

ADANA BARAJ GEÇME, TOHM- SEM SEÇME VE PERFORMANS TEST YARI LARI
Adana, 21. - 23.7.2023

Yarı 2
21.07.2023 - 9:00

Erkekler, 1500m Serbest

9 ya ve büyükler
Sonuçlar

Puanlar: Rudolph Table 2023

Sıra	Ya	Zaman Derece
15 ya		
1. Arıkan Çayan ÖZCAN	15 Adana Özgür Kulaçlar Spor Kulübü	18:26.86 8,1
100m: 1:08.00 1:08.00	500m: 5:58.10 1:13.64	900m: 10:56.23 1:14.82
200m: 2:19.57 1:11.57	600m: 7:12.67 1:14.57	1000m: 12:11.63 1:15.40
300m: 3:31.56 1:11.99	700m: 8:26.88 1:14.21	1100m: 13:27.33 1:15.70
400m: 4:44.46 1:12.90	800m: 9:41.41 1:14.53	1200m: 14:42.78 1:15.45
		1300m: 15:58.98 1:16.20
		1400m: 17:13.98 1:15.00
		1500m: 18:26.86 1:12.88

16 ya

1. Efe KAPLAN	16 Adana Yenilmez Armada Spor Kulübü	17:41.33 9,5
100m: 1:05.06 1:05.06	500m: 5:41.68 1:10.22	900m: 10:26.83 1:11.96
200m: 2:13.36 1:08.30	600m: 6:52.43 1:10.75	1000m: 11:39.27 1:12.44
300m: 3:22.00 1:08.64	700m: 8:03.56 1:11.13	1100m: 12:52.18 1:12.91
400m: 4:31.46 1:09.46	800m: 9:14.87 1:11.31	1200m: 14:05.01 1:12.83
		1300m: 15:17.89 1:12.88
		1400m: 16:30.90 1:13.01
		1500m: 17:41.33 1:10.43