

Campeonato Nacional Absoluto - LC - 2025-2026  
Luanda, 4 - 5/7/2026

Prova 103

Femin., 400m Livres

Open  
Resultados

04/07/2026 - 9:24

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 15 - 17	4:45.01	Rhanya Espirito Santo	ANG	Luanda	14/12/2025
Recordes Nac Angola - 50m 13 - 14	4:52.81	Alexia Jimenez Vieira	IND	Luanda	25/06/2022
Recordes Nac Angola - 50m 11 - 12	5:00.86	Alda Lara Albuquerque	SB	Portugal (POR)	18/09/1995
Recordes Nac Angola - 50m 9 - 10	5:35.22	Ana Romero	ICM	Luanda	15/07/1999

TAC- JUV : 6:04.40

Pontos: AQUA 2025

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
1. Vitoria de Sousa	15	CD1A	<b>4:41.04</b>	587				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	4:41.04		
2. Rhanya Espirito Santo	16	CNIL	<b>4:53.93</b>	513				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	4:53.93		
3. Lia Ana Lima	24	CD1A	<b>4:59.32</b>	486				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	4:59.32		
4. Wezza Lukenya Morais	13	IND	<b>5:16.51</b>	411				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:16.51		
5. Wendy Lukenya Morais	13	IND	<b>5:17.23</b>	408				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:17.23		
6. Mariana Martins Lima	15	CD1A	<b>5:22.74</b>	387				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:22.74		
7. N. Morais	17	CNIL	<b>5:26.45</b>	374				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:26.45		
8. Isis Gabriela Palha	14	IND	<b>5:26.62</b>	374				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:26.62		
9. Chelsea Idalina Vunge	15	CNIL	<b>5:28.45</b>	368				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:28.45		
10. Carolina Rocha Guimarães	13	CNIL	<b>5:36.09</b>	343				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:36.09		
11. Kaila Nahary Santos	14	CD1A	<b>5:44.72</b>	318				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:44.72		
12. Inara Pinto Santos	17	CNIL	<b>5:58.03</b>	284				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:58.03		
13. Beatriz Silva Pedro	15	CD1A	<b>5:58.82</b>	282				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:58.82		
14. Elayne Jesus Pires	17	CD1A	<b>6:19.40</b>	238				
<i>FTL</i>								
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	6:19.40		
EXH Savannah Kempson	12	CNIL	<b>5:28.05</b>	369				
50m:		150m:	250m:		350m:			
100m:		200m:	300m:		400m:	5:28.05		



TAA3



GNITEL da horta  
sempre fresco à sua mesa

