



FEDERAÇÃO MOÇAMBICANA DE NATAÇÃO

Tabela de Recordes Nacionais de Piscina Curta FEMININOS

Prova	Cat.	Nome do Atleta	Clube	Recordes	Data	Local	Prova	Cat.	Nome do Atleta	Clube	Recordes	Data	Local	
50L	Pic	Melina Here	CFVB	00:37,00	18-04-2008	RFRanisse	50C	Pic	Jannat Bique	CFVM	00:41,90	07-04-2006	RFRanisse	
	ic	Melina Here	CFVB	00:33,41	05-02-2010	RFRanisse		ic	Jannat Bique	CFVM	00:38,75	02-03-2008	RFRanisse	
	If	Jéssica Vieira	CNGM	00:29,25	13-05-2004	ANCM		If	Jéssica Vieira	CNGM	00:32,64	14-05-2004	ANCM	
	Jv	Jéssica Vieira	CNGM	00:28,61	31-01-2004	ANCM		Jv	Jéssica Vieira	CNGM	00:31,92	11-12-2005	Durban	
	Jn	Jannah Sonnenschein	CNGM	00:27,01	26-10-2012	Amsterdam		Jn	Jéssica Cossa	CNGM	00:30,34	01-02-2013	RFRanisse	
	Sn	Jéssica Vieira	CFB	00:25,65 *	20-12-2013	Felgueiras		Sn	Jéssica Cossa	CNGM	00:29,78 *	19-12-2015	São Petersburg	
100L	Pic	Géssica Stagno	CNGM	01:20,17	26-05-2002	ANCM	100C	Pic	Jannat Bique	CFVM	01:30,00	07-04-2006	RFRanisse	
	ic	Milene Here	CFVB	01:13,96	14-03-2010	RFRanisse		ic	Jannat Bique	CFVM	01:22,40	22-02-2008	RFRanisse	
	If	Gisela Cossa	CNGM	01:06,48	24-03-2012	RFRanisse		If	Jannat Bique	Ind.	01:13,06	09-12-2009	RFRanisse	
	Jv	Jéssica Vieira	CNGM	01:02,31	10-12-2005	ANCM		Jv	Jéssica Vieira	CNGM	01:09,12	04-05-2006	Shanghai	
	Jn	Jannah Sonnenschein	CNGM	00:58,76	09-03-2013	Eindhoven		Jn	Jéssica Cossa	CNGM	01:05,16	24-03-2012	RFRanisse	
	Sn	Jéssica Vieira	Amadora	00:57,43 *	11-12-2015	Porto		Sn	Jéssica Cossa	CNGM	01:03,10 *	18-12-2015	São Petersburg	
200L	Pic	Géssica Stagno	CNGM	02:34,79	18-05-2006	RFRanisse	200C	ic	Jannat Bique	CFVM	02:55,26	25-01-2008	RFRanisse	
	ic	Melina Here	CFVB	02:39,18	03-02-2010	RFRanisse		If	Jannat Bique	Ind.	02:39,38	20-12-2009	RFRanisse	
	If	Gisela Cossa	CNGM	02:27,63	19-02-2012	RFRanisse		Jv	Jéssica Vieira	CNGM	02:37,12	27-02-2005	RFRanisse	
	Jv	Gisela Cossa	CNGM	02:16,64	27-04-2013	RFRanisse		Jn	Jéssica Cossa	CNGM	02:22,67	02-03-2012	RFRanisse	
	Jn	Ximene Gomes	GDM	02:07,39 *	16-12-2012	Amsterdam		Sn	Jéssica Cossa	CNGM	02:20,14 *	18-12-2015	São Petersburg	
	Sn	Jéssica Vieira	Amadora	02:07,80	17-12-2011	Malhada								
400L	Pic	Géssica Stagno	CNGM	06:13,15	18-05-2002	ANCM	50M	Pic	Melina Here	CFVB	00:42,37	27-01-2008	RFRanisse	
	ic	Géssica Stagno	CNGM	05:46,99	12-03-2003	ANCM		ic	Mónica Bernardo	CNGM	00:35,83	14-02-2002	ANCM	
	If	Layla Taquidir	CNGM	05:14,95	19-02-2012	RFRanisse		If	Jéssica Vieira	CNGM	00:32,79	15-05-2004	ANCM	
	Jv	Gisela Cossa	CNGM	04:57,88	27-04-2013	RFRanisse		Jv	Jéssica Vieira	CNGM	00:29,69	11-11-2005	Durban	
	Jn	Jannah Sonnenschein	CNGM	04:38,80 *	09-11-2013	Amersfoort		Jn	Jannah Sonnenschein	CNGM	00:28,72 *	15-12-2013	Amsterdam	
	Sn	Jéssica Vieira	Amadora	04:45,41	19-11-2011	Alges		Sn	Jéssica Vieira	CFB	00:28,95	13-12-2015	Porto	
800L	Pic	Shélsia Mateus	CFVM	16:17,64	28-11-2010	RFRanisse	100M	ic	Jannat Bique	CFVM	01:22,45	15-03-2008	RFRanisse	
	ic	Géssica Stagno	CNGM	12:01,32	20-12-2003	ANCM		If	Jannat Bique	Ind.	01:14,99	12-12-2009	RFRanisse	
	If	Gisela Cossa	CNGM	10:39,46	19-02-2012	RFRanisse		Jv	Gisela Cossa	CNGM	01:10,74	22-03-2014	RFRanisse	
	Jv	Gisela Cossa	CNGM	10:22,68	27-04-2013	RFRanisse		Jn	Jannah Sonnenschein	CNGM	01:02,33 *	02-11-2013	Dordrecht	
	Jn	Ximene Gomes	GDM	09:57,78 *	06-12-2006	RFRanisse		Sn	Géssica Stagno	CDTM	01:06,14	28-03-2015	RFRanisse	
	Sn	Géssica Stagno	GDM	10:00,53	25-01-2015	RFRanisse								
1500L	ic	Géssica Stagno	CNGM	22:59,49	04-12-2013	ANCM	200M	If	Mariza Gregório	GDM	02:45,60	29-01-1989	CDM	
	If	Layla Taquidir	CNGM	20:31,42	19-02-2012	RFRanisse		Jv	Mariza Gregório	GDM	02:38,60	02-07-1990	CFM	
	Jv	Gisela Cossa	CNGM	19:51,54	13-12-2013	RFRanisse		Jn	Jannah Sonnenschein	CNGM	02:20,57 *	09-03-2014	Eindhoven	
	Jn	Ximene Gomes	GDM	19:19,94	14-12-2005	RFRanisse		Sn	Mariza Gregório	GDM	02:33,42	19-04-2000	ANCM	
	Sn	Géssica Stagno	CDTM	19:13,37 *	24-01-2015	RFRanisse								
50B	Pic	Jannat Bique	CFVM	00:47,01	08-04-2006	RFRanisse	100E	Pic	Jannat Bique	CFVM	01:30,00	24-03-2006	RFRanisse	
	ic	Mónica Bernardo	CNGM	00:42,19	22-02-2002	ANCM		ic	Jannat Bique	CFVM	01:21,60	10-05-2008	RFRanisse	
	If	Mónica Bernardo	CNGM	00:38,71	15-05-2015	ANCM		If	Jannat Bique	Ind.	01:14,11	12-12-2009	RFRanisse	
	Jv	Mónica Bernardo	CNGM	00:36,80	25-02-2005	ANCM		Jv	Jéssica Cossa	CNGM	01:09,78	06-02-2010	RFRanisse	
	Jn	Jéssica Cossa	CNGM	00:35,93	18-12-2011	RFRanisse		Jn	Jéssica Cossa	CNGM	01:07,96	18-12-2011	RFRanisse	
	Sn	Miriam Corsine	Mez	00:32,05 *	15-09-2012	Istambul		Sn	Jéssica Vieira	Amadora	01:07,67 *	12-12-2010	Guarda	
100B	Pic	Tatiana de Sousa	CFVB	01:45,48	27-04-2013	RFRanisse	200E	Pic	Jannat Bique	CFVM	03:30,01	13-04-2006	RFRanisse	
	ic	Justania Francisco	CNGM	01:33,57	10-03-2007	RFRanisse		ic	Jannat Bique	CFVM	02:58,01	13-04-2008	Swazilandia	
	If	Mónica Bernardo	CNGM	01:25,95	15-05-2004	ANCM		If	Gisela Cossa	CNGM	02:42,87	24-03-2012	RFRanisse	
	Jv	Mónica Bernardo	CNGM	01:21,13	24-01-2006	RFRanisse		Jv	Gisela Cossa	CNGM	02:33,07		RFRanisse	
	Jn	Jannah Sonnenschein	CNGM	01:18,37	09-11-2013	Amersfoort		Jn	Jannah Sonnenschein	CNGM	02:24,17 *	18-01-2014	Amersfoort	
	Sn	Miriam Corsine	Mez	01:11,73 *	15-09-2012	Istambul		Sn	Géssica Stagno	CDTM	02:29,60	29-03-2015	RFRanisse	
200B	Pic	Jannat Bique	CFVM	03:50,51	18-03-2006	RFRanisse	400E							
	ic	Justania Francisco	CNGM	03:25,07	10-05-2007	RFRanisse		If	Jannat Bique	Ind.	05:52,62	12-12-2009	RFRanisse	
	If	Mónica Bernardo	CNGM	03:07,76	15-05-2003	ANCM		Jv	Gisela Cossa	CNGM	05:38,11	02-02-2014	RFRanisse	
	Jv	Mónica Bernardo	CNGM	02:59,40	24-01-2006	RFRanisse		Jn	Jannah Sonnenschein	CNGM	05:11,69 *	02-02-2014	RFRanisse	
	Jn	Jannah Sonnenschein	CNGM	02:46,67 *	06-10-2013	Eindhoven		Sn	Jannah Sonnenschein	CNGM	05:20,75	18-12-2014	RFRanisse	
	Sn	Jannah Sonnenschein	CNGM	02:48,06	18-12-2014	RFRanisse								
4 x 50E	Pic		CNGM	03:12,88	15-12-2007		4 x 50L	Pic	Jannat Bique	CNGM	03:06,01	15-05-2005	ANCM	
	ic		CFVM	02:46,63	15-05-2005			ic		CNGM	02:08,76	20-04-2007	RFRanisse	
	If		CNGM	02:30,23	20-04-2007			If		CNGM	02:11,45	14-05-2004	ANCM	
	Jv		CNGM	02:17,56	24-02-2005			Jv		CFVM	02:01,66	22-02-2008	RFRanisse	
	Jn		CDTM	02:10,33 *	18-12-2014			Jn		CNGM	02:02,12	09-12-2005	RFRanisse	
	Sn		CNGM	02:14,94	23-11-2012	RFRanisse		Sn		CDTM	01:56,10 *	22-01-2015	RFRanisse	
4 x 100E	ic		CNGM	05:37,98	15-05-2005		4 x 100L	Pic		CNGM	06:50,26	14-05-2005	ANCM	
	If		CNGM	05:32,11	24-02-2008			ic		CFVB	05:23,88	06-02-2010	RFRanisse	
	Jv		CNGM	05:09,36	27-04-2013	RFRanisse		If		CFVM	04:57,09	24-01-2006	RFRanisse	
	Jn		CNGM	04:53,68	02-02-2014	RFRanisse		Jv		CNGM	04:42,69	24-01-2006	RFRanisse	
	Sn		CDTM	04:43,20 *	25-01-2015	RFRanisse		Jn		CNGM	04:37,17	12-12-2009	RFRanisse	
							Sn		CDTM	04:17,68 *	24-01-2015	RFRanisse		
4 x 200L							4 x 200L	Pic		CNGM	14:49,10	14-05-1995	ANCM	
								ic		CFVB	11:51,76	03-02-2010	RFRanisse	
								If		CNGM	11:06,78	26-01-2006	RFRanisse	
								Jv		CFVM	10:40,48	23-02-2008	RFRanisse	
								Jn		CNGM	09:49,25	09-12-2007	RFRanisse	
							Sn		CDTM	09:35,34 *	21-01-2015	RFRanisse		

Elaborada pela Comissão Técnica da FMN