

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

Prova 507

Femin., 400m Estilos

Open

21/12/2025 - 15:35

Resultados

Rec Nac Angola - 25m Open	5:01.12	LIMA, Lia Ana	CD1A	Felgueiras (POR)	20/12/2019
Rec Nac Angola - 25m 18 +	5:01.12	LIMA, Lia Ana	CD1A	Felgueiras (POR)	19/12/2019
Rec Nac Angola - 25m 15 - 17	5:12.75	LIMA, Lia Ana	CD1A	Luanda	19/12/2018
Rec Nac Angola - 25m 13 - 14	5:44.57	ALBUQUERQUE, Alda Lara	ANG	(RSA)	22/04/2000
Rec Nac Angola - 25m 11 - 12	6:00.38	SANTO, Rhanya Espirito	CNIL	Luanda	20/03/2022
Rec Nac Angola - 25m 9 - 10	8:20.00	COELHO, Eliane	CD1A	Luanda	21/02/2013

Absoluto : 6:42.24

Pontos: AQUA 2025

Lugar			Idade	País					Tempo final	Pts
1.	PARIMBELLI, Maria Teresa		15	ANG	CNIL				5:43.88	410
	50m:	37.91	37.91	150m:	2:04.29	41.62	250m:	3:36.48	50.73	350m: 5:06.69 40.68
	100m:	1:22.67	44.76	200m:	2:45.75	41.46	300m:	4:26.01	49.53	400m: 5:43.88 37.19
2.	GUIMARÃES, Carolina Rocha		13	ANG	CNIL				5:56.94	366
	50m:	37.96	37.96	150m:	2:12.86	49.74	250m:	3:49.91	50.39	350m: 5:20.14 39.18
	100m:	1:23.12	45.16	200m:	2:59.52	46.66	300m:	4:40.96	51.05	400m: 5:56.94 36.80
3.	VUNGE, Chelsia Idalina		15	ANG	CNIL				6:03.37	347
	50m:	40.81	40.81	150m:	2:13.78	48.62	250m:	3:52.81	51.97	350m: 5:24.10 39.06
	100m:	1:25.16	44.35	200m:	3:00.84	47.06	300m:	4:45.04	52.23	400m: 6:03.37 39.27
4.	JANOTA, Nelma Tchiveli		16	ANG	CD1A				6:13.43	320
	50m:	40.15	40.15	150m:	2:12.45	45.18	250m:	3:52.41	54.94	350m: 5:31.23 43.86
	100m:	1:27.27	47.12	200m:	2:57.47	45.02	300m:	4:47.37	54.96	400m: 6:13.43 42.20