

Long Course (50m)		Alltime	Season 2009	Season 2008	Season 2007	Season 2006
Freestyle	50m					
	100m					
	200m					
	400m					
	800m					
	1500m					
Backstroke	50m					
	100m	<b>1:30.79</b> 8 Mar 2008 Rio Maior		<b>1:30.79</b> 8 Mar 08 100.0%		
	200m					
Breaststroke	50m					
	100m					
	200m					
Fly	50m					
	100m	<b>1:38.39</b> 8 Mar 2008 Rio Maior		<b>1:38.39</b> 8 Mar 08 100.0%		
	200m					
Medley	100m					
	200m	<b>3:13.06</b> 8 Mar 2008 Rio Maior +0.88 --:--   --:--   1:35.34   --:--   --:--   1:37.72		<b>3:13.06</b> 8 Mar 08 +0.88 100.0%		
	400m					

Short Course (25m)		Alltime				Season 2010		Season 2009		Season 2008		Season 2007	
Freestyle	50m	31.49	20 Jun 2009	Lousã				31.49	20 Jun 09 100.0%	33.04	21 Jun 08 90.8%	38.45	25 Apr 07 67.1%
	100m	1:08.22	12 Jul 2009 33.00   35.22	Coimbra				1:08.22	12 Jul 09 100.0%	1:10.32	13 Jul 08 94.1%	1:35.91	25 Feb 07 50.6%
	200m	2:34.72	12 Jul 2008 34.07   39.68   1:13.75   --:--   --:--   1:20.97	Condeixa				2:36.03	10 Jan 09 98.3%	2:34.72	12 Jul 08 100.0%	3:16.09	1 Jul 07 62.3%
	400m	5:11.19	14 Mar 2009 1) 33.76   2) --:--   3) --:--   4) --:--   1) 1:12.11   3) --:-- 38.35   --:--   --:--   --:--   2) 1:20.43   4) --:--	Cantanhede				5:11.19	14 Mar 09 100.0%	5:33.11	1 Jun 08 87.3%	7:31.04	27 May 07 47.6%
	800m	10:54.32	24 May 2009 1) 1:14.48   1:14.48   4) --:--   5:26.22   7) --:--   --:-- 2) 1:23.23   2:37.71   5) --:--   --:--   8) --:--   10:54.32 3) --:--   --:--   6) --:--   --:--	Coimbra				10:54.32	24 May 09 100.0%				
	1500m												
Backstroke	50m	37.12	2 May 2009	Coimbra				37.12	2 May 09 100.0%	42.55	27 Jan 08 76.1%	44.16	25 Mar 07 70.7%
	100m	1:17.36	11 Jul 2009 37.38   39.98	Coimbra				1:17.36	11 Jul 09 100.0%	1:25.14	21 Jun 08 82.6%		
	200m												
Breaststroke	50m	53.35	25 Mar 2007	Cantanhede								53.35	25 Mar 07 100.0%
	100m	1:30.87	12 Jul 2009 43.48   47.39	Coimbra				1:30.87	12 Jul 09 100.0%	1:38.65	13 Jul 08 84.8%		
	200m												
Fly	50m	37.68	12 Jul 2008	Condeixa						37.68	12 Jul 08 100.0%	45.82	1 Jul 07 67.6%
	100m	1:22.49	11 Jul 2009 37.40   45.09	Coimbra				1:22.49	11 Jul 09 100.0%				
	200m												
Medley	100m	1:18.45	16 May 2009 35.58   42.87	Cantanhede				1:18.45	16 May 09 100.0%	1:25.14	3 May 08 84.9%	1:34.70	30 Jun 07 68.6%
	200m	2:45.43	23 May 2009 35.87   --:--   --:--   --:--   --:--	Coimbra				2:45.43	23 May 09 100.0%	3:00.50	31 May 08 84.0%	3:27.79	26 May 07 63.4%
	400m												