

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

Yarış 41
16.11.2025 - 13:30

Bayanlar, 400m Karışık

Açık
Sonuçlar

Puanlar: FINA 2023

Sıra	YB	Zam	Derece	100m	200m	300m	400m
1. Gizem ÜZER	11	Enka Spor Kulübü	5:14.55 607	1:09.14	1:21.70	1:31.80	1:11.91
50m: 31.67	31.67	150m: 1:50.22	41.08	250m: 3:16.73	45.89	350m: 4:39.14	36.50
100m: 1:09.14	37.47	200m: 2:30.84	40.62	300m: 4:02.64	45.91	400m: 5:14.55	35.41
2. Duru Ecrin YİĞİT	12	Istanbul Teknik Üniversitesi	5:19.84 577	1:09.68	1:23.35	1:34.20	1:12.61
50m: 31.82	31.82	150m: 1:52.49	42.81	250m: 3:19.97	46.94	350m: 4:44.13	36.90
100m: 1:09.68	37.86	200m: 2:33.03	40.54	300m: 4:07.23	47.26	400m: 5:19.84	35.71
3. Iclal SARIER	10	Fenerbahçe Spor Kulübü	5:21.03 571	1:10.49	1:24.16	1:37.49	1:08.89
50m: 32.58	32.58	150m: 1:53.94	43.45	250m: 3:23.30	48.65	350m: 4:47.01	34.87
100m: 1:10.49	37.91	200m: 2:34.65	40.71	300m: 4:12.14	48.84	400m: 5:21.03	34.02
4. Ecrin Hayriye AKCA	12	Enka Spor Kulübü	5:22.47 563	1:10.87	1:25.48	1:33.03	1:13.09
50m: 32.89	32.89	150m: 1:54.71	43.84	250m: 3:22.82	46.47	350m: 4:46.82	37.44
100m: 1:10.87	37.98	200m: 2:36.35	41.64	300m: 4:09.38	46.56	400m: 5:22.47	35.65
5. Nehir SEKBAN	11	Fenerbahçe Spor Kulübü	5:23.60 557	1:15.40	1:29.05	1:29.28	1:09.87
50m: 34.27	34.27	150m: 1:59.93	44.53	250m: 3:28.85	44.40	350m: 4:49.61	35.88
100m: 1:15.40	41.13	200m: 2:44.45	44.52	300m: 4:13.73	44.88	400m: 5:23.60	33.99
6. Mira KİPER	12	Galatasaray Spor Kulübü	5:26.59 542	1:16.31	1:25.18	1:31.72	1:13.38
50m: 35.36	35.36	150m: 1:59.84	43.53	250m: 3:26.94	45.45	350m: 4:51.26	38.05
100m: 1:16.31	40.95	200m: 2:41.49	41.65	300m: 4:13.21	46.27	400m: 5:26.59	35.33
7. Ilgın BOZAT	11	Istanbul Büyükşehir Belediyesi	5:27.66 537	1:12.53	1:22.90	1:36.38	1:15.85
50m: 33.35	33.35	150m: 1:53.73	41.20	250m: 3:23.50	48.07	350m: 4:50.01	38.20
100m: 1:12.53	39.18	200m: 2:35.43	41.70	300m: 4:11.81	48.31	400m: 5:27.66	37.65
8. İrmak GÜNAY	11	Okyanus Koleji Spor Kulübü	5:29.19 529	1:13.19	1:24.40	1:38.75	1:12.85
50m: 33.60	33.60	150m: 1:56.33	43.14	250m: 3:27.37	49.78	350m: 4:53.87	37.53
100m: 1:13.19	39.59	200m: 2:37.59	41.26	300m: 4:16.34	48.97	400m: 5:29.19	35.32
9. Elif Deren GÜR	12	Fenerbahçe Spor Kulübü	5:33.15 511	1:16.01	1:26.55	1:36.21	1:14.38
50m: 35.71	35.71	150m: 1:59.96	43.95	250m: 3:30.54	47.98	350m: 4:56.73	37.96
100m: 1:16.01	40.30	200m: 2:42.56	42.60	300m: 4:18.77	48.23	400m: 5:33.15	36.42
10. Ceren Lina AYDIN	11	Fenerbahçe Spor Kulübü	5:33.99 507	1:13.90	1:28.33	1:39.03	1:12.73
50m: 34.05	34.05	150m: 1:59.44	45.54	250m: 3:32.06	49.83	350m: 4:58.30	37.04
100m: 1:13.90	39.85	200m: 2:42.23	42.79	300m: 4:21.26	49.20	400m: 5:33.99	35.69
11. Defne Sinem EKEN	12	Enka Spor Kulübü	5:36.01 498	1:13.98	1:24.79	1:42.87	1:14.37
50m: 33.97	33.97	150m: 1:56.04	42.06	250m: 3:30.53	51.76	350m: 4:59.40	37.76
100m: 1:13.98	40.01	200m: 2:38.77	42.73	300m: 4:21.64	51.11	400m: 5:36.01	36.61
12. Azra Ela HÖKE	13	Anabilim Spor Kulübü	5:38.24 488	1:18.33	1:22.90	1:44.33	1:12.68
50m: 35.11	35.11	150m: 2:00.13	41.80	250m: 3:32.69	51.46	350m: 5:02.02	36.46
100m: 1:18.33	43.22	200m: 2:41.23	41.10	300m: 4:25.56	52.87	400m: 5:38.24	36.22
13. Deniz KARAYAKAYLAR	11	Fenerbahçe Spor Kulübü	5:39.46 483	1:14.53	1:29.73	1:36.64	1:18.56
50m: 34.08	34.08	150m: 1:59.29	44.76	250m: 3:31.38	47.12	350m: 5:00.06	39.16
100m: 1:14.53	40.45	200m: 2:44.26	44.97	300m: 4:20.90	49.52	400m: 5:39.46	39.40
14. Mira Nur BULUT	12	Enka Spor Kulübü	5:40.98 476	1:18.27	1:30.12	1:35.40	1:17.19
50m: 33.80	33.80	150m: 2:05.11	46.84	250m: 3:35.06	46.67	350m: 5:02.39	38.60
100m: 1:18.27	44.47	200m: 2:48.39	43.28	300m: 4:23.79	48.73	400m: 5:40.98	38.59
15. Elif Azra KURT	13	Istanbul Büyükşehir Belediyesi	5:42.70 469	1:18.41	1:24.89	1:42.17	1:17.23
50m: 35.96	35.96	150m: 2:01.78	43.37	250m: 3:35.53	52.23	350m: 5:04.79	39.32
100m: 1:18.41	42.45	200m: 2:43.30	41.52	300m: 4:25.47	49.94	400m: 5:42.70	37.91
16. Koza ALAGÜL	11	Fenerbahçe Spor Kulübü	5:42.84 468	1:17.58	1:33.44	1:33.51	1:18.31
50m: 35.25	35.25	150m: 2:05.32	47.74	250m: 3:36.83	45.81	350m: 5:04.19	39.66
100m: 1:17.58	42.33	200m: 2:51.02	45.70	300m: 4:24.53	47.70	400m: 5:42.84	38.65
17. Tuana GÜNERHAN	13	Istanbul Su Sporları Spor Kulübü	5:51.66 434	1:18.37	1:26.07	1:50.56	1:16.66
50m: 35.19	35.19	150m: 2:02.27	43.90	250m: 3:39.55	55.11	350m: 5:12.97	37.97
100m: 1:18.37	43.18	200m: 2:44.44	42.17	300m: 4:35.00	55.45	400m: 5:51.66	38.69
18. Naz Derin EZGÜ	12	Enka Spor Kulübü	5:51.99 433	1:19.53	1:27.61	1:46.40	1:18.45
50m: 36.87	36.87	150m: 2:04.38	44.85	250m: 3:39.78	52.64	350m: 5:13.77	40.23
100m: 1:19.53	42.66	200m: 2:47.14	42.76	300m: 4:33.54	53.76	400m: 5:51.99	38.22
19. Duru OKTAY	13	Istanbul Su Sporları Spor Kulübü	5:52.43 431	1:24.77	1:25.44	1:44.88	1:17.34
50m: 38.21	38.21	150m: 2:08.05	43.28	250m: 3:42.95	52.74	350m: 5:14.46	39.37
100m: 1:24.77	46.56	200m: 2:50.21	42.16	300m: 4:35.09	52.14	400m: 5:52.43	37.97

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

Yarış 41, Bayanlar, 400m Karışık, Açık

Sıra	YB		Zam̂Derece		100m	200m	300m	400m			
20. Ipek Beyhan YAZICILAR	13	Anabilim Spor Kulübü	5:55.47	420	1:25.22	1:30.75	1:40.54	1:18.96			
50m:	37.93	37.93	150m:	2:10.47	45.25	250m:	3:44.95	48.98	350m:	5:16.59	40.08
100m:	1:25.22	47.29	200m:	2:55.97	45.50	300m:	4:36.51	51.56	400m:	5:55.47	38.88
21. Ela EKİNCİ	12	Enka Spor Kulübü	6:05.15	388	1:20.73	1:30.27	1:57.37	1:16.78			
50m:	36.56	36.56	150m:	2:06.31	45.58	250m:	3:48.43	57.43	350m:	5:27.81	39.44
100m:	1:20.73	44.17	200m:	2:51.00	44.69	300m:	4:48.37	59.94	400m:	6:05.15	37.34
22. Elif Duru YALIN	13	Fatih Belediyesi	6:56.11	262	1:37.52	1:48.09	1:58.24	1:32.26			
50m:	43.25	43.25	150m:	2:33.34	55.82	250m:	4:25.63	1:00.02	350m:	6:12.08	48.23
100m:	1:37.52	54.27	200m:	3:25.61	52.27	300m:	5:23.85	58.22	400m:	6:56.11	44.03
23. Seda BOLAT	10	Ferdi	7:47.82	184	1:37.91	2:07.28	2:07.77	1:54.86			
50m:	43.69	43.69	150m:	2:44.79	1:06.88	250m:	4:49.75	1:04.56	350m:	6:54.11	1:01.15
100m:	1:37.91	54.22	200m:	3:45.19	1:00.40	300m:	5:52.96	1:03.21	400m:	7:47.82	53.71