

Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 400 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
4:54.08	560	H	23/05/15	ASA 2015 North West Regional Championships	Liverpool		1
4:56.16	548	F	11/03/16	Edinburgh International Meet	Edinburgh	SwimTrafford	1
4:57.06	544	H	23/01/16	Lancashire County WPSA Age Group & Championships	Manchester	SwimTrafford	1
4:59.71	529	H	28/02/15	Lancashire County Age Groups & Championships	Liverpool		1
5:01.50	520	F	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	SwimTrafford	1
5:03.01	512	H	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield		1
5:03.46	510	H	06/12/14	ASA North West Region Winter Championships	Liverpool		1
5:05.18	501	H	07/06/14	BG North West Region 2014 Age Group Champs	Manchester		1
5:06.04	497	H	08/03/14	Lancashire Age Groups & Championships	Manchester	SwimTrafford	1
5:08.04	487	F	07/06/14	BG North West Region 2014 Age Group Champs	Manchester		1
5:10.64	475	H	06/04/14	Stockport April Meet 2014	Stockport	SwimTrafford	1

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5:06.04	497	H	08/03/14	Lancashire Age Groups & Championships	Manchester	SwimTrafford	1