



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

Prova 103

Femin., 400m Livres

Open

11/07/2024 - 18:39

Resultados Elimin

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 15 - 17	4:50.60	Yara Alexandra Lima	ANG	Lisboa (POR)	07/07/2013
Recordes Nac Angola - 50m 13 - 14	4:52.81	Alexia Jimenez Vieira	IND	Luanda	25/06/2022
Recordes Nac Angola - 50m 11 - 12	5:00.86	Alda Lara Albuquerque	SB	Portugal (POR)	18/09/1995
Recordes Nac Angola - 50m 9 - 10	5:35.22	Ana Romero	ICM	Luanda	15/07/1999

Pontos: FINA 2024

Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m
1. Maria Teresa Parimbelli	13 CNIL	5:06.98	450 Q	1:11.36	1:17.96	1:19.95	1:17.71
50m:	150m:	250m:			350m:		
100m: 1:11.36	200m: 2:29.32	300m: 3:49.27			400m: 5:06.98		
2. Rhanya Espirito Santo	14 CNIL	5:10.39	436 Q	1:11.96	1:19.77	1:20.17	1:18.49
50m:	150m:	250m:			350m:		
100m: 1:11.96	200m: 2:31.73	300m: 3:51.90			400m: 5:10.39		
3. N. Morais	15 CNIL	5:20.93	394 Q	1:14.36	1:20.16	1:24.39	1:22.02
50m:	150m:	250m:			350m:		
100m: 1:14.36	200m: 2:34.52	300m: 3:58.91			400m: 5:20.93		
4. Isis Gabriela Palha	12 CNIL	5:33.68	351 Q	1:18.62	1:25.18	1:26.50	1:23.38
50m:	150m:	250m:			350m:		
100m: 1:18.62	200m: 2:43.80	300m: 4:10.30			400m: 5:33.68		
5. Wezza Lukenya Morais	11 CNIL	5:34.28	349 Q	1:17.74	1:27.52	1:28.65	1:20.37
50m:	150m:	250m:			350m:		
100m: 1:17.74	200m: 2:45.26	300m: 4:13.91			400m: 5:34.28		
6. Welwitchia Fatima Silva	16 CNIL	5:34.86	347 Q	1:15.09	1:24.78	1:26.94	1:28.05
50m:	150m:	250m:			350m:		
100m: 1:15.09	200m: 2:39.87	300m: 4:06.81			400m: 5:34.86		
7. Beatriz Conduto Maria	15 CBL	5:36.96	340 Q	1:14.33	1:26.83	1:30.03	1:25.77
50m:	150m:	250m:			350m:		
100m: 1:14.33	200m: 2:41.16	300m: 4:11.19			400m: 5:36.96		
8. Chelsea Idalina Vunge	13 CNIL	5:38.49	336 Q	1:15.85	1:25.20	1:28.97	1:28.47
50m:	150m:	250m:			350m:		
100m: 1:15.85	200m: 2:41.05	300m: 4:10.02			400m: 5:38.49		
9. Ana Lueji Nunes	16 CNIL	5:48.37	308	1:18.72	1:27.73	1:31.93	1:29.99
50m:	150m:	250m:			350m:		
100m: 1:18.72	200m: 2:46.45	300m: 4:18.38			400m: 5:48.37		
10. Inara Pinto Santos	15 CNIL	5:50.36	303	1:18.44	1:29.63	1:32.62	1:29.67
50m:	150m:	250m:			350m:		
100m: 1:18.44	200m: 2:48.07	300m: 4:20.69			400m: 5:50.36		
11. Carolina Rocha Guimaraes	11 CNIL	5:59.91	279	1:24.55	1:36.26	1:31.89	1:27.21
50m:	150m:	250m:			350m:		
100m: 1:24.55	200m: 3:00.81	300m: 4:32.70			400m: 5:59.91		
12. Jovita Graca Pili	14 CD1A	6:14.76	247	1:23.20	1:37.01	1:38.67	1:35.88
50m:	150m:	250m:			350m:		
100m: 1:23.20	200m: 3:00.21	300m: 4:38.88			400m: 6:14.76		
13. Virgilia Silvana Pongolola	12 OSC	6:36.79	208	1:28.67	1:43.16	1:44.14	1:40.82
50m:	150m:	250m:			350m:		
100m: 1:28.67	200m: 3:11.83	300m: 4:55.97			400m: 6:36.79		