

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

Event 10 Women, 400m Freestyle 18 years and older  
8.02.2025 Results

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

Points: FINA 2022

Rank Age Time Pts  
18 - 24 years

1. Sude Dila CAMUROGLU 22 Denizaslanı Spor Kulubu 5:11.67 436  
YEN TÜRK YE REKORU, (EN Y DERECE)

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. Doga CANTURK 21 Turk Silahlı Kuvvetleri Spor Gucu 6:39.72 207

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 years

1. Melisa SOYLUER 25 Odtu Spor Kulubu 5:42.40 329

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 SAHATCH EVA 28 Sc Damini Masters 6:55.17 184

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 Uskudar Su Sporları S.K 7:14.39 161

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. Senel MENEMENC OGLU 28 Yuzme ıdman Yurdu Spor Kulubu 7:33.24 142

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. ilgaz Azra AT LGAN 29 Yuzme ıdman Yurdu Spor Kulubu 8:03.79 116

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 Yuzme ıdman Yurdu Spor Kulubu 8:09.85 112

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 GONUL 29 Yuzme ıdman Yurdu Spor Kulubu 8:27.00 101

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 years

1. Nihal BALTO 32 Fmv ısıık Spor Kulubu 5:20.31 402  
YEN TÜRK YE REKORU

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. Ozgecan OZDEMIRCAN ZORLU 32 Ankara Triatlon Spor Kulubu 6:02.29 278

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

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

Event 10, Women, 400m Freestyle, 30 - 34 years

Rank			Age			Time	Pts	
3.	Sumeyra USTUNDAG		30	Zeplin Spor Kulubu		<b>6:08.55</b>	264	
	50m:	37.49 37.49	150m:	2:07.96 46.44	250m:	3:45.60 49.25	350m:	5:24.23 48.87
	100m:	1:21.52 44.03	200m:	2:56.35 48.39	300m:	4:35.36 49.76	400m:	6:08.55 44.32
4.	Greta GEORG EVA		33	Sc Damini Masters		<b>6:29.89</b>	223	
	50m:	43.17 43.17	150m:	2:21.76 49.74	250m:	4:02.03 49.65	350m:	5:43.32 49.85
	100m:	1:32.02 48.85	200m:	3:12.38 50.62	300m:	4:53.47 51.44	400m:	6:29.89 46.57
5.	Zeynep Birke TOKSOZ		31	Ferdî		<b>6:40.09</b>	206	
	50m:	42.68 42.68	150m:	2:21.23 49.94	250m:	4:05.90 51.81	350m:	5:49.36 51.22
	100m:	1:31.29 48.61	200m:	3:14.09 52.86	300m:	4:58.14 52.24	400m:	6:40.09 50.73
6.	Merve AYD N		30	Ferdî		<b>6:48.37</b>	194	
	50m:	41.99 41.99	150m:	2:22.68 51.64	250m:	4:10.21 53.84	350m:	5:58.96 54.04
	100m:	1:31.04 49.05	200m:	3:16.37 53.69	300m:	5:04.92 54.71	400m:	6:48.37 49.41
7.	Seyda KAYA		33	Yuzme ıdman Yurdu Spor Kulubu		<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	350m:	7:26.43 1:07.11
	100m:	1:53.70 59.79	200m:	4:04.09 1:05.52	300m:	6:19.32 1:07.92	400m:	8:29.60 1:03.17
8.	Hilal SAHIN UNAL BARAJ GEÇEMEM T R		34	Ferdî		<b>9:12.99</b>	78	
	50m:	53.47 53.47	150m:	3:05.50 1:09.26	250m:	5:32.26 1:14.34	350m:	8:00.43 1:16.19
	100m:	1:56.24 1:02.77	200m:	4:17.92 1:12.42	300m:	6:44.24 1:11.98	400m:	9:12.99 1:12.56
DSQ	Ece GULER		30	İstanbul Triatlon Spor Kulubu Derneđi				
	<i>SW 10.2 - Bir yüzücü sıralamaya girebilmesi için öngörülen mesafeyi tek ba ına yüzüp bitirmeden inden (Time: 11:32)</i>							
	50m:	59.91 59.91	100m:	2:11.55 1:11.64				

35 - 39 years

1.	Didem Y G T		36	Ferdî		<b>6:12.81</b>	255	
	50m:	40.68 40.68	150m:	2:13.64 48.21	250m:	3:50.00 48.45	350m:	5:27.19 48.76
	100m:	1:25.43 44.75	200m:	3:01.55 47.91	300m:	4:38.43 48.43	400m:	6:12.81 45.62
2.	Eda POYRAZ		36	Balkan Yesilbaglar Spor Kuluebue		<b>7:53.49</b>	124	
	50m:	49.42 49.42	150m:	2:45.70 59.50	250m:	4:50.97 1:01.83	350m:	6:56.75 1:02.52
	100m:	1:46.20 56.78	200m:	3:49.14 1:03.44	300m:	5:54.23 1:03.26	400m:	7:53.49 56.74
3.	Ezgi YAZ C		38	İstanbul Triatlon Spor Kulubu Derneđi		<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	350m:	7:20.40 1:05.14
	100m:	1:54.95 1:02.01	200m:	4:04.06 1:06.29	300m:	6:15.26 1:04.89	400m:	8:20.33 59.93
4.	iraz KOREZLIOGLU		36	Yuzme ıdman Yurdu Spor Kulubu		<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	350m:	7:24.94 1:04.86
	100m:	2:00.51 1:01.47	200m:	4:08.46 1:04.75	300m:	6:20.08 1:05.95	400m:	8:24.53 59.59
5.	Meryem Tugce AYVAL		36	Ferdî		<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	400m:	8:25.26 1:04.18
	100m:	2:02.71 58.84	250m:	5:11.38 2:05.55	350m:	7:21.08 1:05.81		
6.	Sezin ALEV		36	Zeplin Spor Kulubu		<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	350m:	7:25.32 1:10.38
	100m:	1:39.29 56.02	200m:	3:54.31 1:09.62	300m:	6:14.94 1:09.76	400m:	8:32.55 1:07.23
7.	Ece ALTUNBOZAR		36	Battal Yuzme Ve Triatlon Spor Klubu		<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	350m:	7:36.07 1:07.15
	100m:	1:53.14 1:02.22	200m:	4:12.27 1:09.32	300m:	6:28.92 1:09.41	400m:	8:41.47 1:05.40
8.	Tuba DEM RC BARAJ GEÇEMEM T R		37	Yuzme ıdman Yurdu Spor Kulubu		<b>9:08.03</b>	80	
	100m:	2:05.08 2:05.08	200m:	4:27.54 1:10.02	300m:	6:49.23 1:10.36	400m:	9:08.03 1:08.58
	150m:	3:17.52 1:12.44	250m:	5:38.87 1:11.33	350m:	7:59.45 1:10.22		

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

Event 10, Women, 400m Freestyle, 35 - 39 years

Rank	Age	Time	Pts
9.	37	<b>9:38.73</b>	68
Ayse YENER USLU <i>BARAJ GEÇEMEM T R</i> Yuzme ıdman Yurdu Spor Kulubu			
50m:	58.33	58.33	150m: 3:22.79
100m:	2:09.18	1:10.85	200m: 4:39.10
			250m: 5:59.78
			300m: 7:17.61
			350m: 8:30.59
			400m: 9:38.73
			1:12.98
			1:08.14
10.	39	<b>9:47.94</b>	65
Eda GEM C <i>BARAJ GEÇEMEM T R</i> Yuzme ıdman Yurdu Spor Kulubu			
50m:	57.43	57.43	150m: 3:20.59
100m:	2:07.35	1:09.92	200m: 4:37.46
			250m: 5:56.10
			300m: 7:13.73
			350m: 8:36.04
			400m: 9:47.94
			1:22.31
			1:11.90

40 - 44 years

1.	40	<b>5:15.25</b>	421
Gulsah GUNENC ELER <i>YEN TÜRK YE REKORU</i> Adalar Su Sporları Kulubu Dernegi			
50m:	35.53	35.53	150m: 1:53.97
100m:	1:14.11	38.58	200m: 2:34.53
			250m: 3:15.46
			300m: 3:56.30
			350m: 4:36.50
			400m: 5:15.25
			40.20
			38.75
2.	41	<b>6:09.13</b>	262
Sibel SALMAN Turk Silahlı Kuvvetleri Spor Gucu			
50m:	38.56	38.56	150m: 2:08.15
100m:	1:21.96	43.40	200m: 2:55.60
			250m: 3:43.78
			300m: 4:32.54
			350m: 5:21.92
			400m: 6:09.13
			49.38
			47.21
3.	42	<b>6:38.55</b>	208
Ozlem CANBELDEK AK N Ferdı			
50m:	40.48	40.48	150m: 2:16.15
100m:	1:25.69	45.21	200m: 3:05.94
			250m: 3:58.71
			300m: 4:53.01
			350m: 5:47.75
			400m: 6:38.55
			54.74
			50.80
4.	40	<b>6:54.78</b>	185
isil OZGANAN Ankara Triatlon Spor Kulubu			
50m:	44.52	44.52	150m: 2:29.75
100m:	1:35.52	51.00	200m: 3:24.70
			250m: 4:19.21
			300m: 5:12.35
			350m: 6:05.13
			400m: 6:54.78
			52.78
			49.65
5.	44	<b>7:00.31</b>	178
Rositza GOSEVA Sc Damini Masters			
50m:	46.93	46.93	150m: 2:32.77
100m:	1:38.37	51.44	200m: 3:26.90
			250m: 4:15.15
			300m: 5:15.15
			350m: 6:09.06
			400m: 7:00.31
			51.25
6.	41	<b>7:16.92</b>	158
Miray NUMANOGLU Uskudar Su Sporları S.K			
50m:	47.83	47.83	150m: 2:38.25
100m:	1:42.33	54.50	200m: 3:35.16
			250m: 4:32.20
			300m: 5:27.74
			350m: 6:22.87
			400m: 7:16.92
			55.13
			54.05
7.	41	<b>7:24.89</b>	150
Irem SONMEZ Ferdı			
50m:	44.51	44.51	150m: 2:38.22
100m:	1:39.59	55.08	200m: 3:35.31
			250m: 4:33.36
			300m: 5:31.89
			350m: 6:30.78
			400m: 7:24.89
			58.89
			54.11
8.	42	<b>7:39.59</b>	136
Seda KANBUROGLU Yapıkredi Spor Kulubu			
50m:	49.28	49.28	150m: 3:41.51
100m:	1:45.13	55.85	200m: 4:42.07
			250m: 5:43.16
			300m: 6:42.14
			350m: 7:39.59
			400m: 8:39.59
			57.45
9.	43	<b>7:44.24</b>	132
Belin ALKAN Yuzme ıdman Yurdu Spor Kulubu			
50m:	46.11	46.11	150m: 2:44.05
100m:	1:43.65	57.54	200m: 3:45.97
			250m: 4:47.50
			300m: 5:48.23
			350m: 6:49.31
			400m: 7:44.24
			1:01.08
			54.93
10.	42	<b>8:24.11</b>	103
Zeynep Damla KAD OGLU Battal Yuzme Ve Triatlon Spor Kulubu			
50m:	51.04	51.04	150m: 2:56.55
100m:	1:50.86	59.82	200m: 4:02.70
			250m: 5:08.33
			300m: 6:13.22
			350m: 7:19.61
			400m: 8:24.11
			1:06.39
			1:04.50
11.	44	<b>8:39.23</b>	94
Secil TURAN YES LYURT Yuzme ıdman Yurdu Spor Kulubu			
50m:	50.41	50.41	150m: 3:00.99
100m:	1:52.68	1:02.27	200m: 4:09.70
			250m: 5:17.97
			300m: 6:27.07
			350m: 7:37.12
			400m: 8:39.23
			1:10.05
			1:02.11
12.	41	<b>8:42.84</b>	92
Marina GACTO SANCHEZ Sinop Yuzme Ve Cimnastık Kulubu			
50m:	57.30	57.30	150m: 3:07.89
100m:	2:00.33	1:03.03	200m: 4:15.94
			250m: 5:25.72
			300m: 6:34.69
			350m: 7:40.66
			400m: 8:42.84
			1:05.97
			1:02.18
13.	44	<b>9:44.03</b>	66
Sıla OZCELIK YENER <i>BARAJ GEÇEMEM T R</i> Yuzme ıdman Yurdu Spor Kulubu			
50m:	1:03.31	1:03.31	150m: 3:32.69
100m:	2:14.82	1:11.51	200m: 4:47.09
			250m: 6:02.64
			300m: 7:18.85
			350m: 8:32.35
			400m: 9:44.03
			1:13.50
			1:11.68

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

Event 10, Women, 400m Freestyle

45 - 49 years

1.	Olga TOROS	48	Istanbul Yuzme ihtisas Spor Kulubu	<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 Gul CAVUS	47	Sdc Yuzme Spor Kulubu	<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.	Sule URASOGLU	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.	Tugba OLGUNGUEL	46	Okto Spor Kuluebue	<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.	Gunce TOPAL	47	Yapikredi Spor Klubu	<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.	Gokce PAKSOY	49	Battal Yuzme Ve Triatlon Spor Klubu	<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.	Gulsen Burcu ERDEM R	48	Yuzme idman Yurdu Spor Kulubu	<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 ONER	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 years

1.	Ozlem OR	51	Galatasaray Spor Kulubu	<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 OZDEMIR	51	Yapikredi Spor Klubu	<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.	Aslihan AKAN	50	Frekans Yuzme Akademisi Spor Kulubu	<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	Turk Silahlı Kuvvetleri Spor Gucu	<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 NAY R	52	Yuzme idman Yurdu Spor Kulubu	<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.	Murside Zumrut 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

Event 10, Women, 400m Freestyle

55 - 59 years

1. Ayse Deniz GEMALMAZ	59	Uskudar 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 years

1. Zehra AKARP NAR	62	Uskudar Su Sporları S.K	<b>6:42.41</b>	202
<i>YEN TÜRK YE REKORU</i>				
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. Ayse Yasemin BAGANA	60	İbb Spor Kulubu	<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	Uskudar 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 GULER	60	Uskudar 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 K RHAN	63	İstanbul Yıldızlar Yuzme Spor Kulubu	<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 years

1. Ayse Mehtap VARD OGLU	66	Marmaris Yıldızları Gençlik Ve Spor Kulübü	<b>7:26.22</b>	148
<i>YEN TÜRK YE REKORU</i>				
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 years

1. Lale KOHEN TAYS	72	Albatros Spor Kulübü	<b>8:49.03</b>	89
<i>YEN TÜRK YE REKORU</i>				
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	