

TÜRKİYE YÜZME FEDERASYONU 10-11-12 YAŞ ULUSAL GELİŞİM LİĞİ 1. ETAP MÜSABAKASI
BALIKESİR, 9. - 11.5.2025

Yarış 18

Kızlar, 400m Serbest

11 - 12 yaşları arası

10.05.2025 - 9:41

Sonuçlar

11 YAŞ BARAJLARI 11: 6:47.99 / 12 YAŞ BARAJLARI 12: 6:22.99

Puanlar: FINA 2024

YB	Zam	Derece	100m	200m	300m	400m
11 yaş						
Beren MUTAŞ 14 Albatros Yüzme Akademisi	5:15.17	416	1:12.28	1:20.00	1:22.27	1:20.62
11 YAŞ KATILIM BARAJINI GEÇTİ						
50m: 33.99 33.99 150m: 1:52.38 40.10 250m: 3:13.22 40.94 350m: 4:35.59 41.04						
100m: 1:12.28 38.29 200m: 2:32.28 39.90 300m: 3:54.55 41.33 400m: 5:15.17 39.58						
Defne KOCA 14 Denizyıldızları Spor Kulübü	5:20.76	395	1:17.09	1:22.90	1:22.20	1:18.57
11 YAŞ KATILIM BARAJINI GEÇTİ						
50m: 36.78 36.78 150m: 1:58.44 41.35 250m: 3:20.81 40.82 350m: 4:42.20 40.01						
100m: 1:17.09 40.31 200m: 2:39.99 41.55 300m: 4:02.19 41.38 400m: 5:20.76 38.56						
Esila ARGUÇ 14 Çelpa Spor Kulübü	5:34.52	348	1:16.30	1:25.28	1:27.19	1:25.75
11 YAŞ KATILIM BARAJINI GEÇTİ						
50m: 35.10 35.10 150m: 1:58.50 42.20 250m: 3:25.25 43.67 350m: 4:52.13 43.36						
100m: 1:16.30 41.20 200m: 2:41.58 43.08 300m: 4:08.77 43.52 400m: 5:34.52 42.39						
Defne YILMAZ 14 Tokat Gaziosmanpaşa Yüzme Kulübü	5:39.06	334	1:20.34	1:25.91	1:27.65	1:25.16
11 YAŞ KATILIM BARAJINI GEÇTİ						
50m: 38.19 38.19 150m: 2:01.95 41.61 250m: 3:29.76 43.51 350m: 4:56.88 42.98						
100m: 1:20.34 42.15 200m: 2:46.25 44.30 300m: 4:13.90 44.14 400m: 5:39.06 42.18						
Ada ŞAKAR 14 Fırtına Swimming Spor Kulübü	5:40.73	329	1:20.46	1:27.80	1:27.26	1:25.21
11 YAŞ KATILIM BARAJINI GEÇTİ						
50m: 38.41 38.41 150m: 2:04.34 43.88 250m: 3:31.94 43.68 350m: 4:59.17 43.65						
100m: 1:20.46 42.05 200m: 2:48.26 43.92 300m: 4:15.52 43.58 400m: 5:40.73 41.56						
Berrak Öykü KARACA 14 Çelpa Spor Kulübü	5:44.62	318	1:20.04	1:28.23	1:28.64	1:27.71
11 YAŞ KATILIM BARAJINI GEÇTİ						
50m: 37.29 37.29 150m: 2:04.08 44.04 250m: 3:32.40 44.13 350m: 5:01.75 44.84						
100m: 1:20.04 42.75 200m: 2:48.27 44.19 300m: 4:16.91 44.51 400m: 5:44.62 42.87						
Melis DÜZGÜN 14 V.A.M.O.S	5:50.10	303	1:20.40	1:27.96	1:31.23	1:30.51
11 YAŞ KATILIM BARAJINI GEÇTİ						
50m: 37.79 37.79 150m: 2:03.95 43.55 250m: 3:34.10 45.74 350m: 5:05.64 46.05						
100m: 1:20.40 42.61 200m: 2:48.36 44.41 300m: 4:19.59 45.49 400m: 5:50.10 44.46						
Erva ALTINTAŞ 14 İda Spor Kulübü	6:00.30	278	1:21.66	1:32.63	1:33.61	1:32.40
11 YAŞ KATILIM BARAJINI GEÇTİ						
50m: 37.86 37.86 150m: 2:08.09 46.43 250m: 3:41.16 46.87 350m: 5:15.15 47.25						
100m: 1:21.66 43.80 200m: 2:54.29 46.20 300m: 4:27.90 46.74 400m: 6:00.30 45.15						
Buğlem ÖZCANLI 14 İda Spor Kulübü	6:01.84	275	1:23.50	1:32.66	1:32.98	1:32.70
11 YAŞ KATILIM BARAJINI GEÇTİ						
50m: 39.46 39.46 150m: 2:09.68 46.18 250m: 3:42.53 46.37 350m: 5:15.95 46.81						
100m: 1:23.50 44.04 200m: 2:56.16 46.48 300m: 4:29.14 46.61 400m: 6:01.84 45.89						
Ela TEKİN 14 Su Spor Kulübü	6:13.76	249	1:22.81	1:36.99	1:38.29	1:35.67
11 YAŞ KATILIM BARAJINI GEÇTİ						
50m: 38.11 38.11 150m: 2:11.01 48.20 250m: 3:48.86 49.06 350m: 5:28.28 50.19						
100m: 1:22.81 44.70 200m: 2:59.80 48.79 300m: 4:38.09 49.23 400m: 6:13.76 45.48						
Defne HACIOĞLU 14 İda Spor Kulübü	6:21.75	234	1:23.74	1:37.66	1:41.22	1:39.13
11 YAŞ KATILIM BARAJINI GEÇTİ						
50m: 38.41 38.41 150m: 2:11.34 47.60 250m: 3:51.28 49.88 350m: 5:33.18 50.56						
100m: 1:23.74 45.33 200m: 3:01.40 50.06 300m: 4:42.62 51.34 400m: 6:21.75 48.57						
Gülşen Nur ALTIN 14 Su Spor Kulübü	6:37.47	207	1:28.39	1:40.90	1:43.15	1:45.03
11 YAŞ KATILIM BARAJINI GEÇTİ						
50m: 41.51 41.51 150m: 2:19.33 50.94 250m: 4:01.13 51.84 350m: 5:45.12 52.68						
100m: 1:28.39 46.88 200m: 3:09.29 49.96 300m: 4:52.44 51.31 400m: 6:37.47 52.35						

TÜRKİYE YÜZME FEDERASYONU 10-11-12 YAŞ ULUSAL GELİŞİM LİĞİ 1. ETAP MÜSABAKASI
BALIKESİR, 9. - 11.5.2025

Yarış 18, Kızlar, 400m Serbest, 11 yaş

		YB				ZamaneDerece		100m	200m	300m	400m
Cennet Su DEMİR		14	Beylikdüzü Yüzme Spor Kulübü					1:16.46	1:27.54		
LİSANS GEÇERLİLİK SÜRESİ DOLDUĞUNDAN											
50m:	34.15	34.15	150m:	1:59.85	43.39	250m:	3:28.43	44.43	350m:	4:55.20	
100m:	1:16.46	42.31	200m:	2:44.00	44.15	300m:			400m:		

12 yaş

Nil Zülal KARDİL			13	Denizyıldızları Spor Kulübü			4:56.98	497	1:10.32	1:16.09	1:16.13	1:14.44
12 YAŞ KATILIM BARAJINI GEÇTİ												
50m:	33.41	33.41	150m:	1:48.21	37.89	250m:	3:04.29	37.88	350m:	4:20.26	37.72	
100m:	1:10.32	36.91	200m:	2:26.41	38.20	300m:	3:42.54	38.25	400m:	4:56.98	36.72	
Melis OKKAN			13	Denizyıldızları Spor Kulübü			5:16.44	411	1:15.61	1:20.91	1:22.36	1:17.56
12 YAŞ KATILIM BARAJINI GEÇTİ												
50m:	36.15	36.15	150m:	1:56.00	40.39	250m:	3:17.35	40.83	350m:	4:38.72	39.84	
100m:	1:15.61	39.46	200m:	2:36.52	40.52	300m:	3:58.88	41.53	400m:	5:16.44	37.72	
Beril METE			13	Denizyıldızları Spor Kulübü			5:22.54	388	1:17.18	1:22.97	1:21.72	1:20.67
12 YAŞ KATILIM BARAJINI GEÇTİ												
50m:	36.88	36.88	150m:	1:58.50	41.32	250m:	3:20.74	40.59	350m:	4:42.89	41.02	
100m:	1:17.18	40.30	200m:	2:40.15	41.65	300m:	4:01.87	41.13	400m:	5:22.54	39.65	
Semra Ece DAĞLIOĞLU			13	Beylikdüzü Yüzme Spor Kulübü			5:26.75	373	1:14.42	1:23.83	1:25.45	1:23.05
12 YAŞ KATILIM BARAJINI GEÇTİ												
50m:	35.07	35.07	150m:	1:55.79	41.37	250m:	3:20.76	42.51	350m:	4:46.60	42.90	
100m:	1:14.42	39.35	200m:	2:38.25	42.46	300m:	4:03.70	42.94	400m:	5:26.75	40.15	
Sidra ZENGİN			13	Çelma Spor Kulübü			5:27.84	370	1:16.41	1:23.17	1:24.09	1:24.17
12 YAŞ KATILIM BARAJINI GEÇTİ												
50m:	36.01	36.01	150m:	1:57.70	41.29	250m:	3:21.61	42.03	350m:	4:46.51	42.84	
100m:	1:16.41	40.40	200m:	2:39.58	41.88	300m:	4:03.67	42.06	400m:	5:27.84	41.33	
Zehra BAKI			13	Bolu Gençlik Ve Spor İl Müc.			5:36.77	341	1:19.06	1:26.88	1:27.47	1:23.36
12 YAŞ KATILIM BARAJINI GEÇTİ												
50m:	37.30	37.30	150m:	2:02.16	43.10	250m:	3:30.45	44.51	350m:	4:56.39	42.98	
100m:	1:19.06	41.76	200m:	2:45.94	43.78	300m:	4:13.41	42.96	400m:	5:36.77	40.38	
Zeynep Zehra POLAT			13	V.A.M.O.S			5:37.16	340	1:19.93	1:25.73	1:26.80	1:24.70
12 YAŞ KATILIM BARAJINI GEÇTİ												
50m:	37.65	37.65	150m:	2:02.56	42.63	250m:	3:29.03	43.37	350m:	4:54.48	42.02	
100m:	1:19.93	42.28	200m:	2:45.66	43.10	300m:	4:12.46	43.43	400m:	5:37.16	42.68	
Azra ULUTAŞ			13	Albatros Yüzme Akademisi			5:39.09	334	1:20.28			
12 YAŞ KATILIM BARAJINI GEÇTİ												
50m:	38.36	38.36	150m:	2:03.17	42.89	250m:	3:30.87		350m:	4:58.49		
100m:	1:20.28	41.92	200m:			300m:			400m:	5:39.09	40.60	
Berin İŞLEYEN			13	Beylikdüzü Yüzme Spor Kulübü			5:40.41	330	1:18.80	1:27.20	1:28.49	1:25.92
12 YAŞ KATILIM BARAJINI GEÇTİ												
50m:	37.24	37.24	150m:	2:01.59	42.79	250m:	3:29.66	43.66	350m:	4:58.36	43.87	
100m:	1:18.80	41.56	200m:	2:46.00	44.41	300m:	4:14.49	44.83	400m:	5:40.41	42.05	
Ayşe Nisa ELMACI			13	Biga Gelişim Spor Kulübü			5:41.95	326	1:19.85	1:28.59	1:28.58	1:24.93
12 YAŞ KATILIM BARAJINI GEÇTİ												
50m:	37.33	37.33	150m:	2:04.69	44.84	250m:	3:32.20	43.76	350m:	5:01.28	44.26	
100m:	1:19.85	42.52	200m:	2:48.44	43.75	300m:	4:17.02	44.82	400m:	5:41.95	40.67	
Beren TOSUN			13	İleri Nesil Spor Kulübü			5:43.10	322	1:18.20	1:28.38	1:29.25	1:27.27
12 YAŞ KATILIM BARAJINI GEÇTİ												
50m:	36.52	36.52	150m:	2:01.99	43.79	250m:	3:31.29	44.71	350m:	5:00.62	44.79	
100m:	1:18.20	41.68	200m:	2:46.58	44.59	300m:	4:15.83	44.54	400m:	5:43.10	42.48	
Nehir ÖZAY			13	Esam Spor Kulübü			5:44.45	319	1:21.04	1:30.49	1:28.93	1:23.99
12 YAŞ KATILIM BARAJINI GEÇTİ												
50m:	37.80	37.80	150m:	2:05.74	44.70	250m:	3:36.03	44.50	350m:	5:04.31	43.85	
100m:	1:21.04	43.24	200m:	2:51.53	45.79	300m:	4:20.46	44.43	400m:	5:44.45	40.14	

TÜRKİYE YÜZME FEDERASYONU 10-11-12 YAŞ ULUSAL GELİŞİM LİĞİ 1. ETAP MÜSABAKASI
BALIKESİR, 9. - 11.5.2025

Yarış 18, Kızlar, 400m Serbest, 12 yaş

YB			ZamıDerece		100m	200m	300m	400m
Yağmur ALİ	13	Muğla Atletik Spor Kulübü	5:51.91	299	1:21.08	1:31.52	1:31.35	1:27.96
12 YAŞ KATILIM BARAJINI GEÇTİ								
50m:	37.47	37.47	150m:	2:06.42	45.34	250m:	3:38.03	45.43
100m:	1:21.08	43.61	200m:	2:52.60	46.18	300m:	4:23.95	45.92
						350m:	5:08.78	44.83
						400m:	5:51.91	43.13
Hazal Nisa ÖKSÜZ	13	Karamürsel Belediye Spor	5:55.13	291	1:23.27	1:31.37	1:32.56	1:27.93
12 YAŞ KATILIM BARAJINI GEÇTİ								
50m:	39.25	39.25	150m:	2:09.00	45.73	250m:	3:40.99	46.35
100m:	1:23.27	44.02	200m:	2:54.64	45.64	300m:	4:27.20	46.21
						350m:	5:13.98	46.78
						400m:	5:55.13	41.15
Öykü BAYAR	13	İda Spor Kulübü	6:10.96	255	1:22.58	1:35.79	1:37.33	1:35.26
12 YAŞ KATILIM BARAJINI GEÇTİ								
50m:	38.16	38.16	150m:	2:11.08	48.50	250m:	3:47.73	49.36
100m:	1:22.58	44.42	200m:	2:58.37	47.29	300m:	4:35.70	47.97
						350m:	5:25.60	49.90
						400m:	6:10.96	45.36