

Long Course (50m)		Alltime				Season 2009		Season 2008		Season 2007		Season 2006	
Freestyle	50m												
	100m	1:16.17	12 Jul 2009	S.João da Madeira		1:16.17	12 Jul 09 100.0%						
	200m												
	400m	5:39.01	12 Jul 2009	S.João da Madeira		5:39.01	12 Jul 09 100.0%						
		1) --- 2) --- 3) --- 4) --- 1) 1:18.53 3) 1:26.69 --- --- --- --- 2) 1:26.30 4) 1:27.49											
	800m	11:25.74	12 Jul 2009	S.João da Madeira		11:25.74	12 Jul 09 100.0%						
	1) 1:18.53 1:18.53 4) 1:27.49 5:39.01 7) 1:26.00 9:59.12 2) 1:26.30 2:44.83 5) 1:27.80 7:06.81 8) 1:26.62 11:25.74 3) 1:26.69 4:11.52 6) 1:26.31 8:33.12												
1500m	21:29.90	12 Jul 2009	S.João da Madeira		21:29.90	12 Jul 09 100.0%							
	1) 1:18.53 1:18.53 6) 1:26.31 8:33.12 11) 1:25.54 15:44.90 2) 1:26.30 2:44.83 7) 1:26.00 9:59.12 12) 1:27.63 17:12.53 3) 1:26.69 4:11.52 8) 1:26.62 11:25.74 13) 1:25.24 18:37.77 4) 1:27.49 5:39.01 9) 1:26.80 12:52.54 14) 1:26.53 20:04.30 5) 1:27.80 7:06.81 10) 1:26.82 14:19.36 15) 1:25.60 21:29.90												
Backstroke	50m												
	100m	1:25.93	10 Jul 2009	S.João da Madeira		1:25.93	10 Jul 09 100.0%	1:31.54	8 Mar 08 88.1%				
	200m	3:02.76	11 Jul 2009	S.João da Madeira --- --- 1:29.26 --- --- 1:33.50		3:02.76	11 Jul 09 100.0%						
Breaststroke	50m												
	100m	1:36.55	11 Jul 2009	S.João da Madeira		1:36.55	11 Jul 09 100.0%						
	200m												
Fly	50m												
	100m												
	200m												
Medley	100m												
	200m	3:04.99 +0.81	18 Jan 2009	Coimbra 44.51 46.87 1:31.38 54.00 39.61 1:33.61		3:04.99 +0.81	18 Jan 09 100.0%	3:14.36 +0.78	8 Mar 08 90.6%				
	400m												

Short Course (25m) Alltime					Season 2010	Season 2009	Season 2008	Season 2007
Freestyle	50m	39.25	25 Feb 2007	Lousã				39.25 25 Feb 07 100.0%
	100m	1:13.01	9 May 2009 34.38 38.63	Coimbra		1:13.01 9 May 09 100.0%	1:15.10 13 Jul 08 94.5%	1:26.90 1 Jul 07 70.6%
	200m	2:36.32	13 Jun 2009 33.73 40.32 1:14.05 42.75 39.52 1:22.27	Coimbra		2:36.32 13 Jun 09 100.0%		3:09.73 24 Mar 07 67.9%
	400m	5:24.60	13 Jun 2009 1) 35.08 2) 41.49 3) 40.85 4) 41.69 40.72 41.33 42.35 41.09	Coimbra		5:24.60 13 Jun 09 100.0%	5:49.37 12 Jul 08 86.3%	6:26.61 26 May 07 70.5%
	800m	10:57.48	14 Jun 2009 1) 1:17.21 1:17.21 4) 1:22.69 5:24.89 2) 1:23.13 2:40.34 5) 1:23.14 6:48.03 3) 1:21.86 4:02.20 6) 1:24.04 8:12.07	Coimbra		10:57.48 14 Jun 09 100.0%	11:54.72 31 May 08 84.6%	
	1500m	20:37.87	14 Jun 2009 1) 1:17.21 1:17.21 6) 1:24.04 8:12.07 2) 1:23.13 2:40.34 7) 1:22.91 9:34.98 3) 1:21.86 4:02.20 8) 1:22.50 10:57.48 4) 1:22.69 5:24.89 9) 1:24.13 12:21.61 5) 1:23.14 6:48.03 10) 1:23.58 13:45.19	Coimbra		20:37.87 14 Jun 09 100.0%		
Backstroke	50m	45.13	25 Apr 2007	Gouveia				45.13 25 Apr 07 100.0%
	100m	1:21.37	16 May 2009	Cantanhede		1:21.37 16 May 09 100.0%	1:24.46 12 Jul 08 92.8%	1:33.28 30 Jun 07 76.1%
	200m	2:52.08	14 Feb 2009 40.75 43.97 1:24.72 44.89 42.47 1:27.36	Mealhada		2:52.08 14 Feb 09 100.0%		
Breaststroke	50m	46.12	21 Jun 2008	Lousã			46.12 21 Jun 08 100.0%	
	100m	1:33.52	14 Feb 2009 43.57 49.95	Mealhada		1:33.52 14 Feb 09 100.0%	1:37.44 13 Jul 08 92.1%	1:47.22 1 Jul 07 76.1%
	200m	3:28.30	25 Oct 2008 46.95 53.67 1:40.62 55.58 52.10 1:47.68	Coimbra		3:28.30 25 Oct 08 100.0%		
Fly	50m	51.74	30 Jun 2007	Condeixa				51.74 30 Jun 07 100.0%
	100m	1:35.47	9 May 2009 42.04 53.43	Coimbra		1:35.47 9 May 09 100.0%	1:45.01 9 Feb 08 82.7%	
	200m							
Medley	100m	1:28.83	21 Jun 2008	Lousã			1:28.83 21 Jun 08 100.0%	1:36.15 25 Apr 07 85.4%
	200m	2:59.12	15 Feb 2009 40.70 46.03 1:26.73 53.27 39.12 1:32.39	Mealhada		2:59.12 15 Feb 09 100.0%	3:04.41 1 Jun 08 94.3%	3:26.08 27 May 07 75.5%
	400m	6:20.43	13 Feb 2009 1) 41.97 2) 51.62 3) 54.17 4) 41.09 57.15 40.63 54.46 39.34	Mealhada		6:20.43 13 Feb 09 100.0%		