

Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 200 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
1:59.02	581	H	22/10/16	Manchester International 2016	Manchester	SwimTrafford	2
1:59.42	576	H	06/11/16	ASA North West Region Winter Championships	Manchester	SwimTrafford	2
1:59.42	576	F	06/11/16	ASA North West Region Winter Championships	Manchester	SwimTrafford	2
2:02.14	538	H	08/11/15	ASA North West Region Winter Championships	Liverpool		2
2:02.88	528	F	10/07/16	Trafford Metro Borough Club Championships Sprint	Sale	Trafford Met	4
2:03.81	517	H	03/02/18	CHESHIRE COUNTY CHAMPIONSHIPS 2018	Macclesfield	Trafford Met	2
2:04.73	505	H	26/10/14	City of Leeds Grand Prix	Leeds		2
2:06.10	489	H	16/11/14	Stafford Apex Open Meet	Stafford		2
2:08.29	464	H	20/10/13	Greater Manchester Autumn Meet 2013	Manchester	SwimTrafford	3
2:10.17	444	F	19/11/13	Trafford Metro Borough SC Club Champs	Sale	SwimTrafford	4
2:12.43	422	H	16/11/13	Stafford Apex Open Meet	Stafford	SwimTrafford	2
2:13.27	414	H	23/06/13	Preston Guild Summer Spectacular Meet	Darwen	SwimTrafford	3
2:14.11	406	F	16/06/13	Retford SC Annual Open Meet	Sheffield	SwimTrafford	3
2:14.55	402	H	28/04/13	Satellites of Macclesfield 26th Open Meet	Macclesfield	SwimTrafford	2
2:18.86	366	F	21/04/13	Trafford Metro Swim Club Pointscore 2013	Sale	SwimTrafford	4
2:20.62	352	H	12/01/13	Bolton & Manchester District Age Group	Manchester	SwimTrafford	3
2:27.24	307	H	20/10/12	Bolton & Manchester Championships 2012	Manchester	SwimTrafford	3
2:34.01	268	F	24/06/12	Retford SC 19th Annual Open Meet	Sheffield	SwimTrafford	3
2:34.55	265	H	04/03/12	Cheshire County Championships	Macclesfield	SwimTrafford	2
2:37.20	252	H	28/01/12	Bolton & Manchester District Age Group Meet	Manchester	SwimTrafford	3
3:05.61	153	H	23/01/10	Bolton & Manchester AG Champs	Manchester	SwimTrafford	3
3:57.29	73	H	22/11/08	Cumbria Autumn Graded	Workington	SwimTrafford	2

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