

12 + YAS UZUN KULVAR BARAJ GECME MUSABAKALARI
İSTANBUL, 13. - 16.11.2025

Yarış 31
15.11.2025 - 14:01

Bayanlar, 400m Serbest

Açık
Sonuçlar

Puanlar: FINA 2023

Sıra	YB	Zam	Derece	100m	200m	300m	400m
1. Alisa ENERCAN	09	Enka Spor Kulübü	4:29.98 671	1:03.12	1:08.53	1:09.37	1:08.96
50m: 30.05	30.05	150m: 1:37.00	33.88	250m: 2:46.15	34.50	350m: 3:55.22	34.20
100m: 1:03.12	33.07	200m: 2:11.65	34.65	300m: 3:21.02	34.87	400m: 4:29.98	34.76
2. Iclal SARIER	10	Fenerbahçe Spor Kulübü	4:32.83 650	1:05.26	1:08.77	1:09.70	1:09.10
50m: 31.13	31.13	150m: 1:39.48	34.22	250m: 2:48.68	34.65	350m: 3:58.78	35.05
100m: 1:05.26	34.13	200m: 2:14.03	34.55	300m: 3:23.73	35.05	400m: 4:32.83	34.05
3. Ece GÜVEN	12	Enka Spor Kulübü	4:38.29 612	1:05.87	1:09.92	1:11.39	1:11.11
50m: 32.01	32.01	150m: 1:41.06	35.19	250m: 2:51.56	35.77	350m: 4:03.38	36.20
100m: 1:05.87	33.86	200m: 2:15.79	34.73	300m: 3:27.18	35.62	400m: 4:38.29	34.91
4. Deniz ALGÜL	11	Enka Spor Kulübü	4:42.90 583	1:07.04	1:12.64	1:11.85	1:11.37
50m: 31.38	31.38	150m: 1:42.81	35.77	250m: 2:54.86	35.18	350m: 4:07.34	35.81
100m: 1:07.04	35.66	200m: 2:19.68	36.87	300m: 3:31.53	36.67	400m: 4:42.90	35.56
5. Ada KOCACAN	11	Galatasaray Spor Kulübü	4:43.28 581	1:07.25	1:11.80	1:12.84	1:11.39
50m: 32.49	32.49	150m: 1:43.52	36.27	250m: 2:55.65	36.60	350m: 4:08.60	36.71
100m: 1:07.25	34.76	200m: 2:19.05	35.53	300m: 3:31.89	36.24	400m: 4:43.28	34.68
6. Irmak GÜNAY	11	Okyanus Koleji Spor Kulübü	4:44.43 574	1:06.93	1:13.22	1:13.71	1:10.57
50m: 32.20	32.20	150m: 1:43.54	36.61	250m: 2:57.06	36.91	350m: 4:10.23	36.37
100m: 1:06.93	34.73	200m: 2:20.15	36.61	300m: 3:33.86	36.80	400m: 4:44.43	34.20
7. Zeren KOÇ	10	Fenerbahçe Spor Kulübü	4:44.63 572	1:07.39	1:11.69	1:13.76	1:11.79
50m: 32.43	32.43	150m: 1:43.29	35.90	250m: 2:55.78	36.70	350m: 4:09.23	36.39
100m: 1:07.39	34.96	200m: 2:19.08	35.79	300m: 3:32.84	37.06	400m: 4:44.63	35.40
8. Ada CEREN	10	Fenerbahçe Spor Kulübü	4:44.82 571	1:05.48	1:11.59	1:14.62	1:13.13
50m: 30.82	30.82	150m: 1:40.48	35.00	250m: 2:53.78	36.71	350m: 4:08.19	36.50
100m: 1:05.48	34.66	200m: 2:17.07	36.59	300m: 3:31.69	37.91	400m: 4:44.82	36.63
9. Ceyda KEMENT	11	Enka Spor Kulübü	4:44.95 571	1:06.80	1:12.80	1:14.04	1:11.31
50m: 31.71	31.71	150m: 1:42.64	35.84	250m: 2:56.33	36.73	350m: 4:10.09	36.45
100m: 1:06.80	35.09	200m: 2:19.60	36.96	300m: 3:33.64	37.31	400m: 4:44.95	34.86
10. Irmak ATILLA	12	Enka Spor Kulübü	4:47.43 556	1:07.81	1:13.46	1:13.90	1:12.26
50m: 32.77	32.77	150m: 1:44.43	36.62	250m: 2:58.64	37.37	350m: 4:12.29	37.12
100m: 1:07.81	35.04	200m: 2:21.27	36.84	300m: 3:35.17	36.53	400m: 4:47.43	35.14
11. Ela YENER	10	Fenerbahçe Spor Kulübü	4:48.35 551	1:07.95	1:13.01	1:14.59	1:12.80
50m: 31.68	31.68	150m: 1:43.83	35.88	250m: 2:57.32	36.36	350m: 4:11.68	36.13
100m: 1:07.95	36.27	200m: 2:20.96	37.13	300m: 3:35.55	38.23	400m: 4:48.35	36.67
12. Duru ÖZSOY	10	Kınalıada Su Sporları Spor	4:49.82 542	1:08.40	1:14.42	1:14.92	1:12.08
50m: 32.15	32.15	150m: 1:45.43	37.03	250m: 3:00.28	37.46	350m: 4:14.31	36.57
100m: 1:08.40	36.25	200m: 2:22.82	37.39	300m: 3:37.74	37.46	400m: 4:49.82	35.51
13. Asya KORKMAZ	12	Enka Spor Kulübü	4:51.02 536	1:09.60	1:14.02	1:14.97	1:12.43
50m: 33.71	33.71	150m: 1:46.73	37.13	250m: 3:01.44	37.82	350m: 4:15.74	37.15
100m: 1:09.60	35.89	200m: 2:23.62	36.89	300m: 3:38.59	37.15	400m: 4:51.02	35.28
14. Seray Naz ÇELİK	10	Ferdi	4:56.85 505	1:10.50	1:15.93	1:16.79	1:13.63
50m: 33.70	33.70	150m: 1:48.90	38.40	250m: 3:05.01	38.58	350m: 4:21.73	38.51
100m: 1:10.50	36.80	200m: 2:26.43	37.53	300m: 3:43.22	38.21	400m: 4:56.85	35.12
15. Naz Derin EZGÜ	12	Enka Spor Kulübü	4:57.74 500	1:09.79	1:15.29	1:16.14	1:16.52
50m: 33.75	33.75	150m: 1:47.64	37.85	250m: 3:03.27	38.19	350m: 4:20.51	39.29
100m: 1:09.79	36.04	200m: 2:25.08	37.44	300m: 3:41.22	37.95	400m: 4:57.74	37.23
16. Maria Rüya SİLAYEVA	13	Okyanus Koleji Spor Kulübü	4:57.78 500	1:10.73	1:15.86	1:16.16	1:15.03
50m: 33.63	33.63	150m: 1:48.66	37.93	250m: 3:04.46	37.87	350m: 4:20.62	37.87
100m: 1:10.73	37.10	200m: 2:26.59	37.93	300m: 3:42.75	38.29	400m: 4:57.78	37.16
17. Elif Azra KURT	13	İstanbul Büyükşehir Belediy	4:58.05 498bü	1:12.09	1:16.65	1:16.52	1:12.79
50m: 34.21	34.21	150m: 1:50.73	38.64	250m: 3:07.55	38.81	350m: 4:23.18	37.92
100m: 1:12.09	37.88	200m: 2:28.74	38.01	300m: 3:45.26	37.71	400m: 4:58.05	34.87
18. Naz ULUÇAY	12	Dragos Spor Kulübü	4:58.51 496	1:08.67	1:17.59	1:17.64	1:14.61
50m: 31.92	31.92	150m: 1:46.95	38.28	250m: 3:05.42	39.16	350m: 4:21.67	37.77
100m: 1:08.67	36.75	200m: 2:26.26	39.31	300m: 3:43.90	38.48	400m: 4:58.51	36.84
19. Alya PEÇEN	12	İstanbul Büyükşehir Belediy	4:58.97 494bü	1:08.77	1:16.00	1:17.73	1:16.47
50m: 32.18	32.18	150m: 1:45.91	37.14	250m: 3:03.33	38.56	350m: 4:21.26	38.76
100m: 1:08.77	36.59	200m: 2:24.77	38.86	300m: 3:42.50	39.17	400m: 4:58.97	37.71

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Yarış 31, Bayanlar, 400m Serbest, Açık

Sıra	YB	Zaman	Derece	100m	200m	300m	400m
20. Çisil Ada KOÇ	13	Istanbul Büyükşehir Belediyesi	5:00.50 486bū	1:10.50	1:16.88	1:17.36	1:15.76
50m: 33.27	33.27	150m: 1:48.45	37.95	250m: 3:05.81	38.43	350m: 4:22.77	38.03
100m: 1:10.50	37.23	200m: 2:27.38	38.93	300m: 3:44.74	38.93	400m: 5:00.50	37.73
21. Melek YÜKSELEN	12	Enka Spor Kulübü	5:00.95 484	1:12.10	1:16.94	1:17.58	1:14.33
50m: 33.83	33.83	150m: 1:51.26	39.16	250m: 3:08.29	39.25	350m: 4:24.72	38.10
100m: 1:12.10	38.27	200m: 2:29.04	37.78	300m: 3:46.62	38.33	400m: 5:00.95	36.23
22. Naz TANDOĞAN	12	Enka Spor Kulübü	5:01.51 481	1:11.66	1:16.45	1:17.16	1:16.24
50m: 33.86	33.86	150m: 1:49.18	37.52	250m: 3:05.71	37.60	350m: 4:23.71	38.44
100m: 1:11.66	37.80	200m: 2:28.11	38.93	300m: 3:45.27	39.56	400m: 5:01.51	37.80
23. İkranur AKSOY	09	Galatasaray Spor Kulübü	5:02.38 477	1:10.33	1:16.36	1:18.43	1:17.26
50m: 33.42	33.42	150m: 1:48.73	38.40	250m: 3:06.20	39.51	350m: 4:24.97	39.85
100m: 1:10.33	36.91	200m: 2:26.69	37.96	300m: 3:45.12	38.92	400m: 5:02.38	37.41
24. Serra TAYAR	13	Istanbul Büyükşehir Belediyesi	5:03.86 470bū	1:11.97	1:17.98	1:18.93	1:14.98
50m: 33.73	33.73	150m: 1:50.12	38.15	250m: 3:08.81	38.86	350m: 4:26.69	37.81
100m: 1:11.97	38.24	200m: 2:29.95	39.83	300m: 3:48.88	40.07	400m: 5:03.86	37.17
25. Beliz MÜHENDİSLER	13	Kınalıada Su Sporları Spor	5:03.93 470	1:12.69	1:19.16	1:17.14	1:14.94
50m: 33.89	33.89	150m: 1:51.61	38.92	250m: 3:09.57	37.72	350m: 4:26.51	37.52
100m: 1:12.69	38.80	200m: 2:31.85	40.24	300m: 3:48.99	39.42	400m: 5:03.93	37.42
26. Ela EKİNCİ	12	Enka Spor Kulübü	5:04.27 468	1:11.03	1:17.72	1:18.48	1:17.04
50m: 33.74	33.74	150m: 1:49.31	38.28	250m: 3:07.92	39.17	350m: 4:25.74	38.51
100m: 1:11.03	37.29	200m: 2:28.75	39.44	300m: 3:47.23	39.31	400m: 5:04.27	38.53
27. Dalya Su ASLANTÜRK	13	Istanbul Su Sporları Spor Kl	5:05.13 465	1:09.39	1:18.31	1:19.77	1:17.66
50m: 32.95	32.95	150m: 1:48.76	39.37	250m: 3:08.06	40.36	350m: 4:27.75	40.28
100m: 1:09.39	36.44	200m: 2:27.70	38.94	300m: 3:47.47	39.41	400m: 5:05.13	37.38
28. Neris Ayşe ÖZÇETİN	12	Enka Spor Kulübü	5:05.37 463	1:10.39	1:18.47	1:19.61	1:16.90
50m: 32.13	32.13	150m: 1:48.98	38.59	250m: 3:07.72	38.86	350m: 4:27.32	38.85
100m: 1:10.39	38.26	200m: 2:28.86	39.88	300m: 3:48.47	40.75	400m: 5:05.37	38.05
29. Berra YURDAKUL	08	Enka Spor Kulübü	5:06.85 457	1:13.35	1:19.43	1:18.68	1:15.39
50m: 35.11	35.11	150m: 1:53.45	40.10	250m: 3:12.53	39.75	350m: 4:30.90	39.44
100m: 1:13.35	38.24	200m: 2:32.78	39.33	300m: 3:51.46	38.93	400m: 5:06.85	35.95
30. Aslı ÖZDÜNDAR	11	Heybeliada Su Sporları Spo	5:07.24 455	1:10.79	1:17.41	1:19.34	1:19.70
50m: 33.07	33.07	150m: 1:49.27	38.48	250m: 3:07.62	39.42	350m: 4:28.20	40.66
100m: 1:10.79	37.72	200m: 2:28.20	38.93	300m: 3:47.54	39.92	400m: 5:07.24	39.04
31. Sena ERDEM	12	Burak Sezgin Yüzme Spor	5:08.19 451	1:11.44	1:18.25	1:19.94	1:18.56
50m: 33.55	33.55	150m: 1:50.27	38.83	250m: 3:09.12	39.43	350m: 4:29.20	39.57
100m: 1:11.44	37.89	200m: 2:29.69	39.42	300m: 3:49.63	40.51	400m: 5:08.19	38.99
32. Serra YILDIRIM	13	Enka Spor Kulübü	5:10.38 441	1:12.74	1:18.30	1:21.03	1:18.31
50m: 34.17	34.17	150m: 1:51.20	38.46	250m: 3:10.85	39.81	350m: 4:31.15	39.08
100m: 1:12.74	38.57	200m: 2:31.04	39.84	300m: 3:52.07	41.22	400m: 5:10.38	39.23
33. Ceren AKKAŞ	13	Enka Spor Kulübü	5:11.54 436	1:10.75	1:19.54	1:22.22	1:19.03
50m: 32.62	32.62	150m: 1:49.30	38.55	250m: 3:10.96	40.67	350m: 4:32.63	40.12
100m: 1:10.75	38.13	200m: 2:30.29	40.99	300m: 3:52.51	41.55	400m: 5:11.54	38.91
34. Arya DUYUM	13	Enka Spor Kulübü	5:12.05 434	1:13.79	1:20.26	1:22.16	1:15.84
50m: 35.29	35.29	150m: 1:53.82	40.03	250m: 3:15.14	41.09	350m: 4:34.52	38.31
100m: 1:13.79	38.50	200m: 2:34.05	40.23	300m: 3:56.21	41.07	400m: 5:12.05	37.53
Lalin ATALAY	13	Fenerbahçe Spor Kulübü	5:12.05 434	1:13.41	1:20.47	1:21.33	1:16.84
50m: 34.76	34.76	150m: 1:53.58	40.17	250m: 3:14.64	40.76	350m: 4:34.74	39.53
100m: 1:13.41	38.65	200m: 2:33.88	40.30	300m: 3:55.21	40.57	400m: 5:12.05	37.31
36. Talya Su DURMAZ	10	Enka Spor Kulübü	5:13.54 428	1:12.61	1:19.37	1:20.36	1:21.20
50m: 34.27	34.27	150m: 1:52.45	39.84	250m: 3:11.66	39.68	350m: 4:33.21	40.87
100m: 1:12.61	38.34	200m: 2:31.98	39.53	300m: 3:52.34	40.68	400m: 5:13.54	40.33
37. Emel Tuana TERZİ	13	Burak Sezgin Yüzme Spor	5:15.19 421	1:13.95	1:21.81	1:21.07	1:18.36
50m: 34.69	34.69	150m: 1:55.05	41.10	250m: 3:16.37	40.61	350m: 4:37.29	40.46
100m: 1:13.95	39.26	200m: 2:35.76	40.71	300m: 3:56.83	40.46	400m: 5:15.19	37.90
38. Cansu YAVUZ	13	Enka Spor Kulübü	5:15.39 421	1:14.37	1:20.62	1:21.82	1:18.58
50m: 35.34	35.34	150m: 1:54.24	39.87	250m: 3:15.09	40.10	350m: 4:36.55	39.74
100m: 1:14.37	39.03	200m: 2:34.99	40.75	300m: 3:56.81	41.72	400m: 5:15.39	38.84
39. Mirabel Maya ÖRTEL	13	Kınalıada Su Sporları Spor	5:15.59 420	1:13.58	1:22.04	1:20.94	1:19.03
50m: 34.87	34.87	150m: 1:54.41	40.83	250m: 3:16.45	40.83	350m: 4:37.61	41.05
100m: 1:13.58	38.71	200m: 2:35.62	41.21	300m: 3:56.56	40.11	400m: 5:15.59	37.98

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İSTANBUL, 13. - 16.11.2025

Yarış 31, Bayanlar, 400m Serbest, Açık

Sıra	YB	ZamaneDerece	100m	200m	300m	400m
40. Defne YILMAZ	12	Istanbul Su Sporları Spor Kulübü 5:19.28 405	1:13.50	1:22.94	1:22.43	1:20.41
50m: 34.08	34.08	150m: 1:54.19	40.86	350m: 4:39.25	40.38	
100m: 1:13.50	39.42	200m: 2:36.44	41.57	400m: 5:19.28	40.03	
41. Ipek TOKUR	13	Galatasaray Spor Kulübü 5:21.56 397	1:15.99	1:23.04	1:21.64	1:20.89
50m: 36.50	36.50	150m: 1:57.86	41.12	350m: 4:42.53	41.86	
100m: 1:15.99	39.49	200m: 2:39.03	40.52	400m: 5:21.56	39.03	
42. Eylül Ceren KILIÇ	11	Dinamik Nesiller Akademisi 5:24.89 385	1:14.53	1:22.77	1:24.81	1:22.78
50m: 35.01	35.01	150m: 1:55.45	42.06	350m: 4:44.04	41.93	
100m: 1:14.53	39.52	200m: 2:37.30	42.75	400m: 5:24.89	40.85	
43. Ayşe Ece ÖZTAŞ	13	Bahçelievler Belediye Spor 5:25.15 384	1:16.24	1:23.42	1:24.42	1:21.07
50m: 35.54	35.54	150m: 1:57.37	41.50	350m: 4:45.75	41.67	
100m: 1:16.24	40.70	200m: 2:39.66	42.92	400m: 5:25.15	39.40	
44. Ayşe DURMAZ	12	Fenerbahçe Spor Kulübü 5:29.32 369	1:14.43	1:24.07	1:26.00	1:24.82
50m: 35.76	35.76	150m: 1:56.38	43.22	350m: 4:48.65	44.15	
100m: 1:14.43	38.67	200m: 2:38.50	42.78	400m: 5:29.32	40.67	
45. Melisa Sera KAHRAMAN	13	Burak Sezgin Yüzme Spor 5:32.69 358	1:17.98	1:25.44	1:26.61	1:22.66
50m: 35.89	35.89	150m: 1:59.66	42.95	350m: 4:53.38	43.35	
100m: 1:17.98	42.09	200m: 2:43.42	43.66	400m: 5:32.69	39.31	
46. Ipek Karaca NİGAR	10	Dinamik Nesiller Akademisi 5:36.07 348	1:13.89	1:23.50	1:31.00	1:27.68
50m: 34.91	34.91	150m: 1:54.17	45.14	350m: 4:53.04	44.65	
100m: 1:13.89	38.98	200m: 2:37.39	45.86	400m: 5:36.07	43.03	
47. Elif GÜR	13	Burak Sezgin Yüzme Spor 5:42.16 329	1:22.85	1:29.29	1:28.66	1:21.36
50m: 39.02	39.02	150m: 2:07.18	44.09	350m: 5:01.75	40.95	
100m: 1:22.85	43.83	200m: 2:52.14	44.57	400m: 5:42.16	40.41	
48. Iğın OLUKÇU	13	Burak Sezgin Yüzme Spor 5:46.50 317	1:19.57	1:28.72	1:30.97	1:27.24
50m: 36.70	36.70	150m: 2:03.39	44.52	350m: 5:03.43	44.17	
100m: 1:19.57	42.87	200m: 2:48.29	46.45	400m: 5:46.50	43.07	
49. Mira Su BAYRAM	13	Anabilim Spor Kulübü 5:49.45 309	1:23.63	1:29.94	1:30.33	1:25.55
50m: 39.52	39.52	150m: 2:07.98	44.89	350m: 5:07.44	43.54	
100m: 1:23.63	44.11	200m: 2:53.57	45.44	400m: 5:49.45	42.01	
50. Ayşe Melek ÇALIŞKAN	13	Anabilim Spor Kulübü 5:50.35 307	1:24.42	1:29.92	1:30.26	1:25.75
50m: 40.08	40.08	150m: 2:09.22	45.22	350m: 5:08.66	44.06	
100m: 1:24.42	44.34	200m: 2:54.34	45.04	400m: 5:50.35	41.69	
51. Mina TÜMER	13	Anabilim Spor Kulübü 5:51.40 304	1:23.95	1:29.57	1:30.66	1:27.22
50m: 39.13	39.13	150m: 2:08.19	44.64	350m: 5:08.57	44.39	
100m: 1:23.95	44.82	200m: 2:53.52	46.02	400m: 5:51.40	42.83	
52. Elif Duru YALIN	13	Fatih Belediyesi 5:53.97 297	1:21.59	1:31.27	1:32.32	1:28.79
50m: 37.77	37.77	150m: 2:07.58	46.59	350m: 5:11.33	46.15	
100m: 1:21.59	43.82	200m: 2:52.86	45.73	400m: 5:53.97	42.64	
53. Defne DEMİRCİOĞLU	12	Beylikdüzü Genç Olimpik Spor Kulübü 6:04.20 273	1:21.38	1:32.57	1:36.30	1:33.95
50m: 37.39	37.39	150m: 2:06.46	47.20	350m: 5:17.16	46.91	
100m: 1:21.38	43.99	200m: 2:53.95	49.10	400m: 6:04.20	47.04	
54. Rengin AVCI	13	Galatasaray Spor Kulübü 6:15.86 248	1:25.72	1:37.65	1:37.59	1:34.90
50m: 39.33	39.33	150m: 2:15.55	48.10	350m: 5:29.66	48.70	
100m: 1:25.72	46.39	200m: 3:03.37	49.49	400m: 6:15.86	46.20	
55. Seda BOLAT	10	Ferdi 7:18.21 156	1:39.42	1:52.34	1:57.02	1:49.43
50m: 45.46	45.46	150m: 2:34.83	58.57	350m: 6:25.86	57.08	
100m: 1:39.42	53.96	200m: 3:31.76	58.45	400m: 7:18.21	52.35	
disk. Naz Duru KAHVECİOĞLU	05	Galatasaray Spor Kulübü 1:06.77 1:12.13				
SW 10.2 - Yüzmesi gereken mesafeyi tamamlamadığından. (Zaman: 14:04), 200 mt. terk						
50m: 31.99	31.99	150m: 1:43.30		350m:		
100m: 1:06.77	34.78	200m: 2:18.90		400m:		