



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

Prova 607

Femin., 400m Estilos

Open

14/07/2024 - 16:09

Resultados Final

Recordes Nac Angola - 50m Open	5:18.56	Lia Ana Lima	ANG	Luanda	03/05/2024
Recordes Nac Angola - 50m 18 +	5:18.56	Lia Ana Lima	ANG	Luanda	03/05/2024
Recordes Nac Angola - 50m 15 - 17	5:31.89	Raquel Tremeço	CD1A	Cairo (EGY)	31/03/2017
Recordes Nac Angola - 50m 13 - 14	5:52.93	Rhanya Espirito Santo	CNIL	Luanda	09/07/2023
Recordes Nac Angola - 50m 11 - 12	5:58.03	Alda Lara Albuquerque	ANG	(POR)	
Recordes Nac Angola - 50m 9 - 10	7:38.26	Eliane Coelho	CD1A	Luanda	09/05/2014

Pontos: FINA 2024

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m	
1.	Rhanya Espirito Santo	14	CNIL	5:53.19	426	1:27.36	1:27.31	1:47.06	1:11.46
	50m:		150m:			350m:			
	100m: 1:27.36		200m: 2:54.67		300m: 4:41.73	400m: 5:53.19			
2.	Aleksandra Larissa Zhuko	16	CD1A	5:54.83	420	1:21.89	1:29.87	1:43.37	1:19.70
	50m:		150m:			350m:			
	100m: 1:21.89		200m: 2:51.76		300m: 4:35.13	400m: 5:54.83			
3.	Welwitchia Fatima Silva	16	CNIL	6:07.28	379	1:25.18	1:36.02	1:43.71	1:22.37
	50m:		150m:			350m:			
	100m: 1:25.18		200m: 3:01.20		300m: 4:44.91	400m: 6:07.28			
4.	Beatriz Silva Pedro	13	CD1A	6:33.61	308	1:30.95	1:40.09	1:48.41	1:34.16
	50m:		150m:			350m:			
	100m: 1:30.95		200m: 3:11.04		300m: 4:59.45	400m: 6:33.61			
DSQ	Chelsea Idalina Vunge	13	CNIL	6:44.94		1:32.54	1:45.11	1:57.44	1:29.85
	<i>SW 6.5 - Nadador não terminou a prova na posição de costas.</i>								
	50m:		150m:			350m:			
	100m: 1:32.54		200m: 3:17.65		300m: 5:15.09	400m: 6:44.94			
DSQ	Virgilia Silvana Pongolola	12	OSC	7:34.80		1:47.16	1:53.91	2:14.03	1:39.70
	<i>SW 6.5 - Nadador não terminou a prova na posição de costas.</i>								
	50m:		150m:			350m:			
	100m: 1:47.16		200m: 3:41.07		300m: 5:55.10	400m: 7:34.80			