

Long Course (50m)		Alltime				Season 2009		Season 2008		Season 2007		Season 2006	
Freestyle	50m												
	100m	<b>1:12.29</b>	12 Jul 2009	S.João da Madeira		<b>1:12.29</b>	12 Jul 09 100.0%	<b>1:16.75</b>	8 Mar 08 +0.74 88.7%				
	200m												
	400m	<b>5:24.62</b>	11 Jul 2009	S.João da Madeira		<b>5:24.62</b>	11 Jul 09 100.0%						
		1) --:--   2) --:--   3) --:--   4) --:--   1) 1:15.83   3) 1:24.40 --:--   --:--   --:--   --:--   2) 1:23.42   4) 1:20.97											
	800m												
	1500m												
Backstroke	50m												
	100m												
	200m	<b>3:05.08</b> +0.73	18 Jan 2009	Coimbra		<b>3:05.08</b> +0.73	18 Jan 09 100.0%						
Breaststroke	50m												
	100m	<b>1:31.87</b>	11 Jul 2009	S.João da Madeira		<b>1:31.87</b>	11 Jul 09 100.0%						
	200m	<b>3:13.77</b>	12 Jul 2009	S.João da Madeira		<b>3:13.77</b>	12 Jul 09 100.0%						
		--:--   --:--   1:34.40   --:--   --:--   1:39.37											
Fly	50m												
	100m	<b>1:33.47</b>	8 Mar 2008	Rio Maior				<b>1:33.47</b>	8 Mar 08 100.0%				
	200m												
Medley	100m												
	200m	<b>2:58.14</b> +0.74	18 Jan 2009	Coimbra		<b>2:58.14</b> +0.74	18 Jan 09 100.0%						
	400m	<b>6:09.49</b>	10 Jul 2009	S.João da Madeira		<b>6:09.49</b>	10 Jul 09 100.0%						
		1) --:--   2) --:--   3) --:--   4) --:--   1) 1:26.04   3) 1:43.04 --:--   --:--   --:--   --:--   2) 1:35.40   4) 1:25.01											

Short Course (25m) Alltime				Season 2010	Season 2009	Season 2008	Season 2007
Freestyle	50m	<b>33.27</b>	21 Jun 2008 Lousã			33.27 21 Jun 08 100.0%	35.77 25 Feb 07 86.5%
	100m	<b>1:11.65</b>	16 May 2009 Cantanhede 33.78   37.87		1:11.65 16 May 09 100.0%	1:11.91 13 Jul 08 99.3%	1:17.29 25 Apr 07 85.9%
	200m	<b>2:31.68</b>	14 Feb 2009 Mealhada 34.48   38.59   1:13.07   39.80   38.81   1:18.61		2:31.68 14 Feb 09 100.0%		2:54.24 1 Jul 07 75.8%
	400m	<b>5:20.72</b>	14 Feb 2009 Mealhada 1) 35.99   2) 41.64   3) 40.06   4) ---   1) 1:17.09   3) --- 41.10   41.31   ---   ---   2) 1:22.95   4) ---		5:20.72 14 Feb 09 100.0%	5:26.97 12 Jul 08 96.2%	5:58.74 26 May 07 79.9%
	800m	<b>11:17.52</b>	6 Dec 2008 Cantanhede 1) 1:14.08   1:14.08   4) 1:24.95   5:28.17   7) 1:28.06   9:49.45 2) 1:23.47   2:37.55   5) 1:26.07   6:54.24   8) 1:28.07   11:17.52 3) 1:25.67   4:03.22   6) 1:27.15   8:21.39		11:17.52 6 Dec 08 100.0%	11:26.75 31 May 08 97.3%	
	1500m	<b>21:20.94</b>	6 Dec 2008 Cantanhede 1) 1:14.08   1:14.08   6) 1:27.15   8:21.39   11) 1:26.39   15:40.99 2) 1:23.47   2:37.55   7) 1:28.06   9:49.45   12) 1:26.41   17:07.40 3) 1:25.67   4:03.22   8) 1:28.07   11:17.52   13) 1:25.87   18:33.27 4) 1:24.95   5:28.17   9) 1:29.57   12:47.09   14) 1:25.77   19:59.04 5) 1:26.07   6:54.24   10) 1:27.51   14:14.60   15) 1:21.90   21:20.94		21:20.94 6 Dec 08 100.0%		
Backstroke	50m	<b>47.74</b>	14 Jan 2006 Coimbra				
	100m	<b>1:22.94</b>	10 May 2009 Coimbra 39.90   43.04		1:22.94 10 May 09 100.0%	1:31.56 9 Feb 08 82.1%	1:32.21 30 Jun 07 80.9%
	200m						
Breaststroke	50m	<b>57.31</b>	14 Jan 2006 Coimbra				
	100m	<b>1:29.44</b>	16 May 2009 Cantanhede 42.33   47.11		1:29.44 16 May 09 100.0%	1:41.41 16 Mar 08 77.8%	1:54.92 13 Jan 07 60.6%
	200m	<b>3:07.30</b>	14 Jun 2009 Coimbra 42.64   47.52   1:30.16   48.46   48.68   1:37.14		3:07.30 14 Jun 09 100.0%		
Fly	50m	<b>38.36</b>	3 May 2008 Gouveia			38.36 3 May 08 100.0%	42.18 30 Jun 07 82.7%
	100m	<b>1:24.38</b>	13 Jun 2009 Coimbra 36.48   47.90		1:24.38 13 Jun 09 100.0%	1:29.67 12 Jul 08 88.5%	1:57.23 16 Dec 06 51.8%
	200m	<b>3:12.50</b>	26 Oct 2008 Coimbra 38.98   48.70   1:27.68   52.89   51.93   1:44.82		3:12.50 26 Oct 08 100.0%		
Medley	100m	<b>1:26.29</b>	21 Jun 2008 Lousã			1:26.29 21 Jun 08 100.0%	1:35.19 25 Nov 06 82.2%
	200m	<b>2:52.53</b>	15 Feb 2009 Mealhada 37.54   45.39   1:22.93   51.32   38.28   1:29.60		2:52.53 15 Feb 09 100.0%	2:58.30 13 Jul 08 93.6%	3:08.48 27 May 07 83.8%
	400m	<b>6:03.22</b>	13 Feb 2009 Mealhada 1) 38.72   2) 47.46   3) 50.59   4) 42.10   1) 1:27.79   3) 1:40.72 49.07   46.58   50.13   38.57   2) 1:34.04   4) 1:20.67		6:03.22 13 Feb 09 100.0%		