

Long Course (50m)		Alltime	Season 2009	Season 2008	Season 2007	Season 2006
Freestyle	50m					
	100m	1:05.76 25 Jul 2009 S. João da Madeira +1.02 31.68 34.08	1:05.76 25 Jul 09 +1.02 100.0%	1:11.65 19 Jul 08 +0.99 84.2%		
	200m	2:18.52 26 Jul 2009 S. João da Madeira +0.88 32.26 35.16 1:07.42 36.11 34.99 1:11.10	2:18.52 26 Jul 09 +0.88 100.0%	2:30.89 20 Jul 08 +0.85 84.3%		
	400m	4:43.62 31 May 2009 Coimbra +0.91 1) 33.24 2) 36.25 3) 35.89 4) 36.26 1) 1:08.91 3) 1:12.16 35.67 35.95 36.27 34.09 2) 1:12.20 4) 1:10.35	4:43.62 31 May 09 +0.91 100.0%	5:12.84 20 Jul 08 +0.86 82.2%		
	800m	9:47.65 25 Jul 2009 S. João da Madeira +1.01 1) 1:08.15 1:08.15 4) 1:14.02 4:48.99 7) 1:15.49 8:34.51 2) 1:13.26 2:21.41 5) 1:15.02 6:04.01 8) 1:13.14 9:47.65 3) 1:13.56 3:34.97 6) 1:15.01 7:19.02	9:47.65 25 Jul 09 +1.01 100.0%	10:33.86 19 Jul 08 +0.94 86.0%		
	1500m	18:29.04 5 Jul 2009 Coimbra +0.86 1) 1:08.39 1:08.39 6) 1:14.74 7:16.36 11) 1:15.31 13:34.33 2) 1:12.87 2:21.26 7) 1:15.90 8:32.26 12) 1:15.25 14:49.58 3) 1:11.55 3:32.81 8) 1:15.55 9:47.81 13) 1:14.51 16:04.09 4) 1:13.40 4:46.21 9) 1:15.16 11:02.97 14) 1:14.14 17:18.23 5) 1:15.41 6:01.62 10) 1:16.05 12:19.02 15) 1:10.81 18:29.04	18:29.04 5 Jul 09 +0.86 100.0%			
Backstroke	50m					
	100m	1:32.20 27 Jun 2008 S. João da Madeira		1:32.20 27 Jun 08 100.0%		
	200m					
Breaststroke	50m					
	100m					
	200m	3:24.34 18 Jan 2009 Coimbra +0.92 47.68 53.03 1:40.71 51.67 51.96 1:43.63	3:24.34 18 Jan 09 +0.92 100.0%	3:34.88 11 May 08 90.4%		
Fly	50m					
	100m	1:18.27 12 Jul 2009 S. João da Madeira	1:18.27 12 Jul 09 100.0%	1:40.32 10 May 08 60.9%		
	200m	2:42.26 11 Jul 2009 S. João da Madeira --:-- --:-- 1:18.50 --:-- --:-- 1:23.76	2:42.26 11 Jul 09 100.0%			
Medley	100m					
	200m	2:52.60 18 Jan 2009 Coimbra +0.90 36.43 47.48 1:23.91 52.79 35.90 1:28.69	2:52.60 18 Jan 09 +0.90 100.0%	3:06.82 11 May 08 85.4%		
	400m	5:38.49 10 Jul 2009 S. João da Madeira 1) --:-- 2) --:-- 3) --:-- 4) --:-- 1) 1:18.60 3) 1:42.92 --:-- --:-- --:-- --:-- 2) 1:28.75 4) 1:08.22	5:38.49 10 Jul 09 100.0%	6:51.85 3 Feb 08 67.5%		

Short Course (25m)		Alltime			Season 2010		Season 2009		Season 2008		Season 2007	
Freestyle	50m	37.25	5 Jan 2008	Benedita					37.25	5 Jan 08 100.0%	44.95	25 Feb 07 68.7%
	100m	1:04.21	16 May 2009 31.49 32.72	Cantanhede			1:04.21	16 May 09 100.0%	1:12.59	14 Jun 08 78.2%	1:41.61	27 Jan 07 39.9%
	200m	2:16.32	14 Jun 2009 32.40 34.37 1:06.77 34.94 34.61 1:09.55	Coimbra			2:16.32	14 Jun 09 100.0%	2:32.63	15 Jun 08 79.8%		
	400m	4:37.60	14 Jun 2009 1) 32.43 2) 35.38 3) 35.29 4) 35.14 35.03 35.27 35.30 33.76 1) 1:07.46 3) 1:10.59 1:10.65 4) 1:08.90	Coimbra			4:37.60	14 Jun 09 100.0%	5:11.65	15 Jun 08 79.3%	6:48.13	24 Mar 07 46.3%
	800m	9:35.74	13 Jun 2009 1) 1:09.29 1:09.29 4) 1:13.53 4:45.19 2) 1:12.22 2:21.51 5) 1:12.97 5:58.16 3) 1:10.15 3:31.66 6) 1:12.95 7:11.11 7) 1:14.47 8:25.58 8) 1:10.16 9:35.74	Coimbra			9:35.74	13 Jun 09 100.0%	10:43.65	14 Jun 08 80.0%	13:52.49	27 May 07 47.8%
	1500m											
Backstroke	50m	50.55	25 Feb 2007	Lousã							50.55	25 Feb 07 100.0%
	100m	1:18.46	10 May 2009 39.05 39.41	Coimbra			1:18.46	10 May 09 100.0%	1:32.54	13 Jan 08 71.9%	1:39.02	30 Jun 07 62.8%
	200m	3:33.83	27 Oct 2007 52.48 54.19 1:46.67 53.17 53.99 1:47.16	Coimbra					3:33.83	27 Oct 07 100.0%		
Breaststroke	50m											
	100m	1:28.12	9 May 2009 42.12 46.00	Coimbra			1:28.12	9 May 09 100.0%	1:47.28	26 Jan 08 67.5%	1:56.32	1 Jul 07 57.4%
	200m	3:20.54	26 Oct 2008 45.42 51.81 1:37.23 52.02 51.29 1:43.31	Coimbra			3:20.54	26 Oct 08 100.0%	3:28.92	14 Jun 08 92.1%		
Fly	50m	1:02.62	16 Dec 2006	Paião							1:02.62	16 Dec 06 100.0%
	100m	1:13.77	16 May 2009 33.95 39.82	Cantanhede			1:13.77	16 May 09 100.0%	1:29.90	15 Jun 08 67.3%	1:57.88	24 Mar 07 39.2%
	200m	2:41.90	7 Mar 2009 36.49 42.73 1:19.22 42.04 40.64 1:22.68	Cantanhede			2:41.90	7 Mar 09 100.0%				
Medley	100m	1:45.88	25 Apr 2007	Gouveia							1:45.88	25 Apr 07 100.0%
	200m	2:40.80	10 May 2009 34.93 42.60 1:17.53 48.65 34.62 1:23.27	Coimbra			2:40.80	10 May 09 100.0%	3:22.46	13 Jan 08 63.1%	3:38.90	1 Jul 07 54.0%
	400m	5:39.27	1 Feb 2009 1) 35.77 2) 44.31 3) 51.06 4) 37.59 43.68 42.94 50.29 33.63 2) 1:27.25 4) 1:11.22	Coimbra			5:39.27	1 Feb 09 100.0%	7:09.54	8 Dec 07 62.4%		