



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

Prova 212
13/06/2026 - 15:30

Femin., 400m Livres

9 anos e mais velhos
Resultados

| | | | | | |
|--------------------------------|---------|-----------------------|------|----------------|------------|
| Recordes Nac Angola - 50m Open | 4:39.92 | Ana Sofia Nóbrega | CD1A | Coimbra (POR) | 19/12/2015 |
| Recordes Nac Angola - 50m 18 + | 4:39.92 | Ana Sofia Nóbrega | CD1A | Coimbra (POR) | 19/12/2015 |
| Recordes Nac Angola - 50m Jun | 4:45.01 | Rhanya Espirito Santo | ANG | Luanda | 14/12/2025 |
| Recordes Nac Angola - 50m Juv | 4:52.81 | Alexia Jimenez Vieira | IND | Luanda | 25/06/2022 |
| Recordes Nac Angola - 50m Inf | 5:00.86 | Alda Lara Albuquerque | SB | Portugal (POR) | 18/09/1995 |
| Recordes Nac Angola - 50m Cad | 5:35.22 | Ana Romero | ICM | Luanda | 15/07/1999 |

CAD Cad: 9:03.76 / INF Inf: 6:59.24 / JUV Juv: 6:13.08 / JUN Jun: 6:01.80 / SEN 18 +: 6:48.32

Pontos: AQUA 2025

| Lugar | Idade | | Tempo final | Pts | 100m | 200m | 300m | 400m |
|-------|-------|--|-------------|-----|------|------|------|------|
|-------|-------|--|-------------|-----|------|------|------|------|

Infantis

| | | | | | | | | |
|------------------------------|---------|-----------|----------------|---------|---------|---------|---------|---------|
| 1. Savannah Kempson | 12 | CNIL | 5:30.46 | 361 | | | | |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | | 200m: | 300m: | | 400m: | 5:30.46 | | |
| 2. Zilene Ferro | 12 | Golfinhos | 6:12.65 | 252 | 1:25.65 | 1:37.06 | 1:37.70 | 1:32.24 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | 1:25.65 | 200m: | 300m: | 4:40.41 | 400m: | 6:12.65 | | |
| 3. Laura Cristina Evagelista | 12 | Golfinhos | 6:43.00 | 199 | 1:33.47 | 1:47.03 | 1:43.80 | 1:38.70 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | 1:33.47 | 200m: | 300m: | 5:04.30 | 400m: | 6:43.00 | | |

Juvenis

| | | | | | | | | |
|-----------------------------|----|---------|----------------|-----|-------|---------|--|--|
| 1. Wendy Lukenya Morais | 13 | IND ANA | 5:13.57 | 422 | | | | |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | | 200m: | 300m: | | 400m: | 5:13.57 | | |
| 2. Carolina Rocha Guimarães | 13 | CNIL | 5:49.89 | 304 | | | | |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | | 200m: | 300m: | | 400m: | 5:49.89 | | |

Juniores

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|----------------------------|---------|-------|----------------|---------|---------|---------|---------|---------|
| 1. Rhanya Espirito Santo | 16 | CNIL | 5:05.45 | 457 | | | | |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | | 200m: | 300m: | | 400m: | 5:05.45 | | |
| 2. Maria Teresa Parimbelli | 15 | CNIL | 5:20.15 | 397 | | | | |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | | 200m: | 300m: | | 400m: | 5:20.15 | | |
| 3. Chelsia Idalina Vunge | 15 | CNIL | 5:29.43 | 364 | | | | |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | | 200m: | 300m: | | 400m: | 5:29.43 | | |
| 4. Mariana Martins Lima | 15 | CD1A | 5:29.44 | 364 | | | | |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | | 200m: | 300m: | | 400m: | 5:29.44 | | |
| 5. Neizla Miguela Santos | 17 | CNIL | 5:48.12 | 309 | | | | |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | | 200m: | 300m: | | 400m: | 5:48.12 | | |
| 6. Nelma Tchiveli Janota | 16 | CD1A | 5:56.52 | 287 | 1:21.17 | 1:31.04 | 1:32.05 | 1:32.26 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | 1:21.17 | 200m: | 300m: | 4:24.26 | 400m: | 5:56.52 | | |

Seniores

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|---------------------------|---------|-------------|----------------|---------|---------|---------|---------|---------|
| 1. Rafaela Espirito Santo | 21 | Academia MD | 5:43.09 | 322 | 1:16.38 | 1:25.03 | 1:29.69 | 1:31.99 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: | 1:16.38 | 200m: | 300m: | 4:11.10 | 400m: | 5:43.09 | | |

