

| Long Course (50m) | | Alltime | Season 2009 | Season 2008 | Season 2007 | Season 2006 |
|-------------------|-------|-------------------------------------|-------------|--------------------------------|-------------|-------------|
| Freestyle | 50m | | | | | |
| | 100m | | | | | |
| | 200m | | | | | |
| | 400m | | | | | |
| | 800m | | | | | |
| | 1500m | | | | | |
| Backstroke | 50m | | | | | |
| | 100m | 1:36.38 8 Mar 2008 Rio Maior | | 1:36.38 8 Mar 08 100.0% | | |
| | 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 | 33.96 | 16 May 2009 | Cantanhede | | | | 33.96 | 16 May 09 100.0% | 38.34 | 2 Feb 08 78.5% | 40.89 | 30 Jun 07 69.0% |
| | 100m | 1:15.52 | 12 Jul 2009 36.83 38.69 | Coimbra | | | | 1:15.52 | 12 Jul 09 100.0% | 1:20.87 | 13 Jul 08 87.2% | 1:37.16 | 25 Feb 07 60.4% |
| | 200m | 2:59.52 | 10 Jan 2009 39.74 45.56 1:25.30 --:-- --:-- 1:34.22 | Lousã | | | | 2:59.52 | 10 Jan 09 100.0% | 3:03.03 | 12 Jul 08 96.2% | | |
| | 400m | 5:46.20 | 14 Mar 2009 1) 38.24 2) --:-- 3) --:-- 4) --:-- 43.56 --:-- --:-- | Cantanhede | | | | 5:46.20 | 14 Mar 09 100.0% | 6:11.94 | 31 May 08 86.6% | 7:06.77 | 26 May 07 65.8% |
| | 800m | 11:53.38 | 23 May 2009 1) 1:22.35 1:22.35 4) --:-- 5:53.50 2) 1:30.25 2:52.60 5) --:-- --:-- 3) --:-- --:-- 6) --:-- --:-- | Coimbra | | | | 11:53.38 | 23 May 09 100.0% | | | | |
| | 1500m | | | | | | | | | | | | |
| Backstroke | 50m | 40.43 | 14 Mar 2009 | Cantanhede | | | | 40.43 | 14 Mar 09 100.0% | 43.95 | 15 Mar 08 84.6% | 46.44 | 1 Jul 07 75.8% |
| | 100m | 1:23.76 | 11 Jul 2009 40.95 42.81 | Coimbra | | | | 1:23.76 | 11 Jul 09 100.0% | 1:32.06 | 21 Jun 08 82.8% | | |
| | 200m | | | | | | | | | | | | |
| Breaststroke | 50m | 48.88 | 2 Feb 2008 | Braga | | | | | | 48.88 | 2 Feb 08 100.0% | 52.05 | 30 Jun 07 88.2% |
| | 100m | 1:39.74 | 12 Jul 2009 47.20 52.54 | Coimbra | | | | 1:39.74 | 12 Jul 09 100.0% | 1:46.55 | 13 Jul 08 87.6% | | |
| | 200m | | | | | | | | | | | | |
| Fly | 50m | 44.85 | 12 Jul 2008 | Condeixa | | | | | | 44.85 | 12 Jul 08 100.0% | 51.63 | 1 Jul 07 75.5% |
| | 100m | 1:34.63 | 7 Feb 2009 43.44 51.19 | Condeixa | | | | 1:34.63 | 7 Feb 09 100.0% | | | | |
| | 200m | | | | | | | | | | | | |
| Medley | 100m | 1:26.72 | 16 May 2009 40.61 46.11 | Cantanhede | | | | 1:26.72 | 16 May 09 100.0% | 1:34.98 | 17 Nov 07 83.4% | 1:48.39 | 14 Jan 07 64.0% |
| | 200m | 3:08.28 | 15 Mar 2009 41.59 --:-- --:-- --:-- --:-- | Cantanhede | | | | 3:08.28 | 15 Mar 09 100.0% | 3:20.12 | 1 Jun 08 88.5% | 3:42.51 | 27 May 07 71.6% |
| | 400m | | | | | | | | | | | | |