

Portugal - Speed Skating Demographics 20/21 to 25/26 (Olympic Cycle 22-26)

Ciclo Olímpico 2023 - 2026 - "Projeto - Road to Milano - Cortina"											
Active Skaters	All distances	500m	1000m	1500m	3000m	5000m	10000m				
2021-2022	18	18	17	18	11	3	—				
2022 - 2023	30	30	22	25	16	1	—				
2023-2024	26	26	25	17	14	3	—				
2024-2025	29	28	18	17	17	2	—				
2025-2026	25	24	22	17	16	2	1				
Number of NR	500m	1000m	1500m	3000m	5000m	10000m	Team Pursuit	Team Sprint	Mixed Relay	Total	
2021-2022	2	0	3	2	2	0	0	0	0	9	
2022 - 2023	5	8	4	2	0	0	2	0	0	21	
2023-2024	5	5	3	3	0	0	1	0	1	18	
2024-2025	0	0	0	0	0	0	1	1	1	3	
2025-2026	7	5	6	5	2	1	1	1	1	29	
Number of JNR	500m	1000m	1500m	3000m	5000m		Team Pursuit	Team Sprint	Mixed Relay	Total	
2021-2022	2	4	4	4			0	0	0	14	
2022 - 2023	10	7	5	5	1		2	0	0	30	
2023-2024	5	4	2	3	2		1	0	0	17	
2024-2025	1	1	0	0	0		1	1	1	5	
2025-2026	7	4	2	4	0		1	1	1	20	
NR Ladies	500m	1000m	1500m	3000m	5000m	10000m	Team Pursuit	Team Sprint	Mixed Relay		
2020-2021	44,30	1,29,07	2,25,63	5,35,06			---		---		
2021-2022	44,30	1,29,07	2,17,45	4,55,64			---		---		
2022 - 2023	41,44	1,23,44	2,10,47	4,40,21			3,45,42		---		
2023-2024	41,08	1,21,00	2,06,66	4,32,27			3,45,42		3,16,33		
2024-2025	41,08	1,21,00	2,06,66	4,32,27			3,34,76		3,13,74		
2025-2026	39,98	1,18,82	2,03,53	4,21,88			3,32,46	1,36,05	3,11,44		
NR Men	500m	1000m	1500m	3000m	5000m	10000m	Team Pursuit	Team Sprint	Mixed Relay		
2020-2021	39,28	1,16,86	1,56,56	3,58,58	6,44,67	14,13,81	---	---	---		
2021-2022	39,20	1,16,86	1,53,73	3,54,16	6,35,78	14,13,81	---	---	---		
2022 - 2023	39,11	1,15,52	1,53,09	3,54,16	6,35,78	14,13,81	4,31,37	---	---		
2023-2024	37,53	1,13,08	1,51,83	3,54,16	6,35,78	14,13,81	4,14,56	---	3,16,33		
2024-2025	37,53	1,13,08	1,51,83	3,54,16	6,35,78	14,13,81	4,14,56	1,30,94	3,13,74		
2025-2026	37,41	1,11,74	1,47,29	3,53,41	6,30,22	13,41,26	4,14,56	1,30,94	3,11,44		

Ciclo Olímpico 2023 - 2026 - "Projeto - Road to Milano - Cortina"

	500m	1000m	1500m	3000m	5000m	10000m	Team Pursuit	Team Sprint	Mixed Relay	
JNR Ladies	500m	1000m	1500m	3000m	5000m	10000m	Team Pursuit	Team Sprint	Mixed Relay	
2020-2021	44,67	1,32,41	2,34,23	--			--	--	--	
2021-2022	44,48	1,29,11	2,17,45	4,55,64			--	--	--	
2022 - 2023	41,44	1,23,44	2,10,47	4,40,21			3,45,42	--	--	
2023-2024	41,08	1,21,00	2,06,66	4,32,27			3,45,42	--	--	
2024-2025	41,08	1,21,00	2,06,66	4,32,27			3,34,76	--	3,13,74	
2025-2026	39,98	1,18,82	2,03,53	4,21,88			3,32,46	1,36,05	3,11,44	
JNR Men	500m	1000m	1500m	3000m	5000m	10000m	Team Pursuit	Team Sprint	Mixed Relay	
2020-2021	42,94	--	2,14,30	5,06,87	--		--	--	--	
2021-2022	41,82	1,17,08	1,58,01	5,06,87	--		--	--	--	
2022 - 2023	39,17	1,15,52	1,53,09	3,54,55	6,47,50		4,31,37	--	--	
2023-2024	38,74	1,15,52	1,51,97	3,54,55	6,42,85		4,14,56	--	--	
2024-2025	38,06	1,14,14	1,51,97	3,54,55	6,42,85		4,14,56	1,30,94	3,13,74	
2025-2026	37,41	1,14,14	1,51,97	3,54,55	6,42,85		4,14,56	1,30,94	3,11,44	
Skaters Olympic Games OG	Ladies	Men	Total - Number of Skaters							
2021-2022	0	0	0							
2025-2026	0	0	0							
Skaters World Championships	Ladies	Men	Total - Number of Skaters	Team						
2021-2022	0	0	0	0						
2022 - 2023	0	0	0	0						
2023-2024	0	0	0	0						
2024-2025	0	0	0	0						
2025-2026	0	0	0	0						
Skaters European Championships	Ladies	Men	Total - Number of Skaters	Team						
2021-2022	0	1	1	0						
2022 - 2023	0	0	0	0						
2023-2024	0	0	0	0						
2024-2025	0	0	0	0						
2025-2026	0	0	0	0						
Skaters WC	Ladies	Men	Total - Number of Skaters	Number of Participation (one by Place/City/Stage)	Team					
2021-2022	0	1	1	3	0					
2022 - 2023	0	1	1	1	0					

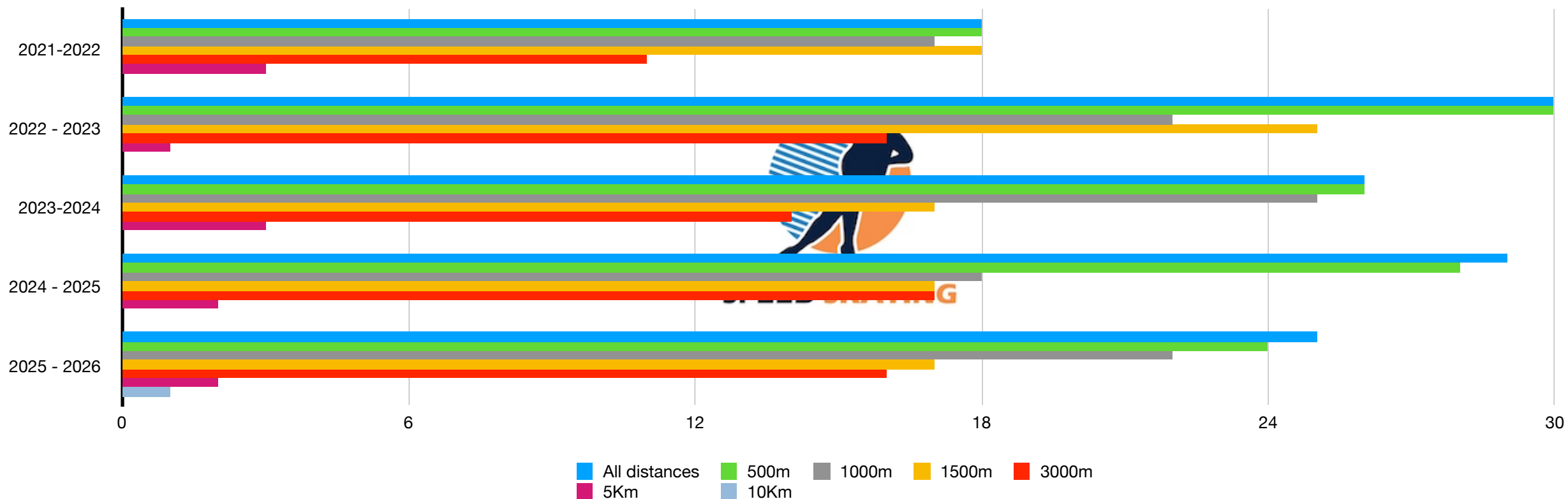
Ciclo Olímpico 2023 - 2026 - "Projeto - Road to Milano - Cortina"									
2023-2024	0	2	1	3	0				
2024-2025	0	0	0	0	0				
2025-2026	1	2	0	15	0				
Skaters Junior World Championships	Ladies	Men	Total - Number of Skaters	Team Races					
2021-2022	0	1	1	0					
2022 - 2023	2	2	4	0					
2023-2024	2	1	3	0					
2024-2025	2	3	5	3					
2025-2026	3	2	5	1					
Skaters JWC	Ladies	Men	Total - Number of Skaters	Number of Participation (one by Place/City/Stage)	Team				
2021-2022	1	3	4	6	0				
2022 - 2023	3	5	8	23	2				
2023-2024	2	7	9	20	2				
2024-2025	3	4	7	19	2				
2025-2026	4	3	7	17	2				
Skaters WYOG	Ladies	Men	Total - Number of Skaters						
2023-2024	2	2	4						
Best Results European Championships	Ladies		Men	Team Races					
2021-2022			11th	Mass Start Final					
2022 - 2023									
2023-2024									
2024-2025									
2025-2026									
Best Results WC	Ladies		Men	Team Races					
2021-2022			24th	Mass Start					
2022 - 2023			31st	Mass Start					
2023-2024			32nd	Mass Start					
2024-2025									
2025-2026	20th	Mass Start	20th	Mass Start					
Best Results Final Ranking WC	Ladies		Men						
2021-2022			35th	Mass Start					

Ciclo Olímpico 2023 - 2026 - "Projeto - Road to Milano - Cortina"

2022 - 2023			46th	Mass Start					
2023-2024			40th	Mass Start					
2024-2025									
2025-2026	25th	Mass Start	33th	Mass Start					
Best Results Junior World Championships	Ladies		Men		Team Races				
2021-2022			34th	Mass Start					
2022 - 2023	12th	Mass Start Final	24th	5Km					
2023-2024	15th	Mass Start Final	9th	Mass Start Final					
2024-2025	1st	Mass Start Final	6th	Mass Start Final	9th Mixed Relay				
2025-2026	11th	Mass Start Final	22nd	Mass Start SF	14th Mixed Relay				
Best Results JWC	Ladies		Men		Team Races				
2021-2022	23rd	Mass Start	14th	Mass Start Final					
2022 - 2023	8th	Mass Start Final	18th	Mass Start	7th	Team Pursuit JL and JM			
2023-2024	7th	Mass Start Final	12th	5KM and Mass Start Final	7th	Team Pursuit JM			
2024-2025	4th	Mass Start Final	7th	Mass Start Final	6th	Team Pursuit JL			
2025-2026	9th	1500m	10th	Mass Start Final	7th	Team Sprint JL			
Best Results Final Ranking JWC	Ladies		Men		Team Races				
2021-2022	37th	Mass Start	33th	Mass Start					
2022 - 2023	10th	Mass Start	18th	Mass Start	8th	Ladies			
2023-2024	7th	Mass Start	9th	3Km	9th	Men			
2024-2025	5th	Mass Start	11th	Mass Start	6th	Ladies			
2025-2026	11th	Mass Start	11th	Mass Start	10th	Ladies			
Best Results WYOG	Ladies		Men		Team Races				
2023-2024	6th	Mass Start	16th	500m	10th DQ	Mixed Team Relay			
World Rankings Best Portugal Positions Ladies (All)	500m	1000m	1500m	3000m	5000m				
2021-2022	--	--	--	--	--				
2022 - 2023	360	429	447	409	--				
2023-2024	350	256	295	297	--				

Ciclo Olímpico 2023 - 2026 - "Projeto - Road to Milano - Cortina"									
2024-2025	480	391	400	368	--				
2025-2026	203	159	209	195	--				
World Rankings Best Portugal Positions Men (All)	500m	1000m	1500m	3000m	5Km	10Km			
2021-2022	--	--	460	110	98	--			
2022 - 2023	--	--	390	92	184	--			
2023-2024	--	411	322	151	150	--			
2024-2025	--	--	391	166	266	--			
2025-2026	--	239	109	150	112	77			
World Rankings Best Portugal Positions Junior Ladies	500m	1000m	1500m	3000m					
2021-2022	--	461	420	365					
2022 - 2023	129	155	180	180					
2023-2024	109	69	85	96					
2024-2025	169	123	127	134					
2025-2026	41	24	43	41					
World Rankings Best Portugal Positions Junior Men	500m	1000m	1500m	3000m	5000m				
2021-2022	--	317	272	--	--				
2022 - 2023	480	242	102	30	42				
2023-2024	380	288	67	34	23				
2024-2025	235	135	71	46	61				
2025-2026	120	158	216	159	--				

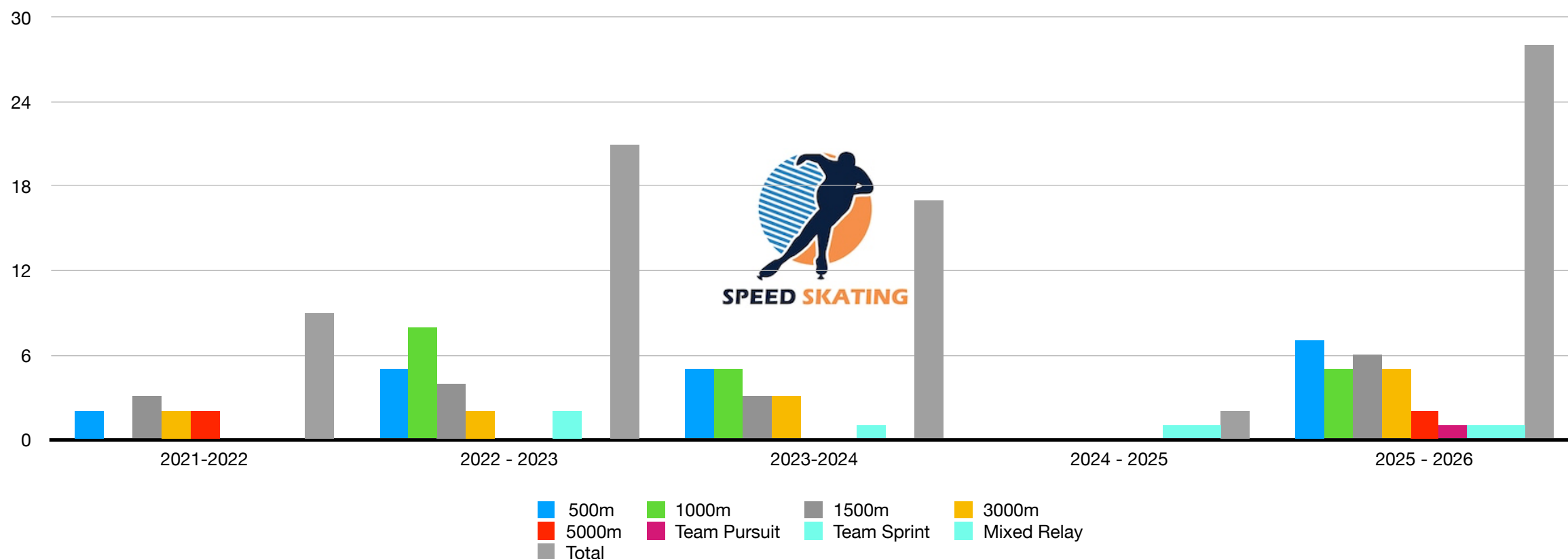
Active Skaters - Portugal 2021/2 to 2025/6



Portugal - Speed Skating - Ciclo Olímpico 2023 - 2026 - "Projeto "Road to Milano - Cortina"

Active Skaters	All distances	500m	1000m	1500m	3000m	5Km	10Km	Total (all distances)
2021-2022	18	18	17	18	11	3		67
2022 - 2023	30	30	22	25	16	1		94
2023-2024	26	26	25	17	14	3		85
2024 - 2025	29	28	18	17	17	2		82
2025 - 2026	25	24	22	17	16	2	1	81
Total	128	126	104	94	74	11	1	409

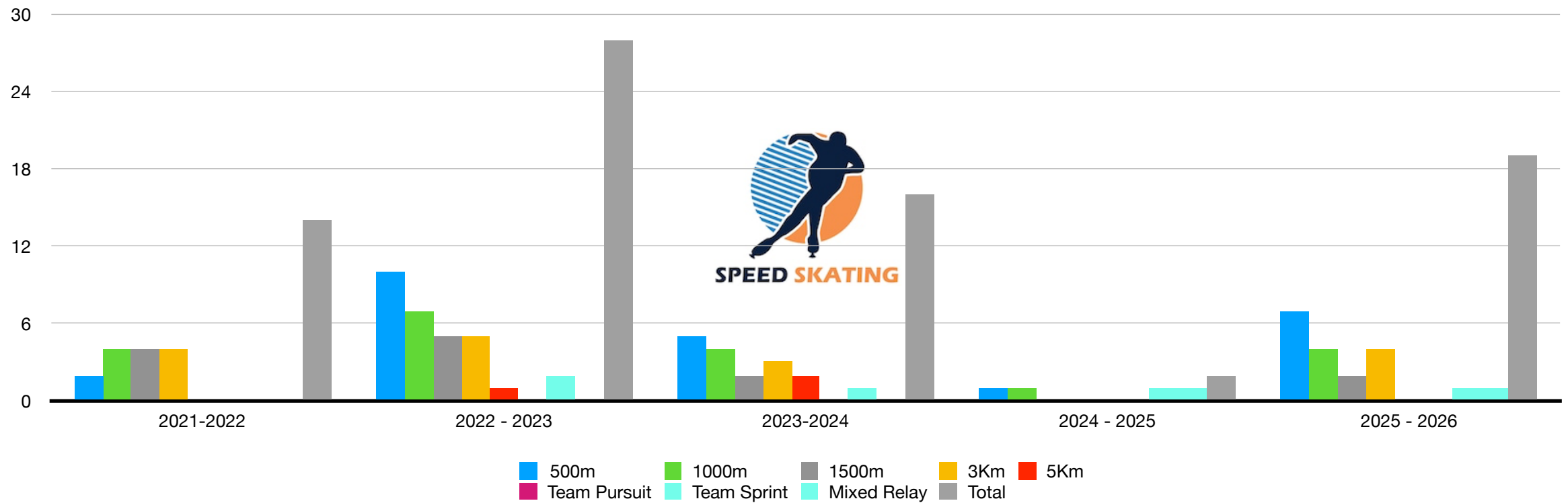
Number of National Records - Portugal 2021/2 to 2025/6



Portugal - Speed Skating - Ciclo Olímpico 2023 - 2026 - "Projeto "Road to Milano - Cortina"

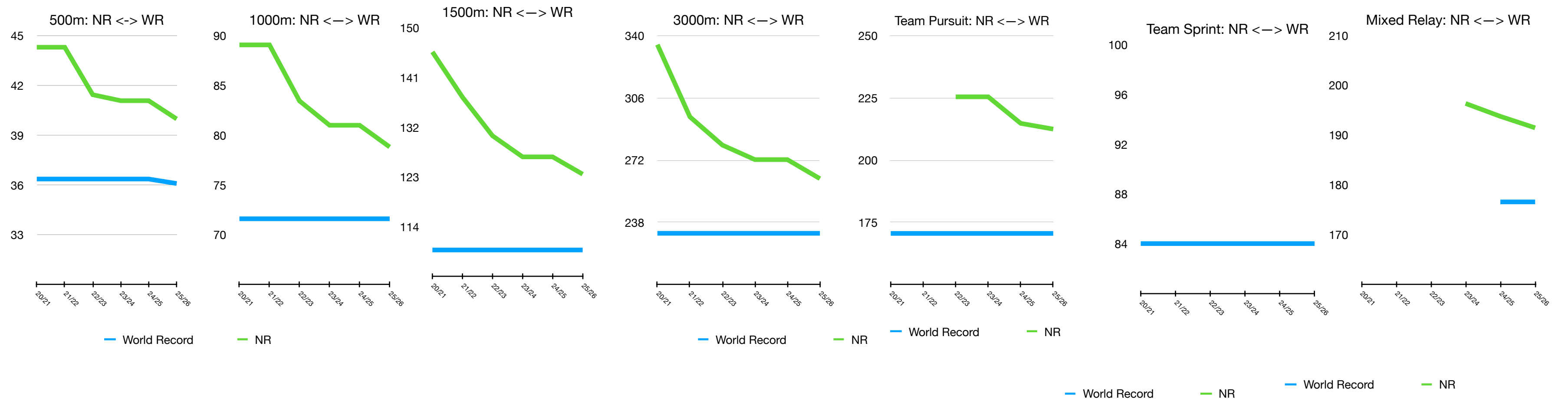
Number of NR	500m	1000m	1500m	3000m	5000m	Team Pursuit	Team Sprint	Mixed Relay	Total
2021-2022	2	0	3	2	2	0	0	0	9
2022 - 2023	5	8	4	2	0	0	2	0	21
2023-2024	5	5	3	3	0	0	1	0	17
2024 - 2025	0	0	0	0	0	0	1	1	2
2025 - 2026	7	5	6	5	2	1	1	1	28
Totais	19	18	16	12	4	1	5	2	77

Number of Junior National Records - Portugal 2021/2 to 2025/6



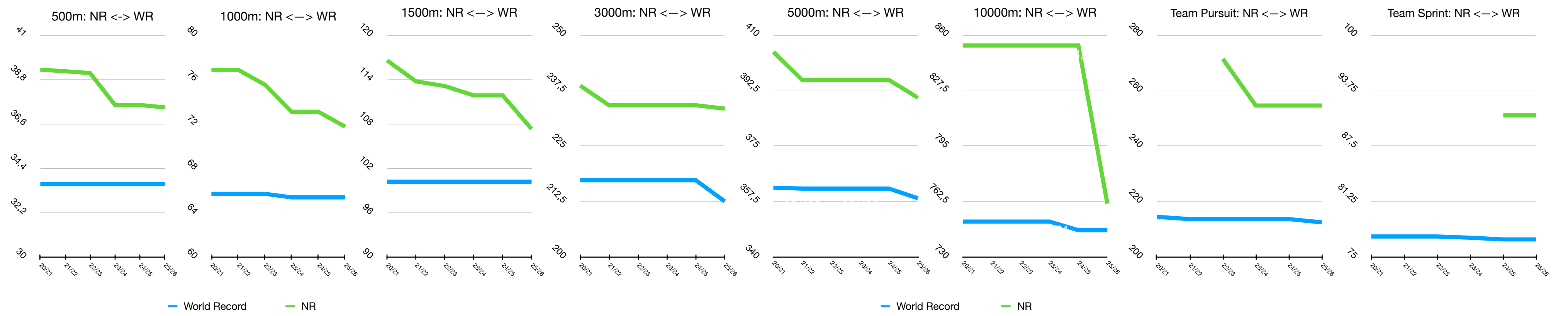
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Number of JNR	500m	1000m	1500m	3Km	5Km	Team Pursuit	Team Sprint	Mixed Relay	Total
2021-2022	2	4	4	4	0	0	0	0	14
2022 - 2023	10	7	5	5	1	0	2	0	28
2023-2024	5	4	2	3	2	0	1	0	16
2024 - 2025	1	1	0	0	0	0	1	1	2
2025 - 2026	7	4	2	4	0	0	1	1	19
Totais	18	16	11	12	3	0	4	1	65



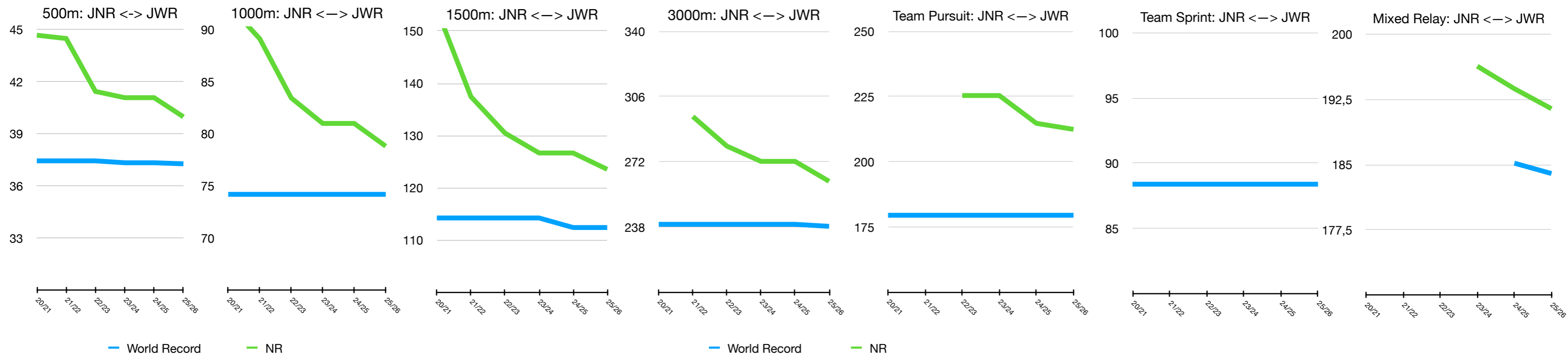
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Ladies	500m		1000m		1500m		3000m		Team Pursuit		Team Sprint		Mixed Relay	
	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR
20/21	36,36	44,30	71,61	89,07	109,83	145,63	232,02	335,06	170,56		84,02			
21/22	36,36	44,30	71,61	89,07	109,83	137,45	232,02	295,64	170,56		84,02			
22/23	36,36	41,44	71,61	83,44	109,83	130,47	232,02	280,21	170,56	225,42	84,02			
23/24	36,36	41,08	71,61	81,00	109,83	126,66	232,02	272,27	170,56	225,42	84,02			196,33
24/25	36,36	41,08	71,61	81,00	109,83	126,66	232,02	272,27	170,56	214,76	84,02		176,56	193,74
25/26	36,09	39,98	71,61	78,82	109,83	123,53	232,02	261,88	170,56	212,46	84,02	96,05	176,56	191,44



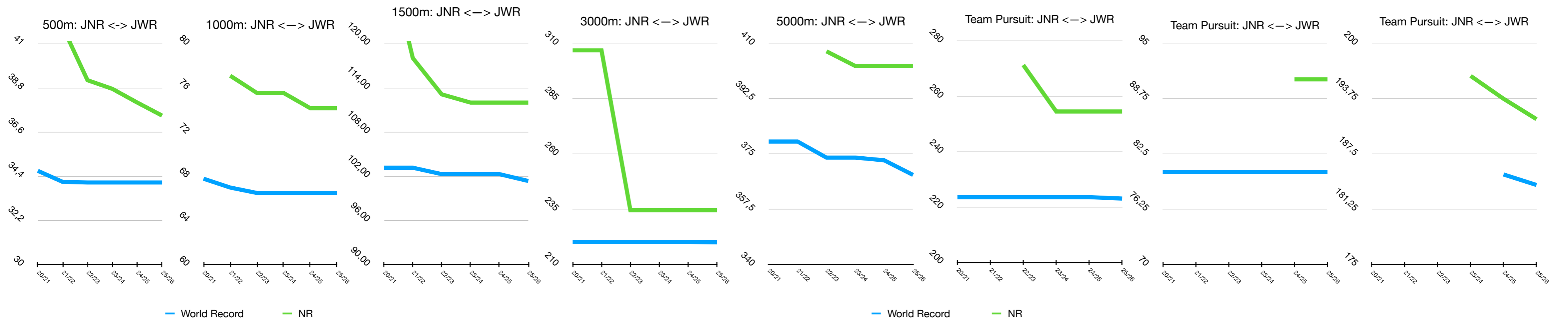
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	500m		1000m		1500m		3000m		5000m		10000m		Team Pursuit		Team Sprint	
Men	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR
20/21	33,61	39,28	65,69	76,86	100,17	116,56	217,28	238,58	361,86	404,67	750,74	853,81	214,47		77,31	
21/22	33,61	39,20	65,69	76,86	100,17	113,73	217,28	234,16	361,56	395,78	750,74	853,81	213,66		77,31	
22/23	33,61	39,11	65,69	75,52	100,17	113,09	217,28	234,16	361,56	395,78	750,74	853,81	213,66	271,37	77,31	
23/24	33,61	37,53	65,37	73,08	100,17	111,83	217,28	234,16	361,56	395,78	750,74	853,81	213,66	254,56	77,17	
24/25	33,61	37,53	65,37	73,08	100,17	111,83	217,28	234,16	361,56	395,78	745,69	853,81	213,66	254,56	76,98	90,94
25/26	33,61	37,41	65,37	71,74	100,17	107,29	212,52	233,41	358,52	390,22	745,69	761,26	212,49	254,56	76,98	90,94



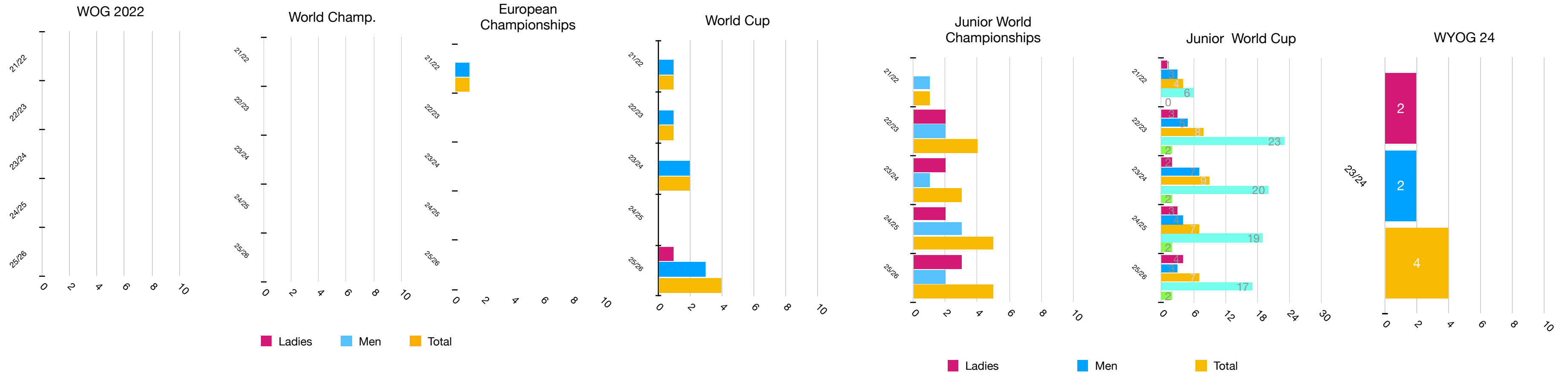
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Junior Ladies	500m		1000m		1500m		3000m		Team Pursuit		Team Sprint		Mixed Relay	
	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR
20/21	37,45	44,67	74,21	92,41	114,21	154,23	239,47	—	179,55		88,40			
21/22	37,45	44,48	74,21	89,11	114,21	137,45	239,47	295,64	179,55		88,40			
22/23	37,45	41,44	74,21	83,44	114,21	130,47	239,47	280,21	179,55	225,42	88,40			
23/24	37,34	41,08	74,21	81,00	114,21	126,66	239,47	272,27	179,55	225,42	88,40			196,33
24/25	37,34	41,08	74,21	81,00	112,38	126,66	239,47	272,27	179,55	214,76	88,40		185,18	193,74
25/26	37,28	39,98	74,21	78,82	112,38	123,53	238,42	261,88	179,55	212,46	88,40	96,05	183,99	191,44



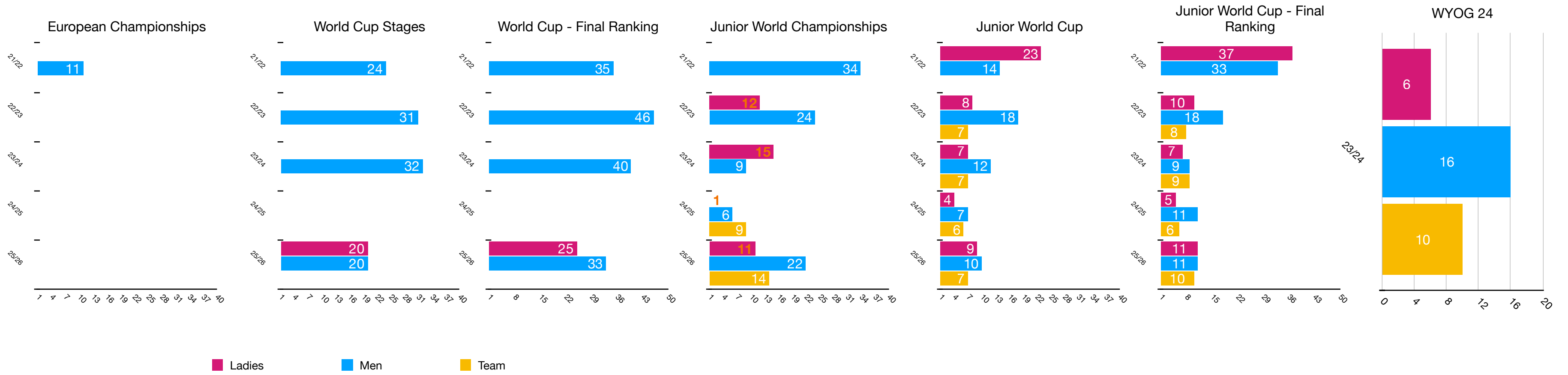
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Junior Men	500m		1000m		1500m		3000m		5000m		Team Pursuit		Team Sprint		Mixed Relay	
	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR	World Record	NR
20/21	34,66	42,94	67,76	--	103,13	134,30	220,14	306,87	378,93	--	223,55		80,46			
21/22	34,11	41,82	66,96	77,08	103,13	118,01	220,14	306,87	378,93	--	223,55		80,46			
22/23	34,08	39,17	66,47	75,52	102,26	113,09	220,14	234,55	373,84	407,50	223,55	271,37	80,46			
23/24	34,08	38,74	66,47	75,52	102,26	111,97	220,14	234,55	373,84	402,85	223,55	254,56	80,46			196,33
24/25	34,08	38,06	66,47	74,14	102,26	111,97	220,14	234,55	372,99	402,85	223,55	254,56	80,46	90,94	185,18	193,74
25/26	34,08	37,41	66,47	74,14	101,33	111,97	220,03	234,55	368,36	402,85	223,04	254,56	80,46	90,94	183,99	191,44



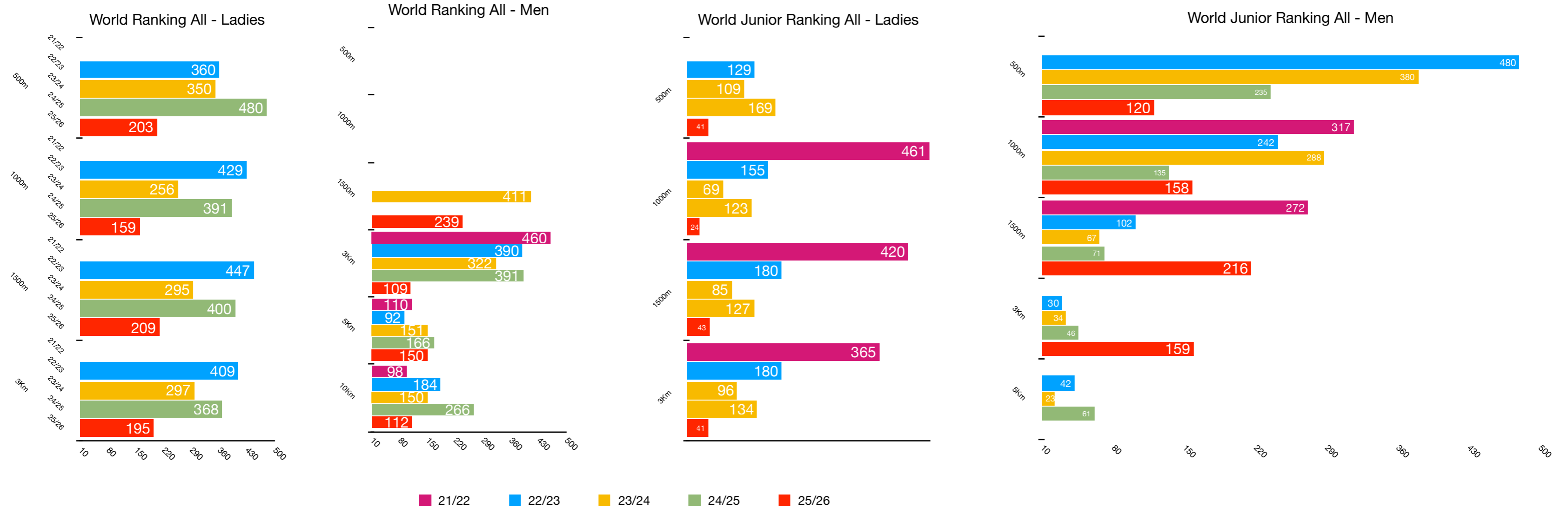
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Skaters in ISU Competitions	WOG			World Championships			European Championships			World Cup			Junior World Championships			Junior World Cup					WYOG		
	Ladies	Men	Total	Ladies	Men	Total	Ladies	Men	Total	Ladies	Men	Total	Ladies	Men	Total	Ladies	Men	Total	Number JWC (Skaters x Stages)	Team	Ladies	Men	Total
21/22	0	0	0	0	0	0	0	1	1	0	1	1	0	1	1	1	3	4	6	0	--	--	--
22/23	--	--	--	0	0	0	0	0	0	0	1	1	2	2	4	3	5	8	23	2	--	--	--
23/24	--	--	--	0	0	0	0	0	0	0	2	2	2	1	3	2	7	9	20	2	2	2	4
24/25	--	--	--	0	0	0	0	0	0	0	0	0	2	3	5	3	4	7	19	2	--	--	--
25/26	0	0	0	0	0	0	0	0	0	1	3	4	3	2	5	4	3	7	17	2	--	--	--



Portugal - Speed Skating - Ciclo Olímpico 2023 - 2026 - "Projeto "Road to Milano - Cortina"

Skaters in ISU Competitions Best Results	European Championships			World Cup			Final Ranking World Cup			Junior World Championships			Junior World Cup			Final Ranking Junior World Cup			WYOG		
	Ladies	Men	Team	Ladies	Men	Team	Ladies	Men	Team	Ladies	Men	Team	Ladies	Men	Team	Ladies	Men	Team	Ladies	Men	Total
21/22	—	11	—	—	24	—	—	35	—	—	34	—	23	14	—	37	33	—			
22/23	—	—	—	—	31	—	—	46	—	12	24	—	8	18	7	10	18	8			
23/24	—	—	—	—	32	—	—	40	—	15	9	—	7	12	7	7	9	9	6	16	10
24/25	—	—	—	—	—	—	—	—	—	1	6	9	4	7	6	5	11	6			
25/26	—	—	—	20	20	—	25	33	—	11	22	14	9	10	7	11	11	10			



Portugal - Speed Skating - Ciclo Olímpico 2023 - 2026 - "Projeto "Road to Milano - Cortina"

World Rankings Best Portugal Positions - Top 500	World Ranking ALL - Ladies					World Ranking ALL - Men					World Junior Ranking - Ladies					World Junior Ranking - Men				
	21/22	22/23	23/24	24/25	25/26	21/22	22/23	23/24	24/25	25/26	21/22	22/23	23/24	24/25	25/26	21/22	22/23	23/24	24/25	25/26
500m	—	360	350	480	203	—	—	—	—	—	—	129	109	169	41	—	480	380	235	120
1000m	—	429	256	391	159	—	—	411	—	239	461	155	69	123	24	317	242	288	135	158
1500m	—	447	295	400	209	460	390	322	391	109	420	180	85	127	43	272	102	67	71	216
3Km	—	409	297	368	195	110	92	151	166	150	365	180	96	134	41	—	30	34	46	159
5Km	—	—	—	—	—	98	184	150	266	112	—	—	—	—	—	—	42	23	61	—
10Km	—	—	—	—	—	—	—	—	—	77	—	—	—	—	—	—	—	—	—	—