



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

Prova 404
13/07/2024 - 16:08

Masc., 400m Livres

Open
Resultados Final

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

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
1. David Alberto Padre	15	CNIL	4:32.06	529	1:02.25	1:09.03	1:10.57	1:10.21
50m:		150m:	250m:		350m:			
100m: 1:02.25		200m: 2:11.28	300m: 3:21.85		400m: 4:32.06			
2. S. Guimaraes	13	CNIL	4:39.90	486	1:04.62	1:12.45	1:13.92	1:08.91
50m:		150m:	250m:		350m:			
100m: 1:04.62		200m: 2:17.07	300m: 3:30.99		400m: 4:39.90			
3. Enzo Miguel Anjos	15	CD1A	4:40.02	485	1:03.37	1:09.53	1:14.53	1:12.59
50m:		150m:	250m:		350m:			
100m: 1:03.37		200m: 2:12.90	300m: 3:27.43		400m: 4:40.02			
4. Carlos Daniel Fernandes	14	CD1A	4:40.28	484	1:07.38	1:15.77	1:18.06	59.07
50m:		150m:	250m:		350m:			
100m: 1:07.38		200m: 2:23.15	300m: 3:41.21		400m: 4:40.28			
5. Yano Almeida Elias	16	CD1A	4:50.50	434	1:06.90	1:15.07	1:15.86	1:12.67
50m:		150m:	250m:		350m:			
100m: 1:06.90		200m: 2:21.97	300m: 3:37.83		400m: 4:50.50			
6. G. Sousa	15	CNIL	4:51.52	430	1:05.03	1:13.27	1:16.20	1:17.02
50m:		150m:	250m:		350m:			
100m: 1:05.03		200m: 2:18.30	300m: 3:34.50		400m: 4:51.52			
7. Oleksander Mario Zhukov	14	CD1A	5:14.62	342	1:12.32	1:21.09	1:21.07	1:20.14
50m:		150m:	250m:		350m:			
100m: 1:12.32		200m: 2:33.41	300m: 3:54.48		400m: 5:14.62			
8. Mario Antonio Melo	16	CD1A	5:31.94	291	1:15.86	1:25.79	1:25.97	1:24.32
50m:		150m:	250m:		350m:			
100m: 1:15.86		200m: 2:41.65	300m: 4:07.62		400m: 5:31.94			