

Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 200 Backstroke - 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
2:16.28	553	H	30/04/16	ASA North West Region Summer Championships	Manchester	SwimTrafford	1
2:16.34	553	H	11/03/16	Edinburgh International Meet	Edinburgh	SwimTrafford	1
2:17.36	540	F	31/05/15	2015 North West Regional Championships	Manchester		1
2:17.37	540	F	30/04/16	ASA North West Region Summer Championships	Manchester	SwimTrafford	1
2:18.02	533	H	31/05/15	2015 North West Regional Championships	Manchester		1
2:18.24	530	H	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
2:18.41	528	H	24/01/16	Lancashire County WPSA Age Group & Championships	Manchester	SwimTrafford	1
2:19.74	513	H	01/03/15	Lancashire County Age Groups & Championships	Liverpool		1
2:20.06	510	H	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield		1
2:20.31	507	F	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	SwimTrafford	1
2:22.26	486	H	18/01/15	City of Liverpool Level 1 Winter Meet Plus	Liverpool		1
2:22.52	484	H	01/06/14	BG North West Age Group Championships	Manchester		1
2:22.80	481	F	01/06/14	BG North West Age Group Championships	Manchester		1
2:23.24	477	H	09/03/14	Lancashire Age Groups & Championships	Manchester	SwimTrafford	1
2:23.57	473	F	21/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	SwimTrafford	1
2:24.45	465	F	07/12/14	ASA North West Region Winter Championships	Liverpool		1
2:25.51	455	H	07/12/14	ASA North West Region Winter Championships	Liverpool		1
2:25.90	451	H	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland		3
2:28.72	426	H	18/01/14	Co Leeds New Year Meet 2014	Leeds	SwimTrafford	3
2:30.47	411	H	02/06/13	BG North West Region 2013 Age Group Champs	Manchester	SwimTrafford	1
2:30.87	408	H	13/07/13	City of Sunderland Summer Splash	Sunderland	SwimTrafford	3
2:31.11	406	H	05/04/14	Stockport April Meet 2014	Stockport	SwimTrafford	1
2:34.37	381	H	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	SwimTrafford	1
2:36.86	363	H	17/03/13	Lancashire County Championships	Liverpool	SwimTrafford	1

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