

Long Course (50m)		Alltime	Season 2009	Season 2008	Season 2007	Season 2006
Freestyle	50m					
	100m	1:02.18 28 Jun 2008 S.João da Madeira		1:02.18 28 Jun 08 100.0%	1:07.23 20 May 07 85.5%	
	200m	2:06.83 19 Jul 2009 Faro +0.90 29.44 32.42 1:01.86 33.58 31.39 1:04.97	2:06.83 19 Jul 09 +0.90 100.0%	2:10.27 19 Jul 08 +0.88 94.8%	2:19.33 21 Jul 07 82.9%	
	400m	4:25.59 20 Jul 2009 Faro +0.92 1) 30.83 2) 33.62 3) 33.50 4) 34.74 1) 1:03.82 3) 1:07.76 32.99 33.69 34.26 31.96 2) 1:07.31 4) 1:06.70	4:25.59 20 Jul 09 +0.92 100.0%	4:34.29 10 May 08 93.8%	4:49.75 21 Jul 07 84.0%	
	800m	9:24.27 28 Feb 2009 Coimbra +0.96 1) 1:08.10 1:08.10 4) 1:10.21 4:38.90 7) 1:11.28 8:12.33 2) 1:10.58 2:18.68 5) 1:10.66 5:49.56 8) 1:11.94 9:24.27 3) 1:10.01 3:28.69 6) 1:11.49 7:01.05	9:24.27 28 Feb 09 +0.96 100.0%	9:30.33 20 Jul 08 +0.88 97.9%	9:58.08 22 Jul 07 89.0%	
	1500m	17:42.64 28 Feb 2009 Coimbra +0.96 1) 1:08.10 1:08.10 6) 1:11.49 7:01.05 11) 1:10.85 12:59.61 2) 1:10.58 2:18.68 7) 1:11.28 8:12.33 12) 1:11.20 14:10.81 3) 1:10.01 3:28.69 8) 1:11.94 9:24.27 13) 1:12.59 15:23.40 4) 1:10.21 4:38.90 9) 1:11.89 10:36.16 14) 1:10.81 16:34.21 5) 1:10.66 5:49.56 10) 1:12.60 11:48.76 15) 1:08.43 17:42.64	17:42.64 28 Feb 09 +0.96 100.0%	17:52.44 20 Jul 08 +0.88 98.2%	18:41.55 22 Jul 07 89.8%	
Backstroke	50m	34.34 18 Jan 2009 Coimbra +0.79	34.34 18 Jan 09 +0.79 100.0%	35.22 19 Apr 08 +0.75 95.1%	36.28 19 May 07 89.6%	
	100m	1:07.99 21 Jul 2009 Faro +0.68 33.12 34.87	1:07.99 21 Jul 09 +0.68 100.0%	1:12.89 10 May 08 87.0%	1:17.26 6 May 07 77.4%	
	200m	2:28.01 3 Jul 2009 Coimbra +0.71 35.39 37.04 1:12.43 39.14 36.44 1:15.58	2:28.01 3 Jul 09 +0.71 100.0%		2:43.80 7 Jul 07 81.6%	
Breaststroke	50m					
	100m					
	200m					
Fly	50m					
	100m	1:07.15 17 Jan 2009 Coimbra +0.84 31.32 35.83	1:07.15 17 Jan 09 +0.84 100.0%			
	200m	2:25.83 1 Mar 2009 Coimbra +0.91 32.85 37.23 1:10.08 37.07 38.68 1:15.75	2:25.83 1 Mar 09 +0.91 100.0%	2:38.30 11 May 08 84.9%		
Medley	100m					
	200m	2:29.50 18 Jan 2009 Coimbra +0.86 32.34 38.59 1:10.93 45.29 33.28 1:18.57	2:29.50 18 Jan 09 +0.86 100.0%	2:33.82 20 Jul 08 +0.86 94.5%	2:44.55 9 Jun 07 82.5%	
	400m	5:06.03 13 Mar 2009 Póvoa de Varzim +1.05 1) 32.74 2) 38.85 3) 46.51 4) 35.07 1) 1:09.23 3) 1:32.88 36.49 37.35 46.37 32.65 2) 1:16.20 4) 1:07.72	5:06.03 13 Mar 09 +1.05 100.0%	5:39.37 3 Feb 08 81.3%	5:57.50 10 Jun 07 73.3%	

Short Course (25m) Alltime				Season 2010	Season 2009	Season 2008	Season 2007
Freestyle	50m	40.79	14 May 2005 Paião				
	100m	58.90	16 May 2009 Cantanhede 28.70 30.20		58.90 16 May 09 100.0%	1:01.45 9 Mar 08 91.9%	1:13.63 20 Jan 07 64.0%
	200m	2:08.65	15 Jun 2008 Cantanhede 31.20 32.89 1:04.09 32.82 31.74 1:04.56			2:08.65 15 Jun 08 100.0%	2:27.04 3 Mar 07 76.6%
	400m	4:24.09	15 Nov 2008 Coimbra 1) 30.38 2) 33.25 3) 34.11 4) 34.09 1) 1:02.25 3) 1:08.33 31.87 33.89 34.22 32.28 2) 1:07.14 4) 1:06.37		4:24.09 15 Nov 08 100.0%	4:31.58 23 Feb 08 94.6%	4:59.83 31 Mar 07 77.6%
	800m	9:16.96	6 Dec 2008 Cantanhede 1) 1:05.88 1:05.88 4) 1:09.96 4:33.87 7) 1:11.18 8:06.44 2) 1:08.53 2:14.41 5) 1:10.61 5:44.48 8) 1:10.52 9:16.96 3) 1:09.50 3:23.91 6) 1:10.78 6:55.26		9:16.96 6 Dec 08 100.0%	9:18.90 15 Jun 08 99.3%	10:33.87 1 Apr 07 77.2%
	1500m	17:34.53	15 Jun 2008 Cantanhede 1) 1:07.74 1:07.74 6) 1:10.13 6:56.47 11) 1:09.89 12:51.85 2) 1:09.09 2:16.83 7) 1:11.00 8:07.47 12) 1:11.33 14:03.18 3) 1:09.83 3:26.66 8) 1:11.43 9:18.90 13) 1:10.91 15:14.09 4) 1:09.45 4:36.11 9) 1:11.14 10:30.04 14) 1:10.57 16:24.66 5) 1:10.23 5:46.34 10) 1:11.92 11:41.96 15) 1:09.87 17:34.53		17:34.98 6 Dec 08 99.9%	17:34.53 15 Jun 08 100.0%	19:42.70 1 Apr 07 79.5%
Backstroke	50m	31.35	13 Jun 2009 Coimbra		31.35 13 Jun 09 100.0%		
	100m	1:06.35	14 Jun 2009 Coimbra 32.53 33.82		1:06.35 14 Jun 09 100.0%	1:09.52 7 Mar 08 91.1%	1:17.47 2 Mar 07 73.4%
	200m	2:20.87	13 Jun 2009 Coimbra 34.62 35.52 1:10.14 36.09 34.64 1:10.73		2:20.87 13 Jun 09 100.0%	2:26.27 14 Jun 08 92.8%	2:39.95 31 Mar 07 77.6%
Breaststroke	50m	54.91	4 Dec 2004 Coimbra				
	100m	1:19.12	9 May 2009 Coimbra 38.00 41.12		1:19.12 9 May 09 100.0%	1:26.08 12 Jan 08 84.5%	1:39.04 17 Feb 07 63.8%
	200m	2:58.31	25 Oct 2008 Coimbra 41.76 45.64 1:27.40 46.41 44.50 1:30.91		2:58.31 25 Oct 08 100.0%		
Fly	50m	50.33	25 Jun 2005 Condeixa				
	100m	1:06.10	16 May 2009 Cantanhede 31.11 34.99		1:06.10 16 May 09 100.0%	1:14.96 12 Jan 08 77.8%	1:36.89 20 Jan 07 46.5%
	200m	2:26.28 +0.88	14 Dec 2008 Tomar 31.90 37.17 1:09.07 38.64 38.57 1:17.21		2:26.28 14 Dec 08 +0.88 100.0%		
Medley	100m	1:33.94	4 Feb 2006 Gouveia				
	200m	2:24.24	10 May 2009 Coimbra 32.88 36.04 1:08.92 44.03 31.29 1:15.32		2:24.24 10 May 09 100.0%	2:36.73 13 Jan 08 84.7%	2:58.15 18 Feb 07 65.6%
	400m	5:07.08	13 Jun 2009 Coimbra 1) 34.02 2) 37.33 3) 45.67 4) 35.02 1) 1:12.29 3) 1:31.68 38.27 36.95 46.01 33.81 2) 1:14.28 4) 1:08.83		5:07.08 13 Jun 09 100.0%	5:14.99 14 Jun 08 95.0%	6:18.93 10 Dec 06 65.7%