



Campeonato Nacional Absoluto - LC - Época 2024-2025
Luanda, 3 a 6 de Julho/2025
Complexo Piscinas de Alvalade

Recordes Nac Angola - 50m

Masc., Open

Livres

| | | | | | | |
|-------|----------|----------------------|----|-----|------|------------|
| 50m | 23.64 | Henrique Mascarenhas | 22 | ANG | CNIL | 09/06/2024 |
| 100m | 51.78 | Henrique Mascarenhas | 22 | ANG | CNIL | 22/06/2024 |
| 200m | 1:53.14 | Pedro Miguel Pinotes | 25 | ANG | CD1A | 01/04/2015 |
| 400m | 3:59.10 | Pedro Miguel Pinotes | 24 | ANG | CNIL | 26/07/2014 |
| 800m | 8:19.30 | Pedro Miguel Pinotes | 24 | ANG | CD1A | 27/07/2014 |
| 1500m | 16:03.76 | Pedro Miguel Pinotes | 23 | ANG | ANG | 28/03/2013 |

Costas

| | | | | | | |
|------|---------|-----------------------|----|-----|------|------------|
| 50m | 27.64 | Salvador Vieira Gordo | 20 | ANG | CD1A | 13/04/2024 |
| 100m | 59.30 | Pedro Lima | 20 | ANG | ANG | 16/02/1992 |
| 200m | 2:13.80 | Pedro Miguel Pinotes | 21 | ANG | ANG | 15/09/2010 |

Bruços

| | | | | | | |
|------|---------|----------------------|----|-----|------|------------|
| 50m | 28.89 | Mário Ervedosa | 20 | ANG | CD1A | 11/09/2018 |
| 100m | 1:05.28 | Mário Ervedosa | 18 | ANG | CD1A | 23/07/2017 |
| 200m | 2:21.65 | Pedro Miguel Pinotes | 21 | ANG | ANG | 28/07/2011 |

Mariposa

| | | | | | | |
|------|---------|-----------------------|----|-----|------|------------|
| 50m | 25.04 | Salvador Vieira Gordo | 18 | ANG | CD1A | 18/06/2022 |
| 100m | 54.73 | Salvador Vieira Gordo | 18 | ANG | CD1A | 10/04/2022 |
| 200m | 2:03.27 | Pedro Miguel Pinotes | 25 | ANG | CD1A | 11/04/2015 |

Estilos

| | | | | | | |
|------|---------|----------------------|----|-----|------|------------|
| 200m | 2:04.23 | Pedro Miguel Pinotes | 25 | ANG | CD1A | 11/04/2015 |
| 400m | 4:23.12 | Pedro Miguel Pinotes | 26 | ANG | ANG | 07/09/2015 |

Piscina longa (50m)

Femin., Open

Livres

| | | | | | | |
|-------|----------|---------------------------|----|-----|------|------------|
| 50m | 27.59 | N'Hara Violeta Fernandes | 16 | ANG | CNIL | 29/07/2023 |
| 100m | 59.11 | Catarina Welvitchia Sousa | 18 | ANG | CNIL | 27/07/2019 |
| 200m | 2:09.41 | Catarina Welvitchia Sousa | 17 | ANG | CNIL | 24/08/2018 |
| 400m | 4:39.92 | Ana Sofia Nóbrega | 25 | ANG | CD1A | 19/12/2015 |
| 800m | 9:44.66 | Rafaela Espirito Santo | 19 | ANG | ANG | 13/03/2024 |
| 1500m | 18:36.84 | Rafaela Espirito Santo | 19 | ANG | ANG | 30/04/2024 |

Costas

| | | | | | | |
|------|---------|---------------------------|----|-----|------|------------|
| 50m | 31.60 | Catarina Welvitchia Sousa | 18 | ANG | CNIL | 23/08/2019 |
| 100m | 1:07.96 | Catarina Welvitchia Sousa | 18 | ANG | CNIL | 22/07/2019 |
| 200m | 2:30.65 | Catarina Welvitchia Sousa | 17 | ANG | CNIL | 20/05/2018 |

Bruços

| | | | | | | |
|------|---------|--------------------------|----|-----|------|------------|
| 50m | 34.73 | N'Hara Violeta Fernandes | 17 | ANG | CNIL | 23/06/2024 |
| 100m | 1:14.89 | Nadia Eloy Cruz | 22 | ANG | ANG | 01/06/1998 |
| 200m | 2:40.71 | Nadia Eloy Cruz | 19 | ANG | ANG | 01/06/1995 |

Mariposa

| | | | | | | |
|------|---------|--------------|----|-----|------|------------|
| 50m | 28.33 | Lia Ana Lima | 17 | ANG | CD1A | 07/04/2019 |
| 100m | 1:02.30 | Lia Ana Lima | 18 | ANG | CD1A | 08/02/2020 |
| 200m | 2:18.91 | Lia Ana Lima | 22 | ANG | CD1A | 09/06/2024 |

Estilos

| | | | | | | |
|------|---------|--------------|----|-----|------|------------|
| 200m | 2:29.36 | Lia Ana Lima | 18 | ANG | CD1A | 09/02/2020 |
| 400m | 5:18.56 | Lia Ana Lima | 22 | ANG | ANG | 03/05/2024 |

Piscina longa (50m)

Masc., 18 +

Livres

| | | | | | | |
|------|-------|----------------------|----|-----|------|------------|
| 50m | 23.64 | Henrique Mascarenhas | 22 | ANG | CNIL | 09/06/2024 |
| 100m | 51.78 | Henrique Mascarenhas | 22 | ANG | CNIL | 22/06/2024 |

Piscina longa (50m)



Campeonato Nacional Absoluto - LC - Época 2024-2025
Luanda, 3 a 6 de Julho/2025
Complexo Piscinas de Alvalade

| | | | | | | | |
|-----------------------|----------|---------------------------|-----|-----|------|------------|--------------------------|
| 200m | 1:53.14 | Pedro Miguel Pinotes | 25 | ANG | ANG | 01/04/2015 | Lisboa (POR) |
| 400m | 3:59.10 | Pedro Miguel Pinotes | 24 | ANG | CD1A | 01/04/2014 | Luanda |
| 800m | 8:19.30 | Pedro Miguel Pinotes | 24 | ANG | CD1A | 27/07/2014 | Oeiras (POR) |
| 1500m | 16:03.76 | Pedro Miguel Pinotes | 23 | ANG | ANG | 28/03/2013 | Coimbra (POR) |
| Costas | | | | | | | |
| 50m | 27.64 | Salvador Vieira Gordo | 20 | ANG | CD1A | 13/04/2024 | Bangor (IRL) |
| 100m | 59.30 | Pedro Lima | 20 | ANG | ANG | 16/02/1992 | Lisboa (POR) |
| 200m | 2:13.80 | Pedro Miguel Pinotes | 21 | ANG | ANG | 15/09/2010 | Casablanca (MAR) |
| Bruços | | | | | | | |
| 50m | 28.89 | Mario Ervedosa | 20 | ANG | CD1A | 11/09/2018 | Argelia (ALG) |
| 100m | 1:05.28 | Mário Everdosa | 18 | ANG | CD1A | 23/07/2017 | Budapest (HUN) |
| 200m | 2:21.65 | Pedro Miguel Pinotes | 21 | ANG | ANG | 28/07/2011 | Shangai (CHN) |
| Mariposa | | | | | | | |
| 50m | 25.04 | Salvador Vieira Gordo | 18 | ANG | CD1A | 18/06/2022 | Budapest (HUN) |
| 100m | 54.73 | Salvador Vieira Gordo | 18 | ANG | CD1A | 10/04/2022 | Stockholm (SWE) |
| 200m | 2:03.27 | Pedro Miguel Pinotes | 25 | ANG | ANG | 11/04/2015 | Lisboa (POR) |
| Estilos | | | | | | | |
| 200m | 2:04.23 | Pedro Miguel Pinotes | 25 | ANG | ANG | 11/04/2015 | Lisboa (POR) |
| 400m | 4:23.12 | Pedro Miguel Pinotes | 26 | ANG | ANG | 07/09/2015 | Brazzaville (CGO) |
| Femin., 18 + | | | | | | | |
| Livres | | | | | | | |
| 50m | 27.68 | Catarina Welvitchia Sousa | 18 | ANG | CNIL | 24/08/2019 | Casablanca - Rabat (MAR) |
| 100m | 59.11 | Catarina Welvitchia Sousa | 18 | ANG | CNIL | 27/07/2019 | Gwangju (KOR) |
| 200m | 2:09.55 | Catarina Welvitchia Sousa | 18 | ANG | CNIL | 24/08/2019 | Casablanca - Rabat (MAR) |
| 400m | 4:39.92 | Ana Sofia Nóbrega | 25 | ANG | CD1A | 19/12/2015 | Coimbra (POR) |
| 800m | 9:44.66 | Rafaela Espirito Santo | 19 | ANG | ANG | 13/03/2024 | Accra (GHA) |
| 1500m | 18:36.84 | Rafaela Espirito Santo | 19 | ANG | ANG | 30/04/2024 | Luanda |
| Costas | | | | | | | |
| 50m | 31.60 | Catarina Welvitchia Sousa | 18 | ANG | CNIL | 23/08/2019 | Casablanca - Rabat (MAR) |
| 100m | 1:07.96 | Catarina Welvitchia Sousa | 18 | ANG | CNIL | 22/07/2019 | Gwangju (KOR) |
| 200m | 2:32.43 | Lia Ana Lima | 18 | ANG | CD1A | 08/02/2020 | Lisboa (POR) |
| Bruços | | | | | | | |
| 50m | 35.09 | Maria Joao Freitas | 24 | ANG | CNIL | 14/04/2022 | Lusaka (ZAM) |
| 100m | 1:14.89 | Nadia Eloy Cruz | 22 | ANG | ANG | 01/06/1998 | Florida (USA) |
| 200m | 2:40.71 | Nadia Eloy Cruz | 19 | ANG | ANG | 01/06/1995 | Charlotte (USA) |
| Mariposa | | | | | | | |
| 50m | 28.73 | Lia Ana Lima | 22 | ANG | CD1A | 06/04/2024 | Coimbra (POR) |
| 100m | 1:02.30 | Lia Ana Lima | 18 | ANG | CD1A | 08/02/2020 | Lisboa (POR) |
| 200m | 2:18.91 | Lia Ana Lima | 223 | ANG | CD1A | 09/06/2024 | Porto (POR) |
| Estilos | | | | | | | |
| 200m | 2:29.36 | Lia Ana Lima | 18 | ANG | CD1A | 08/02/2020 | Lisboa (POR) |
| 400m | 5:18.56 | Lia Ana Lima | 22 | ANG | ANG | 03/05/2024 | Luanda |
| Masc., 15 - 17 | | | | | | | |
| Livres | | | | | | | |
| 50m | 24.49 | Daniel Francisco | 18 | ANG | CD1A | 15/09/2018 | Argel (ALG) |
| 100m | 54.46 | Enzo Miguel Anjos | 16 | ANG | ANG | 30/05/2025 | Luanda |
| 200m | 1:59.89 | Henrique Mascarenhas | 17 | ANG | CNIL | 21/08/2019 | Budapest (HUN) |
| 400m | 4:13.08 | Henrique Mascarenhas | 17 | ANG | CNIL | 20/08/2019 | Budapest (HUN) |
| 800m | 8:48.54 | Henrique Mascarenhas | 17 | ANG | CNIL | 22/08/2019 | Budapest (HUN) |
| 1500m | 17:03.61 | Henrique Mascarenhas | 17 | ANG | CNIL | 11/05/2019 | Bristol (GBR) |
| Costas | | | | | | | |
| 50m | 28.57 | Yusseni Rafael Furtado | 17 | ANG | CD1A | 02/09/2022 | Lima (PER) |
| 100m | 1:02.96 | Salvador Vieira Gordo | 15 | ANG | CD1A | 24/07/2019 | Gwangju (KOR) |

Piscina longa (50m)

Piscina longa (50m)



Campeonato Nacional Absoluto - LC - Época 2024-2025
Luanda, 3 a 6 de Julho/2025
Complexo Piscinas de Alvalade

| | | | | | | | |
|------------------------|----------|---------------------------|------|-----|------|------------|----------------------------|
| 200m | 2:21.68 | Pedro Miguel Pinotes | 17 | ANG | ANG | 08/04/2007 | Povoa Varzim (POR) |
| Bruços | | | | | | | |
| 50m | 29.88 | Mário Ervedosa | 17 | ANG | CD1A | 11/12/2015 | (RSA) |
| 100m | 1:06.00 | Mário Ervedosa | 17 | ANG | CD1A | 10/04/2016 | Durban (RSA) |
| 200m | 2:34.00 | Joao Luis Matias | 17 | ANG | ANG | 05/05/2004 | Casablanca (MAR) |
| Mariposa | | | | | | | |
| 50m | 25.27 | Daniel Francisco | 17 | ANG | CD1A | 07/07/2018 | Luanda |
| 100m | 55.57 | Salvador Vieira Gordo | 17 | ANG | CD1A | 08/04/2021 | Kazan (RUS) |
| 200m | 2:09.90 | Salvador Vieira Gordo | 17 | ANG | CD1A | 05/04/2021 | Kazan (RUS) |
| Estilos | | | | | | | |
| 200m | 2:11.29 | Salvador Vieira Gordo | 17 | ANG | CD1A | 07/04/2021 | Kazan (RUS) |
| 400m | 4:49.48 | Pedro Miguel Pinotes | 17 | ANG | ANG | 27/07/2007 | Aveiro (POR) |
| Femin., 15 - 17 | | | | | | | Piscina longa (50m) |
| Livres | | | | | | | |
| 50m | 27.59 | N'Hara Violeta Fernandes | 16 | ANG | CNIL | 29/07/2023 | Coimbra (POR) |
| 100m | 1:00.57 | Catarina Welvitchia Sousa | 18 | ANG | CNIL | 10/09/2018 | Argel (ALG) |
| 200m | 2:09.41 | Catarina Welvitchia Sousa | 17 | ANG | CNIL | 24/07/2018 | Argel (ALG) |
| 400m | 4:50.60 | Yara Alexandra Lima | 17 | ANG | ANG | 07/07/2013 | Lisboa (POR) |
| 800m | 10:13.28 | Yara Alexandra Lima | 17 | ANG | CD1A | 29/06/2013 | Luanda |
| 1500m | 19:16.28 | Yara Alexandra Lima | 17 | ANG | CD1A | 19/06/2013 | Luanda |
| Costas | | | | | | | |
| 50m | 32.22 | Catarina Welvitchia Sousa | 17 | ANG | CNIL | 24/07/2018 | Argel (ALG) |
| 100m | 1:09.19 | Catarina Welvitchia Sousa | 17 | ANG | CNIL | 22/07/2018 | Argel (ALG) |
| 200m | 2:30.65 | Catarina Welvitchia Sousa | 17 | ANG | CNIL | 20/05/2018 | Coimbra (POR) |
| Bruços | | | | | | | |
| 50m | 34.73 | N'Hara Violeta Fernandes | 17 | ANG | CNIL | 23/06/2024 | Povoa do Varzim (POR) |
| 100m | 1:18.35 | Nadia Eloy Cruz | -176 | ANG | ANG | 01/01/1800 | |
| 200m | 2:48.43 | Nadia Eloy Cruz | -176 | ANG | ANG | 01/01/1800 | |
| Mariposa | | | | | | | |
| 50m | 28.33 | Lia Ana Lima | 17 | ANG | CD1A | 07/04/2019 | Coimbra (POL) |
| 100m | 1:03.64 | Lia Ana Lima | 17 | ANG | CD1A | 06/04/2019 | Coimbra (POR) |
| 200m | 2:21.51 | Lia Ana Lima | 17 | ANG | CD1A | 21/08/2019 | Casablanca - Rabat (MAR) |
| Estilos | | | | | | | |
| 200m | 2:29.43 | Lia Ana Lima | 17 | ANG | CD1A | 10/02/2019 | Lisboa (POR) |
| 400m | 5:31.89 | Raquel Tremeço | 15 | ANG | CD1A | 31/03/2017 | Cairo (EGY) |
| Masc., 13 - 14 | | | | | | | Piscina longa (50m) |
| Livres | | | | | | | |
| 50m | 24.87 | Santiago Rocha Guimarães | 14 | ANG | CNIL | 26/04/2025 | Luanda |
| 100m | 55.34 | Santiago Rocha Guimarães | 14 | ANG | CNIL | 27/07/2025 | Coimbra (POR) |
| 200m | 2:04.02 | Santiago Rocha Guimarães | 14 | ANG | CNIL | 26/07/2025 | Coimbra (POR) |
| 400m | 4:27.37 | Santiago Rocha Guimaraes | 14 | ANG | ANG | 31/05/2025 | Luanda |
| 800m | 9:16.83 | Santiago Rocha Guimaraes | 14 | ANG | CNIL | 25/05/2025 | Luanda |
| 1500m | 18:00.29 | Santiago Rocha Guimarães | 14 | ANG | CNIL | 15/06/2025 | Luanda |
| Costas | | | | | | | |
| 50m | 29.76 | Enzo Miguel Anjos | 14 | ANG | CD1A | 25/06/2023 | Luanda |
| 100m | 1:03.09 | Salvador Vieira Gordo | 14 | ANG | CD1A | 22/07/2018 | Argel (ALG) |
| 200m | 2:23.58 | Salvador Vieira Gordo | 13 | ANG | CD1A | 21/05/2017 | Millfield (GBR) |
| Bruços | | | | | | | |
| 50m | 32.36 | Daniel Francisco | 14 | ANG | ANG | 29/08/2015 | Singapura (SGP) |
| 100m | 1:12.64 | Joao Luis Matias | 16 | ANG | ANG | 20/07/2003 | Barcelona (ESP) |
| 200m | 2:39.21 | Joao Luis Matias | 16 | ANG | ANG | 23/07/2003 | Barcelona (ESP) |
| Mariposa | | | | | | | |
| 50m | 27.32 | Santiago Rocha Guimaraes | 14 | ANG | ANG | 30/05/2025 | Luanda |



Campeonato Nacional Absoluto - LC - Época 2024-2025
Luanda, 3 a 6 de Julho/2025
Complexo Piscinas de Alvalade

| | | | | | | | |
|------------------------|----------|---------------------------|------|-----|------|------------|-------------------------|
| 100m | 58.46 | Salvador Vieira Gordo | 14 | ANG | CD1A | 23/07/2018 | Argel (ALG) |
| 200m | 2:14.85 | Salvador Vieira Gordo | 14 | ANG | CD1A | 24/07/2018 | Argel (ALG) |
| Estilos | | | | | | | |
| 200m | 2:18.77 | Salvador Vieira Gordo | 13 | ANG | CD1A | 16/07/2017 | Loulé (POR) |
| 200m | 2:18.77 | Joao Luis Matias | 16 | ANG | ANG | 24/07/2003 | Barcelona (ESP) |
| 400m | 4:55.71 | Joao Luis Matias | 15 | ANG | ANG | 13/08/2002 | Cairo (EGY) |
| Femin., 13 - 14 | | | | | | | |
| Livres | | | | | | | |
| 50m | 28.40 | Carlota Filipa Silva | 14 | ANG | IND | 29/07/2023 | Coimbra (POR) |
| 100m | 1:03.53 | Carlota Filipa Silva | 14 | ANG | IND | 28/07/2023 | Coimbra (POR) |
| 200m | 2:19.39 | Alexia Jimenez Vieira | 13 | ANG | IND | 08/07/2022 | Terragona (ESP) |
| 400m | 4:52.81 | Alexia Jimenez Vieira | 13 | ANG | IND | 25/06/2022 | Luanda |
| 800m | 10:11.03 | Alexia Jimenez Vieira | 13 | ANG | IND | 10/07/2022 | Terragona (ESP) |
| 1500m | 19:36.65 | Rhanya Espirito Santo | 14 | ANG | ANG | 30/04/2024 | Luanda |
| Costas | | | | | | | |
| 50m | 33.49 | Catarina Welvitchia Sousa | 14 | ANG | ANG | 09/05/2015 | Luanda |
| 100m | 1:14.02 | Catarina Welvitchia Sousa | 14 | ANG | ANG | 08/05/2015 | Luanda |
| 200m | 2:41.80 | Rhanya Espirito Santo | 14 | ANG | ANG | 01/05/2024 | Luanda |
| Bruços | | | | | | | |
| 50m | 35.41 | Maria Cipcic | 14 | ANG | CD1A | 01/12/2013 | Zambia (ZAM) |
| 100m | 1:18.74 | Maria Cipcic | 14 | ANG | CD1A | 29/11/2013 | Zambia (ZAM) |
| 200m | 3:01.22 | Nadia Eloy Cruz | 14 | ANG | ANG | 21/08/1990 | (TUN) |
| Mariposa | | | | | | | |
| 50m | 30.52 | Carlota Filipa Silva | 14 | ANG | IND | 28/07/2023 | Coimbra (POR) |
| 100m | 1:08.67 | Carlota Filipa Silva | 14 | ANG | IND | 08/07/2023 | Luanda |
| 200m | 2:45.03 | Elsa Freire | -175 | ANG | ANG | 01/01/1800 | Luanda |
| Estilos | | | | | | | |
| 200m | 2:40.81 | Elsa Freire | 14 | ANG | ANG | 14/12/1988 | Harare (ZIM) |
| 400m | 5:52.93 | Rhanya Espirito Santo | 13 | ANG | CNIL | 09/07/2023 | Luanda |
| Masc., 11 - 12 | | | | | | | |
| Livres | | | | | | | |
| 50m | 27.44 | Edivaldo Nascimento | 12 | ANG | CNIL | 12/01/2019 | Unionville (CAN) |
| 100m | 1:01.49 | Santiago Rocha Guimaraes | 12 | ANG | CNIL | 23/07/2023 | Famalicão (POR) |
| 200m | 2:17.94 | Santiago Rocha Guimaraes | 12 | ANG | CNIL | 04/05/2023 | Luanda |
| 400m | 4:50.89 | Santiago Rocha Guimaraes | 12 | ANG | CNIL | 06/07/2023 | Luanda |
| 800m | 10:06.02 | Filipe Simões Freitas | 12 | ANG | CD1A | 20/07/2018 | S.João da Madeira (POR) |
| 1500m | 19:03.65 | Filipe Simões Freitas | 12 | ANG | CD1A | 20/07/2018 | S.João da Madeira (POR) |
| Costas | | | | | | | |
| 50m | 31.54 | Salvador Vieira Gordo | 12 | ANG | CD1A | 21/05/2016 | Millfield (GBR) |
| 100m | 1:11.58 | Edivaldo Nascimento | 12 | ANG | CNIL | 15/06/2019 | Unionville (CAN) |
| 200m | 2:36.81 | Edivaldo Nascimento | 12 | ANG | CNIL | 01/06/2019 | Windsor (CAN) |
| Bruços | | | | | | | |
| 50m | 33.86 | Edivaldo Nascimento | 12 | ANG | CNIL | 28/04/2019 | Unionville (CAN) |
| 100m | 1:18.34 | Edivaldo Nascimento | 12 | ANG | CNIL | 09/03/2019 | Unionville (CAN) |
| 200m | 2:50.13 | Salvador Vieira Gordo | 12 | ANG | CD1A | 16/07/2016 | Famalicão (POR) |
| Mariposa | | | | | | | |
| 50m | 29.13 | Salvador Vieira Gordo | 12 | ANG | CD1A | 24/04/2016 | Plymouth (GBR) |
| 100m | 1:04.63 | Salvador Vieira Gordo | 12 | ANG | CD1A | 16/07/2016 | Famalicão (POR) |
| 200m | 2:28.19 | Salvador Vieira Gordo | 12 | ANG | CD1A | 23/04/2016 | Plymouth (GBR) |
| Estilos | | | | | | | |
| 200m | 2:30.38 | Salvador Vieira Gordo | 12 | ANG | CD1A | 14/05/2016 | Plymouth (GBR) |
| 400m | 5:25.61 | Salvador Vieira Gordo | 12 | ANG | CD1A | 15/05/2016 | Plymouth (GBR) |
| Femin., 11 - 12 | | | | | | | |
| Livres | | | | | | | |
| 50m | 29.16 | Wezza Lukenya Morais | 12 | ANG | CNIL | 26/04/2025 | Luanda |





Campeonato Nacional Absoluto - LC - Época 2024-2025
Luanda, 3 a 6 de Julho/2025
Complexo Piscinas de Alvalade

| | | | | | | | |
|-----------------------|----------|-----------------------|------|-----|------|------------|--------------------|
| 100m | 1:06.06 | Wezza Lukenya Morais | 12 | ANG | CNIL | 25/05/2025 | Luanda |
| 200m | 2:29.99 | Stephanie Jurado | 12 | ANG | CD1A | 14/04/2021 | Stellenbosch (RSA) |
| 400m | 5:00.86 | Alda Lara Albuquerque | 12 | ANG | SB | 18/09/1995 | Portugal (POR) |
| 800m | 11:15.70 | Rhanya Espirito Santo | 12 | ANG | CNIL | 25/06/2022 | Luanda |
| 1500m | 21:36.02 | Rhanya Espirito Santo | 12 | ANG | CNIL | 22/05/2022 | Luanda |
| Costas | | | | | | | |
| 50m | 33.82 | Stephanie Jurado | 12 | ANG | CD1A | 14/04/2021 | Stellenbosch (RSA) |
| 100m | 1:14.25 | Stephanie Jurado | 12 | ANG | CD1A | 14/04/2021 | Stellenbosch (RSA) |
| 200m | 2:46.63 | Stephanie Jurado | 12 | ANG | CD1A | 14/04/2021 | Stellenbosch (RSA) |
| Bruços | | | | | | | |
| 50m | 37.89 | Maria Cipcic | 14 | ANG | CD1A | 14/09/2013 | Nairobi (KEN) |
| 100m | 1:25.03 | Nadia Eloy Cruz | 12 | ANG | CD1A | 12/12/1987 | Luanda |
| 200m | 3:06.03 | Nadia Eloy Cruz | 12 | ANG | ANG | 29/11/1987 | Luanda |
| Mariposa | | | | | | | |
| 50m | 31.55 | Stephanie Jurado | 12 | ANG | CD1A | 14/04/2021 | Stellenbosch (RSA) |
| 100m | 1:15.43 | Elsa Freire | 12 | ANG | ANG | 06/08/1987 | Luanda |
| 200m | 3:02.42 | Wezza Lukenya Morais | 12 | ANG | CNIL | 24/05/2025 | Luanda |
| Estilos | | | | | | | |
| 200m | 2:41.99 | Stephanie Jurado | 12 | ANG | CD1A | 14/04/2021 | Stellenbosch (RSA) |
| 400m | 5:58.03 | Alda Lara Albuquerque | -184 | ANG | ANG | 01/01/1800 | (POR) |
| Masc., 9 - 10 | | | | | | | |
| Livres | | | | | | | |
| 50m | 31.26 | Salvador Vieira Gordo | 10 | ANG | CNIL | 06/07/2014 | Luanda |
| 100m | 1:12.90 | Gabriel Hoygaard | 10 | ANG | CD1A | 01/07/1989 | Luanda |
| 200m | 2:37.70 | Salvador Vieira Gordo | 10 | ANG | CNIL | 04/07/2014 | Luanda |
| 400m | 5:36.03 | Salvador Vieira Gordo | 10 | ANG | CNIL | 06/07/2014 | Luanda |
| 800m | 11:58.21 | Jeremy Leite | 202 | ANG | CD1A | 11/05/2003 | Luanda |
| 1500m | 26:57.97 | Asher Jaco | 10 | ANG | CD1A | 28/06/2013 | Luanda |
| Costas | | | | | | | |
| 50m | 37.31 | Salvador Vieira Gordo | 10 | ANG | CNIL | 05/07/2014 | Luanda |
| 100m | 1:22.34 | Salvador Vieira Gordo | 10 | ANG | CNIL | 06/07/2014 | Luanda |
| 200m | 3:02.02 | Salvador Vieira Gordo | 10 | ANG | CNIL | 06/07/2014 | Luanda |
| Bruços | | | | | | | |
| 50m | 42.89 | Jeremy Leite | 202 | ANG | CD1A | 10/05/2003 | Luanda |
| 100m | 1:32.65 | Jeremy Leite | 202 | ANG | CD1A | 13/04/2003 | Luanda |
| 200m | 3:38.06 | Filipe Simões Freitas | 10 | ANG | CD1A | 09/04/2016 | Luanda |
| Mariposa | | | | | | | |
| 50m | 32.80 | Gabriel Hoygaard | 11 | ANG | ANG | 05/05/1990 | Havana (CUB) |
| 100m | 1:25.40 | Salvador Vieira Gordo | 10 | ANG | CNIL | 09/05/2014 | Luanda |
| 200m | 3:36.33 | Salvador Vieira Gordo | 10 | ANG | CNIL | 10/05/2014 | Luanda |
| Estilos | | | | | | | |
| 200m | 2:59.08 | Salvador Vieira Gordo | 10 | ANG | CNIL | 03/06/2014 | Luanda |
| 400m | 6:17.55 | Salvador Vieira Gordo | 10 | ANG | CNIL | 05/07/2014 | Luanda |
| Femin., 9 - 10 | | | | | | | |
| Livres | | | | | | | |
| 50m | 32.05 | Wezza Lukenya Morais | 16 | ANG | CNIL | 04/06/2023 | Luanda |
| 100m | 1:11.74 | Wezza Lukenya Morais | 16 | ANG | ANG | 06/05/2023 | Luanda |
| 200m | 2:38.95 | Ana Romero | 10 | ANG | ANG | 28/05/1999 | Mauricias (MRI) |
| 400m | 5:35.22 | Ana Romero | 10 | ANG | ICM | 15/07/1999 | Luanda |
| 800m | 12:41.23 | Ana Romero | 10 | ANG | ICM | 19/09/1998 | Luanda |
| Costas | | | | | | | |
| 50m | 38.66 | Wezza Lukenya Morais | 10 | ANG | CNIL | 30/10/2022 | Luanda |
| 100m | 1:22.57 | Stephanie Jurado | 11 | ANG | CD1A | 26/09/2019 | Stellenbosch (RSA) |

Piscina longa (50m)

Piscina longa (50m)



Campeonato Nacional Absoluto - LC - Época 2024-2025
Luanda, 3 a 6 de Julho/2025
Complexo Piscinas de Alvalade

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|----------------------|---------|--------------------------|-----|-----|------|------------|----------------------------|
| 200m | 2:56.94 | Stephanie Jurado | 11 | ANG | CD1A | 26/09/2019 | Stellenbosch (RSA) |
| Bruços | | | | | | | |
| 50m | 44.01 | Melvire Cahombo | 10 | ANG | CD1A | 27/06/2013 | Luanda |
| 100m | 1:36.56 | Ana Romero | 10 | ANG | ICM | 31/07/1999 | Luanda |
| 200m | 3:26.20 | Ana Romero | 10 | ANG | ICM | 04/07/1999 | Luanda |
| Mariposa | | | | | | | |
| 50m | 33.95 | Wezza Lukenya Morais | 222 | ANG | CNIL | 21/05/2023 | Luanda |
| 100m | 1:26.30 | Ana Romero | 10 | ANG | ICM | 17/07/1999 | Luanda |
| 200m | 3:21.04 | Ana Romero | 11 | ANG | ICM | 15/07/2000 | Luanda |
| Estilos | | | | | | | |
| 200m | 3:00.49 | Stephanie Jurado | 11 | ANG | CD1A | 26/09/2019 | Stellenbosch (RSA) |
| 400m | 7:38.26 | Eliane Coelho | 10 | ANG | CD1A | 09/05/2014 | Luanda |
| Masc., 6 - 8 | | | | | | | Piscina longa (50m) |
| Livres | | | | | | | |
| 50m | 36.98 | Oleandro Gabriel Almeida | 8 | ANG | CD1A | 25/05/2025 | Luanda |
| 100m | 1:25.53 | Oleandro Gabriel Almeida | 8 | ANG | CD1A | 15/06/2025 | Luanda |
| 200m | 3:09.99 | Miguel Francisco Lopes | 8 | ANG | CD1A | 29/06/2024 | Luanda |
| 400m | 9:30.63 | Silvério Manuel | 215 | ANG | OSC | 15/02/2016 | Luanda |
| Costas | | | | | | | |
| 50m | 36.18 | Sergio Jurado | 6 | ANG | CD1A | 26/05/2018 | Luanda |
| 100m | 1:46.52 | Miguel Francisco Lopes | 8 | ANG | CD1A | 14/07/2024 | Luanda |
| Bruços | | | | | | | |
| 50m | 39.84 | Sergio Jurado | 6 | ANG | CD1A | 27/05/2018 | Luanda |
| 100m | 1:57.12 | David Paz Pinto | 8 | ANG | CNIL | 20/05/2023 | Luanda |
| Femin., 6 - 8 | | | | | | | Piscina longa (50m) |
| Livres | | | | | | | |
| 50m | 37.89 | Wezza Lukenya Morais | 8 | ANG | CNIL | 19/06/2021 | Luanda |
| 100m | 1:32.06 | Stephanie Jurado | 8 | ANG | CD1A | 28/05/2017 | Luanda |
| 200m | 3:45.78 | Ranya Espirito Santo | 8 | ANG | CNIL | 14/10/2017 | Luanda |
| Costas | | | | | | | |
| 50m | 46.76 | Wendy Lukenya Morais | 8 | ANG | CNIL | 20/06/2021 | Luanda |
| 100m | 1:40.54 | Stephanie Jurado | 8 | ANG | CD1A | 27/05/2017 | Luanda |
| Bruços | | | | | | | |
| 50m | 50.30 | Kaila Santos | 6 | ANG | CD1A | 27/05/2018 | Luanda |
| 100m | 2:01.28 | Stephanie Jurado | 8 | ANG | CD1A | 26/05/2017 | Luanda |
| Estilos | | | | | | | |
| 200m | 4:17.78 | Kaila Santos | 8 | ANG | CD1A | 19/10/2019 | Luanda |