

Long Course (50m)		Alltime				Season 2009		Season 2008		Season 2007		Season 2006	
Freestyle	50m	28.97 +0.85	17 Jan 2009	Coimbra		28.97 +0.85	17 Jan 09 100.0%	1:08.14 29 Jun 08 83.3%					
	100m	1:02.20 +0.91	3 Jul 2009 29.98   32.22	Coimbra		1:02.20 +0.91	3 Jul 09 100.0%						
	200m	2:13.06 +0.87	3 Jul 2009 30.81   34.13   1:04.94   34.27   33.85   1:08.12	Coimbra		2:13.06 +0.87	3 Jul 09 100.0%						
	400m	4:40.17 +0.89	4 Jul 2009 1) 31.37   2) 35.70   3) 35.86   4) 36.48   34.76   35.70   35.95   34.35	Coimbra		4:40.17 +0.89	4 Jul 09 100.0%	1) 1:06.13   3) 1:11.81 2) 1:11.40   4) 1:10.83					
	800m	9:54.92 +0.93	2 Jul 2009 1) 1:10.68   1:10.68   2) 1:14.12   2:24.80   3) 1:13.67   3:38.47	Coimbra		9:54.92 +0.93	2 Jul 09 100.0%	4) 1:14.70   4:53.17   7) 1:15.75   8:38.33 5) 1:14.77   6:07.94   8) 1:16.59   9:54.92 6) 1:14.64   7:22.58					
	1500m	19:05.36 +0.93	2 Jul 2009 1) 1:10.68   1:10.68   2) 1:14.12   2:24.80   3) 1:13.67   3:38.47   4) 1:14.70   4:53.17   5) 1:14.77   6:07.94	Coimbra		19:05.36 +0.93	2 Jul 09 100.0%	6) 1:14.64   7:22.58   11) 1:19.39   13:51.34 7) 1:15.75   8:38.33   12) 1:19.18   15:10.52 8) 1:16.59   9:54.92   13) 1:19.46   16:29.98 9) 1:17.38   11:12.30   14) 1:18.57   17:48.55 10) 1:19.65   12:31.95   15) 1:16.81   19:05.36					
Backstroke	50m												
	100m												
	200m												
Breaststroke	50m												
	100m	1:22.26 +0.87	4 Jul 2009 38.54   43.72	Coimbra		1:22.26 +0.87	4 Jul 09 100.0%	1:27.60 28 Jun 08 88.2%					
	200m	2:59.94 +0.92	1 Mar 2009 40.58   46.12   1:26.70   46.77   46.47   1:33.24	Coimbra		2:59.94 +0.92	1 Mar 09 100.0%						
Fly	50m												
	100m	1:15.19 +0.90	17 Jan 2009 34.29   40.90	Coimbra		1:15.19 +0.90	17 Jan 09 100.0%						
	200m												
Medley	100m												
	200m	2:35.74 +0.87	5 Jul 2009 32.42   44.66   1:17.08   43.94   34.72   1:18.66	Coimbra		2:35.74 +0.87	5 Jul 09 100.0%						
	400m												

Short Course (25m)		Alltime	Season 2010	Season 2009	Season 2008	Season 2007
Freestyle	50m	<b>28.41</b> 16 May 2009 Cantanhede		28.41 16 May 09 100.0%		
	100m	<b>1:02.36</b> 16 May 2009 Cantanhede 30.05   32.31		1:02.36 16 May 09 100.0%	1:08.57 15 Jun 08 82.7%	
	200m	<b>2:18.64</b> 23 Nov 2008 Coimbra 32.23   35.30   1:07.53   36.53   34.58   1:11.11		2:18.64 23 Nov 08 100.0%		
	400m	<b>4:44.85</b> 14 Jun 2009 Coimbra 1) 32.44   2) 36.39   3) 35.72   4) 36.45   1) 1:08.55   3) 1:11.79 36.11   35.46   36.07   36.21   2) 1:11.85   4) 1:12.66		4:44.85 14 Jun 09 100.0%		
	800m	<b>9:37.40</b> 14 Jun 2009 Coimbra 1) 1:08.55   1:08.55   4) 1:12.66   4:44.85   7) 1:13.46   8:23.76 2) 1:11.85   2:20.40   5) 1:12.41   5:57.26   8) 1:13.64   9:37.40 3) 1:11.79   3:32.19   6) 1:13.04   7:10.30		9:37.40 14 Jun 09 100.0%		
	1500m	<b>18:15.35</b> 14 Jun 2009 Coimbra 1) 1:08.55   1:08.55   6) 1:13.04   7:10.30   11) 1:14.09   13:19.35 2) 1:11.85   2:20.40   7) 1:13.46   8:23.76   12) 1:14.19   14:33.54 3) 1:11.79   3:32.19   8) 1:13.64   9:37.40   13) 1:14.89   15:48.43 4) 1:12.66   4:44.85   9) 1:13.99   10:51.39   14) 1:14.06   17:02.49 5) 1:12.41   5:57.26   10) 1:13.87   12:05.26   15) 1:12.86   18:15.35		18:15.35 14 Jun 09 100.0%		
Backstroke	50m					
	100m	<b>1:16.53</b> 10 May 2009 Coimbra 37.03   39.50		1:16.53 10 May 09 100.0%		
	200m	<b>3:00.89</b> 26 Oct 2008 Coimbra 42.68   46.08   1:28.76   46.42   45.71   1:32.13		3:00.89 26 Oct 08 100.0%		
Breaststroke	50m	<b>37.72</b> 1 Feb 2009 Coimbra		37.72 1 Feb 09 100.0%		
	100m	<b>1:18.40</b> 9 May 2009 Coimbra 36.82   41.58		1:18.40 9 May 09 100.0%	1:25.17 14 Jun 08 84.7%	
	200m	<b>2:53.62</b> 31 Jan 2009 Coimbra 39.66   44.75   1:24.41   45.53   43.68   1:29.21		2:53.62 31 Jan 09 100.0%		
Fly	50m					
	100m	<b>1:13.21</b> 9 May 2009 Coimbra 33.39   39.82		1:13.21 9 May 09 100.0%		
	200m					
Medley	100m					
	200m	<b>2:34.88</b> 10 May 2009 Coimbra 32.53   43.65   1:16.18   44.40   34.30   1:18.70		2:34.88 10 May 09 100.0%		
	400m	<b>5:43.79</b> 7 Dec 2008 Cantanhede 1) 35.65   2) 47.77   3) 46.32   4) 39.05   1) 1:19.96   3) 1:33.55 44.31   47.04   47.23   36.42   2) 1:34.81   4) 1:15.47		5:43.79 7 Dec 08 100.0%		