

# Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 50 Breaststroke - 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
33.78	453	H	21/01/24	Derby Excel New Year Meet 2024	Sheffield	Trafford Met	1
35.42	393	H	06/12/14	ASA North West Region Winter Championships	Liverpool		1
36.19	368	H	07/12/13	2013 ASA NWR Regional Championships	Manchester	SwimTrafford	1
37.46	332	H	14/07/13	City of Sunderland Summer Splash	Sunderland	SwimTrafford	3
37.51	331	H	19/01/14	Co Leeds New Year Meet 2014	Leeds	SwimTrafford	3
37.54	330	F	21/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	SwimTrafford	1
38.18	313	H	10/03/13	Lancashire Age Group County Championships	Manchester	SwimTrafford	1
48.57	152	H	19/03/11	Cheshire County Championships	Stockport	SwimTrafford	1
55.77	100	H	28/03/09	Cheshire County Champs	Stockport	SwimTrafford	2

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