

Long Course (50m)		Alltime										Season 2009		Season 2008		Season 2007		Season 2006					
Freestyle	50m																						
	100m																						
	200m	<b>2:15.41</b> +0.90	4 Jul 2008		Coimbra								<b>2:15.41</b> +0.90	4 Jul 08		2:19.96		6 May 07		2:24.21		7 Jul 06	
	400m	<b>4:40.50</b>	10 May 2008		Coimbra								<b>4:40.50</b>	10 May 08		4:47.77		21 Jul 07		5:04.59		8 Jul 06	
		1) 31.78   2) 35.33   3) ---   4) ---   1) 1:06.70   3) --- 34.92   35.53   ---   ---   2) 1:10.86   4) ---												100.0%		95.0%		84.8%					
	800m	<b>9:44.26</b> +1.00	3 Jul 2008		Coimbra								<b>9:44.26</b> +1.00	3 Jul 08				10:35.70		9 Jul 06			
		1) 1:09.09   1:09.09   6) 1:13.39   4:49.32   7) 1:13.63   8:30.33 2) 1:13.67   2:22.76   5) 1:13.95   6:03.27   8) 1:13.93   9:44.26 3) 1:13.17   3:35.93   6) 1:13.43   7:16.70												100.0%				84.5%					
	1500m	<b>18:19.04</b> +1.00	3 Jul 2008		Coimbra								<b>18:19.04</b> +1.00	3 Jul 08				19:50.58		9 Jul 06			
		1) 1:09.09   1:09.09   6) 1:13.43   7:16.70   11) 1:14.05   13:26.55 2) 1:13.67   2:22.76   7) 1:13.63   8:30.33   12) 1:13.91   14:40.46 3) 1:13.17   3:35.93   8) 1:13.93   9:44.26   13) 1:13.54   15:54.00 4) 1:13.39   4:49.32   9) 1:14.39   10:58.65   14) 1:13.35   17:07.35 5) 1:13.95   6:03.27   10) 1:13.85   12:12.50   15) 1:11.69   18:19.04												100.0%				85.2%					
Backstroke	50m																						
	100m	<b>1:16.80</b> +0.80	19 Apr 2008		Coimbra								<b>1:16.80</b> +0.80	19 Apr 08		1:19.70		6 Jul 07		1:23.54		18 Feb 06	
	200m																						
Breaststroke	50m	<b>34.76</b> +0.33	17 May 2008		Coimbra						<b>34.99</b> +0.84		30 May 09		<b>34.76</b> +0.33		17 May 08				<b>37.45</b> 86.2%		
	100m	<b>1:14.95</b> +0.90	15 Mar 2008		Rio Maior						<b>1:18.42</b> +0.95		20 Jun 09		<b>1:14.95</b> +0.90		15 Mar 08		<b>1:15.12</b> 99.5%		<b>1:19.84</b> 88.1%		
	200m	<b>2:41.98</b>	2 Feb 2008		Coimbra						<b>2:50.65</b> +0.95		21 Jun 09		<b>2:41.98</b>		2 Feb 08		<b>2:44.65</b> 96.8%		<b>2:52.93</b> 87.7%		
		36.79   41.18   1:17.97   43.05   40.96   1:24.01										90.1%		100.0%		100.0%							
Fly	50m	<b>30.34</b> +0.81	2 Jul 2009		Coimbra						<b>30.34</b> +0.81		2 Jul 09										
	100m	<b>1:09.53</b>	10 May 2008		Coimbra										<b>1:09.53</b>		10 May 08		<b>1:12.07</b> 93.1%				
	200m	<b>2:41.89</b>	20 May 2007		Coimbra												2:41.89		20 May 07		100.0%		
		35.08   42.15   1:17.23   43.65   41.01   1:24.66																					
Medley	100m																						
	200m	<b>2:30.50</b>	11 May 2008		Coimbra						<b>2:36.84</b> +0.85		5 Jul 09		<b>2:30.50</b> 100.0%		<b>2:34.12</b> 95.4%		<b>2:41.24</b> 87.1%				
	400m	<b>5:22.43</b> +0.95	14 Mar 2008		Rio Maior						<b>5:32.01</b> +0.84		3 Jul 09		<b>5:22.43</b> +0.95		14 Mar 08		<b>5:22.71</b> 99.8%				
		1) 33.36   2) 43.37   3) 43.96   4) 36.23   1) 1:14.90   3) 1:28.22 41.54   43.07   44.26   36.64   2) 1:26.44   4) 1:12.87										94.3%		100.0%									

Short Course (25m) Alltime				Season 2010	Season 2009	Season 2008	Season 2007
Freestyle	50m	<b>28.10</b>	16 May 2009 Cantanhede		28.10 16 May 09 100.0%		
	100m	<b>1:01.64</b>	25 Nov 2007 Coimbra 29.62   32.02		1:02.11 9 May 09 98.5%	1:01.64 25 Nov 07 100.0%	1:03.77 20 Jan 07 93.4%
	200m						
	400m	<b>4:41.92</b>	31 Mar 2007 Braga 1) 31.67   2) 35.59   3) 36.52   4) 36.39   1) 1:06.38   3) 1:12.69 34.71   36.09   36.17   34.78   2) 1:11.68   4) 1:11.17			4:43.65 8 Dec 07 98.8%	4:41.92 31 Mar 07 100.0%
	800m	<b>9:32.41</b>	8 Dec 2007 Cantanhede 1) 1:10.29   1:10.29   4) 1:11.72   4:43.65   7) 1:12.22   8:20.26 2) 1:10.61   2:20.90   5) 1:11.79   5:55.44   8) 1:12.15   9:32.41 3) 1:11.03   3:31.93   6) 1:12.60   7:08.04			9:32.41 8 Dec 07 100.0%	10:06.38 9 Dec 06 89.1%
	1500m	<b>18:01.19</b>	8 Dec 2007 Cantanhede 1) 1:10.29   1:10.29   6) 1:12.60   7:08.04   11) 1:13.29   13:11.21 2) 1:10.61   2:20.90   7) 1:12.22   8:20.26   12) 1:13.89   14:25.10 3) 1:11.03   3:31.93   8) 1:12.15   9:32.41   13) 1:13.07   15:38.17 4) 1:11.72   4:43.65   9) 1:12.63   10:45.04   14) 1:12.96   16:51.13 5) 1:11.79   5:55.44   10) 1:12.88   11:57.92   15) 1:10.06   18:01.19			18:01.19 8 Dec 07 100.0%	19:03.48 9 Dec 06 89.4%
Backstroke	50m						
	100m	<b>1:14.48</b>	21 Jan 2007 Mira 36.75   37.73		1:16.47 10 May 09 94.9%	1:15.33 13 Jan 08 97.8%	1:14.48 21 Jan 07 100.0%
	200m	<b>2:41.76</b>	28 Oct 2007 Coimbra 37.36   41.29   1:18.65   41.62   41.49   1:23.11			2:41.76 28 Oct 07 100.0%	2:47.85 29 Oct 06 92.9%
Breaststroke	50m	<b>34.08</b>	14 Jun 2009 Coimbra		34.08 14 Jun 09 100.0%	34.27 25 Nov 07 98.9%	
	100m	<b>1:13.55</b>	14 Jun 2008 Cantanhede 34.42   39.13		1:16.00 13 Jun 09 93.7%	1:13.55 14 Jun 08 100.0%	1:13.66 31 Mar 07 99.7%
	200m	<b>2:38.59</b> +0.94	2 Dec 2007 Viseu 36.21   39.86   1:16.07   41.06   41.46   1:22.52		2:47.02 14 Jun 09 90.2%	2:38.59 2 Dec 07 100.0%	2:39.58 4 Mar 07 98.8%
Fly	50m						
	100m	<b>1:09.66</b>	12 Jan 2008 Coimbra 32.67   36.99		1:11.91 9 May 09 93.8%	1:09.66 12 Jan 08 100.0%	1:11.42 17 Feb 07 95.1%
	200m	<b>2:30.35</b>	14 Jun 2008 Cantanhede 33.06   39.76   1:12.82   38.97   38.56   1:17.53			2:30.35 14 Jun 08 100.0%	2:39.15 4 Mar 07 89.2%
Medley	100m	<b>1:10.18</b>	25 Nov 2007 Coimbra 33.57   36.61			1:10.18 25 Nov 07 100.0%	
	200m	<b>2:29.57</b>	4 Mar 2007 Mealhada 33.74   41.09   1:14.83   40.81   33.93   1:14.74		2:33.64 14 Jun 09 94.8%	2:30.15 24 Nov 07 99.2%	2:29.57 4 Mar 07 100.0%
	400m	<b>5:11.72</b>	5 Jan 2008 Benedita 1) 33.22   2) --:--   3) --:--   4) --:--   1) 1:13.00   3) 1:25.53 39.78   --:--   --:--   --:--   2) 1:24.25   4) 1:08.94		5:19.52 13 Jun 09 95.2%	5:11.72 5 Jan 08 100.0%	5:15.01 2 Mar 07 97.9%