



FEDERAÇÃO MOÇAMBICANA DE NATAÇÃO
Tabela de Recordes Nacionais de Piscina Longa

Femininas

Prova	Cat.	Nome do Atleta	Clube	Recorde	Data	Local	Prova	Cat.	Nome do Atleta	Clube	Recorde	Data	Local
50L	Pic	Jannat Bique	CFVM	00:40,49	04-06-2006	CFVB	50C	Pic	Jannat Bique	CFVM	00:45,80	03-06-2006	CFVB
	Ic	Géssica Stagno	CNGM	00:34,47	25-04-2012	ENZimpeto		Ic	Laila Taquidir	CNGM	00:39,30	19-04-2011	CFVB
	If	Gisela Cossa	SNM	00:30,39	23-04-2011	CFVB		If	Gisela Cossa	SNM	00:35,71	22-04-2012	ENZimpeto
	Jv	Jessica Vieira	SNM	00:29,06	04-06-2006	CFVB		Jv	Jessica Vieira	SNM	00:33,45	19-08-2005	Mauricias
	Jn	Jannah Sonnenschein	CNGM	00:27,79	04-05-2013	Eindhoven		Jn	Jessika Cossa	CNGM	00:30,79	01-03-2012	Port Elizabert
	Sn	Jessika Cossa	CNGM	00:26,57 *	09-06-2016	Tatarstan		Sn	Jessika Cossa	CNGM	00:29,71 *	06-07-2015	Coreia
100L	Pic	Jannat Bique	CFVM	01:28,64	30-09-2006	CFVB	100C	Pic	Jannat Bique	CFVM	01:36,56	02-06-2006	CFVB
	Ic	Elisa Archel	CFVM	01:15,52	23-04-2004	CFVB		Ic	Géssica Stagno	CNGM	01:29,61	26-06-2003	CFVB
	If	Gisela Cossa	SNM	01:06,44	25-04-2012	ENZimpeto		If	Gisela Cossa	SNM	01:18,84	25-04-2012	ENZimpeto
	Jv	Gisela Cossa	SNM	01:03,25	28-11-2013	Jn Lusaka		Jv	Jessika Cossa	SNM	01:13,10	25-07-2009	Roma
	Jn	Jannah Sonnenschein	CNGM	00:59,80	07-01-2012	Eindhoven		Jn	Jessika Cossa	SNM	01:07,55	25-04-2012	ENZimpeto
	Sn	Jessica Vieira	CFB	00:58,45 *	18-04-2014	Povoa de Varzim		Sn	Jessika Cossa	SNM	01:04,48 *	11-06-2015	Kazan
200L	Pic	Melina Here	CFVB	03:05,60	06-01-2008		200C	Pic	Jannat Bique	CFVM	03:24,16	30-09-2006	CFVB
	Ic	Laila Taquidir	CNGM	02:42,80	21-04-2011	CFVB		Ic	Jannat Bique	SNM	02:55,76	01-09-2009	Ellis Park
	If	Gisela Cossa	SNM	02:26,48	25-04-2012	ENZimpeto		If	Gisela Cossa	SNM	02:49,51	25-04-2012	ENZimpeto
	Jv	Gisela Cossa	SNM	02:21,61	28-11-2013	Jn Lusaka		Jv	Sassa Francisco	CNGM	02:42,60	12-01-2012	ENZimpeto
	Jn	Jannah Sonnenschein	SNM	02:10,83	06-09-2012	Amsterdam		Jn	Jessika Cossa	SNM	02:30,20 *	12-01-2012	ENZimpeto
	Sn	Jessica Vieira	CFB	02:10,28 *	11-09-2014	Algarve		Sn	Jessika Cossa	CNTM	02:22,10 *	19-04-2015	Moscovo
400L	Pic	Jannat Bique	CFVM	06:55,72	04-06-2006	CFVB	50 M	Pic	Jannat Bique	CFVM	00:41,88	02-06-2006	CFVB
	Ic	Géssica Stagno	CNGM	06:02,32	22-04-2004	CFVB		Ic	Laila Taquidir	CNGM	00:36,36	20-04-2011	CFVB
	If	Gisela Cossa	CNGM	05:14,03	25-04-2012	ENZimpeto		If	Laila Taquidir	CNGM	00:33,26	16-10-2011	Zimpeto
	Jv	Jannat Bique	GD	05:20,18	12-01-2012	ENZimpeto		Jv	Jessica Vieira	CNGM	00:32,31	20-08-2005	Mauricias
	Jn	Ximene Gomes	SNM	04:51,88 *	28-07-2006	Durban		Jn	Jannah Sonnenschein	CNGM	00:29,04	13-04-2014	Eindhoven
	Sn	Gessica Stagno	CNGM	04:58,86	23-04-2011	CFVB		Sn	Monica Bernardo	SNM	00:28,88 *	27-07-2009	Roma
800L	Ic	Dilza da Bete	FCVB	13:19,74	29-01-2016	ENZimpeto	100M	Pic	Melina Here	CFVB	01:42,27	01-06-2008	CFVB
	If	Gisela Cossa	SNM	10:42,34 *	07-01-2008	CFVB		Ic	Jannat Bique	CFVM	01:30,43	06-01-2008	CFVB
	Jv	Jannat Bique	GD	11:08,17	08-01-2008	CFVB		If	Laila Taquidir	CNGM	01:17,15	25-04-2012	ENZimpeto
	Jn	Gisela Cossa	CNGM	10:50,60	29-01-2016	ENZimpeto		Jv	Laila Taquidir	SNM	01:13,81	28-11-2013	Jn Lusaka
	Sn	Sumeia Damao	CFVM	11:17,46	29-01-2016	ENZimpeto		Jn	Jannah Sonnenschein	CNGM	01:03,59 *	08-12-2013	Amsterdam
								Sn	Jannah Sonnenschein	SNM	01:04,48	02-08-2012	Kazan
1500L	If	Jannat Bique	Ind	22:21,88	29-11-2009	Mpum.langa	200M	Ic	Jannat Bique	Ind	03:20,62	27-09-2008	Durban
	Jv	Gessica Stagno	CNGM	21:44,63	25-01-2007	CFVB		If	Laila Taquidir	SNM	02:57,61	25-04-2012	ENZimpeto
	Jn	Gisela Cossa	CNGM	21:17,70 *	30-01-2016	ENZimpeto		Jv	Mariza Gregório	GD	02:39,60	02-07-1990	CFVB
	Sn	Sumeia Damao	CFVM	21:47,36	30-01-2016	ENZimpeto		Jn	Jannah Sonnenschein	CNGM	02:24,33 *	28-07-2014	Glasgow
								Sn	Mariza Gregório	GD	02:36,89	17-09-1999	Ellis Park
								Pic	Jannat Bique	CFVM	03:23,39	30-09-2006	CFVB
50B	Pic	Jannat Bique	CFVM	00:50,18	02-06-2006	CFVB	200E	Ic	Laila Taquidir	CNGM	03:03,70	21-04-2011	CFVB
	Ic	Gabriela Coana	CNM	00:45,47	02-06-2006	CFVB		If	Gisela Cossa	SNM	02:47,56	25-04-2012	ENZimpeto
	If	Justania Francisco	SNM	00:38,95	06-01-2009	Ellis Park		Jv	Gessika Cossa	SNM	02:41,95	28-11-2013	Jn Lusaka
	Jv	Monica Bernardo	SNM	00:38,14	21-08-2005	Mauricias		Jn	Jannah Sonnenschein	CNGM	02:31,03 *	23-03-2013	Seraing
	Jn	Monica Bernardo	SNM	00:36,30	25-07-2007	Melbourne		Sn	Gessica Stagno	SNM	02:35,37	10-09-2011	ENZimpeto
	Sn	Miriam Corsini	SNM	00:33,74 *	10-09-2011	ENZimpeto							
100B	Pic	Jannat Bique	CFVM	01:42,50	04-06-2006	CFVB	400E	If	Laila Taquidir	CNGM	06:07,89	12-01-2012	ENZimpeto
	Ic	Laila Taquidir	CNGM	01:36,08	21-04-2011	CFVB		Jv	Jannat Bique	GD	05:58,09	12-01-2012	ENZimpeto
	If	Laila Taquidir	CNGM	01:26,47	22-04-2005	CFVB		Jn	Gisela Cossa	CNGM	06:00,87	27-01-2016	ENZimpeto
	Jv	Monica Bernardo	SNM	01:25,89	19-08-2005	Mauricias		Sn	Gessica Stagno	CNGM	05:53,68 *	12-01-2012	ENZimpeto
	Jn	Jannah Sonnenschein	CNGM	01:22,76	03-11-2011	Amsterdam							
	Sn	Miriam Corsini	SNM	01:16,17 *	10-09-2011	ENZimpeto							
200B	Pic	Jannat Bique	CFVM	03:55,13	03-06-2006	CFVB	4x50L	Pic					
	Ic	Adriana Jamisse	CNGM	03:14,91	22-04-2005	CFVB		Ic					
	If	Adriana Jamisse	CNGM	03:06,98	22-04-2005	CFVB		If		CNGM	02:23,61	16-10-2011	ENZimpeto
	Jv	Mónica Bernardo	CNGM	03:06,98	22-04-2005	CFVB		Jv		SNM	02:01,60	25-04-2012	ENZimpeto
	Jn	Jannah Sonnenschein	CNGM	02:56,84 *	29-03-2014	Amsterdam		Jn		SNM	02:02,30	12-10-2008	Petroosch
	Sn	Justania Francisco	CNGM	03:05,46	07-12-2015	Pretoria		Sn		SNM	01:56,79 *	25-04-2012	ENZimpeto
4x100L	Pic		CNGM	09:01,50	23-04-2004	CFVB	4x50E	Pic					
	Ic		CNGM	05:41,33	12-01-2012	ENZimpeto		Ic					
	If		CFVB	05:25,72	12-01-2012	ENZimpeto		If		CNGM	02:44,88	26-04-2014	ENZimpeto
	Jv		SNM	04:33,14	25-04-2012	ENZimpeto		Jv		SNM	02:19,72 *	25-04-2012	ENZimpeto
	Jn		SNM	04:07,08 *	12-09-2008	Pstrosch		Jn		SNM	02:22,27	08-01-2011	Botswana
	Sn		SNM	04:10,01	05-09-2011	ENZimpeto		Sn		CFVM	02:36,47	16-06-2002	CFVB
4x200L	Ic		CNGM	15:48,68	12-01-2012	ENZimpeto	4x100E	Ic		CNGM	06:29,63	24-04-2004	CFVB
	If		CFVB	12:13,88	12-01-2012	ENZimpeto		If		CFVB	06:14,97	12-01-2012	ENZimpeto
	Jv		CFVM	11:10,52	12-01-2012	ENZimpeto		Jv		CNGM	05:37,59	12-01-2012	ENZimpeto
	Jn		CFVM	10:48,89	23-04-2011	CFVB		Jn		SNM	05:00,00	28-11-2013	Jn Lusaka
	Sn		SNM	09:22,73 *	05-09-2011	ENZimpeto		Sn		SNM	04:34,98 *	10-09-2011	ENZimpeto

Elaborada pela Comissão Técnica da FMN