

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

Event 9	Women, 400m Freestyle			25 years and older
10.11.2023				Results
MASTER UZUN K.R 70 - 74	10:52.36	FATMA İNCİ OKUTAN	ANKARA	28.10.2016
MASTER UZUN K.R 65 - 69	9:11.97	NAZAN GÖĞEN	İZMİR	7.07.2019
MASTER UZUN K.R 60 - 64	7:03.67	Vendi Filiz EDİZ	EDİRNE	10.12.2022
MASTER UZUN K.R 55 - 59	6:59.71	VENDİ FİLİZ EDİZ	HEYBELİADA	3.08.2018
MASTER UZUN K.R 50 - 54	5:41.91	SEBLA TALİ	KRANJ	5.09.2018
MASTER UZUN K.R 45 - 49	5:29.22	NESRİN ÖZGÜN	BUDAPEŞTE	20.08.2017
MASTER UZUN K.R 40 - 44	5:16.85	PINAR ARPINAR AVŞAR	KIEV/UKRAYNA	27.11.2021
MASTER UZUN K.R 35 - 39	5:24.40	Sabahat Yasemin ALTINTAŞ	EDİRNE	10.12.2022
MASTER UZUN K.R 30 - 34	5:27.07	Bige VARDAR	İZMİR	7.07.2019
MASTER UZUN K.R 25 - 29	4:42.32	ZEYNEP BALTO	KYUSHU/JAPONYA (CHN)	11.08.2023

Points: FINA 2022

Rank	YB	Time	Pts	100m	200m	300m	400m
25 - 29 years							
1. Cansu SENSATAR	96	Ankara Triatlon Spor Kulubu	6:42.74 202				0.31
50m:	41.85	41.85	150m:	250m:	350m:		
100m:			200m:	300m:	400m:	6:42.74	
2. Zeynep Birke TOKSOZ	94	Yuzme Idman Yurdu Spor Kulubu	6:43.76 200	1:33.78	1:44.05	1:43.66	1:42.27
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 AYDİN	95	Ferdi	6:56.43 183	1:34.69	1:44.06	1:48.16	1:49.52
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	2:10.31	2:03.10
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 years							
1. Nihal BALTO	93	Fmv ısıK Spor Kulubu	5:34.50 353	1:16.57	1:25.35	1:27.73	1:24.85
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 GUVEN	93	Frekans Yuzme Akademisi	5:30.31u144	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. Gokcen AYDİN	90	Ankara Triatlon Spor Kulubu	7:50.13 127	1:45.09	2:01.94	2:04.41	1:58.69
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 years							
1. Bahar EKSi	86	İstanbul Yuzme İhtisas Spor Kulubu	6:24.53 232	1:26.94	1:36.21	1:40.91	1:40.47
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. isil OZGANAN	85		6:55.64 184	1:35.76	1:48.33	1:47.80	1:43.75
50m:			150m:			350m:	
100m:	1:35.76		200m:	3:24.09		400m:	6:55.64
3. Ayca CELİKBİLEK	88	Ferdi	7:15.42 160	1:37.70	1:51.27	1:52.78	1:53.67
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 HİNCAL	86	Uskudar Su Sporları S.K	8:18.26 106	1:56.79	2:05.95	2:10.20	2:05.32
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. İrem KOCAK	84	Yuzme Idman Yurdu Spor Kulubu	8:40.64 93				2:09.90
50m:			150m:			350m:	7:39.21
100m:			200m:			400m:	8:40.64
6. Ebru YILMAZ	86	Uskudar Su Sporları S.K	8:59.19 84	1:58.75	2:17.55	2:21.83	2:21.06
50m:	55.10	55.10	150m:	3:05.32	1:06.57	250m:	5:51.15
100m:	1:58.75	1:03.65	200m:	4:16.30	1:10.98	300m:	6:38.13
7. Gulcin TURKER	84	Ankara Triatlon Spor Kulubu	9:01.56 83	1:57.65	2:22.33	2:22.43	2:19.15
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

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Event 9, Women, 400m Freestyle, 35 - 39 years

Rank	YB	Time	Pts	100m	200m	300m	400m
8.	S. INTEPE ERDOGAN	84	Ferdi	9:23.04	74	2:16.02	2:27.86
	50m:	150m:	250m:	350m:			
	100m: 2:16.02	200m: 4:43.88	300m:	400m: 9:23.04			

40 - 44 years

1.	Gizem OGUZ	81	Frekans Yuzme Akademisi	5:59.15	285	1:20.93			
	50m: 38.17	38.17	150m: 2:05.32	44.39	250m: 3:37.93	350m: 5:13.28			
	100m: 1:20.93	42.76	200m:		300m:	400m: 5:59.15	45.87		
2.	Ozlem CANBELDEK AKIN	83	Ferdi	7:09.05	167	1:34.30	1:48.69	1:53.97	1:52.09
	50m:	150m:	250m:	350m:					
	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	54.45	150m: 3:07.39	1:08.00	250m: 5:28.69	1:09.28	350m: 7:47.97	1:08.07	
	100m: 1:59.39	1:04.94	200m: 4:19.41	1:12.02	300m: 6:39.90	1:11.21	400m: 8:59.51	1:11.54	
4.	Melda KECECI	83	Yuzme Idman Yurdu Spor Kulübü	9:03.07	82	2:02.16	2:20.18	2:23.80	2:16.93
	50m:	150m: 3:12.33	1:10.17	250m: 5:34.32	1:11.98	350m:			
	100m: 2:02.16	200m: 4:22.34	1:10.01	300m: 6:46.14	1:11.82	400m: 9:03.07			
5.	Ozge TUNC	83	Yuzme Idman Yurdu Spor Kulübü	10:38.63	50	2:16.69	2:42.91	2:52.16	2:46.87
	50m: 1:01.41	1:01.41	150m: 3:38.06	1:21.37	250m: 6:25.85	1:26.25	350m: 9:16.80	1:25.04	
	100m: 2:16.69	1:15.28	200m: 4:59.60	1:21.54	300m: 7:51.76	1:25.91	400m: 10:38.63	1:21.83	

45 - 49 years

1.	Nida OZDEMIR	74	Yapikredi Spor Kulubu	6:28.90	224	1:28.67	1:40.94	1:42.78	1:36.51
	50m: 41.33	41.33	150m: 2:18.64	49.97	250m: 4:02.02	52.41	350m: 5:42.17	49.78	
	100m: 1:28.67	47.34	200m: 3:09.61	50.97	300m: 4:52.39	50.37	400m: 6:28.90	46.73	
2.	Aslihan AKAN	75	Frekans Yuzme Akademisi	7:32.40	142	1:46.07	1:55.92	1:57.12	1:53.29
	50m: 50.73	50.73	150m: 2:43.95	57.88	250m: 4:40.79	58.80	350m: 6:38.03	58.92	
	100m: 1:46.07	55.34	200m: 3:41.99	58.04	300m: 5:39.11	58.32	400m: 7:32.40	54.37	
3.	Irem ERGIN	76	Ferdi	9:56.99	62	2:14.11	2:35.02	2:36.89	2:30.97
	50m:	150m: 3:30.54	1:16.43	250m: 6:03.67	1:14.54	350m: 8:43.94	1:17.92		
	100m: 2:14.11	200m: 4:49.13	1:18.59	300m: 7:26.02	1:22.35	400m: 9:56.99	1:13.05		
4.	Evren ONEK BIRCAN	78	Frekans Yuzme Akademisi	10:06.95	59				
	50m: 1:07.88	1:07.88	150m: 3:37.25	250m: 6:19.10		350m: 8:55.56			
	100m:	200m:	300m:	400m: 10:06.95	1:11.39				
5.	Gokcen PALA	77	Yuzme Idman Yurdu Spor Kulübü	10:54.97	47	2:19.36			
	50m: 58.54	58.54	150m:	250m: 6:41.08		350m: 9:33.65			
	100m: 2:19.36	1:20.82	200m:	300m:	400m: 10:54.97	1:21.32			

50 - 54 years

1.	Banu AKYEL	73	Frekans Yuzme Akademisi	6:13.51	253	1:28.76	1:35.41	1:35.44	1:33.90
	50m:	150m: 2:16.44	47.68	250m: 3:51.94	47.77	350m:			
	100m: 1:28.76	200m: 3:04.17	47.73	300m: 4:39.61	47.67	400m: 6:13.51			
2.	F. GUMUSBURUN DEMIR	69	Istanbul Yuzme İhtisas Spor Kulübü	7:41.32	134	1:48.78			
	50m: 52.55	52.55	150m: 2:46.86	58.08	250m:	350m:			
	100m: 1:48.78	56.23	200m:	300m:	400m: 7:41.32				
3.	Rukiye Alev GUNGOR	72	Istanbul Yuzme İhtisas Spor Kulübü	8:06.54	114	1:49.10			
	50m:	150m:	250m:	350m:					
	100m: 1:49.10	200m:	300m:	400m: 8:06.54					
4.	Sibel TUNA	73	Türk Silahlı Kuvvetleri Gucu	9:08.21	80	2:11.16	2:20.91	2:21.06	2:15.08
	50m: 1:04.24	1:04.24	150m: 3:20.20	1:09.04	250m: 5:42.55	1:10.48	350m:		
	100m: 2:11.16	1:06.92	200m: 4:32.07	1:11.87	300m: 6:53.13	1:10.58	400m: 9:08.21		
5.	Dilek NAYIR	73	Yuzme Idman Yurdu Spor Kulübü	9:33.61	70	2:07.42	2:26.85	2:29.80	2:29.54
	50m: 59.12	59.12	150m: 3:20.86	1:13.44	250m:	350m:			
	100m: 2:07.42	1:08.30	200m: 4:34.27	1:13.41	300m: 7:04.07	400m: 9:33.61			

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Event 9, Women, 400m Freestyle

55 - 59 years

1. Keriman ALKAN	65	Frekans Yuzme Akademisi	57:38.85	u136	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. Ayse Deniz GEMALMAZ	66	Uskudar Su Sporları S.K	8:06.46	114	1:50.70	2:03.12	2:08.90	2:03.74
50m: 1:50.70		150m: 3:53.82		250m: 6:02.72		350m: 8:06.46		
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 Guliz BOLAT	68	Frekans Yuzme Akademisi	58:50.06	ub88	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 TURKER GEZGIN	66	İstanbul Yıldızlar Yuzme Sp	12:21.35	u 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 years

1. Zehra AKARPINAR	63	Uskudar Su Sporları S.K	6:50.24	191	1:32.75	1:45.03	1:47.94	1:44.52
<i>Yeni Türkiye Rekoru</i>								
50m: 1:32.75		150m: 2:26.67	53.92	250m: 5:05.72		350m: 6:50.24		
100m: 1:32.75		200m: 3:17.78	51.11	300m: 5:05.72		400m: 6:50.24		
2. Vendi Filiz EDİZ	62	Uskudar 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. Yildiz KIRHAN	62	İstanbul Yıldızlar Yuzme Sp	9:37.51	u 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 years

1. Emel OZBAY	57	Frekans Yuzme Akademisi	58:19.01	u106	1:51.65			
<i>Yeni Türkiye Rekoru</i>								
50m: 50.89	50.89	150m: 2:54.63	1:02.98	250m: 5:07.36		350m: 8:19.01		
100m: 1:51.65	1:00.76	200m: 3:50.00		300m: 5:07.36		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: 3:26.84	1:14.52	250m: 7:43.65	3:23.34	350m: 8:48.96		
100m: 2:04.00	1:06.79	200m: 4:20.31		300m: 8:48.35	1:04.70	400m: 8:48.96		
3. Sukriye OZ	58	Ankara Kurt Yuzme Spor Ku	9:18.01	76	2:04.12			2:23.48
50m: 59.34	59.34	150m: 3:26.84	1:14.52	250m: 6:54.53		350m: 9:18.01		
100m: 2:04.12	1:04.78	200m: 4:20.31		300m: 6:54.53		400m: 9:18.01		

70 - 74 years

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: 11:29.15		
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		