

Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 200 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
2:36.28	517	H	24/01/16	Lancashire County WPSA Age Group & Championships	Manchester	SwimTrafford	1
2:39.04	491	H	01/05/16	ASA North West Region Summer Championships	Manchester	SwimTrafford	1
2:40.20	480	H	29/01/17	Lancashire County Championships	Manchester	Co Manch Aq	1
2:40.80	475	H	13/03/16	Edinburgh International Meet	Edinburgh	SwimTrafford	1
2:41.36	470	F	01/05/16	ASA North West Region Summer Championships	Manchester	SwimTrafford	1
2:42.18	463	H	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	Co Manch Aq	1
2:45.01	439	F	08/06/14	BG North West Region 2014 Age Group Champs	Manchester		1
2:45.61	434	H	08/06/14	BG North West Region 2014 Age Group Champs	Manchester		1
2:48.83	410	H	09/06/13	BG NWR 2013 Age Group Championships	Manchester	SwimTrafford	1
2:49.76	403	F	09/06/13	BG NWR 2013 Age Group Championships	Manchester	SwimTrafford	1
2:51.16	394	H	07/12/13	2013 ASA NWR Regional Championships	Manchester	SwimTrafford	1
2:52.23	386	H	19/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	SwimTrafford	1
2:52.57	384	F	22/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	SwimTrafford	1
2:52.62	384	H	17/03/13	Lancashire County Championships	Liverpool	SwimTrafford	1
2:53.83	376	H	13/07/13	City of Sunderland Summer Splash	Sunderland	SwimTrafford	3
2:53.89	375	H	19/01/14	Co Leeds New Year Meet 2014	Leeds	SwimTrafford	3

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