

Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 100 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
1:00.70	504	H	23/10/16	Manchester International 2016	Manchester	SwimTrafford	2
1:01.41	487	H	05/11/16	ASA North West Region Winter Championships	Manchester	SwimTrafford	2
1:01.41	487	F	05/11/16	ASA North West Region Winter Championships	Manchester	SwimTrafford	2
1:01.57	483	F	26/11/17	Trafford Metro Club Championships Sprint 2017	Sale	Trafford Met	4
1:01.71	480	F	23/10/16	Manchester International 2016	Manchester	SwimTrafford	2
1:01.92	475	F	05/07/15	Trafford Metro 2015 Club Championships	Sale	Trafford Met	4
1:02.01	473	F	03/07/16	Trafford Metro Borough Club Championships Sprint	Sale	Trafford Met	4
1:02.02	473	H	17/09/16	Swim Trafford Early Bird Meet	Stretford	Trafford Met	3
1:02.03	472	H	07/11/15	ASA North West Region Winter Championships	Liverpool		2
1:02.74	457	F	20/12/15	Swim Trafford Christmas Meet	Sale	Trafford Met	4
1:02.83	455	H	15/11/14	Stafford Apex Open Meet	Stafford		2
1:02.84	454	H	19/09/15	Trafford Borough Early Bird Sprint Meet	Stretford	Trafford Met	3
1:03.52	440	F	07/11/15	ASA North West Region Winter Championships	Liverpool		2
1:03.68	437	H	20/01/18	CHESHIRE COUNTY CHAMPIONSHIPS 2018	Macclesfield	Trafford Met	2
1:04.04	429	H	20/12/14	Trafford Borough Christmas Sprint Meet	Stretford	Trafford Met	3
1:04.27	425	H	25/10/14	City of Leeds Grand Prix	Leeds		2
1:04.77	415	F	21/09/14	TMBSC Pointscore	Sale	Trafford Met	4
1:05.03	410	F	27/04/14	Trafford Metro Olympian Point Score Results	Sale	Trafford Met	4
1:05.05	410	F	20/11/13	Trafford Metro Borough SC Club Champs	Sale	SwimTrafford	4
1:05.21	407	H	30/11/13	Cumbria S & WPA Interassociation	Blackpool	SwimTrafford	2
1:05.47	402	H	16/11/13	Stafford Apex Open Meet	Stafford	SwimTrafford	2
1:06.50	383	H	19/10/13	Greater Manchester Autumn Meet 2013	Manchester	SwimTrafford	3
1:07.79	362	F	16/06/13	Retford SC Annual Open Meet	Sheffield	SwimTrafford	3
1:08.71	348	H	23/06/13	Preston Guild Summer Spectacular Meet	Darwen	SwimTrafford	3
1:10.46	322	F	21/04/13	Trafford Metro Swim Club Pointscore 2013	Sale	SwimTrafford	4
1:11.12	313	H	27/04/13	Satellites of Macclesfield 26th Open Meet	Macclesfield	SwimTrafford	2
1:12.22	288	H	27/01/13	Bolton & Manchester District Age Group Com	Manchester	SwimTrafford	2

1:12.33	298	H	27/01/13	Bolton & Manchester District Age Group Com	Manchester	SwimTrafford	3
1:17.03	246	H	20/10/12	Bolton & Manchester Championships 2012	Manchester	SwimTrafford	3
1:19.42	225	F	24/06/12	Retford SC 19th Annual Open Meet	Sheffield	SwimTrafford	3
1:20.21	218	H	29/01/12	Bolton & Manchester District Age Group Meet	Manchester	SwimTrafford	3
1:21.03	212	H	17/03/12	Cheshire County Championships	Macclesfield	SwimTrafford	2
1:27.55	168	H	30/01/11	Bolton & Manchester Age Group Gala	Manchester	SwimTrafford	3
1:28.43	163		26/02/11	Menai AA & B Grade Meet	Bangor	SwimTrafford	4
1:29.50	157		27/02/10	Menai AA & B Meet	Bangor	SwimTrafford	3
1:31.81	145	H	24/01/10	Bolton & Manchester AG Champs	Manchester	SwimTrafford	3

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