



TAA3



GUNITEL da horta

Campeonato Nacional Absoluto - LC - 2025-2026

Luanda, 4 - 5/7/2026

à mesa



Prova 304

Masc., 400m Estilos

Open

05/07/2026 - 9:54

Resultados

Recordes Nac Angola - 50m Open	4:23.12	Pedro Miguel Pinotes	ANG	Brazzaville (CGO)	07/09/2015
Recordes Nac Angola - 50m 18 +	4:23.12	Pedro Miguel Pinotes	ANG	Brazzaville (CGO)	07/09/2015
Recordes Nac Angola - 50m 15 - 17	4:49.48	Pedro Miguel Pinotes	ANG	Aveiro (POR)	27/07/2007
Recordes Nac Angola - 50m 13 - 14	4:55.71	Joao Luis Matias	ANG	Cairo (EGY)	13/08/2002
Recordes Nac Angola - 50m 11 - 12	5:25.61	Salvador Vieira Gordo	CD1A	Plymouth (GBR)	15/05/2016
Recordes Nac Angola - 50m 9 - 10	6:17.55	Salvador Vieira Gordo	CNIL	Luanda	05/07/2014

TAC- JUV : 6:25.50

Pontos: AQUA 2025

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
1. Oleksander Mario Zhukov	16	CD1A	5:31.42	391	1:13.57	1:23.87	1:39.98	1:14.00
50m:		150m:	250m:		350m:			
100m: 1:13.57		200m: 2:37.44	300m: 4:17.42		400m: 5:31.42			
2. Silverio Fernando Manuel	17	CD1A	5:57.69	311	1:16.77	1:34.92	1:39.42	1:26.58
50m:		150m:	250m:		350m:			
100m: 1:16.77		200m: 2:51.69	300m: 4:31.11		400m: 5:57.69			
3. Sebastião José Vika	24	CBL	5:58.68	309	1:18.25	1:39.41	1:43.76	1:17.26
50m:		150m:	250m:		350m:			
100m: 1:18.25		200m: 2:57.66	300m: 4:41.42		400m: 5:58.68			
4. E. Chiocola	18	CD1A	6:00.30	304	1:13.33	1:37.81	1:52.81	1:16.35
50m:		150m:	250m:		350m:			
100m: 1:13.33		200m: 2:51.14	300m: 4:43.95		400m: 6:00.30			
5. Mario Antonio Melo	18	CD1A	6:12.16	276	1:33.16	1:28.69	1:53.17	1:17.14
50m:		150m:	250m:		350m:			
100m: 1:33.16		200m: 3:01.85	300m: 4:55.02		400m: 6:12.16			
6. Fernando Baptista	15	CD1A	6:36.62	228	1:36.99	1:36.29	1:52.82	1:30.52
FTL								
50m:		150m:	250m:		350m:			
100m: 1:36.99		200m: 3:13.28	300m: 5:06.10		400m: 6:36.62			
DSQ William Elizandro Nguvo	15	CD1A	6:12.83		1:26.98	1:39.26	1:47.26	1:19.33
SW 7.4 - Nadador executou movimentos de pernas alternados e/ou simultaneos mas fora do plano horizontal, durante o percurso.								
50m:		150m:	250m:		350m:			
100m: 1:26.98		200m: 3:06.24	300m: 4:53.50		400m: 6:12.83			



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sempre fresco à sua mesa

