

# Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 50 Backstroke - Short 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
28.24	479	F	22/10/16	Manchester International 2016	Manchester	SwimTrafford	2
28.36	473	H	17/09/16	Swim Trafford Early Bird Meet	Stretford	Trafford Met	3
28.96	445	H	19/09/15	Trafford Borough Early Bird Sprint Meet	Stretford	Trafford Met	3
29.00	443	H	22/10/16	Manchester International 2016	Manchester	SwimTrafford	2
29.17	435	H	06/11/16	ASA North West Region Winter Championships	Manchester	SwimTrafford	2
29.25	431	F	27/11/17	Trafford Metro Club Championships Sprint 2017	Sale	Trafford Met	4
29.29	430	H	08/11/15	ASA North West Region Winter Championships	Liverpool		2
29.29	430	F	10/07/16	Trafford Metro Borough Club Championships Sprint	Sale	Trafford Met	4
29.41	424	F	12/07/15	Trafford Metro 2015 Club Championships	Sale	Trafford Met	4
29.72	411	H	20/01/18	CHESHIRE COUNTY CHAMPIONSHIPS 2018	Macclesfield	Trafford Met	2
29.89	404	F	14/12/14	Trafford Metro BOP Round 6	Sale	Trafford Met	4
30.11	395	H	20/12/14	Trafford Borough Christmas Sprint Meet	Stretford	Trafford Met	3
30.39	385	H	17/12/23	Satellites Last Chance County Qualifier 2023	Macclesfield	Trafford Met	3
30.51	380	F	20/07/14	Trafford Metro Borough Club Championships	Sale	Trafford Met	4
30.69	373	H	25/10/14	City of Leeds Grand Prix	Leeds		2
31.26	353	F	19/11/13	Trafford Metro Borough SC Club Champs	Sale	SwimTrafford	4
31.85	334	H	20/10/13	Greater Manchester Autumn Meet 2013	Manchester	SwimTrafford	3
32.16	324	F	16/06/13	Retford SC Annual Open Meet	Sheffield	SwimTrafford	3
32.27	321	H	27/01/13	Bolton & Manchester District Age Group Com	Manchester	SwimTrafford	3
32.79	306	H	23/06/13	Preston Guild Summer Spectacular Meet	Darwen	SwimTrafford	3
33.31	292	H	28/04/13	Satellites of Macclesfield 26th Open Meet	Macclesfield	SwimTrafford	2
36.13	229	H	20/10/12	Bolton & Manchester Championships 2012	Manchester	SwimTrafford	3
36.95	214	H	03/03/12	Cheshire County Championships	Macclesfield	SwimTrafford	2
36.98	213	H	28/01/12	Bolton & Manchester District Age Group Meet	Manchester	SwimTrafford	3
38.83	184	H	16/10/11	Manchester & District Assoc Swimming Champ	Manchester	SwimTrafford	3
40.94	157	H	21/11/10	Cheshire Junior Graded	Macclesfield	SwimTrafford	3
41.16	155	H	20/01/11	Bolton & Manchester Age Group Gala	Manchester	SwimTrafford	3

41.10	155	H	29/01/11	Bolton & Manchester Age Group Gala	Manchester	SwimTrafford	3
41.41	152	H	16/10/10	Manchester & District	Manchester	SwimTrafford	3
43.57	130	H	23/01/10	Bolton & Manchester AG Champs	Manchester	SwimTrafford	3
46.39	108	H	10/05/09	Manchester & District Chmp	Bury	SwimTrafford	2
48.12	97		05/07/09	Aquabears of Rochdale	Salford	SwimTrafford	3
50.82	82	H	22/11/08	Cumbria Autumn Graded	Workington	SwimTrafford	2
54.31	67	H	15/11/08	Cheshire County Junior Mt	Macclesfield	SwimTrafford	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
30.39	385	H	17/12/23	Satellites Last Chance County Qualifier 2023	Macclesfield	Trafford Met	3
29.72	411	H	20/01/18	CHESHIRE COUNTY CHAMPIONSHIPS 2018	Macclesfield	Trafford Met	2
29.25	431	F	27/11/17	Trafford Metro Club Championships Sprint 2017	Sale	Trafford Met	4
29.17	435	H	06/11/16	ASA North West Region Winter Championships	Manchester	SwimTrafford	2
28.24	479	F	22/10/16	Manchester International 2016	Manchester	SwimTrafford	2
29.00	443	H	22/10/16	Manchester International 2016	Manchester	SwimTrafford	2
28.36	473	H	17/09/16	Swim Trafford Early Bird Meet	Stretford	Trafford Met	3
29.29	430	F	10/07/16	Trafford Metro Borough Club Championships Sprint	Sale	Trafford Met	4
29.29	430	H	08/11/15	ASA North West Region Winter Championships	Liverpool		2
28.96	445	H	19/09/15	Trafford Borough Early Bird Sprint Meet	Stretford	Trafford Met	3
29.41	424	F	12/07/15	Trafford Metro 2015 Club Championships	Sale	Trafford Met	4
30.11	395	H	20/12/14	Trafford Borough Christmas Sprint Meet	Stretford	Trafford Met	3
29.89	404	F	14/12/14	Trafford Metro BOP Round 6	Sale	Trafford Met	4
30.69	373	H	25/10/14	City of Leeds Grand Prix	Leeds		2
30.51	380	F	20/07/14	Trafford Metro Borough Club Championships	Sale	Trafford Met	4
31.26	353	F	19/11/13	Trafford Metro Borough SC Club Champs	Sale	SwimTrafford	4
31.85	334	H	20/10/13	Greater Manchester Autumn Meet 2013	Manchester	SwimTrafford	3
32.79	306	H	23/06/13	Preston Guild Summer Spectacular Meet	Darwen	SwimTrafford	3
32.16	324	F	16/06/13	Retford SC Annual Open Meet	Sheffield	SwimTrafford	3
33.31	292	H	28/04/13	Satellites of Macclesfield 26th Open Meet	Macclesfield	SwimTrafford	2
32.27	321	H	27/01/13	Bolton & Manchester District Age Group Com	Manchester	SwimTrafford	3
36.13	229	H	20/10/12	Bolton & Manchester Championships 2012	Manchester	SwimTrafford	3
36.95	214	H	03/03/12	Cheshire County Championships	Macclesfield	SwimTrafford	2
36.98	213	H	28/01/12	Bolton & Manchester District Age Group Meet	Manchester	SwimTrafford	3
38.83	184	H	16/10/11	Manchester & District Assoc Swimming Champ	Manchester	SwimTrafford	3
41.10	155	H	29/01/11	Bolton & Manchester Age Group Gala	Manchester	SwimTrafford	3
40.94	157	H	21/11/10	Cheshire Junior Graded	Macclesfield	SwimTrafford	3
41.41	152	H	16/10/10	Manchester & District	Manchester	SwimTrafford	3
43.57	130	H	23/01/10	Bolton & Manchester AG Champs	Manchester	SwimTrafford	3
48.12	97		05/07/09	Aquabears of Rochdale	Salford	SwimTrafford	3
46.39	108	H	10/05/09	Manchester & District Chmp	Bury	SwimTrafford	2
50.82	82	H	22/11/08	Cumbria Autumn Graded	Workington	SwimTrafford	2
54.31	67	H	15/11/08	Cheshire County Junior Mt	Macclesfield	SwimTrafford	3