

# Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 50 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

| Time  | WA Pts | Round | Date     | Meet   | Venue      | Club Swam Under | Level |
|-------|--------|-------|----------|--|------------|-----------------|-------|
| 26.42 | 495    | H     | 20/01/24 | Derby Excel New Year Meet 2024                   | Sheffield  | Trafford Met    | 1     |
| 27.04 | 462    | H     | 31/01/16 | Lancashire County WPSA Age Group & Championships | Manchester | SwimTrafford    | 1     |
| 27.07 | 460    | H     | 16/05/15 | Rotherham Metro Level One Long Course Meet       | Sheffield  |                 | 1     |
| 27.23 | 452    | H     | 05/02/17 | Lancashire County Championships                  | Manchester | Co Manch Aq     | 1     |
| 27.91 | 420    | H     | 12/04/15 | Stockport Metro April LC Open Meet               | Stockport  |                 | 1     |
| 27.92 | 420    | H     | 22/03/15 | Lancashire County Age Groups & Championships     | Manchester |                 | 1     |
| 28.08 | 412    | H     | 07/12/14 | ASA North West Region Winter Championships       | Liverpool  |                 | 1     |
| 28.09 | 412    | H     | 16/03/14 | Lancashire County Championships                  | Manchester | SwimTrafford    | 1     |
| 28.23 | 406    | H     | 13/07/14 | City of Sunderland ASC Summer Splash 2014        | Sunderland |                 | 3     |
| 28.40 | 399    | H     | 19/01/14 | Co Leeds New Year Meet 2014                      | Leeds      | SwimTrafford    | 3     |
| 28.65 | 388    | H     | 06/04/14 | Stockport April Meet 2014                        | Stockport  | SwimTrafford    | 1     |
| 28.98 | 375    | H     | 14/07/13 | City of Sunderland Summer Splash                 | Sunderland | SwimTrafford    | 3     |
| 29.39 | 360    | F     | 22/12/13 | City of Manchester Aquatics Snow'pen Meet        | Manchester | SwimTrafford    | 1     |
| 29.74 | 347    | H     | 18/05/13 | Rotherham Metro Level 1 Open Meet                | Sheffield  | SwimTrafford    | 1     |
| 30.19 | 332    | H     | 10/03/13 | Lancashire Age Group County Championships        | Manchester | SwimTrafford    | 1     |
| 36.68 | 185    | H     | 20/03/10 | Cheshire County Champs                           | Stockport  | SwimTrafford    | 1     |
| 36.70 | 184    | H     | 19/03/11 | Cheshire County Championships                    | Stockport  | SwimTrafford    | 1     |
| 42.45 | 119    | H     | 28/03/09 | Cheshire County Champs                           | Stockport  | SwimTrafford    | 2     |

## Swims in Date Order

| Time  | WA Pts | Round | Date     | Meet   | Venue      | Club Swam Under | Level |
|-------|--------|-------|----------|--|------------|-----------------|-------|
| 26.42 | 495    | H     | 20/01/24 | Derby Excel New Year Meet 2024                   | Sheffield  | Trafford Met    | 1     |
| 27.23 | 452    | H     | 05/02/17 | Lancashire County Championships                  | Manchester | Co Manch Aq     | 1     |
| 27.04 | 462    | H     | 31/01/16 | Lancashire County WPSA Age Group & Championships | Manchester | SwimTrafford    | 1     |
| 27.07 | 460    | H     | 16/05/15 | Rotherham Metro Level One Long Course Meet       | Sheffield  |                 | 1     |
| 27.91 | 420    | H     | 12/04/15 | Stockport Metro April LC Open Meet               | Stockport  |                 | 1     |

|       |     |   |          |  |            |              |   |
|-------|-----|---|----------|--|------------|--------------|---|
| 27.92 | 420 | H | 22/03/15 | Lancashire County Age Groups & Championships | Manchester |              | 1 |
| 28.08 | 412 | H | 07/12/14 | ASA North West Region Winter Championships   | Liverpool  |              | 1 |
| 28.23 | 406 | H | 13/07/14 | City of Sunderland ASC Summer Splash 2014    | Sunderland |              | 3 |
| 28.65 | 388 | H | 06/04/14 | Stockport April Meet 2014                    | Stockport  | SwimTrafford | 1 |
| 28.09 | 412 | H | 16/03/14 | Lancashire County Championships              | Manchester | SwimTrafford | 1 |
| 28.40 | 399 | H | 19/01/14 | Co Leeds New Year Meet 2014                  | Leeds      | SwimTrafford | 3 |
| 29.39 | 360 | F | 22/12/13 | City of Manchester Aquatics Snow'pen Meet    | Manchester | SwimTrafford | 1 |
| 28.98 | 375 | H | 14/07/13 | City of Sunderland Summer Splash             | Sunderland | SwimTrafford | 3 |
| 29.74 | 347 | H | 18/05/13 | Rotherham Metro Level 1 Open Meet            | Sheffield  | SwimTrafford | 1 |
| 30.19 | 332 | H | 10/03/13 | Lancashire Age Group County Championships    | Manchester | SwimTrafford | 1 |
| 36.70 | 184 | H | 19/03/11 | Cheshire County Championships                | Stockport  | SwimTrafford | 1 |
| 36.68 | 185 | H | 20/03/10 | Cheshire County Champs                       | Stockport  | SwimTrafford | 1 |
| 42.45 | 119 | H | 28/03/09 | Cheshire County Champs                       | Stockport  | SwimTrafford | 2 |