

ULUSLARARASI MASTERLAR 10 KASIM ATATÜRK'Ü ANMA GÜNÜ KISA KULVAR YÜZME ŞAMPİYONASI
KIRKLARELİ, 8. - 10.11.2025

Yarış 7
08.11.2025

Bayanlar, 400m Serbest

18 yaş ve büyükler
Sonuçlar

MASTERLAR 25M 75 - 79	10:00.00									
MASTERLAR 25M 70 - 74	9:18.91	Rabia Sevil GEMİCİOĞLU				MUĞLA / MARMARİS			03.05.2019	
MASTERLAR 25M 65 - 69	7:29.93	Ayşe Mehtap VARDİOĞLU				ANTALYA			17.05.2025	
MASTERLAR 25M 60 - 64	6:38.98	Zehra AKARPINAR	217			ANTALYA			17.05.2025	
MASTERLAR 25M 55 - 59	5:47.01	Sebla TALI				İSTANBUL			27.02.2022	
MASTERLAR 25M 50 - 54	5:26.12	Sebla TALI				MUĞLA / MARMARİS			18.05.2018	
MASTERLAR 25M 45 - 49	5:35.94	Nesrin ÖZGÜN				GAZİANTEP			12.11.2017	
MASTERLAR 25M 40 - 44	5:13.99	Pınar ARPINAR AVŞAR				İSTANBUL			27.02.2022	
MASTERLAR 25M 35 - 39	5:23.55	Aysegül Bodur AYYAZ				MUĞLA / MARMARİS			18.05.2018	
MASTERLAR 25M 30 - 34	5:05.71	Bige VARDAR				MUĞLA / MARMARİS			18.05.2018	
MASTERLAR 25M 25 - 29	4:40.64	Hilal Zeyneb SARAÇ	328			ANTALYA			17.05.2025	
MASTERLAR 25M 18 - 24	8:50.54	Suna Beyza DEMİR	217			ANTALYA			17.05.2025	

MADALYA BARAJI 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 YB Zaman Derece
18 - 24 yaşları arası

1. Sıla PAZAR	04	Ege Atletik Spor Kulübü	4:48.24	534
Yeni Türkiye Rekoru				
50m: 32.23 32.23	150m: 1:44.33 36.12	250m: 2:57.80 37.12	350m: 4:11.98 37.24	
100m: 1:08.21 35.98	200m: 2:20.68 36.35	300m: 3:34.74 36.94	400m: 4:48.24 36.26	
2. İlgin İLTER	02	Atlas Atletik Spor Kulübü	5:20.64	388
50m: 33.30 33.30	150m: 1:50.77 40.00	250m: 3:14.21 42.12	350m: 4:39.55 42.48	
100m: 1:10.77 37.47	200m: 2:32.09 41.32	300m: 3:57.07 42.86	400m: 5:20.64 41.09	
3. Sudenas ÇAKMAK	04	Kayseri Erça Spor Kulübü	5:23.94	376
Yeni Türkiye Rekoru, (YTR 18-24 Yaş 100m Serbest 1:08.10)				
50m: 32.08 32.08	150m: 1:48.12 40.02	250m: 3:14.58 43.97	350m: 4:41.00 44.20	
100m: 1:08.10 36.02	200m: 2:30.61 42.49	300m: 3:56.80 42.22	400m: 5:23.94 42.94	
4. Ece DEMİR	03	0	6:45.52	191
50m: 43.50 43.50	150m: 2:24.37 51.77	250m: 4:08.69 52.32	350m: 5:54.26 52.92	
100m: 1:32.60 49.10	200m: 3:16.37 52.00	300m: 5:01.34 52.65	400m: 6:45.52 51.26	
5. Duru Lara ÇAKICI	04	Ferdi	7:28.54	141
50m: 49.20 49.20	150m: 2:42.41 57.46	250m: 4:39.12 58.51	350m: 6:34.96 57.57	
100m: 1:44.95 55.75	200m: 3:40.61 58.20	300m: 5:37.39 58.27	400m: 7:28.54 53.58	

25 - 29 yaşları arası

1. Melisa SOYLUER	00	Orta Doğu Teknik Üniversitesi Spor Kulübü	5:32.82	347
50m: 34.10 34.10	150m: 1:53.72 41.16	250m: 3:20.19 44.33	350m: 4:49.71 45.02	
100m: 1:12.56 38.46	200m: 2:35.86 42.14	300m: 4:04.69 44.50	400m: 5:32.82 43.11	
2. Buse AYGÜN	97	Ferdi	6:01.66	270
50m: 39.57 39.57	150m: 2:10.02 45.69	250m: 3:43.85 46.78	350m: 5:16.54 45.46	
100m: 1:24.33 44.76	200m: 2:57.07 47.05	300m: 4:31.08 47.23	400m: 6:01.66 45.12	
3. Sidre ÖZEMRE AYTAÇ	97	Yüzme İdman Yurdu Spor Kulübü	6:22.49	228
50m: 39.13 39.13	150m: 2:11.22 48.18	250m: 3:52.38 51.41	350m: 5:35.45 51.18	
100m: 1:23.04 43.91	200m: 3:00.97 49.75	300m: 4:44.27 51.89	400m: 6:22.49 47.04	
4. Duygu KORKMAZ	96	Ferdi	7:35.11	135
50m: 49.13 49.13	150m: 2:46.45 1:00.07	250m: 4:43.96 58.20	350m: 6:39.97 57.90	
100m: 1:46.38 57.25	200m: 3:45.76 59.31	300m: 5:42.07 58.11	400m: 7:35.11 55.14	

30 - 34 yaşları arası

1. Nihal BALTO	93	Atlas Atletik Spor Kulübü	5:14.06	413
50m: 34.54 34.54	150m: 1:52.28 39.63	250m: 3:13.84 40.85	350m: 4:34.57 40.21	
100m: 1:12.65 38.11	200m: 2:32.99 40.71	300m: 3:54.36 40.52	400m: 5:14.06 39.49	

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Yarış 7, Bayanlar, 400m Serbest

35 - 39 yaşları arası

1.	Didem YİĞİT	89	Ferdi	5:56.08	283
	50m: 39.67 39.67	150m: 2:07.80 45.05	250m: 3:39.48 45.70	350m: 5:10.88 45.80	
	100m: 1:22.75 43.08	200m: 2:53.78 45.98	300m: 4:25.08 45.60	400m: 5:56.08 45.20	
2.	Büşra TARÇALIR	88	Üsküdar Su Sporları Kulübü	6:20.80	231
	50m: 39.99 39.99	150m: 2:14.03 49.15	250m: 3:54.92 50.92	350m: 5:35.19 50.08	
	100m: 1:24.88 44.89	200m: 3:04.00 49.97	300m: 4:45.11 50.19	400m: 6:20.80 45.61	
3.	Leman HINÇAL	86	Üsküdar Su Sporları Kulübü	6:48.12	188
	50m: 48.86 48.86	150m: 2:30.83 51.21	250m: 4:13.78 51.35	350m: 5:58.69 52.52	
	100m: 1:39.62 50.76	200m: 3:22.43 51.60	300m: 5:06.17 52.39	400m: 6:48.12 49.43	
4.	Meryem Tuğçe AYVALI	89	Ferdi	7:38.67	132
	50m: 48.91 48.91	150m: 2:38.22 56.14	250m: 4:38.54 1:00.14	350m: 6:39.99 1:01.23	
	100m: 1:42.08 53.17	200m: 3:38.40 1:00.18	300m: 5:38.76 1:00.22	400m: 7:38.67 58.68	
5.	Afife KORKMAZ	89	Istanbul Sualtı Ve Yüzme Spor Kulübü	7:58.04	117
	50m: 45.73 45.73	150m: 2:34.26 57.12	250m: 4:40.16 1:04.73	350m: 6:51.46 1:06.22	
	100m: 1:37.14 51.41	200m: 3:35.43 1:01.17	300m: 5:45.24 1:05.08	400m: 7:58.04 1:06.58	
6.	Eda POYRAZ	89	Balkan Yeşilbağlar Spor Kulübü	8:09.04	109
	50m: 50.60 50.60	150m: 2:51.10 1:02.85	250m: 5:01.26 1:05.31	350m: 7:10.50 1:04.95	
	100m: 1:48.25 57.65	200m: 3:55.95 1:04.85	300m: 6:05.55 1:04.29	400m: 8:09.04 58.54	
7.	Özlem Özge ILKUÇAN	89	Yüzme Idman Yurdu Spor Kulübü	8:35.04	93
	50m: 47.78 47.78	150m: 2:52.87 1:04.98	250m: 5:08.93 1:08.10	350m: 7:27.98 1:10.70	
	100m: 1:47.89 1:00.11	200m: 4:00.83 1:07.96	300m: 6:17.28 1:08.35	400m: 8:35.04 1:07.06	

40 - 44 yaşları arası

1.	Gülşah GÜNENÇ ELER	85	Adalar Su Sporları Spor Kulübü	4:58.68	480
	50m: 34.42 34.42	150m: 1:48.88 37.66	250m: 3:04.72 38.01	350m: 4:21.54 38.42	
	100m: 1:11.22 36.80	200m: 2:26.71 37.83	300m: 3:43.12 38.40	400m: 4:58.68 37.14	
2.	Esra ŞENSES	82	Üsküdar Su Sporları Kulübü	6:07.91	257
	50m: 39.41 39.41	150m: 2:11.71 47.43	250m: 3:46.62 47.13	350m: 5:21.43 47.41	
	100m: 1:24.28 44.87	200m: 2:59.49 47.78	300m: 4:34.02 47.40	400m: 6:07.91 46.48	
3.	Sinem TUĞRAL KURULTAY	84	Türk Silahlı Kuvvetleri (Tsk) Spor Gücü	6:55.40	178
	50m: 43.13 43.13	150m: 2:23.63 52.56	250m: 4:13.00 54.48	350m: 6:02.89 54.12	
	100m: 1:31.07 47.94	200m: 3:18.52 54.89	300m: 5:08.77 55.77	400m: 6:55.40 52.51	
4.	Sıla ÖZÇELİK YENER	81	Yüzme Idman Yurdu Spor Kulübü	8:24.30	99
	50m: 53.20 53.20	150m: 2:57.63 1:03.36	250m: 5:10.18 1:07.01	350m: 7:21.32 1:05.48	
	100m: 1:54.27 1:01.07	200m: 4:03.17 1:05.54	300m: 6:15.84 1:05.66	400m: 8:24.30 1:02.98	
5.	Zeynep ERVERDİ	81	Yüzme Idman Yurdu Spor Kulübü	9:26.34	70
	50m: 52.75 52.75	150m: 3:08.17 1:12.59	250m: 5:40.24 1:18.00	350m: 8:14.74 1:15.23	
	100m: 1:55.58 1:02.83	200m: 4:22.24 1:14.07	300m: 6:59.51 1:19.27	400m: 9:26.34 1:11.60	

45 - 49 yaşları arası

1.	Dana BIBISIDOU	76	Ofkserres	5:29.04	359
	50m: 36.12 36.12	150m: 1:57.70 41.69	250m: 3:22.98 42.77	350m: 4:47.77 42.30	
	100m: 1:16.01 39.89	200m: 2:40.21 42.51	300m: 4:05.47 42.49	400m: 5:29.04 41.27	
2.	Revna ACAR VURAL	80	Üsküdar Su Sporları Kulübü	6:55.04	179
	50m: 44.69 44.69	150m: 2:27.01 51.98	250m: 4:14.52 54.59	350m: 6:03.20 54.49	
	100m: 1:35.03 50.34	200m: 3:19.93 52.92	300m: 5:08.71 54.19	400m: 6:55.04 51.84	
3.	Şule URASOĞLU	76	Istanbul Yıldızlar Yüzme Spor Kulübü	7:22.69	147
	50m: 49.26 49.26	150m: 2:38.54 56.74	250m: 4:33.74 57.58	350m: 6:28.77 57.18	
	100m: 1:41.80 52.54	200m: 3:36.16 57.62	300m: 5:31.59 57.85	400m: 7:22.69 53.92	
4.	Günce TOPAL	78	Yapı Kredi Spor Kulübü	7:55.66	118
	50m: 52.67 52.67	150m: 2:49.22 59.20	250m: 4:50.87 1:00.55	350m: 6:55.77 1:02.92	
	100m: 1:50.02 57.35	200m: 3:50.32 1:01.10	300m: 5:52.85 1:01.98	400m: 7:55.66 59.89	

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KIRKLARELİ, 8. - 10.11.2025

Yarış 7, Bayanlar, 400m Serbest, 45 - 49 yaşları arası

Sıra	YB	Zaman	Derece
5. Irem ERGİN	76 Ferdi	8:11.61	107
50m: 51.65 51.65 150m: 2:55.80 1:04.57 250m: 5:05.04 1:04.44 350m: 7:12.95 1:03.45			
100m: 1:51.23 59.58 200m: 4:00.60 1:04.80 300m: 6:09.50 1:04.46 400m: 8:11.61 58.66			
6. Gülsen Burcu ERDEMİR	77 Yüzme Idman Yurdu Spor Kulübü	10:01.83	58
<i>Madalya barajı geçememiştir.</i>			
50m: 1:03.52 1:03.52 150m: 3:41.19 1:18.91 250m: 6:19.18 1:19.17 350m: 8:54.00 1:17.13			
100m: 2:22.28 1:18.76 200m: 5:00.01 1:18.82 300m: 7:36.87 1:17.69 400m: 10:01.83 1:07.83			

50 - 54 yaşları arası

1. Nida ÖZDEMİR	74 Yapı Kredi Spor Kulübü	6:02.90	267
50m: 38.30 38.30 150m: 2:08.29 46.20 250m: 3:43.00 47.74 350m: 5:17.67 47.14			
100m: 1:22.09 43.79 200m: 2:55.26 46.97 300m: 4:30.53 47.53 400m: 6:02.90 45.23			
2. Beril ALAKOÇ ORHONOĞLU	74 Atlas Atletik Spor Kulübü	6:07.61	257
50m: 40.36 40.36 150m: 2:11.70 46.44 250m: 3:45.68 47.46 350m: 5:18.77 46.89			
100m: 1:25.26 44.90 200m: 2:58.22 46.52 300m: 4:31.88 46.20 400m: 6:07.61 48.84			
3. Zeliha BATAY	75 İstanbul Büyükşehir Belediyesi Spor Kulübü	6:27.13	220
50m: 42.29 42.29 150m: 2:17.72 48.58 250m: 3:56.91 49.79 350m: 5:37.62 50.13			
100m: 1:29.14 46.85 200m: 3:07.12 49.40 300m: 4:47.49 50.58 400m: 6:27.13 49.51			
4. Aslıhan AKAN	75 Frekans Yüzme Akademisi Spor Kulübü	7:02.79	169
50m: 44.72 44.72 150m: 2:29.13 53.80 250m: 4:19.65 55.73 350m: 6:09.53 54.61			
100m: 1:35.33 50.61 200m: 3:23.92 54.79 300m: 5:14.92 55.27 400m: 7:02.79 53.26			
5. Zeynep ŞİŞMAN ŞEN	71 Üsküdar Su Sporları Kulübü	7:59.10	116
50m: 52.74 52.74 150m: 2:52.49 1:01.77 250m: 4:56.08 1:01.09 350m: 6:59.27 1:02.21			
100m: 1:50.72 57.98 200m: 3:54.99 1:02.50 300m: 5:57.06 1:00.98 400m: 7:59.10 59.83			
6. Filiz GÖKLER	71 Yüzme Idman Yurdu Spor Kulübü	8:08.45	109
50m: 53.59 53.59 150m: 2:57.52 1:04.20 250m: 5:04.73 1:02.92 350m: 7:08.82 1:01.58			
100m: 1:53.32 59.73 200m: 4:01.81 1:04.29 300m: 6:07.24 1:02.51 400m: 8:08.45 59.63			
7. Sibel TUNA	73 Türk Silahlı Kuvvetleri (Tsk) Spor Gücü	8:56.10	83
50m: 1:00.56 1:00.56 150m: 3:16.18 1:08.94 250m: 5:33.17 1:07.13 350m: 7:49.37 1:08.37			
100m: 2:07.24 1:06.68 200m: 4:26.04 1:09.86 300m: 6:41.00 1:07.83 400m: 8:56.10 1:06.73			

55 - 59 yaşları arası

1. Yasemin ÇAM	67 Atlas Atletik Spor Kulübü	7:22.59	147
50m: 47.68 47.68 150m: 2:40.30 56.00 250m: 4:33.14 55.94 350m: 6:26.14 57.09			
100m: 1:44.30 56.62 200m: 3:37.20 56.90 300m: 5:29.05 55.91 400m: 7:22.59 56.45			
2. Ayşe Deniz DİKİCİ	66 Üsküdar Su Sporları Kulübü	8:13.14	106
50m: 53.72 53.72 150m: 2:56.33 1:03.13 250m: 5:04.49 1:03.93 350m: 7:12.89 1:04.32			
100m: 1:53.20 59.48 200m: 4:00.56 1:04.23 300m: 6:08.57 1:04.08 400m: 8:13.14 1:00.25			
3. Bahriye KILDACI	70 Ferdi	9:39.18	65
50m: 58.15 58.15 150m: 3:27.91 1:17.24 250m: 5:59.98 1:17.14 350m: 8:29.76 1:14.28			
100m: 2:10.67 1:12.52 200m: 4:42.84 1:14.93 300m: 7:15.48 1:15.50 400m: 9:39.18 1:09.42			

60 - 64 yaşları arası

1. Zehra AKARPINAR	63 Üsküdar Su Sporları Kulübü	6:35.65	206
<i>Yeni Türkiye Rekoru</i>			
50m: 43.14 43.14 150m: 2:21.31 49.38 250m: 4:01.58 49.83 350m: 5:46.07 52.84			
100m: 1:31.93 48.79 200m: 3:11.75 50.44 300m: 4:53.23 51.65 400m: 6:35.65 49.58			
2. Vendi Filiz EDİZ	62 Üsküdar Su Sporları Kulübü	7:07.69	163
50m: 44.62 44.62 150m: 2:29.27 53.70 250m: 4:20.89 56.04 350m: 6:12.16 55.40			
100m: 1:35.57 50.95 200m: 3:24.85 55.58 300m: 5:16.76 55.87 400m: 7:07.69 55.53			

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KIRKLARELİ, 8. - 10.11.2025

Yarış 7, Bayanlar, 400m Serbest, 60 - 64 yaşları arası

Sıra	YB								Zaman	Derece		
3.	Yıldız KIRHAN								62	Istanbul Yıldızlar Yüzme Spor Kulübü	9:34.14	67
	50m:	1:01.36	1:01.36	150m:	3:26.61	1:14.04	250m:	5:52.54	1:13.28	350m:	8:22.12	1:15.67
	100m:	2:12.57	1:11.21	200m:	4:39.26	1:12.65	300m:	7:06.45	1:13.91	400m:	9:34.14	1:12.02

75 - 79 yaşları arası

1.	Hüma BAYRAKTAR				46	İstanbul Yüzme İhtisas Spor Kulübü				9:52.51	61			
Yeni Türkiye Rekoru, (En İyi Derece)														
50m:		1:03.39	1:03.39	150m:		3:36.71	1:17.31	250m:		6:08.56	1:15.00	350m:	8:37.37	1:14.10
100m:		2:19.40	1:16.01	200m:		4:53.56	1:16.85	300m:		7:23.27	1:14.71	400m:	9:52.51	1:15.14