

# Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 400 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
4:10.13	611	F	23/10/16	Manchester International 2016	Manchester	SwimTrafford	2
4:12.53	593	H	05/11/16	ASA North West Region Winter Championships	Manchester	SwimTrafford	2
4:14.20	582	F	29/11/15	Trafford Metro BSC 2015 Club Championships	Sale	Trafford Met	4
4:14.20	582	F	27/11/16	Trafford Metro Club Championships	Sale	Trafford Met	4
4:16.71	565	H	23/10/16	Manchester International 2016	Manchester	SwimTrafford	2
4:17.24	561	F	02/07/17	Trafford Metro 2017 Club Championships Gala	Sale	Trafford Met	4
4:24.35	517	F	30/11/14	Trafford Metro Distance Championships	Sale	Trafford Met	4
4:28.71	492	H	15/11/14	Stafford Apex Open Meet	Stafford		2
4:29.59	488	H	25/01/14	Greater Manchester Clubs Age Groups	Manchester	SwimTrafford	3
5:45.90	231	H	15/01/12	Bolton & Manchester Age Groups	Manchester	SwimTrafford	3

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