

# Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 400 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
4:20.51	602	H	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	SwimTrafford	1
4:22.25	590	H	01/05/16	ASA North West Region Summer Championships	Manchester	SwimTrafford	1
4:24.93	573	H	22/03/15	Lancashire County Age Groups & Championships	Manchester		1
4:26.20	565	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
4:29.13	546	H	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	Co Manch Aq	1
4:29.33	545	H	05/02/17	Lancashire County Championships	Manchester	Co Manch Aq	1
4:29.57	544	H	24/05/15	ASA 2015 North West Regional Championships	Liverpool		1
4:34.86	513	H	16/03/14	Lancashire County Championships	Manchester	SwimTrafford	1
4:35.19	511	H	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield		1

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