

Long Course (50m)		Alltime	Season 2009	Season 2008	Season 2007	Season 2006
Freestyle	50m					
	100m					
	200m					
	400m					
	800m					
	1500m					
Backstroke	50m					
	100m	1:36.49 8 Mar 2008 Rio Maior		1:36.49 8 Mar 08 100.0%		
	200m					
Breaststroke	50m					
	100m					
	200m					
Fly	50m					
	100m	1:41.49 8 Mar 2008 Rio Maior		1:41.49 8 Mar 08 100.0%		
	200m					
Medley	100m					
	200m	3:21.47 8 Mar 2008 Rio Maior +0.89 --:-- --:-- 1:37.92 --:-- --:-- 1:43.55		3:21.47 8 Mar 08 +0.89 100.0%		
	400m					

Short Course (25m)				Alltime				Season 2010				Season 2009				Season 2008				Season 2007			
Freestyle	50m	35.17	16 May 2009	Cantanhede					35.17	16 May 09	100.0%		38.95	2 Feb 08	81.5%		41.56	25 Feb 07	71.6%				
	100m	1:13.91	8 Feb 2009	Condeixa					1:13.91	8 Feb 09	100.0%		1:26.88	27 Jan 08	72.4%		1:35.06	25 Feb 07	60.5%				
	200m	2:51.47	15 Mar 2008	Cantanhede					2:52.79	10 Jan 09	98.5%		2:51.47	15 Mar 08	100.0%		3:09.87	1 Jul 07	81.6%				
	400m	5:37.64	14 Mar 2009	Cantanhede					5:37.64	14 Mar 09	100.0%		6:10.70	1 Jun 08	83.0%		6:41.79	27 May 07	70.6%				
	800m	11:41.14	24 May 2009	Coimbra					11:41.14	24 May 09	100.0%												
	1500m																						
Backstroke	50m	41.53	8 Feb 2009	Condeixa					41.53	8 Feb 09	100.0%						46.21	1 Jul 07	80.8%				
	100m	1:25.07	7 Feb 2009	Condeixa					1:25.07	7 Feb 09	100.0%		1:32.78	15 Mar 08	84.1%		1:41.24	27 Jan 07	70.6%				
	200m																						
Breaststroke	50m	46.97	20 Jun 2009	Lousã					46.97	20 Jun 09	100.0%		48.94	21 Jun 08	92.1%		53.84	30 Jun 07	76.1%				
	100m	1:39.72	12 Jul 2009	Coimbra					1:39.72	12 Jul 09	100.0%		1:47.94	16 Mar 08	85.3%								
	200m																						
Fly	50m	44.00	9 Feb 2008	Condeixa									44.00	9 Feb 08	100.0%		51.39	24 Mar 07	73.3%				
	100m	1:30.16	7 Feb 2009	Condeixa					1:30.16	7 Feb 09	100.0%												
	200m																						
Medley	100m	1:26.68	16 May 2009	Cantanhede					1:26.68	16 May 09	100.0%		1:34.18	21 Jun 08	84.7%		1:37.76	30 Jun 07	78.6%				
	200m	3:06.05	23 May 2009	Coimbra					3:06.05	23 May 09	100.0%		3:14.41	31 May 08	91.6%		3:38.17	26 May 07	72.7%				
	400m																						