



Campeonato Nacional de Categorias - LC - 2023-2024
Luanda, 29 - 30/6/2024

Prova 102

Femin., 1500m Livres

11 anos e mais velhos

29/06/2024 - 9:44

Resultados

Recordes Nac Angola - 50m Open	18:36.84	Rafaela Espirito Santo	ANG	Luanda	30/04/2024
Recordes Nac Angola - 50m 18 +	18:36.84	Rafaela Espirito Santo	ANG	Luanda	30/04/2024
Recordes Nac Angola - 50m Jun	19:16.28	Yara Alexandra Lima	CD1A	Luanda	19/06/2013
Recordes Nac Angola - 50m Juv	19:36.65	Rhanya Espirito Santo	ANG	Luanda	30/04/2024
Recordes Nac Angola - 50m Inf	21:36.02	Rhanya Espirito Santo	CNIL	Luanda	22/05/2022

INF Inf: 29:46.96 / JUV Juv: 26:32.32 / JUN Jun: 25:47.20 / SEN 18 +: 29:03.28

Pontos: FINA 2024

Posição	Nome	Idade	Nação	Clube	Tempo Inscrição	Tempo Final	Pts FINA
---------	------	-------	-------	-------	-----------------	-------------	----------

Juvenis

1.	Rhanya Espirito Santo	14	ANG	CNIL	19:36.65	19:48.23	464	
	100m: 1:11.52	1:11.52	500m: 6:30.42	1:19.57	900m: 11:52.29	1:20.53	1300m: 17:14.70	1:20.63
	200m: 2:30.30	1:18.78	600m: 7:51.36	1:20.94	1000m: 13:12.20	1:19.91	1400m: 18:34.25	1:19.55
	300m: 3:50.33	1:20.03	700m: 9:11.64	1:20.28	1100m: 14:33.40	1:21.20	1500m: 19:48.23	1:13.98
	400m: 5:10.85	1:20.52	800m: 10:31.76	1:20.12	1200m: 15:54.07	1:20.67		
2.	Maria Teresa Parimbelli	13	ITA	CNIL	21:08.19	20:50.36	398	
	100m: 1:15.43	1:15.43	500m: 6:49.05	1:24.37	900m: 12:29.94	1:25.11	1300m: 18:07.38	1:24.46
	200m: 2:37.57	1:22.14	600m: 8:14.11	1:25.06	1000m: 13:54.37	1:24.43	1400m: 19:31.39	1:24.01
	300m: 4:00.75	1:23.18	700m: 9:39.32	1:25.21	1100m: 15:18.58	1:24.21	1500m: 20:50.36	1:18.97
	400m: 5:24.68	1:23.93	800m: 11:04.83	1:25.51	1200m: 16:42.92	1:24.34		
3.	Alpha Leocadia Alberto	14	ANG	IND	24:28.62	23:31.24	277	
	100m: 1:23.64	1:23.64	500m: 7:42.77	1:34.67	900m: 14:06.39	1:36.53	1300m: 20:29.49	1:34.87
	200m: 2:57.31	1:33.67	600m: 9:18.83	1:36.06	1000m: 15:42.06	1:35.67	1400m: 21:58.76	1:29.27
	300m: 4:32.83	1:35.52	700m: 10:53.81	1:34.98	1100m: 17:19.01	1:36.95	1500m: 23:31.24	1:32.48
	400m: 6:08.10	1:35.27	800m: 12:29.86	1:36.05	1200m: 18:54.62	1:35.61		

Juniores

1.	Welwitchia Fatima Silva	16	ANG	CNIL	21:54.23	21:19.31	372	
	100m: 1:16.11	1:16.11	500m: 6:59.75	1:27.87	900m: 12:45.83	1:27.15	1300m: 18:28.13	1:25.52
	200m: 2:39.92	1:23.81	600m: 8:26.38	1:26.63	1000m: 14:11.90	1:26.07	1400m: 19:53.99	1:25.86
	300m: 4:05.32	1:25.40	700m: 9:52.41	1:26.03	1100m: 15:37.74	1:25.84	1500m: 21:19.31	1:25.32
	400m: 5:31.88	1:26.56	800m: 11:18.68	1:26.27	1200m: 17:02.61	1:24.87		
2.	Neizla Miguela Santos	15	ANG	CNIL	22:54.82	21:57.90	340	
	100m: 1:18.28	1:18.28	500m: 7:10.58	1:28.27	900m: 13:07.05	1:29.20	1300m: 19:03.81	1:28.43
	200m: 2:45.07	1:26.79	600m: 8:39.55	1:28.97	1000m: 14:36.79	1:29.74	1400m: 20:33.28	1:29.47
	300m: 4:14.69	1:29.62	700m: 10:08.13	1:28.58	1100m: 16:05.93	1:29.14	1500m: 21:57.90	1:24.62
	400m: 5:42.31	1:27.62	800m: 11:37.85	1:29.72	1200m: 17:35.38	1:29.45		
3.	Beatriz Conduto Maria	15	POR	CBL	21:58.28	22:15.99	327	
	100m: 1:15.53	1:15.53	500m: 7:11.46	1:30.35	900m: 13:15.04	1:30.44	1300m: 19:19.68	1:31.11
	200m: 2:41.12	1:25.59	600m: 8:43.20	1:31.74	1000m: 14:45.64	1:30.60	1400m: 20:49.99	1:30.31
	300m: 4:10.15	1:29.03	700m: 10:13.97	1:30.77	1100m: 16:17.18	1:31.54	1500m: 22:15.99	1:26.00
	400m: 5:41.11	1:30.96	800m: 11:44.60	1:30.63	1200m: 17:48.57	1:31.39		
4.	Paloma Cristina Reis	16	ANG	CD1A	23:53.06	23:20.99	283	
	100m: 1:25.43	1:25.43	500m: 7:35.94	1:33.73	900m: 13:52.33	1:34.13	1300m: 20:14.57	1:35.64
	200m: 2:56.71	1:31.28	600m: 9:09.60	1:33.66	1000m: 15:27.43	1:35.10	1400m: 21:49.71	1:35.14
	300m: 4:29.10	1:32.39	700m: 10:43.78	1:34.18	1100m: 17:03.34	1:35.91	1500m: 23:20.99	1:31.28
	400m: 6:02.21	1:33.11	800m: 12:18.20	1:34.42	1200m: 18:38.93	1:35.59		

