



Torneio Independência 2024
Luanda, 9/11/2024

Prova 215
09/11/2024 - 16:00

Femin., 400m Livres

11 - 17 anos
Resultados

| | | | | | |
|--------------------------------|---------|-----------------------|------|----------------|------------|
| Recordes Nac Angola - 50m Open | 4:39.92 | Ana Sofia Nóbrega | CD1A | Coimbra (POR) | 19/12/2015 |
| Recordes Nac Angola - 50m JUN | 4:50.60 | Yara Alexandra Lima | ANG | Lisboa (POR) | 07/07/2013 |
| Recordes Nac Angola - 50m JUV | 4:52.81 | Alexia Jimenez Vieira | IND | Luanda | 25/06/2022 |
| Recordes Nac Angola - 50m INF | 5:00.86 | Alda Lara Albuquerque | SB | Portugal (POR) | 18/09/1995 |

Pontos: AQUA 2024

| Lugar | Idade | | Tempo final | Pts | 100m | 200m | 300m | 400m |
|-------|-------|--|-------------|-----|------|------|------|------|
|-------|-------|--|-------------|-----|------|------|------|------|

Infantis

| | | | | | | | | |
|-------------------------|----|---------------|----------------|-----|---------------|---------|---------|---------|
| 1. Wendy Lukenya Morais | 12 | CNIL | 5:55.85 | 289 | 1:26.44 | 1:30.23 | 1:29.73 | 1:29.45 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:26.44 | | 200m: 2:56.67 | 300m: 4:26.40 | | 400m: 5:55.85 | | | |
| 2. Savannah Kempson | 11 | CNIL | 5:57.63 | 285 | 1:25.07 | 1:32.04 | 1:33.42 | 1:27.10 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:25.07 | | 200m: 2:57.11 | 300m: 4:30.53 | | 400m: 5:57.63 | | | |
| 3. R. Nascimento | 12 | CNIL | 6:31.32 | 217 | 1:34.06 | 1:42.56 | 1:40.32 | 1:34.38 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:34.06 | | 200m: 3:16.62 | 300m: 4:56.94 | | 400m: 6:31.32 | | | |

Juniores

| | | | | | | | | |
|------------------------|----|---------------|----------------|-----|---------------|---------|---------|---------|
| 1. Elayne Jesus Pires | 16 | CD1A | 5:50.95 | 301 | 1:24.22 | 1:30.00 | 1:29.51 | 1:27.22 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:24.22 | | 200m: 2:54.22 | 300m: 4:23.73 | | 400m: 5:50.95 | | | |
| 2. Luana Filipa Santos | 15 | CNIL | 6:38.15 | 206 | 1:36.71 | 1:43.22 | 1:41.38 | 1:36.84 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:36.71 | | 200m: 3:19.93 | 300m: 5:01.31 | | 400m: 6:38.15 | | | |
| 3. Ana Luisa Augusto | 17 | CNIL | 7:32.30 | 140 | 1:41.40 | 1:56.67 | 1:59.90 | 1:54.33 |
| 50m: | | 150m: | 250m: | | 350m: | | | |
| 100m: 1:41.40 | | 200m: 3:38.07 | 300m: 5:37.97 | | 400m: 7:32.30 | | | |