

Long Course (50m)		Alltime										Season 2009		Season 2008		Season 2007		Season 2006	
Freestyle	50m																		
	100m																		
	200m	2:20.76 3 Jul 2009 Coimbra +0.82 33.12 35.81 1:08.93 36.90 34.93 1:11.83										2:20.76 3 Jul 09 +0.82 100.0%							
	400m	4:48.78 28 Feb 2009 Coimbra +0.89 1) 32.98 2) 37.17 3) 37.07 4) 37.08 1) 1:08.92 3) 1:13.68 35.94 36.85 36.61 35.08 2) 1:14.02 4) 1:12.16										4:48.78 28 Feb 09 +0.89 100.0%		4:56.84 10 May 08 94.6%		5:27.00 7 Jul 07 78.0%			
	800m	10:04.42 2 Jul 2009 Coimbra +0.86 1) 1:10.82 1:10.82 4) 1:16.44 4:57.71 7) 1:16.90 8:47.54 2) 1:15.07 2:25.89 5) 1:16.18 6:13.89 8) 1:16.88 10:04.42 3) 1:15.38 3:41.27 6) 1:16.75 7:30.64										10:04.42 2 Jul 09 +0.86 100.0%							
	1500m	19:02.09 2 Jul 2009 Coimbra +0.86 1) 1:10.82 1:10.82 6) 1:16.75 7:30.64 11) 1:17.53 13:55.58 2) 1:15.07 2:25.89 7) 1:16.90 8:47.54 12) 1:17.13 15:12.71 3) 1:15.38 3:41.27 8) 1:16.88 10:04.42 13) 1:16.89 16:29.60 4) 1:16.44 4:57.71 9) 1:16.53 11:20.95 14) 1:16.84 17:46.44 5) 1:16.18 6:13.89 10) 1:17.10 12:38.05 15) 1:15.65 19:02.09										19:02.09 2 Jul 09 +0.86 100.0%							
Backstroke	50m																		
	100m																		
	200m																		
Breaststroke	50m	44.27 6 May 2007 Coimbra														44.27 6 May 07 100.0%			
	100m	1:26.85 10 May 2008 Coimbra 40.70 46.15												1:26.85 10 May 08 100.0%		1:31.84 5 May 07 89.4%			
	200m	3:20.80 8 Jul 2007 Coimbra 44.55 52.32 1:36.87 50.76 53.17 1:43.93														3:20.80 8 Jul 07 100.0%			
Fly	50m																		
	100m	1:13.51 28 Jun 2008 S.João da Madeira										1:14.78 17 Jan 09 +0.86 96.6%		1:13.51 28 Jun 08 100.0%					
	200m	2:47.80 1 Mar 2009 Coimbra +0.91 35.48 42.49 1:17.97 45.20 44.63 1:29.83										2:47.80 1 Mar 09 +0.91 100.0%		2:51.66 29 Jun 08 95.6%					
Medley	100m																		
	200m	2:42.84 1 Mar 2009 Coimbra +0.85 33.98 46.57 1:20.55 46.25 36.04 1:22.29										2:42.84 1 Mar 09 +0.85 100.0%		2:45.08 11 May 08 97.3%		2:56.25 9 Jun 07 85.4%			
	400m	5:33.53 27 Feb 2009 Coimbra +0.89 1) 34.42 2) 46.33 3) 45.30 4) 37.14 1) 1:16.14 3) 1:32.65 41.72 45.57 47.35 35.70 2) 1:31.90 4) 1:12.84										5:33.53 27 Feb 09 +0.89 100.0%		5:42.14 27 Jun 08 95.0%		6:15.99 6 Jul 07 78.7%			

Short Course (25m) Alltime				Season 2010	Season 2009	Season 2008	Season 2007
Freestyle	50m	29.26	16 May 2009 Cantanhede		29.26 16 May 09 100.0%		
	100m	1:03.86	16 May 2009 Cantanhede 31.10 32.76		1:03.86 16 May 09 100.0%	1:07.22 12 Jan 08 90.3%	1:16.39 20 Jan 07 69.9%
	200m	2:22.06	23 Nov 2008 Coimbra 32.03 36.08 1:08.11 37.01 36.94 1:13.95		2:22.06 23 Nov 08 100.0%		
	400m	4:45.41	13 Jun 2009 Coimbra 1) 32.22 2) 35.86 3) 36.43 4) 36.75 1) 1:06.87 3) 1:13.11 34.65 36.11 36.68 36.71 2) 1:11.97 4) 1:13.46		4:45.41 13 Jun 09 100.0%	4:55.50 14 Jun 08 93.3%	5:29.34 17 Feb 07 75.1%
	800m	9:55.17	14 Jun 2009 Coimbra 1) 1:09.33 1:09.33 4) 1:14.86 4:54.08 7) 1:15.97 8:39.88 2) 1:14.99 2:24.32 5) 1:14.88 6:08.96 8) 1:15.29 9:55.17 3) 1:14.90 3:39.22 6) 1:14.95 7:23.91		9:55.17 14 Jun 09 100.0%	10:25.25 24 Feb 08 90.6%	12:15.21 9 Dec 06 65.5%
	1500m	18:43.40	14 Jun 2009 Coimbra 1) 1:09.33 1:09.33 6) 1:14.95 7:23.91 11) 1:15.47 13:42.54 2) 1:14.99 2:24.32 7) 1:15.97 8:39.88 12) 1:15.54 14:58.08 3) 1:14.90 3:39.22 8) 1:15.29 9:55.17 13) 1:15.53 16:13.61 4) 1:14.86 4:54.08 9) 1:15.57 11:10.74 14) 1:15.89 17:29.50 5) 1:14.88 6:08.96 10) 1:16.33 12:27.07 15) 1:13.90 18:43.40		18:43.40 14 Jun 09 100.0%	19:45.05 24 Feb 08 89.9%	23:17.92 9 Dec 06 64.6%
Backstroke	50m						
	100m	1:17.99	10 May 2009 Coimbra 38.55 39.44		1:17.99 10 May 09 100.0%	1:20.17 13 Jan 08 94.6%	1:29.01 21 Jan 07 76.8%
	200m	3:17.49	29 Oct 2006 Mira 47.39 51.18 1:38.57 51.13 47.79 1:38.92				3:17.49 29 Oct 06 100.0%
Breaststroke	50m						
	100m	1:21.84	9 May 2009 Coimbra 38.82 43.02		1:21.84 9 May 09 100.0%	1:29.29 12 Jan 08 84.0%	1:30.17 20 Jan 07 82.4%
	200m	2:57.18	21 Nov 2008 Coimbra 40.60 45.44 1:26.04 45.92 45.22 1:31.14		2:57.18 21 Nov 08 100.0%	3:17.53 27 Oct 07 80.5%	3:11.19 18 Feb 07 85.9%
Fly	50m	32.27	1 Feb 2009 Coimbra		32.27 1 Feb 09 100.0%		
	100m	1:12.30	1 Feb 2009 Coimbra 33.77 38.53		1:12.30 1 Feb 09 100.0%	1:13.93 14 Jun 08 95.6%	1:26.77 17 Feb 07 69.4%
	200m	2:44.21	31 Jan 2009 Coimbra 35.79 42.61 1:18.40 43.64 42.17 1:25.81		2:44.21 31 Jan 09 100.0%	2:48.33 14 Jun 08 95.2%	
Medley	100m	1:33.70	4 Feb 2006 Gouveia				
	200m	2:36.88	10 May 2009 Coimbra 34.41 42.91 1:17.32 45.11 34.45 1:19.56		2:36.88 10 May 09 100.0%	2:40.60 15 Jun 08 95.4%	2:58.06 21 Jan 07 77.6%
	400m	5:29.09	21 Nov 2008 Coimbra 1) 35.13 2) 44.60 3) 46.15 4) 37.42 1) 1:15.42 3) 1:32.49 40.29 43.14 46.34 36.02 2) 1:27.74 4) 1:13.44		5:29.09 21 Nov 08 100.0%	6:06.72 9 Dec 07 80.5%	6:32.98 10 Dec 06 70.1%