

Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 100 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
1:14.27	449	H	21/03/15	Lancashire County Age Groups & Championships	Manchester		1
1:14.44	446	H	12/04/15	Stockport Metro April LC Open Meet	Stockport		1
1:14.95	437	H	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield		1
1:14.96	436	F	06/06/15	2015 North West Regional Championships	Manchester		1
1:15.13	433	F	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	SwimTrafford	1
1:15.70	424	H	06/09/15	UK School Games 2015	Manchester		1
1:15.96	419	H	18/01/15	City of Liverpool Level 1 Winter Meet Plus	Liverpool		1
1:15.98	419	H	31/05/14	BG North West Age Group Championships	Manchester		1
1:17.08	401	H	06/06/15	2015 North West Regional Championships	Manchester		1
1:17.38	397	H	07/12/14	ASA North West Region Winter Championships	Liverpool		1
1:17.45	396	H	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland		3
1:18.22	384	F	21/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	SwimTrafford	1
1:18.72	377	H	19/01/14	Co Leeds New Year Meet 2014	Leeds	SwimTrafford	3
1:19.12	371	H	15/03/14	Lancashire County Championships	Manchester	SwimTrafford	1
1:19.36	368	H	01/06/13	BG North West Region 2013 Age Group Champs	Manchester	SwimTrafford	1
1:20.31	355	F	01/06/13	BG North West Region 2013 Age Group Champs	Manchester	SwimTrafford	1
1:21.00	346	H	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	SwimTrafford	1
1:21.37	341	H	14/07/13	City of Sunderland Summer Splash	Sunderland	SwimTrafford	3
1:22.48	327	H	10/03/13	Lancashire Age Group County Championships	Manchester	SwimTrafford	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:15.70	424	H	06/09/15	UK School Games 2015	Manchester		1
1:14.96	436	F	06/06/15	2015 North West Regional Championships	Manchester		1
1:17.08	401	H	06/06/15	2015 North West Regional Championships	Manchester		1
1:14.44	446	H	12/04/15	Stockport Metro April LC Open Meet	Stockport		1

1:14.27	449	H	21/03/15	Lancashire County Age Groups & Championships	Manchester		1
1:15.96	419	H	18/01/15	City of Liverpool Level 1 Winter Meet Plus	Liverpool		1
1:15.13	433	F	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	SwimTrafford	1
1:17.38	397	H	07/12/14	ASA North West Region Winter Championships	Liverpool		1
1:17.45	396	H	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland		3
1:15.98	419	H	31/05/14	BG North West Age Group Championships	Manchester		1
1:14.95	437	H	17/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield		1
1:19.12	371	H	15/03/14	Lancashire County Championships	Manchester	SwimTrafford	1
1:18.72	377	H	19/01/14	Co Leeds New Year Meet 2014	Leeds	SwimTrafford	3
1:18.22	384	F	21/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	SwimTrafford	1
1:21.37	341	H	14/07/13	City of Sunderland Summer Splash	Sunderland	SwimTrafford	3
1:20.31	355	F	01/06/13	BG North West Region 2013 Age Group Champs	Manchester	SwimTrafford	1
1:19.36	368	H	01/06/13	BG North West Region 2013 Age Group Champs	Manchester	SwimTrafford	1
1:21.00	346	H	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	SwimTrafford	1
1:22.48	327	H	10/03/13	Lancashire Age Group County Championships	Manchester	SwimTrafford	1