

Campeonato Nacional Absoluto SC - 2025-2026
Luanda, 19 - 21/12/2025

Prova 311 Femin., 400m Livres Open
20/12/2025 - 15:40 Resultados

Rec Nac Angola - 25m Open	4:33.79	LIMA, Yara alexandra	CD1A	Doha (QAT)	05/12/2014
Rec Nac Angola - 25m 18 +	4:33.79	LIMA, Yara Alexandra	CD1A	Doha (QAT)	05/12/2014
Rec Nac Angola - 25m 15 - 17	4:43.06	SANTO, Rhanya Espirito	CNIL	Swakopmund (NAM)	08/07/2025
Rec Nac Angola - 25m 13 - 14	4:49.65	VIEIRA, Alexia Jimenez	IND	Mijas (ESP)	12/11/2022
Rec Nac Angola - 25m 11 - 12	5:27.88	MORAIS, Wezza	CNIL	Luanda	19/01/2025
Rec Nac Angola - 25m 9 - 10	5:34.11	ROMERO, Ana	ICM	Luanda	09/05/1999

Absoluto : 5:57.36

Pontos: AQUA 2025

Lugar		Idade	País		Tempo final	Pts
1.	SANTO, Rhanya Espirito	16	ANG	CNIL	4:40.18	554
	<i>Recorde Nacional</i>					
	50m: 31.83 31.83	150m: 1:43.52	36.23	250m: 2:56.16	36.15	350m: 4:07.46 35.33
	100m: 1:07.29 35.46	200m: 2:20.01	36.49	300m: 3:32.13	35.97	400m: 4:40.18 32.72
2.	SILVA, Welwitchia Fatima	18	ANG	CNIL	5:14.55	392
	50m: 33.43 33.43	150m: 1:50.86	39.56	250m: 3:12.70	40.46	350m: 4:33.82 40.69
	100m: 1:11.30 37.87	200m: 2:32.24	41.38	300m: 3:53.13	40.43	400m: 5:14.55 40.73
3.	MORAIS, Wendy Lukenya	13	ANG	IND (ANA)	5:21.38	367
	50m: 35.03 35.03	150m: 1:55.70	40.93	250m: 3:18.75	41.34	350m: 4:41.60 41.40
	100m: 1:14.77 39.74	200m: 2:37.41	41.71	300m: 4:00.20	41.45	400m: 5:21.38 39.78
4.	MORAIS, Nyriam Welwitschia	17	ANG	CNIL	5:52.52	278
	50m: 38.13 38.13	150m: 2:06.94	45.63	250m: 3:40.07	46.46	350m: 5:10.98 45.44
	100m: 1:21.31 43.18	200m: 2:53.61	46.67	300m: 4:25.54	45.47	400m: 5:52.52 41.54
	NASCIMENTO, Rayane Constância	13	ANG	CNIL	5:52.52	278
	50m: 38.29 38.29	150m: 2:06.57	45.03	250m: 3:39.61	46.64	350m: 5:10.75 45.22
	100m: 1:21.54 43.25	200m: 2:52.97	46.40	300m: 4:25.53	45.92	400m: 5:52.52 41.77
DNF	SANTOS, Luana Dias Dos	16	ANG	CNIL		
	50m: 39.88 39.88	150m: 2:12.16	47.79	250m:		350m:
	100m: 1:24.37 44.49	200m:		300m:		400m: