

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

Yarış 9  
13.03.2026 - 15:36

Bayanlar, 400m Serbest

Açık  
Sonuçlar

Puanlar: FINA 2023

Sıra	YB	Zam	Derece	100m	200m	300m	400m
1. Duru DÜZEN	10	Enka Spor Kulübü	<b>4:34.91</b> 635	1:03.21	1:10.09	1:10.74	1:10.87
50m: 30.08	30.08	150m: 1:38.13	34.92	35.21	350m: 3:59.86	35.82	
100m: 1:03.21	33.13	200m: 2:13.30	35.17	35.53	400m: 4:34.91	35.05	
2. Duru Ecrin YİĞİT	12	Istanbul Teknik Üniversitesi	<b>4:36.60</b> 624	1:02.76	1:11.77	1:12.26	1:09.81
50m: 29.60	29.60	150m: 1:38.35	35.59	36.93	350m: 4:02.63	35.84	
100m: 1:02.76	33.16	200m: 2:14.53	36.18	35.33	400m: 4:36.60	33.97	
3. C. ÇEVİKOĞULLARI	12	Enka Spor Kulübü	<b>4:37.92</b> 615	1:07.51	1:10.59	1:11.11	1:08.71
50m: 31.94	31.94	150m: 1:42.34	34.83	35.26	350m: 4:03.79	34.58	
100m: 1:07.51	35.57	200m: 2:18.10	35.76	35.85	400m: 4:37.92	34.13	
4. Ceyda KEMENT	11	Enka Spor Kulübü	<b>4:39.36</b> 605	1:06.84	1:11.12	1:11.22	1:10.18
50m: 31.96	31.96	150m: 1:42.11	35.27	35.60	350m: 4:04.56	35.38	
100m: 1:06.84	34.88	200m: 2:17.96	35.85	35.62	400m: 4:39.36	34.80	
5. Defne Sinem EKEN	12	Enka Spor Kulübü	<b>4:40.27</b> 600	1:07.28	1:11.42	1:11.66	1:09.91
50m: 32.64	32.64	150m: 1:43.30	36.02	36.12	350m: 4:06.07	35.71	
100m: 1:07.28	34.64	200m: 2:18.70	35.40	35.54	400m: 4:40.27	34.20	
6. Ada CEREN	10	Fenerbahçe Spor Kulübü	<b>4:40.87</b> 596	1:07.26	1:12.06	1:12.12	1:09.43
50m: 32.18	32.18	150m: 1:43.23	35.97	35.92	350m: 4:07.65	36.21	
100m: 1:07.26	35.08	200m: 2:19.32	36.09	36.20	400m: 4:40.87	33.22	
7. Ecrin Hayriye AKCA	12	Enka Spor Kulübü	<b>4:41.08</b> 594	1:08.02	1:11.81	1:11.58	1:09.67
50m: 32.16	32.16	150m: 1:43.54	35.52	35.55	350m: 4:06.46	35.05	
100m: 1:08.02	35.86	200m: 2:19.83	36.29	36.03	400m: 4:41.08	34.62	
8. Elif Ece TETİK	08	Fenerbahçe Spor Kulübü	<b>4:44.33</b> 574	1:05.81	1:11.25	1:13.73	1:13.54
50m: 31.54	31.54	150m: 1:41.15	35.34	36.19	350m: 4:07.53	36.74	
100m: 1:05.81	34.27	200m: 2:17.06	35.91	37.54	400m: 4:44.33	36.80	
9. Zeren KOÇ	10	Fenerbahçe Spor Kulübü	<b>4:46.71</b> 560	1:07.07	1:12.27	1:13.29	1:14.08
50m: 31.20	31.20	150m: 1:42.65	35.58	36.01	350m: 4:09.82	37.19	
100m: 1:07.07	35.87	200m: 2:19.34	36.69	37.28	400m: 4:46.71	36.89	
10. Elvin SELVİ	13	Galatasaray Spor Kulübü	<b>4:49.01</b> 547	1:09.65	1:13.26	1:13.54	1:12.56
50m: 32.86	32.86	150m: 1:46.66	37.01	37.30	350m: 4:13.82	37.37	
100m: 1:09.65	36.79	200m: 2:22.91	36.25	36.24	400m: 4:49.01	35.19	
11. Elif Azra KURT	13	Istanbul Büyükşehir Belediyesi	<b>4:49.73</b> 543b	1:08.81	1:14.19	1:14.66	1:12.07
50m: 33.11	33.11	150m: 1:46.21	37.40	37.40	350m: 4:14.64	36.98	
100m: 1:08.81	35.70	200m: 2:23.00	36.79	37.26	400m: 4:49.73	35.09	
12. Nil SAĞMAL	11	Enka Spor Kulübü	<b>4:49.82</b> 542	1:09.07	1:13.49	1:14.37	1:12.89
50m: 33.34	33.34	150m: 1:45.94	36.87	37.54	350m: 4:14.18	37.25	
100m: 1:09.07	35.73	200m: 2:22.56	36.62	36.83	400m: 4:49.82	35.64	
13. Mira Nur BULUT	12	Enka Spor Kulübü	<b>4:49.87</b> 542	1:08.34	1:13.86	1:14.63	1:13.04
50m: 32.07	32.07	150m: 1:44.57	36.23	37.03	350m: 4:13.73	36.90	
100m: 1:08.34	36.27	200m: 2:22.20	37.63	37.60	400m: 4:49.87	36.14	
14. Ela YENER	10	Fenerbahçe Spor Kulübü	<b>4:50.18</b> 540	1:07.08	1:13.48	1:15.38	1:14.24
50m: 32.03	32.03	150m: 1:43.37	36.29	37.27	350m: 4:13.26	37.32	
100m: 1:07.08	35.05	200m: 2:20.56	37.19	38.11	400m: 4:50.18	36.92	
15. Nisa GÜRBÜZ	11	Enka Spor Kulübü	<b>4:50.41</b> 539	1:19.33	1:29.41	1:30.05	31.62
50m: 36.41	36.41	150m: 2:03.51	44.18	44.81	350m: 5:04.65	45.86	
100m: 1:19.33	42.92	200m: 2:48.74	45.23	45.24	400m: 4:50.41		
16. Ayşe Nur KUZGUN	13	Galatasaray Spor Kulübü	<b>4:53.09</b> 524	1:11.53	1:14.91	1:15.18	1:11.47
50m: 33.93	33.93	150m: 1:48.99	37.46	37.23	350m: 4:18.62	37.00	
100m: 1:11.53	37.60	200m: 2:26.44	37.45	37.95	400m: 4:53.09	34.47	
17. Azra Ela HÖKE	13	Anabilim Spor Kulübü	<b>4:53.56</b> 522	1:07.83	1:15.33	1:16.00	1:14.40
50m: 31.89	31.89	150m: 1:45.82	37.99	38.64	350m: 4:17.41	38.25	
100m: 1:07.83	35.94	200m: 2:23.16	37.34	37.36	400m: 4:53.56	36.15	
18. Naz ULUÇAY	12	Dragos Spor Kulübü	<b>4:53.93</b> 520	1:10.65	1:15.55	1:15.63	1:12.10
50m: 33.23	33.23	150m: 1:48.10	37.45	38.00	350m: 4:18.04	36.21	
100m: 1:10.65	37.42	200m: 2:26.20	38.10	37.63	400m: 4:53.93	35.89	
19. Deniz KARAYAKAYLAR	11	Fenerbahçe Spor Kulübü	<b>4:55.34</b> 512	1:11.23	1:15.89	1:14.78	1:13.44
50m: 34.18	34.18	150m: 1:49.50	38.27	37.63	350m: 4:19.35	37.45	
100m: 1:11.23	37.05	200m: 2:27.12	37.62	37.15	400m: 4:55.34	35.99	

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Sıra	YB	Zam	Derece	100m	200m	300m	400m		
20.	Beliz MÜHENDİSLER	13	Kınalıada Su Sporları Spor	4:55.55	511	1:11.62	1:15.97	1:15.55	1:12.41
	50m: 34.24	34.24	150m: 1:49.81	38.19	250m: 3:05.42	37.83	350m: 4:19.76	36.62	
	100m: 1:11.62	37.38	200m: 2:27.59	37.78	300m: 3:43.14	37.72	400m: 4:55.55	35.79	
21.	Elif Deren GÜR	12	Fenerbahçe Spor Kulübü	4:57.43	502	1:09.05	1:15.30	1:17.58	1:15.50
	50m: 32.83	32.83	150m: 1:46.38	37.33	250m: 3:03.33	38.98	350m: 4:20.41	38.48	
	100m: 1:09.05	36.22	200m: 2:24.35	37.97	300m: 3:41.93	38.60	400m: 4:57.43	37.02	
22.	Damla GÜÇ	09	Enka Spor Kulübü	4:58.14	498	1:07.85	1:15.75	1:17.26	1:17.28
	50m: 32.75	32.75	150m: 1:45.68	37.83	250m: 3:02.63	39.03	350m: 4:20.01	39.15	
	100m: 1:07.85	35.10	200m: 2:23.60	37.92	300m: 3:40.86	38.23	400m: 4:58.14	38.13	
23.	Koza ALAGÜL	11	Fenerbahçe Spor Kulübü	4:58.38	497	1:09.91	1:14.01	1:16.76	1:17.70
	50m: 32.93	32.93	150m: 1:46.74	36.83	250m: 3:01.99	38.07	350m: 4:19.58	38.90	
	100m: 1:09.91	36.98	200m: 2:23.92	37.18	300m: 3:40.68	38.69	400m: 4:58.38	38.80	
24.	Asya KORKMAZ	12	Enka Spor Kulübü	4:58.58	496	1:11.14	1:16.67	1:16.46	1:14.31
	50m: 33.35	33.35	150m: 1:49.03	37.89	250m: 3:05.51	37.70	350m: 4:21.81	37.54	
	100m: 1:11.14	37.79	200m: 2:27.81	38.78	300m: 3:44.27	38.76	400m: 4:58.58	36.77	
25.	Melek YÜKSELEN	12	Enka Spor Kulübü	4:59.08	493	1:09.89	1:16.41	1:17.37	1:15.41
	50m: 33.08	33.08	150m: 1:48.19	38.30	250m: 3:05.43	39.13	350m: 4:22.42	38.75	
	100m: 1:09.89	36.81	200m: 2:26.30	38.11	300m: 3:43.67	38.24	400m: 4:59.08	36.66	
26.	Melek Rüya KUYTUL	13	Istanbul Büyükşehir Belediy	5:00.13	488b	1:09.21	1:17.40	1:17.85	1:15.67
	50m: 33.35	33.35	150m: 1:48.24	39.03	250m: 3:06.09	39.48	350m: 4:23.35	38.89	
	100m: 1:09.21	35.86	200m: 2:26.61	38.37	300m: 3:44.46	38.37	400m: 5:00.13	36.78	
27.	Aden ÖZCAN	13	Fenerbahçe Spor Kulübü	5:00.34	487	1:11.09	1:17.74	1:18.15	1:13.36
	50m: 32.64	32.64	150m: 1:49.19	38.10	250m: 3:07.48	38.65	350m: 4:24.05	37.07	
	100m: 1:11.09	38.45	200m: 2:28.83	39.64	300m: 3:46.98	39.50	400m: 5:00.34	36.29	
28.	Hatice ÖZTÜRK	10	Beylikdüzü Yüzme Spor Kul	5:00.84	485	1:10.58	1:16.17	1:17.68	1:16.41
	50m: 33.38	33.38	150m: 1:48.56	37.98	250m: 3:05.54	38.79	350m: 4:23.03	38.60	
	100m: 1:10.58	37.20	200m: 2:26.75	38.19	300m: 3:44.43	38.89	400m: 5:00.84	37.81	
29.	Nehir ERBİL	13	Fenerbahçe Spor Kulübü	5:01.20	483	1:06.85	1:15.92	1:20.45	1:17.98
	50m: 31.64	31.64	150m: 1:43.85	37.00	250m: 3:02.69	39.92	350m: 4:23.67	40.45	
	100m: 1:06.85	35.21	200m: 2:22.77	38.92	300m: 3:43.22	40.53	400m: 5:01.20	37.53	
30.	Mira KİPER	12	Ferdi	5:01.48	482	1:10.15	1:19.31	1:18.76	1:13.26
	50m: 33.42	33.42	150m: 1:48.86	38.71	250m: 3:08.85	39.39	350m: 4:26.36	38.14	
	100m: 1:10.15	36.73	200m: 2:29.46	40.60	300m: 3:48.22	39.37	400m: 5:01.48	35.12	
31.	Naz TANDOĞAN	12	Enka Spor Kulübü	5:02.30	478	1:11.50	1:17.12	1:17.37	1:16.31
	50m: 33.41	33.41	150m: 1:49.45	37.95	250m: 3:06.90	38.28	350m: 4:24.07	38.08	
	100m: 1:11.50	38.09	200m: 2:28.62	39.17	300m: 3:45.99	39.09	400m: 5:02.30	38.23	
32.	Tuana GÜNERHAN	13	Istanbul Su Sporları Spor Kl	5:02.60	476	1:11.57	1:16.11	1:18.11	1:16.81
	50m: 34.10	34.10	150m: 1:50.02	38.45	250m: 3:06.55	38.87	350m: 4:24.60	38.81	
	100m: 1:11.57	37.47	200m: 2:27.68	37.66	300m: 3:45.79	39.24	400m: 5:02.60	38.00	
33.	Naz ÇITIR	12	Enka Spor Kulübü	5:03.63	471	1:07.51	1:14.31	1:15.15	1:26.66
	50m: 31.88	31.88	150m: 1:44.55	37.04	250m: 2:59.63	37.81	350m: 4:14.56	37.59	
	100m: 1:07.51	35.63	200m: 2:21.82	37.27	300m: 3:36.97	37.34	400m: 5:03.63	49.07	
34.	Nazire Selin SEZGİN	10	Burak Sezgin Yüzme Spor	5:04.12	469	1:09.44	1:17.73	1:18.95	1:18.00
	50m: 32.82	32.82	150m: 1:49.16	39.72	250m: 3:07.54	40.37	350m: 4:27.14	41.02	
	100m: 1:09.44	36.62	200m: 2:27.17	38.01	300m: 3:46.12	38.58	400m: 5:04.12	36.98	
35.	Sena ERDEM	12	Burak Sezgin Yüzme Spor	5:04.45	468	1:11.77	1:18.87	1:17.39	1:16.42
	50m: 33.39	33.39	150m: 1:51.05	39.28	250m: 3:09.28	38.64	350m: 4:26.85	38.82	
	100m: 1:11.77	38.38	200m: 2:30.64	39.59	300m: 3:48.03	38.75	400m: 5:04.45	37.60	
36.	Lalin ATALAY	13	Fenerbahçe Spor Kulübü	5:05.81	461	1:12.84	1:18.04	1:19.23	1:15.70
	50m: 34.37	34.37	150m: 1:52.14	39.30	250m: 3:10.61	39.73	350m: 4:28.80	38.69	
	100m: 1:12.84	38.47	200m: 2:30.88	38.74	300m: 3:50.11	39.50	400m: 5:05.81	37.01	
37.	Dalya Su ASLANTÜRK	13	Istanbul Su Sporları Spor Kl	5:06.27	459	10.08	2:18.81	1:19.55	1:17.83
	50m: 10.08	10.08	150m: 33.19	23.11	250m: 3:08.77	39.88	350m: 4:28.39	39.95	
			200m: 2:28.89	1:55.70	300m: 3:48.44	39.67	400m: 5:06.27	37.88	
38.	Serra TAYAR	13	Istanbul Büyükşehir Belediy	5:07.01	456b	1:11.96	1:18.31	1:19.64	1:17.10
	50m: 34.43	34.43	150m: 1:51.19	39.23	250m: 3:10.22	39.95	350m: 4:29.27	39.36	
	100m: 1:11.96	37.53	200m: 2:30.27	39.08	300m: 3:49.91	39.69	400m: 5:07.01	37.74	
39.	Aslı ÖZDÜNDAR	11	Heybeliada Su Sporları Spo	5:09.45	445	1:10.61	1:18.23	1:21.15	1:19.46
	50m: 33.73	33.73	150m: 1:49.74	39.13	250m: 3:09.90	41.06	350m: 4:31.02	41.03	
	100m: 1:10.61	36.88	200m: 2:28.84	39.10	300m: 3:49.99	40.09	400m: 5:09.45	38.43	

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İSTANBUL, 13. - 15.3.2026

Yarış 9, Bayanlar, 400m Serbest, Açık

Sıra	YB	Zamanece	100m	200m	300m	400m				
40. İpek Beyhan YAZICILAR	13	Anabilim Spor Kulübü	<b>5:10.01</b> 443	1:12.70	1:19.00	1:19.42	1:18.89			
			50m: 33.54	33.54	150m: 1:51.50	38.80	250m: 3:11.21	39.51	350m: 4:31.25	40.13
			100m: 1:12.70	39.16	200m: 2:31.70	40.20	300m: 3:51.12	39.91	400m: 5:10.01	38.76
41. Berra YURDAKUL	08	Enka Spor Kulübü	<b>5:10.19</b> 442	1:12.62	1:19.82	1:20.27	1:17.48			
			50m: 34.08	34.08	150m: 1:51.94	39.32	250m: 3:12.36	39.92	350m: 4:31.90	39.19
			100m: 1:12.62	38.54	200m: 2:32.44	40.50	300m: 3:52.71	40.35	400m: 5:10.19	38.29
42. Defne YILMAZ	12	Istanbul Su Sporları Spor Kulübü	<b>5:10.47</b> 441	1:13.29	1:19.76	1:20.36	1:17.06			
			50m: 34.79	34.79	150m: 1:53.35	40.06	250m: 3:14.27	41.22	350m: 4:33.04	39.63
			100m: 1:13.29	38.50	200m: 2:33.05	39.70	300m: 3:53.41	39.14	400m: 5:10.47	37.43
43. Duru OKTAY	13	Istanbul Su Sporları Spor Kulübü	<b>5:11.05</b> 438	1:14.56	1:19.35	1:20.19	1:16.95			
			50m: 35.19	35.19	150m: 1:53.93	39.37	250m: 3:13.84	39.93	350m: 4:33.27	39.17
			100m: 1:14.56	39.37	200m: 2:33.91	39.98	300m: 3:54.10	40.26	400m: 5:11.05	37.78
44. Evrim OSMANOĞLU	13	Heybeliada Su Sporları Spor Kulübü	<b>5:11.35</b> 437	1:12.86	1:20.12	1:21.33	1:17.04			
			50m: 33.80	33.80	150m: 1:52.09	39.23	250m: 3:13.65	40.67	350m: 4:34.46	40.15
			100m: 1:12.86	39.06	200m: 2:32.98	40.89	300m: 3:54.31	40.66	400m: 5:11.35	36.89
45. Semra Ece DAĞLIOĞLU	13	Beylikdüzü Yüzme Spor Kulübü	<b>5:11.49</b> 437	1:13.65	1:18.76	1:20.39	1:18.69			
			50m: 35.02	35.02	150m: 1:53.08	39.43	250m: 3:12.85	40.44	350m: 4:33.45	40.65
			100m: 1:13.65	38.63	200m: 2:32.41	39.33	300m: 3:52.80	39.95	400m: 5:11.49	38.04
46. Ceren AKKAŞ	13	Enka Spor Kulübü	<b>5:12.61</b> 432	1:10.31	1:19.89	1:22.64	1:19.77			
			50m: 36.17	36.17	150m: 1:49.30	38.99	250m: 3:10.85	40.65	350m: 4:33.20	40.36
			100m: 1:10.31	43.88	200m: 2:30.20	40.90	300m: 3:52.84	41.99	400m: 5:12.61	39.41
47. Elif Nihal TRAK	13	Fenerbahçe Spor Kulübü	<b>5:12.83</b> 431	1:20.05	1:24.13	1:25.42	1:03.23			
			50m: 36.17	36.17	150m: 2:01.50	41.45	250m: 3:26.07	41.89	350m: 4:50.74	41.14
			100m: 1:20.05	43.88	200m: 2:44.18	42.68	300m: 4:09.60	43.53	400m: 5:12.83	22.09
48. Mina Mısra SUBAŞI	13	Galatasaray Spor Kulübü	<b>5:13.48</b> 428	1:13.83	1:20.21	1:21.65	1:17.79			
			50m: 35.13	35.13	150m: 1:54.48	40.65	250m: 3:15.28	41.24	350m: 4:35.94	40.25
			100m: 1:13.83	38.70	200m: 2:34.04	39.56	300m: 3:55.69	40.41	400m: 5:13.48	37.54
49. Cansu YAVUZ	13	Enka Spor Kulübü	<b>5:13.64</b> 428	1:13.31	1:20.77	1:21.29	1:18.27			
			50m: 34.81	34.81	150m: 1:53.25	39.94	250m: 3:14.36	40.28	350m: 4:35.70	40.33
			100m: 1:13.31	38.50	200m: 2:34.08	40.83	300m: 3:55.37	41.01	400m: 5:13.64	37.94
50. Elif Miray ÖZDEMİR	13	Istanbul Teknik Üniversitesi Spor Kulübü	<b>5:13.89</b> 427	1:13.85	1:19.90	1:20.68	1:19.46			
			50m: 35.04	35.04	150m: 1:54.08	40.23	250m: 3:14.20	40.45	350m: 4:35.20	40.77
			100m: 1:13.85	38.81	200m: 2:33.75	39.67	300m: 3:54.43	40.23	400m: 5:13.89	38.69
51. Naz GÜLTEKİN	13	Istanbul İtÜ Geliştirme Vakfı Spor Kulübü	<b>5:14.16</b> 426	1:14.60	1:20.40	1:20.66	1:18.50			
			50m: 35.18	35.18	150m: 1:54.26	39.66	250m: 3:15.45	40.45	350m: 4:35.33	39.67
			100m: 1:14.60	39.42	200m: 2:35.00	40.74	300m: 3:55.66	40.21	400m: 5:14.16	38.83
52. Emel Tuana TERZİ	13	Burak Sezgin Yüzme Spor Kulübü	<b>5:14.20</b> 425	1:13.55	1:19.82	1:21.00	1:19.83			
			50m: 34.25	34.25	150m: 1:53.24	39.69	250m: 3:13.45	40.08	350m: 4:34.70	40.33
			100m: 1:13.55	39.30	200m: 2:33.37	40.13	300m: 3:54.37	40.92	400m: 5:14.20	39.50
53. Derin URAL	13	Ferdi	<b>5:17.65</b> 412	1:14.78	1:22.31	1:22.08	1:18.48			
			50m: 35.01	35.01	150m: 1:56.04	41.26	250m: 3:18.39	41.30	350m: 4:39.43	40.26
			100m: 1:14.78	39.77	200m: 2:37.09	41.05	300m: 3:59.17	40.78	400m: 5:17.65	38.22
54. Kayra ERDOĞAN	11	Beylikdüzü Yüzme Spor Kulübü	<b>5:18.19</b> 410	1:15.81	1:22.70	1:21.07	1:18.61			
			50m: 35.52	35.52	150m: 1:56.91	41.10	250m: 3:18.17	39.66	350m: 4:39.07	39.49
			100m: 1:15.81	40.29	200m: 2:38.51	41.60	300m: 3:59.58	41.41	400m: 5:18.19	39.12
55. Azra EREN	13	Galatasaray Spor Kulübü	<b>5:18.51</b> 408	1:15.45	1:22.82	1:22.24	1:18.00			
			50m: 36.37	36.37	150m: 1:56.84	41.39	250m: 3:19.69	41.42	350m: 4:41.74	41.23
			100m: 1:15.45	39.08	200m: 2:38.27	41.43	300m: 4:00.51	40.82	400m: 5:18.51	36.77
56. Aliye ÖZTÜRK	11	Beylikdüzü Yüzme Spor Kulübü	<b>5:19.56</b> 404	1:12.65	1:23.53	1:23.84	1:19.54			
			50m: 34.94	34.94	150m: 1:54.45	41.80	250m: 3:19.64	43.46	350m: 4:41.03	41.01
			100m: 1:12.65	37.71	200m: 2:36.18	41.73	300m: 4:00.02	40.38	400m: 5:19.56	38.53
57. Sevim Asya BAYRAM	11	Enka Spor Kulübü	<b>5:20.64</b> 400	1:15.92	1:20.69	1:22.62	1:21.41			
			50m: 35.56	35.56	150m: 1:55.68	39.76	250m: 3:17.83	41.22	350m: 4:40.21	40.98
			100m: 1:15.92	40.36	200m: 2:36.61	40.93	300m: 3:59.23	41.40	400m: 5:20.64	40.43
58. Deniz Ela MISIR	13	Fenerbahçe Spor Kulübü	<b>5:21.71</b> 396	18.16	57.43					
			50m: 36.07	36.07	150m: 1:15.59	17.91	250m: 1:57.93	42.34	350m: 4:43.33	
			100m: 18.16		200m: 1:15.59	39.52	300m: 3:00.00		400m: 5:21.71	38.38
59. Mira YILDIZ	13	Galatasaray Spor Kulübü	<b>5:22.39</b> 394	1:16.11	1:22.90	1:22.31	1:21.07			
			50m: 35.26	35.26	150m: 1:57.15	41.04	250m: 3:19.70	40.69	350m: 4:41.42	40.10
			100m: 1:16.11	40.85	200m: 2:39.01	41.86	300m: 4:01.32	41.62	400m: 5:22.39	40.97

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

Yarış 9, Bayanlar, 400m Serbest, Açık

Sıra	YB	Zam	Derece	100m	200m	300m	400m
60. Defne SATIR	13	Enka Spor Kulübü	<b>5:23.24</b> 391	1:14.55	1:21.84	1:24.11	1:22.74
50m: 35.32	35.32	150m: 1:55.68	41.13	250m: 3:18.49	42.10	350m: 4:42.55	42.05
100m: 1:14.55	39.23	200m: 2:36.39	40.71	300m: 4:00.50	42.01	400m: 5:23.24	40.69
61. ırmak KOÇYİĞİT	13	Galatasaray Spor Kulübü	<b>5:29.91</b> 367				
50m:		150m:		250m:	350m:		
100m:		200m:		300m:	400m:	5:29.91	
62. Lal Mira ŞEN	13	Enka Spor Kulübü	<b>5:30.40</b> 366	1:16.97	1:24.02	1:25.70	1:23.71
50m: 36.17	36.17	150m: 1:58.32	41.35	250m: 3:22.94	41.95	350m: 4:49.35	42.66
100m: 1:16.97	40.80	200m: 2:40.99	42.67	300m: 4:06.69	43.75	400m: 5:30.40	41.05
63. Nil ÖZTAYŞI	13	Istanbul İtÜ Geliştirme Vakfı	<b>5:38.61</b> 340	1:19.47	1:28.89	1:27.12	1:23.13
50m: 36.45	36.45	150m: 2:03.57	44.10	250m: 3:30.86	42.50	350m: 4:57.27	41.79
100m: 1:19.47	43.02	200m: 2:48.36	44.79	300m: 4:15.48	44.62	400m: 5:38.61	41.34
64. Elif GÜR	13	Burak Sezgin Yüzme Spor	<b>5:40.69</b> 334	1:19.83	1:27.91	1:28.32	1:24.63
50m: 37.40	37.40	150m: 2:03.20	43.37	250m: 3:31.42	43.68	350m: 4:59.18	43.12
100m: 1:19.83	42.43	200m: 2:47.74	44.54	300m: 4:16.06	44.64	400m: 5:40.69	41.51
65. Berin İŞLEYEN	13	Beylikdüzü Yüzme Spor Kul	<b>5:43.34</b> 326	1:19.05	1:29.03	1:28.80	1:26.46
50m: 36.99	36.99	150m: 2:03.81	44.76	250m: 3:32.96	44.88	350m: 5:01.21	44.33
100m: 1:19.05	42.06	200m: 2:48.08	44.27	300m: 4:16.88	43.92	400m: 5:43.34	42.13
66. Okyanus Leyla İŞIK	13	Heybeliada Su Sporları Spo	<b>5:44.60</b> 322	1:12.41	1:18.37	1:17.76	1:56.06
50m: 34.14	34.14	150m: 1:51.95	39.54	250m: 3:09.84	39.06	350m: 4:26.70	38.16
100m: 1:12.41	38.27	200m: 2:30.78	38.83	300m: 3:48.54	38.70	400m: 5:44.60	1:17.90
67. Ayça INANÇ	12	Burak Sezgin Yüzme Spor	<b>5:45.39</b> 320	1:12.67	1:20.27	1:20.73	1:51.72
50m: 33.47	33.47	150m: 1:52.41	39.74	250m: 3:12.84	39.90	350m: 4:33.54	39.87
100m: 1:12.67	39.20	200m: 2:32.94	40.53	300m: 3:53.67	40.83	400m: 5:45.39	1:11.85
68. Güneş İNCİ	13	Burak Sezgin Yüzme Spor	<b>5:49.41</b> 309	1:22.72	1:28.29	1:28.34	1:30.06
50m: 38.30	38.30	150m: 2:06.51	43.79	250m: 3:34.48	43.47	350m: 5:02.13	42.78
100m: 1:22.72	44.42	200m: 2:51.01	44.50	300m: 4:19.35	44.87	400m: 5:49.41	47.28
69. İrem BOZYAYLA	13	Heybeliada Su Sporları Spo	<b>5:50.11</b> 307	1:24.24	1:31.61	1:30.42	1:23.84
50m: 39.52	39.52	150m: 2:10.03	45.79	250m: 3:41.19	45.34	350m: 5:09.43	43.16
100m: 1:24.24	44.72	200m: 2:55.85	45.82	300m: 4:26.27	45.08	400m: 5:50.11	40.68
70. Ayşe Melek ÇALIŞKAN	13	Anabilim Spor Kulübü	<b>5:50.29</b> 307				
50m: 42.85	42.85	150m:		250m:	350m:		
100m:		200m:		300m:	400m:	5:50.29	
71. Derin DOĞAN	13	Heybeliada Su Sporları Spo	<b>5:54.20</b> 297				
50m:		150m:		250m:	350m:		
100m:		200m:		300m:	400m:	5:54.20	
72. Seda BOLAT	10	Istanbul Triatlon Spor Kulübü	<b>6:35.05</b> 214	1:23.48	1:30.68	1:30.39	2:10.50
50m: 39.64	39.64	150m: 2:08.76	45.28	250m: 3:39.24	45.08	350m: 5:09.27	44.72
100m: 1:23.48	43.84	200m: 2:54.16	45.40	300m: 4:24.55	45.31	400m: 6:35.05	1:25.78
disk. Mina TÜMER	13	Anabilim Spor Kulübü		1:23.13	1:30.41	1:31.37	
<i>SW 10.2 - Yüzmesi gereken mesafeyi tamamlamadığından. (Zaman: 16:50), 50 mt.terk</i>							
50m: 38.77	38.77	150m: 2:07.84	44.71	250m: 3:38.68	45.14	350m: 5:09.57	44.66
100m: 1:23.13	44.36	200m: 2:53.54	45.70	300m: 4:24.91	46.23	400m:	
disk. Zeynep Deniz MANTİN	13	Anabilim Spor Kulübü					
<i>SW 10.2 - Yüzmesi gereken mesafeyi tamamlamadığından. (Zaman: 16:35), 50 mt.terk</i>							
50m: 33.16	33.16	150m:		250m:	350m:		
100m:		200m:		300m:	400m:		
disk. Yaren SOYSAL	11	Enka Spor Kulübü		1:39.14			
<i>SW 10.2 - Yüzmesi gereken mesafeyi tamamlamadığından. (Zaman: 15:55), 50 mt.terk</i>							
50m: 34.00	34.00	150m: 2:30.44	51.30	250m:	350m:		
100m: 1:39.14	1:05.14	200m:		300m:	400m:		
disk. Nil İLTER	08	Galatasaray Spor Kulübü					
<i>SW 10.2 - Yüzmesi gereken mesafeyi tamamlamadığından. (Zaman: 15:55), 50 mt.terk</i>							
50m: 28.40	28.40	150m:		250m:	350m:		
100m:		200m:		300m:	400m:		