 75   | 205  | FUAT ERMAN              | 1977   | E36 | POWERFULL CADDEBOSTAN                 | 0:26:47 | 0:57:43 | 0:57:09 |
| 76   | 303  | TUFAN SARIKAYA          | 1981   | E18 | YOK                                   | 0:27:44 | 1:06:15 | 0:57:19 |
| 77   | 34   | TOYCAN DİKBAYIR         | 1973   | E36 | YOK                                   | 0:26:48 | 0:57:31 | 0:57:25 |
| 78   | 288  | MEHMET HAYRİ ETİK       | 1956   | E46 | YOK                                   | 0:27:04 | 0:58:01 | 0:57:45 |
| 79   | 250  | ALİ CAN TOKSOY          | 1985   | E18 | YOK                                   | 0:27:02 | 0:58:22 | 0:57:59 |
| 80   | 61   | ATILA KARA              | 1955   | E46 | YOK                                   | 0:26:41 | 0:58:18 | 0:58:14 |
| 81   | 398  | YUNUS SEZENER           | 1984   | E18 | HAREKET CANDIR!                       | 0:27:19 | 0:58:22 | 0:58:17 |
| 82   | 106  | İZZET BARUH             | 1962   | E46 | YOK                                   | 0:28:02 | 0:58:41 | 0:58:23 |
| 83   | 409  | CAHİT ERDOĞAN           | 1974   | E36 |                                       | 0:27:02 | 0:59:04 | 0:58:27 |
| 84   | 391  | ALPER UYANIK            | 1970   | E36 | YOK                                   | 0:27:35 | 0:59:00 | 0:58:29 |
| 85   | 79   | CAN TÜZER               | 1979   | E18 | YOK                                   | 0:27:01 | 0:58:44 | 0:58:30 |
| 86   | 331  | ERAY ÜNAL               | 1978   | E18 | YOK                                   | 0:27:19 | 0:58:44 | 0:58:34 |
| 87   | 332  | ABDULLAH CAN BOZDAĞ     | 1986   | E18 | YOK                                   | 0:27:35 | 1:03:38 | 0:58:43 |
| 88   | 121  | JETSE FREDERİK DE VRIES | 1958   | E46 | İNG EMEKLİLİK KOSU KULUBU             | 0:27:52 | 0:59:00 | 0:58:45 |
| 89   | 375  | İSMAIL SENCER ÖZDEMİR   | 1983   | E18 | YOK                                   | 0:26:37 | 0:59:06 | 0:58:46 |

# Reebok RealFlex 11,3 Koşusu

## Sonuçları / Ranking

### Erkekler

| Sıra | G.No | Ad                     | D.Yılı | Kat | Kulüp                          | 5k      | Brut    | Net     |
|------|------|------------------------|--------|-----|--------------------------------|---------|---------|---------|
| 90   | 372  | SERDAR ELGUN           | 1975   | E36 | HILLSIDE TRIO                  | 0:27:33 | 0:58:49 | 0:58:46 |
| 91   | 259  | IZZET SABAN            | 1971   | E36 | YOK                            | 0:27:56 | 0:58:59 | 0:58:46 |
| 92   | 388  | METİN TARHAN           | 1964   | E46 | YOK                            | 0:27:15 | 0:58:58 | 0:58:48 |
| 93   | 31   | YAMAN TOGAY            | 1978   | E18 | YOK                            | 0:27:51 | 0:58:54 | 0:58:49 |
| 94   | 270  | OSMAN TANJU GÜNERİ     | 1961   | E46 | YOK                            | 0:28:14 | 0:59:16 | 0:59:08 |
| 95   | 26   | SERVER AYTAÇ           | 1968   | E36 | YOK                            | 0:27:54 | 0:59:33 | 0:59:13 |
| 96   | 18   | HALUK BABACAN          | 1966   | E46 | TEAM İSTRUNBUL                 | 0:27:44 | 0:59:34 | 0:59:16 |
| 97   | 348  | TÜRKER MİLETLİ         | 1981   | E18 | YOK                            | 0:27:37 | 0:59:23 | 0:59:20 |
| 98   | 365  | GÖKHAN AKIN            | 1965   | E46 | YOK                            | 0:28:20 | 0:59:43 | 0:59:27 |
| 99   | 76   | YUSUF AZOZ             | 1973   | E36 | YOK                            | 0:28:08 | 0:59:45 | 0:59:32 |
| 100  | 324  | GÖKHAN ERCİYEŞ         | 1981   | E18 | YOK                            | 0:28:09 | 0:59:56 | 0:59:36 |
| 101  | 416  | MUSTAFA NECİP DÜNDAR   | 1962   | E46 |                                | 0:28:00 | 1:00:04 | 0:59:40 |
| 102  | 318  | CENKER KARAKADILAR     | 1974   | E36 | HILLSIDE İSTİNYEPARK           | 0:27:42 | 0:59:59 | 0:59:53 |
| 103  | 104  | ÇELİK ERDOĞAN          | 1978   | E18 | YOK                            | 0:27:35 | 0:59:59 | 0:59:55 |
| 104  | 163  | HÜSEYİN YILMAZ         | 1968   | E36 | YOK                            | 0:28:21 | 1:00:30 | 1:00:00 |
| 105  | 86   | KERİM BERTRAND         | 1971   | E36 | YOK                            | 0:27:51 | 1:00:13 | 1:00:09 |
| 106  | 336  | MUZAFFER DEMİR         | 1961   | E46 | YOK                            | 0:28:23 | 1:00:33 | 1:00:10 |
| 107  | 379  | SİNAN EROĞLU           | 1978   | E18 | ADIM ADIM                      | 0:28:10 | 1:00:23 | 1:00:14 |
| 108  | 153  | BULENT MUTLU           | 1968   | E36 | YOK                            | 0:28:18 | 1:01:01 | 1:00:30 |
| 109  | 53   | HAKAN ERDEM            | 1972   | E36 | YOK                            | 0:29:01 | 1:00:43 | 1:00:34 |
| 110  | 144  | GÖRKEM PALAZ           | 1982   | E18 | ADIM ADIM                      | 0:29:10 | 1:00:49 | 1:00:34 |
| 111  | 397  | HİDAYET HAKAN TİREĞÜL  | 1961   | E46 | GALATASARAY                    | 0:26:32 | 1:00:37 | 1:00:35 |
| 112  | 226  | ALİ OZBUDAK            | 1971   | E36 | YOK                            | 0:28:46 | 1:00:59 | 1:00:50 |
| 113  | 184  | YAVUZ AVAROĞLU         | 1958   | E46 | YOK                            | 0:28:16 | 1:01:02 | 1:00:52 |
| 114  | 190  | CENK KURT              | 1977   | E36 | YOK                            | 0:27:58 | 1:01:41 | 1:00:56 |
| 115  | 159  | PAMİR ÖZALTAN          | 1968   | E36 | YOK                            | 0:27:58 | 1:01:23 | 1:01:10 |
| 116  | 64   | SİNAN ABAY             | 1981   | E18 | YOK                            | 0:28:36 | 1:01:47 | 1:01:19 |
| 117  | 150  | ATIF URFALI            | 1957   | E46 | YOK                            | 0:29:02 | 1:01:37 | 1:01:21 |
| 118  | 264  | RAHİM ALP RECAİ        | 1964   | E46 | YOK                            | 0:27:55 | 1:01:36 | 1:01:26 |
| 119  | 151  | ERDEM MERGEN           | 1982   | E18 | YOK                            | 0:28:57 | 1:01:37 | 1:01:33 |
| 120  | 149  | MEHMET DENİZ KESİMER   | 1990   | E18 | YOK                            | 0:29:24 | 1:02:03 | 1:01:33 |
| 121  | 148  | MEHMET SEPETOĞLU       | 1978   | E18 | YOK                            | 0:29:03 | 1:02:27 | 1:01:43 |
| 122  | 10   | GOKHAN GEREZLİOĞLU     | 1978   | E18 | AKUT,ADIM ADIM                 | 0:28:20 | 1:01:56 | 1:01:52 |
| 123  | 60   | CAN BAHTIYAR           | 1979   | E18 | YOK                            | 0:28:58 | 1:03:03 | 1:01:53 |
| 124  | 215  | GÖKAY DEMİR            | 1973   | E36 | YOK                            | 0:28:30 | 1:02:15 | 1:01:54 |
| 125  | 69   | EGEMEN BERK ERGENÇ     | 1982   | E18 | YOK                            | 0:29:09 | 1:02:19 | 1:02:03 |
| 126  | 276  | MAHMUT ARMAĞAN         | 1971   | E36 | YOK                            | 0:28:43 | 1:02:22 | 1:02:10 |
| 127  | 162  | SELİM YILDIZ           | 1982   | E18 | YOK                            | 0:28:36 | 1:02:33 | 1:02:21 |
| 128  | 290  | ERCÜMENT BULUT         | 1971   | E36 | YOK                            | 0:29:41 | 1:02:54 | 1:02:21 |
| 129  | 349  | AYHAN UĞURLU           | 1981   | E18 | YOK                            | 0:29:11 | 1:02:46 | 1:02:26 |
| 130  | 202  | ÖRSAN BURAK ULUSOY     | 1975   | E36 | ADIM ADIM                      | 0:29:15 | 1:02:32 | 1:02:27 |
| 131  | 212  | TURGUT BORA BAYRAKTAR  | 1975   | E36 | HILLSIDE                       | 0:29:35 | 1:02:34 | 1:02:28 |
| 132  | 13   | DAGHAN GOKDEL          | 1980   | E18 | YOK                            | 0:29:40 | 1:03:02 | 1:02:37 |
| 133  | 138  | CAN UNAN               | 1996   |     | ADIM ADIM                      | 0:28:39 | 1:03:13 | 1:02:49 |
| 134  | 320  | ERDEM DEMİREL          | 1970   | E36 | YOK                            | 0:30:43 | 1:03:12 | 1:02:49 |
| 135  | 245  | ONUR GÖRÜR             | 1979   | E18 | ADIM ADIM                      | 0:28:51 | 1:03:08 | 1:02:57 |
| 136  | 366  | İHSAN ÖZSOY            | 1971   | E36 | YOK                            | 0:29:49 | 1:03:25 | 1:03:02 |
| 137  | 58   | MUSTAFA ÜÇBİLEK        | 1970   | E36 | YOK                            | 0:30:04 | 1:03:50 | 1:03:26 |
| 138  | 216  | HALUK ERGELMİŞ         | 1959   | E46 | YOK                            | 0:30:05 | 1:03:38 | 1:03:26 |
| 139  | 339  | BURÇİN ERDENLER        | 1984   | E18 | YOK                            | 0:32:14 | 1:04:02 | 1:03:40 |
| 140  | 142  | ACER ACERER            | 1978   | E18 | HILLSIDE CITY CLUB             | 0:29:34 | 1:04:08 | 1:03:46 |
| 141  | 169  | GÜNDÜZ AYDINLAR        | 1952   | E46 | AAO                            | 0:29:54 | 1:04:22 | 1:04:08 |
| 142  | 277  | YENER ZAKUT            | 1976   | E36 | YOK                            | 0:29:54 | 1:04:27 | 1:04:14 |
| 143  | 395  | YILMAZ KESKİN          | 1964   | E46 | ADIM ADIM                      | 0:29:50 | 1:04:40 | 1:04:16 |
| 144  | 103  | KEMAL ÖZEN             | 1971   | E36 | HILLSIDE CITY CLUB TRIO        | 0:29:16 | 1:05:29 | 1:05:07 |
| 145  | 413  | GÜNEŞ ALKİM YEGİN      | 1980   | E18 |                                | 0:29:07 | 1:05:16 | 1:05:08 |
| 146  | 351  | AZİZ KAŞ               | 1968   | E36 | YOK                            | 0:29:01 | 1:05:42 | 1:05:34 |
| 147  | 177  | SEMİH KUMLUK           | 1987   | E18 | YOK                            | 0:30:44 | 1:05:47 | 1:05:41 |
| 148  | 238  | MUSTAFA DIŞLER         | 1980   | E18 | AKATLAR CLUP SPORIUM           | 0:30:15 | 1:06:06 | 1:05:47 |
| 149  | 233  | NASIFCAN BALTA         | 1985   | E18 | BU KIZLAR NEREYE KOŞUYOR?      | 0:31:07 | 1:06:30 | 1:06:03 |
| 150  | 346  | SERKAN DEMİRCİ         | 1977   | E36 | YOK                            | 0:29:15 | 1:06:16 | 1:06:07 |
| 151  | 24   | KEMAL KAMIL HAN        | 1951   | E46 | YOK                            | 0:30:34 | 1:06:27 | 1:06:09 |
| 152  | 269  | ALP ERGÜÇ              | 1966   | E46 | ADIM ADIM                      | 0:31:00 | 1:06:32 | 1:06:18 |
| 153  | 81   | MEHMET FATHİ SUBAŞILAR | 1968   | E36 | İNG EMEKLİLİK KOŞU KULUBU      | 0:31:41 | 1:06:40 | 1:06:30 |
| 154  | 293  | ARMAGAN KARADEMİR      | 1979   | E18 | YOK                            | 0:28:48 | 1:15:28 | 1:06:32 |
| 155  | 219  | KORAY SAPMAZ           | 1971   | E36 | ADIM ADIM CLUP SPORIUM AKATLAR | 0:31:00 | 1:06:51 | 1:06:32 |
| 156  | 185  | TİMUR GENC             | 1977   | E36 | YOK                            | 0:30:55 | 1:06:57 | 1:06:52 |
| 157  | 56   | ALİ ERTEEN             | 1978   | E18 | YOK                            | 0:30:59 | 1:07:36 | 1:07:00 |
| 158  | 30   | CEMALETTİN BASAK       | 1965   | E46 | YOK                            | 0:36:41 | 1:07:35 | 1:07:07 |
| 159  | 43   | SERKAN SAYGIN          | 1980   | E18 | YOK                            | 0:31:23 | 1:07:39 | 1:07:32 |
| 160  | 173  | MURAT BECEREN          | 1975   | E36 | YOK                            | 0:30:37 | 1:08:07 | 1:07:45 |
| 161  | 364  | CİHAT YILDIZLI         | 1978   | E18 | İSTRUNBUL                      | 0:32:09 | 1:08:03 | 1:07:45 |
| 162  | 178  | ZAFER ERKANAR          | 1974   | E36 | YOK                            | 0:31:42 | 1:08:08 | 1:07:54 |
| 163  | 14   | BULUT ASLAN            | 1983   | E18 | YOK                            | 0:31:14 | 1:08:50 | 1:08:24 |
| 164  | 82   | ATILLA ATALAY          | 1974   | E36 | YOK                            | 0:31:04 | 1:08:49 | 1:08:40 |
| 165  | 78   | HÜSEYİN KARAKAŞ        | 1968   | E36 | YOK                            | 0:31:05 | 1:08:52 | 1:08:44 |
| 166  | 410  | EMRE HAYRETÇİ          | 1975   | E36 |                                | 0:30:56 | 1:09:28 | 1:08:53 |
| 167  | 120  | BURAK ÖZMİHÇİ          | 1977   | E36 | YOK                            | 0:32:06 | 1:09:26 | 1:09:04 |
| 168  | 263  | HAKAN DÜZGÜN           | 1967   | E46 | ALF-ALLIANCE                   | 0:30:09 | 1:09:17 | 1:09:08 |
| 169  | 84   | HAKAN GAYGİSİZ         | 1971   | E36 | İNG EMEKLİLİK KOŞU KULUBU      | 0:32:25 | 1:09:45 | 1:09:34 |
| 170  | 214  | SİNAN GOKSEL           | 1977   | E36 | YOK                            | 0:33:27 | 1:10:15 | 1:09:52 |
| 171  | 72   | SERHAN ÇOLAKOĞLU       | 1989   | E18 | YOK                            | 0:33:36 | 1:10:23 | 1:10:06 |
| 172  | 198  | OKAN İNCEER            | 1977   | E36 | YOK                            | 0:32:00 | 1:10:30 | 1:10:19 |
| 173  | 123  | MEHMET NAZMI ERTEEN    | 1951   | E46 | YOK                            | 0:33:09 | 1:10:57 | 1:10:41 |
| 174  | 9    | M.M. CANDAN KUTLUBAY   | 1959   | E46 | YOK                            | 0:33:21 | 1:11:37 | 1:11:13 |
| 175  | 189  | SERDAR DAŞAR           | 1981   | E18 | ADIM ADIM                      | 0:32:59 | 1:11:47 | 1:11:31 |
| 176  | 145  | AYDIN KARABABA         | 1981   | E18 | YOK                            | 0:33:48 | 1:13:07 | 1:11:58 |
| 177  | 377  | YAŞAR DİKBİYİK         | 1949   | E46 | ADIM ADIM                      | 0:33:12 | 1:12:20 | 1:12:12 |
| 178  | 369  | YALÇIN DİZDAR          | 1979   | E18 | ADIM ADIM                      | 0:33:59 | 1:12:28 | 1:12:12 |

# Reebok RealFlex 11,3 Koşusu

## Sonuçları / Ranking

### Erkekler

| Sıra | G.No | Ad                     | D.Yılı | Kat | Kulüp                     | 5k      | Brut    | Net     |
|------|------|------------------------|--------|-----|---------------------------|---------|---------|---------|
| 179  | 368  | CAN ADAMOĞLU           | 1972   | E36 | YOK                       | 0:33:19 | 1:12:19 | 1:12:15 |
| 180  | 262  | ORHAN ÖLMEZ            | 1961   | E46 | YOK                       | 0:34:08 | 1:12:32 | 1:12:27 |
| 181  | 261  | ALPER AKCAN            | 1976   | E36 | YOK                       | 0:31:26 | 1:13:11 | 1:12:48 |
| 182  | 92   | TOLGA ULUOÇAK          | 1984   | E18 | İSTANBUL KOŞU KUVVETLERİ  | 0:31:32 | 1:13:11 | 1:12:50 |
| 183  | 70   | TEVFIK YAPICIOĞLU      | 1986   | E18 | YOK                       | 0:32:47 | 1:13:42 | 1:13:16 |
| 184  | 91   | MEHMET GULVER          | 1974   | E36 | ING EMEKLİLİK KOSU KULUBU | 0:33:38 | 1:13:31 | 1:13:23 |
| 185  | 199  | ÜMİT ÖZTÜRK            | 1959   | E46 | KEMER TEAM                | 0:33:55 | 1:13:40 | 1:13:26 |
| 186  | 117  | MEHMET SOMER TAYYARECI | 1978   | E18 | YOK                       | 0:32:52 | 1:13:53 | 1:13:30 |
| 187  | 129  | ANIL ALTINKUPLU        | 1984   | E18 | YOK                       | 0:33:29 | 1:13:56 | 1:13:51 |
| 188  | 213  | SERKAN BORAN           | 1973   | E36 | YOK                       | 0:32:33 | 1:15:03 | 1:14:57 |
| 189  | 182  | UGUR HAKAN YILDIZ      | 1978   | E18 | ADIM ADIM                 | 0:32:47 | 1:15:39 | 1:15:13 |
| 190  | 45   | İSMAIL ÇETİN           | 1957   | E46 | YOK                       | 0:35:19 | 1:15:55 | 1:15:33 |
| 191  | 3    | CENK DURMAZ            | 1972   | E36 | YOK                       | 0:33:24 | 1:16:09 | 1:15:51 |
| 192  | 244  | YALÇIN KEMAL BAYÜLGEN  | 1964   | E46 | YOK                       | 0:35:39 | 1:16:12 | 1:15:52 |
| 193  | 195  | ÖZCAN KÖSEÖĞLU         | 1969   | E36 | YOK                       | 0:35:30 | 1:18:19 | 1:18:07 |
| 194  | 204  | CELAL SİPAHİ           | 1986   | E18 | YOK                       | 0:36:54 | 1:18:44 | 1:18:44 |
| 195  | 393  | ONUR ERDOĞRU           | 1972   | E36 | HAREKET CANDIR            | 0:36:31 | 1:19:45 | 1:19:38 |
| 196  | 139  | SUKUN UNAN             | 1961   | E46 | ADIM ADIM                 | 0:38:39 | 1:20:18 | 1:19:59 |
| 197  | 193  | İBRAHİM DOLAŞAN        | 1979   | E18 | ING EMEKLİLİK KOŞU KULÜB  | 0:38:11 | 1:22:21 | 1:22:09 |
| 198  | 334  | SALİH ŞENOLAN          | 1977   | E36 | CLUP SPORIUM              | 0:40:52 | 1:25:52 | 1:25:34 |
| 199  | 196  | METİN SARGUT           | 1984   | E18 | ING EMEKLİLİK             | 0:41:11 | 1:26:18 | 1:26:11 |
| 200  | 314  | HİLMİ ARARAT           | 1974   | E36 | YOK                       | 0:40:07 | 1:27:01 | 1:26:56 |
| 201  | 402  | ÇAĞRI İLK              | 1983   | E18 |                           | 0:48:10 | 1:51:07 | 1:51:07 |
| 202  | 291  | NADİR SINAN DÜZGÜN     | 1987   | E18 | YOK                       | n.a.    | DNF     | DNF     |

### Bayanlar

| Sıra | G.No | Ad                     | D.Yılı | Kat | Kulüp                          | 5k      | Brut    | Net     |
|------|------|------------------------|--------|-----|--------------------------------|---------|---------|---------|
| 1    | 135  | LÜTFİYE KAYA           | 1971   | K36 | YOK                            | 0:21:48 | 0:46:37 | 0:46:35 |
| 2    | 111  | EZGİ AKDEŞİR           | 1985   | K18 | ULUDAĞ ÜNİVERSİTESİ            | 0:21:42 | 0:47:14 | 0:46:58 |
| 3    | 191  | BAHAR ERTÜRK           | 1986   | K18 | İSTANBUL TRIATLON SPOR KLUBU   | 0:21:42 | 0:48:05 | 0:47:54 |
| 4    | 340  | MARIANNE YIRMIŞEŞOĞLU  | 1965   | K46 | YOK                            | 0:25:04 | 0:51:46 | 0:51:39 |
| 5    | 101  | ŞENUR ATLI             | 1971   | K36 | ANTRENMANYP                    | 0:24:23 | 0:52:16 | 0:52:04 |
| 6    | 382  | MELİS ABACIOĞLU        | 1986   | K18 | HAREKET CANDIR!                | 0:24:31 | 0:52:32 | 0:52:28 |
| 7    | 6    | PINAR TANKUT           | 1976   | K36 | YOK                            | 0:24:43 | 0:53:06 | 0:53:04 |
| 8    | 357  | AYLIN YANMAZ           | 1987   | K18 | MARS ATHLETIC SPORTS KANYON    | 0:24:26 | 0:53:28 | 0:53:16 |
| 9    | 67   | SYLVIA SZABO           | 1981   | K18 | YOK                            | 0:25:20 | 0:53:38 | 0:53:32 |
| 10   | 119  | ÖZLEM DUYGU            | 1977   | K36 | ADIM ADIM                      | 0:24:54 | 0:53:52 | 0:53:40 |
| 11   | 171  | EİLEEN AYDINLAR        | 1955   | K46 | AAO                            | 0:24:55 | 0:54:04 | 0:54:02 |
| 12   | 107  | ÖZGE TOKAT             | 1976   | K36 | ADIM ADIM                      | 0:26:11 | 0:57:49 | 0:57:44 |
| 13   | 164  | GLADNESS COLE          | 1976   | K36 | ADIM ADIM                      | 0:27:38 | 0:58:31 | 0:58:28 |
| 14   | 180  | MARGARİTA MECHEVA      | 1976   | K36 | ING EMEKLİLİK KOŞU KULUBU      | 0:27:53 | 0:59:00 | 0:58:46 |
| 15   | 96   | DİLEK BAYTAN           | 1965   | K46 | TEAM İSTRUNBUL                 | 0:27:41 | 0:59:07 | 0:58:52 |
| 16   | 65   | ESRA DANIŞMEND ABAY    | 1977   | K36 | YOK                            | 0:28:20 | 1:00:08 | 0:59:40 |
| 17   | 217  | LEYLA SAPMAZ           | 1971   | K36 | ADIM ADIM CLUP SPORIUM AKATLAR | 0:27:44 | 1:00:30 | 1:00:12 |
| 18   | 39   | NEVAL YAŞAR            | 1980   | K18 | YOK                            | 0:28:52 | 1:01:17 | 1:01:03 |
| 19   | 322  | KARLYGASH OMURBAYEVA   | 1975   | K36 | ADIM ADIM CLUB SPORIUM AKATLAR | 0:28:15 | 1:01:25 | 1:01:08 |
| 20   | 229  | ÖZLEM İPEKÇİ           | 1985   | K18 | YOK                            | 0:28:59 | 1:01:48 | 1:01:27 |
| 21   | 2    | TUGCE LEYLA KUCUKONDER | 1984   | K18 | ADIM ADIM                      | 0:29:12 | 1:03:14 | 1:02:49 |
| 22   | 289  | İŞİL TOKCAN            | 1965   | K46 | YOK                            | 0:29:57 | 1:03:19 | 1:03:11 |
| 23   | 386  | GÖKÇE AKSOYLAR         | 1981   | K18 | HAREKET CANDIR                 | 0:29:04 | 1:03:25 | 1:03:20 |
| 24   | 248  | DUYGU DEMİR            | 1985   | K18 | YOK                            | 0:29:35 | 1:04:41 | 1:04:13 |
| 25   | 90   | AHU KURK               | 1981   | K18 | ADIM ADIM                      | 0:30:06 | 1:04:59 | 1:04:49 |
| 26   | 128  | AYŞİN ÖZER BAŞKIR      | 1972   | K36 | ADIM ADIM                      | 0:30:36 | 1:06:32 | 1:06:13 |
| 27   | 134  | PATRICIA UNAN          | 1965   | K46 | ADIM ADIM                      | 0:32:12 | 1:07:00 | 1:06:51 |
| 28   | 141  | KIVANÇ ERGÜN           | 1972   | K36 | ADIM ADIM                      | 0:31:44 | 1:07:33 | 1:07:19 |
| 29   | 174  | SAADET GÜRER           | 1977   | K36 | YOK                            | 0:31:11 | 1:07:44 | 1:07:38 |
| 30   | 411  | FUNDA ÖGE              | 1975   | K36 |                                | 0:32:11 | 1:08:03 | 1:07:46 |
| 31   | 247  | BURCU OLGUN            | 1976   | K36 | ADIM ADIM                      | 0:31:46 | 1:08:52 | 1:08:37 |
| 32   | 71   | ZEYNEP KÜÇÜKARPACI     | 1965   | K46 | HILLSIDE TRİO                  | 0:32:14 | 1:08:58 | 1:08:38 |
| 33   | 77   | GÜLŞAH GÜNEÇ           | 1985   | K18 | YOK                            | 0:31:13 | 1:08:53 | 1:08:42 |
| 34   | 95   | DENİZ ORBAY            | 1984   | K18 | BU KIZLAR NEREYE KOŞUYOR?      | 0:32:03 | 1:09:30 | 1:09:02 |
| 35   | 399  | ZARİFE DEMİR           | 1971   | K36 | ADIM ADIM                      | 0:32:39 | 1:10:18 | 1:10:17 |
| 36   | 424  | FİLİZ DEMİROĞLU        | 1968   | K36 |                                | 0:33:08 | 1:11:00 | 1:10:50 |
| 37   | 157  | AYŞE BERİL BAŞLIGİL    | 1982   | K18 | ADIM ADIM                      | 0:32:32 | 1:11:06 | 1:10:58 |
| 38   | 154  | DENİZ BOZKURT          | 1982   | K18 | BU KIZLAR NEREYE KOŞUYOR       | 0:32:34 | 1:11:38 | 1:11:13 |
| 39   | 230  | EBRU ÇELİKKOPARAN      | 1974   | K36 | HILLSIDE CITY CLUB TRİO        | 0:33:01 | 1:11:33 | 1:11:13 |
| 40   | 127  | DUYGU YEGUL            | 1976   | K36 | YOK                            | 0:32:29 | 1:12:28 | 1:12:13 |
| 41   | 147  | CEYLAN AKSUT           | 1991   | K18 | ADIM ADIM                      | 0:31:32 | 1:13:11 | 1:12:50 |
| 42   | 170  | GAMZE BAYRAKTAR        | 1978   | K18 | İSTRUNBUL                      | 0:33:41 | 1:13:15 | 1:12:58 |
| 43   | 374  | NURTEN GÖZOĞLU         | 1966   | K46 | YOK                            | 0:33:12 | 1:14:06 | 1:13:59 |
| 44   | 36   | İŞİL BİRCAN İLYAS      | 1974   | K36 | ADIMADIM                       | 0:34:30 | 1:14:28 | 1:14:18 |
| 45   | 385  | FİGEN ÖCAL             | 1971   | K36 | ING BANK                       | 0:35:00 | 1:14:53 | 1:14:43 |
| 46   | 258  | SİBEL YOKUŞ            | 1984   | K18 | YOK                            | 0:34:05 | 1:15:03 | 1:14:48 |
| 47   | 378  | ZÜLEYHA ADEKA          | 1973   | K36 | ADIM ADIM                      | 0:34:53 | 1:15:03 | 1:14:55 |
| 48   | 242  | VİKET PENSO            | 1980   | K18 | YOK                            | 0:34:47 | 1:15:32 | 1:15:05 |
| 49   | 223  | TÜJEN MERGEN           | 1959   | K46 | YOK                            | 0:34:46 | 1:15:24 | 1:15:11 |
| 50   | 50   | EMİNE KÖKSAL           | 1978   | K18 | YOK                            | 0:35:01 | 1:15:40 | 1:15:15 |
| 51   | 278  | KÜBRA YEŞİLDAĞ         | 1980   | K18 | YOK                            | 0:35:17 | 1:16:34 | 1:16:21 |
| 52   | 8    | ÖZGE EKMEKÇİ           | 1980   | K18 | HILLSIDE TRİO                  | 0:33:06 | 1:16:47 | 1:16:25 |
| 53   | 83   | İPEK TOĞAY             | 1984   | K18 | HILLSIDE CITY CLUB             | 0:34:22 | 1:16:56 | 1:16:33 |
| 54   | 62   | GÖZDE UYSAL            | 1975   | K36 | ADIM ADIM                      | 0:35:07 | 1:17:49 | 1:17:30 |
| 55   | 16   | BUSRA KASARCI          | 1992   | K18 | YOK                            | 0:36:21 | 1:18:50 | 1:18:25 |
| 56   | 384  | EZGİ ÖZEK              | 1983   | K18 | HAREKET CANDIR                 | 0:38:53 | 1:18:49 | 1:18:42 |
| 57   | 251  | ZEYNEP BAKTİR          | 1981   | K18 | YOK                            | 0:36:54 | 1:19:16 | 1:19:04 |
| 58   | 186  | FİRDEVS SEĞMEN OKTAY   | 1974   | K36 | YOK                            | 0:38:13 | 1:19:17 | 1:19:08 |
| 59   | 317  | PINAR KARAKADILAR      | 1981   | K18 | HILLSIDE İSTİNYEPARK           | 0:37:38 | 1:19:32 | 1:19:17 |
| 60   | 275  | KÜBRA ARMAÇAN          | 1976   | K36 | YOK                            | 0:37:29 | 1:21:27 | 1:21:22 |
| 61   | 390  | AİKOKUL KARMYSAKOVA    | 1976   | K36 | HAREKET CANDIR                 | 0:39:50 | 1:21:34 | 1:21:28 |
| 62   | 401  | ASLI EKMEKÇİ           | 1986   | K18 |                                | 0:39:09 | 1:21:35 | 1:21:35 |

## Reebok RealFlex 11,3 Koşusu

### Sonuçları / Ranking

#### Bayanlar

| Sıra | G.No | Ad                    | D.Yılı | Kat | Kulüp     | 5k      | Brut       | Net        |
|------|------|-----------------------|--------|-----|-----------|---------|------------|------------|
| 63   | 335  | SELCEN KESKİN         | 1974   | K36 | ADIM ADIM | 0:39:10 | 1:23:28    | 1:23:19    |
| 64   | 38   | M.AYSUN KUTU          | 1981   | K18 | YOK       | 0:39:36 | 1:24:40    | 1:24:14    |
| 65   | 114  | HALE ACUN             | 1983   | K18 | ADIM ADIM | 0:40:40 | 1:24:53    | 1:24:29    |
| 66   | 12   | NİGAR TUNCAY          | 1976   | K36 | YOK       | 0:40:03 | 1:25:19    | 1:25:04    |
| 67   | 425  | MERİÇ SARIN           | 1984   | K18 |           | 0:39:57 | 1:25:53    | 1:25:46    |
| 68   | 194  | SELMA GÖKDAĞ          | 1985   | K18 | YOK       | 0:37:16 | 1:27:14    | 1:27:07    |
| 69   | 75   | ECE AZOZ              | 1979   | K18 | YOK       | 0:41:21 | 1:27:27    | 1:27:14    |
| 70   | 54   | KEZBAN ACAR           | 1973   | K36 | ADIM ADIM | 0:40:52 | 1:27:57    | 1:27:31    |
| 71   | 370  | GUL REYHAN SERİN      | 1969   | K36 | ADIMADIM  | 0:41:19 | 1:28:47    | 1:28:39    |
| 72   | 143  | KAMİLE GÜLEN          | 1984   | K18 | PAK       | 0:42:21 | 1:32:19    | 1:32:02    |
| 73   | 201  | FUNDA YEŞİM ÇINAR     | 1971   | K36 | YOK       | 0:44:01 | 1:38:37    | 1:38:23    |
| 74   | 301  | AYSE ERDOĞAN          | 1976   | K36 | YOK       | 0:40:33 | 1:38:40    | 1:38:26    |
| 75   | 287  | EBRU ENGİN            | 1972   | K36 | YOK       | 0:41:12 | 1:38:34    | 1:38:31    |
| 76   | 172  | ÜNVEN ENGİN           | 1965   | K46 | YOK       | 0:48:38 | 1:41:15    | 1:41:08    |
| 77   | 396  | HÜLYA ABDURRAHMANOĞLU | 1977   | K36 | YOK       | n.a.    | DNF        | DNF        |
| 78   | 294  | TUĞÇE YESİL           | 1986   | K18 | YOK       | n.a.    | DNF        | DNF        |
| 79   | 274  | ZEYNEP ÜLKÜ DÜZGÜN    | 1984   | K18 | YOK       | n.a.    | DQ 1:17:20 | DQ 1:17:20 |
| 80   | 146  | DİDEM DOGRUOL         | 1964   | K46 | YOK       | n.a.    | DQ 45:16   | DQ 45:05   |