



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

Prova 212

Femin., 400m Livres

9 anos e mais velhos

29/06/2024 - 16:00

Resultados

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 Jun	4:50.60	Yara Alexandra Lima	ANG	Lisboa (POR)	07/07/2013
Recordes Nac Angola - 50m Juv	4:52.81	Alexia Jimenez Vieira	IND	Luanda	25/06/2022
Recordes Nac Angola - 50m Inf	5:00.86	Alda Lara Albuquerque	SB	Portugal (POR)	18/09/1995
Recordes Nac Angola - 50m Cad	5:35.22	Ana Romero	ICM	Luanda	15/07/1999

CAD Cad: 9:03.76 / INF Inf: 6:59.24 / JUV Juv: 6:13.08 / JUN Jun: 6:01.80 / SEN 18 +: 6:48.32

Pontos: FINA 2024

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
-------	-------	--	-------------	-----	------	------	------	------

Infantis

1. Isis Gabriela Palha	12	CNIL	5:32.59	354	1:20.55	1:24.96	1:25.36	1:21.72
50m:		150m:	250m:		350m:			
100m: 1:20.55		200m: 2:45.51	300m: 4:10.87		400m: 5:32.59			
2. Wezza Lukenya Morais	11	CNIL	5:35.52	345	1:18.41	1:26.87	1:26.57	1:23.67
50m:		150m:	250m:		350m:			
100m: 1:18.41		200m: 2:45.28	300m: 4:11.85		400m: 5:35.52			
3. N. Goncalves	12	CNIL	6:34.52	212	1:34.83	1:42.71	1:42.61	1:34.37
50m:		150m:	250m:		350m:			
100m: 1:34.83		200m: 3:17.54	300m: 5:00.15		400m: 6:34.52			

Juvenis

1. Rhanya Espirito Santo	14	CNIL	5:02.34	471	1:11.07	1:17.71	1:18.34	1:15.22
50m:		150m:	250m:		350m:			
100m: 1:11.07		200m: 2:28.78	300m: 3:47.12		400m: 5:02.34			
2. Maria Teresa Parimbelli	13	CNIL	5:11.08	433	1:13.69	1:18.63	1:20.15	1:18.61
50m:		150m:	250m:		350m:			
100m: 1:13.69		200m: 2:32.32	300m: 3:52.47		400m: 5:11.08			
3. Chelsea Idalina Vunge	13	CNIL	5:33.93	350	1:17.69	1:24.58	1:27.22	1:24.44
50m:		150m:	250m:		350m:			
100m: 1:17.69		200m: 2:42.27	300m: 4:09.49		400m: 5:33.93			
4. Alpha Leocadia Alberto	14	IND	6:00.19	279	1:25.53	1:32.40	1:34.37	1:27.89
50m:		150m:	250m:		350m:			
100m: 1:25.53		200m: 2:57.93	300m: 4:32.30		400m: 6:00.19			
5. Beatriz Silva Pedro	13	CD1A	6:01.64	275	1:24.44	1:32.54	1:34.54	1:30.12
50m:		150m:	250m:		350m:			
100m: 1:24.44		200m: 2:56.98	300m: 4:31.52		400m: 6:01.64			

doente Jovita Graca Pili 14 CD1A

Juniores

1. N. Morais	15	CNIL	5:18.02	405	1:16.87	1:24.16	1:20.73	1:16.26
50m:		150m:	250m:		350m:			
100m: 1:16.87		200m: 2:41.03	300m: 4:01.76		400m: 5:18.02			
2. Aleksandra Larissa Zhuko	16	CD1A	5:19.64	399	1:17.30	1:22.96	1:22.19	1:17.19
50m:		150m:	250m:		350m:			
100m: 1:17.30		200m: 2:40.26	300m: 4:02.45		400m: 5:19.64			
3. Jasmine Celeste Lourenc	16	CD1A	5:31.35	358	1:18.61	1:25.11	1:26.63	1:21.00
50m:		150m:	250m:		350m:			
100m: 1:18.61		200m: 2:43.72	300m: 4:10.35		400m: 5:31.35			
4. Inara Pinto Santos	15	CNIL	5:44.76	318	1:17.88	1:28.32	1:30.37	1:28.19
50m:		150m:	250m:		350m:			
100m: 1:17.88		200m: 2:46.20	300m: 4:16.57		400m: 5:44.76			
5. Paloma Cristina Reis	16	CD1A	5:53.46	295	1:24.46	1:30.18	1:30.99	1:27.83
50m:		150m:	250m:		350m:			
100m: 1:24.46		200m: 2:54.64	300m: 4:25.63		400m: 5:53.46			





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

Prova 212, Femin., 400m Livres, Juniores

Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m
6. Elayne Jesus Pires	15 CD1A	5:59.29	281	1:24.92	1:32.32	1:33.04	1:29.01
50m:	150m:	250m:	350m:				
100m: 1:24.92	200m: 2:57.24	300m: 4:30.28	400m: 5:59.29				

