



FEDERAÇÃO MOÇAMBICANA DE NATAÇÃO  
Tabela de Recordes Nacionais de Piscina Longa

Masculinos

Prova	Cat.	Nome do Atleta	Clube	Recordes	Data	Local	Prova	Cat.	Nome do Atleta	Clube	Recordes	Data	Local	
50L	Pic	Shakil Fakir	CNGM	00:36,09	04-06-2006	CFVB	50C	Pic	Ahllan Bique	Ind	00:43,51	06-01-2008	CFVB	
	Ic	Nuno Gomes	CFVB	00:31,68	04-06-2006	CFVB		Ic	Erico Cuna	CNGM	00:37,18	20-04-2011	CFVB	
	If	Nuno Gomes	SNM	00:28,18	01-10-2009	Ellis Prrk		If	Emidio Cuna	SNM	00:33,92	08-01-2011	Botswana	
	Jv	Shakil Fakir	SNM	00:26,00	25-04-2012	ENZimpeto		Jv	Erico Cuna	Tuks	00:29,90	16-03-2015	Durban	
	Jn	Chakil Camal	SNM	00:23,79	17-10-2008	Durban		Jn	Igor Mogne	SNM	00:28,19	24-07-2014	Glasgow	
	Sn	Igor Mogne	SCP	00:23,74 *	20-12-2015	Coimbra		Sn	Igor Mogne	SNM	00:27,99 *	07-05-2015	Luanda	
100L	Pic	Yanik Jussub	GDm	01:25,35	22-02-2005	CFVB	100C	Pic	Shakil Fakir	CNM	01:42,50	02-06-2006	CFVB	
	Ic	Nuno Gomes	CFVB	01:11,62	26-01-2007	CFVB		Ic	Nuno Gomes	CFVB	01:22,34	31-05-2007	CFVB	
	If	Nuno Gomes	SNM	01:03,36	01-09-2009	Ellis Prrk		If	Erico Cuna	CNGM	01:11,01	16-10-2011	ENZimpeto	
	Jv	Erico Cuna	Tuks	00:56,61	16-03-2015	Durban		Jv	Erico Cuna	Tuks	01:05,63	16-03-2015	Durban	
	Jn	Chakil Camal	SNM	00:53,72	18-10-2008	Durban		Jn	Igor Mogne	SNM	01:00,74	24-07-2014	Glasgow	
	Sn	Igor Mogne	SCP	00:51,26 *	11-03-2016	Oeiras		Sn	Igor Mogne	SCP	00:59,68 *	11-09-2014	Algarve	
200L	Pic	Shakil Fakir	CNGM	02:59,96	02-06-2006	CFVB	200C	Pic	Elgar Sueia	CNGM	03:44,26	23-04-2004	CFVB	
	Ic	Nuno Gomes	CFVB	02:37,45	31-05-2007	CFVB		Ic	Caio Lobo	SNM	02:59,08	01-04-2016	Durban	
	If	Nuno Gomes	SNM	02:21,89	12-09-2009	Petroosch		If	Jalík Tavares	CNGM	02:43,21	12-01-2012	ENZimpeto	
	Jv	Shakil Fakir	SNM	02:15,07	25-04-2012	ENZimpeto		Jv	Shakil Fakir	SNM	02:29,23	25-04-2012	ENZimpeto	
	Jn	Igor Mogne	SNM	01:59,87	27-07-2014	Glasgow		Jn	Igor Mogne	SNM	02:21,43	13-03-2013	Ellis Park	
	Sn	Igor Mogne	SCP	01:51,89 *	22-07-2016	Oeiras		Sn	Igor Mogne	SNM	02:12,83 *	08-09-2015	Brazzaville	
400L	Pic	Shakil Fakir	CNGM	06:24,11	01-06-2006	CFVB	50 M	Pic	Shakil Fakir	CNGM	00:41,86	03-06-2006	CFVB	
	Ic	Nuno Gomes	CFVB	05:32,66	02-06-2007	CFVB		Ic	Nuno Gomes	CFVB	00:35,19	26-01-2007	CFVB	
	If	Nuno Gomes	SNM	05:04,26	01-06-2009	Ellis Prrk		If	Nuno Gomes	SNM	00:29,86	01-07-2009	Ellis Park	
	Jv	Nuno Gomes	CFVB	05:04,72	19-04-2011	CFVB		Jv	Shakil Fakir	Tuks	00:27,76	12-09-2011	Nts Champ	
	Jn	Eduardo Gonçalves	CNGM	04:29,82	05-01-2007	CFVB		Jn	Erico Cuna	Tuks	00:26,62	05-12-2015	Pretoria	
	Sn	Igor Mogne	SCP	03:57,19 *	23-07-2016	Oeiras		Sn	Igor Mogne	CNGM	00:25,65 *	25-07-2015	Coimbra	
800L	Pic	Nuno Gomes	CFVB	11:18,56	02-06-2006	CFVB	100M	Pic	Tiago Duarte	CNGM	01:41,80	23-04-2005	CFVB	
	Ic	Nuno Gomes	CFVB	10:58,12	06-01-2008	CFVB		Ic	Alan Tamel	CFVB	01:22,87	12-01-2012	ENZimpeto	
	If	Nuno Gomes	CFVB	10:48,23	27-01-2007	CFVB		If	Nuno Gomes	SNM	01:08,74	01-08-2009	Ellis Park	
	Jv	Francisco Tivane	CFVM	09:25,63	25-04-2012	ENZimpeto		Jv	Nuno Gomes	CFVM	01:08,22	21-04-2011	CFVB	
	Jn	Igor Mogne	SNM	08:39,47 *	29-01-2016	ENZimpeto		Jn	Igor Mogne	SNM	00:58,56	27-07-2014	Glasgow	
	Sn	Igor Mogne	CNGM	08:39,47 *	29-01-2016	ENZimpeto		Sn	Igor Mogne	SNM	00:55,78 *	12-03-2016	Oeiras	
1500L	Pic	Ahllan Bique	Ind	24:03,45	29-11-2009	Mapumalanga	200M	Pic	Jalík Tavares	SNM	02:33,01	25-04-2012	ENZimpeto	
	If	Gastro Junior	CNGM	20:41,97	12-01-2012	ENZimpeto		If	Jalík Tavares	CNGM	02:30,90	15-03-2013	SALevel	
	Jv	Francisco Tivane	CFVM	20:42,24	25-01-2007	CFVB		Jv	Eduardo Gonçalves	CNGM	02:25,07	07-01-2007	CFVB	
	Jn	Igor Mogne	CNGM	16:52,85 *	30-01-2016	ENZimpeto		Jn	Igor Mogne	SNM	02:10,59 *	10-09-2015	Brazzaville	
	Sn	Igor Mogne	CNGM	16:52,85 *	30-01-2016	ENZimpeto		Sn	Igor Mogne	SNM	02:10,59 *	10-09-2015	Brazzaville	
	Pic	Ahllan Bique	Ind	00:45,49	02-06-2008	CFVB		200E	Pic	Tiago Duarte	CNGM	03:32,13	21-04-2005	CFVB
Ic	Ahllan Bique	Ind	00:41,53	29-11-2009	Mpumalanga	Ic	Erico Cuna		CNGM	02:49,41	25-04-2012	ENZimpeto		
If	Jalík Tavares	SNM	00:37,20	25-04-2012	ENZimpeto	If	Nuno Gomes		SNM	02:37,75	01-09-2009	Ellis Park		
Jv	Jalík Tavares	SNM	00:33,93	28-11-2013	Jn Lusaka	Jv	Erico Cuna		Tuks	02:28,29	16-03-2015	Durban		
Jn	Jalík Tavares	CNGM	00:31,36 *	20-03-2016	Reino Unido	Jn	Igor Mogne		SNM	02:18,89	29-07-2014	Glasgow		
Sn	Igor Mogne	CNGM	00:32,07	31-01-2016	ENZimpeto	Sn	Igor Mogne		SNM	02:17,02 *	11-09-2015	Brazzaville		
50B	Pic	Ahllan Bique	CFVM	01:45,77	27-01-2007	CFVB	400E	Pic	Jalík Tavares	CNGM	05:54,36	12-01-2012	ENZimpeto	
	Ic	Ahllan Bique	SNM	01:31,76	01-10-2009	Ellis Park		Ic	Jalík Tavares	CNGM	05:45,01	07-12-2012	Nts Champ	
	If	Shakil Fakir	SNM	01:20,79	10-01-2009	Ellis Park		If	Erico Cuna	CNGM	05:27,90	27-01-2016	ENZimpeto	
	Jv	Jalík Tavares	SNM	01:15,12	13-03-2014	Ellis Park		Jv	Leonel Matonse	CFVM	05:26,96 *	26-01-2007	CFVB	
	Jn	Ahllan Bique	SNM	01:12,59	02-04-2016	Durban		Pic	Ahllan Bique	Ind	03:15,98	03-06-2008	CFVB	
	Sn	Valdo Laurencio	SNM	01:11,39 *	25-04-2012	ENZimpeto		Ic	Ahllan Bique	Ind	03:19,84	29-11-1989	Mpumalanga	
100B	Pic	Ahllan Bique	Ind	03:15,98	03-06-2008	CFVB	4x50L	Pic	Justino Pale	SNM	03:02,12	03-04-2016	Durban	
	Ic	Ahllan Bique	Ind	03:19,84	29-11-1989	Mpumalanga		Ic	Hugo Dias	CNGM	02:45,74	03-04-2016	Durban	
	If	Justino Pale	SNM	03:02,12	03-04-2016	Durban		Jv	Ahllan Bique	SNM	02:41,00 *	03-04-2016	Durban	
	Jv	Hugo Dias	CNGM	02:45,74	03-04-2016	Durban		Sn	Elton Naene	SNM	02:48,04	05-09-2011	ENZimpeto	
	Jn	Ahllan Bique	SNM	02:41,00 *	03-04-2016	Durban		Pic	Nuno Gomes	CFVB	06:23,62	22-04-2005	CFVB	
	Sn	Elton Naene	SNM	02:48,04	05-09-2011	ENZimpeto		Ic	Nuno Gomes	CFVB	05:39,72	22-04-2005	CFVB	
200B	Pic	Ahllan Bique	Ind	03:15,98	03-06-2008	CFVB	4x50E	Pic	Nuno Gomes	CFVB	05:08,20	02-02-1986	CFVB	
	Ic	Ahllan Bique	Ind	03:19,84	29-11-1989	Mpumalanga		If	Nuno Gomes	SNM	04:02,15	25-04-2012	ENZimpeto	
	If	Justino Pale	SNM	03:02,12	03-04-2016	Durban		Jv	Nuno Gomes	SNM	03:51,00	28-11-2013	Jn Lusaka	
	Jv	Hugo Dias	CNGM	02:45,74	03-04-2016	Durban		Jn	Nuno Gomes	SNM	03:41,74 *	09-09-2015	09-09-2015	
	Jn	Ahllan Bique	SNM	02:41,00 *	03-04-2016	Durban		Sn	Nuno Gomes	SNM	03:41,74 *	09-09-2015	09-09-2015	
	Sn	Elton Naene	SNM	02:48,04	05-09-2011	ENZimpeto		Pic	Nuno Gomes	CFVB	06:23,62	22-04-2005	CFVB	
4x100L	Pic	Nuno Gomes	CFVB	06:23,62	22-04-2005	CFVB	4x100E	Pic	Nuno Gomes	CNGM	02:23,56	03-06-2006	CFVB	
	Ic	Nuno Gomes	CFVB	05:39,72	22-04-2005	CFVB		Ic	Nuno Gomes	CFVB	02:28,86	29-01-2016	ENZimpeto	
	If	Nuno Gomes	SNM	05:08,20	02-02-1986	CFVB		If	Nuno Gomes	SNM	02:04,25	24-12-2012	ENZimpeto	
	Jv	Nuno Gomes	SNM	04:02,15	25-04-2012	ENZimpeto		Jv	Nuno Gomes	SNM	02:04,25	24-12-2012	ENZimpeto	
	Jn	Nuno Gomes	SNM	03:51,00	28-11-2013	Jn Lusaka		Jn	Nuno Gomes	SNM	02:04,25	24-12-2012	ENZimpeto	
	Sn	Nuno Gomes	SNM	03:41,74 *	09-09-2015	09-09-2015		Sn	Nuno Gomes	SNM	01:53,00 *	06-05-2015	Luanda	
4x200L	Pic	Nuno Gomes	CFVB	15:43,55	23-04-2011	CFVB	4x100E	Pic	Nuno Gomes	CFVB	07:23,14	23-04-2005	CFVB	
	Ic	Nuno Gomes	CNGM	11:57,09	02-06-2006	CFVB		Ic	Nuno Gomes	CNGM	06:24,78	02-06-2006	CFVB	
	If	Nuno Gomes	CNGM	10:33,12	27-01-2016	ENZimpeto		If	Nuno Gomes	SNM	05:26,46	23-04-2011	ENZimpeto	
	Jv	Nuno Gomes	CNB	10:13,90	02-10-1990	CFVB		Jv	Nuno Gomes	SNM	04:54,54	12-01-2012	ENZimpeto	
	Jn	Nuno Gomes	CFVB	09:25,94	12-01-2012	ENZimpeto		Jn	Nuno Gomes	SNM	04:34,04	12-01-2012	ENZimpeto	
	Sn	Nuno Gomes	CNGM	08:56,23 *	27-01-2016	ENZimpeto		Sn	Nuno Gomes	SNM	04:00,48 *	03-01-2011	Botswana	
4x50L MIXED	Pic						4x50E MIXED	Pic						
	Ic							Ic						
	If							If						
	Jv							Jv						
	Jn							Jn						
	Sn							Sn						
4x100L MIXED	Pic						4x100E MIXED	Pic						
	Ic							Ic						
	If							If						
	Jv							Jv						
	Jn							Jn						
	Sn							Sn						