



Torneio Independência 2024
Luanda, 9/11/2024

Prova 216
09/11/2024 - 16:10

Masc., 400m Livres

11 - 17 anos
Resultados

Recordes Nac Angola - 50m Open	3:59.10	Pedro Miguel Pinotes	CNIL	Luanda	26/07/2014
Recordes Nac Angola - 50m JUN	4:13.08	Henrique Mascarenhas	CNIL	Budapest (HUN)	20/08/2019
Recordes Nac Angola - 50m JUV	4:29.82	Salvador Vieira Gordo	CD1A	Loulé (POR)	14/07/2017
Recordes Nac Angola - 50m INF	4:50.89	Santiago Rocha Guimaraes	CNIL	Luanda	06/07/2023

Pontos: AQUA 2024

Lugar	Idade		Tempo final	Pts	100m	200m	300m	400m
Infantis								
1. Zakary Amamou	11	CDRV	6:58.21	145	1:41.59	1:48.61	1:49.58	1:38.43
50m:		150m:	250m:		350m:			
100m: 1:41.59		200m: 3:30.20	300m: 5:19.78		400m: 6:58.21			
2. Adam Amamou	11	CDRV	7:13.16	131	1:44.70	1:51.79	1:51.54	1:45.13
50m:		150m:	250m:		350m:			
100m: 1:44.70		200m: 3:36.49	300m: 5:28.03		400m: 7:13.16			
Juvenis								
1. Davi Lucas Dode	14	CNIL	5:35.60	281	1:19.82	1:27.79	1:27.80	1:20.19
50m:		150m:	250m:		350m:			
100m: 1:19.82		200m: 2:47.61	300m: 4:15.41		400m: 5:35.60			
2. Kaio Almeida Elias	13	CD1A	5:38.16	275	1:22.66	1:29.83	1:26.88	1:18.79
50m:		150m:	250m:		350m:			
100m: 1:22.66		200m: 2:52.49	300m: 4:19.37		400m: 5:38.16			
3. W. Sebastiao	13	CNIL	6:33.30	175	1:35.84	1:39.63	1:40.63	1:37.20
50m:		150m:	250m:		350m:			
100m: 1:35.84		200m: 3:15.47	300m: 4:56.10		400m: 6:33.30			
Juniores								
1. Mario Antonio Melo	17	CD1A	5:18.20	330	1:15.03	1:21.73	1:21.88	1:19.56
50m:		150m:	250m:		350m:			
100m: 1:15.03		200m: 2:36.76	300m: 3:58.64		400m: 5:18.20			
2. Tiago Kael Bunze	16	CNIL	5:37.22	277	1:19.09	1:27.27	1:29.29	1:21.57
50m:		150m:	250m:		350m:			
100m: 1:19.09		200m: 2:46.36	300m: 4:15.65		400m: 5:37.22			
3. E. Pongolola	17	CD1A	5:38.03	275	1:14.99	1:26.62	1:30.53	1:25.89
50m:		150m:	250m:		350m:			
100m: 1:14.99		200m: 2:41.61	300m: 4:12.14		400m: 5:38.03			
4. Rashid Oshaki Augusto	15	CNIL	6:29.74	180	1:27.53	1:40.78	1:42.01	1:39.42
50m:		150m:	250m:		350m:			
100m: 1:27.53		200m: 3:08.31	300m: 4:50.32		400m: 6:29.74			
EXH Emanuel Tomas Silva	16	IND	7:08.73	135	1:34.11	1:49.84	1:51.36	1:53.42
50m:		150m:	250m:		350m:			
100m: 1:34.11		200m: 3:23.95	300m: 5:15.31		400m: 7:08.73			