

13+ YAS UZUN KULVAR BARAJ GECME MUSABAKALARI
İSTANBUL, 24. - 26.4.2026

Yarış 9
24.04.2026

Bayanlar, 400m Serbest

Açık
Sonuçlar

Puanlar: FINA 2023

Sıra	YB	Zam	Derece	100m	200m	300m	400m		
1.	Zeynep Selin ŞAHİN	06	Galatasaray Spor Kulübü	4:31.62	659	1:04.12	1:08.74	1:09.30	1:09.46
	50m: 30.74	30.74	150m: 1:38.28	34.16	250m: 2:47.19	34.33	350m: 3:57.54	35.38	
	100m: 1:04.12	33.38	200m: 2:12.86	34.58	300m: 3:22.16	34.97	400m: 4:31.62	34.08	
2.	Ceylan Naz ÇİRELİ	10	Enka Spor Kulübü	4:32.50	652	1:05.66	1:09.50	1:09.25	1:08.09
	50m: 31.52	31.52	150m: 1:40.43	34.77	250m: 2:49.61	34.45	350m: 3:58.85	34.44	
	100m: 1:05.66	34.14	200m: 2:15.16	34.73	300m: 3:24.41	34.80	400m: 4:32.50	33.65	
3.	Duru ALGÜL	09	Kınalıada Su Sporları Spor	4:37.60	617	1:05.96	1:10.75	1:11.27	1:09.62
	50m: 32.11	32.11	150m: 1:41.44	35.48	250m: 2:52.38	35.67	350m: 4:03.55	35.57	
	100m: 1:05.96	33.85	200m: 2:16.71	35.27	300m: 3:27.98	35.60	400m: 4:37.60	34.05	
4.	Sezen Akanda BOZ	07	Galatasaray Spor Kulübü	4:39.05	607	1:06.22	1:09.85	1:11.40	1:11.58
	50m: 32.02	32.02	150m: 1:40.94	34.72	250m: 2:51.32	35.25	350m: 4:03.92	36.45	
	100m: 1:06.22	34.20	200m: 2:16.07	35.13	300m: 3:27.47	36.15	400m: 4:39.05	35.13	
5.	Elif Ece TETİK	08	Fenerbahçe Spor Kulübü	4:41.33	593	1:06.14	1:10.84	1:12.21	1:12.14
	50m: 30.88	30.88	150m: 1:41.20	35.06	250m: 2:52.63	35.65	350m: 4:05.80	36.61	
	100m: 1:06.14	35.26	200m: 2:16.98	35.78	300m: 3:29.19	36.56	400m: 4:41.33	35.53	
6.	Ceyda KEMENT	11	Enka Spor Kulübü	4:43.09	582	1:07.17	1:12.32	1:12.87	1:10.73
	50m: 31.80	31.80	150m: 1:42.78	35.61	250m: 2:55.43	35.94	350m: 4:07.76	35.40	
	100m: 1:07.17	35.37	200m: 2:19.49	36.71	300m: 3:32.36	36.93	400m: 4:43.09	35.33	
7.	Ada CEREN	10	Fenerbahçe Spor Kulübü	4:49.59	543	1:06.89	1:12.60	1:14.19	1:15.91
	50m: 31.82	31.82	150m: 1:42.89	36.00	250m: 2:56.13	36.64	350m: 4:12.16	38.48	
	100m: 1:06.89	35.07	200m: 2:19.49	36.60	300m: 3:33.68	37.55	400m: 4:49.59	37.43	
8.	Ayşe Nur KUZGUN	13	Galatasaray Spor Kulübü	4:49.94	542	1:09.81	1:14.40	1:15.21	1:10.52
	50m: 32.67	32.67	150m: 1:47.03	37.22	250m: 3:02.47	38.26	350m: 4:15.66	36.24	
	100m: 1:09.81	37.14	200m: 2:24.21	37.18	300m: 3:39.42	36.95	400m: 4:49.94	34.28	
9.	Fatıma Zümra DEMİRCAN	12	Galatasaray Spor Kulübü	4:50.04	541	1:07.57	1:14.65	1:15.31	1:12.51
	50m: 32.04	32.04	150m: 1:44.99	37.42	250m: 3:00.51	38.29	350m: 4:15.28	37.75	
	100m: 1:07.57	35.53	200m: 2:22.22	37.23	300m: 3:37.53	37.02	400m: 4:50.04	34.76	
10.	Defne EMRE	11	Fenerbahçe Spor Kulübü	4:50.46	539	1:06.97	1:13.45	1:15.54	1:14.50
	50m: 31.52	31.52	150m: 1:43.24	36.27	250m: 2:58.39	37.97	350m: 4:14.06	38.10	
	100m: 1:06.97	35.45	200m: 2:20.42	37.18	300m: 3:35.96	37.57	400m: 4:50.46	36.40	
11.	Neris Ayşe ÖZÇETİN	12	Enka Spor Kulübü	4:52.14	529	1:07.89	1:15.31	1:16.04	1:12.90
	50m: 31.83	31.83	150m: 1:45.10	37.21	250m: 3:00.65	37.45	350m: 4:15.99	36.75	
	100m: 1:07.89	36.06	200m: 2:23.20	38.10	300m: 3:39.24	38.59	400m: 4:52.14	36.15	
12.	Ela EKİNCİ	12	Enka Spor Kulübü	4:54.36	517	1:10.26	1:15.26	1:15.89	1:12.95
	50m: 33.19	33.19	150m: 1:47.55	37.29	250m: 3:03.06	37.54	350m: 4:17.92	36.51	
	100m: 1:10.26	37.07	200m: 2:25.52	37.97	300m: 3:41.41	38.35	400m: 4:54.36	36.44	
13.	Tuana GÜNERHAN	13	İstanbul Su Sporları Spor Kl	4:55.65	511	1:11.01	1:16.07	1:15.45	1:13.12
	50m: 33.83	33.83	150m: 1:49.13	38.12	250m: 3:04.75	37.67	350m: 4:19.67	37.14	
	100m: 1:11.01	37.18	200m: 2:27.08	37.95	300m: 3:42.53	37.78	400m: 4:55.65	35.98	
14.	Melek YÜKSELEN	12	Enka Spor Kulübü	4:57.16	503	1:08.58	1:16.01	1:17.84	1:14.73
	50m: 31.89	31.89	150m: 1:45.60	37.02	250m: 3:02.94	38.35	350m: 4:20.05	37.62	
	100m: 1:08.58	36.69	200m: 2:24.59	38.99	300m: 3:42.43	39.49	400m: 4:57.16	37.11	
15.	Ceren AKKAŞ	13	Enka Spor Kulübü	4:57.77	500	1:09.54	1:15.78	1:17.24	1:15.21
	50m: 32.71	32.71	150m: 1:47.25	37.71	250m: 3:03.24	37.92	350m: 4:20.12	37.56	
	100m: 1:09.54	36.83	200m: 2:25.32	38.07	300m: 3:42.56	39.32	400m: 4:57.77	37.65	
16.	Candan Doğa OLUT	12	Enka Spor Kulübü	4:57.79	500	1:07.51	1:15.95	1:18.05	1:16.28
	50m: 32.06	32.06	150m: 1:44.97	37.46	250m: 3:02.04	38.58	350m: 4:20.12	38.61	
	100m: 1:07.51	35.45	200m: 2:23.46	38.49	300m: 3:41.51	39.47	400m: 4:57.79	37.67	
17.	Bade KURTOĞLU	13	İstanbul İlü Geliştirme Vakfı	4:58.25	497	1:10.66	1:16.98	1:16.54	1:14.07
	50m: 34.97	34.97	150m: 1:48.88	38.22	250m: 3:05.52	37.88	350m: 4:21.73	37.55	
	100m: 1:10.66	35.69	200m: 2:27.64	38.76	300m: 3:44.18	38.66	400m: 4:58.25	36.52	
18.	Naz TANDOĞAN	12	Enka Spor Kulübü	4:59.17	493	1:09.50	1:15.52	1:16.38	1:17.77
	50m: 32.22	32.22	150m: 1:46.91	37.41	250m: 3:02.40	37.38	350m: 4:19.99	38.59	
	100m: 1:09.50	37.28	200m: 2:25.02	38.11	300m: 3:41.40	39.00	400m: 4:59.17	39.18	
19.	Ceylin Erva FİL	13	Galatasaray Spor Kulübü	4:59.36	492	1:10.64	1:17.03	1:16.88	1:14.81
	50m: 33.93	33.93	150m: 1:49.70	39.06	250m: 3:06.83	39.16	350m: 4:24.50	39.95	
	100m: 1:10.64	36.71	200m: 2:27.67	37.97	300m: 3:44.55	37.72	400m: 4:59.36	34.86	

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Sıra	YB	Zamane	Derece	100m	200m	300m	400m
20. Damla GÜÇ	09	Enka Spor Kulübü	5:00.90 484	1:09.94	1:17.17	1:17.47	1:16.32
50m: 32.70	32.70	150m: 1:48.18	38.24	250m: 3:05.87	38.76	350m: 4:23.25	38.67
100m: 1:09.94	37.24	200m: 2:27.11	38.93	300m: 3:44.58	38.71	400m: 5:00.90	37.65
21. Zeynep DAVULCU	13	Enka Spor Kulübü	5:02.84 475	1:12.92	1:18.39	1:17.79	1:13.74
50m: 34.10	34.10	150m: 1:52.13	39.21	250m: 3:10.38	39.07	350m: 4:27.70	38.60
100m: 1:12.92	38.82	200m: 2:31.31	39.18	300m: 3:49.10	38.72	400m: 5:02.84	35.14
22. Nehir ERBİL	13	Fenerbahçe Spor Kulübü	5:04.93 465	1:09.83	1:17.50	1:19.77	1:17.83
50m: 32.00	32.00	150m: 1:47.98	38.15	250m: 3:06.59	39.26	350m: 4:26.42	39.32
100m: 1:09.83	37.83	200m: 2:27.33	39.35	300m: 3:47.10	40.51	400m: 5:04.93	38.51
23. Naz ÇITIR	12	Enka Spor Kulübü	5:05.83 461	1:12.87	1:18.40	1:18.43	1:16.13
50m: 34.40	34.40	150m: 1:52.20	39.33	250m: 3:11.04	39.77	350m: 4:28.40	38.70
100m: 1:12.87	38.47	200m: 2:31.27	39.07	300m: 3:49.70	38.66	400m: 5:05.83	37.43
24. Duru OKTAY	13	Istanbul Su Sporları Spor Klübü	5:06.54 458	1:12.50	1:19.06	1:19.25	1:15.73
50m: 34.04	34.04	150m: 1:51.61	39.11	250m: 3:11.34	39.78	350m: 4:29.65	38.84
100m: 1:12.50	38.46	200m: 2:31.56	39.95	300m: 3:50.81	39.47	400m: 5:06.54	36.89
25. Dalya Su ASLANTÜRK	13	Istanbul Su Sporları Spor Klübü	5:06.84 457	1:11.37	1:18.31	1:19.54	1:17.62
50m: 33.46	33.46	150m: 1:50.27	38.90	250m: 3:09.55	39.87	350m: 4:28.92	39.70
100m: 1:11.37	37.91	200m: 2:29.68	39.41	300m: 3:49.22	39.67	400m: 5:06.84	37.92
26. Serra YILDIRIM	13	Enka Spor Kulübü	5:08.32 450	1:14.50	1:18.56	1:18.38	1:16.88
50m: 34.67	34.67	150m: 1:53.59	39.09	250m: 3:12.87	39.81	350m: 4:29.95	38.51
100m: 1:14.50	39.83	200m: 2:33.06	39.47	300m: 3:51.44	38.57	400m: 5:08.32	38.37
27. Duru KORKULU	12	Enka Spor Kulübü	5:08.87 448	1:13.20	1:19.97	1:19.15	1:16.55
50m: 33.71	33.71	150m: 1:53.23	40.03	250m: 3:12.78	39.61	350m: 4:31.14	38.82
100m: 1:13.20	39.49	200m: 2:33.17	39.94	300m: 3:52.32	39.54	400m: 5:08.87	37.73
28. Emel Tuana TERZİ	13	Burak Sezgin Yüzme Spor Kulübü	5:09.81 444	1:13.67	1:19.61	1:18.98	1:17.55
50m: 34.75	34.75	150m: 1:53.23	39.56	250m: 3:13.22	39.94	350m: 4:31.77	39.51
100m: 1:13.67	38.92	200m: 2:33.28	40.05	300m: 3:52.26	39.04	400m: 5:09.81	38.04
29. Berra YURDAKUL	08	Enka Spor Kulübü	5:10.17 442	1:13.54	1:20.66	1:18.88	1:17.09
50m: 34.56	34.56	150m: 1:53.43	39.89	250m: 3:13.58	39.38	350m: 4:32.00	38.92
100m: 1:13.54	38.98	200m: 2:34.20	40.77	300m: 3:53.08	39.50	400m: 5:10.17	38.17
30. Sena ERDEM	12	Burak Sezgin Yüzme Spor Kulübü	5:10.41 441	1:11.73	1:20.71	1:19.97	1:18.00
50m: 33.59	33.59	150m: 1:51.29	39.56	250m: 3:12.50	40.06	350m: 4:31.86	39.45
100m: 1:11.73	38.14	200m: 2:32.44	41.15	300m: 3:52.41	39.91	400m: 5:10.41	38.55
31. Cansu YAVUZ	13	Enka Spor Kulübü	5:10.75 440	1:13.45	1:19.62	1:20.14	1:17.54
50m: 34.58	34.58	150m: 1:53.18	39.73	250m: 3:12.97	39.90	350m: 4:32.53	39.32
100m: 1:13.45	38.87	200m: 2:33.07	39.89	300m: 3:53.21	40.24	400m: 5:10.75	38.22
32. Sevim Asya BAYRAM	11	Enka Spor Kulübü	5:14.98 422	1:12.84	1:20.51	1:21.91	1:19.72
50m: 34.47	34.47	150m: 1:53.82	40.98	250m: 3:15.15	41.80	350m: 4:36.87	41.61
100m: 1:12.84	38.37	200m: 2:33.35	39.53	300m: 3:55.26	40.11	400m: 5:14.98	38.11
33. Naz KURU	12	Galatasaray Spor Kulübü	5:17.51 412	1:14.32	1:20.61	1:22.24	1:20.34
50m: 35.44	35.44	150m: 1:54.31	39.99	250m: 3:16.05	41.12	350m: 4:38.28	41.11
100m: 1:14.32	38.88	200m: 2:34.93	40.62	300m: 3:57.17	41.12	400m: 5:17.51	39.23
34. Naz GÜLTEKİN	13	Istanbul İtÜ Geliştirme Vakfı Spor Kulübü	5:19.66 404	1:14.60	1:20.77	1:22.92	1:21.37
50m: 36.11	36.11	150m: 1:54.86	40.26	250m: 3:17.18	41.81	350m: 4:40.17	41.88
100m: 1:14.60	38.49	200m: 2:35.37	40.51	300m: 3:58.29	41.11	400m: 5:19.66	39.49
35. İnci AĞABEYOĞLU	11	Fenerbahçe Spor Kulübü	5:21.20 398	1:12.21	1:20.34	1:23.74	1:24.91
50m: 34.28	34.28	150m: 1:51.68	39.47	250m: 3:15.21	42.66	350m: 4:39.23	42.94
100m: 1:12.21	37.93	200m: 2:32.55	40.87	300m: 3:56.29	41.08	400m: 5:21.20	41.97
36. İrmak KOÇYİĞİT	13	Galatasaray Spor Kulübü	5:25.28 383	1:18.88	1:24.21	1:22.18	1:20.01
50m: 36.93	36.93	150m: 2:01.55	42.67	250m: 3:24.64	41.55	350m: 4:46.95	41.68
100m: 1:18.88	41.95	200m: 2:43.09	41.54	300m: 4:05.27	40.63	400m: 5:25.28	38.33
37. Lal Mira ŞEN	13	Enka Spor Kulübü	5:29.13 370	1:17.18	1:23.41	1:26.01	1:22.53
50m: 36.55	36.55	150m: 1:58.82	41.64	250m: 3:23.86	43.27	350m: 4:48.08	41.48
100m: 1:17.18	40.63	200m: 2:40.59	41.77	300m: 4:06.60	42.74	400m: 5:29.13	41.05
38. Elif GÜR	13	Burak Sezgin Yüzme Spor Kulübü	5:39.34 338	1:20.15	1:28.84	1:25.48	1:24.87
50m: 37.25	37.25	150m: 2:04.61	44.46	250m: 3:31.53	42.54	350m: 4:57.32	42.85
100m: 1:20.15	42.90	200m: 2:48.99	44.38	300m: 4:14.47	42.94	400m: 5:39.34	42.02
39. Güneş İNCİ	13	Burak Sezgin Yüzme Spor Kulübü	5:44.52 323	1:15.31	1:30.00	1:32.57	1:26.64
50m: 35.07	35.07	150m: 2:00.21	44.90	250m: 3:31.96	46.65	350m: 5:02.69	44.81
100m: 1:15.31	40.24	200m: 2:45.31	45.10	300m: 4:17.88	45.92	400m: 5:44.52	41.83

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Sıra	YB	Zam	Derece	100m	200m	300m	400m				
40. Mina TÜMER	13	Anabilim Spor Kulübü	5:54.61	296	1:21.53	1:31.55	1:32.12	1:29.41			
50m:	37.17	37.17	150m:	2:06.41	44.88	250m:	3:38.34	45.26	350m:	5:10.50	45.30
100m:	1:21.53	44.36	200m:	2:53.08	46.67	300m:	4:25.20	46.86	400m:	5:54.61	44.11
41. Zehra SOYKAN	13	Üsküdar Belediyesi Spor Klübü	6:14.27	251	1:24.05	1:36.15	1:39.23	1:34.84			
50m:	37.96	37.96	150m:	2:10.36	46.31	250m:	3:49.09	48.89	350m:	5:26.23	46.80
100m:	1:24.05	46.09	200m:	3:00.20	49.84	300m:	4:39.43	50.34	400m:	6:14.27	48.04
disk. Hande Duru ŞAHAN	13	Enka Spor Kulübü	4:54.55		1:08.41	1:18.04	1:15.88	1:12.22			
<i>SW 4.4 - Sinyalden önce başlangıç (çıkış) yaptığından (Zaman:)</i>											
50m:	31.47	31.47	150m:	1:47.02	38.61	250m:	3:05.07	38.62	350m:	4:20.02	37.69
100m:	1:08.41	36.94	200m:	2:26.45	39.43	300m:	3:42.33	37.26	400m:	4:54.55	34.53