

13+ YAS UZUN KULVAR BARAJ GECME MUSABAKALARI
İSTANBUL, 13. - 15.3.2026

Yarış 31
15.03.2026 - 15:47

Bayanlar, 400m Karışık

Açık
Sonuçlar

Puanlar: FINA 2023

Sıra	YB	Zam	Derece	100m	200m	300m	400m
1. Ceyda KEMENT	11	Enka Spor Kulübü	5:19.08 581	1:12.32	1:22.00	1:33.63	1:11.13
50m: 33.80	33.80	150m: 1:54.08	41.76	250m: 3:20.79	46.47	350m: 4:44.60	36.65
100m: 1:12.32	38.52	200m: 2:34.32	40.24	300m: 4:07.95	47.16	400m: 5:19.08	34.48
2. Nil SAĞMAL	11	Enka Spor Kulübü	5:19.75 578	1:08.82	1:23.68	1:36.16	1:11.09
50m: 32.52	32.52	150m: 1:51.60	42.78	250m: 3:21.32	48.82	350m: 4:44.97	36.31
100m: 1:08.82	36.30	200m: 2:32.50	40.90	300m: 4:08.66	47.34	400m: 5:19.75	34.78
3. Hatice ÖZTÜRK	10	Beylikdüzü Yüzme Spor Kulübü	5:23.66 557	1:15.04	1:24.74	1:29.07	1:14.81
50m: 34.41	34.41	150m: 1:57.38	42.34	250m: 3:23.59	43.81	350m: 4:46.46	37.61
100m: 1:15.04	40.63	200m: 2:39.78	42.40	300m: 4:08.85	45.26	400m: 5:23.66	37.20
4. ırmak GÜNAY	11	Okyanus Koleji Spor Kulübü	5:25.02 550	1:11.16	1:23.07	1:39.45	1:11.34
50m: 32.10	32.10	150m: 1:53.01	41.85	250m: 3:23.85	49.62	350m: 4:49.31	35.63
100m: 1:11.16	39.06	200m: 2:34.23	41.22	300m: 4:13.68	49.83	400m: 5:25.02	35.71
5. Fatıma Zümra DEMİRCAN	12	Galatasaray Spor Kulübü	5:28.38 533	1:12.40	1:26.83	1:36.25	1:12.90
50m: 34.13	34.13	150m: 1:58.14	45.74	250m: 3:28.41	49.18	350m: 4:53.42	37.94
100m: 1:12.40	38.27	200m: 2:39.23	41.09	300m: 4:15.48	47.07	400m: 5:28.38	34.96
6. ılgin BOZAT	11	Istanbul Büyükşehir Belediyesi	5:29.91 526bü	1:12.05	1:22.82	1:38.99	1:16.05
50m: 33.00	33.00	150m: 1:52.50	40.45	250m: 3:23.39	48.52	350m: 4:51.62	37.76
100m: 1:12.05	39.05	200m: 2:34.87	42.37	300m: 4:13.86	50.47	400m: 5:29.91	38.29
7. Maria Rüya SİLAYEVA	13	Okyanus Koleji Spor Kulübü	5:33.31 510	1:16.81	1:20.63	1:41.38	1:14.49
50m: 35.89	35.89	150m: 1:58.01	41.20	250m: 3:27.39	49.95	350m: 4:56.45	37.63
100m: 1:16.81	40.92	200m: 2:37.44	39.43	300m: 4:18.82	51.43	400m: 5:33.31	36.86
8. Ceren Lina AYDIN	11	Fenerbahçe Spor Kulübü	5:34.28 505	1:10.88	1:28.45	1:38.10	1:16.85
50m: 32.66	32.66	150m: 1:56.14	45.26	250m: 3:28.83	49.50	350m: 4:57.04	39.61
100m: 1:10.88	38.22	200m: 2:39.33	43.19	300m: 4:17.43	48.60	400m: 5:34.28	37.24
9. Ela Zümra TUNCER	12	Galatasaray Spor Kulübü	5:35.82 498	1:16.58	1:28.18	1:35.26	1:15.80
50m: 34.83	34.83	150m: 2:02.35	45.77	250m: 3:32.41	47.65	350m: 4:59.41	39.39
100m: 1:16.58	41.75	200m: 2:44.76	42.41	300m: 4:20.02	47.61	400m: 5:35.82	36.41
10. Buse SÖNMEZ	13	Enka Spor Kulübü	5:36.61 495	1:17.06	1:27.83	1:38.94	1:12.78
50m: 35.39	35.39	150m: 2:02.18	45.12	250m: 3:35.46	50.57	350m: 5:00.24	36.41
100m: 1:17.06	41.67	200m: 2:44.89	42.71	300m: 4:23.83	48.37	400m: 5:36.61	36.37
11. Defne DEMİRALAY	11	Okyanus Koleji Spor Kulübü	5:39.88 481	1:13.33	1:28.83	1:41.66	1:16.06
50m: 34.35	34.35	150m: 1:58.16	44.83	250m: 3:33.04	50.88	350m: 5:02.38	38.56
100m: 1:13.33	38.98	200m: 2:42.16	44.00	300m: 4:23.82	50.78	400m: 5:39.88	37.50
12. Aliye ÖZTÜRK	11	Beylikdüzü Yüzme Spor Kulübü	5:40.22 479	1:20.60	1:29.56	1:34.11	1:15.95
50m: 36.02	36.02	150m: 2:05.37	44.77	250m: 3:36.59	46.43	350m: 5:02.76	38.49
100m: 1:20.60	44.58	200m: 2:50.16	44.79	300m: 4:24.27	47.68	400m: 5:40.22	37.46
13. Koza ALAGÜL	11	Fenerbahçe Spor Kulübü	5:40.84 477	1:16.60	1:31.44	1:34.29	1:18.51
50m: 34.03	34.03	150m: 2:02.45	45.85	250m: 3:34.85	46.81	350m: 5:00.71	38.38
100m: 1:16.60	42.57	200m: 2:48.04	45.59	300m: 4:22.33	47.48	400m: 5:40.84	40.13
14. Arya DUYUM	13	Enka Spor Kulübü	5:41.25 475	1:14.05	1:26.54	1:44.09	1:16.57
50m: 34.28	34.28	150m: 1:57.95	43.90	250m: 3:32.86	52.27	350m: 5:02.98	38.30
100m: 1:14.05	39.77	200m: 2:40.59	42.64	300m: 4:24.68	51.82	400m: 5:41.25	38.27
15. Beliz MÜHENDİSLER	13	Kınalıada Su Sporları Spor Kulübü	5:43.97 464	1:19.80	1:28.81	1:42.09	1:13.27
50m: 37.48	37.48	150m: 2:06.56	46.76	250m: 3:40.12	51.51	350m: 5:08.64	37.94
100m: 1:19.80	42.32	200m: 2:48.61	42.05	300m: 4:30.70	50.58	400m: 5:43.97	35.33
16. Dalya Su ASLANTÜRK	13	Istanbul Su Sporları Spor Kulübü	5:44.93 460	1:18.52	1:25.07	1:48.93	1:12.41
50m: 36.35	36.35	150m: 2:02.10	43.58	250m: 3:38.30	54.71	350m: 5:09.75	37.23
100m: 1:18.52	42.17	200m: 2:43.59	41.49	300m: 4:32.52	54.22	400m: 5:44.93	35.18
17. Bade SÖNMEZ	13	Heybeliada Su Sporları Spor Kulübü	5:47.25 451	1:20.29	1:30.24	1:40.97	1:15.75
50m: 36.31	36.31	150m: 2:06.49	46.20	250m: 3:40.03	49.50	350m: 5:09.75	37.23
100m: 1:20.29	43.98	200m: 2:50.53	44.04	300m: 4:31.50	51.47	400m: 5:47.25	35.18
18. Hande Duru ŞAHAN	13	Enka Spor Kulübü	5:47.30 451	1:15.62	1:34.85	1:46.95	1:09.88
50m: 34.25	34.25	150m: 2:05.29	49.67	250m: 3:46.65	56.18	350m: 5:13.79	36.37
100m: 1:15.62	41.37	200m: 2:50.47	45.18	300m: 4:37.42	50.77	400m: 5:47.30	33.51
19. Ecesu ERDİNÇ	11	Enka Spor Kulübü	5:52.51 431	1:24.41	1:31.05	1:39.04	1:18.01
50m: 37.53	37.53	150m: 2:10.79	46.38	250m: 3:43.89	48.43	350m: 5:14.21	39.71
100m: 1:24.41	46.88	200m: 2:55.46	44.67	300m: 4:34.50	50.61	400m: 5:52.51	38.30

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İSTANBUL, 13. - 15.3.2026

Yarış 31, Bayanlar, 400m Karışık, Açık

Sıra	YB	Zam	Derece	100m	200m	300m	400m			
20.	Defne Yaz MERİÇ	13	Enka Spor Kulübü	5:53.53	427	1:17.58	1:34.89	1:38.07	1:22.99	
	50m: 35.85	35.85	150m: 2:06.09	48.51	250m: 3:41.22	48.75	350m: 5:12.46	41.92		
	100m: 1:17.58	41.73	200m: 2:52.47	46.38	300m: 4:30.54	49.32	400m: 5:53.53	41.07		
21.	Derin KILIÇ	13	Beylikdüzü Yüzme Spor Kulübü	5:53.99	426	1:23.15	1:27.80	1:44.12	1:18.92	
	50m: 38.01	38.01	150m: 2:07.03	43.88	250m: 3:41.07	50.12	350m: 5:15.23	40.16		
	100m: 1:23.15	45.14	200m: 2:50.95	43.92	300m: 4:35.07	54.00	400m: 5:53.99	38.76		
22.	İpek Beyhan YAZICILAR	13	Anabilim Spor Kulübü	5:56.98	415	1:26.65	1:33.51	1:37.55	1:19.27	
	50m: 38.01	38.01	150m: 2:14.36	47.71	250m: 3:47.78	47.62	350m: 5:18.34	40.63		
	100m: 1:26.65	48.64	200m: 3:00.16	45.80	300m: 4:37.71	49.93	400m: 5:56.98	38.64		
23.	Pelin SEÇİL	13	Enka Spor Kulübü	5:59.52	406	1:27.30	1:32.90	1:36.60	1:22.72	
	50m: 38.48	38.48	150m: 2:13.77	46.47	250m: 3:46.80	46.60	350m: 5:18.20	41.40		
	100m: 1:27.30	48.82	200m: 3:00.20	46.43	300m: 4:36.80	50.00	400m: 5:59.52	41.32		
24.	Beren ŞENKUL	13	İstanbul Büyükşehir Belediyesi	6:00.43	403b	1:27.17	1:32.40	1:41.66	1:19.20	
	50m: 39.61	39.61	150m: 2:14.45	47.28	250m: 3:50.58	51.01	350m: 5:21.59	40.36		
	100m: 1:27.17	47.56	200m: 2:59.57	45.12	300m: 4:41.23	50.65	400m: 6:00.43	38.84		
25.	Defne SATIR	13	Enka Spor Kulübü	6:05.44	387	1:24.09	1:36.26	1:45.26	1:19.83	
	50m: 39.19	39.19	150m: 2:13.76	49.67	250m: 3:52.28	51.93	350m: 5:25.88	40.27		
	100m: 1:24.09	44.90	200m: 3:00.35	46.59	300m: 4:45.61	53.33	400m: 6:05.44	39.56		
26.	Ayşe Dila AKYÜZ	12	Ferdi	6:07.67	380	1:25.06	1:37.74	1:43.86	1:21.01	
	50m: 37.50	37.50	150m: 2:15.07	50.01	250m: 3:54.66	51.86	350m: 5:27.42	40.76		
	100m: 1:25.06	47.56	200m: 3:02.80	47.73	300m: 4:46.66	52.00	400m: 6:07.67	40.25		
27.	Eylül KOÇAK	13	Enka Spor Kulübü	6:09.88	373	1:27.09	1:32.96	1:44.47	1:25.36	
	50m: 37.97	37.97	150m: 2:14.27	47.18	250m: 3:51.08	51.03	350m: 5:27.30	42.78		
	100m: 1:27.09	49.12	200m: 3:00.05	45.78	300m: 4:44.52	53.44	400m: 6:09.88	42.58		
28.	Ayşe Ece ÖZTAŞ	13	Bahçelievler Belediye Spor	6:17.25	351	1:28.54	1:34.75	1:53.95	1:20.01	
	50m: 39.42	39.42	150m: 2:15.90	47.36	250m: 3:58.83	55.54	350m: 5:36.30	39.06		
	100m: 1:28.54	49.12	200m: 3:03.29	47.39	300m: 4:57.24	58.41	400m: 6:17.25	40.95		
disk.	Mirabel Maya ÖRTEL	13	Kınalıada Su Sporları Spor	6:11.62		1:31.08	1:34.79	1:41.23	1:24.52	
	<i>SW 8.3 - Serbest atak vuruşu yaptığından. (Zaman: 16:17), 50 mt dönüşünde</i>									
	50m: 39.16	39.16	150m: 2:18.41	47.33	250m: 3:55.83	49.96	350m: 5:28.66	41.56		
	100m: 1:31.08	51.92	200m: 3:05.87	47.46	300m: 4:47.10	51.27	400m: 6:11.62	42.96		