

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	43.94 16 May 2009 Cantanhede		43.94 16 May 09 100.0%		
	100m	1:34.22 12 Jul 2009 Coimbra 45.14 49.08		1:34.22 12 Jul 09 100.0%	1:47.69 10 Feb 08 76.5%	
	200m	3:40.71 10 Jan 2009 Lousã 50.04 57.00 1:47.04 --:-- --:-- 1:53.67		3:40.71 10 Jan 09 100.0%		
	400m	6:56.01 24 May 2009 Coimbra 1) 46.14 2) --:-- 3) --:-- 4) --:-- 1) 1:40.35 3) --:-- 54.21 --:-- --:-- --:-- 2) 1:46.97 4) --:--		6:56.01 24 May 09 100.0%	7:43.75 1 Jun 08 80.5%	
	800m	13:53.64 24 May 2009 Coimbra 1) 1:40.35 1:40.35 4) --:-- 6:56.01 7) --:-- --:-- 2) 1:46.97 3:27.32 5) --:-- --:-- 8) --:-- 13:53.64 3) --:-- --:-- 6) --:-- --:--		13:53.64 24 May 09 100.0%		
	1500m					
Backstroke	50m					
	100m	1:42.63 11 Jul 2009 Coimbra 49.67 52.96		1:42.63 11 Jul 09 100.0%	1:52.31 15 Mar 08 83.5%	
	200m					
Breaststroke	50m	1:01.37 21 Jun 2008 Lousã			1:01.37 21 Jun 08 100.0%	
	100m	1:57.91 12 Jul 2009 Coimbra 56.00 1:01.91		1:57.91 12 Jul 09 100.0%	2:27.52 9 Feb 08 63.9%	
	200m					
Fly	50m	1:10.95 9 Feb 2008 Condeixa			1:10.95 9 Feb 08 100.0%	
	100m	2:06.31 11 Jul 2009 Coimbra 58.18 1:08.13		2:06.31 11 Jul 09 100.0%		
	200m					
Medley	100m	1:48.82 16 May 2009 Cantanhede 52.18 56.64		1:48.82 16 May 09 100.0%	2:01.27 21 Jun 08 80.5%	
	200m	3:43.18 23 May 2009 Coimbra 54.34 --:-- --:-- --:-- --:--		3:43.18 23 May 09 100.0%		
	400m					