

Long Course (50m)		Alltime	Season 2009	Season 2008	Season 2007	Season 2006
Freestyle	50m					
	100m	<b>1:00.63</b> 19 Jul 2009 Faro +0.86 29.02   31.61	<b>1:00.63</b> 19 Jul 09 +0.86 100.0%	<b>1:04.67</b> 19 Jul 08 +0.87 87.9%	<b>1:09.85</b> 8 Jul 07 75.3%	
	200m	<b>2:14.57</b> 3 Jul 2009 Coimbra +0.84 31.54   33.84   1:05.38   34.42   34.77   1:09.19	<b>2:14.57</b> 3 Jul 09 +0.84 100.0%	<b>2:20.39</b> 18 Jul 08 +0.88 91.9%	<b>2:31.92</b> 7 Jul 07 78.5%	
	400m	<b>4:45.94</b> 4 Jul 2009 Coimbra +0.84 1) 32.58   2) 35.16   3) 36.07   4) 36.57   1) 1:07.88   3) 1:13.70 35.30   36.65   37.63   35.98   2) 1:11.81   4) 1:12.55	<b>4:45.94</b> 4 Jul 09 +0.84 100.0%	<b>4:56.10</b> 19 Jul 08 +0.90 93.3%		
	800m					
	1500m					
Backstroke	50m	<b>39.79</b> 20 May 2007 Coimbra			<b>39.79</b> 20 May 07 100.0%	
	100m	<b>1:14.95</b> 2 Jul 2009 Coimbra +0.79 36.12   38.83	<b>1:14.95</b> 2 Jul 09 +0.79 100.0%	<b>1:19.06</b> 27 Jun 08 89.9%	<b>1:23.74</b> 6 Jul 07 80.1%	
	200m	<b>2:43.64</b> 28 Feb 2009 Coimbra +0.86 37.99   41.21   1:19.20   --:--   --:--   1:24.44	<b>2:43.64</b> 28 Feb 09 +0.86 100.0%	<b>2:45.59</b> 11 May 08 97.7%	<b>2:55.20</b> 7 Jul 07 87.2%	
Breaststroke	50m					
	100m					
	200m					
Fly	50m	<b>40.09</b> 6 May 2007 Coimbra			<b>40.09</b> 6 May 07 100.0%	
	100m	<b>1:12.27</b> 4 Jul 2009 Coimbra +0.83 33.89   38.38	<b>1:12.27</b> 4 Jul 09 +0.83 100.0%			
	200m					
Medley	100m					
	200m	<b>2:42.46</b> 18 Jan 2009 Coimbra +0.78 35.41   41.67   1:17.08   50.61   34.77   1:25.38	<b>2:42.46</b> 18 Jan 09 +0.78 100.0%	<b>2:43.53</b> 11 May 08 98.7%	<b>2:57.30</b> 8 Jul 07 84.0%	
	400m	<b>6:15.33</b> 10 Jun 2007 Coimbra 1) 40.80   2) 47.93   3) 54.80   4) 41.51   1) 1:29.61   3) 1:49.42 48.81   46.95   54.62   39.91   2) 1:34.88   4) 1:21.42		<b>6:23.74</b> 3 Feb 08 95.7%	<b>6:15.33</b> 10 Jun 07 100.0%	

Short Course (25m) Alltime				Season 2010	Season 2009	Season 2008	Season 2007
Freestyle	50m	<b>27.88</b> +0.81	13 Dec 2008 Tomar		<b>27.88</b> 13 Dec 08 +0.81 100.0%		
	100m	<b>59.91</b>	9 May 2009 Coimbra 29.55   30.36		<b>59.91</b> 9 May 09 100.0%	<b>1:03.81</b> 9 Mar 08 88.1%	<b>1:12.82</b> 4 Mar 07 67.7%
	200m	<b>2:11.21</b>	13 Jun 2009 Coimbra 30.29   32.87   1:03.16   34.08   33.97   1:08.05		<b>2:11.21</b> 13 Jun 09 100.0%	<b>2:15.60</b> 14 Jun 08 93.6%	<b>3:10.33</b> 28 Oct 06 47.5%
	400m	<b>4:41.47</b>	26 Oct 2008 Coimbra 1) 31.93   2) 35.44   3) 36.27   4) 36.09   1) 1:06.53   3) 1:12.87 34.60   36.16   36.60   34.38   2) 1:11.60   4) 1:10.47		<b>4:41.47</b> 26 Oct 08 100.0%	<b>4:43.00</b> 14 Jun 08 98.9%	<b>6:07.22</b> 9 Dec 06 58.8%
	800m	<b>9:56.97</b>	6 Dec 2008 Cantanhede 1) 1:09.81   1:09.81   4) 1:15.16   4:53.67   7) 1:16.48   8:41.45 2) 1:13.98   2:23.79   5) 1:15.86   6:09.53   8) 1:15.52   9:56.97 3) 1:14.72   3:38.51   6) 1:15.44   7:24.97		<b>9:56.97</b> 6 Dec 08 100.0%	<b>10:21.10</b> 8 Dec 07 92.4%	<b>12:19.57</b> 9 Dec 06 65.2%
	1500m	<b>18:45.27</b>	23 Nov 2008 Coimbra 1) 1:12.14   1:12.14   6) 1:15.13   7:30.36   11) 1:16.09   13:44.65 2) 1:15.06   2:27.20   7) 1:14.70   8:45.06   12) 1:15.19   14:59.84 3) 1:15.46   3:42.66   8) 1:14.48   9:59.54   13) 1:15.77   16:15.61 4) 1:16.55   4:59.21   9) 1:14.38   11:13.92   14) 1:15.82   17:31.43 5) 1:16.02   6:15.23   10) 1:14.64   12:28.56   15) 1:13.84   18:45.27		<b>18:45.27</b> 23 Nov 08 100.0%	<b>19:32.30</b> 8 Dec 07 92.1%	<b>23:33.11</b> 9 Dec 06 63.4%
Backstroke	50m	<b>54.23</b>	10 Apr 2005 Gouveia				
	100m	<b>1:10.67</b>	10 May 2009 Coimbra 34.81   35.86		<b>1:10.67</b> 10 May 09 100.0%	<b>1:18.08</b> 5 Jan 08 81.9%	<b>1:24.96</b> 21 Jan 07 69.2%
	200m	<b>2:36.14</b>	29 Nov 2008 Nazaré 37.57   39.49   1:17.06   ---   ---   1:19.08		<b>2:36.14</b> 29 Nov 08 100.0%	<b>2:41.93</b> 23 Feb 08 93.0%	<b>2:57.66</b> 18 Feb 07 77.2%
Breaststroke	50m	<b>54.82</b>	19 Nov 2005 S. Martinho do Bispo				
	100m	<b>1:21.95</b>	9 May 2009 Coimbra 38.92   43.03		<b>1:21.95</b> 9 May 09 100.0%	<b>1:31.33</b> 12 Jan 08 80.5%	<b>1:42.15</b> 20 Jan 07 64.4%
	200m	<b>3:00.77</b>	25 Oct 2008 Coimbra 41.34   46.29   1:27.63   46.85   46.29   1:33.14		<b>3:00.77</b> 25 Oct 08 100.0%		
Fly	50m	<b>31.67</b>	14 Jun 2009 Coimbra		<b>31.67</b> 14 Jun 09 100.0%		
	100m	<b>1:08.08</b>	16 May 2009 Cantanhede 31.82   36.26		<b>1:08.08</b> 16 May 09 100.0%	<b>1:17.83</b> 12 Jan 08 76.5%	<b>1:29.80</b> 17 Feb 07 57.5%
	200m	<b>2:36.10</b>	13 Jun 2009 Coimbra 33.63   38.84   1:12.47   41.18   42.45   1:23.63		<b>2:36.10</b> 13 Jun 09 100.0%		
Medley	100m	<b>1:42.44</b>	4 Feb 2006 Gouveia				
	200m	<b>2:31.34</b>	10 May 2009 Coimbra 32.87   39.13   1:12.00   45.77   33.57   1:19.34		<b>2:31.34</b> 10 May 09 100.0%	<b>2:43.80</b> 13 Jan 08 85.4%	<b>3:00.54</b> 4 Mar 07 70.3%
	400m	<b>5:26.64</b>	7 Dec 2008 Cantanhede 1) 34.58   2) 41.61   3) 46.87   4) 36.77   1) 1:15.12   3) 1:36.80 40.54   41.88   49.93   34.46   2) 1:23.49   4) 1:11.23		<b>5:26.64</b> 7 Dec 08 100.0%	<b>5:56.82</b> 9 Dec 07 83.8%	<b>6:48.93</b> 10 Dec 06 63.8%