

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

Yarış 18

Kızlar, 400m Serbest

11 - 12 yaşları arası

10.05.2025 - 9:29

Sonuçlar

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

Puanlar: AQUA 2024

		YB			Zam	Derece	100m	200m	300m	400m	
11 yaş											
Alya DUMAN		14	Pamukkale Olimpik Sporlar		5:20.28	396	1:14.14	1:22.52	1:22.74	1:20.88	
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	34.68	34.68	150m:	1:55.39	41.25	250m:	3:18.13	41.47	350m:	4:40.68	41.28
100m:	1:14.14	39.46	200m:	2:36.66	41.27	300m:	3:59.40	41.27	400m:	5:20.28	39.60
Hira KULAK		14	Kocaeli Yüzme Spor Kulübü		5:24.16	382	1:15.37	1:22.61	1:24.47	1:21.71	
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	35.64	35.64	150m:	1:56.34	40.97	250m:	3:20.44	42.46	350m:	4:44.17	41.72
100m:	1:15.37	39.73	200m:	2:37.98	41.64	300m:	4:02.45	42.01	400m:	5:24.16	39.99
Merve ASLAN		14	Gelecek Gençlik Ve Spor Kıs		5:36.46	342	1:17.39	1:26.56	1:28.30	1:24.21	
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	35.96	35.96	150m:	2:01.07	43.68	250m:	3:27.98	44.03	350m:	4:55.69	43.44
100m:	1:17.39	41.43	200m:	2:43.95	42.88	300m:	4:12.25	44.27	400m:	5:36.46	40.77
Cemre Ada UÇAR		14	Bafra Altinkaya Anadolu Lisesi		5:37.06	340	1:19.23	1:25.83	1:26.62	1:25.38	
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	38.11	38.11	150m:	2:01.50	42.27	250m:	3:28.31	43.25	350m:	4:55.74	44.06
100m:	1:19.23	41.12	200m:	2:45.06	43.56	300m:	4:11.68	43.37	400m:	5:37.06	41.32
Zeynep KALYONCU		14	Kocaeli Yüzme Spor Kulübü		5:38.70	335	1:19.78	1:25.30	1:27.44	1:26.18	
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	37.25	37.25	150m:	2:02.64	42.86	250m:	3:28.50	43.42	350m:	4:55.99	43.47
100m:	1:19.78	42.53	200m:	2:45.08	42.44	300m:	4:12.52	44.02	400m:	5:38.70	42.71
Nisa Deniz ALTINTEN		14	Pamukkale Olimpik Sporlar		5:40.68	329	1:20.45	1:26.80	1:27.54	1:25.89	
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	38.17	38.17	150m:	2:04.20	43.75	250m:	3:31.24	43.99	350m:	4:58.08	43.29
100m:	1:20.45	42.28	200m:	2:47.25	43.05	300m:	4:14.79	43.55	400m:	5:40.68	42.60
Masal TAŞ		14	Afyon Belediye Yüntaş Spor		5:42.76	323	1:18.50	1:30.50	1:27.38	1:26.38	
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	36.83	36.83	150m:	2:03.93	45.43	250m:	3:32.08	43.08	350m:	5:00.66	44.28
100m:	1:18.50	41.67	200m:	2:49.00	45.07	300m:	4:16.38	44.30	400m:	5:42.76	42.10
Mira YEŞİL		14	Mev Toros Spor Kulübü		5:46.00	314	1:20.83	1:29.09	1:30.22	1:25.86	
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	38.34	38.34	150m:	2:05.27	44.44	250m:	3:35.09	45.17	350m:	5:04.19	44.05
100m:	1:20.83	42.49	200m:	2:49.92	44.65	300m:	4:20.14	45.05	400m:	5:46.00	41.81
Elif Meyra TAYYARE		14	Kocaeli Yüzme Spor Kulübü		5:55.27	290	1:21.14	1:32.52	1:33.47	1:28.14	
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	36.26	36.26	150m:	2:07.24	46.10	250m:	3:40.76	47.10	350m:	5:11.92	44.79
100m:	1:21.14	44.88	200m:	2:53.66	46.42	300m:	4:27.13	46.37	400m:	5:55.27	43.35
Alya ÇALIŞ		14	Ankara Yüzme Kulübü Spor		5:57.37	285	1:25.41	1:31.06	1:31.78	1:29.12	
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	40.71	40.71	150m:	2:11.18	45.77	250m:	3:42.45	45.98	350m:	5:13.97	45.72
100m:	1:25.41	44.70	200m:	2:56.47	45.29	300m:	4:28.25	45.80	400m:	5:57.37	43.40
Zehra ATALAY		14	Gölcük Belediye Spor Kulübü		6:01.81	275	1:22.93	1:33.55	1:34.95	1:30.38	
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	38.76	38.76	150m:	2:09.18	46.25	250m:	3:43.64	47.16	350m:	5:17.90	46.47
100m:	1:22.93	44.17	200m:	2:56.48	47.30	300m:	4:31.43	47.79	400m:	6:01.81	43.91
Deren ÖZEN		14	Pamukkale Olimpik Sporlar		6:31.11	217	1:28.78	1:41.32	1:42.99	1:38.02	
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	41.28	41.28	150m:	2:18.96	50.18	250m:	4:02.00	51.90	350m:	5:45.32	52.23
100m:	1:28.78	47.50	200m:	3:10.10	51.14	300m:	4:53.09	51.09	400m:	6:31.11	45.79

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

Yarış 18, Kızlar, 400m Serbest, 11 yaş

YB						ZamaneDerece		100m	200m	300m	400m
Tuba Sadem DOĞAN 14 Aren Athletics Spor Kulübü						6:36.79	208	1:32.25	1:42.48	1:42.12	1:39.94
11 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	42.60	42.60	150m:	2:23.93	51.68	250m:	4:05.26	50.53	350m:	5:47.64	50.79
100m:	1:32.25	49.65	200m:	3:14.73	50.80	300m:	4:56.85	51.59	400m:	6:36.79	49.15

12 yaş

Şirin GÜRÜZ 13 Mersin Gençlerbirliği Spor K						5:05.66	456	1:14.24	1:17.19	1:18.31	1:15.92
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	36.17	36.17	150m:	1:53.19	38.95	250m:	3:10.93	39.50	350m:	4:28.47	38.73
100m:	1:14.24	38.07	200m:	2:31.43	38.24	300m:	3:49.74	38.81	400m:	5:05.66	37.19
Elif Ceren ŞAHİN 13 Mersin Gençlerbirliği Spor K						5:07.98	446	1:14.24	1:17.67	1:18.80	1:17.27
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	36.45	36.45	150m:	1:52.81	38.57	250m:	3:11.28	39.37	350m:	4:30.15	39.44
100m:	1:14.24	37.79	200m:	2:31.91	39.10	300m:	3:50.71	39.43	400m:	5:07.98	37.83
Ayşe Beren GÜRDAL 13 Kocaeli Yüzme Spor Kulübü						5:18.85	402	1:13.88	1:22.48	1:22.45	1:20.04
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	35.41	35.41	150m:	1:55.01	41.13	250m:	3:17.84	41.48	350m:	4:39.87	41.06
100m:	1:13.88	38.47	200m:	2:36.36	41.35	300m:	3:58.81	40.97	400m:	5:18.85	38.98
Ezgi ERMEN 13 Kocaeli Yüzme Spor Kulübü						5:21.76	391	1:14.02	1:22.22	1:22.46	1:23.06
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	34.33	34.33	150m:	1:54.77	40.75	250m:	3:17.54	41.30	350m:	4:40.34	41.64
100m:	1:14.02	39.69	200m:	2:36.24	41.47	300m:	3:58.70	41.16	400m:	5:21.76	41.42
Buğlem Ada KAPLAN 13 Gelecek Gençlik Ve Spor K						5:25.38	378	1:18.52	1:23.11	1:23.28	1:20.47
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	36.58	36.58	150m:	2:00.50	41.98	250m:	3:23.89	42.26	350m:	4:46.24	41.33
100m:	1:18.52	41.94	200m:	2:41.63	41.13	300m:	4:04.91	41.02	400m:	5:25.38	39.14
Mira DAĞ 13 İstanbul Avrasya Spor Kulübü						5:25.60	377	1:17.35	1:24.67	1:24.13	1:19.45
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	36.44	36.44	150m:	2:00.27	42.92	250m:	3:24.57	42.55	350m:	4:47.64	41.49
100m:	1:17.35	40.91	200m:	2:42.02	41.75	300m:	4:06.15	41.58	400m:	5:25.60	37.96
Emel Tuana TERZİ 13 Burak Sezgin Yüzme Spor K						5:35.61	344	1:18.11	1:26.60	1:27.50	1:23.40
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	36.79	36.79	150m:	2:00.44	42.33	250m:	3:28.31	43.60	350m:	4:55.63	43.42
100m:	1:18.11	41.32	200m:	2:44.71	44.27	300m:	4:12.21	43.90	400m:	5:35.61	39.98
Ece Kerime ÖZFİDAN 13 Pamukkale Olimpik Sporlar						5:42.35	325	1:20.26	1:27.36	1:29.17	1:25.56
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	37.44	37.44	150m:	2:03.65	43.39	250m:	3:31.92	44.30	350m:	5:00.14	43.35
100m:	1:20.26	42.82	200m:	2:47.62	43.97	300m:	4:16.79	44.87	400m:	5:42.35	42.21
Sahra SEVİNÇ 13 Kayseri Gençlik Hizmetleri						5:46.39	313	1:20.31	1:29.95	1:28.67	1:27.46
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	36.12	36.12	150m:	2:04.73	44.42	250m:	3:34.15	43.89	350m:	5:03.90	44.97
100m:	1:20.31	44.19	200m:	2:50.26	45.53	300m:	4:18.93	44.78	400m:	5:46.39	42.49
Nilüfer Feyza KARA 13 Pamukkale Olimpik Sporlar						5:46.53	313	1:22.41	1:28.04	1:29.40	1:26.68
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	39.37	39.37	150m:	2:06.34	43.93	250m:	3:35.33	44.88	350m:	5:03.75	43.90
100m:	1:22.41	43.04	200m:	2:50.45	44.11	300m:	4:19.85	44.52	400m:	5:46.53	42.78
Cemre ÇİFTÇİ 13 Pamukkale Olimpik Sporlar						5:50.62	302	1:20.02	1:31.16	1:32.49	1:26.95
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	36.99	36.99	150m:	2:05.90	45.88	250m:	3:37.27	46.09	350m:	5:08.48	44.81
100m:	1:20.02	43.03	200m:	2:51.18	45.28	300m:	4:23.67	46.40	400m:	5:50.62	42.14
Canan YILDIZ 13 Kayseri Su Sporları Spor Ku						5:52.10	298	1:19.31	1:31.31	1:32.82	1:28.66
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	35.95	35.95	150m:			250m:	3:36.39	45.77	350m:	5:10.07	46.63
100m:	1:19.31	43.36	200m:	2:50.62		300m:	4:23.44	47.05	400m:	5:52.10	42.03

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

Yarış 18, Kızlar, 400m Serbest, 12 yaş

		YB			ZaṁDerece	100m	200m	300m	400m		
Selen SARIOĐLU		13	Pamukkale Olimpik Sporlar		6:05.57 266	1:23.27	1:33.88	1:36.14	1:32.28		
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	39.33	39.33	150m:	2:09.58	46.31	250m:	3:45.15	48.00	350m:	5:21.66	48.37
100m:	1:23.27	43.94	200m:	2:57.15	47.57	300m:	4:33.29	48.14	400m:	6:05.57	43.91
Elif BEKTAŞ		13	Çolakođlu Metalurji Spor Kul		6:09.77 257	1:25.44	1:35.92	1:37.38	1:31.03		
12 YAŞ KATILIM BARAJINI GEÇTİ											
50m:	39.37	39.37	150m:	2:12.70	47.26	250m:	3:50.27	48.91	350m:	5:26.21	47.47
100m:	1:25.44	46.07	200m:	3:01.36	48.66	300m:	4:38.74	48.47	400m:	6:09.77	43.56