

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	39.29	16 May 2009	Cantanhede				39.29	16 May 09 100.0%			43.99	30 Jun 07 79.8%
	100m	1:19.16	11 Jul 2009 37.31 41.85	Coimbra				1:19.16	11 Jul 09 100.0%			1:38.36	25 Feb 07 64.8%
	200m	3:29.50	1 Jul 2007 44.16 54.85 1:39.01 --:-- --:-- 1:50.49	Condeixa								3:29.50	1 Jul 07 100.0%
	400m	5:56.82	11 Jul 2009 1) 37.61 2) --:-- 3) --:-- 4) --:-- 44.09 --:-- --:-- --:--	Coimbra				5:56.82	11 Jul 09 100.0%			7:22.55	27 May 07 65.0%
	800m	12:26.48	24 May 2009 1) 1:22.95 1:22.95 4) --:-- 2) 1:34.00 2:56.95 5) --:-- 3) --:-- 6) --:--	Coimbra				12:26.48	24 May 09 100.0%				
	1500m												
Backstroke	50m	50.63	1 Jul 2007	Condeixa								50.63	1 Jul 07 100.0%
	100m												
	200m												
Breaststroke	50m	48.75	20 Jun 2009	Lousã				48.75	20 Jun 09 100.0%			53.98	30 Jun 07 81.6%
	100m	1:46.14	12 Jul 2009 48.20 57.94	Coimbra				1:46.14	12 Jul 09 100.0%				
	200m												
Fly	50m												
	100m	1:41.76	11 Jul 2009 46.10 55.66	Coimbra				1:41.76	11 Jul 09 100.0%				
	200m												
Medley	100m	1:32.93	16 May 2009 43.06 49.87	Cantanhede				1:32.93	16 May 09 100.0%	1:44.44	17 Nov 07 79.2%	1:57.41	14 Jan 07 62.6%
	200m	3:16.30	23 May 2009 47.18 --:-- --:-- --:-- --:--	Coimbra				3:16.30	23 May 09 100.0%			3:53.93	26 May 07 70.4%
	400m												