

Prova 1
01/02/2025

Masc., 400m Livres

6 anos e mais velhos
Resultados

Recordes Nac Angola - 50m Open	3:59.10	Pedro Miguel Pinotes	CNIL	Luanda	26/07/2014
Recordes Nac Angola - 50m Sen	3:59.10	Pedro Miguel Pinotes	CD1A	Luanda	01/04/2014
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
Recordes Nac Angola - 50m Cad	5:36.03	Salvador Vieira Gordo	CNIL	Luanda	06/07/2014
Recordes Nac Angola - 50m Ini	9:30.63	Silvério Manuel	OSC	Luanda	15/02/2016

Pontos: FINA 2024

Lugar	Idade	Tempo final	Pts	100m	200m	300m	400m
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Menos de 12 Anos

OTL Zakary Amamou	11	Clube Desportivo Racing Vi	7:01.29	1:36.02	1:49.00	1:51.69	1:44.58
50m:		150m:	250m:	350m:			
100m: 1:36.02		200m: 3:25.02	300m: 5:16.71	400m: 7:01.29			

Juvenis

1. S. Guimarães	14	Clube Náutico da Ilha de Lu	4:36.41	1:05.18	1:11.04	1:12.38	1:07.81
50m:		150m:	250m:	350m:			
100m: 1:05.18		200m: 2:16.22	300m: 3:28.60	400m: 4:36.41			

Juniores

1. Yano Almeida Elias	17	Clube Desportivo 1º de Ago	5:02.77	1:07.45	1:18.52	1:18.36	1:18.44
50m:		150m:	250m:	350m:			
100m: 1:07.45		200m: 2:25.97	300m: 3:44.33	400m: 5:02.77			
2. Mario Antonio Melo	17	Clube Desportivo 1º de Ago	5:21.61	1:14.12	1:22.06	1:22.38	1:23.05
50m:		150m:	250m:	350m:			
100m: 1:14.12		200m: 2:36.18	300m: 3:58.56	400m: 5:21.61			

Seniores

1. Antunes Isaias Antunes	22	Clube Naval De Luanda	5:58.34	1:18.25	1:30.71	1:35.14	1:34.24
50m:		150m:	250m:	350m:			
100m: 1:18.25		200m: 2:48.96	300m: 4:24.10	400m: 5:58.34			
2. Wando Abilio Afonso	20	Clube Naval De Luanda	6:16.77	1:19.31	1:35.66	1:39.61	1:42.19
50m:		150m:	250m:	350m:			
100m: 1:19.31		200m: 2:54.97	300m: 4:34.58	400m: 6:16.77			