

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

Yarı 9 Bayanlar, 400m Serbest 25 ya ve büyükler
10.11.2023 Sonuçlar

MASTER UZUN K.R 70 - 74	10:52.36	FATMA NC OKUTAN	ANKARA	28.10.2016
MASTER UZUN K.R 65 - 69	9:11.97	NAZAN GÖ EN	ZM R	7.07.2019
MASTER UZUN K.R 60 - 64	7:03.67	Vendi Filiz ED Z	ED RNE	10.12.2022
MASTER UZUN K.R 55 - 59	6:59.71	VEND F L Z ED Z	HEYBEL ADA	3.08.2018
MASTER UZUN K.R 50 - 54	5:41.91	SEBLA TALI	KRANJ	5.09.2018
MASTER UZUN K.R 45 - 49	5:29.22	NESR N ÖZGÜN	BUDAPE TE	20.08.2017
MASTER UZUN K.R 40 - 44	5:16.85	PINAR ARPINAR AV AR	KIEV/UKRAYNA	27.11.2021
MASTER UZUN K.R 35 - 39	5:24.40	Sabahat Yasemin ALTINTA	ED RNE	10.12.2022
MASTER UZUN K.R 30 - 34	5:27.07	Bige VARDAR	ZM R	7.07.2019
MASTER UZUN K.R 25 - 29	4:42.32	ZEYNEP BALTO	KYUSHU/JAPONYA (CHN)	11.08.2023

Puanlar: FINA 2022

Sıra	YB	Zam&Derece	100m	200m	300m	400m	
25 - 29 ya ları arası							
1. Cansu EN ATAR	96	Ankara Triatlon Spor Kulübü	6:42.74	202		0.31	
50m:	41.85	41.85	150m:	250m:	350m:		
100m:			200m:	300m:	400m:	6:42.74	
2. Zeynep Birke TOKSÖZ	94	Yüzme Idman Yurdu Spor	6:43.76	200	1:33.78	1:44.05	
50m:	45.10	45.10	150m:	2:26.40	52.62	250m:	4:09.84
100m:	1:33.78	48.68	200m:	3:17.83	51.43	300m:	5:01.49
3. Merve AYDIN	95	Ferdi	6:56.43	183	1:34.69	1:44.06	
50m:	43.55	43.55	150m:	2:25.98	51.29	250m:	4:11.90
100m:	1:34.69	51.14	200m:	3:18.75	52.77	300m:	5:06.91
4. Duygu KORKMAZ	96	Ferdi	8:17.53	107	1:57.39	2:06.73	
50m:	54.85	54.85	150m:	3:01.74	1:04.35	250m:	5:10.44
100m:	1:57.39	1:02.54	200m:	4:04.12	1:02.38	300m:	6:14.43

30 - 34 ya ları arası

1. Nihal BALTO	93	Fmv ık Spor Kulübü	5:34.50	353	1:16.57	1:25.35	
50m:	36.07	36.07	150m:	1:58.50	41.93	250m:	3:25.43
100m:	1:16.57	40.50	200m:	2:41.92	43.42	300m:	4:09.65
2. Aylin GÜVEN	93	Frekans Yüzme Akademisi	7:30.31	1144	1:31.32		
50m:	42.42	42.42	150m:	2:25.90	54.58	250m:	4:25.79
100m:	1:31.32	48.90	200m:			300m:	
3. Gökçen AYDIN	90	Ankara Triatlon Spor Kulübü	7:50.13	127	1:45.09	2:01.94	
50m:	48.71	48.71	150m:	2:46.01	1:00.92	250m:	4:48.89
100m:	1:45.09	56.38	200m:	3:47.03	1:01.02	300m:	5:51.44

35 - 39 ya ları arası

1. Bahar EK	86	Istanbul Yüzme Ihtisas Spo	6:24.53	Ü232	1:26.94	1:36.21	
50m:	42.05	42.05	150m:	2:14.64	47.70	250m:	3:53.40
100m:	1:26.94	44.89	200m:	3:03.15	48.51	300m:	4:44.06
2. İl ÖZGANAN	85		6:55.64	184	1:35.76	1:48.33	
50m:			150m:			250m:	
100m:	1:35.76		200m:	3:24.09		300m:	5:11.89
3. Ayça ÇEL KB LEK	88	Ferdi	7:15.42	160	1:37.70	1:51.27	
50m:	45.90	45.90	150m:	2:32.78	55.08	250m:	4:25.09
100m:	1:37.70	51.80	200m:	3:28.97	56.19	300m:	5:21.75
4. Leman HINÇAL	86	Üsküdar Su Sporları S.K	8:18.26	106	1:56.79	2:05.95	
50m:	55.21	55.21	150m:	2:59.40	1:02.61	250m:	5:07.54
100m:	1:56.79	1:01.58	200m:	4:02.74	1:03.34	300m:	6:12.94
5. Irem KOÇAK	84	Yüzme Idman Yurdu Spor	8:40.64	93			
50m:			150m:			250m:	
100m:			200m:			300m:	6:30.74
6. Ebru YILMAZ	86	Üsküdar Su Sporları S.K	8:59.19	84	1:58.75	2:17.55	
50m:	55.10	55.10	150m:	3:05.32	1:06.57	250m:	
100m:	1:58.75	1:03.65	200m:	4:16.30	1:10.98	300m:	6:38.13
7. Gülçin TÜRKER	84	Ankara Triatlon Spor Kulübü	9:01.56	83	1:57.65	2:22.33	
50m:	52.33	52.33	150m:			250m:	5:31.58
100m:	1:57.65	1:05.32	200m:	4:19.98		300m:	6:42.41

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

Yarı 9, Bayanlar, 400m Serbest, 35 - 39 ya ları arası

Sıra	YB	ZamãDerece	100m	200m	300m	400m
8.	.İNTEPE ERDO AN 84	Ferdi 9:23.04 74	2:16.02	2:27.86		
	50m: 38.17	150m: 2:05.32	250m: 3:37.93	350m: 5:13.28		
	100m: 2:16.02	200m: 4:43.88	300m: 6:25.85	400m: 9:23.04		

40 - 44 ya ları arası

1.	Gizem O UZ 81	Frekans Yüzme Akademisi 5:59.15 1285	1:20.93			
	50m: 38.17	150m: 2:05.32	250m: 3:37.93	350m: 5:13.28		
	100m: 1:20.93	200m: 44.39	300m: 5:13.28	400m: 5:59.15	45.87	
2.	Özlem CANBELDEK AKIN 83	Ferdi 7:09.05 167	1:34.30	1:48.69	1:53.97	1:52.09
	50m: 38.17	150m: 3:22.99	250m: 5:16.96	350m: 7:09.05		
	100m: 1:34.30	200m: 3:22.99	300m: 5:16.96	400m: 7:09.05		
3.	Ela AYTUMUR 83	Ferdi 8:59.51 84	1:59.39	2:20.02	2:20.49	2:19.61
	50m: 54.45	150m: 3:07.39	250m: 5:28.69	350m: 7:47.97	1:08.07	
	100m: 1:59.39	200m: 4:19.41	300m: 6:39.90	400m: 8:59.51	1:11.54	
4.	Melda KEÇEC 83	Yüzme Idman Yurdu Spor 9:03.07 82	2:02.16	2:20.18	2:23.80	2:16.93
	50m: 54.45	150m: 3:12.33	250m: 5:34.32	350m: 7:47.97		
	100m: 2:02.16	200m: 4:22.34	300m: 6:46.14	400m: 9:03.07		
5.	Özge TUNÇ 83	Yüzme Idman Yurdu Spor 10:38.63 50	2:16.69	2:42.91	2:52.16	2:46.87
	50m: 1:01.41	150m: 3:38.06	250m: 6:25.85	350m: 9:16.80	1:25.04	
	100m: 2:16.69	200m: 4:59.60	300m: 7:51.76	400m: 10:38.63	1:21.83	

45 - 49 ya ları arası

1.	Nida ÖZDEM R 74	Yapıkredi Spor Klübü 6:28.90 224	1:28.67	1:40.94	1:42.78	1:36.51
	50m: 41.33	150m: 2:18.64	250m: 4:02.02	350m: 5:42.17	49.78	
	100m: 1:28.67	200m: 3:09.61	300m: 4:52.39	400m: 6:28.90	46.73	
2.	Aslıhan AKAN 75	Frekans Yüzme Akademisi 7:32.40 142	1:46.07	1:55.92	1:57.12	1:53.29
	50m: 50.73	150m: 2:43.95	250m: 4:40.79	350m: 6:38.03	58.92	
	100m: 1:46.07	200m: 3:41.99	300m: 5:39.11	400m: 7:32.40	54.37	
3.	Irem ERG N 76	Ferdi 9:56.99 62	2:14.11	2:35.02	2:36.89	2:30.97
	50m: 50.73	150m: 3:30.54	250m: 6:03.67	350m: 8:43.94	1:17.92	
	100m: 2:14.11	200m: 4:49.13	300m: 7:26.02	400m: 9:56.99	1:13.05	
4.	Evren ÖNEK B RCAN 78	Frekans Yüzme Akademisi 10:06.95 1ü59				
	50m: 1:07.88	150m: 3:37.25	250m: 6:19.10	350m: 8:55.56		
	100m: 1:07.88	200m: 3:37.25	300m: 6:19.10	400m: 10:06.95	1:11.39	
5.	Gökçen PALA 77	Yüzme Idman Yurdu Spor 10:54.97 47	2:19.36			
	50m: 58.54	150m: 3:38.06	250m: 6:41.08	350m: 9:33.65		
	100m: 2:19.36	200m: 4:59.60	300m: 7:51.76	400m: 10:54.97	1:21.32	

50 - 54 ya ları arası

1.	Banu AKYEL 73	Frekans Yüzme Akademisi 6:13.51 1253	1:28.76	1:35.41	1:35.44	1:33.90
	50m: 41.33	150m: 2:16.44	250m: 3:51.94	350m: 5:42.17		
	100m: 1:28.76	200m: 3:04.17	300m: 4:39.61	400m: 6:13.51		
2.	F. GÜMÜ BURUN DE MO69R	Istanbul Yüzme Ihtisas Spo 7:41.32 1134	1:48.78			
	50m: 52.55	150m: 2:46.86	250m: 5:34.32	350m: 7:41.32		
	100m: 1:48.78	200m: 58.08	300m: 5:39.11	400m: 7:41.32		
3.	Rukiye Alev GÜNGÖR 72	Istanbul Yüzme Ihtisas Spo 8:06.54 114	1:49.10			
	50m: 50.73	150m: 3:30.54	250m: 6:03.67	350m: 8:43.94		
	100m: 1:49.10	200m: 4:49.13	300m: 7:26.02	400m: 9:56.99		
4.	Sibel TUNA 73	Türk Silahlı Kuvvetleri Gücü 9:08.21 80	2:11.16	2:20.91	2:21.06	2:15.08
	50m: 1:04.24	150m: 3:20.20	250m: 5:42.55	350m: 9:08.21		
	100m: 2:11.16	200m: 4:32.07	300m: 6:53.13	400m: 9:08.21		
5.	Dilek NAYIR 73	Yüzme Idman Yurdu Spor 9:33.61 70	2:07.42	2:26.85	2:29.80	2:29.54
	50m: 59.12	150m: 3:20.86	250m: 6:13.51	350m: 8:06.54		
	100m: 2:07.42	200m: 4:34.27	300m: 7:04.07	400m: 9:33.61		

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

Yarı 9, Bayanlar, 400m Serbest

55 - 59 ya ları arası

1. Keriman ALKAN	65	Frekans Yüzme Akademisi	7:38.85	1136	1:52.48	1:56.21	1:57.85	1:52.31			
50m:	53.18	53.18	150m:	2:51.57	59.09	250m:	4:47.26	58.57	350m:	6:45.08	58.54
100m:	1:52.48	59.30	200m:	3:48.69	57.12	300m:	5:46.54	59.28	400m:	7:38.85	53.77
2. Ay e Deniz GEMALMAZ	66	Üsküdar Su Sporları S.K	8:06.46	114	1:50.70	2:03.12	2:08.90	2:03.74			
50m:		150m:		250m:		350m:					
100m:	1:50.70	200m:	3:53.82	300m:	6:02.72	400m:	8:06.46				
3. Idil TUNCALI	68	Ferdi	8:08.68	113	1:53.23	2:05.92	2:06.97	2:02.56			
50m:	52.50	52.50	150m:	2:55.38	1:02.15	250m:	5:01.82	1:02.67	350m:	7:08.18	1:02.06
100m:	1:53.23	1:00.73	200m:	3:59.15	1:03.77	300m:	6:06.12	1:04.30	400m:	8:08.68	1:00.50
4. Fatma Güliz BOLAT	68	Frekans Yüzme Akademisi	8:50.06	1188	2:07.41	2:15.75	2:15.26	2:11.64			
50m:	1:01.02	1:01.02	150m:	3:14.57	1:07.16	250m:	5:30.98	1:07.82	350m:	7:44.83	1:06.41
100m:	2:07.41	1:06.39	200m:	4:23.16	1:08.59	300m:	6:38.42	1:07.44	400m:	8:50.06	1:05.23
5. Sibel TÜRKER GEZG N	66	Istanbul Yıldızlar Yüzme Şp	12:21.35	32	2:54.78	3:09.46	3:18.53	2:58.58			
50m:	1:19.91	1:19.91	150m:	4:27.03	1:32.25	250m:	7:45.72	1:41.48	350m:	10:55.33	1:32.56
100m:	2:54.78	1:34.87	200m:	6:04.24	1:37.21	300m:	9:22.77	1:37.05	400m:	12:21.35	1:26.02

60 - 64 ya ları arası

1. Zehra AKARPINAR	63	Üsküdar Su Sporları S.K	6:50.24	191	1:32.75	1:45.03	1:47.94	1:44.52			
<i>Yeni Türkiye Rekori</i>											
50m:		150m:	2:26.67	53.92	250m:		350m:				
100m:	1:32.75	200m:	3:17.78	51.11	300m:	5:05.72	400m:	6:50.24			
2. Vendi Filiz ED Z	62	Üsküdar Su Sporları S.K	6:57.71	181	1:32.76	1:48.31	1:50.07	1:46.57			
50m:	43.61	43.61	150m:	2:25.38	52.62	250m:	4:15.94	54.87	350m:	6:05.37	54.23
100m:	1:32.76	49.15	200m:	3:21.07	55.69	300m:	5:11.14	55.20	400m:	6:57.71	52.34
3. Yıldız KIRHAN	62	Istanbul Yıldızlar Yüzme Şp	9:37.51	68	2:12.32	2:29.30	2:29.29	2:26.60			
50m:	1:02.38	1:02.38	150m:	3:26.84	1:14.52	250m:	5:54.81	1:13.19	350m:	8:25.25	1:14.34
100m:	2:12.32	1:09.94	200m:	4:41.62	1:14.78	300m:	7:10.91	1:16.10	400m:	9:37.51	1:12.26

65 - 69 ya ları arası

1. Emel ÖZBAY	57	Frekans Yüzme Akademisi	8:19.01	1106	1:51.65						
<i>Yeni Türkiye Rekori</i>											
50m:	50.89	50.89	150m:	2:54.63	1:02.98	250m:	5:07.36	350m:			
100m:	1:51.65	1:00.76	200m:			300m:		400m:	8:19.01		
2. Nesrin OLGUNARSLAN	57	Ferdi	8:48.96	89	2:04.00	2:16.31	4:28.04	0.61			
50m:	57.21	57.21	150m:			250m:	7:43.65	3:23.34	350m:		
100m:	2:04.00	1:06.79	200m:	4:20.31		300m:	8:48.35	1:04.70	400m:	8:48.96	
3. ükriye ÖZ	58	Ankara Kurt Yüzme Spor Ku	9:18.01	76	2:04.12			2:23.48			
50m:	59.34	59.34	150m:			250m:		350m:			
100m:	2:04.12	1:04.78	200m:			300m:	6:54.53	400m:	9:18.01		

70 - 74 ya ları arası

1. Kadriye Fulay ALPSOY	53	Ferdi	11:29.15	40	2:43.31	2:57.19	2:58.17	2:50.48			
50m:	1:16.99	1:16.99	150m:	4:13.25	1:29.94	250m:	7:10.00	1:29.50	350m:		
100m:	2:43.31	1:26.32	200m:	5:40.50	1:27.25	300m:	8:38.67	1:28.67	400m:	11:29.15	