

Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 200 Individual Medley - 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 |
|---------|--------|-------|----------|---|--------------|-----------------|-------|
| 2:17.08 | 511 | H | 08/11/15 | ASA North West Region Winter Championships | Liverpool | | 2 |
| 2:18.32 | 497 | F | 08/11/15 | ASA North West Region Winter Championships | Liverpool | | 2 |
| 2:19.71 | 483 | H | 16/11/14 | Stafford Apex Open Meet | Stafford | | 2 |
| 2:25.03 | 431 | H | 16/11/13 | Stafford Apex Open Meet | Stafford | SwimTrafford | 2 |
| 2:26.99 | 414 | F | 18/11/13 | Trafford Metro Borough SC Club Champs | Sale | SwimTrafford | 4 |
| 2:29.39 | 395 | F | 16/06/13 | Retford SC Annual Open Meet | Sheffield | SwimTrafford | 3 |
| 2:31.89 | 376 | H | 19/10/13 | Greater Manchester Autumn Meet 2013 | Manchester | SwimTrafford | 3 |
| 2:57.49 | 235 | H | 18/03/12 | Cheshire County Championships | Macclesfield | SwimTrafford | 2 |
| 2:58.36 | 232 | H | 29/01/12 | Bolton & Manchester District Age Group Meet | Manchester | SwimTrafford | 3 |
| 3:07.19 | 200 | H | 27/03/11 | Cheshire County Championships | Macclesfield | SwimTrafford | 2 |
| 3:08.89 | 195 | | 26/02/11 | Menai AA & B Grade Meet | Bangor | SwimTrafford | 4 |
| 3:21.33 | 161 | | 27/02/10 | Menai AA & B Meet | Bangor | SwimTrafford | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---|--------------|-----------------|-------|
| 2:18.32 | 497 | F | 08/11/15 | ASA North West Region Winter Championships | Liverpool | | 2 |
| 2:17.08 | 511 | H | 08/11/15 | ASA North West Region Winter Championships | Liverpool | | 2 |
| 2:19.71 | 483 | H | 16/11/14 | Stafford Apex Open Meet | Stafford | | 2 |
| 2:26.99 | 414 | F | 18/11/13 | Trafford Metro Borough SC Club Champs | Sale | SwimTrafford | 4 |
| 2:25.03 | 431 | H | 16/11/13 | Stafford Apex Open Meet | Stafford | SwimTrafford | 2 |
| 2:31.89 | 376 | H | 19/10/13 | Greater Manchester Autumn Meet 2013 | Manchester | SwimTrafford | 3 |
| 2:29.39 | 395 | F | 16/06/13 | Retford SC Annual Open Meet | Sheffield | SwimTrafford | 3 |
| 2:57.49 | 235 | H | 18/03/12 | Cheshire County Championships | Macclesfield | SwimTrafford | 2 |
| 2:58.36 | 232 | H | 29/01/12 | Bolton & Manchester District Age Group Meet | Manchester | SwimTrafford | 3 |
| 3:07.19 | 200 | H | 27/03/11 | Cheshire County Championships | Macclesfield | SwimTrafford | 2 |
| 3:08.89 | 195 | | 26/02/11 | Menai AA & B Grade Meet | Bangor | SwimTrafford | 4 |

