

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

Prova 430 Femin., 1500m Livres Open
21/12/2025 - 9:15 Resultados

Rec Nac Angola - 25m Open	18:29.02	SOUSA, Catarina Welvitchia	CNIL	Luanda	18/12/2018
Rec Nac Angola - 25m 18 +	18:29.02	SOUSA, Catarina Welvitchia	CNIL	Luanda	18/12/2018
Rec Nac Angola - 25m 15 - 17	18:59.76	SANTO, Rhanya Espirito	CNIL	Luanda	18/01/2025
Rec Nac Angola - 25m 13 - 14	19:39.23	SANTO, Rhanya Espirito	CNIL	Luanda	16/12/2023
Rec Nac Angola - 25m 11 - 12	22:09.86	SANTO, Rhanya Espirito	CNIL	Luanda	05/02/2022
Rec Nac Angola - 25m 9 - 10	28:28.07	SILVA, Clébia	OSC	Luanda	31/03/2017

Absoluto : 25:34.44

Pontos: AQUA 2025

Lugar	Idade	País	Tempo final	Pts
1. SANTO, Rhanya Espirito	16	ANG CNIL	18:56.40	510
<i>Recorde Nacional</i>				
100m: 1:10.70 1:10.70	500m: 6:16.54 1:17.16	900m: 11:26.01 1:17.02	1300m: 16:31.38 1:16.14	
200m: 2:27.00 1:16.30	600m: 7:34.01 1:17.47	1000m: 12:43.01 1:17.00	1400m: 17:45.72 1:14.34	
300m: 3:42.84 1:15.84	700m: 8:51.78 1:17.77	1100m: 13:59.85 1:16.84	1500m: 18:56.40 1:10.68	
400m: 4:59.38 1:16.54	800m: 10:08.99 1:17.21	1200m: 15:15.24 1:15.39		
2. MORAIS, Wendy Lukenya	13	ANG IND (ANA)	21:15.13	361
100m: 1:16.13 1:16.13	500m: 6:55.60 1:25.66	900m: 12:37.89 1:26.42	1300m: 18:26.24 1:27.48	
200m: 2:39.41 1:23.28	600m: 8:21.78 1:26.18	1000m: 14:05.07 1:27.18	1400m: 19:53.17 1:26.93	
300m: 4:05.12 1:25.71	700m: 9:46.90 1:25.12	1100m: 15:32.76 1:27.69	1500m: 21:15.13 1:21.96	
400m: 5:29.94 1:24.82	800m: 11:11.47 1:24.57	1200m: 16:58.76 1:26.00		
3. NASCIMENTO, Rayane Constância	13	ANG CNIL	22:36.33	300
100m: 1:22.45 1:22.45	500m: 7:24.58 1:30.91	900m: 13:33.09 1:32.18	1300m: 19:40.96 1:31.27	
200m: 2:51.30 1:28.85	600m: 8:56.35 1:31.77	1000m: 15:05.69 1:32.60	1400m: 21:10.11 1:29.15	
300m: 4:21.26 1:29.96	700m: 10:28.73 1:32.38	1100m: 16:38.49 1:32.80	1500m: 22:36.33 1:26.22	
400m: 5:53.67 1:32.41	800m: 12:00.91 1:32.18	1200m: 18:09.69 1:31.20		
4. GONCALVES, Naya Margarida	14	ANG CNIL	22:59.25	285
100m: 1:21.99 1:21.99	500m: 7:23.18 1:31.17	900m: 13:31.71 1:32.90	1300m: 19:49.33 1:37.70	
200m: 2:51.11 1:29.12	600m: 8:56.25 1:33.07	1000m: 15:04.19 1:32.48	1400m: 21:28.56 1:39.23	
300m: 4:22.31 1:31.20	700m: 10:27.48 1:31.23	1100m: 16:37.67 1:33.48	1500m: 22:59.25 1:30.69	
400m: 5:52.01 1:29.70	800m: 11:58.81 1:31.33	1200m: 18:11.63 1:33.96		