Contabilizando provas realizadas até 31/05/2026

RANKING NACIONAL COMBATES

SUB-21 FEMININO - 46 KG

POSIÇÃO	NOME	CLUBE	PONTOS OBTIDOS							
			ÉPOCA 2025/2026						ÉPOCAS ANTERIORES	SOMATÓRIO GLOBAL
			NACIONAL	REGIONAL	Outros OPENS	WT	Pontos adicionais	TOTAL	TOTAL	
			Campeonato Nacional	Campeonato Regional	Sintra					
1	Iara Fidalgo	JOVENS D'OURO		24.0	10.00			34.00	43.8	**77.8**
2	Carolina Godinho	20 KM ALMEIRIM		40.0				40.00	25.2	**65.2**
3	Ana Silva	CALDAS SAO JORGE		40.0	6.00			46.00		**46.0**
4	Kiara Barroso	TKD FALCON						0.00	25.2	**25.2**
5	Lara Reiçadas	SPORTDO		24.0				24.00		**24.0**
6	Gabriela Mendes	TAEBOX		14.4				14.40		**14.4**
7	Lara Brazão	20 KM ALMEIRIM		14.2				14.20		**14.2**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**

Contabilizando provas realizadas até 31/05/2026

RANKING NACIONAL COMBATES

SUB-21 FEMININO - 49 KG

POSIÇÃO	NOME	CLUBE	PONTOS OBTIDOS							
			ÉPOCA 2025/2026						ÉPOCAS ANTERIORES	SOMATÓRIO GLOBAL
			NACIONAL	REGIONAL	Outros OPENS	WT	Pontos adicionais	TOTAL	TOTAL	
			Campeonato Nacional	Campeonato Regional						
1	Rita França	CECSSAC						0.00	42.00	**42.00**
2	Sofia Santos	20 KM ALMEIRIM		40.00				40.00	0.00	**40.00**
2	Kiara Barroso	TKD FALCON		40.00				40.00	0.00	**40.00**
4	Clara Martins	BRAGA		24.00				24.00	0.00	**24.00**
5	Francisca Oliveira	CALDAS SAO JORGE		14.40	6.00			20.40	0.00	**20.40**
5	Beatriz Almeida	FLASH		14.40				14.40	0.00	**14.40**
								0.00		**0.00**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**

Contabilizando provas realizadas até 31/05/2026

RANKING NACIONAL COMBATES

SUB-21 FEMININO - 53 KG

POSIÇÃO	NOME	CLUBE	PONTOS OBTIDOS							
			ÉPOCA 2025/2026						ÉPOCAS ANTERIORES	SOMATÓRIO GLOBAL
			NACIONAL	REGIONAL	Outros OPENS	WT	Pontos adicionais	TOTAL	TOTAL	
			Campeonato Nacional	Campeonato Regional	Sintra					
1	Mariana Ferreira	F.C. BOAVISTA		40.0	10.00			50.00	70.0	**120.0**
2	Lara Duarte Moreira	CLUBE FURIO CANEDO		24.0	6.00			30.00	28.2	**58.2**
3	Carolina Santos	ESCOLAS TKD HELIO JESUS		40.0				40.00	0.0	**40.0**
4	Lara Gonçalves	TAEDO						0.00	25.2	**25.2**
5	Joana Pereira	MAXIMUS						0.00	15.1	**15.1**
6	Beatriz Gomes	TSC		14.4				14.40	0.0	**14.4**
7	Madalena Vieira	CALDAS SAO JORGE		14.4				14.40	0.0	**14.4**
7	Florinda Camelo	Taebaek						0.00	1.1	**1.1**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**
								0.00		**0.0**

FEDERAÇÃO PORTUGAL TAEKWONDO

Contabilizando provas realizadas até 31/05/2026

RANKING NACIONAL COMBATES

SUB-21 FEMININO - 57 KG

POSIÇÃO	NOME	CLUBE	PONTOS OBTIDOS							
			ÉPOCA 2025/2026						ÉPOCAS ANTERIORES	SOMATÓRIO GLOBAL
			NACIONAL	REGIONAL	Outros OPENS	WT	Pontos adicionais	TOTAL	TOTAL	
			Campeonato Nacional	Campeonato Regional						
1	Ana Adrego	JOVENS D'OURO		14.40				14.40	75.0	**89.4**
2	Sara Pereira	JOVENS D'OURO						0.00	42.0	**42.0**
3	Matilde Moreira	TAEDO		40.0				40.0	0.0	**40.0**
3	Maisa Monteiro	FLASH		40.0				40.0	0.0	**40.0**
4	Francisca Ribeiro	SC BRAGA		14.40				14.40	25.2	**39.6**
6	Mariana Vieira	ATBRITO						0.00	25.2	**25.2**
7	Mafalda Feio	F.C. BOAVISTA		8.64				8.64	16.2	**24.8**
8	Matilde Mandim	FLASH		24.0				24.0	0.0	**24.0**
9	Matilde Agro-Ferreira	CECSSAC						0.00	15.1	**15.1**
10	Mariana Ventura	F.C. BOAVISTA		8.6				8.6	0.0	**8.6**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**

Contabilizando provas realizadas até 31/05/2026

RANKING NACIONAL COMBATES

SUB-21 FEMININO - 62 KG

POSIÇÃO	NOME	CLUBE	PONTOS OBTIDOS							
			ÉPOCA 2025/2026						ÉPOCAS ANTERIORES	SOMATÓRIO GLOBAL
			NACIONAL	REGIONAL	Outros OPENS	WT	Pontos adicionais	TOTAL	TOTAL	
			Campeonato Nacional	Campeonato Regional	Sintra					
1	Júlia Sofia Galaio da Silva Trindade Teixeira	PEL AMORA SC						0.00	70.00	**70.00**
2	Beatriz Lourenço	TAEBOX		40.00				40.00	25.20	**65.20**
3	Beatriz Prata	CDR Águias Unidas		40.00				40.00	15.10	**55.10**
4	Matilde Nina Saraiva Soeiro Agro-Ferreira	CCSSAC		40.00	6.00			46.00	0.00	**46.00**
5	Ariana Ramalho	FLASH						0.00	42.00	**42.00**
6	Beatriz Vieira	TAEDO						0.00	25.20	**25.20**
7	Margarida Simões	TT TAEKWONDO		24.00				24.00	0.00	**24.00**
7	Maria Pinto	CANAVESES		24.00				24.00	0.00	**24.00**
7	Maria Cristo Silva	VRSA		24.00				24.00		**24.00**
10	Mafalda Fortes Feio	BOAVISTA FC			10.00			10.00	0.00	**10.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**
								0.00		**0.00**

Contabilizando provas realizadas até 31/05/2026

RANKING NACIONAL COMBATES

SUB-21 FEMININO - 67 KG

POSIÇÃO	NOME	CLUBE	PONTOS OBTIDOS							
			ÉPOCA 2025/2026						ÉPOCAS ANTERIORES	SOMATÓRIO GLOBAL
			NACIONAL	REGIONAL	Outros OPENS	WT	Pontos adicionais	TOTAL	TOTAL	
			Campeonato Nacional	Campeonato Regional						
1	Rita França	CCSSAC		40.0				40.0	0.0	**40.0**
1	Ester Barbosa	MAXIMUS		40.0				40.0	0.0	**40.0**
3	Margarida Nunes	20 KM ALMEIRIM		24.0				24.0	0.0	**24.0**
3	Ariana Ramalho	FLASH		24.0				24.0	0.0	**24.0**
5								0.0		**0.0**
6								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**

FEDERAÇÃO PORTUGAL TAEKWONDO

Contabilizando provas realizadas até 31/05/2026

RANKING NACIONAL COMBATES

SUB-21 FEMININO - 73 KG

POSIÇÃO	NOME	CLUBE	PONTOS OBTIDOS							
			ÉPOCA 2025/2026						ÉPOCAS ANTERIORES	SOMATÓRIO GLOBAL
			NACIONAL	REGIONAL	Outros OPENS	WT	Pontos adicionais	TOTAL	TOTAL	
			Campeonato Nacional	Campeonato Regional						
1								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0
								0.0		0.0

FEDERAÇÃO PORTUGAL TAEKWONDO

Contabilizando provas realizadas até 31/05/2026

RANKING NACIONAL COMBATES

SUB-21 FEMININO + 73 KG

POSIÇÃO	NOME	CLUBE	PONTOS OBTIDOS							
			ÉPOCA 2025/2026						ÉPOCAS ANTERIORES	SOMATÓRIO GLOBAL
			NACIONAL	REGIONAL	Outros OPENS	WT	Pontos adicionais	TOTAL	TOTAL	
			Campeonato Nacional	Campeonato Regional						
1	Maria Moniz	20KM ALMEIRIM		40.0				40.0	70.0	**110.0**
2								0.0		**0.0**
3								0.0		**0.0**
4								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**
								0.0		**0.0**