



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

Prova 213

Masc., 400m Estilos

11 anos e mais velhos

13/06/2026 - 15:54

Resultados

Recordes Nac Angola - 50m Open	4:23.12	Pedro Miguel Pinotes	ANG	Brazzaville (CGO)	07/09/2015
Recordes Nac Angola - 50m 18 +	4:23.12	Pedro Miguel Pinotes	ANG	Brazzaville (CGO)	07/09/2015
Recordes Nac Angola - 50m Jun	4:49.48	Pedro Miguel Pinotes	ANG	Aveiro (POR)	27/07/2007
Recordes Nac Angola - 50m Juv	4:55.71	Joao Luis Matias	ANG	Cairo (EGY)	13/08/2002
Recordes Nac Angola - 50m Inf	5:25.61	Salvador Vieira Gordo	CD1A	Plymouth (GBR)	15/05/2016

INF Inf: 8:39.18 / JUV Juv: 6:26.04 / JUN Jun: 6:10.38 / SEN 18 +: 6:12.30

Pontos: AQUA 2025

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
Juniores								
1. S. Guimarães	15	CNIL	5:11.94	469	1:05.55	1:26.07	1:33.09	1:07.23
50m:		150m:	250m:		350m:			
100m: 1:05.55		200m: 2:31.62	300m: 4:04.71		400m: 5:11.94			
2. Oleksander Mario Zhukov	16	CD1A	5:21.40	429	1:11.94	1:23.74	1:32.09	1:13.63
50m:		150m:	250m:		350m:			
100m: 1:11.94		200m: 2:35.68	300m: 4:07.77		400m: 5:21.40			
3. Silverio Fernando Manuel	17	CD1A	5:46.19	343	1:14.01	1:34.80	1:38.32	1:19.06
50m:		150m:	250m:		350m:			
100m: 1:14.01		200m: 2:48.81	300m: 4:27.13		400m: 5:46.19			
G. Sousa	17	CNIL	NT					
<i>FTL</i>								
Seniores								
1. E. Chiocola	18	CD1A	5:35.15	378	1:08.86	1:27.47	1:43.44	1:15.38
50m:		150m:	250m:		350m:			
100m: 1:08.86		200m: 2:36.33	300m: 4:19.77		400m: 5:35.15			
2. Sebastião José Vika	24	CBL	5:48.78	336	1:15.33	1:36.81	1:36.34	1:20.30
50m:		150m:	250m:		350m:			
100m: 1:15.33		200m: 2:52.14	300m: 4:28.48		400m: 5:48.78			
3. Mario Antonio Melo	18	CD1A	5:55.99	316	1:23.19	1:35.12	1:39.51	1:18.17
50m:		150m:	250m:		350m:			
100m: 1:23.19		200m: 2:58.31	300m: 4:37.82		400m: 5:55.99			
EXH Fernando Baptista	15	CD1A	NT					
<i>FTL</i>								

