

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	<b>3:24.75</b> 8 Mar 2008 Rio Maior +0.82 --:--   --:--   1:39.85   --:--   --:--   1:44.90		<b>3:24.75</b> 8 Mar 08 +0.82 100.0%		
	400m					

Short Course (25m)		Alltime				Season 2010		Season 2009		Season 2008		Season 2007	
Freestyle	50m	32.54	10 Jan 2009	Lousã				32.54	10 Jan 09 100.0%			41.36	16 Dec 06 61.9%
	100m	1:12.71	12 Jul 2009	Coimbra				1:12.71	12 Jul 09 100.0%	1:17.47	13 Jul 08 88.1%	1:39.41	25 Feb 07 53.5%
	200m	2:38.15	10 Jan 2009	Lousã				2:38.15	10 Jan 09 100.0%	2:46.19	12 Jul 08 90.6%		
	400m	5:34.18	14 Mar 2009	Cantanhede				5:34.18	14 Mar 09 100.0%	6:01.15	31 May 08 85.6%	6:54.65	26 May 07 65.0%
	800m	11:12.54	23 May 2009	Coimbra				11:12.54	23 May 09 100.0%				
	1500m												
Backstroke	50m	45.83	17 Nov 2007	Coimbra						45.83	17 Nov 07 100.0%	47.19	25 Feb 07 94.3%
	100m	1:24.80	11 Jul 2009	Coimbra				1:24.80	11 Jul 09 100.0%	1:32.24	21 Jun 08 84.5%		
	200m												
Breaststroke	50m	50.04	17 Nov 2007	Coimbra						50.04	17 Nov 07 100.0%	52.78	13 Jan 07 89.9%
	100m	1:40.66	7 Feb 2009	Condeixa				1:40.66	7 Feb 09 100.0%	1:45.26	13 Jul 08 91.5%		
	200m												
Fly	50m	41.04	12 Jul 2008	Condeixa						41.04	12 Jul 08 100.0%	49.35	1 Jul 07 69.2%
	100m	1:23.94	11 Jul 2009	Coimbra				1:23.94	11 Jul 09 100.0%				
	200m												
Medley	100m	1:25.10	16 May 2009	Cantanhede				1:25.10	16 May 09 100.0%	1:32.10	3 May 08 85.4%	1:45.95	25 Mar 07 64.5%
	200m	3:00.12	24 May 2009	Coimbra				3:00.12	24 May 09 100.0%	3:13.37	1 Jun 08 86.8%	3:36.72	27 May 07 69.1%
	400m												