

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	34.39 16 May 2009 Cantanhede			34.39 16 May 09 100.0%		
	100m	1:12.97 11 Jul 2009 Coimbra 34.43 38.54			1:12.97 11 Jul 09 100.0%	1:30.66 13 Jul 08 64.8%	
	200m	2:59.71 10 Jan 2009 Lousã 39.61 44.85 1:24.46 --:-- --:-- 1:35.25			2:59.71 10 Jan 09 100.0%	3:11.49 12 Jul 08 88.1%	
	400m	5:50.86 23 May 2009 Coimbra 1) 38.99 2) --:-- 3) --:-- 4) --:-- 1) 1:22.68 3) --:-- 43.69 --:-- --:-- --:-- 2) 1:29.10 4) --:--			5:50.86 23 May 09 100.0%	7:15.04 31 May 08 65.0%	
	800m	11:50.94 23 May 2009 Coimbra 1) 1:22.68 1:22.68 4) --:-- 5:50.86 7) --:-- --:-- 2) 1:29.10 2:51.78 5) --:-- --:-- 8) --:-- 11:50.94 3) --:-- --:-- 6) --:-- --:--			11:50.94 23 May 09 100.0%		
	1500m						
Backstroke	50m	46.58 21 Jun 2008 Lousã				46.58 21 Jun 08 100.0%	
	100m	1:29.55 11 Jul 2009 Coimbra 42.86 46.69			1:29.55 11 Jul 09 100.0%	1:43.81 21 Jun 08 74.4%	
	200m						
Breaststroke	50m	47.61 20 Jun 2009 Lousã			47.61 20 Jun 09 100.0%		
	100m	1:39.49 12 Jul 2009 Coimbra			1:39.49 12 Jul 09 100.0%	1:52.15 13 Jul 08 78.7%	
	200m						
Fly	50m	45.70 12 Jul 2008 Condeixa				45.70 12 Jul 08 100.0%	
	100m	1:39.06 11 Jul 2009 Coimbra 44.49 54.57			1:39.06 11 Jul 09 100.0%		
	200m						
Medley	100m	1:28.47 2 May 2009 Coimbra			1:28.47 2 May 09 100.0%	1:45.68 3 May 08 70.1%	
	200m	3:14.66 24 May 2009 Coimbra 44.38 --:-- --:-- --:-- --:--			3:14.66 24 May 09 100.0%	3:40.79 1 Jun 08 77.7%	
	400m						