



Campeonato Nacional Absoluto - LC - 2023-2024  
Luanda, 11 - 14/7/2024

Prova 101  
11/07/2024 - 18:00

Femin., 1500m Livres

Open  
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 15 - 17	19:16.28	Yara Alexandra Lima	CD1A	Luanda	19/06/2013
Recordes Nac Angola - 50m 13 - 14	19:36.65	Rhanya Espirito Santo	ANG	Luanda	30/04/2024
Recordes Nac Angola - 50m 11 - 12	21:36.02	Rhanya Espirito Santo	CNIL	Luanda	22/05/2022

Pontos: FINA 2024

Posição	Nome	Idade	Nação	Clube	Tempo Inscrição	Tempo Final	Pts WA	Qualif
1.	Rhanya Espirito Santo	14	ANG	CNIL	19:36.65	<b>19:57.81</b>	453	
	100m: 1:10.59 1:10.59	500m: 6:37.87 1:23.50	900m: 12:05.54 1:20.51	1300m: 17:21.23 1:19.47				
	200m: 2:31.02 1:20.43	600m: 8:01.08 1:23.21	1000m: 13:24.79 1:19.25	1400m: 18:41.98 1:20.75				
	300m: 3:52.14 1:21.12	700m: 9:24.13 1:23.05	1100m: 14:43.56 1:18.77	1500m: 19:57.81 1:15.83				
	400m: 5:14.37 1:22.23	800m: 10:45.03 1:20.90	1200m: 16:01.76 1:18.20					
2.	Neizla Miguela Santos	15	ANG	CNIL	21:57.90	<b>21:42.67</b>	352	
	100m: 1:16.08 1:16.08	500m: 7:03.18 1:27.35	900m: 12:58.59 1:28.80	1300m: 18:50.77 1:28.56				
	200m: 2:40.89 1:24.81	600m: 8:33.00 1:29.82	1000m: 14:26.06 1:27.47	1400m: 20:18.47 1:27.70				
	300m: 4:08.48 1:27.59	700m: 10:01.99 1:28.99	1100m: 15:53.83 1:27.77	1500m: 21:42.67 1:24.20				
	400m: 5:35.83 1:27.35	800m: 11:29.79 1:27.80	1200m: 17:22.21 1:28.38					
3.	Aleksandra Larissa Zhukov	16	ANG	CD1A	21:39.92	<b>21:54.36</b>	343	
	100m: 1:19.21 1:19.21	500m: 7:04.17 1:27.93	900m: 13:00.25 1:29.47	1300m: 19:00.49 1:31.35				
	200m: 2:42.41 1:23.20	600m: 8:31.44 1:27.27	1000m: 14:30.09 1:29.84	1400m: 20:32.51 1:32.02				
	300m: 4:08.73 1:26.32	700m: 10:01.38 1:29.94	1100m: 15:58.68 1:28.59	1500m: 21:54.36 1:21.85				
	400m: 5:36.24 1:27.51	800m: 11:30.78 1:29.40	1200m: 17:29.14 1:30.46					
4.	Jasmine Celeste Lourenco	16	ANG	CD1A	22:32.36	<b>21:59.03</b>	339	
	100m: 1:17.69 1:17.69	500m: 7:06.22 1:29.63	900m: 13:00.36 1:29.08	1300m: 19:01.05 1:30.88				
	200m: 2:41.78 1:24.09	600m: 8:34.71 1:28.49	1000m: 14:29.18 1:28.82	1400m: 20:33.32 1:32.27				
	300m: 4:10.34 1:28.56	700m: 10:02.27 1:27.56	1100m: 15:58.78 1:29.60	1500m: 21:59.03 1:25.71				
	400m: 5:36.59 1:26.25	800m: 11:31.28 1:29.01	1200m: 17:30.17 1:31.39					
5.	Alpha Leocadia Alberto	14	ANG	IND	23:31.24	<b>23:14.61</b>	287	
	100m: 1:23.27 1:23.27	500m: 7:39.74 1:33.42	900m: 13:56.59 1:34.77	1300m: 20:13.50 1:34.27				
	200m: 2:57.31 1:34.04	600m: 9:14.04 1:34.30	1000m: 15:31.19 1:34.60	1400m: 21:46.89 1:33.39				
	300m: 4:31.36 1:34.05	700m: 10:47.44 1:33.40	1100m: 17:05.82 1:34.63	1500m: 23:14.61 1:27.72				
	400m: 6:06.32 1:34.96	800m: 12:21.82 1:34.38	1200m: 18:39.23 1:33.41					
6.	Paloma Cristina Reis	16	ANG	CD1A	23:20.99	<b>23:14.92</b>	287	
	100m: 1:25.20 1:25.20	500m: 7:35.10 1:33.65	900m: 13:52.24 1:34.65	1300m: 20:12.09 1:35.03				
	200m: 2:56.18 1:30.98	600m: 9:09.50 1:34.40	1000m: 15:27.64 1:35.40	1400m: 21:46.27 1:34.18				
	300m: 4:28.06 1:31.88	700m: 10:43.18 1:33.68	1100m: 17:02.60 1:34.96	1500m: 23:14.92 1:28.65				
	400m: 6:01.45 1:33.39	800m: 12:17.59 1:34.41	1200m: 18:37.06 1:34.46					
7.	Nelma Tchiveli Janota	14	ANG	CD1A	24:03.47	<b>23:52.76</b>	265	
	100m: 1:25.98 1:25.98	500m: 7:48.04 1:37.16	900m: 14:15.85 1:36.72	1300m: 20:44.33 1:37.69				
	200m: 2:59.88 1:33.90	600m: 9:25.10 1:37.06	1000m: 15:52.68 1:36.83	1400m: 22:21.20 1:36.87				
	300m: 4:34.33 1:34.45	700m: 11:02.43 1:37.33	1100m: 17:29.46 1:36.78	1500m: 23:52.76 1:31.56				
	400m: 6:10.88 1:36.55	800m: 12:39.13 1:36.70	1200m: 19:06.64 1:37.18					
DSQ	Welwitchia Fatima Silva	16	ANG	CNIL	21:19.31			
	<i>SW 10.2 - Nadador não cumpriu a distância completa da prova. Desistiu aos (N) metros.</i>							
	100m: 1:14.29 1:14.29	500m:	900m:	1300m:				
	200m: 2:38.40 1:24.11	600m:	1000m:	1400m:				
	300m: 4:03.81 1:25.41	700m:	1100m:	1500m:				
	400m: 5:32.18 1:28.37	800m:	1200m:					