



**Best International and National Results - Speed Skating**

International Events with Portugal Speed Skating 2025/6						
Prova / Competition	Local/ Place	Data	Skaters / Coaches	Resultados + Importantes (Best Results)	nº Skaters	nº Countries
<a href="#">Portugal National Championships All Round</a>	Inzell (GER)	17/18 Oct.25	12 / 5	11 NR; 9 JNR; 33 PB; 8 skaters with QF for JWC; 5 Skaters with QT for Junior World Championships and 3 with QT to WC	12	1
<a href="#">Portugal National Championships Single Distances</a>	Inzell (GER)	24 to 26 Oct.25	15 / 6		15	1
ISU Junior World Cup Speed Skating #1	Milano Speed Skating Stadium (ITA)	29/30 Nov.25	6 / 3	<a href="#">CP</a> - 20th Mass Start (MS), 27th 3Km; <a href="#">FH</a> - 25th MS; <a href="#">MV</a> - 24th 500m, 28th 1Km; <a href="#">MP</a> - 14th MS, 23 3Km; <a href="#">Jun. Ladies</a> - 11th Team Pursuit (TP); <a href="#">Junior Men</a> 9th TP	265	32
ISU Junior World Cup Speed Skating #2	<a href="#">Ritten Arena / Collalbo (ITA)</a>	6/7 Dec. 25	6 / 2	<a href="#">CP</a> - 21st Mass Start (MS), 22nd 3Km; <a href="#">LN</a> - 26th 3Km, 29th 1500m; <a href="#">FH</a> - 12th MS, 29th 1km; <a href="#">MV</a> - 19th MS, 23th 500m, 24th 1Km, 29th 1500m ; <a href="#">MP</a> - 10th MS, 17th 3Km, 25th 1500m; <a href="#">BC</a> - 29th 3km	214	29
WC #1 - Salt Lake / (USA)	Utah Olympic Oval / Salt Lake City	14 to 16 Nov..25	3 / 2	<a href="#">JR</a> - 28th MS, 33rd 500m, 37th 1km; <a href="#">AS</a> - 37th 5km, 38th 1500m, 38th MS; <a href="#">MB</a> - 39th MS	323	33
WC #2 - Calgary (CAN)	Olympic Oval / Calgary (CAN)	21 to 23 Nov.	3 / 3	<a href="#">JR</a> - 26th MS, 35rd 500m, 35th 1km; <a href="#">AS</a> - 35th MS; <a href="#">MB</a> - 45th 5Km, 31th MS	323	32
WC #3 - Heerenveen (NED)	Thialf / Heerenveen (NED)	5 to 7 Dec.25	3 / 2	<a href="#">JR</a> - 22th MS, 29rd 500m, 29th 1km; <a href="#">AS</a> - 31st 1500m, 39th MS; <a href="#">MB</a> - 36th 10Km, 38th MS	315	33
WC #4 - Hamar (NOR)	Hamar Olympic Hall / Hamar (NOR)	12 to 14 Dec.25	3 / 2	<a href="#">JR</a> - 20th MS, 27rd 500m, 24th 1km; <a href="#">AS</a> - 26th 1500m, 31st 5Km, 34th MS; <a href="#">MB</a> - 35th MS	303	32
ISU Speed Skating World Cup #5	Max Aicher Arena / Inzell (GER)	23 to 25 Jan..26	3 / 1	<a href="#">JR</a> - 20th MS, 20th 500m, 21st 1km; <a href="#">AS</a> - 15th 1500m, 26th 5Km, 29th MS; <a href="#">MB</a> - 20th MS	269	29
Final Rankings WC 25.26	<a href="#">JR</a> - 25th MS, 64th 500m, 71st 1km; <a href="#">AS</a> - 38th MS, 56th 1500m, 57th Long Distances (LG); <a href="#">MB</a> - 33th MS, 57th LG					
ISU Speed Skating Junior World Cup #3	Max Aicher Arena / Inzell (GER)	21/22 Feb.26	5 / 2	<a href="#">JR</a> - 9th 1500m, 13rd 500m, 14th 3Km, 15th 1km; <a href="#">LN</a> - 29th 3Km, 25th 1500m; <a href="#">FH</a> - 9th MS, 26th 1km; <a href="#">MV</a> - 18th MS, 37th 1Km, 29th 1500m ; <a href="#">MP</a> - 24th MS, 27th 3Km; <a href="#">Team Sprint Junior Ladies</a> - 7th	242	29
Final Rankings JWC 25.26	<a href="#">CP</a> - 24th Mass Start (MS), 35th 3Km; <a href="#">LN</a> - 32nd 3Km, 33rd 1500m; <a href="#">FH</a> - 11th MS, 48th 1500m; <a href="#">JR</a> - 29th 1500m, 35th 500m; <a href="#">MV</a> - 18th MS, 27th 1Km ; <a href="#">MP</a> - 11th MS, 22th 3Km; <a href="#">BC</a> - 40th 3km; <a href="#">Team Races Ladies</a> - 10th; <a href="#">Team Races Men</a> - 16th					
<a href="#">Viking Race March.25</a>	Heerenveen - Holanda	13/14 March.26	6/3	<a href="#">MD</a> - 21st FR; <a href="#">BC</a> - 20th FR; <a href="#">LN</a> 14th FR (11th 500m); <a href="#">RF</a> 22nd FR; <a href="#">VS</a> 17th FR <a href="#">SL</a> - 25th FR	300	15

Legend: JR - [Jéssica Rodrigues](#); FH - [Francisca Henriques](#); AS - [Afonso Silva](#); LD - [Leonor Ladeira](#); MM - [Miguel Monteiro](#); JD - João Dias; MV - [Martim Vieira](#); HO - [Helena Oryshchyn](#); MP - [Manuel Piteira](#); MD - [Maria Dias](#); BC - [Bernardo Costa](#); LF - [Leonardo Fernandes](#); MC - [Mariana Carvalho](#); RS - [Rafael Silva](#); VS - [Vasco Saramago](#); SL - [Simão Lopes](#);

## Key achievements in 2025/6:

### Olympic Qualification Position in Mass Start (24th) - Jéssica Rodrigues

Two second places in the Mass Start Division B at the World Cups, Jéssica Rodrigues in Heerenveen - Netherlands and Miguel Bravo in Inzell - Germany.

## National Records March.26

### National Records

#### Portugal (POR)

#### Women [Click on distance for history](#)

500m	39,98	Jéssica Carolina SANTOS RODRIGUES	 POR	27 February 2026 <i>Inzell (GER)</i>
1000m	1.18,82	Jéssica Carolina SANTOS RODRIGUES	 POR	21 November 2025 <i>Calgary (CAN)</i>
1500m	2.03,53	Jéssica Carolina SANTOS RODRIGUES	 POR	16 January 2026 <i>Salt Lake City (USA)</i>
3000m	4.21,88	Jéssica Carolina SANTOS RODRIGUES	 POR	28 February 2026 <i>Inzell (GER)</i>
Team Sprint	1.36,05	Portugal Lara CASTRO NORTIER Jéssica Carolina SANTOS RODRIGUES Francisca GOMES HENRIQUES	 POR	21 February 2026 <i>Inzell (GER)</i>
Team Pursuit	3.32,46	Portugal Lara CASTRO NORTIER Francisca GOMES HENRIQUES Clara Correia CRUZ PEREIRA	 POR	29 November 2025 <i>Milano (ITA)</i>

#### Men [Click on distance for history](#)

500m	37,41	Martim José COELHO VIEIRA	 POR	22 November 2025 <i>Inzell (GER)</i>
1000m	1.11,74	Afonso Henrique PESTANA SILVA	 POR	17 January 2026 <i>Salt Lake City (USA)</i>
1500m	1.47,29	Afonso Henrique PESTANA SILVA	 POR	23 January 2026 <i>Inzell (GER)</i>
3000m	3.53,41	Afonso Henrique PESTANA SILVA	 POR	18 October 2025 <i>Inzell (GER)</i>
5000m	6.30,22	Afonso Henrique PESTANA SILVA	 POR	24 January 2026 <i>Inzell (GER)</i>
10000m	13.41,26	Miguel BRAVO	 POR	6 December 2025 <i>Heerenveen (NED)</i>
Team Sprint	1.30,94	Portugal Afonso Henrique PESTANA SILVA Miguel AMORES MONTEIRO Martim José COELHO VIEIRA	 POR	9 February 2025 <i>Collalbo (ITA)</i>
Team Pursuit	4.14,56	Portugal João Francisco ORNELAS DE JESUS Afonso Henrique PESTANA SILVA Miguel AMORES MONTEIRO	 POR	25 November 2023 <i>Baselga di Pinè (ITA)</i>

#### Mixed [Click on distance for history](#)

ISU Relay	3.11,44	Portugal Martim José COELHO VIEIRA Francisca GOMES HENRIQUES	 POR	1 March 2026 <i>Inzell (GER)</i>
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## Junior National Records March.26

### Junior Women [Click on distance for history](#)

500m	39,98	Jéssica Carolina SANTOS RODRIGUES	 POR	27 February 2026 <i>Inzell (GER)</i>
1000m	1.18,82	Jéssica Carolina SANTOS RODRIGUES	 POR	21 November 2025 <i>Calgary (CAN)</i>
1500m	2.03,53	Jéssica Carolina SANTOS RODRIGUES	 POR	16 January 2026 <i>Salt Lake City (USA)</i>
3000m	4.21,88	Jéssica Carolina SANTOS RODRIGUES	 POR	28 February 2026 <i>Inzell (GER)</i>
Team Sprint	1.36,05	Portugal	 POR	21 February 2026 <i>Inzell (GER)</i>
		Lara CASTRO NORTIER Jéssica Carolina SANTOS RODRIGUES Francisca GOMES HENRIQUES		
Team Pursuit	3.32,46	Portugal	 POR	29 November 2025 <i>Milano (ITA)</i>
		Lara CASTRO NORTIER Francisca GOMES HENRIQUES Clara Correia CRUZ PEREIRA		

### Junior Men [Click on distance for history](#)

500m	37,41	Martim José COELHO VIEIRA	 POR	22 November 2025 <i>Inzell (GER)</i>
1000m	1.14,14	Afonso Henrique PESTANA SILVA	 POR	2 November 2024 <i>Heerenveen (NED)</i>
1500m	1.51,97	Afonso Henrique PESTANA SILVA	 POR	23 October 2023 <i>Heerenveen (NED)</i>
3000m	3.54,55	Afonso Henrique PESTANA SILVA	 POR	10 March 2023 <i>Heerenveen (NED)</i>
5000m	6.42,85	Afonso Henrique PESTANA SILVA	 POR	10 February 2024 <i>Hachinohe - YS Arena (JPN)</i>
Team Sprint	1.30,94	Portugal	 POR	9 February 2025 <i>Collalbo (ITA)</i>
		Afonso Henrique PESTANA SILVA Miguel AMORES MONTEIRO Martim José COELHO VIEIRA		
Team Pursuit	4.14,56	Portugal	 POR	25 November 2023 <i>Baselga di Pinè (ITA)</i>
		João Francisco ORNELAS DE JESUS Afonso Henrique PESTANA SILVA Miguel AMORES MONTEIRO		

### Junior Mixed [Click on distance for history](#)

ISU Relay	3.11,44	Portugal	 POR	1 March 2026 <i>Inzell (GER)</i>
		Martim José COELHO VIEIRA Francisca GOMES HENRIQUES		

Best Portuguese Skaters in [Season World Rankings](#) - Olympic Distances 25/26 (15 March 2026)

Distância	Women		Men	
	TOP 500 Mundial	Top 100 age group	TOP 500 Mundial	Top 100 age group
500m	JR - 203; FH - 438	JR - 41	--	--
1000m	JR - 159; FH - 422	JR - 24	AS - 239	--
1500m	JR - 209; FH - 478; LN - 491	JR - 43	AS - 109	--
3Km Ladies 5Km Men	JR - 195; FH - 477; LN - 496	JR - 41	AS - 112; MB - 178	--
5Km Ladies 10Km Men	--	--	MB - 77	--

Legenda / Skaters: JR - [Jéssica Rodrigues](#) / FH - [Francisca Henriques](#) / AS - [Afonso Silva](#) / MB-  
[Miguel Bravo](#) / LN - [Lara Nortier](#)

Covilhã, 15 março 2026

Paulo Baptista - Diretor Técnico Patinagem de Velocidade no Gelo - FDI - Portugal