

## Egypt Cupt 2023 - 03-Mar-23 to 08-Mar-23

## Meet Program - 3-3-2023

## Event 39 Women 14 &amp; Over 1500 LC Meter SF

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 8 Finals

4	Raqia Raafat Abdulmutallat	14	El-Obour	NT
5	Amal Mahmoud Saeid	14	El-Temsah	NT
6	Jana Ahmed Badwy	14	GHABA	NT
7	Reem Ehab Mohamed Nour	14	GHABA	NT

## Heat 2 of 8 Finals

1	Yomna Wael Mohamed	17	Electrecity Isma	NT
2	Hadeel Mahmoud Abd Elhal	26	Shooting Cairo	NT
3	Gana Saad Ahmed	15	Bani Ebied	19:21.56
4	Yara Sedik Hassan	24	Pyramids Gardens	18:41.59
5	Logina Hosam Mohamed	14	El-Obour	17:47.65
6	Mantallah Mohamed ElSayed	20	Wadi Degla	18:17.76
7	Younna Hesham Ramadan	21	Pyramids Gardens	18:49.32
8	Amira Hassan Mohamed	23	Police	23:04.51
9	Nada Khaled Mohamed	22	Shooting Cairo	NT
10	Hanin Yassar Mohamed Ali	15	GHABA	NT

## Heat 3 of 8 Finals

1	Shahd Mohamed Bayomi	19	EG Swaim	17:32.26
2	Menna Ahmed Mahmoud	21	GHABA	17:06.85
3	Tabarak Mohamed Salah	14	Electrecity Isma	16:59.43
4	Malk Mohamed Gomaa	16	Betash Club	16:41.51
5	Jomana Nader Farouk	15	Smouha	16:37.76
6	Farah Mostafa Magdy	15	Smouha	16:37.76
7	Lara Magdy Kamel	22	GHABA	16:41.51
8	Nour Gamal Eldin Sayed	14	Al-Canal	17:03.50
9	Habiba Osama Ali	15	Al-Canal	17:07.69
10	Malak Nasser Ali	17	NASR	17:42.53

## Heat 4 of 8 Finals

1	Shahd Mohamed Mostafa	15	ISMAY	16:27.81
2	Salma Hany Farouk	21	Al-Canal	16:14.51
3	Hanan Mohamed Sami	15	NASR	16:11.67
4	Malak Mohamed Mahmoud	16	GHABA	16:09.10
5	Fatama Amr Bayoumi Ahme	21	Army Club	16:08.04
6	Ganna Amr Abd El-Khalek	16	Al-Canal	16:08.06
7	Yasmin Adel Sayid Sayid	16	EZEES	16:10.37
8	Malk Said Abdelrazek	16	Smouha	16:13.34
9	Rawan Waled Mohamed An	15	GHABA	16:23.82
10	Rodaina Hossam Salah	15	NASR	16:31.01

## Heat 5 of 8 Finals

1	Mariam Mohamed Mohame	19	Elriady Elbahry	16:00.56
2	Essel Ahmed Mansour	14	ElMasry Port Sai	15:58.43
3	Sedara Ahmed Mohamed	14	Army Club	15:53.73
4	Jana Khaled Ali Abd Elsal	14	El-Temsah	15:49.54
5	Roqia Mohamed Omar Habs	14	Bank Alx	15:42.73
6	Malak Mohamed Farouk Sa	19	Elriady Elbahry	15:43.11
7	Nada Elsayed Hassan Moha	14	Electrecity Isma	15:51.93
8	Radwa Ahmed Hassan	18	Smouha	15:54.76
9	Mariam Ayman Abd ElGawa	14	Elethad Elskandr	15:59.86
10	Joury Yasar Ali Mohamed	14	Elethad Elskandr	16:05.21

## Heat 6 of 8 Finals

1	Malak Alaa Aldin Khlousy	15	Police	15:41.75
2	Jana Ali Sobhy Abd Elkadr	14	Betash Club	15:40.95
3	Rana Abd Elmonem Zaky	14	Betash Club	15:40.56
4	Jana Sherif Mohamed Mous	16	Olimpic Club	15:35.28
5	Khadija Khaled Naem ElDe	14	Wadi Degla	15:26.76
6	Mariam Ali Mohamed	16	GHABA	15:32.43
7	Hana Thabet Othman	17	Shooting Cairo	15:37.56
8	Habiba Mohamed Eid Hassa	15	Al-Canal	15:40.78
9	Reem Said Mohamed	16	Tagamoa Heights	15:41.07
10	Hala Sherif Hussin Tawfik	16	Smouha	15:42.03

## Heat 7 of 8 Finals

1	Joudy Rada Mohamed	15	Betash Club	15:24.07
2	Nada Ibrahim Gohar	21	Smouha	15:19.95
3	Farah Wail El Maadawy	15	Elriady Elbahry	15:13.54
4	Mai Tarek ali	15	ISMAY	15:09.43
5	Malak Waled Monire	19	GHABA	15:03.56
6	Malk Mohamed Abouelela	14	NASR	15:05.55
7	Malak Mohamed Ahmed	15	Elethad Elskandr	15:12.72
8	Malak Ahmed Abdla Wann	18	GHABA	15:17.09
9	Basmala Wael Ahmed Moha	15	Wadi Degla	15:20.87
10	Lila Amr Ahmed	17	Elethad Elskandr	15:24.25

## Heat 8 of 8 Finals

1	Walaa Araby Ramdan	17	ISMAY	14:57.69
2	Roudina Sherif Mosad	17	GHABA	14:51.95
3	Malak Sherif Said Moustafa	18	Bank Ahly Cairo	14:44.42
4	Haba Mohamed Shawky	19	GHABA	14:39.73
5	Gamila Ali Saber	18	Suez C.P.Said	14:17.21
6	Ghada Mohamed Ahmed	16	Wadi Degla	14:23.32
7	Nada Magdy Abou Moslam	18	GHABA	14:40.64
8	Sara Abd ElFatah Abdazem	19	Al-Canal	14:48.96
9	Rokaya Essam Goda Abd El	14	GHABA	14:54.20
10	Manar Mohamed Moustafa	19	GHABA	15:02.09

## Event 40 Men 14 &amp; Over 1500 LC Meter SF

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 9 Finals

4	Youssef Abd Elrahman Abd	14	El-Obour	NT
5	Mohamed Abdellhady Moh	14	ISMAY	NT
6	Adham Mohamed Ghobashy	14	Wadi Degla	NT

## Heat 2 of 9 Finals

1	Omar Hishamam	15	GNEDE	NT
2	Abdalrhan Haitham Samy	17	GNEDE	NT
3	Ahmed Emad Abd ELAzim	20	GHABA	NT
4	Ahmed Mohmed Mostsfa Sh	15	Wadi Degla	18:34.34
5	Antowan Amir Sami	14	GHABA	17:57.17
6	Yousef Basyony Al-Nor	15	Z.Swimmer	18:06.38
7	Ibrahim Khalil Ibrahim	21	Shooting Cairo	NT
8	Mazen Reda Shaban Khaliel	18	Electrecity Isma	NT
9	Yousif Elsayed Mahmoud	15	Wadi Degla	NT

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## Meet Program - 3-3-2023

## Heat 3 Finals (#40 Men 14 &amp; Over 1500 LC Meter SF)

1	Alaa Ahmed Salah	20	Pyramids Gardens	17:47.84
2	Ahmed Khaled Ibrahim	18	Bank Ahly Cairo	16:56.78
3	Ahmed Khairy Mohamed	14	El-Obour	16:17.95
4	Ahmed Esaam Saed	23	Bank Ahly Cairo	16:08.96
5	Moaz Ibrahim Abd ElHamee	15	El-Temseh	16:04.81
6	Mohaned amr Abdallah	14	GHABA	16:08.17
7	Abd ElRahman Mohamed A	14	Elriady Elbahry	16:16.13
8	Ayman Gamal Elgably	15	GNEDE	16:27.91
9	Mahmoud Alaa Aldin Moha	21	Pyramids Gardens	17:07.35
10	Zyad Mohamed abd Elgl	15	Al-Canal	17:48.40

## Heat 4 of 9 Finals

1	Seif Ahmed Safa Ibrahim	15	El-Temseh	15:55.14
2	Abd El-Rhman Ahmed Abd	19	GHABA	15:45.43
3	Balal Wael Salah Eldin	21	Shooting Cairo	15:30.76
4	Mahmoud Ahmed Mohmed	17	Elethead Elskandr	15:29.43
5	Yossef Hathem Eldomyaty	15	Suez C.P.Said	15:25.86
6	Bassel Medhat Salah	18	Pyramids Gardens	15:26.26
7	Gaser Hosam Ahmed	15	Elethead Elskandr	15:30.65
8	Mohamed Ali Ghubashy	16	GHABA	15:33.81
9	Abdelrahman Mahmoud Ah	15	Elethead Elskandr	15:46.22
10	Khaled Mohamed Adel	14	Al-Canal	15:57.88

## Heat 5 of 9 Finals

1	Seif Said Mohamed Gamal	18	GHABA	15:19.89
2	Yousef Mohamed Mostafa	14	Elethead Elskandr	15:14.60
3	Mohamed Tarek Mahmoud	14	Wave	15:06.67
4	Mahmoud Mounir Abdelnal	15	NASR	14:52.23
5	Hassan Mohamed Hassan A	18	Smouha	14:48.96
6	Mohamed Ahmed Abd Eltav	14	Al-Canal	14:51.40
7	Abdallah Abou ElAzm Ibrah	15	Elethead Elskandr	14:53.02
8	Mohamed Khaled Ali Oraby	15	Al-Canal	15:13.66
9	Abd Elrahman Sameh Ezz E	16	NASR	15:19.18
10	Mekhael Hesham Adly	18	GHABA	15:23.00

## Heat 6 of 9 Finals

1	Yousef Mohamed Abdelmeg	16	Electrecity Isma	14:44.27
2	Ahmed Mohamed Ahmed	15	TM Acd	14:36.18
3	Omar El-Hag Ali	17	Al-Canal	14:32.09
4	Youssef Ahmed Youssef	19	Wadi Degla	14:30.06
5	Ibrahim Mohamed Abd El M	16	Al-Canal	14:24.59
6	Mazen Gamal el Sayed	16	Elethead Elskandr	14:25.45
7	Zouhair Sherif Ahmed	14	ISMAY	14:30.61
8	Abdallah Tamer Abdallah	20	Shooting Cairo	14:34.17
9	Osama Abdalrahman Adb A	18	El-Obour	14:40.95
10	Ahmed Zawahri Ahmed	17	NASR	14:46.78

## Heat 7 of 9 Finals

1	Mohamed Ayman Nabil	18	Shooting Cairo	14:22.91
2	Amar Motaz Ibrahim	14	GHABA	14:19.25
3	Abd El-Rahman Ali Saed Aw	22	Elethead Elskandr	14:15.78
4	Adel Badr Fatoh	15	Wave	14:11.54
5	Moustafa Awad Mohamed	16	GHABA	14:08.65
6	Adam Eslam Hamdi	16	Elethead Elskandr	14:11.43
7	Ahmed Abo Bakr Azmy	18	Elriady Elbahry	14:15.65
8	Mazen Mohamed Elsayed	21	Al-Canal	14:17.57
9	Zeyad Ahmed Abdelmonein	15	NASR	14:21.76
10	Abdelazim AbdelfattahAbde	17	Al-Canal	14:23.64

## Heat 8 of 9 Finals

1	Youssef Ibrahim Mahmoud	21	Elethead Elskandr	13:59.59
2	Ahmed Ashraf Mahmoud M	14	Electrecity Isma	13:57.45
3	Adham Hossam Ibrahim	17	Elethead Elskandr	13:56.75
4	Ahmed Tamr Abd El-Kadr	19	Electrecity Isma	13:47.35
5	Moustafa Nabel El-Saed	19	Elriady Elbahry	13:44.87
6	Momen Ibrahim Mahmoud	17	Wadi Degla	13:46.87
7	Adham Ahmed Mohamed F	21	GHABA	13:54.50
8	Omar Mohamed Adly Moha	16	Tyran Club	13:57.29
9	Abou Bakr Khaled Naeem H	16	Wadi Degla	13:59.26
10	Omar Mohamed Abdelgwad	16	Stad Mansoura	14:05.25

## Heat 9 of 9 Finals

1	Ibrahim Ahmed Fathy Ibrah	15	Al-Canal	13:44.65
2	Youssef Wael Abd Elsalam	18	Elethead Elskandr	13:34.62
3	Mohamed Esam Mohamed I	17	Elethead Elskandr	13:30.20
4	Hassan Mohamed Adel	16	Al-Canal	13:15.61
5	Mohab Ihab Helmy Moham	16	Bank Ahly Cairo	12:59.82
6	Mahmoud Waled Ali Mohan	20	GHABA	13:11.71
7	Ahmed Amr Mohamed Moh	16	Smouha	13:25.02
8	Ahmed Husin Abas	20	Elriady Elbahry	13:31.94
9	Mazen Tamer Seleman	17	Al-Canal	13:40.84
10	Yousef Amen Mohamed Ma	17	Electrecity Isma	13:44.79