

Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 100 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
1:02.12	499	H	17/09/16	Swim Trafford Early Bird Meet	Stretford	Trafford Met	3
1:02.45	491	F	10/07/16	Trafford Metro Borough Club Championships Sprint	Sale	Trafford Met	4
1:02.65	486	F	27/11/17	Trafford Metro Club Championships Sprint 2017	Sale	Trafford Met	4
1:03.07	477	H	19/09/15	Trafford Borough Early Bird Sprint Meet	Stretford	Trafford Met	3
1:03.20	474	F	12/07/15	Trafford Metro 2015 Club Championships	Sale	Trafford Met	4
1:03.64	464	H	06/11/16	ASA North West Region Winter Championships	Manchester	SwimTrafford	2
1:04.47	446	H	20/12/14	Trafford Borough Christmas Sprint Meet	Stretford	Trafford Met	3
1:04.65	442	H	16/11/14	Stafford Apex Open Meet	Stafford		2
1:05.12	433	F	20/07/14	Trafford Metro Borough Club Championships	Sale	Trafford Met	4
1:06.86	400	F	20/12/15	Swim Trafford Christmas Meet	Sale	Trafford Met	4
1:07.60	387	F	18/11/13	Trafford Metro Borough SC Club Champs	Sale	SwimTrafford	4
1:07.73	385	H	20/10/13	Greater Manchester Autumn Meet 2013	Manchester	SwimTrafford	3
1:08.80	367	H	16/11/13	Stafford Apex Open Meet	Stafford	SwimTrafford	2
1:11.16	332	H	22/06/13	Preston Guild Summer Spectacular Meet	Darwen	SwimTrafford	3
1:14.48	289	H	12/01/13	Bolton & Manchester District Age Group	Manchester	SwimTrafford	3
1:21.93	217	F	24/06/12	Retford SC 19th Annual Open Meet	Sheffield	SwimTrafford	3
1:24.20	200	H	16/10/11	Manchester & District Assoc Swimming Champ	Manchester	SwimTrafford	3
1:27.26	180	H	20/03/11	Cheshire County Championships	Macclesfield	SwimTrafford	2
1:29.32	167	H	16/10/10	Manchester & District	Manchester	SwimTrafford	3
1:33.86	144	H	23/01/10	Bolton & Manchester AG Champs	Manchester	SwimTrafford	3
1:36.83	131	H	06/12/09	Bolton Metro Xmas Sprint	Bury	SwimTrafford	3
1:50.18	89	H	15/11/08	Cheshire County Junior Mt	Macclesfield	SwimTrafford	3
1:54.04	80	H	22/11/08	Cumbria Autumn Graded	Workington	SwimTrafford	2

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