

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022

Results

Women 14-15 400 LC Meter BF

Egypt: 4:03.39 # 11/2021		Gana Safwat Salah	Bank Cairo		
Name	Age	Team	Seed Time	Finals Time	Points
1	Ganna Safwat Salah	15 Bank Ahly Cairo	NT	4:08.01	50
2	Login Mohamed Shawky	15 Manshia Youth	4:15.95	4:09.50	46
3	Noha Mohamed Abd El Wahab	15 Manshia Youth	4:14.02	4:10.60	42
4	Nabela Hassan Esmail	15 Olympia Sport Academy	4:11.34	4:11.59	39
5	Gomana Ahmed Adel	15 El-Temseh	4:27.64	4:16.17	36
6	Retag Mohamed Gamal	15 Tagamoa Heights	NT	4:17.06	33
7	Salma Saad Mohamed	14 Elethead Elskandry Club	4:26.25	4:18.57	30
8	Gana Elsayed Abdelhamed A	15 Stad Mansoura	4:28.55	4:18.62	27
9	Maryam Khaled Hmza	14 Al-Tawkilat Melahia	4:21.99	4:19.98	24
10	Hagar Mostafa Mohamed	14 Ismaily Sporting Club	4:20.68	4:20.53	22
11	Kenzy Mohamed Shawky	15 Manshia Youth	4:27.83	x4:22.11	
12	Ghada Mohamed Ahmed	15 Wadi Degla	4:14.08	4:24.45	20
13	Yasmien Mohamed Fathy	15 Ghaba	4:22.82	4:25.43	18
14	Joudy Ahmed Fouad	15 Ghaba	4:17.46	4:25.67	16
15	Joudy Rada Mohamed	14 Betash Club	NT	4:26.56	14
16	Joudy Mohamed Elsiad	14 Elethead Elskandry Club	4:26.04	4:28.30	12
17	Mai Tarek ali	14 Ismaily Sporting Club	4:30.13	4:28.35	10
18	Malak Mohamed Mahmoud	15 Ghaba	4:36.13	x4:31.44	
19	Salma Wesam Hamdy	14 Betash Club	4:32.18	4:31.47	8
20	Hoda Ahmed Mohamed Nasar	14 Betash Club	4:30.13	x4:31.54	
21	Rinad Ahmed Yousef	14 Wadi Degla	4:31.84	4:31.82	7
22	Amira Ahmed Mohamed Hussin	14 Ghaba	4:35.36	x4:31.91	
23	Rokaia M Elorbany	14 Economic Reg.	4:38.94	4:32.31	6
24	Gana Ali Abdelhady Ibrahe	15 Stad Mansoura	4:30.01	4:32.33	5
25	Mariam Saad Moustafa Galal	14 ElGezira Youth	4:26.87	4:33.14	4
26	Sara Rabey Marzouk	15 TM Acd	4:35.16	4:33.42	3
27	Farah Mohamed Gamal	14 EzzEldikhala Club	4:33.63	4:35.38	2
28	Shahd Ahmed Fouad	15 ElGezira Youth	4:45.59	4:35.50	1
29	Nada Mohamed Abd ElLatif	14 Al-Tawkilat Melahia	4:36.36	4:35.89	
30	Habiba Khaled Saad	14 Pyramids Gardens	NT	4:36.18	
31	Gana Abo Elaa Abd Elnafaa	14 Shooting Cairo	4:27.61	4:37.43	
32	Jana Mohamed Refaat	15 ElGezira Youth	NT	x4:37.45	
33	Habiba Hassan Esmail	14 El-Mostakbal	4:45.28	4:43.00	
34	Bassant Moustafa Ragab	15 Nasr Club	4:36.82	4:43.36	
35	Malak Mohamed Ibrahim Nasr	14 Manshia Youth	4:47.40	x4:45.15	
36	Hanen Sayed Ahmed Ismail	14 Shooting Cairo	NT	4:45.18	
37	Habiba Hany Tarek	15 TM Acd	4:53.24	4:45.42	
38	Rodina Fahmy Abdelmonem	14 Hykisteb	4:46.38	4:46.19	
39	Malak Wael Alborolosy	15 Olympia Sport Academy	NT	4:46.59	
40	Reem Said Mohamed	15 Tagamoa Heights	4:42.22	4:47.47	
41	Norseen Mohamed Ismail	14 Manshia Youth	4:47.76	x4:49.13	
42	Raghad Abdullah Ahmed	15 Tagamo Awal	4:50.88	4:51.05	
43	Nour Ahmed Mohamed	15 Pyramids Gardens	5:00.68	4:53.77	
44	Mariem Tarek Ghazy Mohamed	15 Tyran Club	NT	4:54.92	
45	Gana Alaa Elden Abdelal	15 MS Obour	5:18.68	4:58.53	
46	Habiba Osama Ali	14 Al-Canal	4:56.82	4:59.65	
47	Nour Mohsen Fahmy Hassan	14 ElMarikh	5:00.24	5:03.97	
48	Shaza Ashraf Saad	14 Ghaba	NT	x5:08.99	
49	Soundos Ahmed Mohamed ali	15 MS Obour	5:09.89	5:13.89	
50	Hanen Hazem Abd Monem Aly	15 Tyran Club	NT	5:16.16	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****(Women 14-15 400 LC Meter BF)**

	Name	Age	Team	Seed Time	Finals Time	Points
51	Hanin Yassar Mohamed Ali	14	Bank Ahly Cairo	5:45.67	5:23.39	
---	Hadeer Mahmoud Hassan Amin	14	Bank Ahly Cairo	4:24.55	DNF	
---	Basmala Wael Ahmed Mohamed	14	Wadi Degla	4:26.73	NS	
---	Lena Sherif Mohamed	14	Al-Canal	4:57.30	NS	
---	Renad Tamer Shaaban	14	Ismaily Sporting Club	NT	NS	
---	Rouvida Mohamed Emam Awad	15	Shooting Cairo	4:21.15	NS	
---	Malak Mohamed Fekry Ahmed	15	Stad Mansoura	4:42.51	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022

Results

Women 14-15 400 LC Meter SF

Egypt: 3:30.01 # 11/8/2020		Nada Magdy Abou Moslam		GHABA		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Ghada Mohamed Ahmed	15	Wadi Degla	3:31.84	3:37.34	50
2	Joudy Rada Mohamed	14	Betash Club	3:44.01	3:41.91	46
3	Farah Mohamed Shawky	15	Ghaba	3:48.31	3:46.01	42
4	Jana Sherif Mohamed Moustafa	15	Olimpiy Club	3:49.88	3:46.08	39
5	Mena Mohamed Fouad	14	El-Temsah	3:43.06	3:46.70	36
6	Renad Tamer Shaaban	14	Ismaily Sporting Club	3:50.55	3:47.32	33
7	Basmala Wael Ahmed Mohamed	14	Wadi Degla	3:55.02	3:47.95	30
8	Mariam Ali Mohamed	15	Ghaba	3:50.18	3:51.12	27
9	Habiba Mohamed Eid Hassan	14	Al-Canal	3:48.03	3:53.42	24
10	Gomana Ahmed Adel	15	El-Temsah	4:02.66	3:54.36	22
11	Shahd Mohamed Mostafa	14	Ismaily Sporting Club	3:56.42	3:54.46	20
12	Mariam Saad Moustafa Galal	14	ElGezira Youth	3:54.06	3:54.52	18
13	Salma Saad Mohamed	14	Elethead Elskandry Club	3:53.31	3:54.87	16
14	Hala Sherif Hussin Tawfik	15	Smouha	3:52.79	3:55.55	14
15	Yara Attif Mohamed	15	Smouha	4:00.14	3:55.93	12
16	Hanen Mohamed Sami	14	Nasr Club	3:47.28	3:56.42	10
17	Rawan Fahim Said Fahim	15	Ghaba	4:08.98	x3:58.26	
18	Malak Alaa Aldin Khlousy	14	Police	3:55.48	3:59.28	8
19	Malak Mohamed Mahmoud	15	Ghaba	4:06.98	x4:00.53	
20	Malak Mohamed Ahmed	14	Elethead Elskandry Club	3:54.29	4:01.18	7
21	Gana Ahmed Saad Shoman	14	Smouha	NT	x4:01.23	
22	Joudy Ahmed Fouad	15	Ghaba	3:46.83	x4:01.47	
23	Amina Sherif Abdallah	15	Wadi Degla	3:57.37	x4:01.94	
24	Retag Ahmed Mohamed	14	Issa	4:01.04	4:02.12	6
25	Jomana Hany Fathy	14	Ghaba	NT	x4:02.76	
26	Reem Said Mohamed	15	Tagamoa Heights	4:04.47	4:05.43	5
27	Habiba Osama Ali	14	Al-Canal	4:01.01	4:06.05	4
28	Malk Said Abdelrazek	15	Smouha	4:07.31	x4:06.36	
29	Rodaina Hossam Salah	14	Nasr Club	4:18.50	4:07.01	3
30	Habiba Alsayed Mohamed	15	Al-Canal	4:14.95	x4:08.44	
31	Jana Mohamed el Sayed	14	Wadi Degla	4:12.32	x4:09.91	
32	Arwa Mohamed ElSayed	14	Wadi Degla	4:10.78	x4:11.07	
33	Jana Mohamed Abas	15	Suez C.P.Said	4:21.20	4:11.72	2
34	Rawan Ahmed Ibrahim	14	Ismaily Sporting Club	4:04.50	x4:11.98	
35	Ganna Amr Abd El-Khalek	15	Al-Canal	NT	x4:12.71	
36	Jana Mohamed Refaat	15	ElGezira Youth	4:08.82	4:12.84	1
37	Shahd Mohamed Gamal Elden	14	Ghaba	4:15.44	x4:12.85	
38	Joanna Mohamed Elsayed	14	Elethead Elskandry Club	4:14.20	x4:15.49	
39	Rawan Waled Mohamed Amin	14	Ghaba	4:23.83	x4:19.50	
40	Julia Remon Samir	14	Ghaba	4:23.34	x4:22.57	
41	Bassant Moustafa Ragab	15	Nasr Club	4:15.43	x4:24.24	
42	Rehab Ayman Sayed	14	Nasr Club	4:36.75	x4:24.78	
43	Hana Yaser Mohamed	15	El-Obour	NT	4:24.88	
44	Hana Hatem Mohamed	14	Smouha	4:36.58	x4:29.55	
45	Laila Ahmed Mohamed	14	TM Acd	4:24.24	4:30.09	
46	Hana Gamal Eldin ElSayed	15	Al-Canal	NT	x4:34.82	
47	Daren Zaky Mohamed	15	Smouha	4:43.30	x4:39.75	
48	Farah Khaled Nabil	15	Elriady Elbahry Club	NT	4:41.23	
49	Hanin Yassar Mohamed Ali	14	Bank Ahly Cairo	NT	4:51.62	
50	Jana Essam Abdou	14	MS Obour	NT	4:55.54	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****(Women 14-15 400 LC Meter SF)**

	Name	Age	Team	Seed Time	Finals Time	Points
51	Jana Khaled Hosseiny	14	Police	NT	4:56.43	
---	Farah Mostafa Magdy	14	Smouha	4:12.70	DQ	
---	Farah Wail El Maadawy	14	Bank Alx	3:49.67	DQ	
---	Wesam Hany Mahmoud	14	Ismaily Sporting Club	3:50.60	DQ	
---	Yasmien Mohamed Fathy	15	Ghaba	3:50.70	DNF	
---	Jana Mohamed Fathe	15	Alshark Sports	4:06.64	NS	
---	Rania Ahmed Mahmoud Hassan	14	Electrecity Ismailia	4:18.08	NS	
---	Malak Mohamed Ahmed Abdelg	15	Smouha	4:43.37	NS	
---	Solava Raed Ibrahim Mahmoud	14	Smouha	4:06.08	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022

Results

Women 14-15 800 LC Meter SF

Egypt: 7:18.84 # 3/25/2022		Ghada Mohamed Ahmed		Wadi Degla		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Ghada Mohamed Ahmed	15	Wadi Degla	7:26.38	7:18.84 #	50
2	Mena Mohamed Fouad	14	El-Temsah	7:56.67	7:47.39	46
3	Basmala Wael Ahmed Mohamed	14	Wadi Degla	8:10.83	7:49.58	42
4	Joudy Rada Mohamed	14	Betash Club	7:59.24	7:57.19	39
5	Jana Sherif Mohamed Moustafa	15	Olimpiy Club	8:02.18	7:57.39	36
6	Mariam Ali Mohamed	15	Ghaba	8:16.42	8:00.74	33
7	Habiba Mohamed Eid Hassan	14	Al-Canal	8:04.57	8:01.58	30
8	Farah Mohamed Shawky	15	Ghaba	8:00.02	8:02.46	27
9	Wesam Hany Mahmoud	14	Ismaily Sporting Club	8:01.48	8:04.27	24
10	Shahd Mohamed Mostafa	14	Ismaily Sporting Club	8:15.46	8:05.21	22
11	Malak Alaa Aldin Khlousy	14	Police	8:27.01	8:09.35	20
12	Salma Saad Mohamed	14	Elethead Elskandry Club	8:01.23	8:11.41	18
13	Malak Mohamed Mahmoud	15	Ghaba	8:18.51	x8:13.15	
14	Mariam Saad Moustafa Galal	14	ElGezira Youth	8:21.15	8:15.11	16
15	Hala Sherif Hussin Tawfik	15	Smouha	8:16.87	8:16.11	14
16	Malak Mohamed Ahmed	14	Elethead Elskandry Club	8:08.36	8:16.58	12
17	Amina Sherif Abdallah	15	Wadi Degla	8:20.67	x8:16.94	
18	Renad Tamer Shaaban	14	Ismaily Sporting Club	8:12.32	x8:21.92	
19	Retag Ahmed Mohamed	14	Issa	8:20.34	8:25.39	10
20	Malk Said Abdelrazek	15	Smouha	8:28.38	8:27.96	8
21	Farah Wail El Maadawy	14	Bank Alx	8:08.54	8:28.47	7
22	Hanen Mohamed Sami	14	Nasr Club	8:22.70	8:34.08	6
23	Reem Said Mohamed	15	Tagamoa Heights	8:32.63	8:34.46	5
24	Mariam Tamer Sayed	15	Electrecity Ismailia	8:55.37	8:36.15	4
25	Habiba Alsayed Mohamed	15	Al-Canal	9:03.71	8:36.28	3
26	Jana Mohamed Refaat	15	ElGezira Youth	8:44.91	8:36.45	2
27	Gana Elsayed Abdelhamed A	15	Stad Mansoura	NT	8:37.31	1
28	Habiba Osama Ali	14	Al-Canal	8:29.96	x8:41.75	
29	Rodaina Hossam Salah	14	Nasr Club	8:53.32	8:43.37	
30	Malak Mohamed Fekry Ahmed	15	Stad Mansoura	9:36.96	8:44.19	
31	Hanin Ibrahim Mahmoud	14	Wadi Degla	8:50.95	x8:47.65	
32	Rawan Ahmed Ibrahim	14	Ismaily Sporting Club	8:26.58	x8:49.60	
33	Ganna Amr Abd El-Khalek	15	Al-Canal	NT	x8:50.72	
34	Basma Hussien Anwar	15	Nasr Club	9:03.15	x8:51.04	
35	Farah Mostafa Magdy	14	Smouha	8:48.16	x8:52.50	
36	Rania Ahmed Mahmoud Hassan	14	Electrecity Ismailia	9:04.65	8:58.54	
37	Joanna Mohamed Elsayed	14	Elethead Elskandry Club	8:49.39	x8:58.74	
38	Basant Waled Mohamed Abdels	14	Army Club	9:25.04	9:11.62	
39	Hana Hatem Mohamed	14	Smouha	9:27.83	x9:15.62	
40	Laila Ahmed Mohamed	14	TM Acd	9:23.25	9:17.07	
41	Roqia Mostafa ali Mohamed	14	El-Obour	9:31.73	9:19.54	
42	Daren Zaky Mohamed	15	Smouha	10:03.08	x9:23.21	
43	Sama Abdo Abdelrazek	14	Stad Mansoura	9:23.50	x9:24.91	
44	Farah Khaled Nabil	15	Elriady Elbahry Club	NT	9:29.36	
45	Hana Yaser Mohamed	15	El-Obour	9:27.35	9:30.19	
46	Gomana Yousry Omar	14	Elriady Elbahry Club	9:40.09	9:51.25	
47	Jana Khaled Hosseiny	14	Police	NT	10:15.40	
---	Solava Raed Ibrahim Mahmoud	14	Smouha	8:28.97	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022

Results

Women 14-15 1500 LC Meter SF

Egypt: 14:19.12 # 7/2014		Alaa Abd ElLatif Ahmed		Shooting Alex.		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Ghada Mohamed Ahmed	15	Wadi Degla	14:53.89	14:35.70	50
2	Joudy Rada Mohamed	14	Betash Club	15:14.34	15:26.05	46
3	Basmala Wael Ahmed Mohamed	14	Wadi Degla	15:34.34	15:28.27	42
4	Wesam Hany Mahmoud	14	Ismaily Sporting Club	NT	15:35.95	39
5	Farah Mohamed Shawky	15	Ghaba	15:43.18	15:37.09	36
6	Jana Sherif Mohamed Moustafa	15	Olimpiy Club	15:43.83	15:45.07	33
7	Amina Sherif Abdallah	15	Wadi Degla	16:26.88	15:53.43	30
8	Malak Alaa Aldin Khlousy	14	Police	16:59.31	15:53.68	27
9	Mena Mohamed Fouad	14	El-Temseh	NT	15:53.71	24
10	Retag Ahmed Mohamed	14	Issa	16:37.32	16:03.72	22
11	Shahd Mohamed Mostafa	14	Ismaily Sporting Club	NT	16:07.41	20
12	Malak Mohamed Ahmed	14	Elethad Elskandry Club	15:44.44	16:08.64	18
13	Farah Wail El Maadawy	14	Bank Alx	16:05.34	16:11.55	16
14	Malak Mohamed Mahmoud	15	Ghaba	16:02.40	16:13.40	14
15	Hala Sherif Hussin Tawfik	15	Smouha	NT	16:17.39	12
16	Hanen Mohamed Sami	14	Nasr Club	16:26.54	16:19.65	10
17	Malk Said Abdelrazek	15	Smouha	16:10.80	16:23.06	8
18	Reem Said Mohamed	15	Tagamoa Heights	17:20.88	16:31.67	7
19	Mariam Saad Moustafa Galal	14	ElGezira Youth	16:42.97	16:38.19	6
20	Jana Mohamed Refaat	15	ElGezira Youth	17:01.46	16:38.25	5
21	Habiba Osama Ali	14	Al-Canal	NT	16:46.18	4
22	Renad Tamer Shaaban	14	Ismaily Sporting Club	NT	16:48.75	3
23	Rawan Ahmed Ibrahim	14	Ismaily Sporting Club	NT	x16:54.32	
24	Rodaina Hossam Salah	14	Nasr Club	NT	16:55.56	2
25	Habiba Alsayed Mohamed	15	Al-Canal	16:22.26	16:58.92	1
26	Farah Mostafa Magdy	14	Smouha	NT	17:01.72	
27	Joanna Mohamed Elsayed	14	Elethad Elskandry Club	17:08.33	17:22.98	
28	Mariam Tamer Sayed	15	Electrecity Ismailia	NT	17:27.07	
29	Malk Mohamed Goma	15	Betash Club	17:46.58	17:48.45	
30	Basant Waled Mohamed Abdels	14	Army Club	NT	18:04.80	
31	Roqia Mostafa ali Mohamed	14	El-Obour	NT	18:31.98	
32	Hana Hatem Mohamed	14	Smouha	18:54.04	x18:49.68	
33	Sama Abdo Abdelrazek	14	Stad Mansoura	NT	18:52.80	
34	Rania Ahmed Mahmoud Hassan	14	Electrecity Ismailia	NT	18:53.05	
35	Farah Khaled Nabil	15	Elriady Elbahry Club	NT	19:07.68	
36	Malak Mohamed Fekry Ahmed	15	Stad Mansoura	NT	19:20.20	
---	Habiba Mohamed Eid Hassan	14	Al-Canal	NT	DNF	
---	Solava Raed Ibrahim Mahmoud	14	Smouha	NT	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Women 16-17 400 LC Meter BF**

Egypt: 4:00.21 # 2/12/2022		Nada Magdy Abou Moslam		GHABA		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Nada Magdy Abou Moslam	17	Ghaba	4:00.21	4:00.32	50
2	Shahd Ahmed Fakhr	16	Ismaily Sporting Club	4:11.83	4:13.31	46
3	Roudina Sherif Mosad	16	Ghaba	4:20.50	4:16.80	42
4	Martina Magdy Bekhit	17	ElGezira Youth	4:26.28	4:21.02	39
5	Nour Sameh Mohamed	17	Electrecity Ismailia	4:19.64	4:21.07	36
6	Gamila Ali Saber	17	Suez C.P.Said	4:19.36	4:21.37	33
7	Somaia Ahmed Mohamed Hessen	17	Ghaba	4:23.24	x4:23.23	
8	Naden Alaa Elden Arafa	16	Betash Club	4:20.04	4:23.40	30
9	Jana Esam Sayed Mahmoud	16	Bank Ahly Cairo	NT	4:25.28	27
10	Sama Mohamed Ahmed	16	Wadi Degla	4:30.56	4:25.60	24
11	Shahid Ibrahim Ahmed Shokry	16	Army Club	4:24.60	4:25.86	22
12	Rovan Ibrahim Bghida	16	Olympia Sport Academy	4:44.06	4:29.60	20
13	Farah Mohamed Sayed Saleh	16	ElGezira Youth	4:37.67	4:30.21	18
14	Jamanuh Haytham Samir	16	Pyramids Gardens	NT	4:32.26	16
15	Maya Fawaz Abd Ellatif	17	Shooting Cairo	4:37.64	4:33.15	14
16	Haidey Hesham Sayed Mohamed	16	Ghaba	4:36.26	x4:33.38	
17	Ganna Ehab Salem	16	El-Temsah	4:35.26	4:38.54	12
18	Farida Ihab Mohamed	16	Army Club	4:37.72	4:41.49	10
19	Salma Magdy Ahmed	16	Betash Club	4:38.84	4:44.37	8
20	Fatma Mahmoud Helmy	16	TM Acd	4:42.62	4:50.98	7
21	Zeinab Mostafa Elsayed	16	Tyran Club	NT	4:55.94	6
22	Maram Ahmed Hamdy	16	Nasr Club	NT	5:09.60	5
23	Sandra Hatem Kamel	16	Tyran Club	5:07.73	5:18.85	4
---	Joudy Mohamed Aly	17	Sporting Club	4:17.23	DNF	
---	Gada abo ele abd Nafea	16	Shooting Cairo	4:45.85	DNF	
---	Walaa Araby Ramdan	16	Ismaily Sporting Club	4:34.51	NS	
---	Malak Sherif Said Moustafa	17	Bank Ahly Cairo	NT	NS	
---	Shahd Hossam Gafar	16	Elriady Elbahry Club	NT	NS	
---	Sama Ahmed Hassan	17	Gezira Ward	4:28.55	NS	
---	Mariam Ahmed Farouk	17	Pyramids Gardens	4:35.10	NS	
---	Salma Mohamed Ramadan	17	Electrecity Ismailia	4:43.54	NS	

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Results

Women 16-17 400 LC Meter SF

Egypt: 3:21.19 # 6/2021		Nada Mady Abou Moslam		Ghaba		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Nada Magdy Abou Moslam	17	Ghaba	3:24.74	3:21.48	50
2	Gamila Ali Saber	17	Suez C.P.Said	3:31.62	3:30.17	46
3	Salma Mohamed Ramadan	17	Electrecity Ismailia	3:41.07	3:36.60	42
4	Shahd Ahmed Fakhr	16	Ismaily Sporting Club	NT	3:45.47	39
5	Malak Ahmed Abdla Wannis	17	Ghaba	3:48.11	3:46.50	36
6	Walaa Araby Ramdan	16	Ismaily Sporting Club	4:00.12	3:47.66	33
7	Roudina Sherif Mosad	16	Ghaba	3:51.00	x3:49.87	
8	Lina Waled Moustafa	17	Wadi Degla	3:54.44	3:51.80	30
9	Dareen Feras Mostafa Alswai	16	Elethead Elskandry Club	3:56.69	3:52.62	27
10	Lila Amr Ahmed	16	Elethead Elskandry Club	3:53.41	3:52.81	24
11	Hana Thabet Othman	16	Shooting Cairo	3:59.74	3:54.95	22
12	Shahd Hossam Gafar	16	Elriady Elbahry Club	3:58.42	3:56.37	20
13	Nada Shreif Mohamed	16	Elriady Elbahry Club	3:50.79	3:56.91	18
14	Radwa Ahmed Hassan	17	Smouha	3:55.93	3:57.15	16
15	Bedor Gomaa Khamis	17	Haras Elhdod Club	4:00.37	3:57.23	14
16	Nada Amr Mohamed Abdhamed	16	Ghaba	4:04.59	x3:59.24	
17	Maya Fawaz Abd Ellatif	17	Shooting Cairo	4:00.36	3:59.92	12
18	Younna Wael Atia Khashana	16	El-Temsah	4:04.97	4:02.07	10
19	Inge Ezzat Mohamed	16	Ghaba	NT	x4:09.70	
20	Nour Sameh Ibrahim	16	Ghaba	NT	x4:10.20	
21	Malak Ahmed Mohamed	17	Bank Ahly Cairo	NT	4:10.88	8
22	Angelk George Thabit	17	Ghaba	NT	x4:11.62	
23	Sanaa Gamil Nader	16	Wadi Degla	4:14.81	4:13.10	7
24	Sama Osama Mohamed	16	Wadi Degla	4:13.65	x4:13.46	
25	Reem Osama Mohamed	16	Al-Canal	4:11.17	4:14.00	6
26	Yara Abd ElRasoul Ahmed	17	Ghaba	4:20.22	x4:17.54	
27	Cinderla Zaki Hassan	16	Shooting Cairo	4:29.14	x4:22.21	
28	Malak Nasser Ali	16	Nasr Club	4:22.42	4:27.28	5
29	Hanen Osamaa Ali	16	Al-Canal	4:24.82	4:30.29	4
---	Malak Amr Abdel Fattah	16	Wadi Degla	3:52.70	DNF	
---	Jasmin Ahmed Mohamed	17	Wadi Degla	NT	DNF	
---	Malak Sherif Said Moustafa	17	Bank Ahly Cairo	3:30.12	NS	
---	Jody Tamer Mohamed	16	Shooting Cairo	4:31.61	NS	
---	Gaska Samy Adly	16	Wave Acadmy	4:06.98	NS	
---	Nour Sameh Mohamed	17	Electrecity Ismailia	3:44.17	NS	
---	Hanin Raouf Soliman	16	Army Club	4:11.59	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022

Results

Women 16-17 800 LC Meter SF

Egypt: 7:01.54 # 7/8/2021		Gamila Ali Saber	Suez C.P.Said		
Name	Age	Team	Seed Time	Finals Time	Points
1	Nada Magdy Abou Moslam	17 Ghaba	7:11.44	7:05.56	50
2	Gamila Ali Saber	17 Suez C.P.Said	7:23.90	7:21.01	46
3	Salma Mohamed Ramadan	17 Electrecity Ismailia	7:46.53	7:37.59	42
4	Walaa Araby Ramdan	16 Ismaily Sporting Club	8:15.82	7:53.21	39
5	Roudina Sherif Mosad	16 Ghaba	8:01.96	7:53.33	36
6	Lina Waled Moustafa	17 Wadi Degla	8:14.42	7:59.88	33
7	Nour Sameh Mohamed	17 Electrecity Ismailia	8:18.33	8:01.17	30
8	Hana Thabet Othman	16 Shooting Cairo	7:58.71	8:03.13	27
9	Nada Shreif Mohamed	16 Elriady Elbahry Club	8:07.03	8:05.19	24
10	Malak Ahmed Abdla Wannis	17 Ghaba	8:05.05	x8:09.49	
11	Maher Hesham Mohamer Ahmed	17 Elriady Elbahry Club	8:29.08	8:15.79	22
12	Radwa Ahmed Hassan	17 Smouha	8:11.75	8:18.21	20
13	Shahd Hossam Gafar	16 Elriady Elbahry Club	8:49.53	x8:18.76	
14	Nada Amr Mohamed Abdhamed	16 Ghaba	8:15.03	x8:20.33	
15	Maya Fawaz Abd Ellatif	17 Shooting Cairo	8:26.05	8:20.55	18
16	Younna Wael Atia Khashana	16 El-Temsah	8:29.51	8:21.01	16
17	Malak Mahmoud Mohamed	16 Ghaba	8:32.46	x8:25.17	
18	Bedor Gomaa Khamis	17 Haras Elhdod Club	8:29.17	8:28.84	14
19	Malak Amr Abdel Fattah	16 Wadi Degla	8:17.00	8:29.55	12
20	Dareen Feras Mostafa Alswai	16 Elethead Elskandry Club	8:21.98	8:30.35	10
21	Inge Ezzat Mohamed	16 Ghaba	8:37.85	x8:41.69	
22	Reem Osama Mohamed	16 Al-Canal	9:13.26	8:42.53	8
23	Angelk George Thabit	17 Ghaba	9:02.72	x8:45.83	
24	Lamiaa Moustafa Mohamed	17 Wadi Degla	8:49.33	x8:46.92	
25	Sanaa Gamil Nader	16 Wadi Degla	9:08.63	x8:57.25	
26	Jana Waleed Osman	17 Wadi Degla	9:13.46	x9:09.25	
27	Cinderla Zaki Hassan	16 Shooting Cairo	9:12.79	x9:13.70	
28	Malak Nasser Ali	16 Nasr Club	9:27.93	9:25.34	7
29	Ekram Elmahdy Farouk	16 Stad Mansoura	10:58.81	10:30.92	6
30	Carla Essam Ayad	17 Shooting Cairo	10:48.62	x11:12.50	
31	Lina Sherif Mahmoud Alaa	16 Shooting Cairo	NT	x11:23.49	
---	Gaska Samy Adly	16 Wave Acadmy	NT	NS	
---	Malak Sherif Said Moustafa	17 Bank Ahly Cairo	7:38.69	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Women 16-17 1500 LC Meter SF**

Egypt: 13:36.99 # 7/6/2021		Nada Mady Abou Moslam		GHABA		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Nada Magdy Abou Moslam	17	Ghaba	13:34.00	14:00.43	50
2	Gamila Ali Saber	17	Suez C.P.Said	13:36.00	14:17.20	46
3	Salma Mohamed Ramadan	17	Electrecity Ismailia	NT	14:49.82	42
4	Roudina Sherif Mosad	16	Ghaba	15:12.55	15:18.81	39
5	Nour Sameh Mohamed	17	Electrecity Ismailia	NT	15:26.70	36
6	Walaa Araby Ramdan	16	Ismaily Sporting Club	16:24.33	15:26.92	33
7	Lina Waled Moustafa	17	Wadi Degla	15:37.90	15:29.94	30
8	Radwa Ahmed Hassan	17	Smouha	16:02.01	15:56.73	27
9	Hana Thabet Othman	16	Shooting Cairo	16:21.85	15:56.79	24
10	Youmna Wael Atia Khashana	16	El-Temsah	15:43.82	16:13.11	22
11	Nada Amr Mohamed Abdhamed	16	Ghaba	16:05.64	16:23.24	20
12	Nada Shreif Mohamed	16	Elriady Elbahry Club	15:27.63	16:23.89	18
13	Bedor Gomaa Khamis	17	Haras Elhdod Club	16:23.69	16:27.83	16
14	Malak Amr Abdel Fattah	16	Wadi Degla	NT	16:36.74	14
15	Inge Ezzat Mohamed	16	Ghaba	16:56.01	x16:57.05	
16	Angelk George Thabit	17	Ghaba	NT	x16:59.21	
17	Lamiaa Moustafa Mohamed	17	Wadi Degla	17:16.82	17:04.36	12
18	Jana Waleed Osman	17	Wadi Degla	17:42.60	x17:31.56	
19	Cinderla Zaki Hassan	16	Shooting Cairo	18:03.29	18:20.05	10
20	Carla Essam Ayad	17	Shooting Cairo	25:07.33	22:04.99	8
---	Shahd Hossam Gafar	16	Elriady Elbahry Club	NT	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Women 18-19 400 LC Meter BF**

Egypt: 4:00.21 # 2/12/2022			Nada Mady Abou Moslam		Ghaba	
Name	Age	Team	Seed Time	Finals Time	Points	
1	Rahma Ashraf Mohamed	18 Bank Ahly Cairo	4:14.51	4:06.20	50	
2	Nariman Wael Elborolosy	18 Olympia Sport Academy	4:13.37	4:09.88	46	
3	Lobna Mohamed Hassan Tabie	18 Bank Ahly Cairo	4:09.12	4:11.10	42	
4	Nana Abo el Hassan ali	18 Al-Tersana	4:20.32	4:13.19	39	
5	Basmala Sobhe Mohamed	18 Ghaba	NT	4:13.90	36	
6	Habiba Rafaat Mohamed	19 ElGezira Youth	4:12.91	4:15.14	33	
7	Tasnim Mohamed Hassan	18 Smouha	NT	4:18.41	30	
8	Esraa Ehab Zamel	18 Bank Ahly Cairo	4:18.01	x4:21.69		
9	Manar Mohamed Moustafa Moh	18 Ghaba	4:25.14	4:24.70	27	
10	Malak Mohamed Abd Elkader	19 Ghaba	4:30.52	x4:28.91		
11	Hana Mohamed Abd ElAziz	18 Ismaily Sporting Club	4:32.43	4:30.85	24	
12	Dalia Karm Hamed	19 ElGezira Youth	4:25.30	4:30.88	22	
13	Basmala Mohamed Abd Elmonea	19 Shooting Cairo	NT	4:33.56	20	
14	Rowayda Yser Amien	19 Mshooting	4:36.07	4:33.76	18	
15	Ayat Elsayed Ahmed	19 Ghaba	NT	x4:36.25		
16	Hanin Hassan Hamdy	18 Petrosport	NT	4:36.76	16	
17	Sara Essam Mohamed	18 El Ealameyen	NT	4:42.94	14	
18	Radwa Ramadan Mohamed	18 EzzEldikhala Club	4:54.28	4:48.30	12	
19	Farah AlaaEldin Ali	18 Ismaily Sporting Club	4:50.02	4:54.20	10	
20	Roaa Atef Elhabet	18 El-Temsah	5:08.33	5:05.68	8	
21	Fatema Alzahraa Mohamed Farou	18 Bank Ahly Cairo	NT	x5:05.70		
22	Toka Mohamed Mohamed	19 El Ealameyen	5:20.28	5:24.33	7	
---	Nareman Hassan Abd El Mohsen	18 Tagamo Awal	NT	NS		
---	Shaza Ashraf Hosny	19 Wadi Degla	4:41.63	NS		
---	Login Youssef Ahmed	19 Army Club	4:14.11	NS		
---	Malak Mohamed Mohamed	18 Bank Alx	4:07.99	NS		
---	Monaya Wael Hussien	19 Shooting Cairo	4:20.62	NS		
---	Gana Samir Mohamed Hmzaw	19 Ghaba	NT	NS		
---	Roba Mmdouh Mahfouz	19 Shooting Cairo	4:31.48	NS		

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Women 18-19 400 LC Meter SF**

Egypt: 3:21.19 # 6/2021		Nada Mady Abou Moslam		Ghaba		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Sara Abd ElFatah Abdazem	18	Al-Canal	3:42.11	3:33.72	50	
2 Haba Mohamed Shawky	18	Ghaba	3:45.43	3:36.18	46	
3 Joudy Sherif ElMaas	18	Elethead Elskandry Club	3:35.09	3:36.94	42	
4 Malak Waled Monire	18	Ghaba	3:38.21	3:38.90	39	
5 Salma Abdelaziz Gaber	18	Asec Club	3:43.10	3:38.99	36	
6 Monaya Wael Hussien	19	Shooting Cairo	3:45.75	3:46.41	33	
7 Malak Mohamed Farouk Saad	18	Elriady Elbahry Club	3:56.03	3:49.50	30	
8 Manar Mohamed Moustafa Moh	18	Ghaba	3:50.01	x3:50.61		
9 Basmala Sobhe Mohamed	18	Ghaba	NT	x3:54.23		
10 Mariam Mohamed Mohamed	18	Elriady Elbahry Club	NT	4:08.91	27	
11 Farida Adel Taha	19	Wadi Degla	NT	4:09.58	24	
12 Mantallah Mohamed ElSayed	19	Wadi Degla	4:16.86	4:15.27	22	
13 Salma Waeel	19	Shooting Cairo	4:28.65	4:15.47	20	
14 Touqa Khaled Hagag	19	Al-Canal	4:26.04	4:20.19	18	
15 Farah AlaaEldin Ali	18	Ismaily Sporting Club	4:41.14	4:24.62	16	
16 Nansy Mostafasaber	19	YMCA	5:05.92	5:23.71	14	
--- Reem Khaled Mohamed	19	Shooting Cairo	4:30.86	NS		

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Women 18-19 800 LC Meter SF**

Egypt: 7:01.54 # 7/8/2021		Gamila Ali Saber	Suez C.P.Said		
Name	Age	Team	Seed Time	Finals Time	Points
1 Malak Waled Monire	18	Ghaba	7:26.69	7:26.44	50
2 Haba Mohamed Shawky	18	Ghaba	7:43.22	7:32.10	46
3 Sara Abd ElFatah Abdazem	18	Al-Canal	7:59.82	7:38.02	42
4 Joudy Sherif ElMaas	18	Elethead Elskandry Club	7:44.78	7:52.24	39
5 Manar Mohamed Moustafa Moh	18	Ghaba	8:06.78	x7:57.79	
6 Malak Mohamed Farouk Saad	18	Elriady Elbahry Club	8:14.64	8:13.04	36
7 Farida Adel Taha	19	Wadi Degla	8:40.56	8:34.90	33
8 Mariam Mohamed Mohamed	18	Elriady Elbahry Club	8:59.25	8:43.20	30
9 Farah AlaaEldin Ali	18	Ismaily Sporting Club	10:27.63	9:38.51	27
--- Habiba Rafaat Mohamed	19	ElGezira Youth	8:33.15	NS	
--- Heilana Haney Edward	18	Asec Club	10:26.25	NS	
--- Mantallah Mohamed ElSayed	19	Wadi Degla	9:35.54	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Women 18-19 1500 LC Meter SF**

Egypt: 13:36.99 # 7/6/2021		Nada Mady Abou Moslam		GHABA	
Name	Age	Team	Seed Time	Finals Time	Points
1 Malak Waled Monire	18	Ghaba	14:33.08	14:27.31	50
2 Haba Mohamed Shawky	18	Ghaba	15:06.50	14:51.55	46
3 Sara Abd ElFatah Abdazem	18	Al-Canal	NT	15:21.62	42
4 Rahma Mohamed Awad	19	Elmasry Elskandary Club	15:31.08	15:29.94	39
5 Manar Mohamed Moustafa Moh	18	Ghaba	16:08.73	15:32.62	36
6 Malak Mohamed Farouk Saad	18	Elriady Elbahry Club	15:55.98	15:39.62	33
7 Farida Adel Taha	19	Wadi Degla	16:45.26	16:58.23	30
8 Shahd Mohamed Bayomi	18	EG Swaim	NT	18:37.78	27
9 Farah AlaaEldin Ali	18	Ismaily Sporting Club	NT	19:05.05	24
--- Mantallah Mohamed ElSayed	19	Wadi Degla	18:20.18	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Women 20 & Over 400 LC Meter BF**Egypt: 3:59.97 # 11/11/2020 **Nada Ahmed Othman Yasin****Bank Alx**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Jasmin Wael Saad	20	Shooting Cairo	4:22.94	4:13.35	50
2	Mai Mohamed Ibrahim Saye	21	Army Club	4:23.72	4:20.17	46
3	Youmna Khaled Abou Elyazid	23	Ghaba	4:16.10	4:23.89	42
4	Nardin Ismail abd Elaziz	20	Olimpiy Club	4:32.88	4:28.39	39
5	Nour Sameh Mohamed	22	Smouha	4:41.32	4:29.79	36
6	Mona Wael Hassan	22	Shooting Cairo	NT	4:32.51	33
7	Fatima Zahra Alaa Eldin	20	El Ealameyen	4:37.86	4:36.90	30
8	Saga Hesham Hasan	22	Ghaba	NT	4:39.55	27
9	Youmna Hesham Ramadan	20	Pyramids Gardens	5:04.73	5:00.54	24
10	Nourhan Mahmoud Hassan Moha	20	ElGezira Youth	5:03.95	5:01.43	22
11	Ebtsam Khaled Mohamed	20	Helwan ElKablia	5:28.56	5:11.29	20
12	Salma Mohamed Talaat Seif	20	Yacht Giza Club	5:41.05	5:28.25	18
13	Esraa Gasam Abd ElKareem	37	Kuwait	NT	5:30.16	16
14	Mena Allah Hassan Jamaeh	20	El-Obour	NT	5:39.45	14
---	Salma Hassan Khamis	21	Shooting Cairo	NT	NS	
---	Yasmin Abd Elghany Ali	24	ElMarikh	6:12.51	NS	
---	Mariam Galal Said	21	Ghaba	4:15.85	NS	
---	Zaina Mohamed Shohdy	22	Army Club	4:30.44	NS	
---	Brehan Ali Mousad	22	Smouha	4:37.08	NS	
---	Farieda Osama Zien	20	Shooting Cairo	4:34.37	NS	
---	Rwan Abd Elgany Ali	22	Takdef	6:08.96	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Women 20 & Over 400 LC Meter SF**

Egypt: 3:21.19 # 6/2021		Nada Mady Abou Moslam		Ghaba		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Hadeel Mahmoud Abd Elhakim	25	Shooting Cairo	NT	3:36.82	50	
2 Gehad Gomaa Khamis	20	Haras Elhdod Club	4:00.98	3:48.90	46	
3 Nada Ibrahim Gohar	20	Smouha	NT	3:49.09	42	
4 Mona Wael Hassan	22	Shooting Cairo	3:45.11	3:55.56	39	
5 Salma Hany Farouk	20	Al-Canal	3:59.77	4:06.15	36	
6 Zeina Ahmed Mohamed	20	Elethead Elskandry Club	4:03.03	4:14.07	33	
7 Lara Magdy Kamel	21	Ghaba	4:15.92	4:18.83	30	
8 Yomna Mohamed Abd ElSamie	21	Ghaba	4:28.31	4:22.88	27	
9 Shahd Ashraf Mohamed	20	Al-Canal	4:14.99	4:27.79	24	
10 Habeeba Mohamed Mohamed	20	Olimpiy Club	NT	4:33.89	22	
11 Amira Hassan Mohamed	22	Police	5:46.07	4:33.99	20	
12 Anan Magdy Tawfik	20	El Ealameyen	4:35.29	4:36.21	18	
13 Qayrwan Ali Aladel	34	Kuwait	NT	6:25.67	16	
--- Menna Ahmed Mahmoud	20	Ghaba	NT	DNF		
--- Rwan Abd Elgany Ali	22	Takdef	6:07.77	NS		
--- Fatama Amr Bayoumi Ahmed	20	Army Club	3:51.68	NS		
--- Yasmin Abd Elghany Ali	24	ElMarikh	7:03.64	NS		
--- Nour Sameh Mohamed	22	Smouha	NT	NS		
--- Nada Khaled Mohamed	21	Shooting Cairo	4:44.98	NS		
--- Maya Hitham Mohamed	20	Army Club	3:44.70	NS		

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Women 20 & Over 800 LC Meter SF**

Egypt: 7:01.54 # 7/8/2021			Gamila Ali Saber		Suez C.P.Said	
Name	Age	Team	Seed Time	Finals Time	Points	
1 Hadeel Mahmoud Abd Elhakim	25	Shooting Cairo	7:52.99	7:38.20	50	
2 Mona Wael Hassan	22	Shooting Cairo	7:59.31	8:00.07	46	
3 Gehad Gomaa Khamis	20	Haras Elhdod Club	8:09.74	8:03.50	42	
4 Nada Ibrahim Gohar	20	Smouha	7:52.40	8:03.53	39	
5 Fatama Amr Bayoumi Ahmed	20	Army Club	8:07.46	8:05.87	36	
6 Salma Hany Farouk	20	Al-Canal	8:31.18	8:20.81	33	
7 Menna Ahmed Mahmoud	20	Ghaba	NT	9:06.09	30	
8 Habeeba Mohamed Mohamed	20	Olimpiy Club	NT	9:41.72	27	
9 Amira Hassan Mohamed	22	Police	NT	12:04.36	24	
10 Yasmin Abd Elghany Ali	24	ELMarikh	14:45.12	12:53.83	22	
11 Rwan Abd Elgany Ali	22	Takdef	12:40.71	13:03.38	20	
--- Lara Magdy Kamel	21	Ghaba	9:00.34	DQ		
--- Zeina Ahmed Mohamed	20	Elethead Elskandry Club	8:39.90	NS		
--- Maya Hitham Mohamed	20	Army Club	NT	NS		
--- Nour Sameh Mohamed	22	Smouha	NT	NS		

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Women 20 & Over 1500 LC Meter SF**

Egypt: 13:36.99 # 7/6/2021

Nada Mady Abou Moslam

GHABA

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Hadeel Mahmoud Abd Elhakim	25	Shooting Cairo	15:18.68	14:54.32	50
2	Mona Wael Hassan	22	Shooting Cairo	15:37.37	15:35.88	46
3	Fatama Amr Bayoumi Ahmed	20	Army Club	16:25.06	15:45.04	42
4	Nada Ibrahim Gohar	20	Smouha	15:24.85	15:53.22	39
5	Gehad Gomaa Khamis	20	Haras Elhdod Club	15:56.48	15:54.41	36
6	Salma Hany Farouk	20	Al-Canal	NT	16:06.54	33
7	Menna Ahmed Mahmoud	20	Ghaba	NT	18:03.68	30
8	Yomna Mohamed Abd ElSamie	21	Ghaba	18:58.67	18:06.46	27
9	Amira Hassan Mohamed	22	Police	24:53.70	23:51.18	24
10	Rwan Abd Elgany Ali	22	Takdef	NT	24:51.11	22
11	Yasmin Abd Elghany Ali	24	ElMarikh	NT	27:40.30	20
---	Zeina Ahmed Mohamed	20	Elethead Elskandry Club	16:57.59	NS	
---	Brehan Ali Mousad	22	Smouha	19:52.18	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022

Results

Men 14-15 400 LC Meter BF

Egypt: 3:50.14 # 11/11/2020 Mohand Haitham Ghath			Shooting Cairo		Points	
Name	Age	Team	Seed Time	Finals Time		
1	Abd ElRahman Mohamed Said	14	Olimpiy Club	3:57.06	3:51.07	50
2	Youssef Mohamed Sayed	15	Ghaba	3:54.80	3:52.55	46
3	Ayad Ahmed Taha Ahmed	15	Bank Ahly Cairo	3:51.60	3:52.94	42
4	Mahmoud Mohamed Mahamdy	15	Economic Reg.	4:03.33	3:53.83	39
*5	Omar Mohamed Abdelgwad	15	Stad Mansoura	4:01.62	3:54.07	34.50
*5	Mohab Ihab Helmy Mohamed	15	Tagamoa Heights	3:53.37	3:54.07	34.50
7	Karem Al Ansary Khatab	15	El-Obour	4:03.59	3:56.22	30
8	Omar Taher Alaam	14	Olympia Sport Academy	3:57.90	3:56.52	27
9	Mahmoud Mounir Abdelnabi	14	Nasr Club	3:58.54	3:56.58	24
10	Yossef Waleed Alli	15	Ghaba	4:03.36	4:00.33	22
11	Zeyad Ahmed Abdelmoneim	14	Nasr Club	4:07.95	4:00.92	20
12	Abdallah Mohamed Ahmed	15	Bank Ahly Cairo	4:06.42	4:01.39	18
13	Ahmed Mansour Said Mohamed	14	Betash Club	3:58.20	4:01.45	16
14	Elsayed Shaaban Elsayed Abde	15	Stad Mansoura	4:17.10	4:02.21	14
15	Eyad Baseem	15	Ghaba	4:05.62	x4:02.46	
16	Ahmed Yaser Mahmoud Amin	14	Ghaba	NT	x4:02.76	
17	Zeyad Tarek Sayed Hassan	15	El-Moqatam	4:03.29	4:03.93	12
18	Abdallah Ashraf Mohamed Rashd	14	Al-Tawkilat Melahia	4:09.39	4:05.63	10
19	Moustafa Ahmed Essam	15	Ismaily Sporting Club	4:15.83	4:06.31	8
20	Seif Mohamed Ibrahim	14	Stad Youth	4:11.43	4:07.79	7
21	Omar Mohamed Adly Mohamed	15	Tyran Club	4:12.15	4:08.25	6
22	Ahmed Ashraf Mohamed	15	Ghaba	4:13.61	x4:08.81	
23	Badr Emad Hassan	15	Sheikh Zayed	4:17.61	4:09.00	5
24	Mohamed Ahmed Abdelsalam	15	Ghaba	4:13.29	x4:09.61	
25	Mina Fayz Kamel	15	Wave Acadmy	4:08.95	4:10.43	4
26	Yousef Hazem Farouk	15	Al-Canal	4:18.14	4:12.49	3
27	Adam Ahmed Mohamed Ezzat	15	Manshia Youth	4:10.21	4:12.60	2
28	Mahmoud Ahmed ElSayed Gaber	15	Al-Canal	4:20.72	4:13.37	1
29	Belal Mohamed Abd Ellateif	14	Betash Club	4:19.37	4:15.09	
30	Mohamed Hesham Mostafa	15	Manshia Youth	4:19.91	4:15.39	
31	Said Ahmed Said Salim	15	Ghaba	NT	x4:16.43	
32	Mohamed Sayed Aly Sayed	14	ElGezira Youth	4:26.03	4:16.85	
33	Aser Mohamed Hassan	15	Economic Reg.	4:27.75	4:17.20	
34	Seif Eldin Ahmed Said	15	Ghaba	4:18.84	x4:17.39	
35	Eyad Mohamed Gabr	15	Nasr Club	4:19.33	x4:19.00	
36	Mahmoud Ahmed Mohamed Elsa	15	Al-Canal	4:30.94	x4:21.18	
37	Mohamed Ahmed Mohsen	15	Nasr Club	4:16.61	x4:21.24	
38	Mohamed Ashraf Mohamed	14	Al-Canal	4:25.66	x4:21.31	
39	Malek Ahmed Mohamed Housny	14	Betash Club	4:09.81	x4:22.15	
40	Malek Ashraf Mahamed Atres	15	MS Obour	NT	4:22.22	
41	Ahmed Samy Mohamed Saad	15	Bank Ahly Cairo	NT	x4:25.11	
42	Adham Khaled Moawed	14	Tagamoa Heights	4:32.21	4:25.14	
43	Ibrahim Ahmed Mohamed Fayed	14	Top Sports.Acd	4:36.19	4:25.58	
44	Ebrahim Yasser Ebrahim	14	Manshia Youth	NT	x4:26.04	
45	Abd Elrahman Ahmed Mohamed	14	Manshia Youth	4:36.06	x4:26.80	
46	Zyaad Mohamed Ibrahim Abd	15	Tyran Club	4:28.82	4:26.89	
47	Moaaz Omar Hassan	15	Electrecity Ismailia	4:54.26	4:41.08	
48	Mohamed Tarek Fakhry	14	Nasr Club	4:28.03	x4:42.81	
49	Mohamed Walid Mohamed	15	Nasr Club	4:49.71	x4:43.35	
50	Mohamed Tarek Mohamed Ahme	15	Ghaba	NT	x4:44.69	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****(Men 14-15 400 LC Meter BF)**

	Name	Age	Team	Seed Time	Finals Time	Points
51	Ahmed Samir Khatar ElMorsy	15	Wadi Degla	4:47.80	4:44.99	
52	Beshoy Samir Sabry	14	Ismaily Sporting Club	NT	4:55.52	
53	Yehia Mohamed Helmy	14	Nasr Club	5:02.58	x4:57.98	
54	Mohamed Ashraf Ahmed	14	Al-Canal	5:15.32	x5:06.31	
55	Omar Adel abd Alrhman	15	Al-Canal	5:39.05	x5:25.83	
---	Basel Salah Mohamed	15	Al-Talbia	4:55.08	DQ	
---	Belal Mohamed Fouad Ramdan	14	Olimpiy Club	NT	DQ	
---	Ali Gamal Elsabarot	14	met Khakan	NT	DNF	
---	Hossam Mahmoud Masoud	15	ElGezira Youth	4:09.95	NS	
---	AbdElrahman Hazem	15	Economic Reg.	4:17.10	NS	
---	Salah Eldin Mohamed Samir	14	Al-Tawkilat Melahia	4:17.37	NS	
---	Hassan Mohamed Adel	15	Al-Canal	4:04.72	NS	
---	Nour Ahmed el Hasny	15	Top Sports.Acd	4:26.62	NS	
---	Youssef Fikry Salem	14	Olympia Sport Academy	NT	NS	
---	Nour Eldeen Ayman Ahmed	15	Elriady Elbahry Club	NT	NS	

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Results

Men 14-15 400 LC Meter SF

Egypt: 3:18.84 # 8/2017		Adham Ahmed Mohamed		Ghaba		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Mohab Ihab Helmy Mohamed	15	Tagamoa Heights	3:23.08	3:20.06	50
2	Hassan Mohamed Adel	15	Al-Canal	3:21.60	3:21.35	46
3	Gaber Yaser Gaber	15	Elostol Club	3:31.03	3:25.70	42
4	Ahmed Amr Mohamed Mohamed	15	Smouha	3:27.30	3:26.12	39
5	Ahmed Mohamed Mohamed	15	Al-Canal	3:25.99	3:27.48	36
6	Yousef Mohamed Mohamed	15	Wadi Degla	3:34.23	3:28.42	33
7	Mahmoud Mohamed Mahamdy	15	Economic Reg.	3:31.12	3:28.99	30
8	Ibrahim Ahmed Fathy Ibrahim	14	Al-Canal	3:27.43	x3:29.23	
9	Tarek Hassan	15	El-Temsah	3:25.97	3:29.49	27
10	Moustafa Awad Mohamed	15	Ghaba	3:38.81	3:31.85	24
11	Omar Mohamed Adly Mohamed	15	Tyran Club	3:38.99	3:32.59	22
12	Zeyad Ahmed Abdelmoneim	14	Nasr Club	3:45.05	3:33.47	20
13	Mazen Gamal el Sayed	15	Elethad Elskandry Club	3:34.26	3:34.18	18
14	Abou Bakr Khaled Naeem Hamou	15	Wadi Degla	3:35.57	3:36.08	16
15	Adel Badr Fatoh	14	Wave Acadmy	3:34.29	3:38.03	14
16	Adam Eslam Hamdi	15	Elethad Elskandry Club	3:38.25	3:38.11	12
17	Mohamed Abd Allah Hamed	14	Betash Club	3:39.62	3:39.00	10
18	Mahmoud Ahmed ElSayed Gaber	15	Al-Canal	3:42.18	x3:39.24	
19	Anas Ahmed Mohamed Mahmoud	14	Ismaily Sporting Club	3:40.60	3:39.61	8
20	Mahmoud Mounir Abdelnabi	14	Nasr Club	3:40.76	3:41.57	7
21	Yasin Ahmed Mahmoud Wahba	14	El-Temsah	4:05.53	3:43.94	6
22	Youssef Mohamed Sayed	15	Ghaba	3:35.21	3:44.09	5
23	Omar Mohamed Rabeea	15	Elriady Elbahry Club	3:46.73	3:45.54	4
24	Yousef Mohamed Abdelmegeed	15	Electrecity Ismailia	4:00.79	3:46.03	3
25	Mohamed Ragab Mohamed	14	Army Club	3:54.74	3:46.59	2
26	Samy George Samy	15	Ismaily Sporting Club	3:48.44	3:46.70	1
27	Mohamed Ali Ghubashy	15	Ghaba	3:50.46	x3:47.01	
28	Mohamed Atef Hassan Hussin	14	Betash Club	3:51.50	3:47.13	
29	Omar Esam Adel	15	Elethad Elskandry Club	3:33.62	x3:48.08	
30	Omar Mohamed Abdelgwad	15	Stad Mansoura	3:48.94	3:49.02	
31	Mohamed Hayman Elsayed	15	Olimpiy Club	3:55.53	3:50.12	
32	Abdallah Abou ElAzm Ibrahim	14	Elethad Elskandry Club	3:51.79	x3:52.65	
33	Abd Elrahman Sameh Ezz Eldin	15	Nasr Club	3:57.55	x3:53.74	
34	Yamen Aymain Mohamed	14	Shooting Cairo	4:04.64	3:56.44	
35	Mostafa Mahmoud Shokry	14	Ghaba	4:03.06	x3:58.43	
36	Moustafa Ahmed Essam	15	Ismaily Sporting Club	3:54.55	x3:58.90	
37	Ayman Hitham Mahmoud Afify	14	Al-Canal	NT	x4:02.44	
38	Yousef Eslam Mohamed	14	Ismaily Sporting Club	4:05.02	x4:02.61	
39	Ramy Mohamed Mahmoud	14	Wadi Degla	4:03.91	x4:02.73	
40	Abdelrahman Mahmoud Ahmed I	14	Elethad Elskandry Club	4:06.59	x4:05.04	
41	Mourad Mahmoud Abd Elsalam	15	Smouha	4:05.44	4:05.55	
42	Yossef Mohamed Abdelsmeaa	14	Ghaba	4:09.73	x4:07.14	
43	Fares Mohamed Mohamed	14	El-Temsah	NT	x4:11.75	
44	Mazen Mohyeldeen Anwar	15	Tyran Club	4:13.23	4:12.59	
45	Mohamed Atef Mohamed Bahgat	14	Al-Canal	NT	x4:14.38	
---	Ahmed Mohamed Ahmed	14	TM Acd	3:39.86	DQ	
---	Mohamed Amr Mohamed	15	Nasr Club	3:46.47	DQ	
---	Mohamed Hany Gabriel Ahmed	15	Ismaily Sporting Club	NT	DQ	
---	Mohamed Khaled Ali Oraby	14	Al-Canal	4:09.75	DQ	
---	Moaz Hamedo Almaz	15	Ghaba	3:43.29	DNF	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****(Men 14-15 400 LC Meter SF)**

Name	Age	Team	Seed Time	Finals Time	Points
--- Mohamed Shrif el Behery	15	Mshooting	4:05.71	NS	
--- Mazan Mohamed Kamel	14	Economic Reg.	3:52.99	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022

Results

Men 14-15 800 LC Meter SF

Egypt: 6:56.26 # 3/25/2022 Hassan Mohamed Adel		Al-Canal			
Name	Age	Team	Seed Time	Finals Time	Points
1 Hassan Mohamed Adel	15	Al-Canal	7:04.00	6:56.26 #	50
2 Mohab Ihab Helmy Mohamed	15	Tagamo Heights	7:12.57	7:03.49	46
3 Ahmed Amr Mohamed Mohamed	15	Smouha	7:27.75	7:13.79	42
4 Gaber Yaser Gaber	15	Elostol Club	7:24.94	7:16.54	39
5 Ahmed Mohamed Mohamed	15	Al-Canal	7:36.32	7:17.34	36
6 Tarek Hassan	15	El-Temsah	NT	7:22.13	33
7 Yousef Mohamed Mohamed	15	Wadi Degla	7:45.97	7:27.77	30
8 Moustafa Awad Mohamed	15	Ghaba	7:41.17	7:27.99	27
9 Omar Mohamed Adly Mohamed	15	Tyran Club	7:40.84	7:28.75	24
10 Mazen Gamal el Sayed	15	Elethead Elskandry Club	7:30.46	7:33.01	22
11 Abou Bakr Khaled Naeem Hamou	15	Wadi Degla	7:29.46	7:34.11	20
12 Zeyad Ahmed Abdelmoneim	14	Nasr Club	8:04.21	7:36.08	18
13 Youssef Mohamed Sayed	15	Ghaba	7:30.78	7:36.75	16
14 Mahmoud Mohamed Mahamdy	15	Economic Reg.	7:41.94	7:38.36	14
15 Omar Esam Adel	15	Elethead Elskandry Club	7:58.52	7:49.34	12
16 Mohamed Ali Ghubashy	15	Ghaba	8:04.86	7:52.03	10
17 Ibrahim Ahmed Fathy Ibrahim	14	Al-Canal	7:37.60	7:52.79	8
18 Mahmoud Mounir Abdelnabi	14	Nasr Club	7:51.59	7:53.05	7
19 Anas Ahmed Mohamed Mahmoud	14	Ismaily Sporting Club	NT	7:54.72	6
20 Omar Mohamed Rabeea	15	Elriady Elbahry Club	7:59.21	7:55.15	5
21 Samy George Samy	15	Ismaily Sporting Club	8:03.28	7:56.74	4
22 Moaz Hamedo Almaz	15	Ghaba	8:01.52	x7:58.25	
23 Mohamed Hany Gabriel Ahmed	15	Ismaily Sporting Club	9:14.78	8:04.01	3
24 Mohamed Amr Mohamed	15	Nasr Club	8:07.15	8:04.46	2
25 Mohamed Ragab Mohamed	14	Army Club	8:03.13	8:05.68	1
26 Yousef Mohamed Abdelmegeed	15	Electrecity Ismailia	8:33.03	8:06.57	
27 Abdallah Abou ElAzm Ibrahim	14	Elethead Elskandry Club	8:15.15	8:08.46	
28 Abd Elrahman Sameh Ezz Eldin	15	Nasr Club	8:16.72	x8:10.73	
29 Moustafa Ahmed Essam	15	Ismaily Sporting Club	8:23.87	x8:13.87	
30 Mohamed Ibrahim Gohar	14	Smouha	8:08.88	8:14.75	
31 Omar Ashraf Mohamed	14	Army Club	NT	8:17.99	
32 Gamal Amir Gamal	14	Ghaba	8:39.23	x8:26.21	
33 Mostafa Ahmed Mostafa Foaad	15	Police	8:31.92	8:27.63	
34 Yamen Aymain Mohamed	14	Shooting Cairo	8:42.20	8:29.03	
35 Abdelrahman Mahmoud Ahmed I	14	Elethead Elskandry Club	8:38.18	x8:30.26	
36 Ramy Mohamed Mahmoud	14	Wadi Degla	8:40.94	8:41.46	
37 Mazen Mohyeldeen Anwar	15	Tyran Club	8:55.94	8:42.92	
38 Abdollah Esam Mohamed Elmahc	15	Suez C.P.Said	8:59.76	8:46.01	
39 Mohamed Shrif el Behery	15	Mshooting	8:34.90	8:47.82	
40 Mohamed Atef Mohamed Bahgat	14	Al-Canal	NT	x8:51.72	
41 Ahmed Ezat Fayad	15	Economic Reg.	NT	9:03.16	
42 Fares Mohamed Mohamed	14	El-Temsah	8:59.72	9:12.40	
43 Mohamed Tarek Fakhry	14	Nasr Club	8:57.36	x9:14.09	
44 Marwan Waled Hassan Ahmed	14	Wadi Degla	9:30.94	x9:17.36	
45 Adam Mohamed Elsaid Azizy	14	Olympic Champion Club	9:46.70	9:21.03	
--- Omar Sied Mohamed	14	El-Obour	9:27.93	DNF	
--- Omar Mohamed Abdelgwad	15	Stad Mansoura	8:13.16	NS	
--- Ahmed Mohamed Ahmed	14	TM Acd	7:37.82	NS	
--- Yousef Eslam Mohamed	14	Ismaily Sporting Club	NT	NS	

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Results

Men 14-15 1500 LC Meter SF

Egypt: 13:30.12 # 7/2019		Ahmed Tamar Abd Elkadar	Wadi Degla		
Name	Age	Team	Seed Time	Finals Time	Points
1	Mohab Ihab Helmy Mohamed	15 Tagamoa Heights	13:47.59	13:47.91	50
2	Hassan Mohamed Adel	15 Al-Canal	14:09.85	13:55.10	46
3	Ahmed Mohamed Mohamed	15 Al-Canal	14:55.06	14:15.59	42
4	Ahmed Amr Mohamed Mohamed	15 Smouha	15:11.98	14:25.64	39
5	Adam Eslam Hamdi	15 Elethead Elskandry Club	14:38.37	14:44.21	36
6	Mazen Gamal el Sayed	15 Elethead Elskandry Club	14:43.24	14:44.59	33
7	Yousef Mohamed Mohamed	15 Wadi Degla	15:08.74	14:51.91	30
8	Ahmed Mohamed Ahmed	14 TM Acd	15:16.98	14:57.28	27
9	Ibrahim Ahmed Fathy Ibrahim	14 Al-Canal	NT	x14:58.08	
10	Moustafa Awad Mohamed	15 Ghaba	14:58.73	15:00.10	24
11	Youssef Mohamed Sayed	15 Ghaba	14:44.53	15:00.41	22
12	Omar Mohamed Adly Mohamed	15 Tyran Club	15:10.45	15:09.85	20
13	Mahmoud Ahmed ElSayed Gaber	15 Al-Canal	NT	x15:11.73	
14	Mohamed Ali Ghubashy	15 Ghaba	16:01.20	x15:15.01	
15	Abou Bakr Khaled Naeem Hamou	15 Wadi Degla	14:32.28	15:18.94	18
16	Zeyad Ahmed Abdelmoneim	14 Nasr Club	15:35.38	15:24.66	16
17	Omar Mohamed Abdelgwad	15 Stad Mansoura	NT	15:24.96	14
18	Anas Ahmed Mohmed Mahmoud	14 Ismaily Sporting Club	NT	15:26.02	12
19	Omar Esam Adel	15 Elethead Elskandry Club	15:22.43	x15:30.88	
20	Yousef Mohamed Abdelmegeed	15 Electrecity Ismailia	NT	15:32.25	10
21	Mohamed Hany Gabriel Ahmed	15 Ismaily Sporting Club	NT	15:32.37	8
22	Samy George Samy	15 Ismaily Sporting Club	15:27.18	x15:33.65	
23	Mohamed Ragab Mohamed	14 Army Club	15:55.32	15:34.41	7
24	Mohamed Ibrahim Gohar	14 Smouha	15:46.77	15:36.24	6
25	Mahmoud Mounir Abdelnabi	14 Nasr Club	15:19.54	15:48.98	5
26	Abd Elrahman Sameh Ezz Eldin	15 Nasr Club	NT	x16:07.68	
27	Ramy Mohamed Mahmoud	14 Wadi Degla	16:30.45	x16:11.22	
28	Yousef Eslam Mohamed	14 Ismaily Sporting Club	NT	x16:23.76	
29	Mostafa Ahmed Mostafa Foaad	15 Police	16:23.19	16:33.44	4
30	Moaz Ibrahim Abd ElHameed	14 El-Temsah	NT	16:44.33	3
31	Abdelrahman Mahmoud Ahmed I	14 Elethead Elskandry Club	16:37.11	x16:55.36	
32	Moustafa Ahmed Essam	15 Ismaily Sporting Club	NT	x17:00.72	
33	Fares Mohamed Mohamed	14 El-Temsah	NT	17:48.97	2

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022

Results

Men 16-17 400 LC Meter BF

Egypt: 3:34.18 # 3/26/2022		Mohand Haitham Ghath		Shooting Cairo		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Mohand Haitham Ghath	17	Shooting Cairo	3:35.81	3:34.18 #	50	
2 Ahmed Hisham Safwat Radwan	17	Army Club	3:39.00	3:41.47	46	
3 Mohamed Taher Alaam	16	Olympia Sport Academy	3:42.20	3:46.28	42	
4 Omar Wael Galal	17	Bank Ahly Cairo	3:51.98	3:48.35	39	
5 Yousef Shaban Gamal	17	El-Temseh	3:49.51	3:49.11	36	
6 Amar Ahmed Abd ElAziz	16	Shooting Cairo	4:01.07	3:50.97	33	
7 Omar Hossam Eldin Mostafa	17	El-Temseh	3:46.80	3:51.94	30	
8 Abd Elrahman Ahmed Farag	17	Pyramids Gardens	3:48.42	3:54.81	27	
9 Eslam Elsayed Mohamed	16	Al-Tawkilat Melahia	4:03.76	3:55.07	24	
10 Bavley Essam Samer	16	Ghaba	3:56.27	3:55.46	22	
11 Mustafa Hatem Mohamed	16	Tagamo Awal	3:58.57	3:55.76	20	
12 Yousef Mohamed ElSayed	16	Wadi Degla	4:07.99	3:56.71	18	
13 Mohamed Ashraf Alkahkey	17	Shooting Cairo	4:00.47	x3:57.40		
14 Yasin Ahmed Farahat	16	Ghaba	NT	3:58.59	16	
15 Ahmed Mohamed Abd ElFadey	16	Shooting Cairo	3:54.23	x3:59.21		
16 Mohamed Ashraf Abdelmonem	16	Manshia Youth	4:02.33	4:00.03	14	
17 Mahmoud Ibrahim Mahmoud	16	Nasr Club	3:54.66	4:00.23	12	
18 Basam Mohamed Mohamed	17	Ghaba	4:06.72	x4:01.60		
19 Adham Ramdan Ibrahim	16	MS Obour	NT	4:02.25	10	
20 Mazen Mohamed Nasr-Elden	17	Ghaba	4:05.19	x4:02.40		
21 Omar Ahmed Abobakr	16	Betash Club	4:01.68	4:02.42	8	
22 Ahmed Mohamed Mohsen	17	Gezira Ward	4:02.90	4:03.99	7	
23 Abd ElRahman Hosny Farouk	17	Bank Ahly Cairo	NT	4:05.07	6	
24 Zaid Mohamed Ahmed	17	Elostol Club	4:02.89	4:05.42	5	
25 Abd ElRahman Karam Abd ElRah	17	Pyramids Gardens	4:00.38	4:06.25	4	
26 Mohamed Madhat Farouk	16	Mansoura	NT	4:06.64	3	
27 Mohamed Ahmed Abd Alhalim	17	Pyramids Gardens	4:04.14	x4:08.65		
28 Ahmed Mohamed Eid	17	Nasr Club	4:10.66	4:09.60	2	
*29 Assr Alaa Elden Fathe	16	Betash Club	4:13.23	4:09.67	.50	
*29 Omar Walid Azab Suleiman	17	Meet Ghamr	4:11.16	4:09.67	.50	
31 Seif Mohamed Elsayed	16	Manshia Youth	4:15.03	4:11.26		
32 Mohamed Ahmed Ragab	16	Nasr Club	4:15.36	x4:11.39		
33 Yasin Mohamed Abd ElSamiaa	17	Ghaba	4:11.03	x4:13.33		
34 Abd El Rhman Mohamed Moham	17	El-Obour	4:18.59	4:13.94		
35 Seif Ahmed Hamy	16	Manshia Youth	4:19.57	x4:14.59		
36 Sherif Refaat Mohamed	16	Ghaba	4:11.84	x4:16.15		
37 Omar Mohamed Said	17	Ghaba	4:17.83	x4:17.14		
38 Zeyad Atef Mohamed	17	Ghaba	4:21.05	x4:17.17		
39 Marten Baher Foad	17	Sporting Club	4:35.40	4:18.10		
40 Marwan Ahmed Abdalminaim	16	Manshia Youth	4:21.91	x4:18.15		
41 Ibrahim Abd ElMgeed Mohamed	16	Ghaba	4:16.47	x4:18.43		
42 Yousif Islam Eid Ali	16	Manshia Youth	4:19.83	x4:18.88		
43 Youssif Kamal Hosny	17	Al-Talbia	4:21.87	4:19.30		
44 Abd Alla Mohamed Shaban	16	met Khakan	NT	4:19.64		
45 Mohamed Gamal Mohamed	16	Betash Club	4:23.38	x4:19.80		
46 Mohamed abd Ellatif Soliman	17	Mshooting	4:20.59	4:20.97		
47 Zeyad Mohamed Al Taher	17	Shoubra	4:23.15	4:21.40		
48 Andro Fady Gamel	16	Army Club	4:19.69	4:22.24		
49 Abd Wahab Tamer Abd Rheem M	17	Tyran Club	4:27.75	4:24.12		
50 Omar Ashraf abd el Hakim	16	Mansoura	NT	4:26.22		

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****(Men 16-17 400 LC Meter BF)**

	Name	Age	Team	Seed Time	Finals Time	Points
51	Abdel Rahman Mohamed Ibraher	16	Goldi	4:30.34	4:27.24	
52	Omar Mohamed Abdelmonem	16	Mshooting	4:28.85	4:27.32	
53	Mark Mourad Bous	16	Ghaba	4:19.38	x4:27.45	
54	Ziad Ali Ibrahim	16	Petrosport	4:34.26	4:27.73	
55	Aly Ahmed Mahmod Ahmed	16	Elostol Club	NT	4:28.62	
56	Ahmed Hisham Ahmed Talaat	16	MS Obour	NT	4:29.38	
57	Omar Wael Sabry Shafik	16	MS Obour	4:30.08	x4:29.63	
58	Abd Elrahman Mohamed Mahmo	16	Smouha	4:18.88	4:30.55	
59	Ahmed Waled Ahmed Amin	17	Olympic Champion Club	4:44.52	4:34.56	
60	Mohamed Sied Mohamed Sied	17	El-Obour	4:23.31	4:34.74	
61	Nour al den Mahmoud Ahmed	16	Petrosport	4:36.77	4:37.10	
62	Adham Mohamed Mokhtar Rady	16	Tyran Club	4:39.45	4:37.77	
63	Gamal Mohamed Gamal	16	Al-Canal	NT	4:39.88	
64	Zeyad Mahmoud Salah	17	Nasr Club	4:48.38	x4:41.99	
65	Mohamed Ehab Saber Abd Elazi	16	Meet Ghamr	4:48.02	4:42.05	
66	Mazen Mohamed Abd Alaha	17	Ismaily Sporting Club	4:46.63	4:42.46	
67	Ahmed abd Elbadee Awad	16	Al-Canal	4:31.58	4:44.44	
68	Ziad Tarek ali Abdelkarem	16	Ghaba	NT	x4:49.03	
69	Taha Tarek Samy	17	Shooting Cairo	4:59.22	x4:56.61	
70	Khaled Mohamed Fathy	16	El Ealameyen	4:41.00	5:02.75	
---	Adham Mohamed Sayed	17	Pyramids Gardens	3:55.21	DQ	
---	Yousef Mohamed Hassan	17	El Ealameyen	4:27.78	DQ	
---	Mohamed Walid Mahmuod	16	Pyramids Gardens	NT	NS	
---	Momen Ibrahim Mahmoud	16	Wadi Degla	3:55.05	NS	
---	Mohamed Ahmed Lotfy	16	Ghaba	4:02.84	NS	
---	Mostafa Hany Shaker el Sadek	17	Electrecity Ismailia	4:05.10	NS	
---	Nor Eldin Ahmed Mahmoud	16	Platinum	4:24.57	NS	
---	Mohamed Hisham Mohamed	17	Nasr Club	4:41.38	NS	
---	Abdallah AbdElaziz Abou Bakr	17	Shooting Cairo	4:08.05	NS	
---	Mohamed Essam Sadkey Yassin	16	Bank Ahly Cairo	3:54.97	NS	
---	Emad Hesham Mohamed	16	Electrecity Ismailia	NT	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022

Results

Men 16-17 400 LC Meter SF

Egypt: 3:07.74 # 2/2019		Yousif Mohamed Elatar		Smouha		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Momen Ibrahim Mahmoud	16	Wadi Degla	3:20.08	3:17.08	50
2	Omar Mahmoud Mohamed	16	Elethead Elskandry Club	3:22.25	3:17.98	46
3	Mohamed Esam Mohamed Kenav	16	Elethead Elskandry Club	3:21.25	3:18.97	42
4	Yousef Shaban Gamal	17	El-Temsah	3:26.12	3:20.67	39
5	Sifeldin Mohamed Mohamed	17	Olimpiy Club	3:22.94	3:21.05	36
6	Adham Hossam Ibrahim	16	Elethead Elskandry Club	3:28.40	x3:22.44	
7	Mazen Mohamed Sameh Elsaye	17	Ghaba	3:22.04	3:22.52	33
8	Mazen Tamer Seleman	16	Al-Canal	3:25.74	3:23.68	30
9	Mohamed Ayman Nabil	17	Shooting Cairo	NT	3:24.24	27
10	Mostafa Hany Shaker el Sadek	17	Electrecity Ismailia	3:26.98	3:25.09	24
11	Omar Hossam Eldin Mostafa	17	El-Temsah	3:32.15	3:25.19	22
12	Yousef Amen Mohamed Mansour	16	Electrecity Ismailia	3:32.30	3:26.66	20
13	Mazen Reda Shaban Khaliel	17	Electrecity Ismailia	3:29.38	x3:27.22	
14	Fars Ahmed Nabil	17	Police	3:42.19	3:29.19	18
15	Ahmed Mohamed Ahmed Alanany	17	Wadi Degla	3:19.96	3:29.20	16
16	Youssef Wael Abd Elsalam	17	Elethead Elskandry Club	3:23.00	x3:30.35	
17	Yousef Ayman Abdelatif	16	Wave Acadmy	3:32.78	3:31.43	14
18	Ahmed Abo Bakr Azmy	17	Elriady Elbahry Club	3:36.82	3:31.49	12
19	Abd ElRahman Hossam Eldin Mo	17	Ghaba	3:35.70	3:31.67	10
20	Marwan Ahmed Mohamed Abouc	17	Wadi Degla	3:32.29	x3:32.60	
21	Abdallah AbdElaziz Abou Bakr	17	Shooting Cairo	3:32.90	3:34.91	8
22	Mahmoud Eslam Mahmoud	16	Wadi Degla	NT	x3:35.62	
23	Abdelazim Abdelfattah Abdelazir	16	Al-Canal	3:35.23	3:35.83	7
24	Zeyad Mohamed Hasheem	17	Ghaba	3:42.12	x3:37.41	
25	Omar Khaled Mohamed Moawa	17	Ghaba	NT	x3:38.81	
26	Yousef Ahmed Mostafa Foaad	17	Police	3:42.82	3:38.87	6
27	Abdel Rhman Ahmed Mohamed	17	Elethead Elskandry Club	3:51.28	x3:41.94	
28	Younan Hany Mahar	17	Army Club	3:42.70	3:42.66	5
29	Kaled Magde abd Alfatah	17	Ismaily Sporting Club	3:46.00	3:43.03	4
30	Mekhael Hesham Adly	17	Ghaba	3:53.70	x3:43.80	
31	Ismael Abdo Ismael	16	Elriady Elbahry Club	3:54.99	3:43.93	3
32	Mahmoud Ahmed Mohmed	16	Elethead Elskandry Club	3:50.07	x3:44.44	
33	Islam Yafaa El-Sayed	16	Army Club	3:49.84	3:46.27	2
34	Adham Mohamed Refat	17	Al-Canal	3:51.23	x3:46.89	
35	Khaled Ahmed Mohsen Kassem	16	Suez C.P.Said	3:48.02	3:46.94	1
36	Seif Said Mohamed Gamal	17	Ghaba	3:41.39	x3:47.08	
37	Abdallah Mohamed Mohamed	17	Army Club	3:48.37	x3:47.13	
38	Yousef Sameh Hassan Ali	16	Ghaba	NT	x3:49.40	
39	Adam Mohamed Salem Dashan	16	Ismaily Sporting Club	3:58.26	3:49.89	
40	Ahmed Khamis Ibrahim	16	Ismaily Sporting Club	3:52.67	x3:50.27	
41	Ahmed Zawahri Ahmed	16	Nasr Club	3:50.03	3:50.65	
42	Ibrahim Ibrahim Mahmoud	16	Elostol Club	4:02.43	3:52.34	
43	Ali Wael Hassan	16	Bank Ahly Cairo	3:41.29	3:53.88	
44	Ahmed Khaled Ibrahim	17	Bank Ahly Cairo	4:15.46	4:13.45	
45	Amr Ayman Hashim	17	Nasr Club	4:12.71	4:13.51	
46	Zeyad Mohamed Al Taher	17	Shoubra	NT	4:19.16	
47	Mostafa Ahmed Mostafa	17	Al-Canal	NT	x4:26.67	
---	Amar Ahmed Safaa Ibrahim	17	El-Temsah	NT	DQ	
---	Amar Ahmed Abd ElAziz	16	Shooting Cairo	3:32.89	NS	
---	Mohamed Sied Mohamed Sied	17	El-Obour	NT	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****(Men 16-17 400 LC Meter SF)**

Name	Age	Team	Seed Time	Finals Time	Points
--- Seif Ahmed Elhadedy	17	Wadi Degla	3:46.84	NS	
--- Mostafa Ahmed Abdullah	16	Pyramids Gardens	3:22.65	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022

Results

Men 16-17 800 LC Meter SF

Egypt: 6:38.26 # 9/9/2018		Yousif Mohamed Elatar		Smouha		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Yousef Shaban Gamal	17	El-Temsah	7:09.32	7:02.20	50
2	Mostafa Hany Shaker el Sadek	17	Electrecity Ismailia	7:16.85	7:02.46	46
3	Mohamed Esam Mohamed Kenav	16	Elethead Elskandry Club	7:08.67	7:02.51	42
4	Momen Ibrahim Mahmoud	16	Wadi Degla	7:05.98	7:11.15	39
5	Mazen Mohamed Sameh Elsaye	17	Ghaba	7:31.52	7:11.58	36
6	Mazen Tamer Seleman	16	Al-Canal	7:16.55	7:12.81	33
7	Adham Hossam Ibrahim	16	Elethead Elskandry Club	7:16.15	7:15.26	30
8	Omar Hossam Eldin Mostafa	17	El-Temsah	NT	7:16.37	27
9	Mazen Reda Shaban Khaliel	17	Electrecity Ismailia	7:26.14	7:17.89	24
10	Mohamed Ayman Nabil	17	Shooting Cairo	7:30.29	7:20.89	22
11	Yousef Ayman Abdelatif	16	Wave Academy	7:38.85	7:24.93	20
12	Abdelazim Abdelfattah Abdelazir	16	Al-Canal	7:37.94	7:25.61	18
13	Ahmed Abo Bakr Azmy	17	Elriady Elbahry Club	7:45.62	7:32.09	16
14	Marwan Ahmed Mohamed Abouc	17	Wadi Degla	7:36.80	7:32.77	14
15	Omar El-Hag Ali	16	Al-Canal	7:46.87	7:36.52	12
16	Youssef Wael Abd Elsalam	17	Elethead Elskandry Club	7:29.21	7:36.80	10
17	Yousef Ahmed Mostafa Foaad	17	Police	7:37.03	7:38.84	8
18	Mahmoud Eslam Mahmoud	16	Wadi Degla	7:45.84	7:45.44	7
19	Abd ElRahman Hossam Eldin Mo	17	Ghaba	7:38.32	7:47.84	6
20	Khaled Ahmed Mohsen Kassem	16	Suez C.P.Said	8:26.43	7:48.08	5
21	Mohaned Hesham Mohamed Ahn	17	Elriady Elbahry Club	7:54.46	7:50.81	4
22	Islam Yafaa El-Sayed	16	Army Club	NT	7:54.09	3
23	Abdallah Mohamed Mohamed	17	Army Club	8:10.43	7:56.99	2
24	Kaled Magde abd Alfatah	17	Ismaily Sporting Club	8:24.12	7:57.51	1
25	Amar Ahmed Safaa Ibrahim	17	El-Temsah	NT	7:59.65	
26	Seif Said Mohamed Gamal	17	Ghaba	7:52.43	8:01.95	
27	Mahmoud Ahmed Mohmed	16	Elethead Elskandry Club	8:08.31	x8:04.91	
28	Zeyad Mohamed Ashour	17	Ghaba	NT	x8:08.05	
29	Adam Mohamed Salem Dashan	16	Ismaily Sporting Club	8:11.67	8:08.59	
30	Abdel Rhman Ahmed Mohamed	17	Elethead Elskandry Club	7:52.34	x8:11.91	
31	Hashem Hamed Hashem	17	Police	8:45.30	8:12.74	
32	Ahmed Zawahri Ahmed	16	Nasr Club	8:04.61	8:15.05	
33	ali Eldin Mohamed ali	17	Othmasoun	8:34.83	8:15.56	
34	Essam Mahmoud Elmallah	17	Mshooting	8:25.15	8:18.87	
35	Yousef Sameh Hassan Ali	16	Ghaba	NT	x8:22.13	
36	Ali Wael Hassan	16	Bank Ahly Cairo	7:41.62	8:24.22	
37	ali Walaa Eldin	16	Mshooting	8:52.94	8:30.43	
---	Ahmed Waled Ahmed Amin	17	Olympic Champion Club	9:23.30	DQ	
---	Yassin Mohamed Abdelsadek	16	Electrecity Ismailia	8:06.30	DNF	
---	Omar Mahmoud Mohamed	16	Elethead Elskandry Club	7:23.81	NS	
---	Emad Hesham Mohamed	16	Electrecity Ismailia	NT	NS	
---	Seif Ahmed Elhadedy	17	Wadi Degla	8:07.89	NS	
---	Mostafa Ahmed Abdullah	16	Pyramids Gardens	7:18.29	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022

Results

Men 16-17 1500 LC Meter SF

Egypt: 13:01.30 # 7/2018

Yousef Mohamed ElAtar

Smouha

Name	Age	Team	Seed Time	Finals Time	Points
1 Mohamed Esam Mohamed Kenav	16	Elethead Elskandry Club	14:14.34	13:39.80	50
2 Momen Ibrahim Mahmoud	16	Wadi Degla	14:04.23	13:39.91	46
3 Yousef Shaban Gamal	17	El-Temsah	NT	13:44.97	42
4 Mostafa Hany Shaker el Sadek	17	Electrecity Ismailia	NT	13:56.36	39
5 Adham Hossam Ibrahim	16	Elethead Elskandry Club	14:53.10	14:10.57	36
6 Mazen Tamer Seleman	16	Al-Canal	14:03.93	14:14.85	33
7 Mazen Reda Shaban Khaliel	17	Electrecity Ismailia	NT	14:15.93	30
8 Youssef Wael Abd Elsalam	17	Elethead Elskandry Club	15:00.62	x14:19.08	
9 Mazen Mohamed Sameh Elsaye	17	Ghaba	NT	14:19.36	27
10 Abdelazim AbdelfattahAbdelazir	16	Al-Canal	14:31.10	14:34.23	24
11 Omar Hossam Eldin Mostafa	17	El-Temsah	14:47.19	14:38.80	22
12 Yousef Ahmed Mostafa Foaad	17	Police	14:50.89	14:53.25	20
13 Ahmed Abo Bakr Azmy	17	Elriady Elbahry Club	14:58.79	14:55.63	18
14 Abd ElRahman Hossam Eldin Mo	17	Ghaba	15:19.56	15:01.89	16
15 Mostafa Ahmed Abdullah	16	Pyramids Gardens	NT	15:05.37	14
16 Yassin Mohamed Abdelsadek	16	Electrecity Ismailia	NT	x15:12.00	
17 Omar El-Hag Ali	16	Al-Canal	15:36.94	x15:13.59	
18 Ahmed Zawahri Ahmed	16	Nasr Club	15:18.19	15:17.61	12
19 Seif Said Mohamed Gamal	17	Ghaba	15:19.39	x15:20.26	
20 Mahmoud Eslam Mahmoud	16	Wadi Degla	15:12.23	15:26.69	10
21 Osama Abdalrahman Adb Alfa	17	El-Obour	16:10.83	15:29.03	8
22 Khaled Ahmed Mohsen Kassem	16	Suez C.P.Said	NT	15:32.55	7
23 Abdel Rhman Ahmed Mohamed	17	Elethead Elskandry Club	15:29.68	x15:42.00	
24 Mohaned Hesham Mohamed Ahn	17	Elriady Elbahry Club	15:05.97	15:48.66	6
25 Mekhael Hesham Adly	17	Ghaba	15:34.22	x15:50.27	
26 Zeyad Mohamed Ashour	17	Ghaba	NT	x15:54.32	
27 Bassel Medhat Salah	17	Pyramids Gardens	18:02.20	15:55.17	5
28 Kaled Magde abd Alfatah	17	Ismaily Sporting Club	NT	15:57.96	4
29 Adam Mohamed Salem Dashan	16	Ismaily Sporting Club	NT	15:59.53	3
30 Mahmoud Ahmed Mohmed	16	Elethead Elskandry Club	16:13.81	x16:02.58	
31 ali Eldin Mohamed ali	17	Othmasoun	NT	16:26.16	2
32 Ibrahim Ibrahim Mahmoud	16	Elostol Club	16:40.10	16:58.24	1
33 Abdallah Mohamed Mohamed	17	Army Club	NT	17:00.51	
34 Taha Tarek Samy	17	Shooting Cairo	19:30.58	18:56.26	
--- Mohamed Ayman Nabil	17	Shooting Cairo	14:31.59	DNF	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Men 18-19 400 LC Meter BF**

Egypt: 3:34.87 # 9/13/2021 Mohamed Haetham Gheth			Shooting Cairo		
Name	Age	Team	Seed Time	Finals Time	Points
1 Ahmed Taher El Saed Alam	18	Olympia Sport Academy	3:41.82	3:39.27	50
2 Yousef Hassan Salah El-Deen	18	Ghaba	3:43.28	3:39.30	46
3 Omar Ashraf Gaber	19	Ghaba	3:49.89	3:44.67	42
4 Yousef Mahmoud Abd El-Kreem	19	Bank Ahly Cairo	NT	3:48.68	39
5 Youssef Ahmed Youssef	18	Wadi Degla	NT	3:49.11	36
6 Ahmed Ihab Ahmed	18	Wadi Degla	3:52.96	3:51.07	33
7 Yousef Fawzy Hamda	19	ElGezira Youth	3:57.86	3:53.83	30
8 Velobatir Ayman Salib	19	Ghaba	3:56.74	x3:55.86	
9 Adly Mohamed Adly Mohamed	18	Tyran Club	NT	3:59.97	27
10 Omr Tamer Abdelkader	18	Betash Club	3:59.67	4:00.54	24
11 Ahmed Wael Ahmed	18	Bank Alx	3:56.58	4:00.69	22
12 Alli Sameh Ibrahim	19	Ghaba	NT	x4:09.98	
13 Momen Gomaa Sobhy	18	ElGezira Youth	4:07.21	4:10.65	20
14 Basel Osama ElSayed	19	Ismaily Sporting Club	4:15.27	4:11.33	18
15 Khaled Ahmed Khaled Elesebaay	19	Petrosport	4:19.16	4:12.70	16
16 ezz Eldeen Alaa Aldeen	18	El Ealameyen	NT	4:14.11	14
17 Ahmed Wael ElSaid Ahmed	18	Petrosport	4:08.51	4:17.71	12
18 Abdelmonem Mohamed Awidat	18	Mshooting	4:17.35	4:20.33	10
19 Salah Aldeen Waleed Salah	19	Aero Sport	4:36.43	4:21.18	8
20 Abd-elrahman Mohamed Ibrahen	19	Ghaba	4:21.73	x4:24.89	
21 Yousef Ahmed Kamal	18	El Ealameyen	4:50.51	4:40.93	7
22 Zeyad Alahmdy Mahmoud	18	Ismaily Sporting Club	4:19.58	4:49.61	6
--- Yossef Mohamed Elsaeed	19	Al-Talbia	4:52.10	NS	
--- Mohamed Abd ElFatah Abd	18	Army Club	3:58.72	NS	
--- Ahmed Ehab Aly	18	Wadi Degla	3:47.05	NS	
--- Ahmed Tamr Abd El-Kadr	18	Electrecity Ismailia	NT	NS	
--- Abdallah Mohamed Azaam	18	Shooting Cairo	NT	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Men 18-19 400 LC Meter SF**

Egypt: 3:06.89 # 2/25/2019 Yousif Mohamed Elatar

Smouha

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Mahmoud Waled Ali Mohamed	19	Ghaba	3:10.63	3:09.48	50
2	Ahmed Husin Abas	19	Elriady Elbahry Club	3:18.24	3:15.87	46
3	Youssef Ahmed Youssef	18	Wadi Degla	3:17.51	3:17.77	42
4	Abdelrahman Mahamed Mahmou	18	Smouha	3:21.68	3:21.18	39
5	Ahmed Morsy ElSayed Kotb	18	Elriady Elbahry Club	3:18.38	3:21.81	36
6	Omar Ali Bakr	19	Elriady Elbahry Club	NT	x3:29.34	
7	Moustafa Nabel El-Saed	18	Elriady Elbahry Club	3:28.52	x3:29.35	
8	Adham Mohey Mahmoud	19	Elethead Elskandry Club	3:41.07	3:31.59	33
9	Ahmed Osama Farouk	19	Suez C.P.Said	3:41.90	3:36.56	30
10	Zeyad Yasser Moustafa	18	Elethead Elskandry Club	NT	3:37.63	27
11	Abdallah Tamer Abdallah	19	Shooting Cairo	3:35.21	3:37.91	24
12	Yasen Alaa Mohamed	18	El Ealameyen	3:35.82	3:38.59	22
13	Ayman Yasser Zenhom	18	Shooting Cairo	3:44.82	3:39.42	20
14	Ahmed Mohamed Mohamed	18	Smouha	3:48.95	3:42.05	18
15	Amr Hisham Nasr	18	Smouha	NT	x3:48.04	
16	Adham Tarek Mohamed Sayed	18	Ghaba	3:51.00	4:02.08	16
17	Moamen AbdelsatarAbdelsalam	18	Al-Canal	3:54.82	4:11.07	14
18	Asem Khaled Mohamed	19	Shooting Cairo	4:38.66	x4:47.85	
---	Yousef Saad Moustafa	18	ElGezira Youth	3:23.33	DQ	
---	Ahmed Tamr Abd El-Kadr	18	Electrecity Ismailia	3:18.84	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Men 18-19 800 LC Meter SF**

Egypt: 6:38.26 # 9/2018		Yousef Mohamed ElAtar		Smouha		
Name	Age	Team	Seed Time	Finals Time	Points	
1 Mahmoud Waled Ali Mohamed	19	Ghaba	6:44.92	6:41.57	50	
2 Ahmed Husin Abas	19	Elriady Elbahry Club	7:00.03	6:51.67	46	
3 Ahmed Tamr Abd El-Kadr	18	Electrecity Ismailia	6:59.73	6:58.36	42	
4 Abdelrahman Mahamed Mahmou	18	Smouha	7:13.92	7:12.99	39	
5 Ahmed Morsy ElSayed Kotb	18	Elriady Elbahry Club	7:07.09	7:17.51	36	
6 Moustafa Nabel El-Saed	18	Elriady Elbahry Club	7:22.11	7:27.27	33	
7 Yasen Alaa Mohamed	18	El Ealameyen	7:54.29	7:49.95	30	
8 Amr Hisham Nasr	18	Smouha	NT	8:03.32	27	
9 Adham Tarek Mohamed Sayed	18	Ghaba	7:58.28	8:46.86	24	
10 Alaa Ahmed Salah	19	Pyramids Gardens	10:02.26	8:49.20	22	
--- Yousef Saad Moustafa	18	ElGezira Youth	7:22.64	DNF		
--- Asem Khaled Mohamed	19	Shooting Cairo	NT	NS		

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Men 18-19 1500 LC Meter SF**

Egypt: 12:57.03 # 2/23/2019 Yousif Mohamed Elatar

Smouha

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Mahmoud Waled Ali Mohamed	19	Ghaba	13:18.40	13:06.52	50
2	Ahmed Husin Abas	19	Elriady Elbahry Club	13:30.09	13:50.63	46
3	Ahmed Tamr Abd El-Kadr	18	Electrecity Ismailia	13:10.87	14:02.30	42
4	Abdelrahman Mahamed Mahmou	18	Smouha	14:11.82	14:15.22	39
5	Yousef Saad Moustafa	18	ElGezira Youth	14:32.56	14:29.22	36
6	Amr Hisham Nasr	18	Smouha	16:15.67	15:11.82	33
7	Ammar Jasser Abdel Latif	18	Elethead Elskandry Club	16:09.26	15:57.13	30
8	Sohaeb Esaam Mohamed	19	Suez C.P.Said	NT	16:42.82	27
9	Alaa Ahmed Salah	19	Pyramids Gardens	19:16.23	17:34.31	24
---	Adham Tarek Mohamed Sayed	18	Ghaba	15:16.68	DNF	
---	Ahmed Morsy ElSayed Kotb	18	Elriady Elbahry Club	NT	DNF	
---	Moustafa Nabel El-Saed	18	Elriady Elbahry Club	14:28.57	DNF	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Men 20 & Over 400 LC Meter BF**

Egypt: 3:34.87 # 9/13/2021

Mohamed Haetham Gheth

Shooting Cairo

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Ammar Mohamed Moawad	20	Bank Ahly Cairo	3:48.67	3:46.54	50
2	Marawan Mohamed Mohamed	21	Asec Club	3:49.10	3:46.57	46
3	Seif Eldin Ahmed Mahdy	20	Al-Talbia	3:46.65	3:46.58	42
4	Mahmoud Ahmed Almenshaleny	20	Shooting Cairo	3:54.50	3:50.47	39
5	Hazem Nader Abd Elwahab	22	Elethead Elskandry Club	NT	3:53.52	36
6	Youssef Ibrahim Mahmoud Aboz	20	Elethead Elskandry Club	3:57.22	3:57.35	33
7	Omar Sherif Said Moustafa	20	Army Club	3:57.05	4:00.17	30
8	Ibrahim Khalil Ibrahim	20	Shooting Cairo	3:49.53	4:01.82	27
9	Mohamed abd Alaah Basem	22	Wadi Degla	4:05.56	4:03.88	24
10	Hussien Ahmed Hussien	21	Pyramids Gardens	NT	4:11.12	22
11	Omer Abd Eltwab Abd Elrh	21	El-Obour	4:16.24	4:11.42	20
12	Ahmed El Hasan Mohamed	20	Al-Canal	4:11.42	4:14.32	18
13	Momen Moustafa Awida	20	Smouha	4:20.14	4:18.88	16
14	Mohannad Mahmoud ali	20	Petrosport	4:55.41	5:01.56	14
---	Marwan Ibrahim Elsayed Aska	23	Army Club	3:37.40	NS	
---	Abd Allah Mohsan Ibrahiem	21	El-Obour	4:21.75	NS	
---	Mohamed El Hassan Mohamed	27	Al-Canal	3:57.00	NS	
---	Mohamed Yasser Ezz Aldin	24	Shooting Cairo	NT	NS	
---	Abdalla 0 Mohamed Ebrahim	20	Shooting Cairo	4:41.93	NS	
---	Zeyad Nabil Abd Elmoneam	22	Smouha	NT	NS	
---	abd Elrahman Ehab Salem	20	Suez C.P.Said	4:09.67	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Men 20 & Over 400 LC Meter SF**

Egypt: 3:06.89 # 2/25/2019 Yousif Mohamed Elatar			Smouha		
Name	Age	Team	Seed Time	Finals Time	Points
1 Seif Eldin Ayman Hassan	21	Ghaba	3:17.15	3:13.77	50
2 Mohamed El Hassan Mohamed	27	Al-Canal	3:19.42	3:19.97	46
3 Ibrahim Khalil Ibrahim	20	Shooting Cairo	3:23.12	3:21.05	42
4 Abd El-Rahman Ali Saed Awad	21	Elethead Elskandry Club	3:23.26	3:24.17	39
5 Mazen Mohamed Elsayed	20	Al-Canal	3:26.94	3:27.66	36
6 Hazem Nader Abd Elwahab	22	Elethead Elskandry Club	3:28.83	3:28.13	33
7 Mohamed Shohdy Eid	22	Asec Club	3:37.09	3:30.02	30
8 Adham Ahmed Mohamed Fouad	20	Ghaba	3:25.93	3:33.29	27
9 Youssef Ibrahim Mahmoud Aboz	20	Elethead Elskandry Club	3:26.35	x3:33.42	
10 Ahmed Mohamed Ahmed Bdran	22	Ismaily Sporting Club	3:44.64	3:36.48	24
11 Mohamed Yasser Ezz Aldin	24	Shooting Cairo	NT	3:48.04	22
--- Zeyad Mohamed Sameh	21	Police	NT	NS	
--- Zeyad Nabil Abd Elmoneam	22	Smouha	3:34.24	NS	
--- Adham Hesham	25	Shooting Cairo	NT	NS	
--- Balal Wael Salah Eldin	20	Shooting Cairo	3:36.74	NS	
--- Ahmed Mohamed Elsayed Shar	24	Shooting Cairo	NT	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Men 20 & Over 800 LC Meter SF**

Egypt: 6:38.26 # 9/2018

Yousef Mohamed ElAtar

Smouha

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Ibrahim Khalil Ibrahim	20	Shooting Cairo	7:06.41	7:12.13	50
2	Mohamed El Hassan Mohamed	27	Al-Canal	7:18.11	7:17.16	46
3	Hazem Nader Abd Elwahab	22	Elethead Elskandry Club	NT	7:21.29	42
4	Youssef Ibrahim Mahmoud Aboz	20	Elethead Elskandry Club	7:18.55	7:24.75	39
5	Mazen Mohamed Elsayed	20	Al-Canal	7:28.11	7:25.36	36
6	Balal Wael Salah Eldin	20	Shooting Cairo	7:37.40	7:38.72	33
7	Ahmed Mohamed Ahmed Bdran	22	Ismaily Sporting Club	8:01.06	7:44.07	30
---	Zeyad Nabil Abd Elmoneam	22	Smouha	7:37.72	NS	
---	Abd El-Rahman Saad Moustafa	21	ElGezira Youth	NT	NS	
---	Mohamed Shohdy Eid	22	Asec Club	7:54.07	NS	
---	Zeyad Mohamed Sameh	21	Police	NT	NS	

Egypt Cup 2021-2022 - 3/23/2022 to 3/31/2022**Results****Men 20 & Over 1500 LC Meter SF**

Egypt: 12:57.03 # 2/23/2019 Yousif Mohamed Elatar

Smouha

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Ibrahim Khalil Ibrahim	20	Shooting Cairo	13:49.42	14:05.69	50
2	Mazen Mohamed Elsayed	20	Al-Canal	14:36.12	14:12.98	46
3	Youssef Ibrahim Mahmoud Aboz	20	Elethead Elskandry Club	14:03.21	14:17.24	42
4	Zeyad Nabil Abd Elmoneam	22	Smouha	15:08.79	14:57.49	39
5	Mohamed El Hassan Mohamed	27	Al-Canal	14:25.30	15:04.49	36
6	Balal Wael Salah Eldin	20	Shooting Cairo	14:56.59	15:11.98	33
7	Ahmed Mohamed Ahmed Bdran	22	Ismaily Sporting Club	15:19.01	15:17.48	30
8	Abd El-Rahman Saad Moustafa	21	ElGezira Youth	NT	17:52.74	27