

ULUSLARARASI MASTERLAR UZUN KULVAR YÜZME AMP YONASI  
ED RNE, 7. - 9.2.2025

Yarı 10  
8.02.2025

Bayanlar, 400m Serbest

18 ya ve büyükler  
Sonuçlar

MASTER UZUN K.R 70 - 74	10:52.36	FATMA NC OKUTAN		ANKARA	28.10.2016
MASTER UZUN K.R 65 - 69	8:19.01	EMEL ÖZBAY		ANKARA	10.11.2023
MASTER UZUN K.R 60 - 64	6:45.19	Zehra AKARPINAR	217	ED RNE	10.02.2024
MASTER UZUN K.R 55 - 59	6:59.71	WENDY 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	5:25.32	Pınar ARPINAR AV AR	512	ANKARA	9.11.2024
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	5:24.12	Seçil KOLDA	251	ANKARA	9.11.2024
MASTER UZUN K.R 25 - 29	4:39.38	ZEYNEP BALTO		DOHA	28.02.2024
MASTER UZUN K.R 18 - 24	6:00.00				

MASTER BARAJ 25 - 29: 8:30.00; 30 - 34: 8:45.00; 35 - 39: 9:00.00; 40 - 44: 9:30.00; 45 - 49: 10:00.00; 50 - 54: 10:30.00; 55 - 59: 10:50.00; 60 - 64: 11:15.00; 65 - 69: 11:55.00; 70 - 74: 12:50.00; 75 - 79: 13:50.00; 80 - 84: 15:00.00

Puanlar: FINA 2022

Sıra Ya Zaman Derece  
18 - 24 ya ları arası

1. Sude Dila ÇAMURO LU	22	Denizaslanı Spor Kulübü	<b>5:11.67</b>	436
<i>YEN TÜRK YE REKORU, (EN Y DERECE)</i>				
50m: 34.92 34.92	150m: 1:52.70 39.57	250m: 3:11.96 39.52	350m: 4:33.24 40.98	
100m: 1:13.13 38.21	200m: 2:32.44 39.74	300m: 3:52.26 40.30	400m: 5:11.67 38.43	
2. Do a CANTÜRK	21	Türk Silahlı Kuvvetleri Spor Gücü	<b>6:39.72</b>	207
50m: 38.76 38.76	150m: 2:14.68 50.27	250m: 4:02.47 55.24	350m: 5:53.07 55.48	
100m: 1:24.41 45.65	200m: 3:07.23 52.55	300m: 4:57.59 55.12	400m: 6:39.72 46.65	

25 - 29 ya ları arası

1. Melisa SOYLUER	25	Odtü Spor Kulübü	<b>5:42.40</b>	329
50m: 34.68 34.68	150m: 1:56.60 42.34	250m: 3:25.40 44.59	350m: 4:58.12 46.36	
100m: 1:14.26 39.58	200m: 2:40.81 44.21	300m: 4:11.76 46.36	400m: 5:42.40 44.28	
2. Elis SAHATCHIEVA	28	Sc Damını Masters	<b>6:55.17</b>	184
50m: 40.05 40.05	150m: 2:21.72 53.04	250m: 4:12.52 56.53	350m: 6:01.31 54.10	
100m: 1:28.68 48.63	200m: 3:15.99 54.27	300m: 5:07.21 54.69	400m: 6:55.17 53.86	
3. Nidanur BULDUK	26	Üsküdar Su Sporları S.K	<b>7:14.39</b>	161
50m: 49.53 49.53	150m: 2:39.07 55.92	250m: 4:30.86 56.29	350m: 6:21.91 54.65	
100m: 1:43.15 53.62	200m: 3:34.57 55.50	300m: 5:27.26 56.40	400m: 7:14.39 52.48	
4. enel MENEMENC O LU	28	Yüzme Idman Yurdu Spor Kulübü	<b>7:33.24</b>	142
50m: 48.16 48.16	150m: 2:39.77 59.04	250m: 4:40.96 1:00.47	350m: 6:39.33 58.73	
100m: 1:40.73 52.57	200m: 3:40.49 1:00.72	300m: 5:40.60 59.64	400m: 7:33.24 53.91	
5. ılgaz Azra ATILGAN	29	Yüzme Idman Yurdu Spor Kulübü	<b>8:03.79</b>	116
50m: 43.38 43.38	150m: 2:39.28 1:02.74	250m: 4:51.15 1:06.08	350m: 7:02.26 1:03.52	
100m: 1:36.54 53.16	200m: 3:45.07 1:05.79	300m: 5:58.74 1:07.59	400m: 8:03.79 1:01.53	
6. Eda ASLAN	28	Yüzme Idman Yurdu Spor Kulübü	<b>8:09.85</b>	112
50m: 48.81 48.81	150m: 2:50.26 1:04.14	250m: 4:59.28 1:06.04	350m: 7:09.00 1:06.77	
100m: 1:46.12 57.31	200m: 3:53.24 1:02.98	300m: 6:02.23 1:02.95	400m: 8:09.85 1:00.85	
7. Selen GÖNÜL	29	Yüzme Idman Yurdu Spor Kulübü	<b>8:27.00</b>	101
50m: 50.90 50.90	150m: 2:58.93 1:06.95	250m: 5:12.11 1:07.06	350m: 7:26.26 1:07.31	
100m: 1:51.98 1:01.08	200m: 4:05.05 1:06.12	300m: 6:18.95 1:06.84	400m: 8:27.00 1:00.74	

30 - 34 ya ları arası

1. Nihal BALTO	32	Fmv ı k Spor Kulübü	<b>5:20.31</b>	402
<i>YEN TÜRK YE REKORU</i>				
50m: 35.07 35.07	150m: 1:53.95 40.13	250m: 3:16.68 41.56	350m: 4:40.39 41.63	
100m: 1:13.82 38.75	200m: 2:35.12 41.17	300m: 3:58.76 42.08	400m: 5:20.31 39.92	
2. Özgecan ÖZDEM RCAN ZORLU	32	Ankara Triatlon Spor Kulübü	<b>6:02.29</b>	278
50m: 36.59 36.59	150m: 2:04.29 45.28	250m: 3:39.29 48.49	350m: 5:16.67 48.67	
100m: 1:19.01 42.42	200m: 2:50.80 46.51	300m: 4:28.00 48.71	400m: 6:02.29 45.62	

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Yarı 10, Bayanlar, 400m Serbest, 30 - 34 ya ları arası

Sıra	Ya	Zaman Derece
3. Sümeyra ÜSTÜNDA	30 Zeplin Spor Kulübü	<b>6:08.55</b> 264
50m: 37.49 37.49	150m: 2:07.96 46.44	250m: 3:45.60 49.25
100m: 1:21.52 44.03	200m: 2:56.35 48.39	300m: 4:35.36 49.76
		350m: 5:24.23 48.87
		400m: 6:08.55 44.32
4. Greta GEORGIEVA	33 Sc Damını Masters	<b>6:29.89</b> 223
50m: 43.17 43.17	150m: 2:21.76 49.74	250m: 4:02.03 49.65
100m: 1:32.02 48.85	200m: 3:12.38 50.62	300m: 4:53.47 51.44
		350m: 5:43.32 49.85
		400m: 6:29.89 46.57
5. Zeynep Birke TOKSÖZ	31 Ferdi	<b>6:40.09</b> 206
50m: 42.68 42.68	150m: 2:21.23 49.94	250m: 4:05.90 51.81
100m: 1:31.29 48.61	200m: 3:14.09 52.86	300m: 4:58.14 52.24
		350m: 5:49.36 51.22
		400m: 6:40.09 50.73
6. Merve AYDIN	30 Ferdi	<b>6:48.37</b> 194
50m: 41.99 41.99	150m: 2:22.68 51.64	250m: 4:10.21 53.84
100m: 1:31.04 49.05	200m: 3:16.37 53.69	300m: 5:04.92 54.71
		350m: 5:58.96 54.04
		400m: 6:48.37 49.41
7. eyda KAYA	33 Yüzme Idman Yurdu Spor Kulübü	<b>8:29.60</b> 99
50m: 53.91 53.91	150m: 2:58.57 1:04.87	250m: 5:11.40 1:07.31
100m: 1:53.70 59.79	200m: 4:04.09 1:05.52	300m: 6:19.32 1:07.92
		350m: 7:26.43 1:07.11
		400m: 8:29.60 1:03.17
8. Hilal AH N ÜNAL	34 Ferdi	<b>9:12.99</b> 78
<i>BARAJ GEÇEMEM T R</i>		
50m: 53.47 53.47	150m: 3:05.50 1:09.26	250m: 5:32.26 1:14.34
100m: 1:56.24 1:02.77	200m: 4:17.92 1:12.42	300m: 6:44.24 1:11.98
		350m: 8:00.43 1:16.19
		400m: 9:12.99 1:12.56
disk. Ece GÜLER	30 İstanbul Triatlon Spor Kulübü Derne i	
<i>SW 10.2 - Bir yüzücü sıralamaya girebilmesi için öngörülen mesafeyi tek ba ina yüzüp bitirmeden (Zaman: 11:32)</i>		
50m: 59.91 59.91	100m: 2:11.55 1:11.64	

35 - 39 ya ları arası

1. Didem Y G T	36 Ferdi	<b>6:12.81</b> 255
50m: 40.68 40.68	150m: 2:13.64 48.21	250m: 3:50.00 48.45
100m: 1:25.43 44.75	200m: 3:01.55 47.91	300m: 4:38.43 48.43
		350m: 5:27.19 48.76
		400m: 6:12.81 45.62
2. Eda POYRAZ	36 Balkan Ye ilba lar Spor Kulübü	<b>7:53.49</b> 124
50m: 49.42 49.42	150m: 2:45.70 59.50	250m: 4:50.97 1:01.83
100m: 1:46.20 56.78	200m: 3:49.14 1:03.44	300m: 5:54.23 1:03.26
		350m: 6:56.75 1:02.52
		400m: 7:53.49 56.74
3. Ezgi YAZICI	38 İstanbul Triatlon Spor Kulübü Derne i	<b>8:20.33</b> 105
50m: 52.94 52.94	150m: 2:57.77 1:02.82	250m: 5:10.37 1:06.31
100m: 1:54.95 1:02.01	200m: 4:04.06 1:06.29	300m: 6:15.26 1:04.89
		350m: 7:20.40 1:05.14
		400m: 8:20.33 59.93
4. ıraz KÖREZL O LU	36 Yüzme Idman Yurdu Spor Kulübü	<b>8:24.53</b> 102
50m: 59.04 59.04	150m: 3:03.71 1:03.20	250m: 5:14.13 1:05.67
100m: 2:00.51 1:01.47	200m: 4:08.46 1:04.75	300m: 6:20.08 1:05.95
		350m: 7:24.94 1:04.86
		400m: 8:24.53 59.59
5. Meryem Tu çe AYVALI	36 Ferdi	<b>8:25.26</b> 102
50m: 1:03.87 1:03.87	150m: 3:05.83 1:03.12	300m: 6:15.27 1:03.89
100m: 2:02.71 58.84	250m: 5:11.38 2:05.55	350m: 7:21.08 1:05.81
		400m: 8:25.26 1:04.18
6. Sezin ALEV	36 Zeplin Spor Kulübü	<b>8:32.55</b> 98
50m: 43.27 43.27	150m: 2:44.69 1:05.40	250m: 5:05.18 1:10.87
100m: 1:39.29 56.02	200m: 3:54.31 1:09.62	300m: 6:14.94 1:09.76
		350m: 7:25.32 1:10.38
		400m: 8:32.55 1:07.23
7. Ece ALTUNBOZAR	36 Battal Yüzme Ve Triatlon Spor Kulübü	<b>8:41.47</b> 93
50m: 50.92 50.92	150m: 3:02.95 1:09.81	250m: 5:19.51 1:07.24
100m: 1:53.14 1:02.22	200m: 4:12.27 1:09.32	300m: 6:28.92 1:09.41
		350m: 7:36.07 1:07.15
		400m: 8:41.47 1:05.40
8. Tuba DEM RC	37 Yüzme Idman Yurdu Spor Kulübü	<b>9:08.03</b> 80
<i>BARAJ GEÇEMEM T R</i>		
100m: 2:05.08 2:05.08	200m: 4:27.54 1:10.02	300m: 6:49.23 1:10.36
150m: 3:17.52 1:12.44	250m: 5:38.87 1:11.33	350m: 7:59.45 1:10.22
		400m: 9:08.03 1:08.58

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Yarı 10, Bayanlar, 400m Serbest, 35 - 39 ya ları arası

Sıra	Ya	Zaman Derece
9. Ay e YENER USLU BARAJ GEÇEMEM T R	37 Yüzme Idman Yurdu Spor Kulübü	<b>9:38.73</b> 68
50m: 58.33 58.33 150m: 3:22.79 1:13.61 250m: 5:59.78 1:20.68 350m: 8:30.59 1:12.98		
100m: 2:09.18 1:10.85 200m: 4:39.10 1:16.31 300m: 7:17.61 1:17.83 400m: 9:38.73 1:08.14		
10. Eda GEM C BARAJ GEÇEMEM T R	39 Yüzme Idman Yurdu Spor Kulübü	<b>9:47.94</b> 65
50m: 57.43 57.43 150m: 3:20.59 1:13.24 250m: 5:56.10 1:18.64 350m: 8:36.04 1:22.31		
100m: 2:07.35 1:09.92 200m: 4:37.46 1:16.87 300m: 7:13.73 1:17.63 400m: 9:47.94 1:11.90		

40 - 44 ya ları arası

1. Gül ah GÜNENÇ ELER YEN TÜRK YE REKORU	40 Adalar Su Sporları Kulübü Derne i	<b>5:15.25</b> 421
50m: 35.53 35.53 150m: 1:53.97 39.86 250m: 3:15.46 40.93 350m: 4:36.50 40.20		
100m: 1:14.11 38.58 200m: 2:34.53 40.56 300m: 3:56.30 40.84 400m: 5:15.25 38.75		
2. Sibel SALMAN	41 Türk Silahlı Kuvvetleri Spor Gücü	<b>6:09.13</b> 262
50m: 38.56 38.56 150m: 2:08.15 46.19 250m: 3:43.78 48.18 350m: 5:21.92 49.38		
100m: 1:21.96 43.40 200m: 2:55.60 47.45 300m: 4:32.54 48.76 400m: 6:09.13 47.21		
3. Özlem CANBELDEK AKIN	42 Ferdi	<b>6:38.55</b> 208
50m: 40.48 40.48 150m: 2:16.15 50.46 250m: 3:58.71 52.77 350m: 5:47.75 54.74		
100m: 1:25.69 45.21 200m: 3:05.94 49.79 300m: 4:53.01 54.30 400m: 6:38.55 50.80		
4. İ il ÖZGANAN	40 Ankara Triatlon Spor Kulübü	<b>6:54.78</b> 185
50m: 44.52 44.52 150m: 2:29.75 54.23 250m: 4:19.21 54.51 350m: 6:05.13 52.78		
100m: 1:35.52 51.00 200m: 3:24.70 54.95 300m: 5:12.35 53.14 400m: 6:54.78 49.65		
5. Rositza GOSEVA	44 Sc Damını Masters	<b>7:00.31</b> 178
50m: 46.93 46.93 150m: 2:32.77 54.40 300m: 5:15.15 1:48.25 400m: 7:00.31 51.25		
100m: 1:38.37 51.44 200m: 3:26.90 54.13 350m: 6:09.06 53.91		
6. Miray NUMANO LU	41 Üsküdar Su Sporları S.K	<b>7:16.92</b> 158
50m: 47.83 47.83 150m: 2:38.25 55.92 250m: 4:32.20 57.04 350m: 6:22.87 55.13		
100m: 1:42.33 54.50 200m: 3:35.16 56.91 300m: 5:27.74 55.54 400m: 7:16.92 54.05		
7. İrem SÖNMEZ	41 Ferdi	<b>7:24.89</b> 150
50m: 44.51 44.51 150m: 2:38.22 58.63 250m: 4:33.36 58.05 350m: 6:30.78 58.89		
100m: 1:39.59 55.08 200m: 3:35.31 57.09 300m: 5:31.89 58.53 400m: 7:24.89 54.11		
8. Seda KANBURO LU	42 Yapı kredi Spor Kulübü	<b>7:39.59</b> 136
50m: 49.28 49.28 200m: 3:41.51 1:56.38 300m: 5:43.16 1:01.09 400m: 7:39.59 57.45		
100m: 1:45.13 55.85 250m: 4:42.07 1:00.56 350m: 6:42.14 58.98		
9. Belin ALKAN	43 Yüzme Idman Yurdu Spor Kulübü	<b>7:44.24</b> 132
50m: 46.11 46.11 150m: 2:44.05 1:00.40 250m: 4:47.50 1:01.53 350m: 6:49.31 1:01.08		
100m: 1:43.65 57.54 200m: 3:45.97 1:01.92 300m: 5:48.23 1:00.73 400m: 7:44.24 54.93		
10. Zeynep Damla KADIO LU	42 Battal Yüzme Ve Triatlon Spor Kulübü	<b>8:24.11</b> 103
50m: 51.04 51.04 150m: 2:56.55 1:05.69 250m: 5:08.33 1:05.63 350m: 7:19.61 1:06.39		
100m: 1:50.86 59.82 200m: 4:02.70 1:06.15 300m: 6:13.22 1:04.89 400m: 8:24.11 1:04.50		
11. Seçil TURAN YE LYURT	44 Yüzme Idman Yurdu Spor Kulübü	<b>8:39.23</b> 94
50m: 50.41 50.41 150m: 3:00.99 1:08.31 250m: 5:17.97 1:08.27 350m: 7:37.12 1:10.05		
100m: 1:52.68 1:02.27 200m: 4:09.70 1:08.71 300m: 6:27.07 1:09.10 400m: 8:39.23 1:02.11		
12. Marina GACTO SANCHEZ	41 Sinop Yüzme Ve Cimnastik Kulübü	<b>8:42.84</b> 92
50m: 57.30 57.30 150m: 3:07.89 1:07.56 250m: 5:25.72 1:09.78 350m: 7:40.66 1:05.97		
100m: 2:00.33 1:03.03 200m: 4:15.94 1:08.05 300m: 6:34.69 1:08.97 400m: 8:42.84 1:02.18		
13. Sıla ÖZÇEL K YENER BARAJ GEÇEMEM T R	44 Yüzme Idman Yurdu Spor Kulübü	<b>9:44.03</b> 66
50m: 1:03.31 1:03.31 150m: 3:32.69 1:17.87 250m: 6:02.64 1:15.55 350m: 8:32.35 1:13.50		
100m: 2:14.82 1:11.51 200m: 4:47.09 1:14.40 300m: 7:18.85 1:16.21 400m: 9:44.03 1:11.68		

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Yarı 10, Bayanlar, 400m Serbest

45 - 49 ya ları arası

1.	Olga TOROS	48	Istanbul Yüzme Ihtisas Spor Kulübü	<b>6:09.69</b>	261
	50m: 38.88 38.88	150m: 2:12.54 47.87	250m: 3:48.80 47.85	350m: 5:24.42 48.45	
	100m: 1:24.67 45.79	200m: 3:00.95 48.41	300m: 4:35.97 47.17	400m: 6:09.69 45.27	
2.	Fatma Gül ÇAVU	47	Sdc Yüzme Spor Kulübü	<b>6:35.63</b>	213
	50m: 40.48 40.48	150m: 2:19.66 50.49	250m: 4:01.27 51.10	350m: 5:44.73 51.84	
	100m: 1:29.17 48.69	200m: 3:10.17 50.51	300m: 4:52.89 51.62	400m: 6:35.63 50.90	
3.	üle URASO LU	49	Ferdi	<b>7:40.30</b>	135
	50m: 50.56 50.56	150m: 2:48.89 59.43	250m: 4:47.36 1:00.25	350m: 6:45.73 58.69	
	100m: 1:49.46 58.90	200m: 3:47.11 58.22	300m: 5:47.04 59.68	400m: 7:40.30 54.57	
4.	Tu ba OLGUNGÜL	46	Okto Spor Kulübü	<b>7:44.12</b>	132
	50m: 45.63 45.63	150m: 2:39.08 58.53	300m: 5:42.99 2:03.52	400m: 7:44.12 1:00.75	
	100m: 1:40.55 54.92	200m: 3:39.47 1:00.39	350m: 6:43.37 1:00.38		
5.	Günce TOPAL	47	Yapıkredi Spor Klübü	<b>8:02.39</b>	117
	50m: 54.86 54.86	150m: 2:56.71 1:01.81	250m: 5:01.53 1:03.08	350m: 7:05.36 1:01.92	
	100m: 1:54.90 1:00.04	200m: 3:58.45 1:01.74	300m: 6:03.44 1:01.91	400m: 8:02.39 57.03	
6.	Gökçe PAKSOY	49	Battal Yüzme Ve Triatlon Spor Klubü	<b>8:39.86</b>	94
	50m: 52.78 52.78	150m: 3:02.80 1:06.83	250m: 5:20.43 1:09.67	350m: 7:36.94 1:08.88	
	100m: 1:55.97 1:03.19	200m: 4:10.76 1:07.96	300m: 6:28.06 1:07.63	400m: 8:39.86 1:02.92	
7.	Irem ERG N	49	Ferdi	<b>9:02.64</b>	82
	50m: 50.63 50.63	150m: 3:05.43 1:09.78	250m: 5:28.83 1:15.07	350m: 7:54.86 1:14.22	
	100m: 1:55.65 1:05.02	200m: 4:13.76 1:08.33	300m: 6:40.64 1:11.81	400m: 9:02.64 1:07.78	
8.	Gülşen Burcu ERDEM R	48	Yüzme Idman Yurdu Spor Kulübü	<b>9:51.73</b>	63
	50m: 59.15 59.15	150m: 3:27.40 1:15.49	250m: 6:02.59 1:18.69	350m: 8:43.64 1:21.70	
	100m: 2:11.91 1:12.76	200m: 4:43.90 1:16.50	300m: 7:21.94 1:19.35	400m: 9:51.73 1:08.09	
9.	Sema ÖNER	45	Ferdi	<b>11:15.86</b>	42
	<i>BARAJ GEÇEMEM T R</i>				
	100m: 1:14.40 1:14.40	250m: 6:57.52 1:25.14	400m: 11:15.86 2:51.25		
	200m: 5:32.38 4:17.98	300m: 8:24.61 1:27.09			

50 - 54 ya ları arası

1.	Özlem ÖR	51	Galatasaray Spor Kulübü	<b>5:50.29</b>	307
	50m: 38.64 38.64	150m: 2:04.16 43.71	250m: 3:33.94 45.13	350m: 5:05.42 46.06	
	100m: 1:20.45 41.81	200m: 2:48.81 44.65	300m: 4:19.36 45.42	400m: 5:50.29 44.87	
2.	Nida ÖZDEM R	51	Yapıkredi Spor Klübü	<b>6:15.28</b>	250
	50m: 37.48 37.48	150m: 2:10.80 49.12	250m: 3:50.75 50.10	350m: 5:28.40 48.48	
	100m: 1:21.68 44.20	200m: 3:00.65 49.85	300m: 4:39.92 49.17	400m: 6:15.28 46.88	
3.	Aslıhan AKAN	50	Frekans Yüzme Akademisi Spor Kulübü	<b>6:59.93</b>	178
	50m: 46.02 46.02	150m: 2:31.38 55.39	250m: 4:20.96 54.39	350m: 6:07.57 53.57	
	100m: 1:35.99 49.97	200m: 3:26.57 55.19	300m: 5:14.00 53.04	400m: 6:59.93 52.36	
4.	Sibel TUNA	52	Türk Silahlı Kuvvetleri Spor Gücü	<b>8:53.19</b>	87
	50m: 59.22 59.22	200m: 4:21.78 1:05.73	300m: 6:40.43 1:09.05	400m: 8:53.19 1:02.77	
	150m: 3:16.05 2:16.83	250m: 5:31.38 1:09.60	350m: 7:50.42 1:09.99		
5.	Dilek NAYIR	52	Yüzme Idman Yurdu Spor Kulübü	<b>9:49.90</b>	64
	50m: 1:01.15 1:01.15	150m: 3:27.29 1:14.93	250m: 6:01.42 1:16.43	350m: 8:37.78 1:17.47	
	100m: 2:12.36 1:11.21	200m: 4:44.99 1:17.70	300m: 7:20.31 1:18.89	400m: 9:49.90 1:12.12	
6.	Mür ide Zümrüt OLCAY	52	0	<b>11:25.13</b>	41
	<i>BARAJ GEÇEMEM T R</i>				
	50m: 1:08.82 1:08.82	150m: 3:49.66 1:25.53	250m: 6:54.11 1:33.89	350m: 9:56.62 1:29.12	
	100m: 2:24.13 1:15.31	200m: 5:20.22 1:30.56	300m: 8:27.50 1:33.39	400m: 11:25.13 1:28.51	

ULUSLARARASI MASTERLAR UZUN KULVAR YÜZME AMP YONASI  
ED RNE, 7. - 9.2.2025

Yarı 10, Bayanlar, 400m Serbest

55 - 59 ya ları arası

1. Ay e Deniz GEMALMAZ	59	Üsküdar Su Sporları S.K	<b>8:16.90</b>	107
50m: 52.27 52.27	150m: 2:54.93 1:03.10	250m: 5:03.12 1:04.31	350m: 7:16.29 1:07.08	
100m: 1:51.83 59.56	200m: 3:58.81 1:03.88	300m: 6:09.21 1:06.09	400m: 8:16.90 1:00.61	

60 - 64 ya ları arası

1. Zehra AKARPINAR <i>YEN TÜRK YE REKORU</i>	62	Üsküdar Su Sporları S.K	<b>6:42.41</b>	202
50m: 42.14 42.14	150m: 2:20.68 50.00	250m: 4:04.85 50.98	350m: 5:50.53 51.13	
100m: 1:30.68 48.54	200m: 3:13.87 53.19	300m: 4:59.40 54.55	400m: 6:42.41 51.88	
2. Ay e Yasemin BA ANA	60	Ibb Spor Kulübü	<b>6:59.81</b>	178
50m: 46.98 46.98	150m: 2:34.03 53.22	250m: 4:21.28 53.20	350m: 6:07.91 51.52	
100m: 1:40.81 53.83	200m: 3:28.08 54.05	300m: 5:16.39 55.11	400m: 6:59.81 51.90	
3. Vendi Filiz ED Z	63	Üsküdar Su Sporları S.K	<b>7:03.96</b>	173
50m: 42.53 42.53	150m: 2:28.58 54.15	250m: 4:19.21 55.22	400m: 7:03.96 1:49.20	
100m: 1:34.43 51.90	200m: 3:23.99 55.41	300m: 5:14.76 55.55		
4. Deniz GÜLER	60	Üsküdar Su Sporları S.K	<b>7:59.98</b>	119
50m: 53.16 53.16	150m: 2:55.53 1:01.83	250m: 4:58.80 1:02.14	350m: 7:02.96 1:02.14	
100m: 1:53.70 1:00.54	200m: 3:56.66 1:01.13	300m: 6:00.82 1:02.02	400m: 7:59.98 57.02	
5. Yıldız KIRHAN	63	Istanbul Yıldızlar Yüzme Spor Kulübü	<b>9:49.63</b>	64
50m: 1:07.57 1:07.57	150m: 3:32.06 1:14.54	250m: 6:03.59 1:15.32	350m: 8:34.44 1:15.60	
100m: 2:17.52 1:09.95	200m: 4:48.27 1:16.21	300m: 7:18.84 1:15.25	400m: 9:49.63 1:15.19	

65 - 69 ya ları arası

1. Ay e Mehtap VARDIO LU <i>YEN TÜRK YE REKORU</i>	66	Marmaris Yıldızları Gençlik Ve Spor Kulübü	<b>7:26.22</b>	148
50m: 49.14 49.14	150m: 2:38.73 56.92	250m: 4:33.27 56.39	350m: 6:30.23 58.04	
100m: 1:41.81 52.67	200m: 3:36.88 58.15	300m: 5:32.19 58.92	400m: 7:26.22 55.99	

70 - 74 ya ları arası

1. Lale KOHEN TAYS <i>YEN TÜRK YE REKORU</i>	72	Albatros Spor Kulübü	<b>8:49.03</b>	89
50m: 55.39 55.39	150m: 3:05.15 1:06.55	250m: 5:19.38 1:06.75	350m: 7:37.86 1:08.95	
100m: 1:58.60 1:03.21	200m: 4:12.63 1:07.48	300m: 6:28.91 1:09.53	400m: 8:49.03 1:11.17	