

TYF BARAJ GEÇME YARI LARI  
Adana, 8. - 10.12.2023

Yarı 13  
09.12.2023 - 10:56

Bayanlar, 400m Serbest

11 ya ve büyükler  
Sonuçlar

13 Ya TR am. Barajı 13: 4:45.87 / 14 Ya TR am. Barajı 14: 4:39.06 / 15 Ya TR am. Barajı 15: 4:34.31 / 16-  
18 Ya TR am. Barajı 16 - 18: 4:30.84 / +19 Ya TR am. Barajı 19+: 4:25.18

Puanlar: Rudolph Table 2023

Sıra	Ya	Zaman Derece	
11 ya			
1. Cennet Deren GÖÇER	11	Çukurova Üniversitesi Spor Kulübü <b>5:16.12</b> 12,4	
50m: 34.87 34.87	150m: 1:54.71 40.75	250m: 3:15.41 40.56	350m: 4:37.20 40.57
100m: 1:13.96 39.09	200m: 2:34.85 40.14	300m: 3:56.63 41.22	400m: 5:16.12 38.92
2. Rana DURAN	11	Çukurova Üniversitesi Spor Kulübü <b>5:33.67</b> 8,4	
50m: 36.82 36.82	150m: 1:59.90 42.20	250m: 3:25.93 42.97	350m: 4:52.84 43.14
100m: 1:17.70 40.88	200m: 2:42.96 43.06	300m: 4:09.70 43.77	400m: 5:33.67 40.83
3. Öykü BAYRAM	11	Çukurova Üniversitesi Spor Kulübü <b>5:34.73</b> 8,2	
50m: 37.58 37.58	150m: 2:02.61 42.56	250m: 3:28.54 43.19	350m: 4:54.03 42.38
100m: 1:20.05 42.47	200m: 2:45.35 42.74	300m: 4:11.65 43.11	400m: 5:34.73 40.70
4. Beste GEN	11	Adana Özgür Kulaçlar Spor Kulübü <b>5:46.65</b> 5,4	
50m: 38.71 38.71	150m: 2:06.04 44.37	250m: 3:34.42 44.55	350m: 5:03.72 44.76
100m: 1:21.67 42.96	200m: 2:49.87 43.83	300m: 4:18.96 44.54	400m: 5:46.65 42.93
5. Zara ALTUNDAL	11	Adana Özgür Kulaçlar Spor Kulübü <b>5:57.66</b> 2,9	
50m: 40.28 40.28	150m: 2:10.44 45.43	250m: 3:42.46 45.85	350m: 5:14.31 46.59
100m: 1:25.01 44.73	200m: 2:56.61 46.17	300m: 4:27.72 45.26	400m: 5:57.66 43.35
6. Mısra YANAR	11	Adana Özgür Kulaçlar Spor Kulübü <b>5:59.15</b> 2,6	
50m: 40.24 40.24	150m: 2:12.18 46.11	250m: 3:43.75 45.96	350m: 5:15.44 45.76
100m: 1:26.07 45.83	200m: 2:57.79 45.61	300m: 4:29.68 45.93	400m: 5:59.15 43.71
7. Asya Ahsen GÖZÜK	11	Adana Özgür Kulaçlar Spor Kulübü <b>6:26.98</b>	
50m: 44.47 44.47	150m: 2:23.96 49.55	250m: 4:03.90 50.07	350m: 5:43.19 49.75
100m: 1:34.41 49.94	200m: 3:13.83 49.87	300m: 4:53.44 49.54	400m: 6:26.98 43.79
start al. Elif Naz KAHRAMAN	11	Yüre ir Belediye Spor Kulübü Derne i	

12 ya

1. Feraye GÜL	12	Adana Gençlik Ve Spor Kulübü <b>4:55.18</b> 13,6	
50m: 33.30 33.30	150m: 1:47.77 37.26	250m: 3:02.99 37.28	350m: 4:18.69 38.12
100m: 1:10.51 37.21	200m: 2:25.71 37.94	300m: 3:40.57 37.58	400m: 4:55.18 36.49
2. Miray HAYKIR	12	Adana Özgür Kulaçlar Spor Kulübü <b>5:16.52</b> 8,4	
50m: 34.61 34.61	150m: 1:54.11 40.25	250m: 3:16.11 40.75	350m: 4:37.49 40.50
100m: 1:13.86 39.25	200m: 2:35.36 41.25	300m: 3:56.99 40.88	400m: 5:16.52 39.03
3. Nur Sena BALCI	12	Çukurova Üniversitesi Spor Kulübü <b>5:21.11</b> 7,3	
50m: 36.59 36.59	150m: 1:57.02 40.63	250m: 3:18.74 41.12	350m: 4:41.52 41.66
100m: 1:16.39 39.80	200m: 2:37.62 40.60	300m: 3:59.86 41.12	400m: 5:21.11 39.59
4. Eylül Naz BAYSAL	12	Adana Yüzme Spor Kulübü <b>5:35.10</b> 3,9	
50m: 37.50 37.50	150m: 2:03.35 42.79	250m: 3:29.87 42.93	350m: 4:53.92 41.61
100m: 1:20.56 43.06	200m: 2:46.94 43.59	300m: 4:12.31 42.44	400m: 5:35.10 41.18
5. Defne TA	12	Athena Spor Kulübü <b>7:53.06</b>	
50m: 50.98 50.98	150m: 2:51.71 1:01.23	250m: 4:54.60 1:02.56	350m: 6:48.98 55.44
100m: 1:50.48 59.50	200m: 3:52.04 1:00.33	300m: 5:53.54 58.94	400m: 7:53.06 1:04.08

13 ya

1. Almina Su BAYRAM	13	Adana Gençlik Ve Spor Kulübü <b>4:38.48</b> 14,9	
TR ampiyona Barajını Geçti			
50m: 32.46 32.46	150m: 1:42.23 35.19	250m: 2:52.92 35.31	350m: 4:04.08 35.60
100m: 1:07.04 34.58	200m: 2:17.61 35.38	300m: 3:28.48 35.56	400m: 4:38.48 34.40

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Adana, 8. - 10.12.2023

Yarı 13, Kızlar, 400m Serbest, 13 ya

Sıra	Ya	Zaman Derece
2. Eylül ÖZASLAN <i>TR ampiyona Barajını Geçti</i>	13 Adana Gençlik Ve Spor Kulübü	<b>4:43.13</b> 13,7
50m: 32.15 32.15 150m: 1:43.82 36.04 250m: 2:56.08 35.77 350m: 4:08.04 36.28 100m: 1:07.78 35.63 200m: 2:20.31 36.49 300m: 3:31.76 35.68 400m: 4:43.13 35.09		
3. Zeynep Ecrin AF N	13 Adana Gençlik Ve Spor Kulübü	<b>4:47.45</b> 12,6
50m: 31.65 31.65 150m: 1:43.34 36.91 250m: 2:57.24 37.39 350m: 4:08.81 36.34 100m: 1:06.43 34.78 200m: 2:19.85 36.51 300m: 3:32.47 35.23 400m: 4:47.45 38.64		
4. Eylül AH N	13 Adana Gençlik Ve Spor Kulübü	<b>4:54.17</b> 10,9
50m: 33.11 33.11 150m: 1:45.41 36.74 250m: 3:00.59 37.86 350m: 4:16.92 38.06 100m: 1:08.67 35.56 200m: 2:22.73 37.32 300m: 3:38.86 38.27 400m: 4:54.17 37.25		
5. Zehra KAYNAR	13 Adana Gençlik Ve Spor Kulübü	<b>5:04.74</b> 8,3
50m: 35.27 35.27 150m: 1:52.11 38.52 250m: 3:09.07 38.41 350m: 4:26.58 38.67 100m: 1:13.59 38.32 200m: 2:30.66 38.55 300m: 3:47.91 38.84 400m: 5:04.74 38.16		
6. Asel Eylül ERSAN	13 Adana Özgür Kulaçlar Spor Kulübü	<b>5:15.66</b> 5,5
50m: 34.04 34.04 150m: 1:52.92 40.14 250m: 3:15.13 41.23 350m: 4:35.66 39.83 100m: 1:12.78 38.74 200m: 2:33.90 40.98 300m: 3:55.83 40.70 400m: 5:15.66 40.00		
7. Ezgi AH N	13 Ünsal Firikci Spor Kulübü Derne i	<b>5:26.08</b> 2,9
50m: 53.90 53.90 150m: 1:52.46 40.43 250m: 3:18.01 43.66 350m: 4:45.31 44.28 100m: 1:12.03 18.13 200m: 2:34.35 41.89 300m: 4:01.03 43.02 400m: 5:26.08 40.77		
8. Utku ERTÜRK	13 Adana Özgür Kulaçlar Spor Kulübü	<b>5:28.83</b> 2,2
50m: 36.28 36.28 150m: 1:59.21 42.47 250m: 3:24.39 42.81 350m: 4:49.45 42.12 100m: 1:16.74 40.46 200m: 2:41.58 42.37 300m: 4:07.33 42.94 400m: 5:28.83 39.38		

14 ya

start al. Tuana KOCA 14 Adana Sualtı Sporları İhtisas Ve Yüzme Kulübü

15 ya

1. Deray B NEN	15 Adana Yüzme Spor Kulübü	<b>4:50.25</b> 8,8
50m: 31.82 31.82 150m: 1:42.94 36.32 250m: 2:56.88 37.29 350m: 4:12.14 37.76 100m: 1:06.62 34.80 200m: 2:19.59 36.65 300m: 3:34.38 37.50 400m: 4:50.25 38.11		