

13+ YAS KISA KULVAR BARAJ GECME MUSABAKALARI
İSTANBUL, 23. - 25.10.2026

Yarış 11
23.10.2026 - 16:25

Bayanlar, 400m Serbest

2013 ve daha büyük
Sonuçlar

Puanlar: FINA 2023

Sıra	YB								Zaman	Derece		
1.	Beril ÇAĞRI			11	Galatasaray Spor Kulübü				4:13.32	761		
	50m:	29.41	29.41	150m:	1:33.15	32.18	250m:	2:37.30	32.04	350m:	3:41.93	32.34
	100m:	1:00.97	31.56	200m:	2:05.26	32.11	300m:	3:09.59	32.29	400m:	4:13.32	31.39
2.	Alisa ENERCAN			09	Enka Spor Kulübü				4:18.70	714		
	50m:	29.89	29.89	150m:	1:34.10	32.30	250m:	2:39.52	32.83	350m:	3:46.00	33.38
	100m:	1:01.80	31.91	200m:	2:06.69	32.59	300m:	3:12.62	33.10	400m:	4:18.70	32.70
3.	Ceylan Naz CİRELİ			10	Enka Spor Kulübü				4:25.51	661		
	50m:	30.12	30.12	150m:	1:36.02	33.05	250m:	2:42.92	33.33	350m:	3:51.84	34.51
	100m:	1:02.97	32.85	200m:	2:09.59	33.57	300m:	3:17.33	34.41	400m:	4:25.51	33.67
4.	Deniz ALGÜL			11	Enka Spor Kulübü				4:26.35	654		
	50m:	30.13	30.13	150m:	1:36.96	33.82	250m:	2:45.52	34.34	350m:	3:53.82	34.00
	100m:	1:03.14	33.01	200m:	2:11.18	34.22	300m:	3:19.82	34.30	400m:	4:26.35	32.53
5.	Ece GÜVEN			12	Enka Spor Kulübü				4:26.38	654		
	50m:	30.36	30.36	150m:	1:37.13	33.69	250m:	2:45.35	34.09	350m:	3:53.91	34.36
	100m:	1:03.44	33.08	200m:	2:11.26	34.13	300m:	3:19.55	34.20	400m:	4:26.38	32.47
6.	Ada KOCACAN			11	Galatasaray Spor Kulübü				4:26.63	652		
	50m:	30.44	30.44	150m:	1:37.09	33.67	250m:	2:45.66	34.25	350m:	3:54.34	34.30
	100m:	1:03.42	32.98	200m:	2:11.41	34.32	300m:	3:20.04	34.38	400m:	4:26.63	32.29
7.	Defne Sinem EKEN			12	Enka Spor Kulübü				4:28.08	642		
	50m:	32.20	32.20	150m:	1:39.88	34.12	250m:	2:48.41	34.36	350m:	3:56.06	33.78
	100m:	1:05.76	33.56	200m:	2:14.05	34.17	300m:	3:22.28	33.87	400m:	4:28.08	32.02
8.	Gizem ÜZER			11	Enka Spor Kulübü				4:32.76	609		
	50m:	30.11	30.11	150m:	1:38.39	34.76	250m:	2:49.05	35.55	350m:	4:00.66	35.82
	100m:	1:03.63	33.52	200m:	2:13.50	35.11	300m:	3:24.84	35.79	400m:	4:32.76	32.10
9.	Alya PEÇEN			12	İstanbul Büyükşehir Belediyesi Spor Kulübü				4:32.82	609		
	50m:	31.29	31.29	150m:	1:41.10	35.19	250m:	2:50.61	34.42	350m:	4:00.89	34.98
	100m:	1:05.91	34.62	200m:	2:16.19	35.09	300m:	3:25.91	35.30	400m:	4:32.82	31.93
10.	Nehir DOĞULU			11	Fenerbahçe Spor Kulübü				4:34.61	597		
	50m:	31.74	31.74	150m:	1:41.61	34.54	250m:	2:51.09	34.62	350m:	4:00.82	34.96
	100m:	1:07.07	35.33	200m:	2:16.47	34.86	300m:	3:25.86	34.77	400m:	4:34.61	33.79
11.	Ceyda KEMENT			11	Enka Spor Kulübü				4:38.27	574		
	50m:	32.01	32.01	150m:	1:41.81	35.33	250m:	2:52.86	35.25	350m:	4:04.03	35.87
	100m:	1:06.48	34.47	200m:	2:17.61	35.80	300m:	3:28.16	35.30	400m:	4:38.27	34.24
12.	Buse SÖNMEZ			13	Enka Spor Kulübü				4:38.35	573		
	50m:	29.99	29.99	150m:	1:39.65	35.35	250m:	2:51.80	36.48	350m:	4:04.71	36.44
	100m:	1:04.30	34.31	200m:	2:15.32	35.67	300m:	3:28.27	36.47	400m:	4:38.35	33.64
13.	İpek Ece TIRAŞ			11	Fenerbahçe Spor Kulübü				4:39.81	564		
	50m:	31.52	31.52	150m:	1:41.35	35.04	250m:	2:52.49	35.79	350m:	4:04.43	36.18
	100m:	1:06.31	34.79	200m:	2:16.70	35.35	300m:	3:28.25	35.76	400m:	4:39.81	35.38
14.	Ayşe Nur KUZGUN			13	Galatasaray Spor Kulübü				4:40.68	559		
	50m:	32.18	32.18	150m:	1:42.72	35.60	250m:	2:54.55	35.85	350m:	4:06.38	35.78
	100m:	1:07.12	34.94	200m:	2:18.70	35.98	300m:	3:30.60	36.05	400m:	4:40.68	34.30
15.	Zümra KURT			12	Enka Spor Kulübü				4:41.64	553		
	50m:	31.18	31.18	150m:	1:40.92	35.75	250m:	2:54.72	36.83	350m:	4:07.67	35.70
	100m:	1:05.17	33.99	200m:	2:17.89	36.97	300m:	3:31.97	37.25	400m:	4:41.64	33.97

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Sıra	YB				Zaman	Derece
16. Ada CEREN	10	Fenerbahçe Spor Kulübü			4:43.01	545
50m: 31.34 31.34	150m: 1:40.09	34.91 250m: 2:52.69	36.61	350m: 4:07.01	36.86	
100m: 1:05.18 33.84	200m: 2:16.08	35.99 300m: 3:30.15	37.46	400m: 4:43.01	36.00	
17. Neris Ayşe ÖZÇETİN	12	Enka Spor Kulübü			4:43.05	545
50m: 31.42 31.42	150m: 1:41.38	35.31 250m: 2:54.16	36.57	350m: 4:07.85	36.77	
100m: 1:06.07 34.65	200m: 2:17.59	36.21 300m: 3:31.08	36.92	400m: 4:43.05	35.20	
18. Selin Cansu DEMİRCİOĞLU	09	Burak Sezgin Yüzme Spor Kulübü			4:46.30	527
50m: 32.20 32.20	150m: 1:43.58	36.25 250m: 2:56.78	36.37	350m: 4:10.36	36.90	
100m: 1:07.33 35.13	200m: 2:20.41	36.83 300m: 3:33.46	36.68	400m: 4:46.30	35.94	
19. Hande Duru ŞAHAN	13	Enka Spor Kulübü			4:46.77	524
50m: 32.41 32.41	150m: 1:45.38	36.76 250m: 2:59.82	37.46	350m: 4:14.11	36.98	
100m: 1:08.62 36.21	200m: 2:22.36	36.98 300m: 3:37.13	37.31	400m: 4:46.77	32.66	
20. Arya DUYUM	13	Enka Spor Kulübü			4:46.86	524
50m: 31.83 31.83	150m: 1:42.36	36.26 250m: 2:56.57	37.10	350m: 4:11.17	37.41	
100m: 1:06.10 34.27	200m: 2:19.47	37.11 300m: 3:33.76	37.19	400m: 4:46.86	35.69	
21. Defne EMRE	11	Fenerbahçe Spor Kulübü			4:48.07	517
50m: 32.17 32.17	150m: 1:43.76	36.30 250m: 2:57.82	37.20	350m: 4:11.96	36.93	
100m: 1:07.46 35.29	200m: 2:20.62	36.86 300m: 3:35.03	37.21	400m: 4:48.07	36.11	
22. Maria Rüya SİLAYEVA	13	Okyanus Koleji Spor Kulübü			4:48.68	514
50m: 32.88 32.88	150m: 1:44.70	36.34 250m: 2:58.32	37.06	350m: 4:12.11	37.01	
100m: 1:08.36 35.48	200m: 2:21.26	36.56 300m: 3:35.10	36.78	400m: 4:48.68	36.57	
23. Sena ERDEM	12	Burak Sezgin Yüzme Spor Kulübü			4:48.86	513
50m: 31.82 31.82	150m: 1:43.98	36.83 250m: 2:57.60	37.11	350m: 4:13.09	37.54	
100m: 1:07.15 35.33	200m: 2:20.49	36.51 300m: 3:35.55	37.95	400m: 4:48.86	35.77	
24. Naz TANDOĞAN	12	Enka Spor Kulübü			4:49.70	508
50m: 32.83 32.83	150m: 1:44.92	36.33 250m: 2:58.64	36.79	350m: 4:13.27	37.29	
100m: 1:08.59 35.76	200m: 2:21.85	36.93 300m: 3:35.98	37.34	400m: 4:49.70	36.43	
25. Damla GÜÇ	09	Atlas Atletik Spor Kulübü			4:51.26	500
50m: 32.30 32.30	150m: 1:45.44	37.27 250m: 3:00.23	37.55	350m: 4:15.10	37.27	
100m: 1:08.17 35.87	200m: 2:22.68	37.24 300m: 3:37.83	37.60	400m: 4:51.26	36.16	
26. Zehra Ada AYDEMİR	13	Fenerbahçe Spor Kulübü			4:52.50	494
50m: 32.19 32.19	150m: 1:46.15	37.42 250m: 3:01.54	37.48	350m: 4:16.50	37.44	
100m: 1:08.73 36.54	200m: 2:24.06	37.91 300m: 3:39.06	37.52	400m: 4:52.50	36.00	
27. Lalin ATALAY	13	Fenerbahçe Spor Kulübü			4:52.93	492
50m: 32.98 32.98	150m: 1:47.60	37.59 250m: 3:02.87	37.86	350m: 4:17.29	36.72	
100m: 1:10.01 37.03	200m: 2:25.01	37.41 300m: 3:40.57	37.70	400m: 4:52.93	35.64	
28. Melek YÜKSELEN	12	Enka Spor Kulübü			4:53.15	491
50m: 32.85 32.85	150m: 1:48.06	38.35 250m: 3:03.83	37.80	350m: 4:18.58	37.22	
100m: 1:09.71 36.86	200m: 2:26.03	37.97 300m: 3:41.36	37.53	400m: 4:53.15	34.57	
29. Bade KURTOĞLU	13	İstanbul İtû Geliştirme Vakfı Okulları Spor			4:53.49	489
50m: 33.08 33.08	150m: 1:46.73	37.38 250m: 3:02.48	37.89	350m: 4:17.87	37.53	
100m: 1:09.35 36.27	200m: 2:24.59	37.86 300m: 3:40.34	37.86	400m: 4:53.49	35.62	
30. Defne GÖREN	13	Enka Spor Kulübü			4:54.08	486
50m: 32.89 32.89	150m: 1:46.70	37.28 250m: 3:01.96	37.74	350m: 4:18.01	38.16	
100m: 1:09.42 36.53	200m: 2:24.22	37.52 300m: 3:39.85	37.89	400m: 4:54.08	36.07	
31. Serra TAYAR	13	Enka Spor Kulübü			4:56.99	472
50m: 34.11 34.11	150m: 1:49.51	37.96 250m: 3:05.62	37.88	350m: 4:20.74	37.41	
100m: 1:11.55 37.44	200m: 2:27.74	38.23 300m: 3:43.33	37.71	400m: 4:56.99	36.25	

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Sıra	YB								Zaman		Derece	
32.	Naz ÇITIR				12	Enka Spor Kulübü				4:57.27	471	
	50m:	33.96	33.96	150m:	1:49.58	38.46	250m:	3:06.14	38.14	350m:	4:21.12	37.58
	100m:	1:11.12	37.16	200m:	2:28.00	38.42	300m:	3:43.54	37.40	400m:	4:57.27	36.15
33.	Zeynep DAVULCU				13	Enka Spor Kulübü				4:58.00	467	
	50m:	33.93	33.93	150m:	1:50.63	39.02	250m:	3:06.60	37.76	350m:	4:21.47	37.87
	100m:	1:11.61	37.68	200m:	2:28.84	38.21	300m:	3:43.60	37.00	400m:	4:58.00	36.53
34.	Defne SATIR				13	Enka Spor Kulübü				4:58.18	466	
	50m:	33.09	33.09	150m:	1:46.56	37.55	250m:	3:03.30	38.64	350m:	4:20.83	38.76
	100m:	1:09.01	35.92	200m:	2:24.66	38.10	300m:	3:42.07	38.77	400m:	4:58.18	37.35
35.	Çisil Ada KOÇ				13	İstanbul Büyükşehir Belediyesi Spor Kulübü				4:58.41	465	
	50m:	34.13	34.13	150m:	1:49.38	38.10	250m:	3:05.31	37.97	350m:	4:21.48	37.94
	100m:	1:11.28	37.15	200m:	2:27.34	37.96	300m:	3:43.54	38.23	400m:	4:58.41	36.93
36.	Ceren AKKAŞ				13	Enka Spor Kulübü				4:58.98	463	
	50m:	31.40	31.40	150m:	1:44.05	37.21	250m:	3:02.03	38.72	350m:	4:20.07	39.04
	100m:	1:06.84	35.44	200m:	2:23.31	39.26	300m:	3:41.03	39.00	400m:	4:58.98	38.91
37.	Sevim Asya BAYRAM				11	Enka Spor Kulübü				5:03.53	442	
	50m:	33.41	33.41	150m:	1:50.04	38.97	250m:	3:07.81	39.13	350m:	4:26.43	39.42
	100m:	1:11.07	37.66	200m:	2:28.68	38.64	300m:	3:47.01	39.20	400m:	5:03.53	37.10
38.	Cansu YAVUZ				13	Enka Spor Kulübü				5:06.02	431	
	50m:	32.21	32.21	150m:	1:48.49	39.14	250m:	3:07.54	39.90	350m:	4:27.34	39.75
	100m:	1:09.35	37.14	200m:	2:27.64	39.15	300m:	3:47.59	40.05	400m:	5:06.02	38.68
39.	Emel Tuana TERZİ				13	Burak Sezgin Yüzme Spor Kulübü				5:14.44	398	
	50m:	35.93	35.93	150m:	1:54.95	40.35	250m:	3:15.99	40.31	350m:	4:36.11	39.62
	100m:	1:14.60	38.67	200m:	2:35.68	40.73	300m:	3:56.49	40.50	400m:	5:14.44	38.33
40.	Elif GÜR				13	Burak Sezgin Yüzme Spor Kulübü				5:30.23	343	
	50m:	36.39	36.39	150m:	1:58.32	41.79	250m:	3:24.06	42.80	350m:	4:49.18	42.44
	100m:	1:16.53	40.14	200m:	2:41.26	42.94	300m:	4:06.74	42.68	400m:	5:30.23	41.05
41.	Seda BOLAT				10	İstanbul Triatlon Spor Kulübü				6:13.24	237	
	50m:	42.14	42.14	150m:	2:15.59	47.59	250m:	3:50.56	48.02	350m:	5:27.24	47.93
	100m:	1:28.00	45.86	200m:	3:02.54	46.95	300m:	4:39.31	48.75	400m:	6:13.24	46.00
disk.	Bahar ÇELİK				13	İstanbul Triatlon Spor Kulübü						
	SW 10.2.1 - Yüzmesi gereken mesafeyi tamamlamadığından (Zaman: 17:15), 150 mt terk											
	50m:	43.15	43.15	150m:	2:33.18	57.24	250m:			350m:		
	100m:	1:35.94	52.79	200m:			300m:			400m:		