

# Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 200 Individual Medley - 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
2:20.39	535	H	30/05/15	2015 North West Regional Championships	Manchester		1
2:20.55	533	H	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	Co Manch Aq	1
2:20.60	533	F	30/05/15	2015 North West Regional Championships	Manchester		1
2:21.46	523	H	07/12/14	ASA North West Region Winter Championships	Liverpool		1
2:22.10	516	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
2:22.74	509	H	30/04/17	ASA North West Region Summer Championships	Manchester	Co Manch Aq	1
2:22.82	508	H	01/03/15	Lancashire County Age Groups & Championships	Liverpool		1
2:23.44	502	H	31/05/14	BG North West Age Group Championships	Manchester		1
2:23.59	500	H	11/04/15	Stockport Metro April LC Open Meet	Stockport		1
2:24.26	493	H	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland		3
2:24.63	489	F	31/05/14	BG North West Age Group Championships	Manchester		1
2:25.45	481	H	18/01/15	City of Liverpool Level 1 Winter Meet Plus	Liverpool		1
2:26.09	475	H	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield		1
2:26.93	467	F	22/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	SwimTrafford	1
2:27.02	466	H	05/04/14	Stockport April Meet 2014	Stockport	SwimTrafford	1
2:27.02	466	F	05/04/14	Stockport April Meet 2014	Stockport	SwimTrafford	1
2:27.90	457	H	08/02/14	Derventio Excel February Festival	Sheffield	SwimTrafford	1
2:29.05	447	H	09/03/14	Lancashire Age Groups & Championships	Manchester	SwimTrafford	1
2:30.41	435	H	18/01/14	Co Leeds New Year Meet 2014	Leeds	SwimTrafford	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:22.74	509	H	30/04/17	ASA North West Region Summer Championships	Manchester	Co Manch Aq	1
2:20.55	533	H	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	Co Manch Aq	1
2:20.60	533	F	30/05/15	2015 North West Regional Championships	Manchester		1
2:20.39	535	H	30/05/15	2015 North West Regional Championships	Manchester		1

2:22.10	516	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
2:23.59	500	H	11/04/15	Stockport Metro April LC Open Meet	Stockport		1
2:22.82	508	H	01/03/15	Lancashire County Age Groups & Championships	Liverpool		1
2:25.45	481	H	18/01/15	City of Liverpool Level 1 Winter Meet Plus	Liverpool		1
2:21.46	523	H	07/12/14	ASA North West Region Winter Championships	Liverpool		1
2:24.26	493	H	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland		3
2:24.63	489	F	31/05/14	BG North West Age Group Championships	Manchester		1
2:23.44	502	H	31/05/14	BG North West Age Group Championships	Manchester		1
2:26.09	475	H	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield		1
2:27.02	466	F	05/04/14	Stockport April Meet 2014	Stockport	SwimTrafford	1
2:27.02	466	H	05/04/14	Stockport April Meet 2014	Stockport	SwimTrafford	1
2:29.05	447	H	09/03/14	Lancashire Age Groups & Championships	Manchester	SwimTrafford	1
2:27.90	457	H	08/02/14	Derventio Excel February Festival	Sheffield	SwimTrafford	1
2:30.41	435	H	18/01/14	Co Leeds New Year Meet 2014	Leeds	SwimTrafford	3
2:26.93	467	F	22/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	SwimTrafford	1