

Long Course (50m)		Alltime	Season 2009	Season 2008	Season 2007	Season 2006
Freestyle	50m					
	100m					
	200m					
	400m					
	800m					
	1500m					
Backstroke	50m					
	100m					
	200m					
Breaststroke	50m					
	100m					
	200m					
Fly	50m					
	100m					
	200m					
Medley	100m					
	200m					
	400m					

Short Course (25m)		Alltime	Season 2010		Season 2009	Season 2008	Season 2007
Freestyle	50m	31.95 16 May 2009 Cantanhede			31.95 16 May 09 100.0%	40.78 7 Jun 08 61.4%	
	100m	1:08.67 12 Jul 2009 Coimbra			1:08.67 12 Jul 09 100.0%		
	200m	2:49.66 10 Jan 2009 Lousã 37.10 43.43 1:20.53 --:-- --:-- 1:29.13			2:49.66 10 Jan 09 100.0%		
	400m	5:21.76 11 Jul 2009 Coimbra 1) 34.27 2) --:-- 3) --:-- 4) --:-- 1) 1:14.04 3) --:-- 39.77 --:-- --:-- --:-- 2) 1:21.61 4) --:--			5:21.76 11 Jul 09 100.0%		
	800m	12:07.43 23 May 2009 Coimbra 1) 1:19.00 1:19.00 4) --:-- 5:51.07 7) --:-- --:-- 2) 1:29.18 2:48.18 5) --:-- --:-- 8) --:-- 12:07.43 3) --:-- --:-- 6) --:-- --:--			12:07.43 23 May 09 100.0%		
	1500m						
Backstroke	50m	38.86 2 May 2009 Coimbra			38.86 2 May 09 100.0%		
	100m	1:18.92 12 Jul 2009 Coimbra 38.21 40.71			1:18.92 12 Jul 09 100.0%		
	200m						
Breaststroke	50m	52.07 21 Jun 2008 Lousã				52.07 21 Jun 08 100.0%	
	100m	1:33.00 12 Jul 2009 Coimbra 43.47 49.53			1:33.00 12 Jul 09 100.0%		
	200m						
Fly	50m						
	100m	1:32.19 11 Jul 2009 Coimbra 40.98 51.21			1:32.19 11 Jul 09 100.0%		
	200m						
Medley	100m	1:23.57 16 May 2009 Cantanhede 40.21 43.36			1:23.57 16 May 09 100.0%		
	200m	3:07.31 15 Mar 2009 Cantanhede 43.54 --:-- --:-- --:-- --:-- --:--			3:07.31 15 Mar 09 100.0%		
	400m						