

Prova 11
11/10/2026 - 12:31

Femin., 400m Estilos

11 anos e mais velhos
Resultados

Nacional 25m Open	5:01.12	LIMA, Lia Ana	CD1A	Felgueiras (POR)	20/12/2019
Nacional 25m SEN	5:01.12	LIMA, Lia Ana	CD1A	Felgueiras (POR)	19/12/2019
Nacional 25m JUN	5:12.75	LIMA, Lia Ana	CD1A	Luanda	19/12/2018
Nacional 25m JUV	5:44.57	ALBUQUERQUE, Alda Lara	ANG	(RSA)	22/04/2000
Nacional 25m INF	6:00.38	SANTO, Rhanya Espirito	CNIL	Luanda	20/03/2022

Pontos: AQUA 2026

Lugar	Idade	Tempo final	Pts
Infantis			
1. SULLIVAN, Effie	11 LIS Swim Club	7:07.34	213
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m:
2. N'TEKA, Kayla Nataniela	12 CNIL	7:10.73	208
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m:
3. MENA, Jusoura	12 CNL	7:40.97	170
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m:
4. MONTEIRO, Paloma	12 CNIL	7:48.57	162
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m:
5. COUTO, Otiana	12 CNIL	7:51.01	159
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m:

Juvenis

1. KEMPSON, Savannah	13 CNIL	5:45.59	404
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m:
2. GUIMAR�ES, Carolina Rocha	14 CNIL	6:10.69	327
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m:
3. FERNANDES, Lueji	13 CNIL	6:35.16	270
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m:
4. NASCIMENTO, Rayane Const�ncia	14 CNIL	6:45.82	249
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m:
5. ANTONIO, Iohanna	13 CNIL	7:33.05	179
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m:

Juniors

1. JANOTA, Nelma Tchiveli	17 CD1A	6:14.97	316
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m:
2. GONCALVES, Naya Margarida	15 CNIL	6:40.86	258
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m: