

Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 100 Freestyle - 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
55.38	530	H	05/11/16	ASA North West Region Winter Championships	Manchester	SwimTrafford	2
55.82	518	F	03/07/16	Trafford Metro Borough Club Championships Sprint	Sale	Trafford Met	4
56.42	501	H	07/11/15	ASA North West Region Winter Championships	Liverpool		2
56.55	498	H	17/09/16	Swim Trafford Early Bird Meet	Stretford	Trafford Met	3
56.59	497	H	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield		2
57.01	486	F	08/10/17	Trafford Metro Olympian Point Score 2017	Sale	Trafford Met	4
57.05	485	H	03/02/18	CHESHIRE COUNTY CHAMPIONSHIPS 2018	Macclesfield	Trafford Met	2
57.09	484	H	16/12/23	Satellites Last Chance County Qualifier 2023	Macclesfield	Trafford Met	3
57.16	482	F	26/11/17	Trafford Metro Club Championships Sprint 2017	Sale	Trafford Met	4
57.35	477	H	19/09/15	Trafford Borough Early Bird Sprint Meet	Stretford	Trafford Met	3
57.80	466	H	20/12/14	Trafford Borough Christmas Sprint Meet	Stretford	Trafford Met	3
58.08	460	F	14/12/14	Trafford Metro BOP Round 6	Sale	Trafford Met	4
58.67	446	H	26/10/14	City of Leeds Grand Prix	Leeds		2
59.48	428	H	16/11/14	Stafford Apex Open Meet	Stafford		2
59.66	424	H	01/12/13	Cumbria S & WPA Interassociation	Blackpool	SwimTrafford	2
1:00.71	402	H	28/09/13	Greater Manchester Autumn Meet 2013	Manchester	SwimTrafford	3
1:00.81	400	H	16/11/13	Stafford Apex Open Meet	Stafford	SwimTrafford	2
1:00.87	399	F	18/11/13	Trafford Metro Borough SC Club Champs	Sale	SwimTrafford	4
1:01.91	379	F	22/09/13	Trafford Metro Swim Club Pointscore 2013	Sale	SwimTrafford	4
1:02.03	377	F	16/06/13	Retford SC Annual Open Meet	Sheffield	SwimTrafford	3
1:02.20	374	H	22/06/13	Preston Guild Summer Spectacular Meet	Darwen	SwimTrafford	3
1:02.86	362	H	28/04/13	Satellites of Macclesfield 26th Open Meet	Macclesfield	SwimTrafford	2
1:04.71	332	H	13/01/13	Bolton & Manchester District Age Group	Manchester	SwimTrafford	3
1:07.49	293	F	24/02/13	Trafford Metro Swim Club Pointscore 2013	Sale	SwimTrafford	4
1:08.14	284	H	21/10/12	Bolton & Manchester Championships 2012	Manchester	SwimTrafford	3
1:10.02	262	F	24/06/12	Retford SC 19th Annual Open Meet	Sheffield	SwimTrafford	3
1:13.03	238	H	14/01/13	Bolton & Manchester Age Group	Manchester	SwimTrafford	3

1:13.32	220	H	14/01/12	Bolton & Manchester Age Groups	Manchester	SwimTrafford	3
1:14.65	216	H	16/10/11	Manchester & District Assoc Swimming Champ	Manchester	SwimTrafford	3
1:17.95	190	H	15/01/11	Bolton & Manchester District Age Groups	Manchester	SwimTrafford	3
1:19.05	182		26/02/11	Menai AA & B Grade Meet	Bangor	SwimTrafford	4
1:19.62	178	H	16/10/10	Manchester & District	Manchester	SwimTrafford	3
1:23.46	155		27/02/10	Menai AA & B Meet	Bangor	SwimTrafford	3
1:24.91	147	H	09/01/10	Bolton & Manchester AG Champs	Manchester	SwimTrafford	3
1:34.75	105	H	10/05/09	Manchester & District Chmp	Bury	SwimTrafford	2

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