

Long Course (50m)				Alltime	Season 2009	Season 2008	Season 2007	Season 2006
Freestyle	50m	28.96	3 Feb 2008	Coimbra		28.96 3 Feb 08 100.0%	29.32 5 May 07 97.6%	
	100m	1:00.49 +0.80	5 Jul 2009 29.51 30.98	Coimbra	1:00.49 5 Jul 09 +0.80 100.0%	1:01.90 2 Mar 08 95.5%	1:02.46 8 Jul 07 93.8%	1:04.63 23 Jul 06 87.6%
	200m	2:08.69 +0.81	3 Jul 2009 30.04 31.97 1:02.01 33.60 33.08 1:06.68	Coimbra	2:08.69 3 Jul 09 +0.81 100.0%	2:11.16 4 Jul 08 +0.82 96.3%	2:14.61 21 Jul 07 91.4%	2:23.15 22 Jul 06 80.8%
	400m	4:32.34 +0.88	4 Jul 2009 1) 30.36 2) 34.12 3) 34.89 4) 34.70 33.46 35.33 35.63 33.85 1) 1:03.82 3) 1:10.52 2) 1:09.45 4) 1:08.55	Coimbra	4:32.34 4 Jul 09 +0.88 100.0%	4:37.32 10 May 08 96.4%	4:44.21 21 Jul 07 91.8%	5:23.62 9 Jul 06 70.8%
	800m	9:34.89 +0.84	3 Jul 2008 1) 1:08.11 1:08.11 4) 1:12.32 4:42.99 2) 1:10.94 2:19.05 5) 1:13.37 5:56.36 3) 1:11.62 3:30.67 6) 1:12.70 7:09.06 7) 1:12.91 8:21.97 8) 1:12.92 9:34.89	Coimbra	9:41.09 2 Jul 09 +0.99 97.9%	9:34.89 3 Jul 08 +0.84 100.0%		10:46.04 9 Jul 06 79.2%
	1500m	18:09.96 +0.84	3 Jul 2008 1) 1:08.11 1:08.11 6) 1:12.70 7:09.06 2) 1:10.94 2:19.05 7) 1:12.91 8:21.97 3) 1:11.62 3:30.67 8) 1:12.92 9:34.89 4) 1:12.32 4:42.99 9) 1:13.13 10:48.02 14) 1:14.41 16:57.20 5) 1:13.37 5:56.36 10) 1:13.38 12:01.40 15) 1:12.76 18:09.96	Coimbra	18:23.02 2 Jul 09 +0.99 97.6%	18:09.96 3 Jul 08 +0.84 100.0%		20:00.37 9 Jul 06 82.5%
Backstroke	50m							
	100m	1:17.98	10 May 2008 38.33 39.65	Coimbra	1:21.05 17 Jan 09 +1.01 92.6%	1:17.98 10 May 08 100.0%		1:32.53 18 Feb 06 71.0%
	200m							
Breaststroke	50m							
	100m							
	200m							
Fly	50m	33.81	6 May 2007	Coimbra			33.81 6 May 07 100.0%	34.55 21 May 06 95.8%
	100m	1:17.17	20 May 2006 36.46 40.71	Coimbra				1:17.17 20 May 06 100.0%
	200m	2:45.04 +0.98	18 Jan 2009 35.01 41.52 1:16.53 44.42 44.09 1:28.51	Coimbra	2:45.04 18 Jan 09 +0.98 100.0%	2:46.40 11 May 08 98.4%	2:51.17 24 Feb 07 93.0%	2:53.44 7 Jul 06 90.5%
Medley	100m							
	200m	2:35.73 +0.93	18 Jan 2009 33.12 42.57 1:15.69 45.91 34.13 1:20.04	Coimbra	2:35.73 18 Jan 09 +0.93 100.0%	2:38.46 2 Mar 08 96.6%	2:38.20 9 Jun 07 96.9%	2:45.83 8 Jul 06 88.2%
	400m	5:31.21	27 Feb 2009 1) 34.86 2) 43.81 3) 46.97 4) 36.34 42.55 43.77 49.24 33.67 1) 1:17.41 3) 1:36.21 2) 1:27.58 4) 1:10.01	Coimbra	5:31.21 27 Feb 09 100.0%		5:42.75 6 Jul 07 93.4%	

Short Course (25m) Alltime				Season 2010	Season 2009	Season 2008	Season 2007
Freestyle	50m	27.54	1 Feb 2009 Coimbra		27.54 1 Feb 09 100.0%	28.39 5 Jan 08 94.1%	
	100m	58.66	16 May 2009 Cantanhede 28.53 30.13		58.66 16 May 09 100.0%	1:00.51 26 Jan 08 94.0%	1:01.00 1 Apr 07 92.5%
	200m	2:08.43	14 Jun 2008 Cantanhede 30.09 31.93 1:02.02 32.91 33.50 1:06.41		2:09.28 13 Jun 09 98.7%	2:08.43 14 Jun 08 100.0%	2:12.17 31 Mar 07 94.4%
	400m	4:28.51	14 Jun 2008 Cantanhede 1) 31.21 2) 33.20 3) 34.11 4) 34.55 33.04 33.78 35.04 33.58		4:30.58 14 Dec 08 +0.66 98.5%	4:28.51 14 Jun 08 100.0%	4:46.24 3 Mar 07 88.0%
	800m	9:14.24	14 Dec 2008 Tomar +0.66 1) 1:04.27 1:04.27 4) 1:09.72 4:30.58 7) 1:11.69 8:04.66 2) 1:07.50 2:11.77 5) 1:10.85 5:41.43 8) 1:09.58 9:14.24 3) 1:09.09 3:20.86 6) 1:11.54 6:52.97		9:14.24 14 Dec 08 +0.66 100.0%	9:36.87 15 Jun 08 92.3%	10:07.33 1 Apr 07 83.3%
	1500m	17:57.52	6 Dec 2008 Cantanhede 1) 1:06.25 1:06.25 6) 1:11.95 7:03.63 11) 1:12.88 13:08.67 2) 1:10.61 2:16.86 7) 1:12.44 8:16.07 12) 1:12.70 14:21.37 3) 1:11.73 3:28.59 8) 1:13.12 9:29.19 13) 1:13.04 15:34.41 4) 1:11.54 4:40.13 9) 1:13.19 10:42.38 14) 1:12.01 16:46.42 5) 1:11.55 5:51.68 10) 1:13.41 11:55.79 15) 1:11.10 17:57.52		17:57.52 6 Dec 08 100.0%	18:17.41 15 Jun 08 96.4%	19:02.46 4 Mar 07 89.0%
Backstroke	50m						
	100m	1:18.41	10 May 2009 Coimbra 38.61 39.80		1:18.41 10 May 09 100.0%	1:18.42 13 Jan 08 100.0%	1:19.11 21 Jan 07 98.2%
	200m	2:48.19	26 Oct 2008 Coimbra 40.48 42.67 1:23.15 43.30 41.74 1:25.04		2:48.19 26 Oct 08 100.0%		
Breaststroke	50m	53.40	19 Jun 2004 Miranda do Corvo				
	100m	1:21.59	12 Jan 2008 Coimbra 38.46 43.13		1:22.81 9 May 09 97.1%	1:21.59 12 Jan 08 100.0%	1:29.58 20 Jan 07 83.0%
	200m	3:05.73	25 Oct 2008 Coimbra 42.02 47.73 1:29.75 48.46 47.52 1:35.98		3:05.73 25 Oct 08 100.0%		
Fly	50m						
	100m	1:09.28	16 May 2009 Cantanhede 32.18 37.10		1:09.28 16 May 09 100.0%	1:12.36 14 Jun 08 91.7%	1:15.02 3 Mar 07 85.3%
	200m	2:46.78	21 Nov 2008 Coimbra 36.27 42.57 1:18.84 43.66 44.28 1:27.94		2:46.78 21 Nov 08 100.0%	2:46.93 28 Oct 07 99.8%	2:47.50 18 Feb 07 99.1%
Medley	100m	1:29.76	10 Apr 2005 Gouveia				
	200m	2:35.90	13 Jan 2008 Coimbra 34.73 42.52 1:17.25 45.32 33.33 1:18.65		2:37.32 10 May 09 98.2%	2:35.90 13 Jan 08 100.0%	2:40.41 18 Feb 07 94.5%
	400m	5:21.86	7 Dec 2008 Cantanhede 1) 34.51 2) 42.83 3) 44.80 4) 36.32 41.44 41.53 47.35 33.08		5:21.86 7 Dec 08 100.0%	5:24.88 9 Dec 07 98.1%	5:45.76 10 Dec 06 86.7%