

Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 200 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
2:11.52	518	F	05/07/15	Trafford Metro 2015 Club Championships	Sale	Trafford Met	4
2:14.80	481	F	03/07/16	Trafford Metro Borough Club Championships Sprint	Sale	Trafford Met	4
2:15.60	472	F	21/09/14	TMBSC Pointscore	Sale	Trafford Met	4
2:16.53	463	H	08/11/15	ASA North West Region Winter Championships	Liverpool		2
2:17.14	456	F	27/04/14	Trafford Metro Olympian Point Score Results	Sale	Trafford Met	4
2:18.28	445	H	16/11/14	Stafford Apex Open Meet	Stafford		2
2:18.41	444	F	20/11/13	Trafford Metro Borough SC Club Champs	Sale	SwimTrafford	4
2:21.03	420	H	26/10/14	City of Leeds Grand Prix	Leeds		2
2:21.49	416	H	30/11/13	Cumbria S & WPA Interassociation	Blackpool	SwimTrafford	2
2:22.21	409	H	16/11/13	Stafford Apex Open Meet	Stafford	SwimTrafford	2
2:24.24	392	H	28/09/13	Greater Manchester Autumn Meet 2013	Manchester	SwimTrafford	3
2:27.56	366	H	22/06/13	Preston Guild Summer Spectacular Meet	Darwen	SwimTrafford	3
2:32.31	333	H	28/04/13	Satellites of Macclesfield 26th Open Meet	Macclesfield	SwimTrafford	2
2:36.59	306	H	26/01/13	Bolton & Manchester District Age Group Com	Manchester	SwimTrafford	3
2:55.52	217	H	14/01/12	Bolton & Manchester Age Groups	Manchester	SwimTrafford	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:14.80	481	F	03/07/16	Trafford Metro Borough Club Championships Sprint	Sale	Trafford Met	4
2:16.53	463	H	08/11/15	ASA North West Region Winter Championships	Liverpool		2
2:11.52	518	F	05/07/15	Trafford Metro 2015 Club Championships	Sale	Trafford Met	4
2:18.28	445	H	16/11/14	Stafford Apex Open Meet	Stafford		2
2:21.03	420	H	26/10/14	City of Leeds Grand Prix	Leeds		2
2:15.60	472	F	21/09/14	TMBSC Pointscore	Sale	Trafford Met	4
2:17.14	456	F	27/04/14	Trafford Metro Olympian Point Score Results	Sale	Trafford Met	4
2:21.49	416	H	30/11/13	Cumbria S & WPA Interassociation	Blackpool	SwimTrafford	2

2:18.41	444	F	20/11/13	Trafford Metro Borough SC Club Champs	Sale	SwimTrafford	4
2:22.21	409	H	16/11/13	Stafford Apex Open Meet	Stafford	SwimTrafford	2
2:24.24	392	H	28/09/13	Greater Manchester Autumn Meet 2013	Manchester	SwimTrafford	3
2:27.56	366	H	22/06/13	Preston Guild Summer Spectacular Meet	Darwen	SwimTrafford	3
2:32.31	333	H	28/04/13	Satellites of Macclesfield 26th Open Meet	Macclesfield	SwimTrafford	2
2:36.59	306	H	26/01/13	Bolton & Manchester District Age Group Com	Manchester	SwimTrafford	3
2:55.52	217	H	14/01/12	Bolton & Manchester Age Groups	Manchester	SwimTrafford	3