

Long Course (50m)				Alltime				Season 2009				Season 2008				Season 2007				Season 2006			
Freestyle	50m	<b>26.37</b> +0.83	4 Jul 2009	Coimbra					<b>26.37</b> +0.83	4 Jul 09	100.0%		<b>26.77</b>	10 May 08	97.0%		<b>27.10</b>	19 May 07	94.7%				
	100m	<b>58.34</b> +0.88	1 Mar 2009	Coimbra					<b>58.34</b> +0.88	1 Mar 09	100.0%						<b>58.60</b>	6 May 07	99.1%		<b>59.59</b>	3 Mar 06	95.8%
	200m	<b>2:04.56</b> +0.87	28 Feb 2009	Coimbra					<b>2:04.56</b> +0.87	28 Feb 09	100.0%		<b>2:06.38</b> +0.30	19 Apr 08	97.1%		<b>2:05.01</b>	21 Apr 07	99.3%		<b>2:07.22</b>	14 Jul 06	95.9%
	400m	<b>4:22.21</b>	10 May 2008	Coimbra									<b>4:22.21</b>	10 May 08	100.0%		<b>4:25.04</b>	7 Apr 07	97.9%		<b>4:33.82</b>	15 Jul 06	91.7%
			1) 29.65   2) 32.89   3) 32.49	2) 32.89   3) 33.41	3) ---   4) ---	4) ---   1) 1:02.14   3) 1:06.30   4) ---																	
	800m	<b>9:23.70</b>	6 May 2007	Coimbra										<b>9:24.84</b>	2 Mar 08	99.6%		<b>9:23.70</b>	6 May 07	100.0%		<b>9:35.48</b>	13 Jul 06
		1) 1:04.88   2) 1:09.36   3) 1:10.48	1:04.88   2:14.24   3:24.72	4) 1:10.81   5) 1:11.47   6) 1:11.81	4:35.53   5:47.00   6:58.81	7) 1:12.36   8) 1:12.53	8:11.17   9:23.70																
	1500m	<b>17:56.24</b>	6 May 2007	Coimbra													<b>17:56.24</b>	6 May 07	100.0%		<b>18:17.34</b>	13 Jul 06	96.2%
		1) 1:04.88   2) 1:09.36   3) 1:10.48   4) 1:10.81   5) 1:11.47	1:04.88   2:14.24   3:24.72   4:35.53   5:47.00	6) 1:11.81   7) 1:12.36   8) 1:12.53   9) 1:12.52   10) 1:13.03	6:58.81   8:11.17   9:23.70   10:36.22   11:49.25	11) 1:13.11   12) 1:13.68   13) 1:13.74   14) 1:14.15   15) 1:12.31	13:02.36   14:16.04   15:29.78   16:43.93   17:56.24																
Backstroke	50m	<b>32.01</b>	3 Feb 2008	Coimbra									<b>32.01</b>	3 Feb 08	100.0%		<b>32.54</b>	10 Jun 07	96.8%		<b>33.03</b>	7 May 06	93.9%
	100m	<b>1:09.60</b>	3 Feb 2008	Coimbra									<b>1:09.60</b>	3 Feb 08	100.0%		<b>1:10.34</b>	10 Jun 07	97.9%		<b>1:12.16</b>	7 May 06	93.0%
	200m	<b>2:27.55</b>	2 Feb 2008	Coimbra									<b>2:27.55</b>	2 Feb 08	100.0%		<b>2:29.20</b>	9 Jun 07	97.8%		<b>2:35.68</b>	6 May 06	89.8%
Breaststroke	50m																						
	100m	<b>1:19.81</b>	18 Feb 2006	Coimbra																	<b>1:19.81</b>	18 Feb 06	100.0%
	200m	<b>2:44.10</b>	11 May 2008	Coimbra									<b>2:44.10</b>	11 May 08	100.0%								
		37.13   41.11	1:18.24   43.00   42.86   1:25.86																				
Fly	50m	<b>27.19</b> +0.94	21 Jun 2009	Porto					<b>27.19</b> +0.94	21 Jun 09	100.0%		<b>27.95</b>	3 Jul 08	94.6%		<b>27.97</b>	20 May 07	94.5%		<b>28.33</b>	21 May 06	92.1%
	100m	<b>59.36</b> +0.96	20 Jun 2009	Porto					<b>59.36</b> +0.96	20 Jun 09	100.0%		<b>59.98</b> +0.90	5 Jul 08	97.9%		<b>1:01.11</b>	8 Apr 07	94.4%		<b>1:00.23</b>	29 Jul 06	97.1%
	200m	<b>2:12.64</b>	30 Jul 2006	Coimbra									<b>2:15.24</b> +0.88	28 Mar 08	96.2%		<b>2:14.48</b>	29 Jul 07	97.3%		<b>2:12.64</b>	30 Jul 06	100.0%
		30.27   33.16	1:03.43   33.96   35.25   1:09.21																				
Medley	100m																						
	200m	<b>2:19.89</b> +0.85	5 Jul 2009	Coimbra					<b>2:19.89</b> +0.85	5 Jul 09	100.0%		<b>2:21.63</b> +0.93	17 May 08	97.6%		<b>2:23.11</b>	17 Mar 07	95.6%		<b>2:23.85</b>	30 Jul 06	94.6%
	400m	<b>4:57.94</b> +0.94	4 Jul 2008	Coimbra					<b>4:59.27</b> +0.88	3 Jul 09	99.1%		<b>4:57.94</b> +0.94	4 Jul 08	100.0%		<b>5:09.52</b>	6 Jul 07	92.7%		<b>5:03.56</b>	28 Jul 06	96.3%
		1) 30.03   2) 35.61	39.67   39.29	3) 42.90   4) 43.73	34.23   32.48	1) 1:05.64   2) 1:18.96	3) 1:26.63   4) 1:06.71																

Short Course (25m) Alltime				Season 2010	Season 2009	Season 2008	Season 2007
Freestyle	50m	<b>25.60</b>	13 Jun 2009 Coimbra		25.60 13 Jun 09 100.0%		
	100m	<b>55.99</b> +0.92	14 Dec 2008 Tomar 26.83   29.16		55.99 14 Dec 08 +0.92 100.0%	56.02 2 Dec 07 +0.84 99.9%	57.63 20 Jan 07 94.4%
	200m	<b>2:00.67</b>	23 Nov 2008 Coimbra 28.44   30.13   58.57   31.19   30.91   1:02.10		2:00.67 23 Nov 08 100.0%	2:01.61 25 Nov 07 98.5%	2:03.75 28 Oct 06 95.1%
	400m	<b>4:14.22</b>	17 Feb 2007 Condeixa 1) 29.41   2) 31.97   3) 32.71   4) 32.11   1) 1:00.84   3) 1:05.35 31.43   32.57   32.64   31.38   2) 1:04.54   4) 1:03.49		4:18.24 26 Oct 08 96.9%	4:18.22 24 Nov 07 96.9%	4:14.22 17 Feb 07 100.0%
	800m	<b>8:53.28</b>	2 Dec 2006 Caldas da Rainha 1) 1:03.09   1:03.09   4) 1:08.04   4:24.81   7) 1:08.02   7:47.83 2) 1:06.88   2:09.97   5) 1:07.48   5:32.29   8) 1:05.45   8:53.28 3) 1:06.80   3:16.77   6) 1:07.52   6:39.81				8:53.28 2 Dec 06 100.0%
	1500m	<b>17:24.23</b>	19 Nov 2006 Eiras 1) 1:03.88   1:03.88   6) 1:09.05   6:46.26   11) 1:11.14   12:37.58 2) 1:07.20   2:11.08   7) 1:09.59   7:55.85   12) 1:11.28   13:48.86 3) 1:08.45   3:19.53   8) 1:09.69   9:05.54   13) 1:11.91   15:00.77 4) 1:08.85   4:28.38   9) 1:10.49   10:16.03   14) 1:11.88   16:12.65 5) 1:08.83   5:37.21   10) 1:10.41   11:26.44   15) 1:11.58   17:24.23				17:24.23 19 Nov 06 100.0%
Backstroke	50m	<b>30.34</b>	14 Jun 2009 Coimbra		30.34 14 Jun 09 100.0%		
	100m	<b>1:04.64</b>	13 Jan 2008 Coimbra 31.09   33.55		1:06.83 10 May 09 93.6%	1:04.64 13 Jan 08 100.0%	1:07.97 21 Jan 07 90.4%
	200m	<b>2:20.91</b>	28 Oct 2007 Coimbra 33.53   35.87   1:09.40   36.10   35.41   1:11.51			2:20.91 28 Oct 07 100.0%	
Breaststroke	50m						
	100m	<b>1:12.37</b>	12 Jan 2008 Coimbra 34.32   38.05		1:14.39 9 May 09 94.6%	1:12.37 12 Jan 08 100.0%	1:13.28 17 Feb 07 97.5%
	200m	<b>2:39.13</b>	25 Oct 2008 Coimbra 36.53   40.19   1:16.72   41.05   41.36   1:22.41		2:39.13 25 Oct 08 100.0%		
Fly	50m	<b>27.24</b>	25 Nov 2007 Coimbra		27.24 14 Jun 09 100.0%	27.24 25 Nov 07 100.0%	
	100m	<b>58.95</b>	16 May 2009 Cantanhede 27.78   31.17		58.95 16 May 09 100.0%	59.01 17 Feb 08 99.8%	59.36 9 Dec 06 98.6%
	200m	<b>2:09.96</b>	8 Dec 2006 Felgueiras 29.42   32.77   1:02.19   33.63   34.14   1:07.77		2:24.03 26 Oct 08 81.4%	2:11.22 23 Nov 07 98.1%	2:09.96 8 Dec 06 100.0%
Medley	100m						
	200m	<b>2:16.89</b> +0.93	14 Dec 2008 Tomar 28.28   35.70   1:03.98   41.56   31.35   1:12.91		2:16.89 14 Dec 08 +0.93 100.0%	2:17.93 13 Jan 08 98.5%	2:19.08 18 Feb 07 96.9%
	400m	<b>4:51.81</b>	14 Jun 2008 Cantanhede 1) 28.32   2) 39.11   3) 42.86   4) 33.94   1) 1:00.80   3) 1:26.76 32.48   38.74   43.90   32.46   2) 1:17.85   4) 1:06.40		4:54.51 21 Nov 08 98.2%	4:51.81 14 Jun 08 100.0%	