



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

Prova 205  
12/07/2024 - 18:00

Femin., 800m Livres

Open  
Resultados

Recordes Nac Angola - 50m Open	9:44.66	Rafaela Espirito Santo	ANG	Accra (GHA)	13/03/2024
Recordes Nac Angola - 50m 18 +	9:44.66	Rafaela Espirito Santo	ANG	Accra (GHA)	13/03/2024
Recordes Nac Angola - 50m 15 - 17	10:13.28	Yara Alexandra Lima	CD1A	Luanda	29/06/2013
Recordes Nac Angola - 50m 13 - 14	10:11.03	Alexia Jimenez Vieira	IND	Terragona (ESP)	10/07/2022
Recordes Nac Angola - 50m 11 - 12	11:15.70	Rhanya Espirito Santo	CNIL	Luanda	25/06/2022
Recordes Nac Angola - 50m 9 - 10	12:41.23	Ana Romero	ICM	Luanda	19/09/1998

Pontos: FINA 2024

Posição	Nome	Idade	Nação	Clube	Tempo Inscrição	Tempo Final	Pts WA	Qualif
1.	Rhanya Espirito Santo	14	ANG	CNIL	10:16.36	<b>10:27.07</b>	462	
	100m: 1:10.37 1:10.37	300m: 3:49.00 1:19.08	500m: 6:30.49 1:21.79	700m: 9:12.73 1:21.14	200m: 2:29.92 1:19.55	400m: 5:08.70 1:19.70	600m: 7:51.59 1:21.10	800m: 10:27.07 1:14.34
2.	Nyriam Welwitschia Morais	15	ANG	CNIL	11:01.52	<b>10:51.81</b>	411	
	100m: 1:15.39 1:15.39	300m: 3:56.74 1:21.08	500m: 6:43.40 1:24.17	700m: 9:32.16 1:23.78	200m: 2:35.66 1:20.27	400m: 5:19.23 1:22.49	600m: 8:08.38 1:24.98	800m: 10:51.81 1:19.65
3.	Welwitschia Fatima Silva	16	ANG	CNIL	11:03.77	<b>11:04.28</b>	388	
	100m: 1:13.26 1:13.26	300m: 3:57.19 1:23.86	500m: 6:47.54 1:25.70	700m: 9:39.60 1:25.99	200m: 2:33.33 1:20.07	400m: 5:21.84 1:24.65	600m: 8:13.61 1:26.07	800m: 11:04.28 1:24.68
4.	Jasmine Celeste Lourenco	16	ANG	CD1A	11:31.32	<b>11:22.24</b>	358	
	100m: 1:14.24 1:14.24	300m: 4:06.30 1:28.87	500m: 7:05.63 1:28.90	700m: 10:02.47 1:28.53	200m: 2:37.43 1:23.19	400m: 5:36.73 1:30.43	600m: 8:33.94 1:28.31	800m: 11:22.24 1:19.77
5.	Isis Gabriela Palha	12	ANG	CNIL	11:26.77	<b>11:23.71</b>	356	
	100m: 1:19.65 1:19.65	300m: 4:11.38 1:25.60	500m: 7:05.98 1:26.59	700m: 10:01.40 1:27.25	200m: 2:45.78 1:26.13	400m: 5:39.39 1:28.01	600m: 8:34.15 1:28.17	800m: 11:23.71 1:22.31
6.	Wezza Lukenya Morais	11	ANG	CNIL	12:02.13	<b>11:39.73</b>	332	
	100m: 1:17.50 1:17.50	300m: 4:12.56 1:27.90	500m: 7:14.78 1:31.47	700m: 10:16.21 1:30.91	200m: 2:44.66 1:27.16	400m: 5:43.31 1:30.75	600m: 8:45.30 1:30.52	800m: 11:39.73 1:23.52
7.	Carolina Rocha Guimaraes	11	ANG	CNIL	11:59.66	<b>12:00.07</b>	305	
	100m: 1:23.39 1:23.39	300m: 4:26.36 1:31.54	500m: 7:30.59 1:31.36	700m: 10:33.81 1:31.04	200m: 2:54.82 1:31.43	400m: 5:59.23 1:32.87	600m: 9:02.77 1:32.18	800m: 12:00.07 1:26.26
8.	Paloma Cristina Reis	16	ANG	CD1A	12:03.79	<b>12:12.74</b>	289	
	100m: 1:24.37 1:24.37	300m: 4:27.54 1:31.73	500m: 7:33.64 1:33.38	700m: 10:40.87 1:33.42	200m: 2:55.81 1:31.44	400m: 6:00.26 1:32.72	600m: 9:07.45 1:33.81	800m: 12:12.74 1:31.87