

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

Prova 312

Masc., 400m Livres

Open

20/12/2025 - 15:50

Resultados

Rec Nac Angola - 25m Open	3:49.54	PINOTES, Pedro Miguel	CNIL	Porto (POR)	20/12/2014
Rec Nac Angola - 25m 18 +	3:49.54	PINOTES, Pedro Miguel	CNIL	Porto (POR)	20/12/2014
Rec Nac Angola - 25m 15 - 17	4:09.49	PADRE, David Alberto	CNIL	Abrantes (POR)	22/11/2025
Rec Nac Angola - 25m 13 - 14	4:26.75	GUIMARAES, Santiago Rocha	CNIL	Luanda	15/12/2024
Rec Nac Angola - 25m 11 - 12	4:48.11	FREITAS, Filipe Simões	CD1A	Sto Antº Cavaleiros (POR)	17/06/2018
Rec Nac Angola - 25m 9 - 10	5:34.11	LOURENCO, Vander	CD1A	Luanda	21/12/2001
Rec Nac Angola - 25m 6 - 8	8:31.09	PAZ PINTO, David	CNIL	Luanda	22/10/2022

Absoluto : 5:42.00

Pontos: AQUA 2025

Lugar	Idade	País	Tempo final	Pts
1. PADRE, David Alberto	17	ANG CNIL	4:11.03	604
50m: 29.05 29.05	150m: 1:30.83 31.52	250m: 2:34.44 32.33	350m: 3:39.44 32.85	
100m: 59.31 30.26	200m: 2:02.11 31.28	300m: 3:06.59 32.15	400m: 4:11.03 31.59	
2. BAPTISTA, Mario	15	ANG CD1A	4:43.68	418
50m: 31.31 31.31	150m: 1:42.16 36.39	250m: 2:53.72 35.64	350m: 4:07.12 37.59	
100m: 1:05.77 34.46	200m: 2:18.08 35.92	300m: 3:29.53 35.81	400m: 4:43.68 36.56	
3. ELIAS, Kaio Almeida	14	ANG CD1A	4:48.01	400
50m: 32.74 32.74	150m: 1:45.28 37.05	250m: 2:59.77 37.48	350m: 4:13.09 36.35	
100m: 1:08.23 35.49	200m: 2:22.29 37.01	300m: 3:36.74 36.97	400m: 4:48.01 34.92	
4. MOREIRA, Henrique Tomás	17	ANG CNIL	4:48.76	397
50m: 33.55 33.55	150m: 1:47.82 37.99	250m: 3:02.04 35.52	350m: 4:15.23 36.90	
100m: 1:09.83 36.28	200m: 2:26.52 38.70	300m: 3:38.33 36.29	400m: 4:48.76 33.53	
5. MELO, Mario Antonio	18	ANG CD1A	4:55.00	372
50m: 31.15 31.15	150m: 1:45.81 38.07	250m: 3:02.25 38.50	350m: 4:18.24 37.99	
100m: 1:07.74 36.59	200m: 2:23.75 37.94	300m: 3:40.25 38.00	400m: 4:55.00 36.76	
6. SILVA, Danilson Renato	14	ANG CD1A	5:10.22	320
50m: 34.58 34.58	150m: 1:53.33 39.94	250m: 3:12.52 39.90	350m: 4:31.96 39.72	
100m: 1:13.39 38.81	200m: 2:32.62 39.29	300m: 3:52.24 39.72	400m: 5:10.22 38.26	
7. FRANCISCO, Rildo Asiel	17	ANG CNIL	5:17.66	298
50m: 32.49 32.49	150m: 1:48.72 38.99	250m: 3:10.24 41.29	350m: 4:37.15 43.59	
100m: 1:09.73 37.24	200m: 2:28.95 40.23	300m: 3:53.56 43.32	400m: 5:17.66 40.51	
8. LUÍS MONTEIRO, Kenzo	16	ANG CNIL	5:20.46	290
50m: 32.92 32.92	150m: 2:35.77 41.88	250m: 4:01.24 42.83	350m: 5:20.43 38.00	
100m: 1:53.89 1:20.97	200m: 3:18.41 42.64	300m: 4:42.43 41.19	400m: 5:20.46 0.03	
9. BARROSO, Pedro Calei	20	ANG CNIL	5:21.20	288
50m: 34.48 34.48	150m: 1:54.15 40.28	250m: 3:16.86 41.83	350m: 4:41.80 42.72	
100m: 1:13.87 39.39	200m: 2:35.03 40.88	300m: 3:59.08 42.22	400m: 5:21.20 39.40	
10. SEBASTIÃO, Waldemar	14	ANG CNIL	5:40.01	243
50m: 38.85 38.85	150m: 2:48.06 43.57	250m: 4:13.86 43.38	350m: 5:40.01 42.69	
100m: 2:04.49 1:25.64	200m: 3:30.48 42.42	300m: 4:57.32 43.46	400m: 5:40.01	