



Campeonato Nacional por Categorias - SC - 2025-2026
Luanda, 29 - 30/11/2025

Prova 212
29/11/2025 - 15:30

Femin., 400m Livres

9 anos e mais velhos
Resultados

Nacional Open	4:33.79	Yara alexandra Lima	CD1A	Doha (QAT)	05/12/2014
Nacional Sen	4:33.79	Yara Alexandra Lima	CD1A	Doha (QAT)	05/12/2014
Nacional Jun	4:43.06	Rhanya Espirito Santo	CNIL	Swakopmund (NAM)	08/07/2025
Nacional Juv	4:49.65	Alexia Jimenez Vieira	IND	Mijas (ESP)	12/11/2022
Nacional Inf	5:27.88	Wezza Morais	CNIL	Luanda	19/01/2025
Nacional Cad	5:34.11	Ana Romero	ICM	Luanda	09/05/1999

Cadetes Cad: 8:41.76 / Infantis Inf: 6:45.76 / Juvenis Juv: 5:57.36 / Juniores Jun: 5:46.32 / Seniores Sen: 6:32.16

Pontos: AQUA 2024

Posição	Nome	Idade	País	Clube	Tempo de inscrição	Tempo Final	Pts AQUA
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Infantis

1.	Lueji Ihelane Fernandes	12	ANG	CNIL	6:29.52	6:20.76	224
	50m: 38.16 38.16	150m: 2:09.91 46.21	250m: 3:43.88 48.44	350m: 5:10.11 38.70			
	100m: 1:23.70 45.54	200m: 2:55.44 45.53	300m: 4:31.41 47.53	400m: 6:20.76 1:10.65			
2.	Zilene Patricia Ferro	12	ANG	IND (Golfinhos)	6:36.19	6:33.12	203
	50m: 33.51 33.51	150m: 1:59.21 46.15	250m: 3:37.65 52.91	350m: 5:08.96 39.67			
	100m: 1:13.06 39.55	200m: 2:44.74 45.53	300m: 4:29.29 51.64	400m: 6:33.12 1:24.16			

Juvenis

1.	Wezza Lukenya Morais	13	ANG	IND (ANA)	5:27.88	5:16.07	391
	50m: 33.10 33.10	150m: 1:49.11 38.91	250m: 3:08.61 39.75	350m: 4:27.67 39.32			
	100m: 1:10.20 37.10	200m: 2:28.86 39.75	300m: 3:48.35 39.74	400m: 5:16.07 48.40			
2.	Carolina Rocha Guimarães	13	ANG	CNIL	5:44.15	5:19.32	380
	50m: 36.97 36.97	150m: 2:01.78 43.09	250m: 3:30.73 44.39	350m: 4:58.84 43.70			
	100m: 1:18.69 41.72	200m: 2:46.34 44.56	300m: 4:15.14 44.41	400m: 5:19.32 20.48			
3.	Wendy Lukenya Morais	13	ANG	IND (ANA)	5:43.21	5:37.58	321
	50m: 35.87 35.87	150m: 1:55.14 39.91	250m: 3:16.20 40.56	350m: 4:37.95 40.86			
	100m: 1:15.23 39.36	200m: 2:35.64 40.50	300m: 3:57.09 40.89	400m: 5:37.58 59.63			
4.	Rayane Constância Nascimento	13	ANG	CNIL	5:49.86	5:48.02	293
	50m: 31.49 31.49	150m: 1:49.66 42.00	250m: 3:15.66 45.23	350m: 4:34.68 34.70			
	100m: 1:07.66 36.17	200m: 2:30.43 40.77	300m: 3:59.98 44.32	400m: 5:48.02 1:13.34			

Juniores

1.	Rhanya Espirito Santo	16	ANG	CNIL	4:43.06	4:50.95	502
	50m: 39.97 39.97	150m: 2:07.86 44.67	250m: 3:37.95 45.43	350m: 5:08.71 45.33			
	100m: 1:23.19 43.22	200m: 2:52.52 44.66	300m: 4:23.38 45.43	400m: 4:50.95			
2.	Maria Teresa Parimbelli	15	ANG	CNIL	5:01.12	5:04.34	438
	50m: 34.29 34.29	150m: 1:52.75 39.80	250m: 3:14.71 41.40	350m: 4:37.03 41.22			
	100m: 1:12.95 38.66	200m: 2:33.31 40.56	300m: 3:55.81 41.10	400m: 5:04.34 27.31			
3.	Chelsea Idalina Vunge	15	ANG	CNIL	5:19.27	5:18.45	383
	50m: 37.60 37.60	150m: 2:01.25 42.87	250m: 3:25.37 42.04	350m: 4:54.49 44.68			
	100m: 1:18.38 40.78	200m: 2:43.33 42.08	300m: 4:09.81 44.44	400m: 5:18.45 23.96			
4.	Mariana Martins Lima	15	ANG	CD1A	5:38.68	5:31.63	339
	50m: 33.72 33.72	150m: 1:51.11 39.60	250m: 3:11.60 40.53	350m: 4:36.08 42.28			
	100m: 1:11.51 37.79	200m: 2:31.07 39.96	300m: 3:53.80 42.20	400m: 5:31.63 55.55			
5.	Nelma Tchiveli Janota	16	ANG	CD1A	5:32.85	5:35.48	327
	50m: 34.08 34.08	150m: 1:50.41 38.52	250m: 3:08.99 39.38	350m: 4:28.08 39.85			
	100m: 1:11.89 37.81	200m: 2:29.61 39.20	300m: 3:48.23 39.24	400m: 5:35.48 1:07.40			
	Elayne Jesus Pires	17	ANG	CD1A	5:27.36	NT	
	FTL						



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Seniores

1.	Welwitchia Fatima Silva	18	ANG	CNIL	5:08.47	5:07.39	426
	50m: 37.75 37.75	150m: 2:00.10 41.69	250m: 3:24.80 43.04	350m: 4:53.19 43.98			
	100m: 1:18.41 40.66	200m: 2:41.76 41.66	300m: 4:09.21 44.41	400m: 5:07.39 14.20			
2.	Aleksandra Larissa Zhukov	18	ANG	CD1A	5:12.75	5:16.84	389
	50m: 35.72 35.72	150m: 1:57.88 42.21	250m: 3:23.13 42.85	350m: 4:51.82 44.13			
	100m: 1:15.67 39.95	200m: 2:40.28 42.40	300m: 4:07.69 44.56	400m: 5:16.84 25.02			
EXH	Beatriz Conduto Maria	17	POR	CBL	5:24.38	5:40.74	312
	50m: 35.97 35.97	150m: 1:57.10 41.31	250m: 3:17.91 40.16	350m: 4:40.67 41.58			
	100m: 1:15.79 39.82	200m: 2:37.75 40.65	300m: 3:59.09 41.18	400m: 5:40.74 1:00.07			