

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

Event 14 11.11.2023	Women, 400m Medley			25 years and older Results
MASTER UZUN K.R 60 - 64	8:31.41	Manuela COŞAR	EDİRNE	10.12.2022
MASTER UZUN K.R 55 - 59	7:02.41	Pınar IDEL	EDİRNE	10.12.2022
MASTER UZUN K.R 50 - 54	7:23.94	H. Nur GÖRKEMLİ	İZMİR	5.07.2019
MASTER UZUN K.R 45 - 49	6:52.60	YASEMİN SAVTEKİN	KAZAN (RUS)	11.08.2015
MASTER UZUN K.R 40 - 44	6:23.14	ZEYNEP DİLEK GEREZ TURGAY	HEYBELİADA	3.08.2018
MASTER UZUN K.R 35 - 39	6:11.31	ZEYNEP DİLEK GEREZ TURGAY	ANKARA	10.11.2014
MASTER UZUN K.R 30 - 34	6:40.16	Hülya ÇINAR	EDİRNE	10.12.2022
MASTER UZUN K.R 25 - 29	5:54.17	DİLARA DEMİREL	KAZAN	11.08.2015

Points: FINA 2022

Rank	YB	Time	Pts	100m	200m	300m	400m
30 - 34 years							
1. Nihal BALTO	93	Fmv ısıık Spor Kulubu	6:13.90 361	1:26.29	1:36.33	1:45.31	1:25.97
Yeni Türkiye Rekoru							
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 GUVEN	93	Frekans Yuzme Akademisi	5:05.12u116	2:08.95	2:23.59	2:25.63	2:06.95
50m:	58.72 58.72	150m:	2:50.57 54.57	250m:	5:45.57 1:13.03	350m:	8:01.84 1:03.67
100m:	2:08.95 1:10.23	200m:	4:32.54 6:58.17	300m:	1:12.60 4:00m:	9:05.12 1:03.28	
40 - 44 years							
1. Pinar ARPINAR AVSAR	79	Goztepe Spor Kulubu	6:09.06 375	1:24.10	1:35.71	1:44.12	1:25.13
Yeni Türkiye Rekoru							
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
45 - 49 years							
1. Z. GEREZ TURGAY	75	Galatasaray Spor Kulubu	6:35.98 304	1:31.25	1:47.01	1:46.77	1:30.95
Yeni Türkiye Rekoru							
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. Nukhet ATILGAN	74	Frekans Yuzme Akademisi	5:44.43ub94	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
55 - 59 years							
1. Sabiha DEMİR	67	Frekans Yuzme Akademisi	10:19.74ub79	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
65 - 69 years							
1. Nesrin OLGUNARSLAN	57	Ferdi	10:18.14 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