

Long Course (50m)		Alltime	Season 2009	Season 2008	Season 2007	Season 2006
Freestyle	50m					
	100m	1:24.60 12 Jul 2009 S.João da Madeira	1:24.60 12 Jul 09 100.0%			
	200m					
	400m	6:39.41 17 Jan 2009 Coimbra +0.89 1) 43.45 2) 51.61 3) 51.51 4) 52.24 1) 1:34.19 3) 1:43.67 50.74 51.90 52.16 45.80 2) 1:43.51 4) 1:38.04	6:39.41 17 Jan 09 +0.89 100.0%			
	800m					
	1500m					
Backstroke	50m					
	100m	1:39.02 10 Jul 2009 S.João da Madeira	1:39.02 10 Jul 09 100.0%			
	200m	3:28.53 11 Jul 2009 S.João da Madeira --:-- --:-- 1:42.87 --:-- --:-- 1:45.66	3:28.53 11 Jul 09 100.0%			
Breaststroke	50m					
	100m	1:51.08 11 Jul 2009 S.João da Madeira	1:51.08 11 Jul 09 100.0%			
	200m	4:01.40 18 Jan 2009 Coimbra +0.96 56.21 1:02.22 1:58.43 1:02.22 1:00.75 2:02.97	4:01.40 18 Jan 09 +0.96 100.0%			
Fly	50m					
	100m					
	200m					
Medley	100m					
	200m	3:38.85 18 Jan 2009 Coimbra +0.92 51.65 53.35 1:45.00 1:04.19 49.66 1:53.85	3:38.85 18 Jan 09 +0.92 100.0%			
	400m					

Short Course (25m)		Alltime			Season 2010		Season 2009		Season 2008		Season 2007	
Freestyle	50m											
	100m	1:21.08	16 May 2009	Cantanhede			1:21.08	16 May 09 100.0%	1:39.29	13 Jul 08 66.7%		
	200m											
	400m	6:49.20	26 Oct 2008	Coimbra			6:49.20	26 Oct 08 100.0%				
	800m											
	1500m	26:34.36	6 Dec 2008	Cantanhede			26:34.36	6 Dec 08 100.0%				
Backstroke	50m											
	100m	1:35.58	14 Jun 2009	Coimbra			1:35.58	14 Jun 09 100.0%	1:59.25	12 Jul 08 64.2%		
	200m	3:27.79	14 Feb 2009	Mealhada			3:27.79	14 Feb 09 100.0%				
Breaststroke	50m											
	100m	1:48.97	14 Feb 2009	Mealhada			1:48.97	14 Feb 09 100.0%	2:00.00	13 Jul 08 82.5%		
	200m	3:51.20	15 Feb 2009	Mealhada			3:51.20	15 Feb 09 100.0%				
Fly	50m											
	100m	1:49.79	9 May 2009	Coimbra			1:49.79	9 May 09 100.0%				
	200m											
Medley	100m											
	200m	3:33.67	31 Jan 2009	Coimbra			3:33.67	31 Jan 09 100.0%				
	400m	7:31.45	7 Dec 2008	Cantanhede			7:31.45	7 Dec 08 100.0%				