

SEM BARAJ MÜSABAKASI
TRABZON, 24. - 25.7.2026

Event 25
25.07.2026

Women, 400m Freestyle

Open
Results

Points: AQUA 2026

Rank		YB		Time	Pts	100m	200m	300m	400m
1.	Basak Su DULEK	11	Erzincan Genclik Spor Kululu	5:05.90	448	1:11.21	1:18.14	1:19.66	1:16.89
	50m: 33.97	33.97	150m: 1:50.43	39.22	250m: 3:09.26	39.91	350m: 4:28.48	39.47	
	100m: 1:11.21	37.24	200m: 2:29.35	38.92	300m: 3:49.01	39.75	400m: 5:05.90	37.42	
2.	Eylul UYGUR	14	Tswim Spor Kulubu	5:37.88	332	1:17.35	1:26.23	1:27.37	1:26.93
	50m: 36.69	36.69	150m: 2:00.44	43.09	250m: 3:27.50	43.92	350m: 4:55.13	44.18	
	100m: 1:17.35	40.66	200m: 2:43.58	43.14	300m: 4:10.95	43.45	400m: 5:37.88	42.75	
3.	Defne Sare KOLTUK	15	Trabzon Arena Spor Kulubu	5:44.81	313	1:20.97	1:29.44	1:29.30	1:25.10
	50m: 38.01	38.01	150m: 2:05.88	44.91	250m: 3:35.47	45.06	350m: 5:03.29	43.58	
	100m: 1:20.97	42.96	200m: 2:50.41	44.53	300m: 4:19.71	44.24	400m: 5:44.81	41.52	
4.	Elif Hande ARAS	14	Trabzon Ortahisar Belediye	6:01.96	270	1:24.60	1:32.12	1:33.67	1:31.57
	50m: 39.93	39.93	150m: 2:11.01	46.41	250m: 3:43.13	46.41	350m: 5:17.32	46.93	
	100m: 1:24.60	44.67	200m: 2:56.72	45.71	300m: 4:30.39	47.26	400m: 6:01.96	44.64	
5.	Evrin Ela KOSE	15	Vira Spor Kulubu	6:16.45	240	1:27.83	1:38.74	1:35.58	1:34.30
	50m:		150m:		250m:		350m:		
	100m: 1:27.83		200m: 3:06.57		300m: 4:42.15		400m: 6:16.45		
6.	Elif Rana BULAK	14	Vira Spor Kulubu	6:20.29	233	1:28.42	1:37.81	1:39.16	1:34.90
	50m: 40.60	40.60	150m: 2:17.60	49.18	250m: 3:55.73	49.50	350m: 5:34.37	48.98	
	100m: 1:28.42	47.82	200m: 3:06.23	48.63	300m: 4:45.39	49.66	400m: 6:20.29	45.92	
7.	Yagmur AYDİN	14	Vira Spor Kulubu	7:33.43	137	1:43.86	1:57.32	1:55.89	1:56.36
	50m: 48.39	48.39	150m: 2:42.80	58.94	250m: 4:40.22	59.04	350m: 6:36.78	59.71	
	100m: 1:43.86	55.47	200m: 3:41.18	58.38	300m: 5:37.07	56.85	400m: 7:33.43	56.65	