

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	<b>1:47.06</b> +1.11 8 Mar 2008 Rio Maior		<b>1:47.06</b> +1.11 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	<b>35.35</b>	16 May 2009	Cantanhede				<b>35.35</b>	16 May 09 100.0%	<b>40.88</b>	21 Jun 08 74.8%	<b>43.72</b>	25 Feb 07 65.4%
	100m	<b>1:16.63</b>	12 Jul 2009 37.89   38.74	Coimbra				<b>1:16.63</b>	12 Jul 09 100.0%	<b>1:28.91</b>	13 Jul 08 74.3%	<b>1:42.33</b>	25 Feb 07 56.1%
	200m	<b>2:57.42</b>	10 Jan 2009 40.22   46.04   1:26.26   --:--   --:--   1:31.16	Lousã				<b>2:57.42</b>	10 Jan 09 100.0%	<b>3:06.39</b>	12 Jul 08 90.6%	<b>3:29.50</b>	1 Jul 07 71.7%
	400m	<b>5:56.15</b>	14 Mar 2009 1) 39.17   2) --:--   3) --:--   4) --:--   45.80   --:--   --:--   --:--   1) 1:24.97   3) --:--   2) 1:31.00   4) --:--	Cantanhede				<b>5:56.15</b>	14 Mar 09 100.0%	<b>6:42.68</b>	31 May 08 78.2%	<b>7:16.70</b>	26 May 07 66.5%
	800m	<b>11:33.73</b>	23 May 2009 1) 1:18.62   1:18.62   4) --:--   --:--   7) --:--   --:--   2) 1:27.61   2:46.23   5) --:--   --:--   8) --:--   11:33.73   3) --:--   --:--   6) --:--   --:--	Coimbra				<b>11:33.73</b>	23 May 09 100.0%				
	1500m												
Backstroke	50m	<b>50.65</b>	1 Jul 2007	Condeixa								<b>50.65</b>	1 Jul 07 100.0%
	100m	<b>1:23.97</b>	11 Jul 2009 40.78   43.19	Coimbra				<b>1:23.97</b>	11 Jul 09 100.0%	<b>1:34.91</b>	12 Jul 08 78.3%		
	200m												
Breaststroke	50m	<b>42.60</b>	20 Jun 2009	Lousã				<b>42.60</b>	20 Jun 09 100.0%	<b>47.01</b>	21 Jun 08 82.1%	<b>48.70</b>	30 Jun 07 76.5%
	100m	<b>1:32.05</b>	24 Jan 2009 44.06   47.99	Braga				<b>1:32.05</b>	24 Jan 09 100.0%	<b>1:39.97</b>	13 Jul 08 84.8%		
	200m												
Fly	50m	<b>51.90</b>	9 Feb 2008	Condeixa						<b>51.90</b>	9 Feb 08 100.0%	<b>54.69</b>	24 Mar 07 90.1%
	100m	<b>1:35.01</b>	11 Jul 2009 43.14   51.87	Coimbra				<b>1:35.01</b>	11 Jul 09 100.0%				
	200m												
Medley	100m	<b>1:24.14</b>	16 May 2009 41.03   43.11	Cantanhede				<b>1:24.14</b>	16 May 09 100.0%	<b>1:39.72</b>	10 Feb 08 71.2%	<b>1:48.65</b>	14 Jan 07 60.0%
	200m	<b>2:58.90</b>	24 May 2009 43.05   --:--   --:--   --:--   --:--   --:--	Coimbra				<b>2:58.90</b>	24 May 09 100.0%	<b>3:24.11</b>	1 Jun 08 76.8%	<b>3:48.62</b>	27 May 07 61.2%
	400m												