



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

Prova 532
14/06/2026 - 15:52

Masc., 400m Livres

Masters
Resultados

Pontos: AQUA 2025

Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m
1. Alfredo Chiluale	32 CNIL	6:04.18	220	1:16.86	1:30.18	1:37.70	1:39.44
50m:	150m:	250m:		350m:			
100m: 1:16.86	200m: 2:47.04	300m: 4:24.74		400m: 6:04.18			
2. Samuel Rodrigues Manue	32 RV Racing	6:09.03	212	1:19.26	1:34.62	1:40.65	1:34.50
50m:	150m:	250m:		350m:			
100m: 1:19.26	200m: 2:53.88	300m: 4:34.53		400m: 6:09.03			
3. Custodio Paulo	32 CNIL			1:22.92			1:23.58
50m:	150m:	250m:		350m:			
100m: 1:22.92	200m:	300m: 4:47.41		400m: 6:10.99			
4. Rui Jorge Trocio	36 CNIL						
50m:	150m:	250m:		350m:			
100m:	200m:	300m:		400m: 6:19.23			
5. Pestana Andrade	41 CNIL			1:38.75	1:56.80	2:01.38	1:56.94
50m:	150m:	250m:		350m:			
100m: 1:38.75	200m: 3:35.55	300m: 5:36.93		400m: 7:33.87			
6. Messi Antonio Mavungo	25 CNL	7:53.52	100	1:39.70	2:00.96	2:09.69	2:03.17
50m:	150m:	250m:		350m:			
100m: 1:39.70	200m: 3:40.66	300m: 5:50.35		400m: 7:53.52			

