

10 KASIM MUSTAFA KEMAL ATATÜRK'Ü ANMA GÜNÜ ULUSLARARASI MASTERLAR UZUN KULVAR YÜZME AMP YONASI  
ANKARA, 10. - 12.11.2023

Yarı 14  
11.11.2023

Bayanlar, 400m Karı ık

25 ya ve büyükler  
Sonuçlar

MASTER UZUN K.R 60 - 64	8:31.41	Manuela CO AR	ED RNE	10.12.2022
MASTER UZUN K.R 55 - 59	7:02.41	Pınar IDEL	ED RNE	10.12.2022
MASTER UZUN K.R 50 - 54	7:23.94	H. Nur GÖRKEML	ZM R	5.07.2019
MASTER UZUN K.R 45 - 49	6:52.60	YASEM N SAVTEK N	KAZAN (RUS)	11.08.2015
MASTER UZUN K.R 40 - 44	6:23.14	ZEYNEP D LEK GEREZ TURGAY	HEYBEL ADA	3.08.2018
MASTER UZUN K.R 35 - 39	6:11.31	ZEYNEP D LEK GEREZ TURGAY	ANKARA	10.11.2014
MASTER UZUN K.R 30 - 34	6:40.16	Hülya ÇINAR	ED RNE	10.12.2022
MASTER UZUN K.R 25 - 29	5:54.17	D LARA DEM REL	KAZAN	11.08.2015

Puanlar: FINA 2022

Sıra	YB	ZamãDerece	100m	200m	300m	400m						
<b>30 - 34 ya ları arası</b>												
1.	Nihal BALTO	93	Fmv ı ık Spor Kulübü	<b>6:13.90</b>	361	1:26.29	1:36.33	1:45.31	1:25.97			
	<i>Yeni Türkiye rekoru</i>											
	50m:		150m:	2:15.07	48.78	250m:		350m:				
	100m:	1:26.29	200m:	3:02.62	47.55	300m:	4:47.93	400m:	6:13.90			
2.	Aylin GÜVEN	93	Frekans Yüzme Akademisi	<b>9:05.12</b>	1116	2:08.95	2:23.59	2:25.63	2:06.95			
	50m:	58.72	58.72	150m:	250m:	1:13.03	350m:	8:01.84	1:03.67			
	100m:	2:08.95	1:10.23	200m:	4:32.54	300m:	6:58.17	1:12.60	400m:	9:05.12	1:03.28	
<b>40 - 44 ya ları arası</b>												
1.	Pınar ARPINAR AV AR	79	Göztepe Spor Kulübü	<b>6:09.06</b>	375	1:24.10	1:35.71	1:44.12	1:25.13			
	<i>Yeni Türkiye rekoru</i>											
	50m:	40.20	40.20	150m:	2:12.39	48.29	250m:	3:51.79	51.98	350m:	5:27.42	43.49
	100m:	1:24.10	43.90	200m:	2:59.81	47.42	300m:	4:43.93	52.14	400m:	6:09.06	41.64
<b>45 - 49 ya ları arası</b>												
1.	Z. GEREZ TURGAY	75	Galatasaray Spor Kulübü	<b>6:35.98</b>	304	1:31.25	1:47.01	1:46.77	1:30.95			
	<i>Yeni Türkiye rekoru</i>											
	50m:		150m:	2:25.59	54.34	250m:		350m:	5:50.68	45.65		
	100m:	1:31.25	200m:	3:18.26	52.67	300m:	5:05.03	400m:	6:35.98	45.30		
2.	Nükhet ATILGAN	74	Frekans Yüzme Akademisi	<b>9:44.43</b>	1094	2:40.88	2:24.94	2:30.46	2:08.15			
	50m:	1:13.01	1:13.01	150m:	3:53.10	1:12.22	250m:	6:20.18	1:14.36	350m:		
	100m:	2:40.88	1:27.87	200m:	5:05.82	1:12.72	300m:	7:36.28	1:16.10	400m:	9:44.43	
<b>55 - 59 ya ları arası</b>												
1.	Sabiha DEM R	67	Frekans Yüzme Akademisi	<b>10:19.74</b>	1079	2:34.58	2:34.04	2:52.32	2:18.80			
	50m:	1:14.50	1:14.50	150m:		250m:	6:34.72	1:26.10	350m:			
	100m:	2:34.58	1:20.08	200m:	5:08.62	300m:	8:00.94	1:26.22	400m:	10:19.74		
<b>65 - 69 ya ları arası</b>												
1.	Nesrin OLGUNARSLAN	57	Ferdi	<b>10:18.14</b>	80	2:44.76	2:34.73					
	50m:	1:14.64	1:14.64	150m:	4:00.88	1:16.12	250m:	6:39.08	1:19.59	350m:	9:06.62	
	100m:	2:44.76	1:30.12	200m:	5:19.49	1:18.61	300m:		400m:	10:18.14	1:11.52	