



Campeonato Nacional de Categorias - LC - 2025-2026
Luanda, 13 - 14/6/2026

Prova 110

Femin., 200m Costas

6 anos e mais velhos

13/06/2026 - 11:00

Resultados

Recordes Nac Angola - 50m Open	2:30.65	Catarina Welvitchia Sousa	CNIL	Coimbra (POR)	20/05/2018
Recordes Nac Angola - 50m 18 +	2:32.43	Lia Ana Lima	CD1A	Lisboa (POR)	08/02/2020
Recordes Nac Angola - 50m Jun	2:30.65	Catarina Welvitchia Sousa	CNIL	Coimbra (POR)	20/05/2018
Recordes Nac Angola - 50m Juv	2:41.80	Rhanya Espirito Santo	ANG	Luanda	01/05/2024
Recordes Nac Angola - 50m Inf	2:46.63	Stephanie Jurado	CD1A	Stellenbosch (RSA)	14/04/2021
Recordes Nac Angola - 50m Cad	2:56.94	Stephanie Jurado	CD1A	Stellenbosch (RSA)	26/09/2019

INI Ini: 6:10.00 / CAD Cad: 5:04.40 / INF Inf: 4:02.44 / JUV Juv: 3:30.88 / JUN Jun: 3:28.84 / SEN 18 +: 3:31.48

Pontos: AQUA 2025

Lugar	Idade		Tempo final	Pts	100m	200m
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Infantis

1. Lueji Fernandes	12	CNIL	3:06.03	290	3:06.21	
2. Zilene Ferro	12	Golfinhos	3:30.26	200	1:42.67	1:47.59
3. Otiana Couto	11	CNIL	3:37.70	180	1:49.46	1:48.24

Juvenis

1. Wendy Lukenya Morais	13	IND ANA	2:52.27	365	1:22.40	1:29.87
2. Isis Gabriela Palha	14	IND ANA	2:59.03	325	1:27.59	1:31.44
3. Naya Margarida Goncalves	14	CNIL	3:06.31	288	1:31.00	1:35.31
4. Carolina Rocha Guimaraes	13	CNIL	3:15.07	251	1:39.49	1:35.58
5. Bruna Pereira	13	CNIL	3:20.03	233	1:39.02	1:41.01
Virgilia Pongolola	14	CD1A	NT			
FTL						

Juniores

1. Rhanya Espirito Santo	16	CNIL	2:48.75	388	1:21.95	1:26.80
2. Beatriz Silva Pedro	15	CD1A	2:54.70	350	1:29.38	1:25.32
3. Mariana Martins Lima	15	CD1A	2:54.96	348	1:27.25	1:27.71
4. Neizla Miguela Santos	17	CNIL	2:56.22	341	1:26.40	1:29.82
5. Nelma Tchiveli Janota	16	CD1A	2:56.56	339	1:27.05	1:29.51

