

Long Course (50m)				Alltime	Season 2009		Season 2008		Season 2007		Season 2006	
Freestyle	50m	27.21 +0.75	28 Feb 2009	Coimbra	27.21 +0.75	28 Feb 09 100.0%			27.67	10 Jun 07 96.7%		
	100m	1:00.47 29.51 30.96	8 Jul 2007	Coimbra					1:00.47	8 Jul 07 100.0%		
	200m	2:13.11 +0.82	18 Apr 2009	Coimbra	2:13.11 +0.82	18 Apr 09 100.0%			2:13.16	9 Jun 07 99.9%		
	400m	4:36.27 +0.79	17 Jan 2009	Coimbra	4:36.27 +0.79	17 Jan 09 100.0%					4:59.21	18 Feb 06 85.3%
	800m	9:58.12 +0.83	5 Jul 2009	Coimbra	9:58.12 +0.83	5 Jul 09 100.0%					10:20.64	9 Jul 06 92.9%
	1500m	19:27.00	9 Jul 2006	Coimbra							19:27.00	9 Jul 06 100.0%
				1) 30.86 2) 34.68 3) 35.67 4) 35.94 1) 1:05.44 3) 1:11.14 34.58 35.01 35.47 34.06 2) 1:09.69 4) 1:10.00								
				1) 1:05.48 1:05.48 4) 1:16.89 4:48.29 7) 1:17.48 8:42.18 2) 1:11.39 2:16.87 5) 1:18.60 6:06.89 8) 1:15.94 9:58.12 3) 1:14.53 3:31.40 6) 1:17.81 7:24.70								
				1) 1:13.16 1:13.16 6) 1:19.13 7:43.52 11) 1:18.68 14:18.53 2) 1:16.91 2:30.07 7) 1:18.83 9:02.35 12) 1:18.72 15:37.25 3) 1:17.64 3:47.71 8) 1:18.29 10:20.64 13) 1:18.97 16:56.22 4) 1:18.23 5:05.94 9) 1:20.01 11:40.65 14) 1:18.06 18:14.28 5) 1:18.45 6:24.39 10) 1:19.20 12:59.85 15) 1:12.72 19:27.00								
Backstroke	50m	30.08 +0.66	20 Jul 2009	Faro	30.08 +0.66	20 Jul 09 100.0%	30.50	17 May 08 97.3%	32.31	21 Apr 07 86.7%	33.85	21 May 06 79.0%
	100m	1:07.15 32.20 34.95	3 Feb 2008	Coimbra			1:07.15	3 Feb 08 100.0%	1:08.50	6 May 07 96.1%	1:13.03	7 Jul 06 84.5%
	200m	2:27.80 34.67 37.68 1:12.35 37.96 37.49 1:15.45	2 Feb 2008	Coimbra	2:34.12 +0.71	18 Jan 09 92.0%	2:27.80	2 Feb 08 100.0%	2:28.20	24 Mar 07 99.5%	2:37.33	9 Jul 06 88.3%
Breaststroke	50m	32.43 +0.80	30 May 2009	Coimbra	32.43 +0.80	30 May 09 100.0%						
	100m	1:12.18 +0.86	20 Jun 2009	Porto	1:12.18 +0.86	20 Jun 09 100.0%	1:13.19	15 Mar 08 97.3%	1:14.54	7 Jul 07 93.8%	1:17.32	22 Jul 06 87.1%
	200m	2:38.97 +0.79	2 Jul 2009	Coimbra	2:38.97 +0.79	2 Jul 09 100.0%	2:44.16	16 Mar 08 93.8%	2:45.48	26 Jul 07 92.3%	2:48.39	23 Jul 06 89.1%
				36.44 41.57 1:18.01 40.73 40.23 1:20.96								
Fly	50m											
	100m	1:13.55 33.13 40.42	27 May 2006	Lisboa							1:13.55	27 May 06 100.0%
	200m											
Medley	100m											
	200m	2:26.14 32.10 38.25 1:10.35 41.18 34.61 1:15.79	8 Jul 2007	Coimbra	2:30.47 +0.79	18 Jan 09 94.3%	2:26.63	16 Mar 08 99.3%	2:26.14	8 Jul 07 100.0%	2:32.60	23 Jul 06 91.7%
	400m	5:12.93 +0.84	27 Feb 2009	Coimbra	5:12.93 +0.84	27 Feb 09 100.0%	5:20.94	25 Jul 08 95.1%	5:13.62	9 Mar 07 99.6%	5:22.63	7 Jul 06 94.1%
				1) 32.48 2) 39.71 3) 43.00 4) 37.00 1) 1:12.03 3) 1:27.99 39.55 39.71 44.99 36.49 2) 1:19.42 4) 1:13.49								

Short Course (25m) Alltime				Season 2010	Season 2009	Season 2008	Season 2007
Freestyle	50m	25.75	16 May 2009 Cantanhede		25.75 16 May 09 100.0%	26.90 14 Jun 08 91.6%	
	100m	56.54 +0.78	13 Dec 2008 Tomar 27.39 29.15		56.54 13 Dec 08 +0.78 100.0%	58.07 1 Dec 07 +0.83 94.8%	1:00.15 20 Jan 07 88.4%
	200m	2:08.11	25 Oct 2008 Coimbra 29.75 31.38 1:01.13 33.23 33.75 1:06.98		2:08.11 25 Oct 08 100.0%		2:14.06 19 Nov 06 91.3%
	400m	4:34.55	28 Oct 2007 Coimbra 1) 31.36 2) 34.23 3) 35.08 4) 35.31 1) 1:05.08 3) 1:11.09 33.72 34.80 36.01 34.04 2) 1:09.03 4) 1:09.35		4:36.25 26 Oct 08 98.8%	4:34.55 28 Oct 07 100.0%	4:36.65 17 Feb 07 98.5%
	800m	9:20.56	8 Dec 2007 Cantanhede 1) 1:06.11 1:06.11 4) 1:10.05 4:35.48 7) 1:11.45 8:08.70 2) 1:09.10 2:15.21 5) 1:10.68 5:46.16 8) 1:11.86 9:20.56 3) 1:10.22 3:25.43 6) 1:11.09 6:57.25			9:20.56 8 Dec 07 100.0%	9:49.76 9 Dec 06 90.3%
	1500m	17:36.15	8 Dec 2007 Cantanhede 1) 1:06.11 1:06.11 6) 1:11.09 6:57.25 11) 1:10.11 12:54.14 2) 1:09.10 2:15.21 7) 1:11.45 8:08.70 12) 1:10.03 14:04.17 3) 1:10.22 3:25.43 8) 1:11.86 9:20.56 13) 1:10.83 15:15.00 4) 1:10.05 4:35.48 9) 1:11.68 10:32.24 14) 1:11.53 16:26.53 5) 1:10.68 5:46.16 10) 1:11.79 11:44.03 15) 1:09.62 17:36.15			17:36.15 8 Dec 07 100.0%	18:41.21 9 Dec 06 88.7%
Backstroke	50m	29.96	13 Jun 2009 Coimbra		29.96 13 Jun 09 100.0%	30.04 14 Jun 08 99.5%	
	100m	1:02.91	16 May 2009 Cantanhede 30.89 32.02		1:02.91 16 May 09 100.0%	1:03.76 1 Dec 07 +0.59 97.4%	1:06.32 2 Dec 06 90.0%
	200m	2:19.32 +0.62	2 Dec 2007 Viseu 32.68 34.14 1:06.82 36.25 36.25 1:12.50		2:23.05 13 Jun 09 94.9%	2:19.32 2 Dec 07 +0.62 100.0%	2:23.77 2 Dec 06 93.9%
Breaststroke	50m	31.73	14 Jun 2009 Coimbra		31.73 14 Jun 09 100.0%	32.59 15 Jun 08 94.8%	
	100m	1:09.62 +0.81	13 Dec 2008 Tomar 33.06 36.56		1:09.62 13 Dec 08 +0.81 100.0%	1:10.42 12 Jan 08 97.7%	1:15.20 24 Feb 07 85.7%
	200m	2:32.86 +0.81	14 Dec 2008 Tomar 34.36 38.43 1:12.79 40.00 40.07 1:20.07		2:32.86 14 Dec 08 +0.81 100.0%	2:42.66 27 Oct 07 88.3%	2:45.97 17 Nov 06 84.8%
Fly	50m	28.89	15 Jun 2008 Cantanhede			28.89 15 Jun 08 100.0%	
	100m	1:07.00	26 Jan 2008 Leiria 30.32 36.68		1:07.91 9 May 09 97.3%	1:07.00 26 Jan 08 100.0%	1:10.02 20 Jan 07 91.6%
	200m	2:35.68	26 Oct 2008 Coimbra 33.86 40.04 1:13.90 41.59 40.19 1:21.78		2:35.68 26 Oct 08 100.0%		
Medley	100m	1:05.80	23 Nov 2008 Coimbra 29.75 36.05		1:05.80 23 Nov 08 100.0%		
	200m	2:19.87 +0.79	2 Dec 2007 Viseu 32.02 35.63 1:07.65 39.78 32.44 1:12.22		2:23.24 14 Jun 09 95.3%	2:19.87 2 Dec 07 +0.79 100.0%	2:27.78 18 Feb 07 89.6%
	400m	4:58.32	9 Dec 2007 Cantanhede 1) 33.33 2) 37.76 3) 42.20 4) 34.17 1) 1:11.63 3) 1:24.14 38.30 37.17 41.94 33.45 2) 1:14.93 4) 1:07.62			4:58.32 9 Dec 07 100.0%	5:11.74 10 Dec 06 91.6%