

# Individual Best Times (All Time)

Solomon Mhar - (531740) - Trafford Metro Bor SC - 100 Breaststroke - 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
1:13.18	431	H	26/10/14	City of Leeds Grand Prix	Leeds		2
1:14.22	413	H	15/11/14	Stafford Apex Open Meet	Stafford		2
1:15.86	386	F	20/07/14	Trafford Metro Borough Club Championships	Sale	Trafford Met	4
1:16.99	370	H	29/09/13	Greater Manchester Autumn Meet 2013	Manchester	SwimTrafford	3
1:17.22	366	H	01/12/13	Cumbria S & WPA Interassociation	Blackpool	SwimTrafford	2
1:18.72	346	H	16/11/13	Stafford Apex Open Meet	Stafford	SwimTrafford	2
1:19.33	338	F	16/06/13	Retford SC Annual Open Meet	Sheffield	SwimTrafford	3
1:19.56	335	H	22/06/13	Preston Guild Summer Spectacular Meet	Darwen	SwimTrafford	3
1:19.58	335	F	22/09/13	Trafford Metro Swim Club Pointscore 2013	Sale	SwimTrafford	4
1:19.78	332	H	27/04/13	Satellites of Macclesfield 26th Open Meet	Macclesfield	SwimTrafford	2
1:19.88	331	F	27/04/13	Satellites of Macclesfield 26th Open Meet	Macclesfield	SwimTrafford	2
1:21.41	313	H	26/01/13	Bolton & Manchester District Age Group Com	Manchester	SwimTrafford	3
1:22.21	304	F	19/11/13	Trafford Metro Borough SC Club Champs	Sale	SwimTrafford	4
1:22.81	297	H	18/11/12	North Lancs Inter Association Meet	Blackpool	SwimTrafford	2
1:23.44	290	H	21/10/12	Bolton & Manchester Championships 2012	Manchester	SwimTrafford	3
1:24.68	278	F	24/02/13	Trafford Metro Swim Club Pointscore 2013	Sale	SwimTrafford	4
1:30.37	228	F	24/06/12	Retford SC 19th Annual Open Meet	Sheffield	SwimTrafford	3
1:35.15	196	H	15/01/12	Bolton & Manchester Age Groups	Manchester	SwimTrafford	3
1:39.38	172	H	16/01/11	Bolton & Manchester District Age Groups	Manchester	SwimTrafford	3
1:42.04	158		26/02/11	Menai AA & B Grade Meet	Bangor	SwimTrafford	4
1:45.87	142		27/02/10	Menai AA & B Meet	Bangor	SwimTrafford	3
1:49.81	127	H	10/01/10	Bolton & Manchester AG Champs	Manchester	SwimTrafford	3
2:00.61	96		05/07/09	Aquabears of Rochdale	Salford	SwimTrafford	3

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