



TAA3



GUNITEL da horta

Campeonato Nacional Absoluto - LC - 2025-2026

Luanda, 4 - 5/7/2026

à mesa



Prova 303

Femin., 400m Estilos

Open

05/07/2026 - 9:45

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 15 - 17	5:31.89	Raquel Tremoço	CD1A	Cairo (EGY)	31/03/2017
Recordes Nac Angola - 50m 13 - 14	5:52.93	Rhanya Espirito Santo	CNIL	Luanda	09/07/2023
Recordes Nac Angola - 50m 11 - 12	5:58.03	Alda Lara Albuquerque	ANG	(POR)	01/01/1800
Recordes Nac Angola - 50m 9 - 10	7:38.26	Eliane Coelho	CD1A	Luanda	09/05/2014

TAC- JUV : 7:04.86

Pontos: AQUA 2025

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
1. Vitoria de Sousa	15	CD1A	5:19.72	565	1:10.43	1:22.56	1:34.00	1:12.73
50m:		150m:	250m:		350m:			
100m: 1:10.43		200m: 2:32.99	300m: 4:06.99		400m: 5:19.72			
2. Lia Ana Lima	24	CD1A	5:34.46	493	1:08.73	1:26.38	1:39.55	1:19.80
50m:		150m:	250m:		350m:			
100m: 1:08.73		200m: 2:35.11	300m: 4:14.66		400m: 5:34.46			
3. Wezza Lukenya Morais	13	IND	5:59.05	399	1:17.59	1:32.71	1:51.03	1:17.72
50m:		150m:	250m:		350m:			
100m: 1:17.59		200m: 2:50.30	300m: 4:41.33		400m: 5:59.05			
4. Maria Teresa Parimbelli	15	CNIL	6:04.91	380	1:23.86	1:28.88	1:45.85	1:26.32
50m:		150m:	250m:		350m:			
100m: 1:23.86		200m: 2:52.74	300m: 4:38.59		400m: 6:04.91			
5. Nelma Tchiveli Janota	16	CD1A	6:39.39	290	1:29.63	1:38.96	1:58.34	1:32.46
50m:		150m:	250m:		350m:			
100m: 1:29.63		200m: 3:08.59	300m: 5:06.93		400m: 6:39.39			
6. R. Nascimento	13	CNIL	7:08.36	235	1:49.39	1:49.60	2:00.71	1:28.66
FTL								
50m:		150m:	250m:		350m:			
100m: 1:49.39		200m: 3:38.99	300m: 5:39.70		400m: 7:08.36			
DSQ Beatriz Silva Pedro	15	CD1A	6:34.04		1:23.79	1:33.95	1:55.59	1:40.71
SW 4.4 - Nadador saltou / caiu para a água antes do sinal de partida.								
50m:		150m:	250m:		350m:			
100m: 1:23.79		200m: 2:57.74	300m: 4:53.33		400m: 6:34.04			



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sempre fresco à sua mesa

