

Long Course (50m)		Alltime				Season 2009		Season 2008		Season 2007		Season 2006	
Freestyle	50m												
	100m	1:15.47 +0.40	8 Mar 2008	Rio Maior				1:15.47 +0.40	8 Mar 08 100.0%				
	200m	2:25.37	10 Jul 2009	S.João da Madeira --:-- --:-- 1:10.08 --:-- --:-- 1:15.29		2:25.37	10 Jul 09 100.0%						
	400m	5:09.20	11 Jul 2009	S.João da Madeira 1) --:-- 2) --:-- 3) --:-- 4) --:-- --:-- --:-- --:-- --:--		5:09.20	11 Jul 09 100.0%						
	800m												
	1500m												
Backstroke	50m												
	100m	1:20.27	10 Jul 2009	S.João da Madeira		1:20.27	10 Jul 09 100.0%						
	200m	2:50.72	11 Jul 2009	S.João da Madeira --:-- --:-- 1:23.33 --:-- --:-- 1:27.39		2:50.72	11 Jul 09 100.0%						
Breaststroke	50m												
	100m	1:34.34 +0.83	17 Jan 2009	Coimbra 44.70 49.64		1:34.34 +0.83	17 Jan 09 100.0%	1:37.20 +0.44	8 Mar 08 94.2%				
	200m												
Fly	50m												
	100m												
	200m												
Medley	100m												
	200m	2:47.09	12 Jul 2009	S.João da Madeira --:-- --:-- 1:18.76 --:-- --:-- 1:28.33		2:47.09	12 Jul 09 100.0%						
	400m												

Short Course (25m)				Alltime				Season 2010				Season 2009				Season 2008				Season 2007			
Freestyle	50m	33.53	21 Jun 2008	Lousã													33.53	21 Jun 08	100.0%		36.86	25 Feb 07	82.7%
	100m	1:07.03	8 Mar 2009	Cantanhede								1:07.03	8 Mar 09	100.0%			1:09.65	12 Jul 08	92.6%		1:21.96	25 Mar 07	66.9%
	200m	2:24.69	14 Feb 2009	Mealhada								2:24.69	14 Feb 09	100.0%							2:51.43	1 Jul 07	71.2%
	400m	5:03.54	7 Mar 2009	Cantanhede								5:03.54	7 Mar 09	100.0%			5:21.21	12 Jul 08	89.3%		6:06.58	26 May 07	68.6%
	800m	10:40.76	6 Dec 2008	Cantanhede								10:40.76	6 Dec 08	100.0%			11:30.14	31 May 08	86.2%				
1500m	20:11.18	6 Dec 2008	Cantanhede								20:11.18	6 Dec 08	100.0%										
Backstroke	50m	35.16	16 May 2009	Cantanhede								35.16	16 May 09	100.0%			38.36	21 Jun 08	84.0%				
	100m	1:14.46	16 May 2009	Cantanhede								1:14.46	16 May 09	100.0%			1:25.19	9 Feb 08	76.4%		1:30.12	30 Jun 07	68.3%
	200m	2:37.68	13 Jun 2009	Coimbra								2:37.68	13 Jun 09	100.0%									
Breaststroke	50m	43.56	21 Jun 2008	Lousã													43.56	21 Jun 08	100.0%		46.59	25 Apr 07	87.4%
	100m	1:30.03	9 May 2009	Coimbra								1:30.03	9 May 09	100.0%			1:32.55	13 Jul 08	94.6%		1:37.47	1 Jul 07	85.3%
	200m	3:14.59	25 Oct 2008	Coimbra								3:14.59	25 Oct 08	100.0%									
Fly	50m	43.15	17 Nov 2007	Coimbra													43.15	17 Nov 07	100.0%		43.82	24 Mar 07	97.0%
	100m	1:24.58	12 Jul 2008	Condeixa								1:26.77	9 May 09	95.0%			1:24.58	12 Jul 08	100.0%				
	200m																						
Medley	100m	1:25.18	17 Nov 2007	Coimbra													1:25.18	17 Nov 07	100.0%		1:31.47	25 Apr 07	86.7%
	200m	2:40.90	14 Jun 2009	Coimbra								2:40.90	14 Jun 09	100.0%			2:58.43	16 Mar 08	81.3%		3:09.96	27 May 07	71.7%
	400m	5:43.66	13 Jun 2009	Coimbra								5:43.66	13 Jun 09	100.0%									