



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

Prova 532
30/06/2024 - 16:23

Masc., 400m Livres

Masters
Resultados

Pontos: FINA 2024

Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m
1. Eduardo Carvalho Afonso	33	6:16.35	199	1:23.88	1:35.52	1:40.86	1:36.09
50m:	150m:	250m:	350m:				
100m: 1:23.88	200m: 2:59.40	300m: 4:40.26	400m: 6:16.35				
2. Custodio Armando Paulo	30	6:26.96	183	1:18.63	1:40.70	1:46.15	1:41.48
50m:	150m:	250m:	350m:				
100m: 1:18.63	200m: 2:59.33	300m: 4:45.48	400m: 6:26.96				
3. Alcides Miguel Jai	32	7:45.34	105	1:47.32	1:57.94	2:02.12	1:57.96
50m:	150m:	250m:	350m:				
100m: 1:47.32	200m: 3:45.26	300m: 5:47.38	400m: 7:45.34				

