

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

Yarı 23
8.02.2025

Bayanlar, 400m Karı ık

18 ya ve büyükler
Sonuçlar

MASTER UZUN K.R 70 - 74	12:00.00										
MASTER UZUN K.R 65 - 69	10:18.14	NESR N ARSLAN		ANKARA							11.11.2023
MASTER UZUN K.R 60 - 64	8:31.41	Manuela CO AR		ED RNE							10.12.2022
MASTER UZUN K.R 55 - 59	7:02.41	Pınar IDEL		ED RNE							10.12.2022
MASTER UZUN K.R 50 - 54	7:23.94	H. Nur GÖRKEML		ZM R							5.07.2019
MASTER UZUN K.R 45 - 49	6:22.61	ZEYNEP D LEK GEREZ TURGAY		DOHA							3.03.2024
MASTER UZUN K.R 40 - 44	6:09.06	PINAR ARPINAR AV AR		ANKARA							11.11.2023
MASTER UZUN K.R 35 - 39	6:11.31	ZEYNEP D LEK GEREZ TURGAY		ANKARA							10.11.2014
MASTER UZUN K.R 30 - 34	6:00.67	Nihal BALTO	166	ANKARA							10.11.2024
MASTER UZUN K.R 25 - 29	5:54.17	D LARA DEM REL		KAZAN							11.08.2015
MASTER UZUN K.R 18 - 24	6:00.00										

Puanlar: FINA 2022

Sıra Ya Zaman Derece
25 - 29 ya ları arası

1. Aylar MAREFAT GARGARI	27	Istanbul Yıldızlar Yüzme Spor Kulübü	8:01.69	169
50m: 53.58 53.58	150m: 3:01.04 1:06.29	250m: 5:05.85 1:01.38	350m: 7:04.99	56.37
100m: 1:54.75 1:01.17	200m: 4:04.47 1:03.43	300m: 6:08.62 1:02.77	400m: 8:01.69	56.70

30 - 34 ya ları arası

1. Nihal BALTO	32	Fmv ık Spor Kulübü	5:54.81	423
<i>YEN TÜRK YE REKORU</i>				
50m: 36.49 36.49	150m: 2:04.88 45.59	250m: 3:42.24 50.26	350m: 5:14.63	42.32
100m: 1:19.29 42.80	200m: 2:51.98 47.10	300m: 4:32.31 50.07	400m: 5:54.81	40.18
2. Sümeyra ÜSTÜNDA	30	Zeplin Spor Kulübü	6:56.74	261
50m: 39.78 39.78	150m: 2:25.75 54.10	250m: 4:21.78 1:00.15	350m: 6:10.18	47.18
100m: 1:31.65 51.87	200m: 3:21.63 55.88	300m: 5:23.00 1:01.22	400m: 6:56.74	46.56
3. Melike AKKAYA	34	Zeplin Spor Kulübü	7:29.41	208
50m: 48.19 48.19	150m: 2:46.79 1:01.94	250m: 4:43.21 55.18	350m: 6:35.64	55.23
100m: 1:44.85 56.66	200m: 3:48.03 1:01.24	300m: 5:40.41 57.20	400m: 7:29.41	53.77

40 - 44 ya ları arası

1. İl ÖZGANAN	40	Ankara Triatlon Spor Kulübü	7:58.89	172
50m: 53.38 53.38	150m: 3:03.58 1:03.13	250m: 5:10.45 1:05.69	400m: 7:58.89	51.36
100m: 2:00.45 1:07.07	200m: 4:04.76 1:01.18	350m: 7:07.53 1:57.08		

45 - 49 ya ları arası

1. Dana BIBISIDOU	49	Ofkserres	6:29.11	320
50m: 39.09 39.09	150m: 2:22.39 49.95	250m: 4:07.84 56.45	350m: 5:48.74	40.80
100m: 1:32.44 53.35	200m: 3:11.39 49.00	300m: 5:07.94 1:00.10	400m: 6:29.11	40.37
2. Olga TOROS	48	Istanbul Yüzme İhtisas Spor Kulübü	7:19.67	222
50m: 45.87 45.87	150m: 2:43.36 58.16	250m: 4:41.58 1:00.18	350m: 6:32.04	50.76
100m: 1:45.20 59.33	200m: 3:41.40 58.04	300m: 5:41.28 59.70	400m: 7:19.67	47.63
3. Zeynep Burcu GÜCEL O LU	49	Istanbul Teknik Üniversitesi Spor Kulübü	8:39.91	134
50m: 57.08 57.08	150m: 3:06.41 1:03.55	250m: 5:24.29 1:16.38	350m: 7:41.70	58.89
100m: 2:02.86 1:05.78	200m: 4:07.91 1:01.50	300m: 6:42.81 1:18.52	400m: 8:39.91	58.21

50 - 54 ya ları arası

1. Aikaterını MANIFRENTI	52	Nothakavalas	7:30.81	206
50m: 47.54 47.54	150m: 2:47.67 1:02.30	250m: 4:46.31 1:00.32	350m: 6:41.03	52.49
100m: 1:45.37 57.83	200m: 3:45.99 58.32	300m: 5:48.54 1:02.23	400m: 7:30.81	49.78
2. Özen Sanem D LEK	53	Istanbul Yüzme İhtisas Spor Kulübü	7:38.94	195
50m: 52.99 52.99	150m: 2:56.66 1:01.61	250m: 4:56.67 58.95	350m: 6:50.36	51.37
100m: 1:55.05 1:02.06	200m: 3:57.72 1:01.06	300m: 5:58.99 1:02.32	400m: 7:38.94	48.58

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Yarı 23, Bayanlar, 400m Karı ık

70 - 74 ya ları arası

1. Cahide eyma KOLAYLI	70	Galatasaray Spor Kulübü	11:15.92	61			
<i>YEN TÜRK YE REKORU, (EN Y DERECE)</i>							
50m: 1:06.85	1:06.85	150m: 3:45.41	1:18.81	250m: 6:53.89	1:50.84	350m: 10:02.14	1:12.30
100m: 2:26.60	1:19.75	200m: 5:03.05	1:17.64	300m: 8:49.84	1:55.95	400m: 11:15.92	1:13.78