TURKISH NATIONAL WOMEN TEAM PHYSICAL REPORT

			30.09.2023 - 12.10.2023														3							
No	Player	# of Training	# of Match	Injury Day	Total Duration (min)	Match Duratio n (min)	Total Distance (m)	>16 km/h High Speed Distance (m)	>18 km/h High Speed Distance (m)	>20 km/h High Speed Distance (m)	>24 km/h Sprint Distance (m)	# of Acc- Decc	# of High Acc-Decc	High Metabolic Power Distance (m)	TD / Match Distance	>16 km/h HSD / Match HSD	>18 km/h HSD / Match HSD	>20 km/h HSD / Match HSD	>24 km/h SPD/ Match SPD	# of Acc / Match # of Acc	# of High Acc / Match # of High Acc	HMPD / Match HMPD		
1	Aleyna Can	11	2		783	51	53948	3499	1553	538	1	3186	94	7475	518%	350%	355%	510%	25%	538%	806%	402%		
2	Berra Pekgöz	11	2		737	199	56789	5761	3526	1988	386	3084	291	9031	641%	480%	489%	497%	400%	693%	633%	533%		
3	Ecemnur Öztürk	11	2		754	199	59881	4514	2651	1374	74	2958	201	7901	631%	496%	526%	509%	136%	537%	419%	484%		
4	Ela Geçer	11	1		782	51	49004	3718	2038	995	45	2791	148	6844	574%	394%	484%	462%		690%	719%	446%		
5	Elif Ceren Mutlu	11	2		754	157	57001	5095	2810	1408	161	3528	276	9355	670%	518%	493%	506%	263%	815%	799%	609%		
6	Elif Çetin	11	2		782	35	55187	3951	2017	921	48	3820	216	8770	519%	353%	288%	224%		532%	563%	392%		
7	İlayda Tali	11	2		754	185	60305	2474	1169	547	45	3395	153	6895	614%	317%	295%	313%	99%	527%	850%	461%		
8	Melike Çizme	11	1		783	9	51323	2294	1166	513	5	3253	112	6459	413%	308%	265%	207%		410%	516%	326%		
9	Melisa Kurt	11	2		754	181	58643	3000	1406	521	17	3354	176	7410	561%	164%	386%	386%	253%	476%	429%	379%		
10	Merve Nur Taşucu	11	2		754	152	60155	3005	1467	613	72	3332	252	7327	687%	748%	982%	1119%		761%	562%	669%		
11	Mevlüde Melek Okuyan	11	2		782	44	56280	4429	2242	844	47	4077	335	9714	787%	771%	566%	441%	229%	762%	1523%	891%		
12	Miray Ayhan	11	2		782	129	55754	3040	1636	961	133	3341	168	7070	615%	394%	496%	609%	509%	718%	730%	528%		
13	Naz Karaca	5		4	399		22533	1929	1222	698	42	1378	102	3552	227%	96%	86%	76%	22%	225%	157%	136%		
14	Rüveyda Gürbüz	11	1		782	9	45756	1899	1077	475	28	2821	88	4901	388%	210%	186%	186%		464%	405%	326%		
15	Sana Çoşkun	11	2		783	51	53159	4951	3245	2001	348	3567	254	8848	606%	549%	564%	520%	394%	732%	645%	552%		
16	Selen Su Yarayan	11	2		782	148	60302	4268	2568	1473	120	3593	196	8048	589%	421%	412%	396%	319%	580%	530%	461%		
17	Sudenaz Deligöz	11	2		754	68	47066	2159	1276	521	38	2395	114	4828	633%	362%	401%	355%	131%	731%	622%	472%		
18	Yaren Ersen	11	2		754	199	68046	5197	2692	1198	87	3621	227	9737	653%	516%	499%	485%	519%	586%	473%	494%		
19	Zeynep Bilir	11	2		782	97	56597	5568	3204	1638	200	3300	313	9429	568%	444%	488%	447%	688%	486%	709%	403%		