



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

Prova 431

Femin., 400m Estilos

11 anos e mais velhos

14/06/2026 - 15:30

Resultados

Recordes Nac Angola - 50m Open	5:18.56	Lia Ana Lima	ANG	Luanda	03/05/2024
Recordes Nac Angola - 50m 18 +	5:18.56	Lia Ana Lima	ANG	Luanda	03/05/2024
Recordes Nac Angola - 50m Jun	5:31.89	Raquel Tremeço	CD1A	Cairo (EGY)	31/03/2017
Recordes Nac Angola - 50m Juv	5:52.93	Rhanya Espirito Santo	CNIL	Luanda	09/07/2023
Recordes Nac Angola - 50m Inf	5:58.03	Alda Lara Albuquerque	ANG	(POR)	01/01/1800

INF Inf: 8:41.34 / JUV Juv: 7:18.96 / JUN Jun: 6:45.32 / SEN 18 +: 7:03.60

Pontos: AQUA 2025

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

Infantis

1. Zilene Ferro	12	Golfinhos	7:31.43	200				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	7:31.43		
2. Laura Cristina Evagelista	12	Golfinhos	7:36.90	193				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	7:36.90		

Juvenis

1. Wezza Lukenya Morais	13	IND ANA	5:55.47	411				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:55.47		
2. R. Nascimento	13	CNIL	6:39.43	289				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	6:39.43		

Juniores

1. Maria Teresa Parimbelli	15	CNIL	5:59.50	397				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:59.50		
2. Nelma Tchiveli Janota	16	CD1A	6:27.09	318				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	6:27.09		

EXH Savannah Kempson	12	CNIL	6:09.40	366				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	6:09.40		

