

Long Course(50m)		Alltime	Season 2009	Season 2008	Season 2007	Season 2006
Freestyle	50m					
	100m	<b>1:05.12</b> 12 Jul 2009 S.João da Madeira	<b>1:05.12</b> 12 Jul 09 100.0%			
	200m	<b>2:18.01</b> 18 Apr 2009 Coimbra +0.86 32.03   35.01   1:07.04   35.82   35.15   1:10.97	<b>2:18.01</b> 18 Apr 09 100.0% +0.86	<b>2:32.46</b> 28 Jun 08 81.9%		
	400m	<b>4:53.71</b> 25 Jul 2009 S. João da Madeira +0.80 1) 32.24   2) 37.95   3) 37.93   4) 37.82   1) 1:08.53   3) 1:15.37 36.29   37.29   37.44   36.75   2) 1:15.24   4) 1:14.57	<b>4:53.71</b> 25 Jul 09 100.0% +0.80	<b>5:19.41</b> 10 May 08 84.6%		
	800m	<b>10:11.48</b> 12 Jul 2009 S.João da Madeira 1) 1:11.42   1:11.42   4) 1:17.15   4:59.33   7) 1:17.91   8:53.18 2) 1:15.45   2:26.87   5) 1:17.96   6:17.29   8) 1:18.30   10:11.48 3) 1:15.31   3:42.18   6) 1:17.98   7:35.27	<b>10:11.48</b> 12 Jul 09 100.0%			
	1500m	<b>19:16.58</b> 12 Jul 2009 S.João da Madeira 1) 1:11.42   1:11.42   6) 1:17.98   7:35.27   11) 1:18.95   14:06.79 2) 1:15.45   2:26.87   7) 1:17.91   8:53.18   12) 1:19.30   15:26.09 3) 1:15.31   3:42.18   8) 1:18.30   10:11.48   13) 1:18.18   16:44.27 4) 1:17.15   4:59.33   9) 1:17.92   11:29.40   14) 1:16.68   18:00.95 5) 1:17.96   6:17.29   10) 1:18.44   12:47.84   15) 1:15.63   19:16.58	<b>19:16.58</b> 12 Jul 09 100.0%	<b>20:52.97</b> 29 Jun 08 85.2%		
Backstroke	50m					
	100m					
	200m					
Breaststroke	50m					
	100m	<b>1:27.52</b> 18 Apr 2009 Coimbra +0.89 41.38   46.14	<b>1:27.52</b> 18 Apr 09 100.0% +0.89	<b>1:32.20</b> 19 Apr 08 90.1% +0.60		
	200m	<b>3:06.95</b> 18 Jan 2009 Coimbra +0.80 43.48   48.79   1:32.27   47.94   46.74   1:34.68	<b>3:06.95</b> 18 Jan 09 100.0% +0.80	<b>3:16.84</b> 11 May 08 90.2%		
Fly	50m					
	100m	<b>1:21.12</b> 17 Jan 2009 Coimbra +0.80 36.70   44.42	<b>1:21.12</b> 17 Jan 09 100.0% +0.80	<b>1:24.93</b> 10 May 08 91.2%		
	200m	<b>3:20.53</b> 8 Mar 2008 Rio Maior +0.81 --:--   --:--   1:35.80   --:--   --:--   1:44.73		<b>3:20.53</b> 8 Mar 08 100.0% +0.81		
Medley	100m					
	200m	<b>2:44.80</b> 18 Jan 2009 Coimbra +0.80 35.49   44.63   1:20.12   48.61   36.07   1:24.68	<b>2:44.80</b> 18 Jan 09 100.0% +0.80	<b>2:53.30</b> 11 May 08 90.4%		
	400m	<b>5:45.57</b> 10 Jul 2009 S.João da Madeira 1) --:--   2) --:--   3) --:--   4) --:--   1) 1:20.26   3) 1:37.23 --:--   --:--   --:--   --:--   2) 1:31.51   4) 1:16.57	<b>5:45.57</b> 10 Jul 09 100.0%	<b>6:03.90</b> 27 Jun 08 90.2%		

Short Course (25m) Alltime				Season 2010	Season 2009	Season 2008	Season 2007
Freestyle	50m	<b>37.89</b>	25 Feb 2007 Lousã				<b>37.89</b> 25 Feb 07 100.0%
	100m	<b>1:03.31</b>	16 May 2009 Cantanhede 30.70   32.61		<b>1:03.31</b> 16 May 09 100.0%	<b>1:11.82</b> 24 Feb 08 77.7%	<b>1:19.25</b> 1 Jul 07 63.8%
	200m	<b>2:16.25</b>	14 Feb 2009 Mealhada 30.96   34.68   1:05.64   36.01   34.60   1:10.61		<b>2:16.25</b> 14 Feb 09 100.0%	<b>2:26.77</b> 14 Jun 08 86.2%	
	400m	<b>4:42.06</b>	13 Jun 2009 Coimbra 1) 33.46   2) 35.77   3) 36.20   4) 34.98   1) 1:09.33   3) 1:12.64 35.87   35.42   36.44   33.92   2) 1:11.19   4) 1:08.90		<b>4:42.06</b> 13 Jun 09 100.0%	<b>5:33.34</b> 23 Feb 08 71.6%	<b>6:05.20</b> 24 Mar 07 59.7%
	800m	<b>9:59.95</b>	15 Feb 2009 Mealhada 1) 1:10.46   1:10.46   4) 1:14.04   4:54.59   7) 1:17.66   8:43.15 2) 1:15.13   2:25.59   5) 1:14.50   6:09.09   8) 1:16.80   9:59.95 3) 1:14.96   3:40.55   6) 1:16.40   7:25.49		<b>9:59.95</b> 15 Feb 09 100.0%	<b>11:47.70</b> 8 Dec 07 71.9%	<b>12:42.02</b> 26 May 07 62.0%
	1500m	<b>19:02.91</b>	15 Feb 2009 Mealhada 1) 1:10.46   1:10.46   6) 1:16.40   7:25.49   11) 1:19.36   13:54.65 2) 1:15.13   2:25.59   7) 1:17.66   8:43.15   12) 1:18.64   15:13.29 3) 1:14.96   3:40.55   8) 1:16.80   9:59.95   13) 1:19.59   16:32.88 4) 1:14.04   4:54.59   9) 1:17.19   11:17.14   14) 1:18.03   17:50.91 5) 1:14.50   6:09.09   10) 1:18.15   12:35.29   15) 1:12.00   19:02.91		<b>19:02.91</b> 15 Feb 09 100.0%	<b>22:23.22</b> 8 Dec 07 72.4%	
Backstroke	50m	<b>46.16</b>	25 Apr 2007 Gouveia				<b>46.16</b> 25 Apr 07 100.0%
	100m	<b>1:16.73</b>	10 May 2009 Coimbra 37.85   38.88		<b>1:16.73</b> 10 May 09 100.0%	<b>1:21.50</b> 15 Jun 08 88.6%	<b>1:33.80</b> 30 Jun 07 66.9%
	200m	<b>3:15.72</b>	28 Oct 2007 Coimbra 46.65   50.43   1:37.08   50.67   47.97   1:38.64			<b>3:15.72</b> 28 Oct 07 100.0%	
Breaststroke	50m						
	100m	<b>1:25.74</b>	9 May 2009 Coimbra 39.84   45.90		<b>1:25.74</b> 9 May 09 100.0%	<b>1:34.48</b> 12 Jan 08 82.4%	<b>1:51.83</b> 25 Mar 07 58.8%
	200m	<b>3:06.60</b>	29 Nov 2008 Nazaré 41.62   48.40   1:30.02   ---   ---   1:36.58		<b>3:06.60</b> 29 Nov 08 100.0%	<b>3:11.38</b> 15 Jun 08 95.1%	
Fly	50m						
	100m	<b>1:13.49</b>	16 May 2009 Cantanhede 33.69   39.80		<b>1:13.49</b> 16 May 09 100.0%	<b>1:20.63</b> 14 Jun 08 83.1%	<b>1:46.69</b> 13 Jan 07 47.4%
	200m	<b>2:48.81</b>	29 Nov 2008 Nazaré 36.58   43.08   1:19.66   ---   ---   1:29.15		<b>2:48.81</b> 29 Nov 08 100.0%	<b>2:58.07</b> 14 Jun 08 89.9%	
Medley	100m	<b>1:40.41</b>	25 Nov 2006 S. Martinho do Bispo				<b>1:40.41</b> 25 Nov 06 100.0%
	200m	<b>2:37.49</b>	16 May 2009 Cantanhede 35.36   42.63   1:17.99   44.65   34.85   1:19.50		<b>2:37.49</b> 16 May 09 100.0%	<b>2:50.41</b> 15 Jun 08 85.4%	<b>3:11.04</b> 27 May 07 68.0%
	400m	<b>5:36.63</b>	1 Feb 2009 Coimbra 1) 34.99   2) 46.32   3) 46.13   4) 38.95   1) 1:16.85   3) 1:34.58 41.86   43.73   48.45   36.20   2) 1:30.05   4) 1:15.15		<b>5:36.63</b> 1 Feb 09 100.0%	<b>6:02.26</b> 22 Feb 08 86.4%	