

# Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 400 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
4:47.62	544	H	07/11/15	ASA North West Region Winter Championships	Liverpool		2
4:50.16	529	H	05/11/16	ASA North West Region Winter Championships	Manchester	SwimTrafford	2
4:58.85	485	F	30/11/14	Trafford Metro Distance Championships	Sale	Trafford Met	4
4:59.09	483	H	11/01/14	Greater Manchester Clubs Age Groups	Manchester	SwimTrafford	3

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