

Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 100 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
55.89	589	H	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	SwimTrafford	1
56.95	557	H	01/05/16	ASA North West Region Summer Championships	Manchester	SwimTrafford	1
57.39	544	H	05/02/17	Lancashire County Championships	Manchester	Co Manch Aq	1
57.77	533	H	30/05/15	2015 North West Regional Championships	Manchester		1
57.83	532	H	21/01/24	Derby Excel New Year Meet 2024	Sheffield	Trafford Met	1
58.00	527	H	30/04/17	ASA North West Region Summer Championships	Manchester	Co Manch Aq	1
58.18	522	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
58.26	520	H	22/03/15	Lancashire County Age Groups & Championships	Manchester		1
58.81	505	H	11/04/15	Stockport Metro April LC Open Meet	Stockport		1
58.97	501	F	21/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	SwimTrafford	1
59.04	499	H	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland		3
59.62	485	H	17/01/15	City of Liverpool Level 1 Winter Meet Plus	Liverpool		1
1:00.56	463	H	16/03/14	Lancashire County Championships	Manchester	SwimTrafford	1
1:00.59	462	H	01/06/14	BG North West Age Group Championships	Manchester		1
1:00.75	458	H	18/01/14	Co Leeds New Year Meet 2014	Leeds	SwimTrafford	3
1:00.80	457	F	05/04/14	Stockport April Meet 2014	Stockport	SwimTrafford	1
1:00.99	453	H	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield		1
1:01.05	452	F	22/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	SwimTrafford	1
1:01.11	450	H	05/04/14	Stockport April Meet 2014	Stockport	SwimTrafford	1
1:02.80	415	H	19/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	SwimTrafford	1
1:03.09	409	H	02/06/13	BG North West Region 2013 Age Group Champs	Manchester	SwimTrafford	1
1:03.23	407	H	13/07/13	City of Sunderland Summer Splash	Sunderland	SwimTrafford	3
1:04.80	378	H	10/03/13	Lancashire Age Group County Championships	Manchester	SwimTrafford	1

Swims in Date Order

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57.83	532	H	21/01/24	Derby Excel New Year Meet 2024	Sheffield	Trafford Met	1
58.00	527	H	30/04/17	ASA North West Region Summer Championships	Manchester	Co Manch Aq	1
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57.77	533	H	30/05/15	2015 North West Regional Championships	Manchester		1
58.18	522	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
58.81	505	H	11/04/15	Stockport Metro April LC Open Meet	Stockport		1
58.26	520	H	22/03/15	Lancashire County Age Groups & Championships	Manchester		1
59.62	485	H	17/01/15	City of Liverpool Level 1 Winter Meet Plus	Liverpool		1
58.97	501	F	21/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	SwimTrafford	1
59.04	499	H	12/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland		3
1:00.59	462	H	01/06/14	BG North West Age Group Championships	Manchester		1
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