



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

Prova 431

Femin., 400m Estilos

11 anos e mais velhos

30/06/2024 - 16:00

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 Jun	5:31.89	Raquel Tremeço	CD1A	Cairo (EGY)	31/03/2017
Recordes Nac Angola - 50m Juv	5:52.93	Rhanya Espirito Santo	CNIL	Luanda	09/07/2023
Recordes Nac Angola - 50m Inf	5:58.03	Alda Lara Albuquerque	ANG	(POR)	

INF Inf: 8:41.34 / JUV Juv: 7:18.96 / JUN Jun: 6:45.32 / SEN 18 +: 7:03.60

Pontos: FINA 2024

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

Infantis

1. Isis Gabriela Palha 12 CNIL **6:38.30** 297 1:45.58 1:37.21 1:49.22 1:26.29
50m: 150m: 250m: 350m:
100m: 1:45.58 200m: 3:22.79 300m: 5:12.01 400m: 6:38.30

Juvenis

1. Maria Teresa Parimbelli 13 CNIL **6:04.48** 388 1:29.92 1:29.67 1:45.59 1:19.30
50m: 150m: 250m: 350m:
100m: 1:29.92 200m: 2:59.59 300m: 4:45.18 400m: 6:04.48

2. Beatriz Silva Pedro 13 CD1A **6:36.70** 301 1:34.08 1:38.23 1:51.35 1:33.04
50m: 150m: 250m: 350m:
100m: 1:34.08 200m: 3:12.31 300m: 5:03.66 400m: 6:36.70

Juniores

1. Aleksandra Larissa Zhuko16 CD1A **5:59.36** 404 1:24.39 1:33.07 1:39.75 1:22.15
50m: 150m: 250m: 350m:
100m: 1:24.39 200m: 2:57.46 300m: 4:37.21 400m: 5:59.36

2. Welwitchia Fatima Silva 16 CNIL **6:10.96** 368 1:22.74 1:36.44 1:46.52 1:25.26
50m: 150m: 250m: 350m:
100m: 1:22.74 200m: 2:59.18 300m: 4:45.70 400m: 6:10.96

3. Jasmine Celeste Lourenc16 CD1A **6:29.46** 318 1:32.44 1:40.51 1:51.73 1:24.78
50m: 150m: 250m: 350m:
100m: 1:32.44 200m: 3:12.95 300m: 5:04.68 400m: 6:29.46

Ines Tchinossolle Clemen15 CD1A **NT**
FTL

