



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

Prova 434
30/11/2025 - 15:47

Masc., 400m Livres

9 anos e mais velhos
Resultados

Nacional Open	3:49.54	Pedro Miguel Pinotes	CNIL	Porto (POR)	20/12/2014
Nacional Sen	3:49.54	Pedro Miguel Pinotes	CNIL	Porto (POR)	20/12/2014
Nacional Jun	4:09.49	David Alberto Padre	CNIL	Abrantes (POR)	22/11/2025
Nacional Juv	4:26.75	Santiago Rocha Guimaraes	CNIL	Luanda	15/12/2024
Nacional Inf	4:48.11	Filipe Simões Freitas	CD1A	Sto Antº Cavaleiros (POR)	17/06/2018
Nacional Cad	5:34.11	Vander Lourenco	CD1A	Luanda	21/12/2001

Cadetes Cad: 8:21.36 / Infantis Inf: 6:42.72 / Juvenis Juv: 5:42.00 / Juniores Jun: 5:14.80 / Seniores Sen: 5:34.48

Pontos: AQUA 2024

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

1.	Roberto Espirito Teixeira	11	ANG	CNIL	6:12.20	5:31.37	262
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:	5:31.37		
2.	David Paz Pinto	11	ANG	CNIL	6:04.86	6:24.15	168
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:	6:24.15		

Juvenis

1.	Kaio Almeida Elias	14	ANG	CD1A	5:05.62	4:59.95	354
	50m: 34.05 34.05	150m: 1:50.56 38.48	250m: 3:08.95 39.31	350m: 4:24.28 36.97			
	100m: 1:12.08 38.03	200m: 2:29.64 39.08	300m: 3:47.31 38.36	400m: 4:59.95 35.67			
2.	Danilson Renato Silva	14	ANG	CD1A	5:19.78	5:23.48	282
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m:	5:23.48		
3.	Lucas Rafael Palha	14	ANG	CD1A	5:19.66	5:29.17	268
	50m: 36.85 36.85	150m: 2:02.18 42.77	250m: 4:07.82 41.68	350m: 5:29.19 39.34			
	100m: 1:19.41 42.56	200m: 3:26.14 1:23.96	300m: 4:49.85 42.03	400m: 5:29.17			
	Waldemar Andre Sebastiao	14	ANG	CNIL	5:41.44	NT	
	FTL						

Juniores

1.	Santiago Rocha Guimarães	15	ANG	CNIL	4:26.75	4:17.26	561
	50m: 29.77 29.77	150m: 1:35.74 33.33	250m: 2:43.12 33.36	350m: 3:47.49 32.15			
	100m: 1:02.41 32.64	200m: 2:09.76 34.02	300m: 3:15.34 32.22	400m: 4:17.26 29.77			
2.	Guilherme Machado Sousa	17	ANG	CNIL	4:33.64	4:32.61	471
	50m: 30.83 30.83	150m: 1:39.00 34.72	250m: 2:49.03 35.15	350m: 3:58.58 35.00			
	100m: 1:04.28 33.45	200m: 2:13.88 34.88	300m: 3:23.58 34.55	400m: 4:32.61 34.03			
3.	Carlos Daniel Fernandes	16	ANG	CD1A	4:40.26	4:35.90	455
	50m: 31.12 31.12	150m: 1:39.71 34.49	250m: 2:50.36 35.46	350m: 4:01.70 35.84			
	100m: 1:05.22 34.10	200m: 2:14.90 35.19	300m: 3:25.86 35.50	400m: 4:35.90 34.20			
4.	Silverio Fernando Manuel	17	ANG	CD1A	5:01.74	4:44.61	414
	50m: 33.24 33.24	150m: 1:45.66 36.27	250m: 2:59.48 35.49	350m: 4:10.60 35.90			
	100m: 1:09.39 36.15	200m: 2:23.99 38.33	300m: 3:34.70 35.22	400m: 4:44.61 34.01			
5.	Henrique Tomás Moreira	17	ANG	CNIL	4:59.13	4:51.37	386
	50m: 33.77 33.77	150m: 1:45.91 36.23	250m: 3:01.17 37.11	350m: 4:15.41 37.48			
	100m: 1:09.68 35.91	200m: 2:24.06 38.15	300m: 3:37.93 36.76	400m: 4:51.37 35.96			
6.	Mario Baptista	15	ANG	CD1A	4:46.97	4:53.60	377
	50m: 1:43.76 1:43.76	150m:	250m: 3:37.68 38.31	350m: 4:53.49 37.17			
	100m:	200m: 2:59.37	300m: 4:16.32 38.64	400m: 4:53.60 0.11			
	Rildo Asiel Francisco	17	ANG	CNIL	5:07.41	NT	
	FTL						



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Seniores

1.	Emanuel Florentino Chiocola	18	ANG	CD1A	4:42.08	4:43.71	418
	50m: 31.37 31.37	150m: 1:40.76 35.01	250m: 2:52.39 35.83	350m: 4:05.97 36.78			
	100m: 1:05.75 34.38	200m: 2:16.56 35.80	300m: 3:29.19 36.80	400m: 4:43.71 37.74			
2.	Tiago Ricardo Manuel	18	ANG	CNIL	5:14.20	4:54.99	372
	50m: 32.09 32.09	150m: 1:45.64 37.62	250m: 3:01.50 37.71	350m: 4:17.98 38.11			
	100m: 1:08.02 35.93	200m: 2:23.79 38.15	300m: 3:39.87 38.37	400m: 4:54.99 37.01			
3.	Pedro Calei Barroso	20	ANG	CNIL	5:20.63	5:15.47	304
	50m:	150m:	250m:	350m:			
	100m:	200m:	300m:	400m: 5:15.47			
EXH	Niall Barry Sullivan	14	CAN	CNIL	4:40.04	4:34.61	461
	50m: 31.24 31.24	150m: 1:41.88 35.65	250m: 2:52.03 35.06	350m: 4:02.03 34.48			
	100m: 1:06.23 34.99	200m: 2:16.97 35.09	300m: 3:27.55 35.52	400m: 4:34.61 32.58			
EXH	Easton Michael Mcguire	14	USA	CNIL	5:38.92	NT	
	<i>FTL</i>						