

11-12 Yaş Sem Baraj Geçme ve Performans Tespit Yüzme Müsabakaları
ANKARA, 17. - 19.7.2026

Yarış 21
19.07.2026 - 11:41

Kızlar, 400m Serbest

11 - 12 yaşları arası
Sonuçlar

Puanlar: AQUA 2026

Sıra	YB	Zaman	Derece
11 yaş			
1. Kayla ÖZEL	15	Zafer Koleji Spor Kulübü	5:12.30 421
50m: 33.63 33.63	150m: 1:51.37 39.75	250m: 3:12.43 40.44	350m: 4:33.26 40.18
100m: 1:11.62 37.99	200m: 2:31.99 40.62	300m: 3:53.08 40.65	400m: 5:12.30 39.04
2. Hira Alya KUYRUKCU	15	Vamos Spor Kulübü	5:17.10 402
50m:	150m:	250m: 3:14.97 41.29	350m: 4:37.55 40.89
100m: 1:11.69	200m: 2:33.68	300m: 3:56.66 41.69	400m: 5:17.10 39.55
3. Ece DEMİR	15	Ted Ankara Kolejliler Spor Kulübü	5:19.17 394
50m: 35.34 35.34	150m: 1:57.32 41.55	250m: 3:20.41 41.90	350m: 4:42.49 40.98
100m: 1:15.77 40.43	200m: 2:38.51 41.19	300m: 4:01.51 41.10	400m: 5:19.17 36.68
4. Almira ALSANCAK	15	Vamos Spor Kulübü	5:21.64 385
50m: 34.53 34.53	150m: 1:55.05 41.54	250m: 3:18.75 42.11	350m: 4:42.52 42.07
100m: 1:13.51 38.98	200m: 2:36.64 41.59	300m: 4:00.45 41.70	400m: 5:21.64 39.12
5. Simin DİNÇER	15	Ted Ankara Kolejliler Spor Kulübü	5:22.26 383
50m:	150m: 1:56.37	250m: 3:20.07	350m:
100m:	200m:	300m:	400m: 5:22.26
6. Nida KIRAÇ	15	Ted Ankara Kolejliler Spor Kulübü	5:22.52 382
50m: 36.14 36.14	150m: 1:58.37 40.96	250m: 3:22.13 41.48	350m: 4:44.27 39.98
100m: 1:17.41 41.27	200m: 2:40.65 42.28	300m: 4:04.29 42.16	400m: 5:22.52 38.25
7. Deren Birce DAL	15	Yenimahalle Belediyesi Spor Kulübü	5:26.45 369
50m: 36.88 36.88	150m:	250m: 3:23.37	350m: 4:45.45
100m:	200m:	300m:	400m: 5:26.45 41.00
8. Mira KÖSE	15	Vamos Spor Kulübü	5:29.39 359
50m: 35.27 35.27	150m: 1:57.86 42.25	250m: 3:22.96 42.83	350m: 4:47.58 42.57
100m: 1:15.61 40.34	200m: 2:40.13 42.27	300m: 4:05.01 42.05	400m: 5:29.39 41.81
9. Ikra ALPAY	15	Ferdi	5:30.36 356
50m: 35.72 35.72	150m: 1:58.72	250m: 3:23.29 41.86	350m: 4:49.96
100m:	200m: 2:41.43 42.71	300m:	400m: 5:30.36 40.40
10. Ella AYDIN	15	Vamos Spor Kulübü	5:33.70 345
50m: 36.00 36.00	150m: 1:59.97 42.33	250m: 3:26.38 43.04	350m: 4:53.58 42.69
100m: 1:17.64 41.64	200m: 2:43.34 43.37	300m: 4:10.89 44.51	400m: 5:33.70 40.12
11. Nisa Nur YAYLA	15	Aren Athletics Spor Kulübü	5:38.36 331
50m: 36.95 36.95	150m: 2:02.25 43.07	250m: 3:30.08 43.90	350m: 4:56.81 43.31
100m: 1:19.18 42.23	200m: 2:46.18 43.93	300m: 4:13.50 43.42	400m: 5:38.36 41.55
12. Derin URAN	15	Ted Ankara Kolejliler Spor Kulübü	5:39.95 326
50m:	150m: 2:01.07 43.28	250m: 3:30.22 44.42	350m: 4:58.84 43.23
100m: 1:17.79	200m: 2:45.80 44.73	300m: 4:15.61 45.39	400m: 5:39.95 41.11
13. Damla INALKAÇ	15	Hacettepeliler Spor Kulübü	5:40.49 325
50m: 35.65 35.65	150m: 2:02.54 44.93	250m: 3:32.13 44.36	350m: 5:00.70 43.54
100m: 1:17.61 41.96	200m: 2:47.77 45.23	300m: 4:17.16 45.03	400m: 5:40.49 39.79
14. Cemre Arya ÖZCAN	15	Başkent Çankaya Spor Kulübü	5:41.84 321
50m: 38.02 38.02	150m: 2:04.87 43.30	250m: 3:33.07 45.12	350m: 5:00.12 44.02
100m: 1:21.57 43.55	200m: 2:47.95 43.08	300m: 4:16.10 43.03	400m: 5:41.84 41.72
15. Derin ETER	15	Gordion Spor Kulübü	5:43.19 317
50m: 36.94 36.94	150m: 2:03.23 44.23	250m: 3:33.25 45.51	350m: 5:02.49 44.23
100m: 1:19.00 42.06	200m: 2:47.74 44.51	300m: 4:18.26 45.01	400m: 5:43.19 40.70
16. Zeynep Bahar AKSOY	15	Gordion Spor Kulübü	5:43.76 316
50m: 37.76 37.76	150m: 2:04.56 44.08	250m: 3:32.87 44.08	350m: 5:01.81 44.11
100m: 1:20.48 42.72	200m: 2:48.79 44.23	300m: 4:17.70 44.83	400m: 5:43.76 41.95
17. Eylül ÖZTÜRK	15	Başkent Çankaya Spor Kulübü	5:44.00 315
50m: 37.64 37.64	150m: 2:04.30 42.77	250m: 3:33.63 44.75	350m: 5:01.95 43.59
100m: 1:21.53 43.89	200m: 2:48.88 44.58	300m: 4:18.36 44.73	400m: 5:44.00 42.05

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Yarış 21, Kızlar, 400m Serbest, 11 yaş

Sıra	YB	Zaman	Derece
18. Ece GÖKDENİZ	15	5:47.58	305
50m: 38.33 38.33	150m: 2:05.31 43.73	250m: 3:34.49 44.97	350m: 5:04.29 44.54
100m: 1:21.58 43.25	200m: 2:49.52 44.21	300m: 4:19.75 45.26	400m: 5:47.58 43.29
19. Zeynep AKYÜREK	15	5:47.94	304
50m: 40.16 40.16	150m: 2:07.77 44.51	250m: 3:37.58 44.84	350m: 5:06.41 44.38
100m: 1:23.26 43.10	200m: 2:52.74 44.97	300m: 4:22.03 44.45	400m: 5:47.94 41.53
20. Selen SEYHAN	15	5:52.23	293
50m:	150m:	250m:	350m:
100m:	200m: 2:52.04	300m: 4:23.59	400m: 5:52.23
21. Aylin Ece BAL	15	5:52.24	293
50m: 38.52 38.52	150m: 2:08.11 45.45	250m: 3:39.25 45.52	350m: 5:08.37 43.93
100m: 1:22.66 44.14	200m: 2:53.73 45.62	300m: 4:24.44 45.19	400m: 5:52.24 43.87
22. Eda Naz ÖZBİLGE	15	5:52.36	293
50m: 37.61 37.61	150m: 2:05.85	250m: 3:37.13 45.04	350m: 5:09.54 45.81
100m:	200m: 2:52.09 46.24	300m: 4:23.73 46.60	400m: 5:52.36 42.82
23. Maya Asya KANTAR	15	5:54.14	289
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m: 5:54.14
24. Eylül ATEŞ	15	6:01.39	272
50m: 40.18 40.18	150m:	250m:	350m:
100m: 1:26.09 45.91	200m: 2:59.48	300m:	400m: 6:01.39
25. Duru AKYOL	15	6:01.55	271
50m:	150m: 2:10.45 46.43	250m:	350m:
100m: 1:24.02	200m: 2:57.28 46.83	300m: 4:30.46	400m: 6:01.55
26. Bahar DENİZHAN	15	6:03.38	267
50m:	150m: 2:11.21	250m: 3:45.84	350m:
100m:	200m:	300m:	400m: 6:03.38
27. Ezgi ERDOĞAN	15	6:03.91	266
50m:	150m:	250m:	350m:
100m: 1:22.02	200m: 2:54.65	300m: 4:29.40	400m: 6:03.91
28. Ecrin Nazlım KARAKAYA	15	6:04.52	265
50m:	150m: 2:13.61	250m: 3:48.20	350m: 5:22.83
100m:	200m:	300m:	400m: 6:04.52 41.69
29. Bilge ÖZDOĞAN	15	6:05.62	262
50m: 40.25 40.25	150m: 2:13.47 46.88	250m: 3:48.15 46.96	350m: 5:21.50 46.35
100m: 1:26.59 46.34	200m: 3:01.19 47.72	300m: 4:35.15 47.00	400m: 6:05.62 44.12
30. Ayşe Nazlı KARAKURT	15	6:09.31	254
50m: 40.99 40.99	150m: 2:13.16 47.05	250m: 3:49.08 48.37	350m: 5:25.30 48.01
100m: 1:26.11 45.12	200m: 3:00.71 47.55	300m: 4:37.29 48.21	400m: 6:09.31 44.01
31. Cemre Seyhan BİLGİÇ	15	6:12.65	248
50m: 39.70 39.70	150m: 2:11.76 46.44	250m: 3:47.65 48.10	350m: 5:25.51 49.07
100m: 1:25.32 45.62	200m: 2:59.55 47.79	300m: 4:36.44 48.79	400m: 6:12.65 47.14
32. Lina Beren ADIGÜZEL	15	6:13.78	245
50m: 40.25 40.25	150m: 2:15.62 47.66	250m: 3:52.30 48.54	350m: 5:27.70 46.49
100m: 1:27.96 47.71	200m: 3:03.76 48.14	300m: 4:41.21 48.91	400m: 6:13.78 46.08
33. Şebnem Nehar BAT	15	6:15.60	242
50m:	150m: 2:11.58 48.07	250m:	350m:
100m: 1:23.51	200m:	300m: 4:39.50	400m: 6:15.60
34. Defne KULA	15	6:17.37	238
50m: 40.04 40.04	150m: 2:16.01 48.65	250m: 3:53.55 49.39	350m: 5:31.89 49.21
100m: 1:27.36 47.32	200m: 3:04.16 48.15	300m: 4:42.68 49.13	400m: 6:17.37 45.48
35. Buğlem Sıla BABACAN	15	6:17.99	237
50m: 40.38 40.38	150m: 2:16.53 48.86	250m: 3:54.86 49.74	350m: 5:34.26 50.00
100m: 1:27.67 47.29	200m: 3:05.12 48.59	300m: 4:44.26 49.40	400m: 6:17.99 43.73

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Sıra	YB	Zaman	Derece
36. Hatice Alisa KOÇYİĞİT	15	Petrol Ofisi Spor Kulübü	6:26.81 221
50m: 40.43 40.43	150m: 2:19.33 50.35	250m: 3:59.00 50.56	350m: 5:38.12 50.10
100m: 1:28.98 48.55	200m: 3:08.44 49.11	300m: 4:48.02 49.02	400m: 6:26.81 48.69
37. Irem KÖSE	15	Aykon Spor Kulübü	6:32.55 212
50m: 42.71 42.71	150m: 2:22.63 51.16	250m: 4:04.42 51.04	350m: 5:44.21 49.91
100m: 1:31.47 48.76	200m: 3:13.38 50.75	300m: 4:54.30 49.88	400m: 6:32.55 48.34
38. Zeynep Almıla ÇAY	15	Petrol Ofisi Spor Kulübü	6:46.48 191
50m: 42.95 42.95	150m: 2:26.44 52.19	250m: 4:10.93 50.97	350m: 5:56.52
100m: 1:34.25 51.30	200m: 3:19.96 53.52	300m:	400m: 6:46.48 49.96
39. Zeynep Duru SERİM	15	Ferdi	6:54.12 180
50m: 39.95 39.95	150m: 2:26.09 53.29	250m: 4:18.21 57.60	350m:
100m: 1:32.80 52.85	200m: 3:20.61 54.52	300m: 5:13.10 54.89	400m: 6:54.12
40. Ayşe Ipek TARLA	15	Ferdi	7:30.20 140
50m: 40.38 40.38	150m: 2:30.12 59.62	250m: 4:32.82 1:01.93	350m: 6:34.14 1:00.25
100m: 1:30.50 50.12	200m: 3:30.89 1:00.77	300m: 5:33.89 1:01.07	400m: 7:30.20 56.06
disk. Hira GÖK	15	Vamos Spor Kulübü	
SW 10.2.1 - Yüzmesi gereken mesafeyi tamamlamadığından (Zaman: 11:53), 15M			

12 yaş

1. ırmak AKCENGİZ	14	Orka Swim Team Spor Kulübü	4:51.92 516
50m: 31.38 31.38	150m: 1:45.89 37.98	250m: 3:01.57 38.13	350m: 4:16.16 36.90
100m: 1:07.91 36.53	200m: 2:23.44 37.55	300m: 3:39.26 37.69	400m: 4:51.92 35.76
2. Arya Gönül KAHRAMAN	14	Ferdi	5:05.64 449
50m: 34.13 34.13	150m: 1:50.86 39.08	250m: 3:09.10 39.33	350m: 4:27.73 39.50
100m: 1:11.78 37.65	200m: 2:29.77 38.91	300m: 3:48.23 39.13	400m: 5:05.64 37.91
3. Özüm ÖZBEY	14	Orka Swim Team Spor Kulübü	5:05.94 448
50m: 33.79 33.79	150m: 1:50.54 39.13	250m: 3:09.01 39.01	350m: 4:27.42 38.82
100m: 1:11.41 37.62	200m: 2:30.00 39.46	300m: 3:48.60 39.59	400m: 5:05.94 38.52
4. Öykü ÖZGÜL	14	Başkent Çankaya Spor Kulübü	5:19.92 392
50m: 34.33 34.33	150m:	250m: 3:18.68 42.27	350m: 4:41.65
100m: 1:13.18 38.85	200m: 2:36.41	300m:	400m: 5:19.92 38.27
5. Ecem Su ASLAN	14	Hacettepeliler Spor Kulübü	5:25.93 370
50m: 35.78 35.78	150m:	250m: 3:22.25 42.44	350m: 4:47.24
100m: 1:15.97 40.19	200m: 2:39.81	300m:	400m: 5:25.93 38.69
6. Zeynep Ela ADIGÜZEL	14	Zafer Koleji Spor Kulübü	5:26.42 369
50m: 35.73 35.73	150m: 1:58.36 41.81	250m: 3:22.24 42.12	350m: 4:46.61
100m: 1:16.55 40.82	200m: 2:40.12 41.76	300m:	400m: 5:26.42 39.81
7. Asmin Zeynep ÜNSAL	14	Başkent Çankaya Spor Kulübü	5:28.74 361
50m: 37.73 37.73	150m: 1:59.49 40.82	250m: 3:22.34 41.29	350m: 4:46.49 41.92
100m: 1:18.67 40.94	200m: 2:41.05 41.56	300m: 4:04.57 42.23	400m: 5:28.74 42.25
8. Ada TAŞÇI	14	Vamos Spor Kulübü	5:29.72 358
50m: 36.15 36.15	150m: 2:01.42	250m: 3:25.58 42.22	350m: 4:51.75 43.06
100m:	200m: 2:43.36 41.94	300m: 4:08.69 43.11	400m: 5:29.72 37.97
9. Mina Güneş KILIÇ	14	Fatih Karakurt Alpha Academy Spor Kulübü	5:31.27 353
50m:	150m: 2:00.40	250m: 3:23.19	350m:
100m:	200m:	300m:	400m: 5:31.27
10. Elif Nehir ÖZDEMİR	14	Hacettepeliler Spor Kulübü	5:36.59 336
50m: 35.70 35.70	150m: 1:59.30 43.12	250m: 3:27.44 44.63	350m: 4:55.08 43.00
100m: 1:16.18 40.48	200m: 2:42.81 43.51	300m: 4:12.08 44.64	400m: 5:36.59 41.51
11. Necla Mira OKTAY	14	Fatih Karakurt Alpha Academy Spor Kulübü	5:39.04 329
50m: 36.02 36.02	150m: 2:02.54 43.86	250m: 3:30.20 43.40	350m: 4:56.75 42.29
100m: 1:18.68 42.66	200m: 2:46.80 44.26	300m: 4:14.46 44.26	400m: 5:39.04 42.29

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Yarış 21, Kızlar, 400m Serbest, 12 yaş

Sıra	YB				Zaman Derece			
12. Nil UĞUR	14	Orta Doğu Teknik Üniversitesi Spor Kulübü	5:45.22	312				
50m: 35.92 35.92	150m: 2:05.25 45.73	250m: 3:35.05 45.62	350m: 5:04.53 44.72					
100m: 1:19.52 43.60	200m: 2:49.43 44.18	300m: 4:19.81 44.76	400m: 5:45.22 40.69					
13. Azra GENÇBAY	14	Gordion Spor Kulübü	5:53.19	291				
50m: 1:21.65	150m: 2:07.72 46.07	250m: 4:23.65	350m: 5:53.19					
100m: 1:21.65	200m: 2:52.46 46.74	300m: 4:23.65	400m: 5:53.19					
14. Alya Beren KALAYCI	14	Vamos Spor Kulübü	6:04.11	266				
50m: 39.32 39.32	150m: 2:11.85 47.21	250m: 3:47.06 48.64	350m: 5:19.60 44.91					
100m: 1:24.64 45.32	200m: 2:58.42 46.57	300m: 4:34.69 47.63	400m: 6:04.11 44.51					
15. Sibel Neslihan ŞAHİN	14	Hacettepeliler Spor Kulübü	6:19.41	235				
50m: 40.14 40.14	150m: 2:15.42 49.12	250m: 3:55.93 51.94	350m: 5:35.20 49.89					
100m: 1:26.30 46.16	200m: 3:03.99 48.57	300m: 4:45.31 49.38	400m: 6:19.41 44.21					
16. Lalin BEŞE	14	Orka Swim Team Spor Kulübü	6:21.36	231				
50m: 39.81 39.81	150m: 2:17.48	250m: 3:58.14	350m: 5:35.61					
100m: 1:26.30 46.16	200m: 3:03.99	300m: 4:45.31	400m: 6:21.36 45.75					
17. Zeynep Berra ÖZDEMİR	14	Yenimahalle Belediyesi Spor Kulübü	6:26.46	222				
50m: 40.01 40.01	150m: 3:08.35	250m: 4:50.88	350m: 5:39.80 48.92					
100m: 1:27.51 47.50	200m: 3:08.35	300m: 4:50.88	400m: 6:26.46 46.66					
18. Eylül Melek YILMAZ	14	Vamos Spor Kulübü	6:26.53	222				
50m: 41.57 41.57	150m: 2:20.27	250m: 4:01.64	350m: 5:41.68					
100m: 1:23.90 45.71	200m: 3:09.62	300m: 4:55.90	400m: 6:26.53 44.85					
19. Defne IPEK	14	Vamos Spor Kulübü	6:30.89	215				
50m: 41.30 41.30	150m: 2:18.68	250m: 3:58.50	350m: 5:39.94					
100m: 1:23.90 45.71	200m: 3:09.62	300m: 4:55.90	400m: 6:30.89 50.95					
20. Belinay GÖKTAŞ	14	Ferdi	6:36.45	206				
50m: 38.19 38.19	150m: 3:09.62	250m: 4:55.90	350m: 5:47.82 51.92					
100m: 1:23.90 45.71	200m: 3:09.62	300m: 4:55.90	400m: 6:36.45 48.63					
21. Derin Deniz ÇAKIR	14	Ankara Yüzme Kulübü Spor Kulübü	6:56.05	178				
50m: 45.10 45.10	150m: 2:31.79 53.51	250m: 4:23.17 56.82	350m: 6:09.06 51.61					
100m: 1:38.28 53.18	200m: 3:26.35 54.56	300m: 5:17.45 54.28	400m: 6:56.05 46.99					