



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

Prova 104
11/07/2024 - 18:58

Masc., 400m Livres

Open
Resultados Elimin

Recordes Nac Angola - 50m Open	3:59.10	Pedro Miguel Pinotes	CNIL	Luanda	26/07/2014
Recordes Nac Angola - 50m 18 +	3:59.10	Pedro Miguel Pinotes	CD1A	Luanda	01/04/2014
Recordes Nac Angola - 50m 15 - 17	4:13.08	Henrique Mascarenhas	CNIL	Budapest (HUN)	20/08/2019
Recordes Nac Angola - 50m 13 - 14	4:29.82	Salvador Vieira Gordo	CD1A	Loulé (POR)	14/07/2017
Recordes Nac Angola - 50m 11 - 12	4:50.89	Santiago Rocha Guimaraes	CNIL	Luanda	06/07/2023
Recordes Nac Angola - 50m 9 - 10	5:36.03	Salvador Vieira Gordo	CNIL	Luanda	06/07/2014
Recordes Nac Angola - 50m 6 - 8	9:30.63	Silvério Manuel	OSC	Luanda	15/02/2016

Pontos: FINA 2024

resultados provisórios

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
David Alberto Padre	15	CNIL	4:39.82	486	1:07.83	1:12.39	1:12.73	1:06.87
50m:		150m:	250m:		350m:			
100m: 1:07.83		200m: 2:20.22	300m: 3:32.95		400m: 4:39.82			
S. Guimaraes	13	CNIL	4:42.47	472	1:07.43	1:12.84	1:12.70	1:09.50
50m:		150m:	250m:		350m:			
100m: 1:07.43		200m: 2:20.27	300m: 3:32.97		400m: 4:42.47			
Enzo Miguel Anjos	15	CD1A	4:48.19	445	1:05.05	1:12.96	1:17.84	1:12.34
50m:		150m:	250m:		350m:			
100m: 1:05.05		200m: 2:18.01	300m: 3:35.85		400m: 4:48.19			
Carlos Daniel Fernandes	14	CD1A	4:54.07	419	1:06.92	1:13.81	1:17.09	1:16.25
50m:		150m:	250m:		350m:			
100m: 1:06.92		200m: 2:20.73	300m: 3:37.82		400m: 4:54.07			
Yano Almeida Elias	16	CD1A	4:58.18	402	1:09.16	1:19.19	1:17.40	1:12.43
50m:		150m:	250m:		350m:			
100m: 1:09.16		200m: 2:28.35	300m: 3:45.75		400m: 4:58.18			
G. Sousa	15	CNIL	5:06.06	371	1:09.88	1:16.59	1:21.26	1:18.33
50m:		150m:	250m:		350m:			
100m: 1:09.88		200m: 2:26.47	300m: 3:47.73		400m: 5:06.06			
Oleksander Mario Zhukov	14	CD1A	5:06.99	368	1:11.61	1:18.34	1:20.35	1:16.69
50m:		150m:	250m:		350m:			
100m: 1:11.61		200m: 2:29.95	300m: 3:50.30		400m: 5:06.99			
Mario Antonio Melo	16	CD1A	5:20.95	322	1:14.43	1:22.30	1:23.59	1:20.63
50m:		150m:	250m:		350m:			
100m: 1:14.43		200m: 2:36.73	300m: 4:00.32		400m: 5:20.95			
Sebastiao Jose Vika	22	CBL	5:21.77	319	1:11.11	1:22.22	1:25.96	1:22.48
50m:		150m:	250m:		350m:			
100m: 1:11.11		200m: 2:33.33	300m: 3:59.29		400m: 5:21.77			
Rildo Asiel Francisco	15	CNIL	5:21.99	319	1:12.11	1:21.07	1:26.31	1:22.50
50m:		150m:	250m:		350m:			
100m: 1:12.11		200m: 2:33.18	300m: 3:59.49		400m: 5:21.99			
Tiago Ricardo Manuel	16	CNIL	5:30.71	294	1:12.69	1:22.71	1:28.06	1:27.25
50m:		150m:	250m:		350m:			
100m: 1:12.69		200m: 2:35.40	300m: 4:03.46		400m: 5:30.71			
Janel Yondu Tati	17	CNIL	5:30.97	293	1:12.23	1:23.70	1:31.11	1:23.93
50m:		150m:	250m:		350m:			
100m: 1:12.23		200m: 2:35.93	300m: 4:07.04		400m: 5:30.97			
Luis Alves Monteiro	18	CNIL	5:32.03	291	1:13.71	1:24.69	1:28.44	1:25.19
50m:		150m:	250m:		350m:			
100m: 1:13.71		200m: 2:38.40	300m: 4:06.84		400m: 5:32.03			
Ricardo Pereira Almeida	14	CNIL	5:32.41	290	1:12.22	1:24.07	1:30.11	1:26.01
50m:		150m:	250m:		350m:			
100m: 1:12.22		200m: 2:36.29	300m: 4:06.40		400m: 5:32.41			
Francisco Alberto Catarinc24		CNIL	5:44.10	261	1:19.87	1:29.84	1:23.10	1:31.29
50m:		150m:	250m:		350m:			
100m: 1:19.87		200m: 2:49.71	300m: 4:12.81		400m: 5:44.10			
Kenzo Luis Monteiro	14	CNIL	5:51.44	245	1:19.54	1:31.27	1:31.46	1:29.17
50m:		150m:	250m:		350m:			
100m: 1:19.54		200m: 2:50.81	300m: 4:22.27		400m: 5:51.44			