

Prova 11

Femin., 400m Livres

11 anos e mais velhos

5/25/2024 - 15:41

Resultados

Recordes CPNLC - 50m Sen	5:59.55	Barros Erica Cecilia	CNIL	Luanda	5/20/2023
Recordes CPNLC - 50m Jun	5:22.15	Silva Welwitchia Fatima	CNIL	Luanda	5/20/2023
Recordes CPNLC - 50m Juv	5:06.85	Alberto Alpha Leocadia	IND	Luanda	5/25/2024
Recordes CPNLC - 50m Inf	5:20.44	Parimbelli Maria Teresa	CNIL	Luanda	5/20/2023
Recordes Nac Angola - 50m Open	4:39.92	Nóbrega Ana Sofia	CD1A	Coimbra (POR)	12/19/2015
Recordes Nac Angola - 50m Sen	4:39.92	Nóbrega Ana Sofia	CD1A	Coimbra (POR)	12/19/2015
Recordes Nac Angola - 50m Jun	4:50.60	Lima Yara Alexandra	ANG	Lisboa (POR)	7/7/2013
Recordes Nac Angola - 50m Juv	4:52.81	Vieira Alexia Jimenez	IND	Luanda	6/25/2022
Recordes Nac Angola - 50m Inf	5:00.86	Albuquerque Alda Lara	SB	Portugal (POR)	9/18/1995

SEN Sen: 6:30.48 / JUV Juv: 6:35.56 / INF Inf: 7:05.74 / JUN Jun: 6:30.48

Pontos: FINA 2024

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

1. Morais Wezza	11	Clube Náutico da Ilha de Luanda	<b>5:36.43</b>	342	1:19.61	1:26.04	1:29.12	1:21.66
50m:		150m:	250m:	350m:				
100m: 1:19.61		200m: 2:45.65	300m: 4:14.77	400m: 5:36.43				
2. Guimarães Carolina Rocha	11	Clube Náutico da Ilha de Luanda	<b>5:45.81</b>	315	1:24.87	1:28.95	1:28.42	1:23.57
50m:		150m:	250m:	350m:				
100m: 1:24.87		200m: 2:53.82	300m: 4:22.24	400m: 5:45.81				
3. Palha Isis	12	Clube Náutico da Ilha de Luanda	<b>5:47.78</b>	310	1:26.57	1:29.70	1:28.93	1:22.58
50m:		150m:	250m:	350m:				
100m: 1:26.57		200m: 2:56.27	300m: 4:25.20	400m: 5:47.78				
4. Santos Kaila Nahary	12	CD1A	<b>5:55.35</b>	290	1:27.59	1:31.17	1:30.74	1:25.85
50m:		150m:	250m:	350m:				
100m: 1:27.59		200m: 2:58.76	300m: 4:29.50	400m: 5:55.35				

Juvenis

1. Santo Rhanya Espirito	14	Clube Náutico da Ilha de Luanda	<b>5:01.98</b>	473	1:11.56	1:16.45	1:18.04	1:15.93
<i>Record Provincial</i>								
50m:		150m:	250m:	350m:				
100m: 1:11.56		200m: 2:28.01	300m: 3:46.05	400m: 5:01.98				
2. Parimbelli Maria Teresa	13	Clube Náutico da Ilha de Luanda	<b>5:19.33</b>	400	1:16.89	1:21.27	1:21.17	1:20.00
50m:		150m:	250m:	350m:				
100m: 1:16.89		200m: 2:38.16	300m: 3:59.33	400m: 5:19.33				
3. Vunge Chelsia Idalina	13	Clube Náutico da Ilha de Luanda	<b>5:43.39</b>	322	1:16.06	1:26.42	1:30.78	1:30.13
50m:		150m:	250m:	350m:				
100m: 1:16.06		200m: 2:42.48	300m: 4:13.26	400m: 5:43.39				
4. Alberto Alpha Leocadia	14	Individual	<b>6:04.90</b>	268	1:29.28	1:33.13	1:33.71	1:28.78
50m:		150m:	250m:	350m:				
100m: 1:29.28		200m: 3:02.41	300m: 4:36.12	400m: 6:04.90				
5. Pili Jovita Graca	14	CD1A	<b>6:05.62</b>	266	1:26.28			1:31.56
50m:		150m:	250m:	350m:				
100m: 1:26.28		200m:	300m: 4:34.06	400m: 6:05.62				

Juniores

1. Morais N.	15	Clube Náutico da Ilha de Luanda	<b>5:14.40</b>	419	1:13.87	1:19.64	1:22.04	1:18.85
<i>Record Provincial</i>								
50m:		150m:	250m:	350m:				
100m: 1:13.87		200m: 2:33.51	300m: 3:55.55	400m: 5:14.40				
2. Silva Welwitchia Fatima	16	Clube Náutico da Ilha de Luanda	<b>5:29.58</b>	364	1:15.71	1:22.88	1:25.44	1:25.55
50m:		150m:	250m:	350m:				
100m: 1:15.71		200m: 2:38.59	300m: 4:04.03	400m: 5:29.58				
3. Maria Beatriz Conduto	15	Clube Barracudas de Luanda	<b>5:34.98</b>	346	1:15.74	1:26.38	1:28.65	1:24.21
50m:		150m:	250m:	350m:				
100m: 1:15.74		200m: 2:42.12	300m: 4:10.77	400m: 5:34.98				
4. Santos Neizla Miguela	15	Clube Náutico da Ilha de Luanda	<b>5:43.03</b>	323	1:21.94	1:23.34	1:30.39	1:27.36
50m:		150m:	250m:	350m:				
100m: 1:21.94		200m: 2:45.28	300m: 4:15.67	400m: 5:43.03				

Prova 11, Femin., 400m Livres, Juniores

Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m
5. Pires Elayne Jesus	15 CD1A	<b>5:56.46</b>	287	1:27.70	1:31.17	1:30.76	1:26.83
50m:	150m:	250m:		350m:			
100m: 1:27.70	200m: 2:58.87	300m: 4:29.63		400m: 5:56.46			