

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	<b>1:35.57</b> 8 Mar 2008 Rio Maior		<b>1:35.57</b> 8 Mar 08 100.0%		
	200m					
Medley	100m					
	200m					
	400m					

Short Course (25m)		Alltime				Season 2010		Season 2009		Season 2008		Season 2007	
Freestyle	50m	31.95	15 Mar 2009	Cantanhede				31.95	15 Mar 09 100.0%	34.23	21 Jun 08 87.1%	38.36	24 Mar 07 69.4%
	100m	1:10.08	2 May 2009 33.24   36.84	Coimbra				1:10.08	2 May 09 100.0%	1:14.98	13 Jul 08 87.4%	1:28.09	25 Feb 07 63.3%
	200m	2:37.35	10 Jan 2009 35.39   40.43   1:15.82   ---   ---   1:21.53	Lousã				2:37.35	10 Jan 09 100.0%	2:38.13	12 Jul 08 99.0%	3:02.65	1 Jul 07 74.2%
	400m	5:14.11	23 May 2009 1) 33.70   2) ---   3) ---   4) ---   1) 1:12.08   3) --- 38.38   ---   ---   ---   2) 1:19.20   4) ---	Coimbra				5:14.11	23 May 09 100.0%	5:37.84	31 May 08 86.4%	6:12.85	26 May 07 71.0%
	800m	10:39.71	23 May 2009 1) 1:12.08   1:12.08   4) ---   5:14.11   7) ---   --- 2) 1:19.20   2:31.28   5) ---   ---   8) ---   10:39.71 3) ---   ---   6) ---   ---	Coimbra				10:39.71	23 May 09 100.0%				
	1500m												
Backstroke	50m	39.32	20 Jun 2009	Lousã				39.32	20 Jun 09 100.0%			46.21	1 Jul 07 72.4%
	100m	1:21.18	11 Jul 2009 39.36   41.82	Coimbra				1:21.18	11 Jul 09 100.0%	1:38.54	9 Feb 08 67.9%		
	200m												
Breaststroke	50m	51.31	25 Nov 2006	S. Martinho do Bispo								51.31	25 Nov 06 100.0%
	100m	1:30.37	12 Jul 2009 43.80   46.57	Coimbra				1:30.37	12 Jul 09 100.0%	1:36.60	13 Jul 08 87.5%		
	200m												
Fly	50m	38.98	12 Jul 2008	Condeixa				39.10	15 Nov 08 99.4%	38.98	12 Jul 08 100.0%	46.97	24 Mar 07 68.9%
	100m	1:18.81	14 Mar 2009 36.25   42.56	Cantanhede				1:18.81	14 Mar 09 100.0%				
	200m												
Medley	100m	1:18.41	16 May 2009 37.61   40.80	Cantanhede				1:18.41	16 May 09 100.0%	1:25.76	3 May 08 83.6%	1:30.97	30 Jun 07 74.3%
	200m	2:49.76	24 May 2009 37.22   ---   ---   ---   ---	Coimbra				2:49.76	24 May 09 100.0%	3:04.75	1 Jun 08 84.4%	3:25.91	27 May 07 68.0%
	400m												