



2026 IHF Beach Handball Global Tour (W) - Stage 1



Team roster

POR - Portugal

Players

#	Name	Position	DOB	Age	Club	(cm)	IM	IG
2	GONÇALVES Sofia	Right back	21.12.2001	24	GRD Leça	181	29	84
5	SILVA Ana Beatriz	Goalkeeper	07.01.2003	23	EFE Tigres	182	0	0
7	MENDES Daniela	Specialist	15.01.1995	31	GRD Leça	168	29	77
10	MARQUES Maria	Defender	20.01.2005	21	Nazaré BHT	167	0	0
13	DELGADO Joana	Pivot	06.06.2002	23	EFE Tigres	176	0	0
14	TEIXEIRA Catarina	Defender	07.05.1998	27	AD IA Sports	170	19	0
22	PESQUEIRA Beatriz	Defender	31.03.2004	22	AD OSN	178	0	0
30	PERIQUITO Patricia	Left wing	30.12.2003	22	Nazaré BHT	170	11	24
73	LOUREIRO Carolina	Left back	02.05.1998	27	EFE Tigres	185	9	21
86	CARNEIRO Ana Catarina	Defender	06.06.1995	30	Clube Andebol de Leça	176	0	0

Average age: 25,00, Average height: 175,3

Team officials

	Name	Date of birth	Function
Off. A	SERRANO Pedro	26.11.1988	Assistant coach
Off. B	ALBUQUERQUE Tiago	28.2.1995	Assistant coach
Off. C	BALSEIRO Erica	22.5.1994	Physiotherapist