



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

Prova 432
14/06/2026 - 15:39

Masc., 400m Livres

9 anos e mais velhos
Resultados

Recordes Nac Angola - 50m Open	3:59.10	Pedro Miguel Pinotes	CNIL	Luanda	26/07/2014
Recordes Nac Angola - 50m 18 +	3:59.10	Pedro Miguel Pinotes	CD1A	Luanda	01/04/2014
Recordes Nac Angola - 50m Jun	4:13.08	Henrique Mascarenhas	CNIL	Budapest (HUN)	20/08/2019
Recordes Nac Angola - 50m Juv	4:27.37	Santiago Rocha Guimaraes	ANG	Luanda	31/05/2025
Recordes Nac Angola - 50m Inf	4:50.89	Santiago Rocha Guimaraes	CNIL	Luanda	06/07/2023
Recordes Nac Angola - 50m Cad	5:36.03	Salvador Vieira Gordo	CNIL	Luanda	06/07/2014

CAD Cad: 8:56.72 / INF Inf: 6:55.80 / JUV Juv: 5:54.20 / JUN Jun: 5:25.00 / SEN 18 +: 5:32.32

Pontos: AQUA 2025

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
Juvenis								
1. Kaio Almeida Elias	14	CD1A	5:08.94	361			1:20.02	1:15.50
50m:		150m:	250m:		350m:			
100m:		200m:	300m:	3:53.44	400m:	5:08.94		
2. Lucas Rafael Palha	14	CD1A	5:20.89	322	1:14.97	1:22.52	1:23.04	1:20.36
50m:		150m:	250m:		350m:			
100m:	1:14.97	200m:	300m:	4:00.53	400m:	5:20.89		
3. Vince Costa Das	14	Academia MD	5:24.78	311	1:15.81	1:22.29	1:24.01	1:22.67
50m:		150m:	250m:		350m:			
100m:	1:15.81	200m:	300m:	4:02.11	400m:	5:24.78		
4. Danilson Renato Silva	14	CD1A	5:26.85	305	1:14.72	1:24.04	1:24.64	1:23.45
50m:		150m:	250m:		350m:			
100m:	1:14.72	200m:	300m:	4:03.40	400m:	5:26.85		

Juniores

1. S. Guimarães	15	CNIL	4:26.89	560	1:01.72	1:07.90	1:09.13	1:08.14
50m:		150m:	250m:		350m:			
100m:	1:01.72	200m:	300m:	3:18.75	400m:	4:26.89		
2. Carlos Daniel Fernandes	16	CD1A	4:43.04	470	1:04.29	1:12.98	1:14.97	1:10.80
50m:		150m:	250m:		350m:			
100m:	1:04.29	200m:	300m:	3:32.24	400m:	4:43.04		
3. G. Sousa	17	CNIL	4:44.14	464	1:07.04	1:14.33	1:15.07	1:07.70
50m:		150m:	250m:		350m:			
100m:	1:07.04	200m:	300m:	3:36.44	400m:	4:44.14		
4. Oleksander Mario Zhukov	16	CD1A	4:44.60	462	1:05.29	1:12.89	1:14.22	1:12.20
50m:		150m:	250m:		350m:			
100m:	1:05.29	200m:	300m:	3:32.40	400m:	4:44.60		
5. Silverio Fernando Manuel	17	CD1A	5:16.90	334	1:09.80	1:21.75	1:22.81	1:22.54
50m:		150m:	250m:		350m:			
100m:	1:09.80	200m:	300m:	3:54.36	400m:	5:16.90		
Fernando Baptista	15	CD1A	NT					
<i>FTL</i>								

Seniores

1. E. Chiocola	18	CD1A	5:03.70	380	1:07.05	1:14.88	1:21.68	1:20.09
50m:		150m:	250m:		350m:			
100m:	1:07.05	200m:	300m:	3:43.61	400m:	5:03.70		
2. Mario Antonio Melo	18	CD1A	5:05.83	372	1:09.54	1:19.55	1:19.83	1:16.91
50m:		150m:	250m:		350m:			
100m:	1:09.54	200m:	300m:	3:48.92	400m:	5:05.83		
3. Tiago Ricardo Manuel	18	CNIL	5:09.71	358	1:14.11	1:18.29	1:20.74	1:16.57
50m:		150m:	250m:		350m:			
100m:	1:14.11	200m:	300m:	3:53.14	400m:	5:09.71		
4. Pedro Calei Barroso	20	CNIL	5:25.37	309	1:14.47	1:21.47	1:26.39	1:23.04
50m:		150m:	250m:		350m:			
100m:	1:14.47	200m:	300m:	4:02.33	400m:	5:25.37		

