



**Türkiye Atletizm Federasyonu Projesidir**  
*A Project by the Turkish Athletic Federation*

# **BIOMEKANİK ANALİZ RAPORU**

## ***BIOMECHANICAL ANALYSIS REPORT***

*(TÜRK SPORCULARIN ANALİZLERİ İLE GENİŞLETİLMİŞ RAPOR)*



### **4. Balkan U20 Salon Şampiyonası**

#### ***4th Balkan Indoor U20 Championships***

**9 Şubat 2020 / 9 February 2020**  
**ISTANBUL**

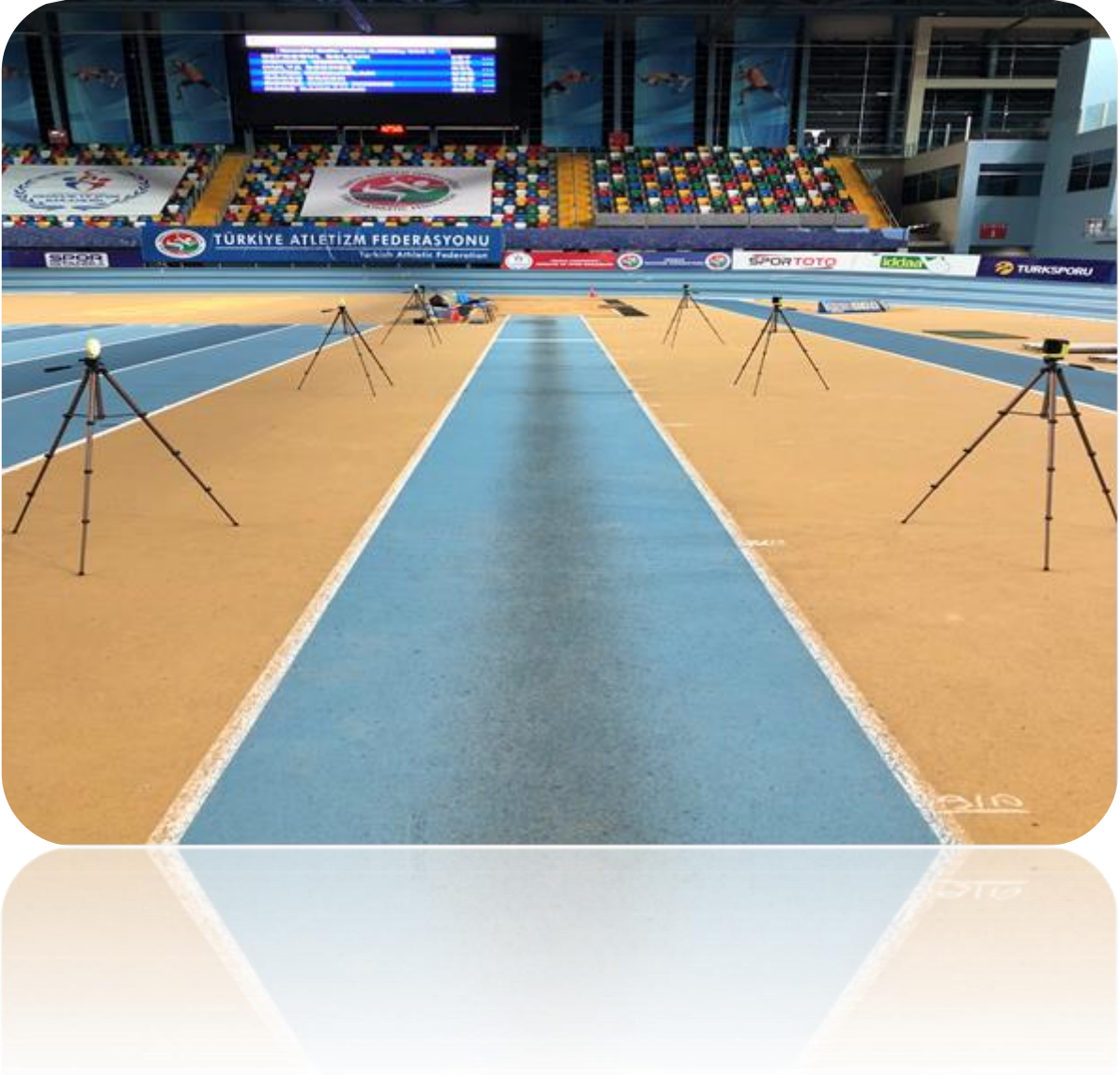
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Uzun Atlama Kadınlar / *Long Jump Women*  
Uzun Atlama Erkekler / *Long Jump Men*  
Üç Adım Atlama Kadınlar / *Triple Jump Women*  
Üç Adım Atlama Erkekler / *Triple Jump Men*

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Türkiye Atletizm Federasyonu Projesidir / A Project by the Turkish Athletic Federation



## Uzun Atlama Kadınlar

### Long Jump Women's

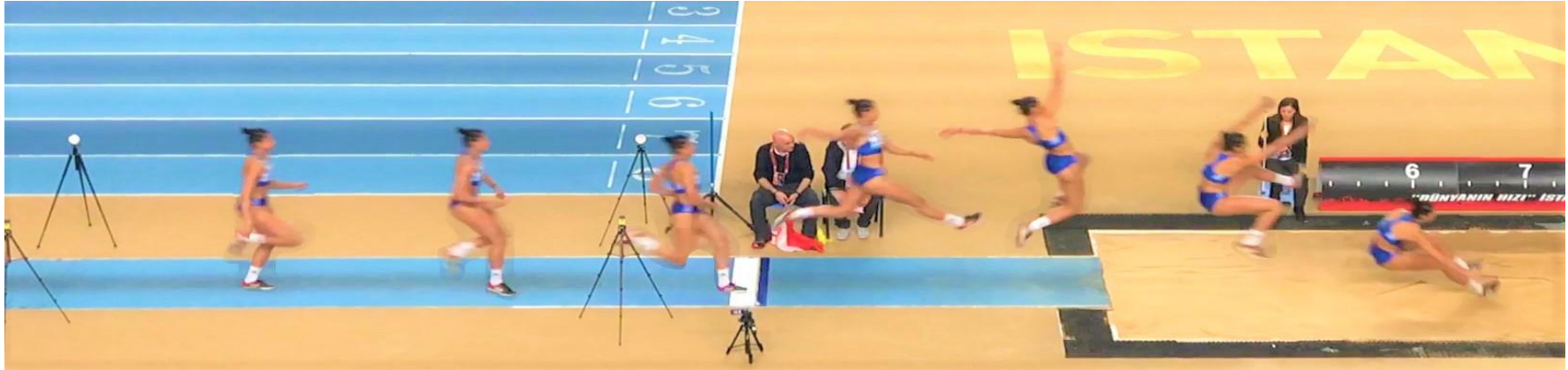
MARIJA BUKVIC

6,06 m



ANASTASIA NTRAGKOMIROVA

5,99 m



IOANA STIRBU

5,96 m



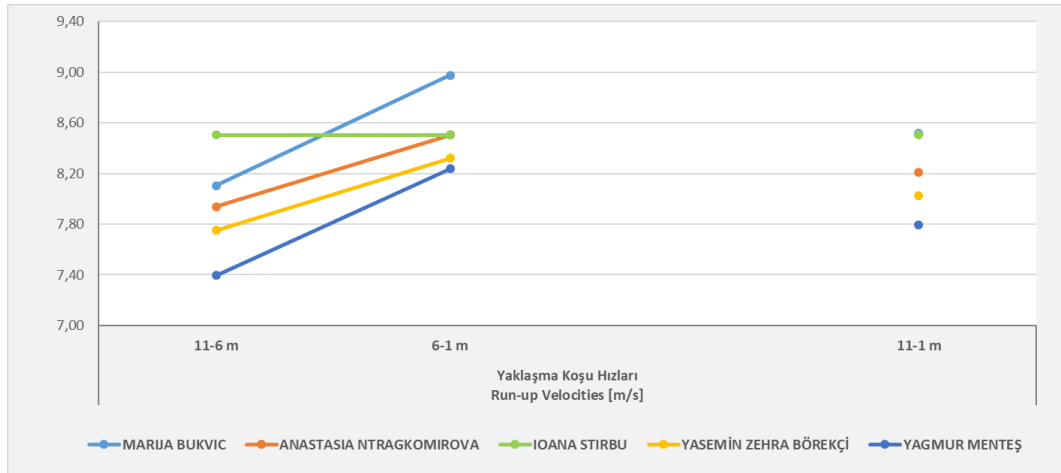


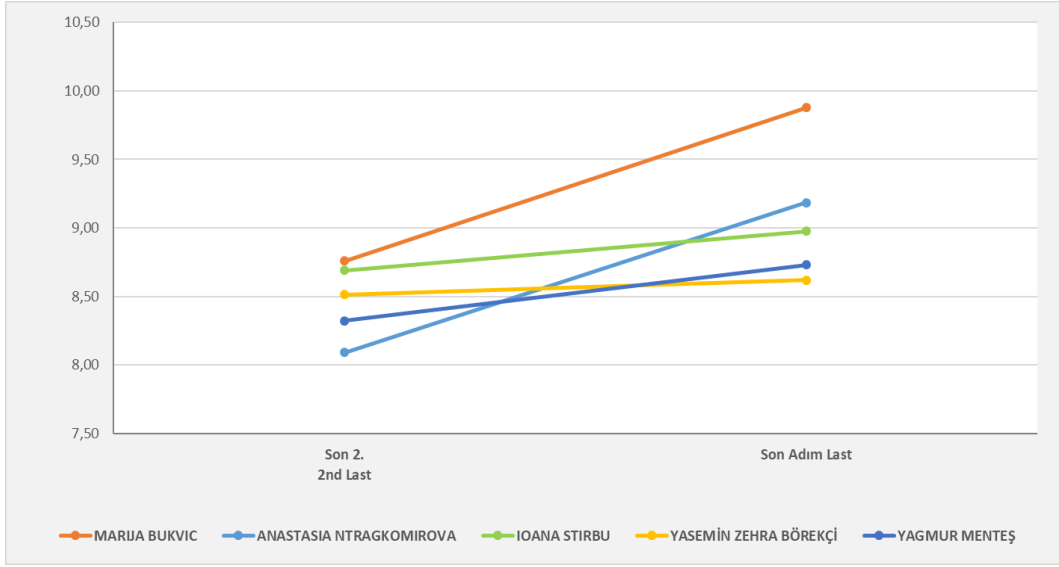
Sporcu Athlete	Ülke Country	Doğum Tarihi Date of Birth	Derece Official Distance [m]	Gerçek Derece Real Distance [m]	Sıçramada Kayıp Take-off Loss [m]
MARIJA BUKVIC	SRB	1.01.2001	6,06	6,11	0,05
ANASTASIA NTRAGKOMIROVA	GRE	22.01.2003	5,99	6,07	0,08
IOANA STIRBU	ROU	6.01.2003	5,96	5,96	0,00
YASEMİN ZEHRA BÖREKÇİ	TUR	3.07.2002	5,41	5,57	0,16
YAGMUR MENTEŞ	TUR	21.04.2003	5,30	5,31	0,01

### Yaklaşma Koşusu Hızları [m/s]

Run-up Velocities [m/s]

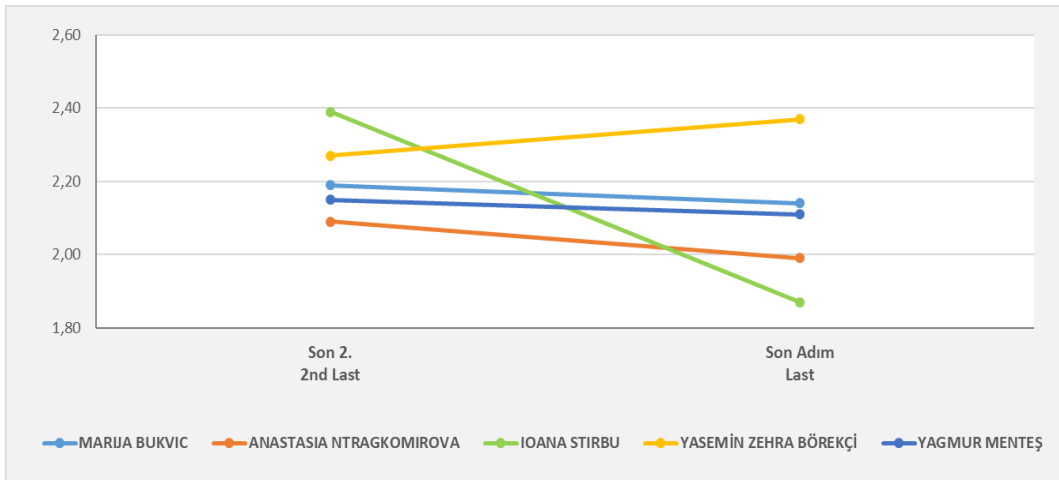
Sporcu Athlete	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]			Adım Hızları Strides Velocity [m/s]	
		11-6 m	6-1 m	11-1 m	Son 2. 2nd Last	Son Adım Last
MARIJA BUKVIC	6,06	8,10	8,98	8,52	8,76	9,88
ANASTASIA NTRAGKOMIROVA	5,99	7,94	8,50	8,21	8,09	9,18
IOANA STIRBU	5,96	8,50	8,50	8,50	8,69	8,98
YASEMİN ZEHRA BÖREKÇİ	5,41	7,75	8,32	8,03	8,51	8,62
YAGMUR MENTEŞ	5,30	7,40	8,24	7,79	8,32	8,73





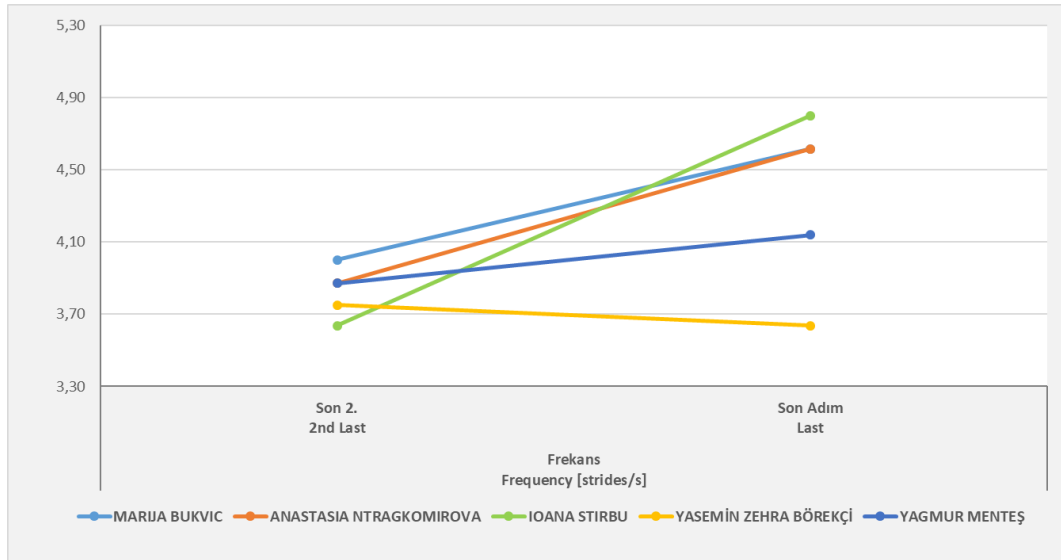
### Yaklaşma Koşusu Son 2 Adım Uzunlukları [m] Length of Last 2 Strides [m]

Sporcu Athlete	Derece Official Distance [m]	Adım Uzunlukları Length of Strides [m]		Yüzde Oranı Percentage [%]
		Son 2. 2nd Last	Son Adım Last	
MARIJA BUKVIC	6,06	2,19	2,14	98
ANASTASIA NTRAGKOMIROVA	5,99	2,09	1,99	95
IOANA STIRBU	5,96	2,39	1,87	78
YASEMİN ZEHRA BÖREKÇİ	5,41	2,27	2,37	104
YAGMUR MENTEŞ	5,30	2,15	2,11	98



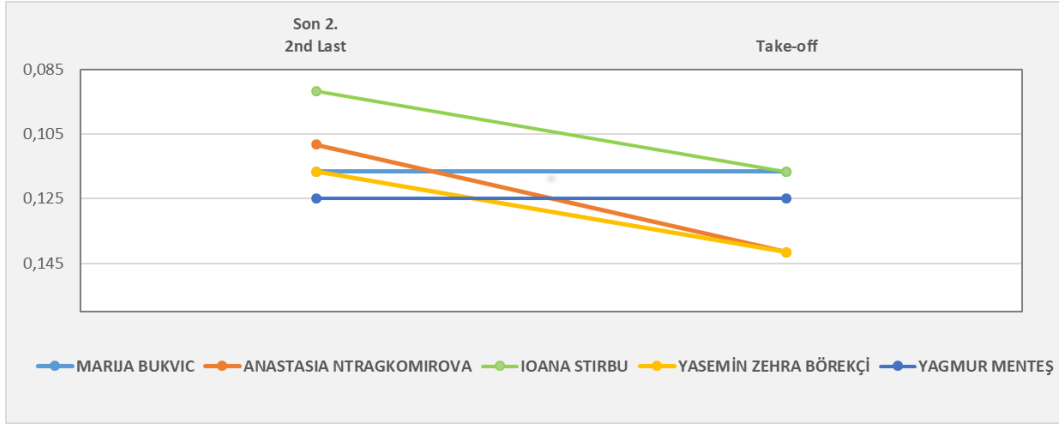
### Yaklaşma Koşusu Son 2 Adım Frekansları [adım/s] Frequency of Last 2 Strides [strides/s]

Sporcu Athlete	Derece Official Distance [m]	Frekans Frequency [strides/s]	
		Son 2. 2nd Last	Son Adım Last
MARIJA BUKVIC	6,06	4,00	4,62
ANASTASIA NTRAGKMIROVA	5,99	3,87	4,62
IOANA STIRBU	5,96	3,64	4,80
YASEMİN ZEHRA BÖREKÇİ	5,41	3,75	3,64
YAGMUR MENTEŞ	5,30	3,87	4,14



### Yaklaşma Koşusu Son İki Adım Destek Süreleri [s] Durations of Support Phase of Last 2 Strides [s]

Sporcu Athlete	Derece Official Distance [m]	Destek Süreleri Durations of Support [s]	
		Son 2. 2nd Last	Take-off
MARIJA BUKVIC	6,06	0,117	0,117
ANASTASIA NTRAGKMIROVA	5,99	0,108	0,142
IOANA STIRBU	5,96	0,092	0,117
YASEMİN ZEHRA BÖREKÇİ	5,41	0,117	0,142
YAGMUR MENTEŞ	5,30	0,125	0,125



### Müsabakaya Katılan Tüm Sporcuların Yaklaşma Koşusu Hız Değerleri [m/s]

Run-up Velocities of All Competitors [m/s]

Sporcu Athlete	Deneme Attempt	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]		
			11-6 m	6-1 m	11-1 m
MARIJA BUKVIC	1	6,06	8,10	8,98	8,52
	2	5,76	8,13	8,45	8,29
ANASTASIA NTRAGKOMIROVA	1	5,94	8,73	8,77	8,75
	2	X	8,06	8,59	8,32
	3	X	7,96	8,70	8,31
	4	5,98	8,10	8,10	8,10
	5	5,99	7,94	8,50	8,21
	6	5,88	9,03	8,18	8,58
IOANA STIRBU	1	5,91	8,40	8,56	8,48
	2	X	8,25	8,58	8,41
	3	5,69	8,83	8,31	8,56
	4	5,84	8,45	8,58	8,51
	5	X	8,67	8,17	8,41
	6	5,96	8,50	8,50	8,50





**Müsabakaya Katılan Tüm Sporcuların Yaklaşma Koşusu Hız Değerleri [m/s]**  
*Run-up Velocities of All Competitors [m/s]*

Sporcu Athlete	Deneme Attempt	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]		
			11-6 m	6-1 m	11-1 m
ERISA RRASA	1	5,86	8,31	9,17	8,72
	2	5,71	8,29	9,11	8,68
	3	5,54	8,31	9,04	8,66
	4	5,42	8,73	9,07	8,90
	5	5,26	9,21	8,70	8,94
	6	<b>5,91</b>	<b>8,62</b>	<b>8,71</b>	<b>8,67</b>
ROKSANA KHUDOYAROVA	1	X	8,74	8,45	8,59
	2	5,39	8,32	8,70	8,50
	3	<b>5,77</b>	<b>8,70</b>	<b>8,40</b>	<b>8,55</b>
YELENA PEKHTIREVA	1	5,53	8,93	9,21	9,07
	2	<b>4,56</b>	<b>9,58</b>	<b>8,80</b>	<b>9,17</b>
	3	5,54	8,26	9,17	8,70
	4	5,51	8,20	9,17	8,66
	5	5,49	8,28	9,19	8,71
	6	5,53	8,24	9,14	8,67
ALEXANDRA VARDOL	1	5,42	7,70	8,50	8,08
	2	X	7,52	8,67	8,05
	3	<b>5,54</b>	<b>7,92</b>	<b>7,73</b>	<b>7,82</b>
	4	X	7,73	8,67	8,17
	5	5,50	7,82	8,55	8,17
	6	X	7,70	7,99	7,84
ELIZAVETA MORARI	1	<b>5,53</b>	<b>7,74</b>	<b>8,50</b>	<b>8,10</b>
	2	5,15	8,40	8,26	8,33
	3	X	7,66	8,59	8,10
	4	X	7,53	8,43	7,96
	5	X	7,65	8,43	8,02
	6	5,48	7,65	8,50	8,05



**Müsabakaya Katılan Tüm Sporcuların Yaklaşma Koşusu Hız Değerleri [m/s]**  
*Run-up Velocities of All Competitors [m/s]*

Sporcu Athlete	Deneme Attempt	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]		
			11-6 m	6-1 m	11-1 m
LIDIJA TODOROVIC	1	5,24	8,31	8,59	8,45
	2	5,42	9,07	8,14	8,58
	<b>3</b>	<b>5,51</b>	<b>8,49</b>	<b>8,68</b>	<b>8,58</b>
	4	5,42	9,06	7,81	8,39
	5	5,50	8,55	9,17	8,85
	6	5,21	7,70	8,06	7,88
KATERYNA DMYTRENKO	<b>1</b>	<b>5,50</b>	<b>8,21</b>	<b>7,94</b>	<b>8,07</b>
	2	X	7,74	8,04	7,89
	3	5,31	7,96	8,01	7,99
YASEMİN ZEHRA BÖREKÇİ	<b>1</b>	<b>5,41</b>	<b>7,75</b>	<b>8,32</b>	<b>8,03</b>
	2	X	7,76	8,36	8,05
	3	5,36	7,82	8,33	8,07
VIVIAN KRASTEVA	<b>1</b>	<b>5,39</b>	<b>8,43</b>	<b>7,75</b>	<b>8,08</b>
	2	5,16	8,17	8,17	8,17
	3	5,17	7,94	8,16	8,05
MARIETA MINASYAN	<b>1</b>	<b>5,36</b>	<b>8,00</b>	<b>7,87</b>	<b>7,94</b>
	2	5,16	7,96	7,76	7,86
	3	5,18	7,52	8,06	7,78
VIKTORIA YORDANOVA	1	X	8,03	8,13	8,08
	<b>2</b>	<b>5,31</b>	<b>8,13</b>	<b>7,91</b>	<b>8,02</b>
	3	4,67	7,89	8,14	8,01
YAGMUR MENTEŞ	<b>1</b>	<b>5,30</b>	<b>7,40</b>	<b>8,24</b>	<b>7,79</b>
	2	3,95	7,61	8,21	7,90
	3	X	7,63	7,81	7,72
GALA URDAREVSKA	1	X	7,74	8,32	8,02
	<b>2</b>	<b>4,85</b>	<b>8,24</b>	<b>7,43</b>	<b>7,81</b>
	3	X	7,43	8,03	7,72
MİLA VRANIKJ	1	4,59	7,70	7,51	7,60
	2	X	7,60	8,21	7,89
	<b>3</b>	<b>4,65</b>	<b>7,47</b>	<b>7,94</b>	<b>7,70</b>

## Uzun Atlama Erkekler

### Long Jump Men's

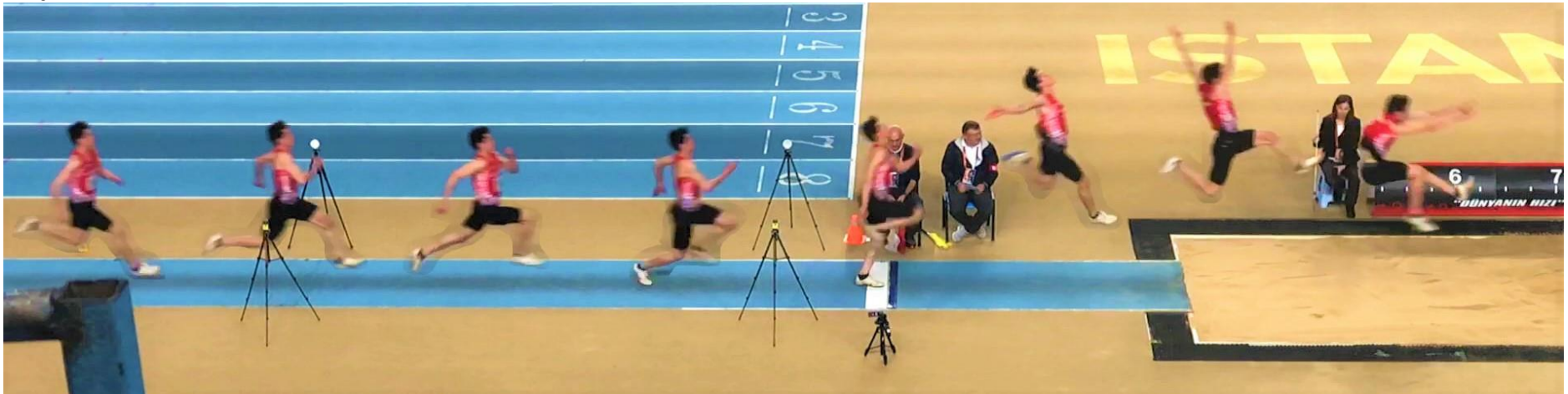
YUNUS EMRE GÜMÜŞ

7,41 m



ALİ ÇOLAK

7,16 m



PETAR CANAK

7,09 m

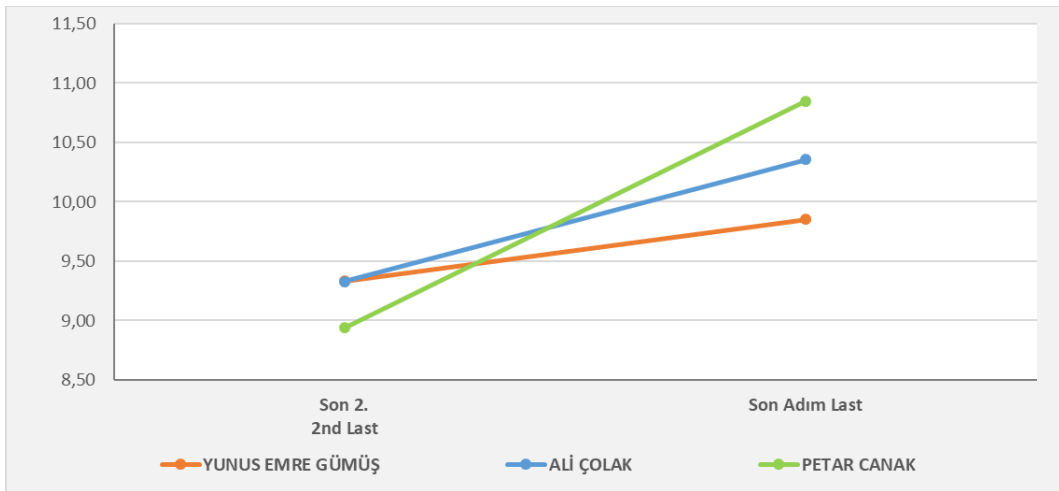
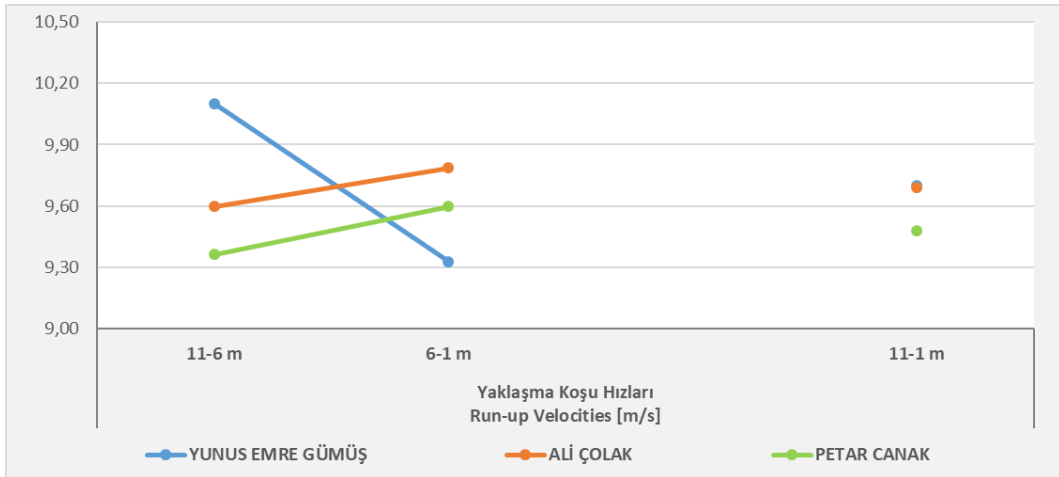


Sporcu Athlete	Ülke Country	Doğum Tarihi Date of Birth	Derece Official Distance [m]	Gerçek Derece Real Distance [m]	Sıçramada Kayıp Take-off Loss [m]
YUNUS EMRE GÜMÜŞ	TUR	1.01.2001	7,41	7,41	0,00
ALİ ÇOLAK	TUR	27.07.2001	7,16	7,18	0,02
PETAR CANAK	SRB	1.01.2002	7,09	7,16	0,07

### Yaklaşma Koşusu Hızları [m/s]

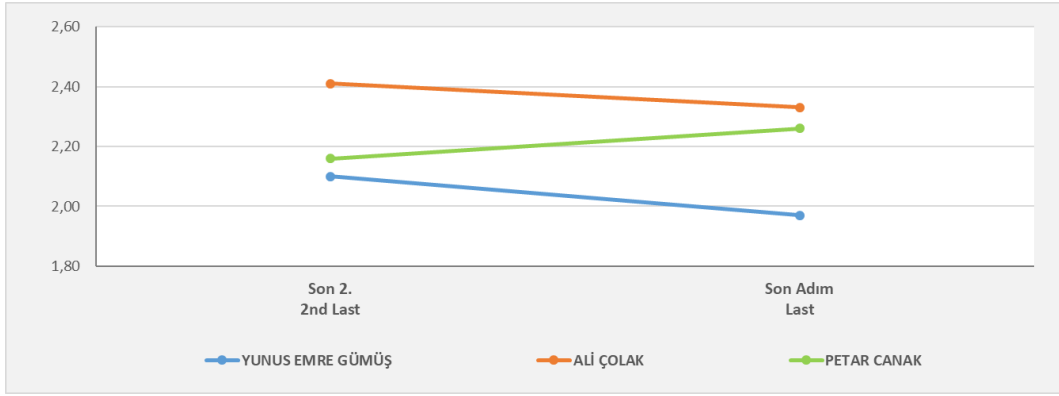
Run-up Velocity [m/s]

Sporcu Athlete	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]			Adım Hızları Strides Velocity [m/s]	
		11-6 m	6-1 m	11-1 m	Son 2. 2nd Last	Son Adım Last
YUNUS EMRE GÜMÜŞ	7,41	10,10	9,33	9,70	9,33	9,85
ALİ ÇOLAK	7,16	9,60	9,78	9,69	9,33	10,36
PETAR CANAK	7,09	9,36	9,60	9,48	8,94	10,85



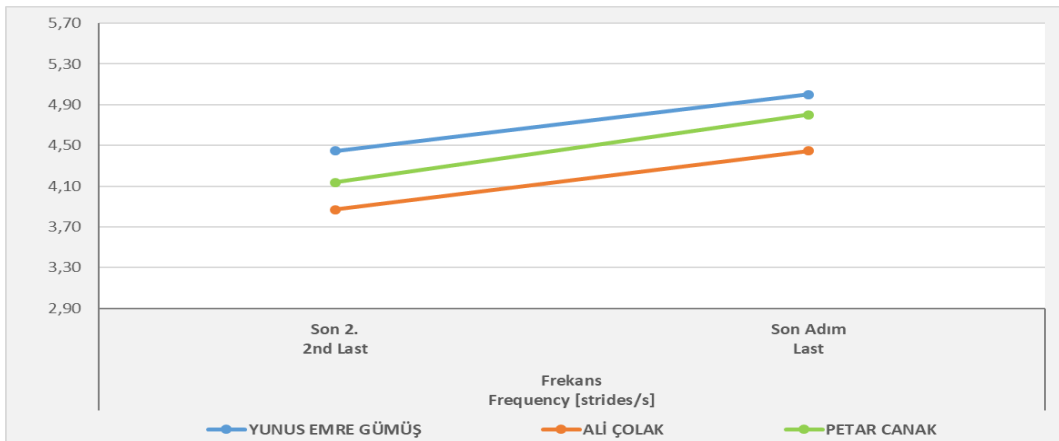
### Yaklaşma Koşusu Son 2 Adım Uzunlukları [m] Length of last 2 strides [m]

Sporcu Athlete	Derece Official Distance [m]	Adım Uzunlukları Length of Strides [m]		Yüzde Oranı Percentage [%]
		Son 2. 2nd Last	Son Adım Last	
YUNUS EMRE GÜMÜŞ	7,41	2,10	1,97	94
ALİ ÇOLAK	7,16	2,41	2,33	97
PETAR CANAK	7,09	2,16	2,26	105



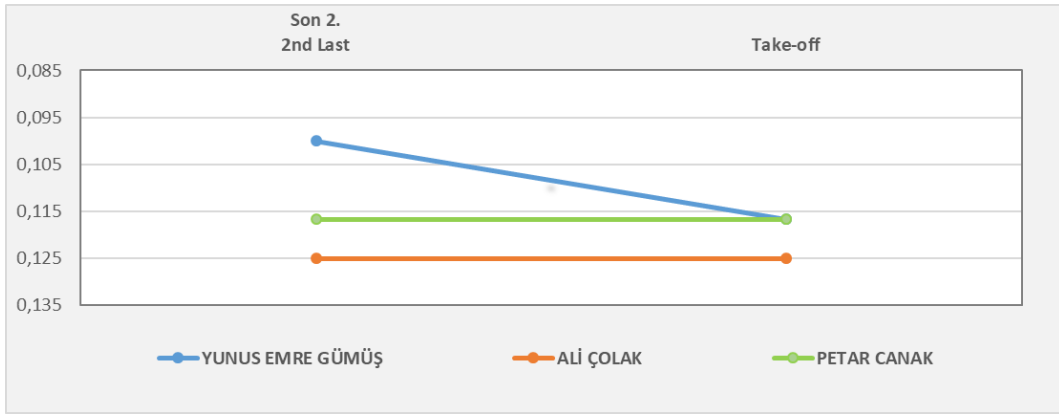
### Yaklaşma Koşusu Son 2 Adım Frekansları [adım/s] Frequency of last 2 strides [strides /s]

Sporcu Athlete	Derece Official Distance [m]	Frekans Frequency [strides/s]	
		Son 2. 2nd Last	Son Adım Last
YUNUS EMRE GÜMÜŞ	7,41	4,44	5,00
ALİ ÇOLAK	7,16	3,87	4,44
PETAR CANAK	7,09	4,14	4,80



### Yaklaşma Koşusu Son İki Adım Destek Süreleri [s] Durations of support phase of last 2 strides [s]

Sporcu Athlete	Derece Official Distance [m]	Destek Süreleri Durations of Support [s]	
		Son 2. 2nd Last	Take-off
YUNUS EMRE GÜMÜŞ	7,41	0,100	0,117
ALİ ÇOLAK	7,16	0,125	0,125
PETAR CANAK	7,09	0,117	0,117



### Müsabakaya Katılan Tüm Sporcuların Yaklaşma Koşusu Hız Değerleri [m/s] ve Tahmini Atlama Mesafesi [m]

Run-up Velocities of all competitors [m/s] and Estimated jump distance [m]

Sporcu Athlete	Deneme Attempt	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]			Tahmini Atlama Mesafesi Estimated Jump Distance [m]
			11-6 m	6-1 m	11-1 m	
YUNUS EMRE GÜMÜŞ	1	7,22	9,56	9,63	9,60	7,09
	2	X	9,86	9,80	9,83	7,30
	3	7,07	8,82	9,71	9,24	7,17
	4	6,89	9,92	9,38	9,64	7,10
	5	7,07	9,77	8,99	9,36	7,23
	6	<b>7,41</b>	<b>10,10</b>	<b>9,33</b>	<b>9,70</b>	<b>7,59</b>
ALİ ÇOLAK	1	X	9,06	9,77	9,40	6,84
	2	6,85	9,31	9,47	9,39	6,83
	3	7,05	9,56	9,82	9,69	7,15
	4	7,08	9,42	9,67	9,54	6,99
	5	6,99	9,52	9,69	9,61	7,06
	6	<b>7,16</b>	<b>9,60</b>	<b>9,78</b>	<b>9,69</b>	<b>7,25</b>



**Müsabakaya Katılan Tüm Sporcuların Yaklaşma Koşusu Hız Değerleri [m/s] ve Tahmini Atlama Mesafesi [m]**

*Run-up Velocities of all competitors [m/s] and Estimated jump distance [m]*

Sporcu Athlete	Deneme Attempt	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]			Tahmini Atlama Mesafesi Estimated Jump Distance [m]
			11-6 m	6-1 m	11-1 m	
PETAR CANAK	1	6,93	8,85	9,52	9,17	6,60
	2	6,66	9,42	9,38	9,40	6,84
	3	6,91	9,42	9,45	9,43	6,88
	4	<b>7,09</b>	<b>9,36</b>	<b>9,60</b>	<b>9,48</b>	<b>7,05</b>
	5	X	9,28	9,52	9,40	6,84
	6	X	9,54	9,49	9,51	6,96
JAVOKHİR NORİEV	1	<b>7,05</b>	<b>9,60</b>	<b>9,73</b>	<b>9,66</b>	<b>7,12</b>
	2	X	8,96	9,75	9,34	6,77
	3	X	9,40	9,49	9,44	6,89
HELDI VALIKAJ	1	6,77	9,07	9,36	9,22	6,65
	2	6,82	9,03	9,40	9,21	6,64
	3	6,65	8,91	9,35	9,12	6,55
	4	6,76	8,68	9,40	9,03	6,44
	5	<b>6,98</b>	<b>9,35</b>	<b>9,54</b>	<b>9,44</b>	<b>6,99</b>
	6	X	9,14	9,58	9,35	6,79
ANDREI ENACHE	1	6,39	9,07	9,60	9,33	6,76
	2	6,72	9,03	9,43	9,23	6,65
	3	X	9,16	9,43	9,29	6,73
	4	6,44	8,87	9,09	8,98	6,39
	5	X	8,68	9,35	9,00	6,42
	6	<b>6,89</b>	<b>9,21</b>	<b>9,29</b>	<b>9,25</b>	<b>6,73</b>
DANIEL ILCO	1	6,58	9,06	9,47	9,26	6,69
	2	<b>6,67</b>	<b>8,98</b>	<b>9,60</b>	<b>9,28</b>	<b>6,71</b>
	3	6,58	9,06	9,52	9,29	6,72
	4	6,54	9,19	9,11	9,15	6,57
	5	6,67	8,87	9,19	9,03	6,44
	6	X	8,98	9,52	9,24	6,67





**Müsabakaya Katılan Tüm Sporcuların Yaklaşma Koşusu Hız Değerleri [m/s] ve Tahmini Atlama Mesafesi [m]**

*Run-up Velocities of all competitors [m/s] and Estimated jump distance [m]*

Sporcu Athlete	Deneme Attempt	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]			Tahmini Atlama Mesafesi Estimated Jump Distance [m]
			11-6 m	6-1 m	11-1 m	
THOMAS DUBNOV RAZ	1	6,64	9,24	10,12	9,66	7,12
	2	X	9,31	10,02	9,65	7,11
	3	X	9,98	10,00	9,99	7,47
	4	X	9,11	9,84	9,46	6,90
	5	X	9,45	9,75	9,60	7,05
	6	6,62	9,94	9,33	9,62	7,08
CONSTANTIN PRUTEANU	1	5,70	9,43	8,88	9,15	6,57
	2	6,23	9,04	8,90	8,97	6,38
	3	X	8,90	9,67	9,27	6,70
	4	X	9,12	9,07	9,10	6,52
	5	X	9,26	8,96	9,11	6,53
	6	6,17	9,11	9,23	9,17	6,59
KASGIN ABBASZADE	1	X	8,21	9,40	8,76	6,16
	2	X	8,24	9,52	8,83	6,24
	3	6,22	9,40	8,58	8,97	6,38
CHINGIZ ISRAFILOV	1	X	8,59	8,94	8,76	6,16
	2	3,90	8,68	9,04	8,86	6,26
	3	5,46	8,80	9,12	8,96	6,37

# Üçadım Atlama Kadınlar

## *Triple Jump Women's*

**SPYRIDOULA KARYDI**

**13,51 m**



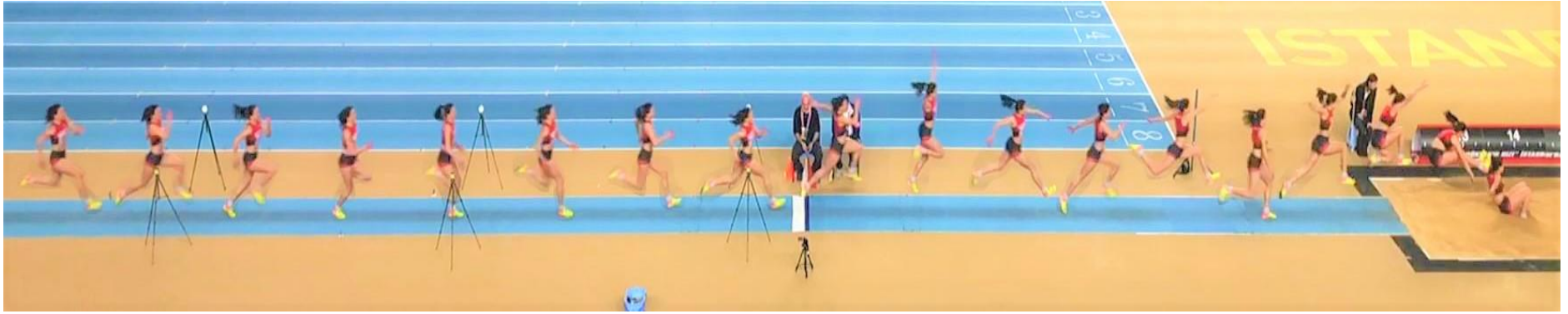
**ALEKSANDRA NACHEVA**

**13,14 m**



**GİZEM AKGÖZ**

**13,04 m**



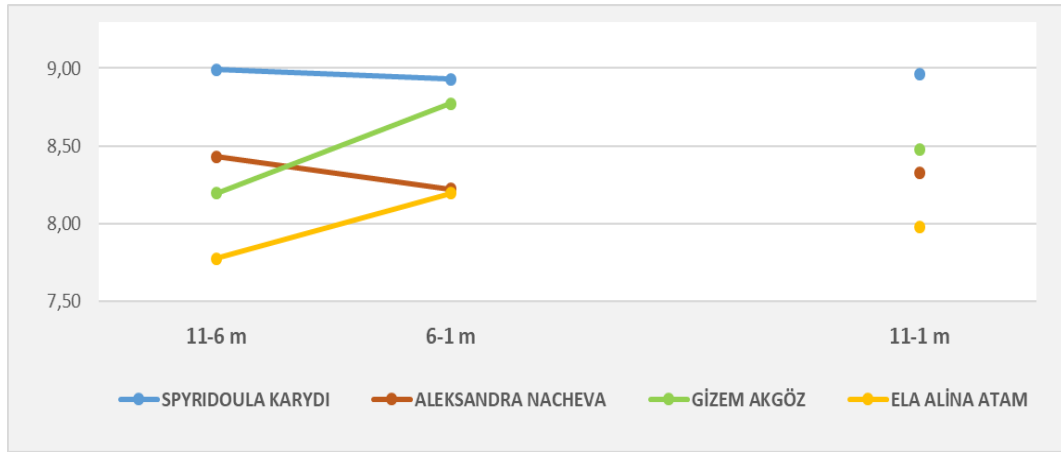


Sporcu Athlete	Ülke Country	Doğum Tarihi Date of Birth	Derece Official Distance [m]	Gerçek Derece Real Distance [m]	Sıçramada Kayıp Take-off Loss [m]
SPYRIDOULA KARYDI	GRE	36921	13,51	13,52	0,01
ALEKSANDRA NACHEVA	BUL	36892	13,10	13,14	0,04
GİZEM AKGÖZ	TUR	36896	13,01	13,04	0,03
ELA ALİNA ATAM	TUR	37985	12,06	12,26	0,20

### Yaklaşma Koşusu Hızları [m/s]

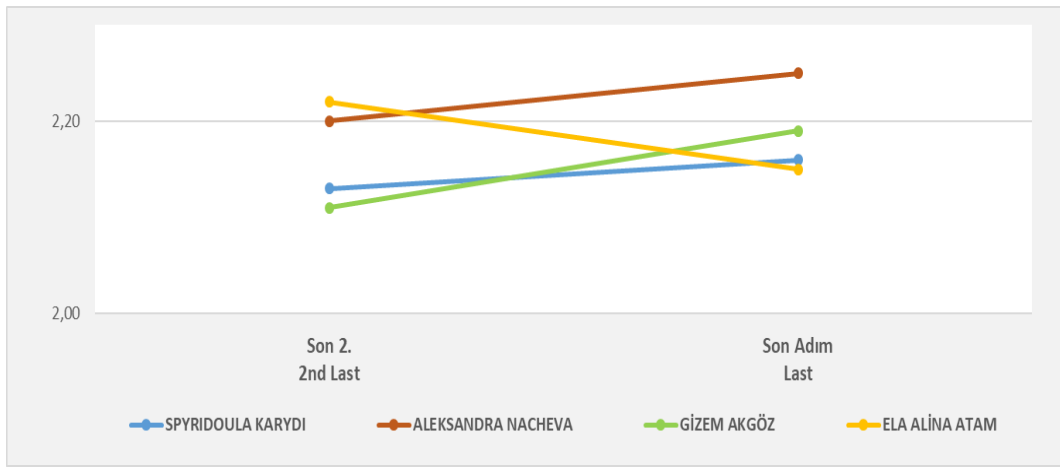
Run-up Velocity [m/s]

Sporcu Athlete	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]		
		11-6 m	6-1 m	11-1 m
SPYRIDOULA KARYDI	13,51	8,99	8,93	8,96
ALEKSANDRA NACHEVA	13,1	8,43	8,22	8,33
GİZEM AKGÖZ	13,01	8,20	8,77	8,47
ELA ALİNA ATAM	12,06	7,78	8,20	7,98



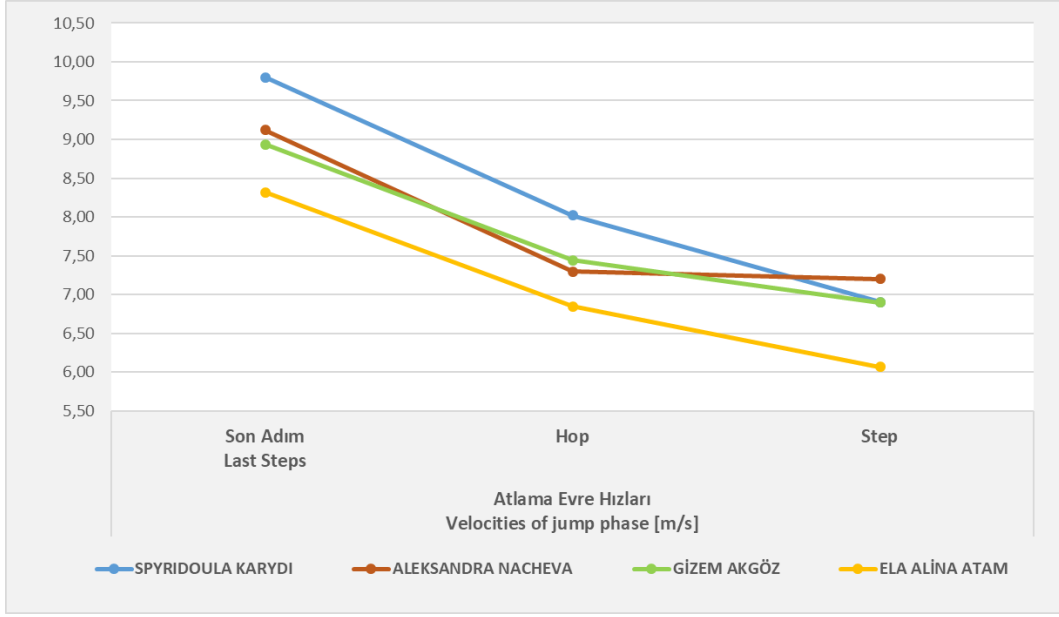
### Yaklaşma Koşusu Son 2 Adım Uzunlukları [m] Length of last 2 strides [m]

Sporcu Athlete	Derece Official Distance [m]	Adım Uzunlukları Length of Strides [m]	
		Son 2. 2nd Last	Son Adım Last
SPYRIDOULA KARYDI	13,77	2,13	2,16
ALEKSANDRA NACHEVA	13,47	2,20	2,25
GİZEM AKGÖZ	13,38	2,11	2,19
ELA ALİNA ATAM	13,24	2,22	2,15



### Atlama Evre Hızları [m/s] Velocities of jump phase [m/s]

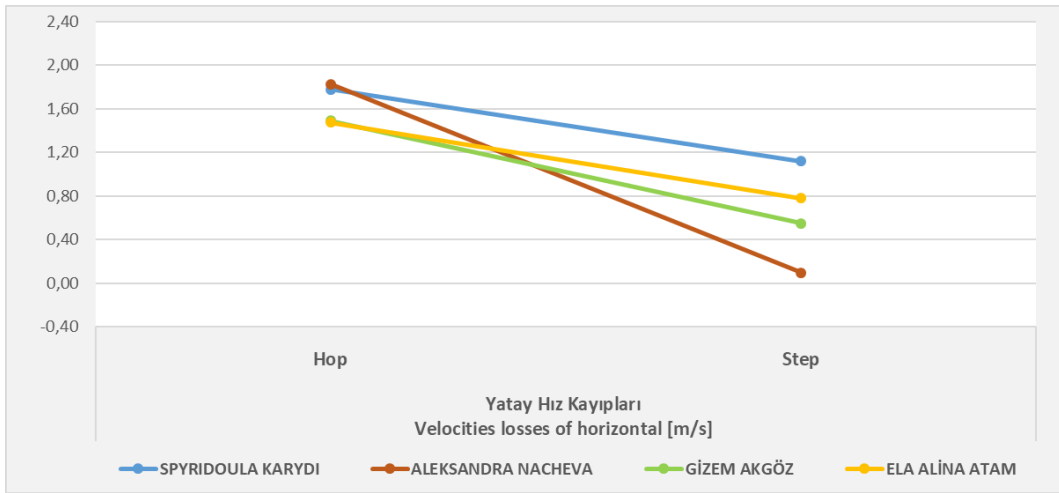
Sporcu Athlete	Derece Official Distance [m]	Atlama Evre Hızları Velocities of jump phase [m/s]		
		Son Adım Last Steps	Hop	Step
SPYRIDOULA KARYDI	13,51	9,80	8,02	6,90
ALEKSANDRA NACHEVA	13,1	9,12	7,29	7,20
GİZEM AKGÖZ	13,01	8,93	7,44	6,90
ELA ALİNA ATAM	12,06	8,32	6,85	6,07



### Yatay Hız Kayıpları [m/s]

Velocities losses of horizontal [m/s]

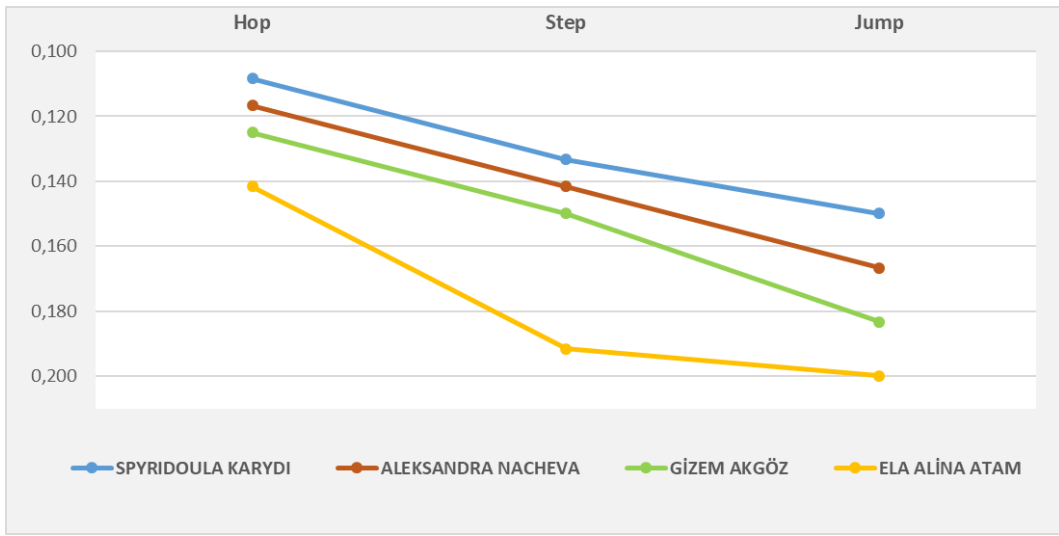
Sporcu Athlete	Derece Official Distance [m]	Yatay Hız Kayıpları Velocities losses of horizontal [m/s]	
		Hop	Step
SPYRIDOULA KARYDI	13,51	1,78	1,12
ALEKSANDRA NACHEVA	13,1	1,83	0,09
GİZEM AKGÖZ	13,01	1,49	0,55
ELA ALİNA ATAM	12,06	1,47	0,78



### Destek Evre Süreleri [s]

Durations of support phase of hop step and jump [s]

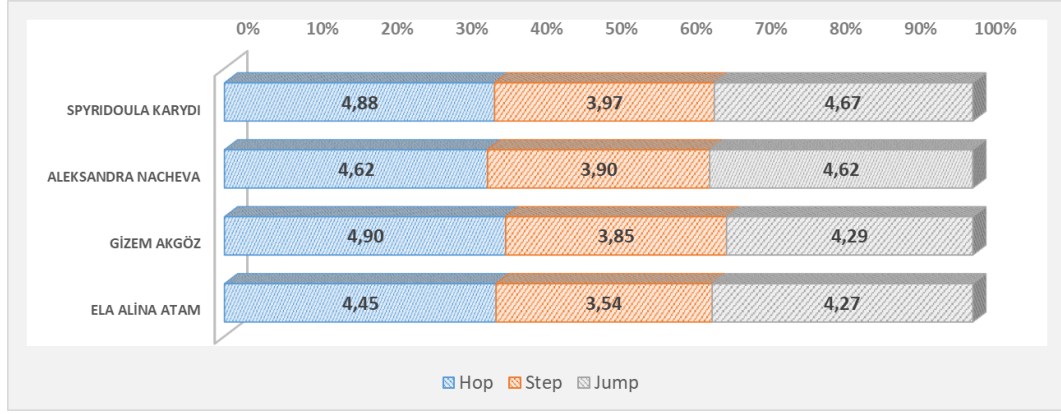
Sporcu Athlete	Derece Official Distance [m]	Destek Evre Süreleri Durations of support phase [s]		
		Hop	Step	Jump
SPYRIDOULA KARYDI	13,51	0,108	0,133	0,150
ALEKSANDRA NACHEVA	13,1	0,117	0,142	0,167
GİZEM AKGÖZ	13,01	0,125	0,150	0,183
ELA ALİNA ATAM	12,06	0,142	0,192	0,200



### Hop Step Jump Mesafeleri [m], Yüzde Oranları [%] ve Uygulanan Teknik

Relative percentage of the hop, step and jump to overall effective distance and the technique employed

Sporcu Athlete	Derece Official Distance [m]	Atlama Mesafeleri Relative percentage [m]			Yüzde Oranı Percentage [%]			Teknik Technique
		Hop	Step	Jump	Hop	Step	Jump	
SPYRIDOULA KARYDI	13,52	4,88	3,97	4,67	36,09	29,36	34,54	Dengeli Balanced
ALEKSANDRA NACHEVA	13,14	4,62	3,90	4,62	35,16	29,68	35,16	Dengeli Balanced
GİZEM AKGÖZ	13,04	4,90	3,85	4,29	37,58	29,52	32,90	Hop Dominant Hop Dominated
ELA ALİNA ATAM	12,26	4,45	3,54	4,27	36,30	28,87	34,83	Dengeli Balanced



### Müsabakaya Katılan Tüm Sporcuların Yaklaşma Koşusu Hız Değerleri [m/s]

Run-up Velocities of all competitors [m/s]

Sporcu Athlete	Deneme Attempt	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]		
			11-6 m	6-1 m	11-1 m
SPYRIDOULA KARYDI	1	13,43	8,71	9,17	8,94
	2	13,43	8,70	9,82	9,23
	3	<b>13,51</b>	<b>8,99</b>	<b>8,93</b>	<b>8,96</b>
	4	13,21	9,16	8,87	9,01
ALEKSANDRA NACHEVA	1	X	-	-	7,99
	2	<b>13,10</b>	<b>8,43</b>	<b>8,22</b>	<b>8,33</b>
	3	12,99	8,29	7,92	8,10
GİZEM AKGÖZ	1	X	8,26	8,79	8,52
	2	<b>13,01</b>	<b>8,20</b>	<b>8,77</b>	<b>8,47</b>
	3	12,89	8,46	8,25	8,35
	4	X	8,29	8,49	8,39
	5	X	8,32	8,32	8,32
	6	X	8,24	8,80	8,51
IULIANA DABIJA	1	12,43	7,75	8,18	7,96
	2	<b>12,68</b>	<b>7,65</b>	<b>8,61</b>	<b>8,10</b>
	3	11,98	8,53	8,39	8,46
	4	12,49	7,68	8,01	7,84
	5	X	8,09	8,62	8,35
	6	11,77	8,39	8,35	8,37





**Müsabakaya Katılan Tüm Sporcuların Yaklaşma Koşusu Hız Değerleri [m/s]**  
*Run-up Velocities of all competitors [m/s]*

Sporcu Athlete	Deneme Attempt	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]		
			11-6 m	6-1 m	11-1 m
JOVANA GNJATOVIC	1	12,57	7,72	8,38	8,03
	2	<b>12,58</b>	<b>7,59</b>	<b>8,26</b>	<b>7,91</b>
	3	12,45	7,51	8,38	7,92
ROKSANA KHUDOYAROVA	1	12,16	8,52	8,62	8,57
	2	12,43	8,58	8,58	8,58
	3	<b>12,57</b>	<b>8,50</b>	<b>8,55</b>	<b>8,53</b>
MARIIA YELANSKA	1	12,31	7,94	8,08	8,01
	2	<b>12,40</b>	<b>7,58</b>	<b>8,20</b>	<b>7,87</b>
	3	12,24	7,96	7,91	7,94
	4	12,08	7,42	8,08	7,73
	5	12,37	7,85	8,00	7,92
	6	12,19	7,63	8,21	7,91
MARIA KAVALIEROU	1	12,14	-	-	8,33
	2	X	8,16	8,71	8,42
	3	12,04	8,26	8,21	8,24
	4	X	8,10	8,33	8,22
	5	12,18	8,14	8,39	8,26
	6	<b>12,31</b>	<b>8,17</b>	<b>8,70</b>	<b>8,42</b>
MARHARYTA BABITSKA	1	<b>12,29</b>	<b>8,25</b>	<b>8,56</b>	<b>8,40</b>
	2	12,26	8,70	8,76	8,73
	3	12,15	8,29	8,94	8,61
	4	X	7,81	8,79	8,27
	5	12,11	8,70	8,74	8,72
	6	12,20	8,79	8,35	8,56
ANNA CARAMANUȚA	1	11,27	7,41	7,70	7,55
	2	12,10	7,97	7,70	7,84
	3	<b>12,13</b>	<b>7,68</b>	<b>8,04</b>	<b>7,86</b>
ELA ALİNA ATAM	1	11,99	7,94	7,70	7,82
	2	11,85	7,85	8,28	8,06
	3	<b>12,06</b>	<b>7,78</b>	<b>8,20</b>	<b>7,98</b>
MARIETA MINASYAN	1	<b>11,96</b>	<b>7,70</b>	<b>8,32</b>	<b>8,00</b>
	2	X	7,69	8,21	7,94
	3	X	7,55	8,06	7,80
IOANA COLIBASANU	1	<b>11,55</b>	-	-	<b>7,94</b>
	2	11,33	7,46	8,25	7,84
	3	11,24	7,79	7,90	7,84

# Üçadım Atlama Erkekler

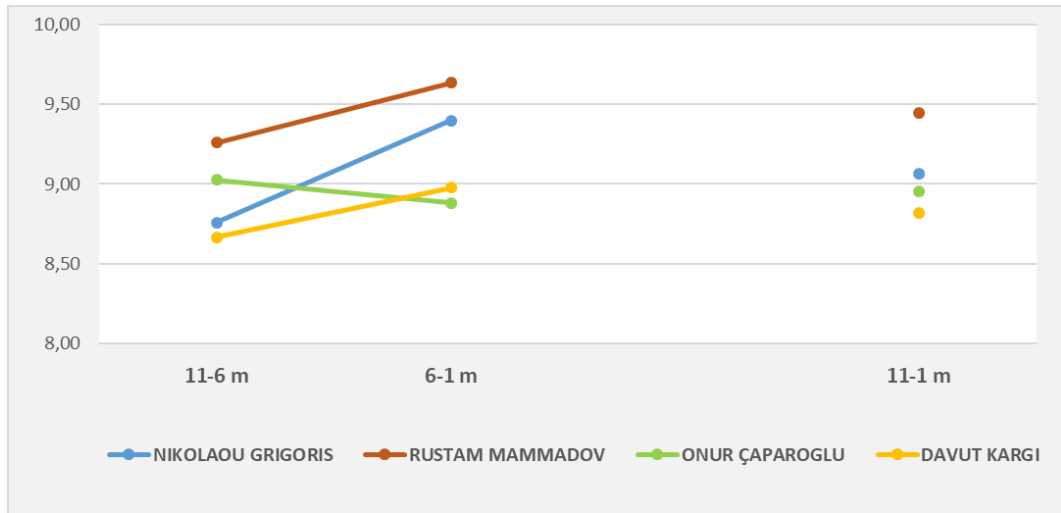
## Triple Jump Men's

Sporcu Athlete	Ülke Country	Doğum Tarihi Date of Birth	Derece Official Distance [m]
NIKOLAOU GRIGORIS	CYP	22.01.2003	15,53
RUSTAM MAMMADOV	AZE	21.02.2001	15,36
ONUR ÇAPAROGLU	TUR	5.06.2001	15,17
DAVUT KARGI	TUR	2.03.2001	14,19

## Yaklaşma Koşusu Hızları [m/s]

### Run-up Velocity [m/s]

Sporcu Athlete	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]		
		11-6 m	6-1 m	11-1 m
NIKOLAOU GRIGORIS	15,53	8,76	9,40	9,07
RUSTAM MAMMADOV	15,36	9,26	9,63	9,44
ONUR ÇAPAROGLU	15,17	9,03	8,88	8,95
DAVUT KARGI	14,19	8,67	8,98	8,82





**Müsabakaya Katılan Tüm Sporcuların Yaklaşma Koşusu Hız Değerleri [m/s]**  
*Run-up Velocities of all competitors [m/s]*

Sporcu Athlete	Deneme Attempt	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]		
			11-6 m	6-1 m	11-1 m
NIKOLAOU GRIGORIS	1	15,03	9,67	9,12	9,39
	2	X	8,70	9,92	9,27
	3	X	9,80	8,94	9,35
	4	15,36	9,24	9,24	9,24
	5	15,36	8,53	9,69	9,07
	6	<b>15,53</b>	<b>8,76</b>	<b>9,40</b>	<b>9,07</b>
RUSTAM MAMMADOV	1	14,91	8,46	10,00	9,17
	2	15,36	9,16	9,56	9,35
	3	15,08	9,14	9,52	9,33
	4	<b>15,36</b>	<b>9,26</b>	<b>9,63</b>	<b>9,44</b>
	5	15,22	9,23	9,63	9,43
	6	15,15	9,82	9,24	9,52
ONUR ÇAPAROĞLU	1	X	-	-	8,29
	2	14,39	8,70	9,26	8,97
	3	X	9,07	8,98	9,03
	4	14,61	8,49	9,06	8,76
	5	<b>15,17</b>	<b>9,03</b>	<b>8,88</b>	<b>8,95</b>
	6	X	-	-	8,26
RAZMIK GHAZARYAN	1	15,02	9,12	9,56	9,34
	2	X	-	-	9,12
	3	14,54	9,04	9,49	9,26
	4	14,71	9,58	8,88	9,22
	5	<b>15,07</b>	<b>8,83</b>	<b>9,26</b>	<b>9,04</b>
	6	X	8,62	9,29	8,94



**Müsabakaya Katılan Tüm Sporcuların Yaklaşma Koşusu Hız Değerleri [m/s]**  
*Run-up Velocities of all competitors [m/s]*

Sporcu Athlete	Deneme Attempt	Derece Official Distance [m]	Yaklaşma Koşu Hızları Run-up Velocities [m/s]		
			11-6 m	6-1 m	11-1 m
MARKO VLAHOVIC	1	14,55	9,26	9,42	9,34
	2	<b>15,06</b>	<b>9,12</b>	<b>10,08</b>	<b>9,58</b>
	3	14,96	9,12	8,80	8,96
	4	X	8,79	9,69	9,22
	5	14,65	9,03	9,73	9,36
	6	14,82	8,87	9,73	9,28
VLADYSLAV KHARCHENKO	1	<b>15,05</b>	<b>8,91</b>	<b>8,88</b>	<b>8,90</b>
	2	-	-	-	-
	3	13,67	9,06	9,42	9,23
	4	X	5,83	6,51	6,15
	5	14,45	8,94	9,01	8,98
VLADYSLAV SHEPELIEV	1	14,36	8,32	9,19	8,73
	2	14,19	8,85	9,19	9,02
	3	14,66	8,71	9,04	8,87
	4	14,65	8,59	8,99	8,79
	5	X	-	-	-
	6	<b>14,97</b>	-	-	<b>9,10</b>
HELDI VALIKAJ	1	14,35	8,85	9,19	9,02
	2	14,26	8,47	9,28	8,86
	3	X	8,82	9,16	8,98
	4	14,22	8,74	9,09	8,91
	5	14,21	8,80	9,12	8,96
	6	<b>14,55</b>	<b>8,74</b>	<b>9,45</b>	<b>9,08</b>
DAVUT KARGI	1	<b>14,19</b>	<b>8,67</b>	<b>8,98</b>	<b>8,82</b>
	2	X	8,98	8,91	8,94
	3	X	9,16	8,53	8,83
MIHAI LICA	1	13,93	8,43	8,80	8,61
	2	X	8,49	8,85	8,67
	3	<b>14,15</b>	<b>8,50</b>	<b>8,85</b>	<b>8,67</b>