

37.ULUSLARARASI PRENS ADALARI YÜZME ŞAMPİYONASI
İSTANBUL, 25. - 26.7.2024

Yarış 5

25.07.2024 - 16:50

Bayanlar, 400m Serbest

11 yaş ve büyükler

Sonuçlar

Prince Islands 17 +	4:25.26	Sezin ELİGÜL					
Prince Islands 16	4:26.89	GİZEM GÜVENÇ					
Prince Islands 15	4:33.27	Desislava BELOVA	BUL	İSTANBUL			10.08.2023
Prince Islands 14	4:29.08	ZEYNEP AYSOY	TUR	Istanbul			
Prince Islands 13	4:30.92	NAZ DURU KAHVECİOĞLU					
Prince Islands - 12	4:26.71	SEVİM EYLÜL SÜPÜRGEÇİ	TUR	Istanbul			4.08.2017

Puanlar: FINA 2021

Sıra	YB	Zam	Derece	100m	200m	300m	400m
11 - 12 yaşları arası							
1. Zümra KURT	12	Ibb Spor Kulübü	5:01.01	484	1:09.63	1:17.25	1:18.92 1:15.21
50m: 33.09	33.09	150m: 1:47.87	38.24	250m: 3:05.73	38.85	350m: 4:24.59	38.79
100m: 1:09.63	36.54	200m: 2:26.88	39.01	300m: 3:45.80	40.07	400m: 5:01.01	36.42
2. Kumsal ÖZTİN	12	Gölcük Akademi Yüzme Sp	5:07.84	453	1:13.89	1:18.02	1:19.96 1:15.97
50m: 35.52	35.52	150m: 1:52.55	38.66	250m: 3:11.16	39.25	350m: 4:30.72	38.85
100m: 1:13.89	38.37	200m: 2:31.91	39.36	300m: 3:51.87	40.71	400m: 5:07.84	37.12
3. Ferhan Feyza ORBAY	13	Gölcük Akademi Yüzme Sp	5:11.56	437	1:13.72	1:18.13	1:20.08 1:19.63
50m: 35.10	35.10	150m: 1:53.25	39.53	250m: 3:11.71	39.86	350m: 4:32.07	40.14
100m: 1:13.72	38.62	200m: 2:31.85	38.60	300m: 3:51.93	40.22	400m: 5:11.56	39.49
4. Aybige KAHRAMAN	13	Kutlubey Okulları Spor Kulübü	5:25.22	384	1:17.16	1:24.98	1:20.31 1:22.77
50m: 35.72	35.72	150m: 1:59.48	42.32	250m: 3:22.47	40.33	350m: 4:46.76	44.31
100m: 1:17.16	41.44	200m: 2:42.14	42.66	300m: 4:02.45	39.98	400m: 5:25.22	38.46
5. Yağmur Vera ÇEVİKALP	12	Kınalıada Su Sporları Kulübü	5:35.27	350	1:18.97	1:26.83	1:28.59 1:20.88
50m: 37.68	37.68	150m: 2:02.83	43.86	250m: 3:30.74	44.94	350m: 4:57.21	42.82
100m: 1:18.97	41.29	200m: 2:45.80	42.97	300m: 4:14.39	43.65	400m: 5:35.27	38.06
6. Hayrunnisa AKARSLAN	12	Ibb Spor Kulübü	5:36.85	345	1:17.19	1:25.83	1:28.78 1:25.05
50m: 35.77	35.77	150m: 2:01.24	44.05	250m: 3:28.67	45.65	350m: 4:55.62	43.82
100m: 1:17.19	41.42	200m: 2:43.02	41.78	300m: 4:11.80	43.13	400m: 5:36.85	41.23
7. Beliz MÜHENDİSLER	13	Kınalıada Su Sporları Kulübü	5:38.43	341			1:27.31 1:23.63
50m: 37.15	37.15	150m: 2:03.63		250m: 3:31.11	43.62	350m: 4:58.17	43.37
100m:		200m: 2:47.49	43.86	300m: 4:14.80	43.69	400m: 5:38.43	40.26
8. Viola ARZUMAN	12	Istanbul Çevre Spor Kulübü	5:38.46	340	1:15.24	1:28.57	1:30.24 1:24.41
50m: 34.34	34.34	150m: 1:59.08	43.84	250m: 3:28.87	45.06	350m: 4:58.20	44.15
100m: 1:15.24	40.90	200m: 2:43.81	44.73	300m: 4:14.05	45.18	400m: 5:38.46	40.26
9. Mirabel Maya ÖRTEL	13	Kınalıada Su Sporları Kulübü	5:49.48	309	1:23.51	1:29.49	1:30.28 1:26.20
50m: 39.59	39.59	150m: 2:07.87	44.36	250m: 3:38.15	45.15	350m: 5:07.41	44.13
100m: 1:23.51	43.92	200m: 2:53.00	45.13	300m: 4:23.28	45.13	400m: 5:49.48	42.07
10. Ekin Anı VURAL	13	Pasifik Su Sporları Kulübü	5:50.36	307	1:21.26	1:28.89	1:30.66 1:29.55
50m: 37.22	37.22	150m: 2:04.81	43.55	250m: 3:34.50	44.35	350m: 5:06.75	45.94
100m: 1:21.26	44.04	200m: 2:50.15	45.34	300m: 4:20.81	46.31	400m: 5:50.36	43.61
11. Evrim OSMANOĞLU	13	Heybeliada Su Sporları Kulübü	5:58.69	286	1:23.18	1:31.97	1:33.26 1:30.28
50m: 39.06	39.06	150m: 2:09.00	45.82	250m: 3:42.84	47.69	350m: 5:14.03	45.62
100m: 1:23.18	44.12	200m: 2:55.15	46.15	300m: 4:28.41	45.57	400m: 5:58.69	44.66
12. Mehlika Amine ŞAHİNLER	12	Kutlubey Okulları Spor Kulübü	6:12.94	254	1:24.72	1:38.96	
50m: 39.70	39.70	150m: 2:13.40	48.68	250m: 3:51.97	48.29	350m: 5:29.14	
100m: 1:24.72	45.02	200m: 3:03.68	50.28	300m:		400m: 6:12.94	43.80
13. Feyza Nur KORUOĞLU	13	Burhan Felek Gençlik Ve Sp	6:15.78	249	1:25.33	1:37.29	1:38.05 1:35.11
50m: 38.65	38.65	150m: 2:14.15	48.82	250m: 3:51.30	48.68	350m: 5:29.69	49.02
100m: 1:25.33	46.68	200m: 3:02.62	48.47	300m: 4:40.67	49.37	400m: 6:15.78	46.09
14. Elif Ada HATA	13	Edirnespor Su Sporları Kulübü	6:21.91	237	1:33.19	1:37.96	1:36.82 1:33.94
50m: 44.16	44.16	150m: 2:22.95	49.76	250m: 3:59.25	48.10	350m: 5:36.48	48.51
100m: 1:33.19	49.03	200m: 3:11.15	48.20	300m: 4:47.97	48.72	400m: 6:21.91	45.43
15. Zehra SOYKAN	13	Burhan Felek Gençlik Ve Sp	6:41.34	204	1:34.14	1:43.54	1:44.44 1:39.22
50m: 43.62	43.62	150m: 2:24.67	50.53	250m: 4:08.51	50.83	350m: 5:52.70	50.58
100m: 1:34.14	50.52	200m: 3:17.68	53.01	300m: 5:02.12	53.61	400m: 6:41.34	48.64
16. İnci Gül GÜMÜŞ	13	Kasırğa(Tornado)Yüzme Sp	6:59.71	178	1:34.88	1:49.62	1:51.06 1:44.15
50m: 41.68	41.68	150m: 2:30.14	55.26	250m: 4:19.13	54.63	350m: 6:10.97	55.41
100m: 1:34.88	53.20	200m: 3:24.50	54.36	300m: 5:15.56	56.43	400m: 6:59.71	48.74

37.ULUSLARARASI PRENS ADALARI YÜZME ŞAMPİYONASI
İSTANBUL, 25. - 26.7.2024

Yarış 5, Bayanlar, 400m Serbest

13 yaş

1. İpek Ece TIRAŞ	11	Anabilim Spor Kulübü	4:42.90	583	1:05.22	1:10.96	1:12.94	1:13.78
50m: 31.18	31.18	150m: 1:40.27	35.05	250m: 2:52.29	36.11	350m: 4:06.43	37.31	
100m: 1:05.22	34.04	200m: 2:16.18	35.91	300m: 3:29.12	36.83	400m: 4:42.90	36.47	
2. Beste KUN	11	Kasırğa(Tornado)Yüzme Sp	4:44.53	573	1:07.96	1:11.55	1:13.63	1:11.39
50m: 32.80	32.80	150m: 1:43.80	35.84	250m: 2:56.57	37.06	350m: 4:10.13	36.99	
100m: 1:07.96	35.16	200m: 2:19.51	35.71	300m: 3:33.14	36.57	400m: 4:44.53	34.40	
3. Duru SARIBAYIR	11	İstanbul Su Sporları Kulübü	4:46.11	564	1:07.98	1:12.04	1:14.18	1:11.91
50m: 32.65	32.65	150m: 1:43.73	35.75	250m: 2:56.84	36.82	350m: 4:10.67	36.47	
100m: 1:07.98	35.33	200m: 2:20.02	36.29	300m: 3:34.20	37.36	400m: 4:46.11	35.44	
4. Betül Beyza ORBAY	11	Gölcük Akademi Yüzme Sp	4:53.70	521	1:11.60	1:15.49	1:15.00	1:11.61
50m: 33.96	33.96	150m: 1:49.09	37.49	250m: 3:03.89	36.80	350m: 4:18.30	36.21	
100m: 1:11.60	37.64	200m: 2:27.09	38.00	300m: 3:42.09	38.20	400m: 4:53.70	35.40	
5. Hazal EMRE	11	Poseidon Spor Kulübü	4:57.66	501	1:10.58	1:15.84	1:16.97	1:14.27
50m: 33.36	33.36	150m: 1:48.43	37.85	250m: 3:05.12	38.70	350m: 4:21.20	37.81	
100m: 1:10.58	37.22	200m: 2:26.42	37.99	300m: 3:43.39	38.27	400m: 4:57.66	36.46	
6. Nehir DOĞULU	11	Fenerbahçe Spor Kulübü	5:02.80	476	1:11.13	1:17.03	1:17.48	1:17.16
50m: 33.45	33.45	150m: 1:49.42	38.29	250m: 3:06.80	38.64	350m: 4:24.76	39.12	
100m: 1:11.13	37.68	200m: 2:28.16	38.74	300m: 3:45.64	38.84	400m: 5:02.80	38.04	
7. Defne EMRE	11	Fenerbahçe Spor Kulübü	5:14.85	423	1:12.78	1:19.63	1:21.83	1:20.61
50m: 34.15	34.15	150m: 1:52.42	39.64	250m: 3:13.40	40.99	350m: 4:35.53	41.29	
100m: 1:12.78	38.63	200m: 2:32.41	39.99	300m: 3:54.24	40.84	400m: 5:14.85	39.32	
8. Derin ÖNCÜLOĞLU	11	Anabilim Spor Kulübü	5:15.81	419	1:10.61	1:19.85	1:22.95	1:22.40
50m: 33.41	33.41	150m: 1:50.06	39.45	250m: 3:11.66	41.20	350m: 4:35.34	41.93	
100m: 1:10.61	37.20	200m: 2:30.46	40.40	300m: 3:53.41	41.75	400m: 5:15.81	40.47	
9. Aleksandra POPOVA	11	Swimming Club Chernomo	5:32.50	359	1:16.21	1:26.13	1:26.99	1:23.17
50m: 35.82	35.82	150m: 1:58.79	42.58	250m: 3:25.42	43.08	350m: 4:52.00	42.67	
100m: 1:16.21	40.39	200m: 2:42.34	43.55	300m: 4:09.33	43.91	400m: 5:32.50	40.50	
10. Dilnara BORAN	11	Swim Feels	6:06.91	267	1:20.52	1:33.43	1:37.35	1:35.61
50m: 38.23	38.23	150m: 2:05.93	45.41	250m: 3:43.17	49.22	350m: 5:21.35	50.05	
100m: 1:20.52	42.29	200m: 2:53.95	48.02	300m: 4:31.30	48.13	400m: 6:06.91	45.56	
11. Esila UZUN	11	Edirnespor Su Sporları Kulü	6:42.88	e202	1:34.37	1:43.48	1:43.40	1:41.63
50m: 43.97	43.97	150m: 2:25.82	51.45	250m: 4:09.47	51.62	350m: 5:52.69	51.44	
100m: 1:34.37	50.40	200m: 3:17.85	52.03	300m: 5:01.25	51.78	400m: 6:42.88	50.19	

14 yaş

1. Su İNAL	10	Sakarya Yıldızlar Su Sporları	4:34.22	641	1:05.81	1:10.46	1:09.83	1:08.12
50m: 31.27	31.27	150m: 1:41.02	35.21	250m: 2:51.11	34.84	350m: 4:01.11	35.01	
100m: 1:05.81	34.54	200m: 2:16.27	35.25	300m: 3:26.10	34.99	400m: 4:34.22	33.11	
2. Duru ÖZSOY	10	Kınalıada Su Sporları Kulüb	4:42.01	589	1:07.55	1:12.44	1:12.60	1:09.42
50m: 32.32	32.32	150m: 1:43.50	35.95	250m: 2:55.56	35.57	350m: 4:08.04	35.45	
100m: 1:07.55	35.23	200m: 2:19.99	36.49	300m: 3:32.59	37.03	400m: 4:42.01	33.97	
3. Fatma SÜNGÜ	10	Fast Frogs	5:30.09	367	1:14.94	1:23.00	1:26.03	1:26.12
50m: 35.07	35.07	150m: 1:55.95	41.01	250m: 3:20.75	42.81	350m: 4:47.56	43.59	
100m: 1:14.94	39.87	200m: 2:37.94	41.99	300m: 4:03.97	43.22	400m: 5:30.09	42.53	
4. Su COŞKUNSU	10	Fast Frogs	5:53.24	299	1:21.70	1:29.76	1:33.13	1:28.65
50m: 38.43	38.43	150m: 2:06.94	45.24	250m: 3:36.86	45.40	350m: 5:10.44	45.85	
100m: 1:21.70	43.27	200m: 2:51.46	44.52	300m: 4:24.59	47.73	400m: 5:53.24	42.80	
5. Jasmin GARBUZANOVA	10	Damini Bulgaristan	6:19.40	242	1:27.42	1:37.84	1:40.40	1:33.74
50m: 40.06	40.06	150m: 2:15.37	47.95	250m: 3:55.08	49.82	350m: 5:32.75	47.09	
100m: 1:27.42	47.36	200m: 3:05.26	49.89	300m: 4:45.66	50.58	400m: 6:19.40	46.65	

15 yaş

1. Duru ALGÜL	09	Ferdi	4:35.11	634	1:06.03	1:11.00	1:11.28	1:06.80
50m: 31.34	31.34	150m: 1:41.28	35.25	250m: 2:52.83	35.80	350m: 4:02.62	34.31	
100m: 1:06.03	34.69	200m: 2:17.03	35.75	300m: 3:28.31	35.48	400m: 4:35.11	32.49	
2. Alisa ENERCAN	09	Enka Spor Kulübü	4:42.53	586	1:04.84	1:11.18	1:12.32	1:14.19
50m: 30.79	30.79	150m: 1:40.04	35.20	250m: 2:51.86	35.84	350m: 4:05.95	37.61	
100m: 1:04.84	34.05	200m: 2:16.02	35.98	300m: 3:28.34	36.48	400m: 4:42.53	36.58	

37.ULUSLARARASI PRENS ADALARI YÜZME ŞAMPİYONASI
İSTANBUL, 25. - 26.7.2024

Yarış 5, Kızlar, 400m Serbest, 15 yaş

Sıra	YB	Zam	Derece	100m	200m	300m	400m
3. Hatice Eylül ETEN	09	Ibb Spor Kulübü	4:50.87 537	1:06.20	1:15.50	1:15.93	1:13.24
50m: 31.65	31.65	150m: 1:44.03	37.83	250m: 3:00.05	38.35	350m: 4:14.27	36.64
100m: 1:06.20	34.55	200m: 2:21.70	37.67	300m: 3:37.63	37.58	400m: 4:50.87	36.60
4. Damla GÜÇ	09	Enka Spor Kulübü	4:52.63 527	1:09.01	1:14.96	1:15.02	1:13.64
50m: 32.81	32.81	150m: 1:46.24	37.23	250m: 3:01.52	37.55	350m: 4:16.19	37.20
100m: 1:09.01	36.20	200m: 2:23.97	37.73	300m: 3:38.99	37.47	400m: 4:52.63	36.44
5. Duru KARAKOYUN	09	Ferdi	4:59.43 492	1:11.79	1:15.65	1:18.02	1:13.97
50m: 34.12	34.12	150m: 1:48.84	37.05	250m: 3:06.29	38.85	350m: 4:23.60	38.14
100m: 1:11.79	37.67	200m: 2:27.44	38.60	300m: 3:45.46	39.17	400m: 4:59.43	35.83
6. Beliz KAYA	09	Fenerbahçe Spor Kulübü	5:02.36 478	1:09.63	1:18.40	1:17.95	1:16.38
50m: 32.82	32.82	150m: 1:49.35	39.72	250m: 3:07.54	39.51	350m: 4:25.32	39.34
100m: 1:09.63	36.81	200m: 2:28.03	38.68	300m: 3:45.98	38.44	400m: 5:02.36	37.04
7. Güneş TEKER	09	Burhan Felek Gençlik Ve Spor Kulübü	5:38.48 340	1:19.29	1:26.68	1:28.19	1:24.32
50m: 37.33	37.33	150m: 2:01.67	42.38	250m: 3:29.51	43.54	350m: 4:56.54	42.38
100m: 1:19.29	41.96	200m: 2:45.97	44.30	300m: 4:14.16	44.65	400m: 5:38.48	41.94

16 yaş

1. Majdouline ZAHİR	08	Enka Spor Kulübü	4:26.30 700	1:04.24	1:08.41	1:08.17	1:05.48
PRENS ADALARI REKORU							
50m: 30.96	30.96	150m: 1:38.53	34.29	250m: 2:46.86	34.21	350m: 3:54.13	33.31
100m: 1:04.24	33.28	200m: 2:12.65	34.12	300m: 3:20.82	33.96	400m: 4:26.30	32.17
2. Azra OĞUZ	08	Anabilim Spor Kulübü	4:33.21 648	1:04.25	1:09.57	1:09.91	1:09.48
50m: 30.78	30.78	150m: 1:39.01	34.76	250m: 2:48.70	34.88	350m: 3:58.62	34.89
100m: 1:04.25	33.47	200m: 2:13.82	34.81	300m: 3:23.73	35.03	400m: 4:33.21	34.59
3. Desislava BELOVA	08	Swimming Club Chernomorgana	4:40.25 600	1:08.10	1:12.06	1:11.56	1:08.53
50m: 32.32	32.32	150m: 1:43.79	35.69	250m: 2:55.74	35.58	350m: 4:06.78	35.06
100m: 1:08.10	35.78	200m: 2:20.16	36.37	300m: 3:31.72	35.98	400m: 4:40.25	33.47
4. Nehir GÜNEŞ	08	Uludağ Olimpik Spor Kulübü	4:42.04 589	1:06.66	1:12.71	1:12.54	1:10.13
50m: 32.11	32.11	150m: 1:43.13	36.47	250m: 2:55.74	36.37	350m: 4:07.77	35.86
100m: 1:06.66	34.55	200m: 2:19.37	36.24	300m: 3:31.91	36.17	400m: 4:42.04	34.27
5. Defne KARAALİ	08	Ferdi	5:18.01 411	1:14.54	1:21.80	1:21.98	1:19.69
50m: 35.35	35.35	150m: 1:55.09	40.55	250m: 3:16.15	39.81	350m: 4:40.34	42.02
100m: 1:14.54	39.19	200m: 2:36.34	41.25	300m: 3:58.32	42.17	400m: 5:18.01	37.67
6. Alara ÖZDEN	08	Fast Frogs	5:23.13 391	1:12.44	1:23.52	1:24.48	1:22.69
50m: 33.32	33.32	150m: 1:54.49	42.05	250m: 3:17.84	41.88	350m: 4:42.88	42.44
100m: 1:12.44	39.12	200m: 2:35.96	41.47	300m: 4:00.44	42.60	400m: 5:23.13	40.25
7. Eylül DOĞANYILMAZ	08	Edirnespor Su Sporları Kulübü	6:08.22 264	1:27.23	1:35.92	1:36.02	1:29.05
50m: 40.57	40.57	150m: 2:15.00	47.77	250m: 3:51.13	47.98	350m: 5:26.52	47.35
100m: 1:27.23	46.66	200m: 3:03.15	48.15	300m: 4:39.17	48.04	400m: 6:08.22	41.70

17 yaş ve büyükler

1. Belis ŞAKAR	07	Enka Spor Kulübü	4:19.40 757	1:02.71	1:05.83	1:06.02	1:04.84
PRENS ADALARI REKORU							
50m: 30.32	30.32	150m: 1:35.67	32.96	250m: 2:41.63	33.09	350m: 3:47.45	32.89
100m: 1:02.71	32.39	200m: 2:08.54	32.87	300m: 3:14.56	32.93	400m: 4:19.40	31.95
2. Derin DÖNMEZ	07	Enka Spor Kulübü	4:30.95 664	1:05.25	1:08.45	1:09.32	1:07.93
50m: 31.56	31.56	150m: 1:39.51	34.26	250m: 2:48.53	34.83	350m: 3:57.80	34.78
100m: 1:05.25	33.69	200m: 2:13.70	34.19	300m: 3:23.02	34.49	400m: 4:30.95	33.15
3. Aslı BOZER	05	Fenerbahçe Spor Kulübü	4:33.07 649	1:05.53	1:09.62	1:09.94	1:07.98
50m: 31.31	31.31	150m: 1:39.93	34.40	250m: 2:50.11	34.96	350m: 3:59.54	34.45
100m: 1:05.53	34.22	200m: 2:15.15	35.22	300m: 3:25.09	34.98	400m: 4:33.07	33.53
4. Mira ÇELTİKÇİ	06	Enka Spor Kulübü	4:35.21 634	1:04.56	1:09.61	1:11.43	1:09.61
50m: 30.91	30.91	150m: 1:39.02	34.46	250m: 2:49.64	35.47	350m: 4:01.35	35.75
100m: 1:04.56	33.65	200m: 2:14.17	35.15	300m: 3:25.60	35.96	400m: 4:35.21	33.86
5. Göksu GÜMÜŞ	07	Galatasaray Spor Kulübü	4:41.08 595	1:05.95	1:12.15	1:12.09	1:10.89
50m: 31.30	31.30	150m: 1:41.96	36.01	250m: 2:54.25	36.15	350m: 4:06.36	36.17
100m: 1:05.95	34.65	200m: 2:18.10	36.14	300m: 3:30.19	35.94	400m: 4:41.08	34.72
6. Berfin KARABEY	03	Kınalıada Su Sporları Kulübü	5:50.25 307	1:16.56	1:29.39	1:32.19	1:32.11
50m: 35.78	35.78	150m: 2:00.16	43.60	250m: 3:31.56	45.61	350m: 5:03.71	45.57
100m: 1:16.56	40.78	200m: 2:45.95	45.79	300m: 4:18.14	46.58	400m: 5:50.25	46.54