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

1:13.18 431 H 26/10/14 City of Leeds Grand Prix Leeds 1:14.22 413 H 15/11/14 Stafford Apex Open Meet Stafford 1:15.86 386 F 20/07/14 Trafford Metro Borough Club Championships Sale Trafford Met 1:16.99 370 H 29/09/13 Greater Manchester Autumn Meet 2013 Manchester SwimTrafford 1:17.22 366 H 01/12/13 Cumbria S & WPA Interassociation Blackpool SwimTrafford 1:18.72 346 H 16/11/13 Stafford Apex Open Meet Stafford SwimTrafford 1:19.33 338 F 16/06/13 Retford SC Annual Open Meet Sheffield SwimTrafford 1:19.56 335 H 22/06/13 Preston Guild Summer Spectacular Meet Darwen SwimTrafford 1:19.78 335 F 22/09/13 Trafford Metro Swim Club Pointscore 2013 Sale SwimTrafford 1:19.88 331 F 27/04/13 Satellites of Macclesfield 26th Open Meet Macc	Jnder Level
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1:49.81 127 H 10/01/10 Bolton & Manchester AG Champs Manchester SwimTrafford	3
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2:00.61 96 05/07/09 Aquabears of Rochdale Salford SwimTrafford	3

Swims in Date Order

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