

Long Course (50m)		Alltime	Season 2009	Season 2008	Season 2007	Season 2006
Freestyle	50m					
	100m	1:41.85 8 Mar 2008 Rio Maior +1.09		1:41.85 8 Mar 08 +1.09 100.0%		
	200m					
	400m					
	800m					
	1500m					
Backstroke	50m					
	100m					
	200m					
Breaststroke	50m					
	100m	1:58.00 8 Mar 2008 Rio Maior		1:58.00 8 Mar 08 100.0%		
	200m					
Fly	50m					
	100m					
	200m					
Medley	100m					
	200m					
	400m					

Short Course (25m)		Alltime			Season 2010		Season 2009		Season 2008		Season 2007	
Freestyle	50m	37.62	16 May 2009	Cantanhede			37.62	16 May 09 100.0%	45.09	2 Feb 08 69.6%		
	100m	1:22.01	2 May 2009 39.38 42.63	Coimbra			1:22.01	2 May 09 100.0%	1:30.18	13 Jul 08 82.7%		
	200m	3:09.90	10 Jan 2009 42.10 48.04 1:30.14 --- --- 1:39.76	Lousã			3:09.90	10 Jan 09 100.0%	3:14.06	12 Jul 08 95.8%		
	400m	4:28.51	24 May 2009 1) 41.09 2) --- 3) --- 4) --- 44.36 --- --- 1) 1:25.45 3) --- 2) 1:30.64 4) ---	Coimbra			4:28.51	24 May 09 100.0%	7:13.71	1 Jun 08 38.3%		
	800m	12:11.76	24 May 2009 1) 1:25.45 1:25.45 4) --- 2) 1:30.64 2:56.09 5) --- 3) --- 4:28.51 7) --- 8) --- 12:11.76	Coimbra			12:11.76	24 May 09 100.0%				
	1500m											
Backstroke	50m	47.63	24 Jan 2009	Braga			47.63	24 Jan 09 100.0%				
	100m	1:34.51	11 Jul 2009 46.64 47.87	Coimbra			1:34.51	11 Jul 09 100.0%	1:45.18	9 Feb 08 80.7%		
	200m											
Breaststroke	50m	52.18	15 Nov 2008	Coimbra			52.18	15 Nov 08 100.0%	52.60	21 Jun 08 98.4%		
	100m	1:43.54	12 Jul 2009 49.86 53.68	Coimbra			1:43.54	12 Jul 09 100.0%	1:50.21	13 Jul 08 88.3%		
	200m											
Fly	50m	53.04	12 Jul 2008	Condeixa					53.04	12 Jul 08 100.0%		
	100m	1:41.53	11 Jul 2009 46.64 54.89	Coimbra			1:41.53	11 Jul 09 100.0%				
	200m											
Medley	100m	1:35.05	16 May 2009 46.11 48.94	Cantanhede			1:35.05	16 May 09 100.0%	1:45.68	21 Jun 08 80.9%		
	200m	3:18.19	23 May 2009 47.94 --- --- --- ---	Coimbra			3:18.19	23 May 09 100.0%	3:46.44	31 May 08 76.6%		
	400m											