

Reebok RealFlex 11,3 Koşusu

Kategori Sonuclari / Category Results

Erkekler 18 - 35

Sıra	G.No	Ad	Cinisiyet	D.Yili	Kulüp	5k	Brut	Net
1	422	ÜZEYİR SÖYLEMEZ	E	1988		0:17:25	0:37:35	0:37:34
2	52	OĞUZHAN YILMAZ	E	1991	BEŞTELSİZ	0:18:03	0:38:59	0:38:58
3	203	ESER AKIŞ	E	1978	YOK	0:18:19	0:39:40	0:39:38
4	282	MUSA GÖKHAN	E	1988	ZİNDE GENÇLİK, SPOR VE İZCİLİK KULÜBÜ	0:19:33	0:42:49	0:42:47
5	283	MEHMET BEYAZTAŞ	E	1989	ZİNDE GENÇLİK, SPOR VE İZCİLİK KULÜBÜ	0:20:27	0:44:21	0:44:20
6	208	TAYFUN BİNGÖL	E	1984	ADIM ADIM	0:20:50	0:45:00	0:44:57
7	423	MEHMET BOZTEPE	E	1978		0:20:50	0:45:06	0:45:05
8	333	MAZHAR GÜLTEPE	E	1982	YOK	0:21:11	0:46:05	0:46:03
9	300	ERCAN AKGÜL	E	1978	ADIM ADIM	0:21:34	0:46:27	0:46:25
10	281	KADIR ER	E	1988	ZİNDE GENÇLİK, SPOR VE İZCİLİK KULÜBÜ	0:22:48	0:48:08	0:47:58
11	373	HARUN ARMAN	E	1980	YOK	0:22:25	0:48:29	0:48:21
12	130	MEHMET ÖZTÜRK	E	1981	YOK	0:22:35	0:49:04	0:49:02
13	25	KAYA KARAYEL	E	1981	YOK	0:23:23	0:49:56	0:49:30
14	237	ERCAN CİMENAY	E	1986	AKATLAR CLUB SPORIUM	0:23:19	0:49:49	0:49:33
15	68	İSKENDER KANBAY	E	1979	YOK	0:23:21	0:51:19	0:51:14
16	42	EMRE YALIN	E	1982	ADIM ADIM	0:24:17	0:51:38	0:51:34
17	118	SAHİN PULUR	E	1982	YOK	0:24:16	0:51:45	0:51:40
18	17	GALİP AKKAYA	E	1979	MARATONİST	0:24:38	0:52:12	0:51:45
19	115	SERDAR AKÇAY	E	1986	FERDİ	0:24:38	0:52:43	0:52:25
20	255	MEHMET AKİF ERTÜRK	E	1981	İSTANBUL TRIATLON SPOR KULUBU	0:23:51	0:53:52	0:53:25
21	125	NEJAT DEMİRBULAK	E	1984	ADIM ADIM	0:25:38	0:54:07	0:53:39
22	387	NURİ FATİH AKDENİZ	E	1980	HAREKET CANDIR!	0:24:31	0:53:53	0:53:48
23	414	ERKAN AKILLI	E	1980		0:24:05	0:54:09	0:54:02
24	156	DAĞHAN KURTĞİL	E	1983	ADIM ADIM	0:25:33	0:54:31	0:54:10
25	155	VOLKAN TUL	E	1982	YOK	0:25:58	0:56:02	0:55:35
26	246	AHMET AKAY	E	1989	YOK	0:26:12	0:56:16	0:55:59
27	257	UMUTHAN UYAN	E	1988	YOK	0:26:08	0:56:48	0:56:34
28	218	CAN VURAN	E	1980	İSTANBUL TRIATLON SPOR KLÜBÜ	0:26:20	0:57:15	0:57:04
29	303	TUFAN SARIKAYA	E	1981	YOK	0:27:44	1:06:15	0:57:19
30	250	ALİ CAN TOKSOY	E	1985	YOK	0:27:02	0:58:22	0:57:59
31	398	YUNUS SEZENER	E	1984	HAREKET CANDIR!	0:27:19	0:58:22	0:58:17
32	79	CAN TÜZER	E	1979	YOK	0:27:01	0:58:44	0:58:30
33	331	ERAY UNAL	E	1978	YOK	0:27:19	0:58:44	0:58:34
34	332	ABDULLAH CAN BOZDAĞ	E	1986	YOK	0:27:35	1:03:38	0:58:43
35	375	İSMAIL SENCER ÖZDEMİR	E	1983	YOK	0:26:37	0:59:06	0:58:46
36	31	YAMAN TOĞAY	E	1978	YOK	0:27:51	0:58:54	0:58:49
37	348	TÜRKER MİLETLİ	E	1981	YOK	0:27:37	0:59:23	0:59:20
38	324	GÖKHAN ERCİYEŞ	E	1981	YOK	0:28:09	0:59:56	0:59:36
39	104	ÇELİK ERDOĞAN	E	1978	YOK	0:27:35	0:59:59	0:59:55
40	379	SİNAN EROĞLU	E	1978	ADIM ADIM	0:28:10	1:00:23	1:00:14
41	144	GÖRKEM PALAZ	E	1982	ADIM ADIM	0:29:10	1:00:49	1:00:34
42	64	SİNAN ABAY	E	1981	YOK	0:28:36	1:01:47	1:01:19
43	151	ERDEM Mergen	E	1982	YOK	0:28:57	1:01:37	1:01:33
44	149	MEHMET DENİZ KESİMER	E	1990	YOK	0:29:24	1:02:03	1:01:33
45	148	MEHMET SEPETOĞLU	E	1978	YOK	0:29:03	1:02:27	1:01:43
46	10	GOKHAN GEREZLİOĞLU	E	1978	AKUT,ADIM ADIM	0:28:20	1:01:56	1:01:52
47	60	CAN BAHTIYAR	E	1979	YOK	0:28:58	1:03:03	1:01:53
48	69	EGEMEN BERK ERGENÇ	E	1982	YOK	0:29:09	1:02:19	1:02:03
49	162	SELİM YILDIZ	E	1982	YOK	0:28:36	1:02:33	1:02:21
50	349	AYHAN UĞURLU	E	1981	YOK	0:29:11	1:02:46	1:02:26
51	13	DAGHAN GOKDEL	E	1980	YOK	0:29:40	1:03:02	1:02:37
52	245	ONUR GÖRÜR	E	1979	ADIM ADIM	0:28:51	1:03:08	1:02:57
53	339	BURÇİN ERDENLER	E	1984	YOK	0:32:14	1:04:02	1:03:40
54	142	ACER ACERER	E	1978	HILLSIDE CITY CLUB	0:29:34	1:04:08	1:03:46
55	413	GÜNEŞ ALKİM YEGİN	E	1980		0:29:07	1:05:16	1:05:08
56	177	SEMIH KUMLUK	E	1987	YOK	0:30:44	1:05:47	1:05:41
57	238	MUSTAFA DIŞLER	E	1980	AKATLAR CLUP SPORIUM	0:30:15	1:06:06	1:05:47
58	233	NASIFCAN BALTA	E	1985	BU KIZLAR NEREYE KOŞUYOR?	0:31:07	1:06:30	1:06:03
59	293	ARMAGAN KARADEMİR	E	1979	YOK	0:28:48	1:15:28	1:06:32
60	56	ALİ ERTEN	E	1978	YOK	0:30:59	1:07:36	1:07:00
61	43	SERKAN SAYGIN	E	1980	YOK	0:31:23	1:07:39	1:07:32
62	364	CİHAH YILDIZLI	E	1978	İSTRUNBUL	0:32:09	1:08:03	1:07:45
63	14	BULUT ASLAN	E	1983	YOK	0:31:14	1:08:50	1:08:24
64	72	SERHAN ÇOLAKOĞLU	E	1989	YOK	0:33:36	1:10:23	1:10:06
65	189	SERDAR DAŞAR	E	1981	ADIM ADIM	0:32:59	1:11:47	1:11:31
66	145	AYDIN KARABABA	E	1981	YOK	0:33:48	1:13:07	1:11:58
67	369	YALÇIN DİZDAR	E	1979	ADIM ADIM	0:33:59	1:12:28	1:12:12
68	92	TOLGA ULUOCAK	E	1984	İSTANBUL KOŞU KUVVETLERİ	0:31:32	1:13:11	1:12:50
69	70	TEVFIK YAPICIOĞLU	E	1986	YOK	0:32:47	1:13:42	1:13:16
70	117	MEHMET SOMER TAYYARECİ	E	1978	YOK	0:32:52	1:13:53	1:13:30
71	129	ANIL ALTINKÜPLÜ	E	1984	YOK	0:33:29	1:13:56	1:13:51
72	182	UGUR HAKAN YILDIZ	E	1978	ADIM ADIM	0:32:47	1:15:39	1:15:13
73	204	CELAL SİPAHİ	E	1986	YOK	0:36:54	1:18:44	1:18:44
74	193	İBRAHİM DOLAŞAN	E	1979	İNG EMEKLİLİK KOŞU KULÜBÜ	0:38:11	1:22:21	1:22:09
75	196	METİN SARGUT	E	1984	İNG EMEKLİLİK	0:41:11	1:26:18	1:26:11
76	402	ÇAĞRI İLK	E	1983		0:48:10	1:51:07	1:51:07
77	291	NADİR SİNAN DÜZGÜN	E	1987	YOK	n.a.	DNF	DNF

Erkekler 36 - 45

Sıra	G.No	Ad	Cinisiyet	D.Yili	Kulüp	5k	Brut	Net
1	421	MURAT KAYA	E	1974		0:18:18	0:39:18	0:39:17
2	222	SALİH ÖZTÜRK	E	1977	TRABZON SPOR	0:18:33	0:47:28	0:39:45
3	254	MICHAEL TRANCHARD	E	1973	YOK	0:20:48	0:44:44	0:44:42
4	235	FETHİ KAYA	E	1969	YOK	0:21:09	0:45:10	0:45:08
5	187	BONİ SALİS	E	1971	YOK	0:21:02	0:45:54	0:45:43
6	260	METİN TANYEL	E	1976	İSTANBUL TRIATLON	0:20:52	0:45:51	0:45:47
7	408	SELÇUK ÇAĞLAR	E	1968		0:21:16	0:46:13	0:46:07
8	175	KORHAN GÜRER	E	1976	YOK	0:22:08	0:47:36	0:47:32
9	412	CANER ODABAŞI	E	1974		0:21:28	0:47:40	0:47:36

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Kategori Sonuclari / Category Results

Erkekler 36 - 45

Sıra	G.No	Ad	Cinsiyet	D.Yili	Kulüp	5k	Brut	Net
10	33	ERKAL HASCAN	E	1976	ADIM ADIM	0:21:36	0:47:44	0:47:40
11	296	ADEM AKCA	E	1974	YOK	0:22:17	0:48:29	0:48:27
12	321	HAKAN KASIRGA	E	1974	YOK	0:23:23	0:49:24	0:48:58
13	232	BERK TUFEKCI	E	1977	YOK	0:22:38	0:49:30	0:49:20
14	249	EFE ÖZDEMİR	E	1972	YOK	0:23:22	0:51:10	0:51:07
15	183	OZAN ARGUN	E	1977	ADIM ADIM	0:24:27	0:51:44	0:51:29
16	15	OZAN KOTAN	E	1977	MARATHONIST	0:24:53	0:51:46	0:51:40
17	7	BAHADIR TUNCAY	E	1975	YOK	0:24:20	0:51:56	0:51:50
18	367	MURAT ATILAN	E	1972	YOK	0:23:36	0:52:26	0:52:23
19	152	OSMAN İNHAN	E	1969	YOK	0:24:03	0:52:28	0:52:25
20	133	İBRAHİM ÇÖP	E	1973	YOK	0:24:30	0:53:28	0:53:26
21	46	SENCER SALBAŞ	E	1974	YOK	0:24:52	0:54:20	0:53:43
22	268	ATILAY ÜNAL	E	1977	YOK	0:25:08	0:53:55	0:53:45
23	88	YAKUP TANRIVERMİS	E	1974	ING EMEKLİLİK KOSU KULUBU	0:25:46	0:54:47	0:54:35
24	343	SERKAN ERMIŞ	E	1975	YOK	0:24:58	0:54:46	0:54:43
25	44	ADEM SUCUOĞLU	E	1974	YOK	0:25:48	0:55:18	0:54:48
26	240	NURİ ÇAĞATAY ÇİMŞİT	E	1972	CLUB SPORIUM	0:25:31	0:55:14	0:54:53
27	74	MUSTAFA SARITAŞ	E	1973	YOK	0:25:28	0:55:05	0:55:03
28	417	TUNÇ YILMAZ	E	1973	YOK	0:25:29	0:55:15	0:55:14
29	207	ERTUĞRUL CEM ÖZDAMAR	E	1971	YOK	0:26:50	0:56:15	0:55:34
30	21	ALİ KARAASLAN	E	1974	YOK	0:25:06	0:55:53	0:55:50
31	383	SERKAN İMRAK	E	1976	HAREKET CANDIR	0:25:42	0:56:01	0:55:56
32	205	FUAT ERMAN	E	1977	POWERFULL CADDEBOSTAN	0:26:47	0:57:43	0:57:09
33	34	TOYCAN DİKBAYIR	E	1973	YOK	0:26:48	0:57:31	0:57:25
34	409	CAHİT ERDOĞAN	E	1974	YOK	0:27:02	0:59:04	0:58:27
35	391	ALPER UYANIK	E	1970	YOK	0:27:35	0:59:00	0:58:29
36	372	SERDAR ELGUN	E	1975	HILLSIDE TRİO	0:27:33	0:58:49	0:58:46
37	259	İZZET SABAN	E	1971	YOK	0:27:56	0:58:59	0:58:46
38	26	SERVER AYTAÇ	E	1968	YOK	0:27:54	0:59:33	0:59:13
39	76	YUSUF AZOZ	E	1973	YOK	0:28:08	0:59:45	0:59:32
40	318	CENKER KARAKADILAR	E	1974	HILLSIDE İSTİNYEPARK	0:27:42	0:59:59	0:59:53
41	163	HÜSEYİN YILMAZ	E	1968	YOK	0:28:21	1:00:30	1:00:00
42	86	KERİM BERTRAND	E	1971	YOK	0:27:51	1:00:13	1:00:09
43	153	BULENT MUTLU	E	1968	YOK	0:28:18	1:01:01	1:00:30
44	53	HAKAN ERDEM	E	1972	YOK	0:29:01	1:00:43	1:00:34
45	226	ALİ ÖZBUDAK	E	1971	YOK	0:28:46	1:00:59	1:00:50
46	190	CENK KURT	E	1977	YOK	0:27:58	1:01:41	1:00:56
47	159	PAMİR ÖZALTAN	E	1968	YOK	0:27:58	1:01:23	1:01:10
48	215	GÖKAY DEMİR	E	1973	YOK	0:28:30	1:02:15	1:01:54
49	276	MAHMUT ARMAĞAN	E	1971	YOK	0:28:43	1:02:22	1:02:10
50	290	ERCÜMENT BULUT	E	1971	YOK	0:29:41	1:02:54	1:02:21
51	202	ÖRSAN BURAK ULUSOY	E	1975	ADIM ADIM	0:29:15	1:02:32	1:02:27
52	212	TURGUT BORA BAYRAKTAR	E	1975	HILLSIDE	0:29:35	1:02:34	1:02:28
53	320	ERDEM DEMİREL	E	1970	YOK	0:30:43	1:03:12	1:02:49
54	366	İHSAN ÖZSOY	E	1971	YOK	0:29:49	1:03:25	1:03:02
55	58	MUSTAFA ÜÇBİLEK	E	1970	YOK	0:30:04	1:03:50	1:03:26
56	277	YENER ZAKUT	E	1976	YOK	0:29:54	1:04:27	1:04:14
57	103	KEMAL ÖZEN	E	1971	HILLSIDE CITY CLUB TRIO	0:29:16	1:05:29	1:05:07
58	351	AZİZ KAŞ	E	1968	YOK	0:29:01	1:05:42	1:05:34
59	346	SERKAN DEMİRCİ	E	1977	YOK	0:29:15	1:06:16	1:06:07
60	81	MEHMET FATİH SUBAŞILAR	E	1968	ING EMEKLİLİK KOŞU KULUBU	0:31:41	1:06:40	1:06:30
61	219	KORAY SAPMAZ	E	1971	ADIM ADIM CLUP SPORIUM AKATLAR	0:31:00	1:06:51	1:06:32
62	185	TİMUR GENC	E	1977	YOK	0:30:55	1:06:57	1:06:52
63	173	MURAT BECEREN	E	1975	YOK	0:30:37	1:08:07	1:07:45
64	178	ZAFER ERKANAR	E	1974	YOK	0:31:42	1:08:08	1:07:54
65	82	ATILLA ATALAY	E	1974	YOK	0:31:04	1:08:49	1:08:40
66	78	HÜSEYİN KARAKAŞ	E	1968	YOK	0:31:05	1:08:52	1:08:44
67	410	EMRE HAYRETÇİ	E	1975	YOK	0:30:56	1:09:28	1:08:53
68	120	BURAK ÖZMIHÇI	E	1977	YOK	0:32:06	1:09:26	1:09:04
69	84	HAKAN GAYGİSİZ	E	1971	ING EMEKLİLİK KOŞU KULUBU	0:32:25	1:09:45	1:09:34
70	214	SİNAN GOKSEL	E	1977	YOK	0:33:27	1:10:15	1:09:52
71	198	OKAN İNCEER	E	1977	YOK	0:32:00	1:10:30	1:10:19
72	368	CAN ADAMOĞLU	E	1972	YOK	0:33:19	1:12:19	1:12:15
73	261	ALPER AKCAN	E	1976	YOK	0:31:26	1:13:11	1:12:48
74	91	MEHMET GULVER	E	1974	ING EMEKLİLİK KOSU KULUBU	0:33:38	1:13:31	1:13:23
75	213	SERKAN BORAN	E	1973	YOK	0:32:33	1:15:03	1:14:57
76	3	CENK DURMAZ	E	1972	YOK	0:33:24	1:16:09	1:15:51
77	195	ÖZCAN KÖSEOĞLU	E	1969	YOK	0:35:30	1:18:19	1:18:07
78	393	ONUR ERDOĞRU	E	1972	HAREKET CANDIR	0:36:31	1:19:45	1:19:38
79	334	SALİH ŞENOLAN	E	1977	CLUP SPORIUM	0:40:52	1:25:52	1:25:34
80	314	HİLMİ ARARAT	E	1974	YOK	0:40:07	1:27:01	1:26:56

Erkekler 46+

Sıra	G.No	Ad	Cinsiyet	D.Yili	Kulüp	5k	Brut	Net
1	221	AYDIN ÇEKEN	E	1964	ANKARA MASTERLERİ	0:19:03	0:48:31	0:40:47
2	4	AYHAN YAŞAR	E	1966	YOK	0:20:04	0:43:39	0:43:36
3	376	MURAT KEMALİ TURAN	E	1966	YOK	0:21:42	0:46:58	0:46:54
4	224	GÖKHAN DOĞRUOL	E	1962	YOK	0:22:29	0:48:30	0:48:19
5	256	NEZİH SAKAOĞLU	E	1963	KÜTAHYA -DUMLUPINAR ÜNİVERSİTESİ	0:23:38	0:50:14	0:50:12
6	286	BÜLENT DEĞERLİ	E	1962	YOK	0:23:12	0:50:25	0:50:23
7	284	MEHMET YAZICI	E	1965	İSTANBUL MASTERS	0:23:21	0:50:38	0:50:27
8	166	OGEDAY KARAHAN	E	1965	YOK	0:24:12	0:51:36	0:51:23
9	131	MUAMMER BÜYÜK	E	1961	YOK	0:24:22	0:53:00	0:52:23
10	211	METİN ÖZVARNA	E	1966	YOK	0:24:48	0:52:45	0:52:36
11	407	ZAFER CİVELEK	E	1965	YOK	0:25:03	0:54:57	0:54:37
12	267	FAİK BÜYÜKTEOMAN	E	1955	YOK	0:26:12	0:55:18	0:55:14
13	37	ALTAN DERESÖY	E	1961	ADIM ADIM	0:26:22	0:56:07	0:55:52
14	341	KORHAN YİRMİBEŞOĞLU	E	1967	YOK	0:26:15	0:56:14	0:56:07
15	288	MEHMET HAYRİ ETİK	E	1956	YOK	0:27:04	0:58:01	0:57:45

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Kategori Sonuclari / Category Results

Erkekler 46+

Sıra	G.No	Ad	Cinsiyet	D.Yili	Kulüp	5k	Brut	Net
16	61	ATILA KARA	E	1955	YOK	0:26:41	0:58:18	0:58:14
17	106	İZZET BARUH	E	1962	YOK	0:28:02	0:58:41	0:58:23
18	121	JETSE FREDERİK DE VRIES	E	1958	ING EMEKLILIK KOSU KULUBU	0:27:52	0:59:00	0:58:45
19	388	METİN TARHAN	E	1964	YOK	0:27:15	0:58:58	0:58:48
20	270	OSMAN TANJU GÜNERİ	E	1961	YOK	0:28:14	0:59:16	0:59:08
21	18	HALUK BABACAN	E	1966	TEAM ISTRUNBUL	0:27:44	0:59:34	0:59:16
22	365	GÖKHAN AKIN	E	1965	YOK	0:28:20	0:59:43	0:59:27
23	416	MUSTAFA NECİP DÜNDAR	E	1962		0:28:00	1:00:04	0:59:40
24	336	MUZAFFER DEMİR	E	1961	YOK	0:28:23	1:00:33	1:00:10
25	397	HİDAYET HAKAN TİREGÜL	E	1961	GALATASARAY	0:26:32	1:00:37	1:00:35
26	184	YAVUZ AVAROĞLU	E	1958	YOK	0:28:16	1:01:02	1:00:52
27	150	ATIF URFALI	E	1957	YOK	0:29:02	1:01:37	1:01:21
28	264	RAHİM ALP RECAİ	E	1964	YOK	0:27:55	1:01:36	1:01:26
29	216	HALUK ERGELMİŞ	E	1959	YOK	0:30:05	1:03:38	1:03:26
30	169	GÜNDÜZ AYDINLAR	E	1952	AAO	0:29:54	1:04:22	1:04:08
31	395	YILMAZ KESKİN	E	1964	ADIM ADIM	0:29:50	1:04:40	1:04:16
32	24	KEMAL KAMİL HAN	E	1951	YOK	0:30:34	1:06:27	1:06:09
33	269	ALP ERGÜÇ	E	1966	ADIM ADIM	0:31:00	1:06:32	1:06:18
34	30	CEMALETTİN BASAK	E	1965	YOK	0:36:41	1:07:35	1:07:07
35	263	HAKAN DÜZGÜN	E	1967	ALF-ALLIANCE	0:30:09	1:09:17	1:09:08
36	123	MEHMET NAZMI ERTEN	E	1951	YOK	0:33:09	1:10:57	1:10:41
37	9	M.M. CANDAN KUTLUBAY	E	1959	YOK	0:33:21	1:11:37	1:11:13
38	377	YAŞAR DİKBİYİK	E	1949	ADIM ADIM	0:33:12	1:12:20	1:12:12
39	262	ORHAN ÖLMEZ	E	1961	YOK	0:34:08	1:12:32	1:12:27
40	199	ÜMİT ÖZTÜRK	E	1959	KEMER TEAM	0:33:55	1:13:40	1:13:26
41	45	İSMAIL ÇETİN	E	1957	YOK	0:35:19	1:15:55	1:15:33
42	244	YALÇIN KEMAL BAYÜLGEN	E	1964	YOK	0:35:39	1:16:12	1:15:52
43	139	SUKUN UNAN	E	1961	ADIM ADIM	0:38:39	1:20:18	1:19:59

Bayanlar 18 - 35

Sıra	G.No	Ad	Cinsiyet	D.Yili	Kulüp	5k	Brut	Net
1	111	EZGİ AKDEŞİR	K	1985	ULUDAĞ ÜNİVERSİTESİ	0:21:42	0:47:14	0:46:58
2	191	BAHAR ERTÜRK	K	1986	İSTANBUL TRIATLON SPOR KLUBU	0:21:42	0:48:05	0:47:54
3	382	MELİS ABACIOĞLU	K	1986	HAREKET CANDIR!	0:24:31	0:52:32	0:52:28
4	357	AYLIN YANMAZ	K	1987	MARS ATHELTIC SPORTS KANYON	0:24:26	0:53:28	0:53:16
5	67	SYLVIA SZABO	K	1981	YOK	0:25:20	0:53:38	0:53:32
6	39	NEVAL YAŞAR	K	1980	YOK	0:28:52	1:01:17	1:01:03
7	229	ÖZLEM İPEKÇİ	K	1985	YOK	0:28:59	1:01:48	1:01:27
8	2	TUGCE LEYLA KUCUKONDER	K	1984	ADIM ADIM	0:29:12	1:03:14	1:02:49
9	386	GÖKÇE AKSOYLAR	K	1981	HAREKET CANDIR	0:29:04	1:03:25	1:03:20
10	248	DUYGU DEMİR	K	1985	YOK	0:29:35	1:04:41	1:04:13
11	90	AHU KURK	K	1981	ADIM ADIM	0:30:06	1:04:59	1:04:49
12	77	GÜLŞAH GÜNENÇ	K	1985	YOK	0:31:13	1:08:53	1:08:42
13	95	DENİZ ORBAY	K	1984	BU KIZLAR NEREYE KOŞUYOR?	0:32:03	1:09:30	1:09:02
14	157	AYŞE BERİL BAŞLIGİL	K	1982	ADIM ADIM	0:32:32	1:11:06	1:10:58
15	154	DENİZ BOZKURT	K	1982	BU KIZLAR NEREYE KOŞUYOR	0:32:34	1:11:38	1:11:13
16	147	CEYLAN AKSUT	K	1991	ADIM ADIM	0:31:32	1:13:11	1:12:50
17	170	GAMZE BAYRAKTAR	K	1978	ISTRUNBUL	0:33:41	1:13:15	1:12:58
18	258	SİBEL YOKUŞ	K	1984	YOK	0:34:05	1:15:03	1:14:48
19	242	VİKET PENSO	K	1980	YOK	0:34:47	1:15:32	1:15:05
20	50	EMİNE KÖKSAL	K	1978	YOK	0:35:01	1:15:40	1:15:15
21	278	KÜBRA YEŞİLDAĞ	K	1980	YOK	0:35:17	1:16:34	1:16:21
22	8	ÖZGE EKMEKÇİ	K	1980	HILLSIDE TRİO	0:33:06	1:16:47	1:16:25
23	83	İPEK TOĞAY	K	1984	HILLSIDE CITY CLUB	0:34:22	1:16:56	1:16:33
24	16	BUSRA KASARCI	K	1992	YOK	0:36:21	1:18:50	1:18:25
25	384	EZGİ ÖZEK	K	1983	HAREKET CANDIR	0:38:53	1:18:49	1:18:42
26	251	ZEYNEP BAKTİR	K	1981	YOK	0:36:54	1:19:16	1:19:04
27	317	PINAR KARAKADILAR	K	1981	HILLSIDE İSTİNYEPARK	0:37:38	1:19:32	1:19:17
28	401	ASLI EKMEKÇİ	K	1986		0:39:09	1:21:35	1:21:35
29	38	M.AYSUN KUTU	K	1981	YOK	0:39:36	1:24:40	1:24:14
30	114	HALE ACUN	K	1983	ADIM ADIM	0:40:40	1:24:53	1:24:29
31	425	MERİÇ SARIN	K	1984		0:39:57	1:25:53	1:25:46
32	194	SELMA GÖKDAĞ	K	1985	YOK	0:37:16	1:27:14	1:27:07
33	75	ECE AZOZ	K	1979	YOK	0:41:21	1:27:27	1:27:14
34	143	KAMİLE GÜLEN	K	1984	PAK	0:42:21	1:32:19	1:32:02
35	294	TUĞÇE YESİL	K	1986	YOK	n.a.	DNF	DNF
36	274	ZEYNEP ÜLKÜ DÜZGÜN	K	1984	YOK	n.a.	DQ 1:17:20	DQ 1:17:20

Bayanlar 36 - 45

Sıra	G.No	Ad	Cinsiyet	D.Yili	Kulüp	5k	Brut	Net
1	135	LÜTFİYE KAYA	K	1971	YOK	0:21:48	0:46:37	0:46:35
2	101	ŞENUR ATLI	K	1971	ANTRENMANİYAP	0:24:23	0:52:16	0:52:04
3	6	PINAR TANKUT	K	1976	YOK	0:24:43	0:53:06	0:53:04
4	119	ÖZLEM DUYGU	K	1977	ADIM ADIM	0:24:54	0:53:52	0:53:40
5	107	ÖZGE TOKAT	K	1976	ADIM ADIM	0:26:11	0:57:49	0:57:44
6	164	GLADNESS COLE	K	1976	ADIM ADIM	0:27:38	0:58:31	0:58:28
7	180	MARGARİTA MECHEVA	K	1976	ING EMEKLILIK KOŞU KULUBU	0:27:53	0:59:00	0:58:46
8	65	ESRA DANIŞMEND ABAY	K	1977	YOK	0:28:20	1:00:08	0:59:40
9	217	LEYLA SAPMAZ	K	1971	ADIM ADIM CLUP SPORIUM AKATLAR	0:27:44	1:00:30	1:00:12
10	322	KARLYGASH OMURBAYEVA	K	1975	ADIM ADIM CLUB SPORIUM AKATLAR	0:28:15	1:01:25	1:01:08
11	128	AYŞİN ÖZER BAŞKIR	K	1972	ADIM ADIM	0:30:36	1:06:32	1:06:13
12	141	KIVANÇ ERGÜN	K	1972	ADIM ADIM	0:31:44	1:07:33	1:07:19
13	174	SAADET GÜRER	K	1977	YOK	0:31:11	1:07:44	1:07:38
14	411	FUNDA ÖGE	K	1975		0:32:11	1:08:03	1:07:46
15	247	BURCU OLGUN	K	1976	ADIM ADIM	0:31:46	1:08:52	1:08:37
16	399	ZARİFE DEMİR	K	1971	ADIM ADIM	0:32:39	1:10:18	1:10:17
17	424	FİLİZ DEMİROĞLU	K	1968		0:33:08	1:11:00	1:10:50
18	230	EBRU ÇELİKKOPARAN	K	1974	HILLSIDE CITY CLUB TRİO	0:33:01	1:11:33	1:11:13
19	127	DUYGU YEGUL	K	1976	YOK	0:32:29	1:12:28	1:12:13

Reebok RealFlex 11,3 Koşusu

Kategori Sonuclari / Category Results

Bayanlar 36 - 45

Sıra	G.No	Ad	Cinsiyet	D.Yili	Kulüp	5k	Brut	Net
20	36	IŞIL BIRCAN İLYAS	K	1974	ADIMADIM	0:34:30	1:14:28	1:14:18
21	385	FİGEN ÖCAL	K	1971	ING BANK	0:35:00	1:14:53	1:14:43
22	378	ZÜLEYHA ADEKA	K	1973	ADIM ADIM	0:34:53	1:15:03	1:14:55
23	62	GÖZDE UYSAL	K	1975	ADIM ADIM	0:35:07	1:17:49	1:17:30
24	186	FİRDEVŞ SEĞMEN OKTAY	K	1974	YOK	0:38:13	1:19:17	1:19:08
25	275	KÜBRA ARMAĞAN	K	1976	YOK	0:37:29	1:21:27	1:21:22
26	390	AİKOKUL KARMYSAKOVA	K	1976	HAREKET CANDIR	0:39:50	1:21:34	1:21:28
27	335	SELÇEN KESKİN	K	1974	ADIM ADIM	0:39:10	1:23:28	1:23:19
28	12	NİGAR TUNÇAY	K	1976	YOK	0:40:03	1:25:19	1:25:04
29	54	KEZBAN AÇAR	K	1973	ADIM ADIM	0:40:52	1:27:57	1:27:31
30	370	GÜL REYHAN SERİN	K	1969	ADIMADIM	0:41:19	1:28:47	1:28:39
31	201	FUNDA YEŞİM ÇINAR	K	1971	YOK	0:44:01	1:38:37	1:38:23
32	301	AYŞE ERDOĞAN	K	1976	YOK	0:40:33	1:38:40	1:38:26
33	287	EBRU ENGİN	K	1972	YOK	0:41:12	1:38:34	1:38:31
34	396	HÜLYA ABDURRAHMANOĞLU	K	1977	YOK	n.a.	DNF	DNF

Bayanlar 46+

Sıra	G.No	Ad	Cinsiyet	D.Yili	Kulüp	5k	Brut	Net
1	340	MARIANNE YIRMİBEŞOĞLU	K	1965	YOK	0:25:04	0:51:46	0:51:39
2	171	EİLEEN AYDINLAR	K	1955	AAO	0:24:55	0:54:04	0:54:02
3	96	DİLEK BAYTAN	K	1965	TEAM İSTRUNBUL	0:27:41	0:59:07	0:58:52
4	289	İSİL TOKÇAN	K	1965	YOK	0:29:57	1:03:19	1:03:11
5	134	PATRİCİA UNAN	K	1965	ADIM ADIM	0:32:12	1:07:00	1:06:51
6	71	ZEYNEP KÜÇÜKARPACI	K	1965	HILLSIDE TRİO	0:32:14	1:08:58	1:08:38
7	374	NURTEN GÖZOĞLU	K	1966	YOK	0:33:12	1:14:06	1:13:59
8	223	TİJEN MERGEN	K	1959	YOK	0:34:46	1:15:24	1:15:11
9	172	ÜNVEN ENGİN	K	1965	YOK	0:48:38	1:41:15	1:41:08
10	146	DİDEM DOĞRUOL	K	1964	YOK	n.a.	DQ 45:16	DQ 45:05