

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

Event 35 Women 14-15 400 LC Meter SF

Egypt: 3:30.01 # 08-Nov-20		Nada Magdy Abou Moslam		GHABA		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Renad Tamer Shaaban	15	Ismaily Sporting Club	3:35.46	3:32.82	50
2	Mena Mohamed Fouad	15	El-Temsah	3:40.76	3:38.00	46
3	Malk Mohamed Abouelela	14	Nasr Club	3:41.62	3:39.82	42
4	Malak Mohamed Ahmed	15	Elethead Elskandry Club	3:44.04	3:40.28	39
5	Joudy Rada Mohamed	15	Betash Club	3:43.37	3:40.29	36
6	Farah Wail El Maadawy	15	Elriady Elbahry Club	3:42.31	3:40.59	33
7	Mai Tarek ali	15	Ismaily Sporting Club	3:43.97	3:42.73	30
8	Basmala Wael Ahmed Mohamed	15	Wadi Degla	3:46.17	3:43.79	27
9	Rokaya Essam Goda Abd ElWahad	14	Ghaba	3:40.84	3:45.31	24
10	Jana Ali Sobhy Abd Elkadr	14	Betash Club	3:47.00	3:48.37	22
11	Roqia Mohamed Omar Habshy	14	Bank Alx	3:53.48	3:48.40	20
12	Rana Abd Elmonem Zaky	14	Betash Club	3:50.77	x3:48.46	
13	Hanen Mohamed Sami	15	Nasr Club	3:47.23	3:50.11	18
14	Khadija Khaled Naeem ElDeeb	14	Wadi Degla	3:51.82	3:51.51	16
15	Jana Khaled Ali Abd Elsal	14	El-Temsah	3:55.64	3:52.45	14
16	Sedara Ahmed Mohamed	14	Army Club	3:52.32	3:52.64	12
17	Essel Ahmed Mansour	14	ElMasry Port Said	4:02.46	3:53.06	10
18	Habiba Mohamed Eid Hassan	15	Al-Canal	3:51.78	3:55.01	8
19	Reem Ehab Mohamed Nour	14	Ghaba	3:54.03	3:55.81	7
20	Nour Ashrf Nagah Zaky	14	Electrecity Ismailia	4:04.48	3:57.26	6
21	Roaa Hassan Said Nagm	14	El-Obour	3:57.54	3:57.46	5
22	Sara Mohamed Elsonosy	14	Nasr Club	3:55.78	x3:57.65	
23	Malak Alaa Aldin Khlousy	15	Police	3:59.28	3:57.93	4
24	Joury Yasar Ali Mohamed	14	Elethead Elskandry Club	3:58.57	3:59.45	3
25	Shahd Mohamed Mostafa	15	Ismaily Sporting Club	4:04.71	x3:59.82	
26	Rodaina Hossam Salah	15	Nasr Club	4:06.32	x4:01.73	
27	Mariam Ayman Abd ElGawad	14	Elethead Elskandry Club	4:00.56	x4:02.73	
28	Rawan Waled Mohamed Amin	15	Ghaba	4:05.70	x4:02.79	
29	Jana amr Kamal	15	Wadi Degla	4:06.98	x4:03.53	
30	Malak Hitham Fawzy	15	Suez C.P.Said	4:14.09	4:06.43	2
31	Alaa Ashraf Abd ElHafeez	14	Economic Reg.	4:13.54	4:07.54	1
32	Farida Yasser Goda Abd ElWahad	14	Nasr Club	4:04.85	x4:07.89	
33	Solava Raed Ibrahim Mahmoud	15	Smouha	4:27.72	4:07.96	
34	Nour Gamal Eldin Sayed	14	Al-Canal	4:12.96	4:08.07	
35	Julia Remon Samir	15	Ghaba	NT	x4:08.28	
36	Amal Mahmoud Saeid	14	El-Temsah	NT	x4:08.81	
37	Hanen Shawky Yousif	14	Ismaily Sporting Club	NT	x4:12.79	
38	Lana Hany Aboud Ibrahim	14	Wadi Degla	4:28.48	x4:13.57	
39	Sara Hazem Ibrahim	15	TM Acd	4:10.53	4:15.07	
40	Shahd Mohamed Gamal Elden	15	Ghaba	4:25.23	x4:15.70	
41	Rahma Naile Abd Elwahab	14	Army Club	4:24.51	4:15.93	
42	Maram Mohamed Abdallah	14	Ismaily Sporting Club	4:17.73	x4:16.37	
43	Jana Ahmed Badwy	14	Ghaba	4:12.31	x4:16.42	
44	Manh amr Zakaria	14	Wadi Degla	NT	x4:18.01	
45	Retag Elsaid Ahmed	14	Elriady Elbahry Club	4:30.30	4:18.73	
46	Logina Hosam Mohamed	14	El-Obour	4:21.34	4:21.39	
47	Noor Osama Mohamed	14	Masr Betrol	NT	4:23.87	
48	Jana Mahmoud Ali	14	Al-Canal	4:22.96	x4:25.84	
49	Jana Ahmed Maher	14	Nasr Club	4:34.64	x4:25.93	
50	Jana Mostafa Helmy Hassan	14	Ghaba	4:50.28	x4:32.93	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****(Event 35 Women 14-15 400 LC Meter SF)**

	Name	Age	Team	Seed Time	Finals Time	Points
51	Judy Mohamed Abo-Elaeneen	15	Ghaba	6:06.61	x4:56.14	
52	Mariam Gamil Nadar Abed	15	Wadi Degla	4:55.62	x5:08.60	
---	Hala Ahmed Magdy	14	TM Acd	4:14.40	DQ	
---	Rawan Ahmed Ibrahim	15	Ismaily Sporting Club	4:01.18	DQ	
---	Hanin Yassar Mohamed Ali	15	Ghaba	4:48.28	NS	
---	Malak Mohmed Abd Elatey	14	Wadi Degla	4:18.70	NS	
---	Wesam Hany Mahmoud	15	Ismaily Sporting Club	3:43.26	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

Event 35 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	Ghada Mohamed Ahmed	16	Wadi Degla	3:33.64	3:31.62	50
2	Joudy Ahmed Fouad	16	Ghaba	3:42.65	3:34.71	46
3	Walaa Araby Ramdan	17	Ismaily Sporting Club	3:46.31	3:38.25	42
4	Lila Amr Ahmed	17	Elethead Elskandry Club	3:50.01	3:44.98	39
5	Mariam Ali Mohamed	16	Ghaba	3:47.90	3:45.17	36
6	Jana Mohamed Fathe	16	Alshark Sports	3:52.54	3:46.04	33
7	Shahd Ahmed Fakhr	17	Ismaily Sporting Club	3:45.00	3:46.06	30
8	Roudina Sherif Mosad	17	Ghaba	3:42.59	x3:46.71	
9	Yomna Wael Mohamed	17	Electrecity Ismailia	NT	3:49.34	27
10	Jana Sherif Mohamed Moustafa	16	Olimpiy Club	3:50.09	3:52.06	24
11	Nada Amr Mohamed Abdhamed	17	Ghaba	3:54.75	x3:52.32	
12	Yara Attif Mohamed	16	Smouha	4:02.46	3:53.95	22
13	Sama Zakarya Mohamed	17	Alshark Sports	NT	3:54.71	20
14	Malk Said Abdelrazek	16	Smouha	3:57.37	3:56.12	18
15	Ganna Amr Abd El-Khalek	16	Al-Canal	3:59.23	3:56.43	16
16	Mariem Mahmoud Atia	16	Elriady Elbahry Club	4:06.41	3:58.50	14
17	Yasmien Mohamed Fathy	16	Ghaba	3:41.40	x3:58.95	
18	Yasmin Adel Sayid Sayid	16	E-Zee Sport	4:05.34	4:00.79	12
19	Shahd Hossam Gafar	17	Elriady Elbahry Club	4:02.23	4:01.25	10
20	Malak Mohamed Mahmoud	16	Ghaba	4:03.29	x4:01.43	
21	Gaska Samy Adly	17	Wave	3:59.35	4:02.96	8
22	Logen Mohamed Refat	16	Smouha	3:58.24	x4:04.25	
23	Amira Gamal Abdallah	17	Army Club	4:10.07	4:04.51	7
24	Mariam Tamer Sayed	16	Electrecity Ismailia	4:00.02	4:04.78	6
25	Rawan Ehab Hussin	16	Bank Ahly Cairo	4:08.35	4:05.79	5
26	Habiba Mohamed AbdAlghani	16	Shooting Cairo	NT	4:06.23	4
27	Malk Mohamed Gomaa	16	Betash Club	4:13.36	4:07.61	3
28	Fatma Mahmoud Helmy	17	TM Acd	4:27.00	4:08.18	2
29	Habiba Hany Tarek	16	TM Acd	4:21.54	4:08.23	1
30	Habiba Ahmed Magdy	16	TM Acd	4:06.01	x4:08.57	
31	Mariem Tarek Ghazy Mohamed	16	Tyran Club	4:23.11	4:11.51	
32	Sanaa Gamil Nader	17	Wadi Degla	4:02.35	4:14.75	
33	Hana Yaser Mohamed	16	El-Obour	4:16.37	4:15.43	
34	Khalod Ahmed Samy	16	Bank Ahly Cairo	4:20.15	4:15.53	
35	Salma Tarek Ghazy Mohamed	16	Tyran Club	4:17.84	4:17.00	
36	Reem Osama Mohamed	17	Al-Canal	4:17.63	4:18.59	
37	Mereet Hassan Amien	16	Ismaily Sporting Club	4:22.91	x4:21.92	
38	Sandra Hatem Kamel	17	Tyran Club	4:26.98	x4:22.57	
39	Malak Nasser Ali	17	Nasr Club	4:22.37	4:22.62	
40	Malak Haitham Fadel	16	Pyramids Gardens	4:25.60	4:24.81	
41	Cinderla Zaki Hassan	17	Shooting Cairo	NT	4:30.09	
42	Salma Sabry Ibrahim	17	Army Club	4:21.78	4:30.81	
43	Malk Abd Almnah Ahmad Mohar	16	E-Zee Sport	4:36.42	4:36.42	
44	Haidy Mohamed Abd Elhameed	16	Elriady Elbahry Club	4:47.95	x4:38.15	
---	Reem Said Mohamed	16	Tagamoa Heights	3:51.84	NS	
---	Hana Thabet Othman	17	Shooting Cairo	NT	NS	
---	Hala Sherif Hussin Tawfik	16	Smouha	3:48.06	NS	
---	Hana Mohamed Abd Elmgeed	17	Pyramids Gardens	NT	NS	
---	Gana Ali Abdelhady Ibrahe	16	Stad Mansoura	4:09.99	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****Event 35 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 Gamila Ali Saber	18	Suez C.P.Said	3:30.15	3:24.46	50
2 Nada Magdy Abou Moslam	18	Ghaba	3:31.03	3:25.06	46
3 Malak Sherif Said Moustafa	18	Bank Ahly Cairo	3:30.60	3:27.43	42
4 Sara Abd ElFatah Abdazem	19	Al-Canal	3:35.25	3:40.90	39
5 Haba Mohamed Shawky	19	Ghaba	3:41.18	3:44.85	36
6 Malak Waled Monire	19	Ghaba	3:46.64	x3:45.06	
7 Manar Mohamed Moustafa Moh	19	Ghaba	3:48.90	x3:45.34	
8 Ghehan Saad Abd Elrahman	18	Ismaily Sporting Club	NT	3:48.40	33
9 Malak Mohamed Farouk Saad	19	Elriady Elbahry Club	3:53.50	3:50.54	30
10 Radwa Ahmed Hassan	18	Smouha	3:57.71	4:11.17	27
11 Nada Mahmoed Mohamed	18	Masr Betrol	NT	4:39.42	24
12 Norhan Fahmy Abdelmoty	19	Hykisteb	4:48.78	4:45.20	22
--- Yara Haymen Elsayed Youss	18	Elriady Elbahry Club	4:30.96	DNF	
--- Mariam Mohamed Mohamed	19	Elriady Elbahry Club	4:01.50	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

Event 35 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 Maya Hitham Mohamed	21	Army Club	3:36.85	3:38.23	50	
2 Nada Ibrahim Gohar	21	Smouha	3:41.74	3:44.48	46	
3 Hadeel Mahmoud Abd Elhakim	26	Shooting Cairo	NT	3:44.76	42	
4 Fatama Amr Bayoumi Ahmed	21	Army Club	3:59.50	3:58.42	39	
5 Lara Magdy Kamel	22	Ghaba	4:08.35	4:03.78	36	
6 Menna Ahmed Mahmoud	21	Ghaba	4:13.90	4:07.03	33	
7 Touqa Khaled Hagag	20	Al-Canal	4:31.84	4:32.00	30	
8 Anan Magdy Tawfik	21	El Ealameyen	4:18.87	4:32.51	27	
9 Yara Sedik Hassan	24	Pyramids Gardens	4:38.04	4:32.90	24	
10 Lamis Hany Hoseny	20	Ghaba	4:49.51	x4:41.65		
11 Salma Waeel	20	Shooting Cairo	NT	4:41.89	22	
12 Toka Mohamed Mohamed	20	El Ealameyen	4:55.12	4:47.34	20	
13 Amira Hassan Mohamed	23	Police	5:09.79	5:09.98	18	
--- Yasmin Abdo Mohamed	25	Police	4:17.43	NS		
--- Monaya Wael Hussien	20	Shooting Cairo	NT	NS		
--- Nada Khaled Mohamed	22	Shooting Cairo	NT	NS		
--- Mantallah Mohamed ElSayed	20	Wadi Degla	NT	NS		
--- Reem Khaled Mohamed	20	Shooting Cairo	NT	NS		

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

Event 36 Men 14-15 400 LC Meter SF

Egypt: 3:11.71 # 10-2022		Mohab Ihab Helmy		Bank Cairo		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Ibrahim Ahmed Fathy Ibrahim	15	Al-Canal	3:14.73	3:16.01	50
2	Adel Badr Fatoh	15	Wave	3:22.22	3:24.17	46
3	Ahmed Ashraf Mahmoud Moham	14	Electrecity Ismailia	3:22.96	3:26.70	42
4	Ahmed Mohamed Ahmed	15	TM Acd	3:31.57	3:28.62	39
5	Anas Ahmed Mohamed Mahmoud	15	Ismaily Sporting Club	3:27.82	3:29.68	36
6	Abdallah Abou ElAzm Ibrahim	15	Elethead Elskandry Club	3:39.16	3:34.15	33
7	Yossef Hathem Eldomyaty	15	Suez C.P.Said	3:42.27	3:34.17	30
8	Zeyad Ahmed Abdelmoneim	15	Nasr Club	3:36.64	3:34.40	27
9	Zouhair Sherif Ahmed	14	Ismaily Sporting Club	3:37.88	3:35.93	24
10	Youssef Abd Elrahman Abdelft	14	El-Obour	NT	3:38.18	22
11	Amar Motaz Ibrahim	14	Ghaba	3:31.92	3:38.21	20
12	Mohamed Abd Allah Hamed	15	Betash Club	3:39.93	3:38.59	18
13	Gaser Hosam Ahmed	15	Elethead Elskandry Club	3:37.40	3:39.20	16
14	Mohamed Haytham Mohamed	14	Shooting Cairo	NT	3:40.04	14
15	Mahmoud Mounir Abdelnabi	15	Nasr Club	3:30.02	3:41.45	12
16	Youssif Mohamed Mamoud	15	Elriady Elbahry Club	3:44.65	3:41.46	10
17	Yasin Ahmed Mahmoud Wahba	15	El-Temsah	3:42.39	3:42.23	8
18	Omar Ehab Rashad	14	Police	3:42.07	3:42.64	7
19	Abdelrahman Mohamed Khaled	14	Al-Canal	3:31.58	3:43.42	6
20	Mohamed Atef Hassan Hussin	15	Betash Club	3:42.23	3:44.45	5
21	Yousef Mohamed Mostafa	14	Elethead Elskandry Club	3:40.29	x3:46.12	
22	Mark Baher Emile Ibrahim	14	Ismaily Sporting Club	3:51.53	x3:46.62	
23	Mohamed Khaled Ali Oraby	15	Al-Canal	3:45.00	x3:46.79	
24	Khaled Mohamed Adel	14	Al-Canal	3:49.70	x3:47.89	
25	Seif Amr Said Abou Majd	14	Betash Club	3:49.40	x3:48.62	
26	Mohamed Raouf Mohamed Ali	14	Ghaba	3:53.00	3:48.81	4
27	Mohamed Mahmoud Sedek Ahme	15	Ismaily Sporting Club	3:46.92	x3:50.60	
28	Yousef Ashraf Aly	15	Bank Alx	NT	3:50.64	3
29	Omar Ashraf Mohamed	15	Army Club	3:47.17	3:50.82	2
30	Seif Ahmed Safa Ibrahim	15	El-Temsah	3:51.00	3:50.98	1
31	Mohamed Tarek Mahmoud Abdou	14	Wave	3:46.55	3:52.07	
32	Mohamed Ahmed Abd Eltawab	14	Al-Canal	3:36.76	x3:54.34	
33	Marawan Seleman Mohamed	14	Electrecity Ismailia	4:02.94	3:55.68	
34	Mostafa Mahmoud Shokry	15	Ghaba	3:54.78	x3:56.03	
35	Mohamed Tarek Fakhry	15	Nasr Club	4:05.45	x3:56.54	
36	Mohamed amr Abdallah	14	Ghaba	4:07.48	x3:56.71	
37	Abd ElRahman Mohamed Abass	14	Elriady Elbahry Club	4:07.02	3:57.00	
38	Zyad Mohamed abd Elglel	15	Al-Canal	4:12.74	x3:58.60	
39	Youssef Diaa Eldin AbdElFata	15	TM Acd	NT	3:58.65	
40	Moaz Shehata Mohamed	14	Nasr Club	4:03.48	x3:59.46	
41	Adham Mohamed Ghobashy	14	Wadi Degla	NT	3:59.48	
42	Zeyad Hesham Mohamed	15	Electrecity Ismailia	NT	x3:59.73	
43	ali Hedy ali	14	Elethead Elskandry Club	NT	x3:59.76	
44	Zeyad amr Ahmed	15	Ismaily Sporting Club	3:56.29	x4:00.89	
45	Youssef Ahmed Mustafa	14	Army Club	4:07.35	4:01.12	
46	Loay Medhat Elmandra	14	Economic Reg.	3:53.53	4:02.03	
47	Seif Emad Ahmed	14	Electrecity Ismailia	3:56.08	x4:06.85	
48	Antowan Amir Sami	14	Ghaba	4:16.14	x4:08.64	
49	Sayed Mohamed el Sayed	14	Ismaily Sporting Club	NT	x4:09.15	
50	Ayad Hisham Mohamed	14	Army Club	4:07.04	x4:10.25	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****(Event 36 Men 14-15 400 LC Meter SF)**

	Name	Age	Team	Seed Time	Finals Time	Points
51	Yassen Khaled Ahmed Mohamed	14	Tyran Club	NT	4:15.95	
52	Yousif Elsayed Mahmoud	15	Wadi Degla	NT	4:17.48	
53	Yasin Ahmed Mahmoud	14	Ghaba	4:20.70	x4:18.70	
54	Yousef Eslam Mohamed	15	Ismaily Sporting Club	3:51.28	x4:24.34	
---	Hazem Mohamed ElSayed	14	Ghaba	4:25.71	NS	
---	Mohamed Abdellhady Mohamed	14	Ismaily Sporting Club	3:59.79	NS	
---	Abdelrahman Mahmoud Ahmed I	15	Elethead Elskandry Club	3:55.00	NS	
---	Mahmoud Tarek Noman ElRafae	14	Ghaba	4:10.34	NS	
---	Ahmed Mohmed Mostsfa Shban	15	Wadi Degla	3:54.76	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

Event 36 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 Ahmed Amr Mohamed Mohamed	16	Smouha	3:13.90	3:13.25	50
2 Momen Ibrahim Mahmoud	17	Wadi Degla	3:14.81	3:18.54	46
3 Emad Hisham Mohamed	17	Electrecity Ismailia	NT	3:18.84	42
4 Mahmoud Mohamed Mahamdy	16	Economic Reg.	3:25.68	3:19.98	39
5 Mazen Tamer Seleman	17	Al-Canal	3:22.33	3:21.03	36
6 Mohamed Esam Mohamed Kenav	17	Elethead Elskandry Club	3:19.09	3:22.04	33
7 Adham Hossam Ibrahim	17	Elethead Elskandry Club	3:25.16	3:22.09	30
8 Hassan Mohamed Adel	16	Al-Canal	3:22.64	3:22.20	27
9 Ahmed Mohamed Mohamed	16	Al-Canal	3:21.21	x3:22.84	
10 Gaber Yaser Gaber	16	Elostol Club	3:22.35	3:23.87	24
11 Abdelazim AbdelfattahAbdelazir	17	Al-Canal	3:31.01	x3:24.43	
12 Omar Mahmoud Mohamed	17	Elethead Elskandry Club	3:18.04	x3:24.45	
13 Omar Mohamed Abdelgwad	16	Stad Mansoura	3:20.62	3:25.03	22
14 Moustafa Awad Mohamed	16	Ghaba	3:26.51	3:25.59	20
15 Omar Mohamed Adly Mohamed	16	Tyran Club	3:23.56	3:26.06	18
16 Abou Bakr Khaled Naeem Hamou	16	Wadi Degla	3:33.75	3:27.15	16
17 Ibrahim Mohamed Abd El Meged	16	Al-Canal	3:29.29	x3:29.15	
18 Tarek Hassan	16	El-Temsah	3:32.65	3:33.51	14
19 Omar El-Hag Ali	17	Al-Canal	3:37.67	x3:34.59	
20 Moustafa Ahmed Essam	16	Ismaily Sporting Club	3:38.21	3:36.29	12
21 Yousef Amen Mohamed Mansour	17	Electrecity Ismailia	3:22.70	3:36.46	10
22 Moaz Hamedo Almaz	16	Ghaba	3:39.79	3:36.84	8
23 Abd Elrahman Sameh Ezz Eldin	16	Nasr Club	3:47.43	3:39.20	7
24 Yousef Mohamed Abdelmeged	16	Electrecity Ismailia	3:33.57	x3:39.35	
25 Adam Mohamed Salem Dashan	17	Ismaily Sporting Club	3:40.80	3:40.12	6
26 Mahmoud Ahmed Mohmed	17	Elethead Elskandry Club	3:40.75	x3:42.95	
27 David Mechil Marzouk	17	Ghaba	NT	x3:43.68	
28 Mohamed Ali Ghubashy	16	Ghaba	3:53.06	x3:45.84	
29 Anas Ahmed Mohmod	17	Elriady Elbahry Club	NT	3:48.14	5
30 Khaled Ahmed Yousef Mohamed	17	Wadi Degla	NT	x3:49.75	
31 Mohamed Hayman Elsayed	16	Elriady Elbahry Club	3:57.73	3:51.79	4
32 Mohamed Ezzat Abd Allah	16	Army Club	NT	3:52.36	3
33 Adham Mohamed Goumaa	17	Army Club	4:04.61	3:56.75	2
34 Abd ElRahman Magad Mohamed	16	Ismaily Sporting Club	NT	x4:02.04	
35 Mazen Mohyeldeen Anwar	16	Tyran Club	4:06.96	4:04.14	1
36 Mostafa Mohamed Ibrahim	16	Ismaily Sporting Club	4:04.91	x4:09.78	
37 Abdulla Ahmed Sobhy Wahba	16	Tyran Club	4:09.75	x4:10.39	
38 Anwar Waleed Anwar Elkholy	16	Tyran Club	NT	x4:24.61	
--- Yousef Ayman Abdelatif	17	Wave	3:31.36	NS	
--- Amar Ahmed Abd ElAziz	17	Shooting Cairo	NT	NS	
--- Mohab Ihab Helmy Mohamed	16	Bank Ahly Cairo	3:11.71	NS	
--- Mohamed Kamal Ali Hafaz	17	Smouha	NT	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****Event 36 Men 18-19 400 LC Meter SF**

Egypt: 3:06.89 # 25-Feb-19

Yousif Mohamed Elatar

Smouha

	Name	Age	Team	Seed Time	Finals Time	Points
1	Youssef Wael Abd Elsalam	18	Elethead Elskandry Club	3:15.06	3:14.89	50
2	Youssef Ahmed Youssef	19	Wadi Degla	3:22.37	3:15.00	46
3	Moustafa Nabel El-Saed	19	Elriady Elbahry Club	3:16.04	3:17.78	42
4	Ahmed Tamr Abd El-Kadr	19	Electrecity Ismailia	NT	3:21.95	39
5	Zeyad Ahmed Mahmoud	19	Army Club	3:27.65	3:22.51	36
6	Mohamed Ayman Nabil	18	Shooting Cairo	NT	3:24.10	33
7	amr Wael Ebrahim	18	Mansora University	3:31.86	3:30.73	30
8	abd Elrahman Moustafa Kassem	19	Suez C.P.Said	3:40.43	3:36.01	27
9	Osama Abdalrahman Adb Alfa	18	El-Obour	3:37.46	3:38.26	24
10	Abdel Rhman Ahmed Mohamed	18	Elethead Elskandry Club	3:57.79	3:39.87	22
11	Bassel Medhat Salah	18	Pyramids Gardens	NT	3:40.57	20
12	Fars Ahmed Nabil	18	Police	3:39.85	3:42.23	18
13	Mekhael Hesham Adly	18	Ghaba	3:44.87	3:45.10	16
14	Seif Said Mohamed Gamal	18	Ghaba	3:43.21	3:46.34	14
15	Kaled Magde abd Alfatah	18	Ismaily Sporting Club	3:38.81	3:47.45	12
16	amr Mahmoud Khaled	18	Electrecity Ismailia	NT	3:51.03	10
17	Taha Tarek Samy	18	Shooting Cairo	NT	4:01.39	8
18	Seif Ahmed Elhadedy	18	Wadi Degla	NT	4:02.67	7
19	Ahmed Khaled Ibrahim	18	Bank Ahly Cairo	4:17.95	4:05.25	6
20	Amaar Waeell Abd El Azzez	18	Ghaba	NT	x4:26.62	
---	Amar Ahmed Safaa Ibrahim	18	El-Temsah	3:42.76	NS	
---	Ahmed Abo Bakr Azmy	18	Elriady Elbahry Club	3:25.59	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****Event 36 Men 20 & Over 400 LC Meter SF**

Egypt: 3:06.89 # 25-Feb-19

Yousif Mohamed Elatar

Smouha

	Name	Age	Team	Seed Time	Finals Time	Points
1	Mahmoud Waled Ali Mohamed	20	Ghaba	3:08.06	3:07.25	50
2	Ahmed Husin Abas	20	Elriady Elbahry Club	3:20.71	3:16.09	46
3	Adham Ahmed Mohamed Fouad	21	Ghaba	3:17.82	3:17.57	42
4	Abd El-Rahman Ali Saed Awad	22	Elethead Elskandry Club	3:24.16	3:23.21	39
5	Ibrahim Khalil Ibrahim	21	Shooting Cairo	NT	3:23.51	36
6	Abdallah Tamer Abdallah	20	Shooting Cairo	NT	3:23.61	33
7	Osama Mohamed ElSayed	20	Wadi Degla	3:27.43	3:34.37	30
8	Youssef Ibrahim Mahmoud Aboz	21	Elethead Elskandry Club	3:26.86	3:37.82	27
9	Balal Wael Salah Eldin	21	Shooting Cairo	NT	x3:40.73	
10	Basel Osama ElSayed	20	Ismaily Sporting Club	3:39.16	3:46.89	24
11	Mazen Mohamed Elsayed	21	Al-Canal	3:27.88	3:52.53	22
12	Ahmed Emad Abd ElAzim	20	Ghaba	NT	x3:55.57	
13	Ahmed Esaam Saed	23	Bank Ahly Cairo	3:58.43	4:10.50	20
---	Mohamed Alaa El Din Mohamed	20	El-Obour	NT	NS	
---	Ahmed Adel Khalil	24	Shooting Cairo	NT	NS	
---	Asem Khaled Mohamed	20	Shooting Cairo	NT	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

Event 47 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	Rokaya Essam Goda Abd ElWaha	14	Ghaba	4:12.65	4:12.14	50
2	Remaz Sameh Hassan Ali	14	Ghaba	4:22.90	4:15.07	46
3	Mena Mohamed Fouad	15	El-Temsah	4:21.73	4:15.21	42
4	Nour Saber Ibrahim Saber	14	Olimpiy Club	4:16.88	4:16.62	39
5	Salma Saad Mohamed	15	Elethead Elskandry Club	4:19.07	4:19.17	36
6	Basmala Wael Ahmed Mohamed	15	Wadi Degla	NT	4:19.76	33
7	Mai Tarek ali	15	Ismaily Sporting Club	4:21.61	4:21.06	30
8	Khadija Khaled Naeem ElDeeb	14	Wadi Degla	4:22.45	4:22.48	27
9	Retag Amr Mohamed Sayed	15	Sharks Team	4:25.01	4:22.53	24
10	Jana Ali Sobhy Abd Elkadr	14	Betash Club	4:27.00	4:24.04	22
11	Rana Abd Elmonem Zaky	14	Betash Club	4:30.91	4:24.92	20
12	Habiba Ahmed Mohammed	14	El-Temsah	NT	4:26.04	18
13	Joudy Rada Mohamed	15	Betash Club	4:24.66	x4:26.60	
14	Mai Ahmed Sayed Abdel Mo	15	Army Club	4:29.18	4:27.46	16
15	Jomana Hany Fathy	15	Ghaba	NT	x4:29.15	
16	Renad Tamer Shaaban	15	Ismaily Sporting Club	4:28.44	4:31.70	14
17	Hanen Sayed Ahmed Ismail	15	Shooting Cairo	NT	4:31.96	12
18	Login Mohamed Adel Darwesh	14	Manshia Youth	4:40.12	4:33.64	10
19	Rodina Fahmy Abdelmonem	15	Hykisteb	4:35.62	4:33.98	8
20	Rinad Ahmed Yousef	15	Wadi Degla	4:40.36	x4:36.95	
21	Doha Mohamed Khamis Moham	15	ElGezira Youth	NT	4:36.96	7
22	Norseen Mohamed Ismail	15	Manshia Youth	4:41.29	4:38.26	6
23	Habiba Khaled Saad	15	Pyramids Gardens	4:28.95	4:39.00	5
24	Shahd Elsayed Hassan Moham	15	Electrecity Ismailia	4:37.61	4:42.20	4
25	Lamar Mohamed Salah	15	Electrecity Ismailia	4:39.08	4:42.73	3
26	Maram Mohamed Abdallah	14	Ismaily Sporting Club	4:40.59	x4:43.54	
27	Roqia Abd ElTawab AbdRahma	14	El-Obour	4:50.64	4:44.96	2
28	Gana Saad Ahmed	15	Bani Ebied	4:44.90	4:46.43	1
29	Logina Hosam Mohamed	14	El-Obour	4:49.96	4:48.20	
30	Sara Amr Mohamed Ahmed	14	Army Club	4:50.53	4:48.70	
31	Mariam Mohamed AbdElAziz	14	TM Acd	4:53.48	4:50.54	
32	Nour Mohamed Elsayed	14	Manshia Youth	4:42.14	x4:51.65	
33	Sama Hegazy Eid	15	Al-Talbia	5:24.04	5:02.45	
34	Mariam Mohamed Hassan Mohar	14	Tyran Club	5:15.54	5:04.56	
35	Jana Tamer Fakhry	15	Pyramids Gardens	NT	5:05.10	
36	Lara Mohamed Elgohary	15	Nasr Club	5:12.12	5:08.39	
37	Remas Hany Fawzy	14	Tyran Club	5:50.09	5:26.95	
38	Lamis Mohamed Qassim	15	Al-Talbia	6:17.96	6:16.11	
---	Rokaia M Elorbany	15	Economic Reg.	4:40.80	DQ	
---	Hagar Tamar Mohamed Samir	14	Manshia Youth	4:24.58	DNF	
---	Habiba Shrif Elmorsy Mohamed	15	Goldi	5:33.57	NS	
---	Maryam Khaled Hmza	15	Al-Tawkilat Melahia	NT	NS	
---	Jana Mahmoud Ali	14	Al-Canal	5:09.62	NS	
---	Nour Mohsen Fahmy Hassan	15	ElMarikh	NT	NS	
---	Hanin Yassar Mohamed Ali	15	Ghaba	5:29.67	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

Event 47 Women 16-17 400 LC Meter BF

Egypt: 3:58.12 # 08-Mar-23

Aliaa Ehab Abdel Moneim

Pyramids Gardens

Name	Age	Team	Seed Time	Finals Time	Points
1 Aliaa Ehab Abdel Moneim	16	Pyramids Gardens	4:00.57	3:58.12 #	50
2 Login Mohamed Shawky	16	Manshia Youth	4:06.67	4:03.75	46
3 Noha Mohamed Abd El Wahab	16	Manshia Youth	4:06.82	4:04.89	42
4 Ghada Mohamed Ahmed	16	Wadi Degla	4:15.07	4:10.12	39
5 Moren Yusif Salih	16	Manshia Youth	4:08.63	x4:13.32	
6 Rawan Khaled Osama	17	El Ealameyen	4:16.62	4:15.62	36
7 Kenzy Mohamed Shawky	16	Manshia Youth	4:16.09	x4:15.92	
8 Retag Mohamed Gamal	16	Tagamoa Heights	4:17.31	4:18.95	33
9 Joudy Ahmed Fouad	16	Ghaba	4:14.56	4:18.96	30
10 Naden Alaa Elden Arafa	17	Betash Club	4:16.79	4:19.53	27
*11 Shahd Ahmed Fakhr	17	Ismaily Sporting Club	4:13.20	4:21.84	23
*11 Roudina Sherif Mosad	17	Ghaba	4:18.89	4:21.84	23
13 Sama Mohamed Ahmed	17	Wadi Degla	4:29.48	4:21.92	20
14 Shahd Ahmed Fouad	16	ElGezira Youth	4:25.43	4:23.21	18
15 Farah Mohamed Sayed Saleh	17	ElGezira Youth	4:22.70	4:26.73	16
16 Walaa Araby Ramdan	17	Ismaily Sporting Club	4:15.42	4:28.56	14
17 Jamanuh Haytham Samir	17	Pyramids Gardens	4:23.59	4:28.76	12
18 Yasmin Adel Sayid Sayid	16	E-Zee Sport	4:32.46	4:30.51	10
19 Malak Mohamed Mahmoud	16	Ghaba	4:32.36	x4:31.18	
20 Amira Gamal Abdallah	17	Army Club	4:32.53	4:31.64	8
21 Sara Rabey Marzouk	16	TM Acd	4:29.62	4:31.81	7
22 Fagr Osama Farouk	17	Al-Canal	4:36.96	4:37.91	6
23 Salma Ahmed Abdelghani	16	Nasr Club	4:40.68	4:39.18	5
24 Hana Hassan Sayed Hassan	17	Electrecity Ismailia	4:45.82	4:40.23	4
25 Nagham Mahmoud Kamel	17	Tagamoa Heights	4:44.79	4:41.51	3
26 Rawan Yasser Wahed	16	Tagamoa Heights	4:47.87	x4:42.82	
27 Rawan Ehab Hussin	16	Bank Ahly Cairo	5:02.31	4:44.20	2
28 Malak Nasser Mohamed	17	EG Swaim	4:44.14	4:48.76	1
29 Malk Said Abdelrazek	16	Smouha	4:48.54	4:51.00	
30 Mariam Hesham Mahmoud Solim	17	Goldi	4:57.54	4:54.64	
31 Ganna Amr Abd El-Khalek	16	Al-Canal	4:47.17	4:56.85	
32 Maram Ahmed Hamdy	17	Nasr Club	4:56.15	4:59.92	
33 Farah Bassim Mohi	16	Police	4:57.46	5:00.93	
34 Karen Samy Abader	17	El Ealameyen	5:02.18	5:01.39	
35 Soundos Ahmed Mohamed ali	16	MS Obour	4:50.27	5:05.23	
36 Waten Tamer Salh EL Din	16	6th Neighborhood YC	NT	5:16.59	
37 Rodina Omar Kamal	17	Al-Talbia	5:29.32	5:24.42	
--- Retaj Hosam Eldin Mostafa	16	ElGezira Youth	4:26.40	DQ	
--- Malak Mohamed Fekry Ahmed	16	Stad Mansoura	4:31.54	NS	
--- Gana Elsayed Abdelhamed A	16	Stad Mansoura	4:09.59	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****Event 47 Women 18-19 400 LC Meter BF**

Egypt: 3:58.12 # 08-Mar-23

Aliaa Ehab Abdel Moneim

Pyramids Gardens

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Malak Sherif Said Moustafa	18	Bank Ahly Cairo	4:06.06	4:03.92	50
2	Nada Magdy Abou Moslam	18	Ghaba	4:06.48	4:05.43	46
3	Lobna Mohamed Hassan Tabie	19	Bank Ahly Cairo	4:10.68	4:12.46	42
4	Rahma Ashraf Mohamed	19	Bank Ahly Cairo	4:10.89	x4:12.64	
5	Ghehan Saad Abd Elrahman	18	Ismaily Sporting Club	4:16.34	4:13.06	39
6	Basmala Sobhe Mohamed	19	Ghaba	4:06.45	4:13.71	36
7	Manar Mohamed Moustafa Moh	19	Ghaba	4:26.23	x4:19.67	
8	Esraa Ehab Zamel	19	Bank Ahly Cairo	4:19.64	x4:23.00	
9	Nana Abo el Hassan ali	19	Al-Tersana	4:21.82	4:23.98	33
10	Tasnim Mohamed Galal	19	Smouha	4:28.31	4:26.84	30
11	Farah AlaaEldin Ali	19	Ismaily Sporting Club	4:26.42	4:29.89	27
12	Norhan Fahmy Abdelmoty	19	Hykisteb	NT	4:52.21	24
---	Habiba Salah Abd Elaziz	19	Petrosport	NT	DNF	
---	Mariam Ahmed Farouk	18	Pyramids Gardens	4:36.76	NS	
---	Somaia Ahmed Mohamed Hessen	18	Ghaba	4:23.36	NS	
---	Joudy Sherif ElMaas	19	Elethad Elskandry Club	4:24.55	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****Event 47 Women 20 & Over 400 LC Meter BF**

Egypt: 3:58.12 # 08-Mar-23 Aliaa Ehab Abdel Moneim

Pyramids Gardens

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Mariam Galal Said	22	Ghaba	4:06.03	4:05.68	50
2	Monaya Wael Hussien	20	Shooting Cairo	NT	4:12.46	46
3	Roba Mmdouh Mahfouz	20	Shooting Cairo	NT	4:18.67	42
4	Nardin Ismail abd Elaziz	21	Olimpiy Club	4:22.22	4:19.60	39
5	Dalia Karm Hamed	20	ElGezira Youth	4:29.78	4:23.43	36
6	Malak Mohamed Abd ElKader	20	Ghaba	4:30.09	4:31.48	33
7	Gharam Ayman Alsaid	21	El Ealameyen	4:36.36	4:34.79	30
8	Fatima Zahra Alaa Eldin	21	El Ealameyen	4:33.07	4:35.98	27
9	Saga Hesham Hasan	23	Ghaba	4:47.03	x4:40.00	
10	Mariam Saleh Ramdan	20	Bank Ahly Cairo	4:57.81	4:50.15	24
11	Younna Hesham Ramadan	21	Pyramids Gardens	5:05.18	5:01.50	22
12	Salma Mohamed Talaat Seif	21	Yacht Giza Club	NT	5:26.73	20
13	Tomoh Abdelrahman	20	Al-Talbia	5:37.36	5:45.67	18
14	Dohe Haney Yusef	21	El-Obour	6:04.26	5:58.89	16
---	Nada Ahmed Osman	24	Pyramids Gardens	4:06.67	NS	
---	Login Youssef Ahmed	20	Army Club	NT	NS	
---	Jasmin Wael Saad	21	Shooting Cairo	NT	NS	
---	Fatma Ayman Saeied Ahmed	20	Ghaba	4:18.64	NS	
---	Nour Sameh Mohamed	23	Smouha	4:24.57	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

Event 48 Men 14-15 400 LC Meter BF

Egypt: 3:40.07 # 08-Mar-23		Abd ElRahman Mohamed Said		Olimpic Club		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Abd ElRahman Mohamed Said	15	Olimpiy Club	3:41.71	3:40.07 #	50
2	Omar Taher Alam	15	Olembya	3:52.84	3:47.68	46
3	Moamen Mustafa Mohamed	15	Shooting Cairo	NT	3:51.01	42
4	Mahmoud Mounir Abdelnabi	15	Nasr Club	3:53.39	3:51.56	39
5	Yousef Mohamed Aly	15	Shooting Cairo	NT	3:52.25	36
6	Mohamed Abd Allah Hamed	15	Betash Club	3:53.82	3:53.15	33
7	Ahmed Mohamed Ahmed	15	TM Acd	3:58.95	3:54.54	30
8	Ahmed Mansour Said Mohamed	15	Betash Club	3:57.80	3:59.21	27
9	Belal Mohamed Fouad Ramdan	15	Olimpiy Club	4:02.03	4:00.32	24
10	Ibrahim Ahmed Fathy Ibrahim	15	Al-Canal	4:00.01	4:00.61	22
11	Yousef Karim Bahgat	14	Nasr Club	4:10.48	4:01.93	20
12	Zeyad Amr Abd ElFatah	15	Pyramids Gardens	4:03.15	4:02.23	18
13	Abdelrahman Mohamed Abdelha	15	Stad Mansoura	4:09.19	4:04.82	16
14	Abdelrahman Ahmed Hussen	15	El Seka El Hadid	4:07.62	4:05.82	14
15	Youssef Ahmed Mahmoud	14	TM Acd	4:08.92	4:06.37	12
16	Mansour Mohamed Mousa Rasha	14	Electrecity Ismailia	4:06.93	4:06.96	10
17	Omar Ahmed Bahlol	15	Wadi Degla	NT	4:07.31	8
18	Gaser Hosam Ahmed	15	Elethad Elskandry Club	4:10.90	4:09.28	7
19	Zeyad Hesham Mohamed	15	Electrecity Ismailia	4:06.27	4:10.20	6
20	Khaled Mohamed Adel	14	Al-Canal	4:20.66	4:10.56	5
21	Zouhair Sherif Ahmed	14	Ismaily Sporting Club	4:07.05	4:10.98	4
22	Mark Baher Emile Ibrahim	14	Ismaily Sporting Club	4:08.28	4:11.84	3
23	Faris Hisham Raafat	15	El-Obour	4:26.65	4:12.14	2
24	Yousef Amr Samir Kamel	14	Manshia Youth	4:09.46	4:12.23	1
25	Mohamed Ehab Mohamed Salah	14	ElGezira Youth	4:24.61	4:12.34	
26	Adham Khaled Moawed	15	Tagamoa Heights	4:08.46	4:12.98	
27	Omar Ehab Rashad	14	Police	4:09.64	4:15.39	
28	Abdelrahman Mohamed Khaled	14	Al-Canal	4:10.24	x4:15.90	
29	Mazen Hazem Osman	15	Nasr Club	4:21.31	x4:16.37	
30	Ahmed Mohamed Elsayed	15	Ghaba	4:15.62	4:16.40	
31	Mustafa Ahmed Abdalla	15	Manshia Youth	4:27.49	4:17.18	
32	Omar Khaled Abd Elrahman	15	ElGezira Youth	4:20.46	4:17.59	
33	Mohamed Ashraf Mohamed	15	Al-Canal	4:09.94	x4:17.64	
34	Abd Elrahman Ahmed Mohamed	15	Manshia Youth	4:24.73	x4:18.32	
35	Mohamed Ahmed Mohamed	14	Tyran Club	4:25.17	4:18.46	
36	Yassen Khaled Ahmed Mohamed	14	Tyran Club	4:26.71	4:19.21	
37	Youssef Tariq Hisham	15	E-Zee Sport	NT	4:20.59	
38	Mohaned Mohamed Shaban	15	Al-Tersana	NT	4:21.23	
39	Mazan Mohamed Kamel	15	Economic Reg.	NT	4:21.26	
40	Ali Mohamed Emam	15	Army Club	4:33.95	4:21.98	
41	Mustafa Ahmed Abdalminaim	15	Manshia Youth	4:24.25	x4:23.67	
42	Yousef Mohamed Mostafa	14	Elethad Elskandry Club	4:22.78	4:24.78	
43	Mostafa Gamal Sabry Mohamed	14	Electrecity Ismailia	4:31.65	x4:25.21	
44	Marwan Waled Hassan Ahmed	15	Wadi Degla	4:36.35	4:25.29	
45	Ahmed Samer Abdo ama	14	Manshia Youth	4:33.84	x4:25.62	
46	Omar Khaled Ahmed Aly	14	Tyran Club	4:34.35	x4:28.09	
47	Saber Tamar Saber	15	Al-Talbia	4:34.82	4:29.46	
48	Mustafa Mohamed Bayomi	15	EG Swaim	NT	4:29.60	
49	Taha Naim Mustafa	14	Suez C.P.Said	NT	4:30.37	
50	Abd ElRahman Mohamed Shaban	14	Economic Reg.	4:33.34	4:31.17	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

(Event 48 Men 14-15 400 LC Meter BF)

	Name	Age	Team	Seed Time	Finals Time	Points
51	Omar Adel Fathy	14	Petrosport	4:36.62	4:31.60	
52	Ali Said Mohamed	14	Tagamoa Heights	4:27.51	4:32.04	
53	Nour Ashrf Abd Elazez	14	Ghaba	4:29.03	4:34.76	
*54	Yahya Ayman Abd Elhay	14	Petrosport	NT	4:37.01	
*54	Mohamed Saad Hamdy	15	ElHadba	NT	4:37.01	
56	Ahmed Hilal Ahmed Hilal	14	Ismaily Sporting Club	NT	x4:37.40	
57	Beshoy Samir Sabry	15	Ismaily Sporting Club	4:31.22	x4:37.50	
58	Ali Marzok Ramadan	14	Nasr Club	4:47.00	x4:39.62	
59	Mohamed Mokhtar Mohamed	14	Manshia Youth	4:38.78	x4:41.92	
60	Moaz Shehata Mohamed	14	Nasr Club	4:38.81	x4:47.37	
61	Ahmed Hossam Atef	14	MS Obour	5:05.34	4:51.65	
62	Hany Tarek Gamal	14	MS Obour	5:10.87	4:53.21	
63	Hamza Ehab Saad	14	6th Neighborhood YC	NT	4:58.26	
64	Yasin Amad Mohamed	14	6th Neighborhood YC	NT	5:18.31	
65	Mukhtar Tarik Abd El-khabir	15	ElHadba	NT	5:42.87	
---	aly Haisham Said	15	Shooting Cairo	NT	DQ	
---	Omar Mohamed Ali Ebrahim	15	Smouha	NT	DNF	
---	Ahmed Mohmed Mostsfa Shban	15	Wadi Degla	4:28.42	NS	
---	Mohamed Yaser Mohamed	14	Wave	NT	NS	
---	Marwan Mohamed ElSayed	14	Shooting Cairo	NT	NS	
---	Mohamed Haytham Mohamed	14	Shooting Cairo	NT	NS	
---	Hamza Hossam Mohamed	15	Nasr Club	4:01.99	NS	
---	Mohamed Tamer Elsayd Aashor	14	Manshia Youth	NT	NS	
---	Mohamed Mustafa Mohamed Abz	14	Manshia Youth	4:39.51	NS	
---	Abdallah Ashraf Mohamed Rashd	15	Al-Tawkilat Melahia	4:02.15	NS	
---	Youssef Diaa ElDin AbdElFata	15	TM Acd	4:19.07	NS	
---	Omar Sherif Abd ElGhafar	15	MS Obour	4:28.59	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

Event 48 Men 16-17 400 LC Meter BF

Egypt: 3:34.18 # 26-Mar-22			Mohand Haitham Ghath		Shooting Cairo		
Name	Age	Team	Seed Time	Finals Time	Points		
1	Mohamed Taher Elsayed	17	Olembya	NT	3:43.26	50	
2	Ayad Ahmed Taha Ahmed	16	Bank Ahly Cairo	3:48.46	3:44.84	46	
3	Youssef Mohamed Sayed	16	Ghaba	3:45.59	3:45.04	42	
4	Yassein Ahmed Farahat	17	Ghaba	3:46.31	3:46.06	39	
5	Mohamed Essam Sadkey Yassin	17	Bank Ahly Cairo	3:49.90	3:46.17	36	
6	Mahmoud Mohamed Mahamdy	16	Economic Reg.	3:50.95	3:46.76	33	
7	Adham Ramdan Ibrahim	17	MS Obour	3:48.54	3:47.10	30	
8	Karem Al Ansary Khatab	16	El-Obour	3:54.90	3:51.18	27	
9	Bavley Essam Samer	17	Ghaba	3:54.03	x3:51.29		
10	Amar Ahmed Abd ElAziz	17	Shooting Cairo	NT	3:52.14	24	
11	Seif Mohamed Elsayed	17	Manshia Youth	3:56.48	3:53.00	22	
12	Seif Ahmed Hamy	17	Manshia Youth	3:56.77	3:53.42	20	
13	Badr Emad Hassan	16	Sheikh Zayed	3:55.21	3:53.87	18	
14	Emad Hisham Mohamed	17	Electrecity Ismailia	NT	3:53.95	16	
15	Mohamed Ashraf Abdelmonem	17	Manshia Youth	3:56.89	x3:55.42		
16	Ahmed Mahmud Afife Afife	16	Al-Canal	4:02.01	3:56.20	14	
17	Yossef Waleed Alli	16	Ghaba	3:55.89	x3:57.01		
18	Omar El-Hag Ali	17	Al-Canal	4:02.01	3:57.26	12	
19	Elsayed Shaaban Elsayed Abde	16	Stad Mansoura	3:55.17	3:57.78	10	
20	Adham Hossam Ibrahim	17	Elethad Elskandry Club	4:01.10	3:58.87	8	
21	Abo Bakr Ahmed Abo Bakr	16	Army Club	NT	4:01.25	7	
22	Momen Ibrahim Mahmoud	17	Wadi Degla	3:52.45	4:01.39	6	
23	Yusif Wayil Rajayiy	17	E-Zee Sport	4:00.09	4:01.67	5	
24	Ahmed Zawahri Ahmed	17	Nasr Club	4:09.86	4:01.73	4	
25	Omer Mohamed Abdel Ftah	16	Elriady Elbahry Club	4:03.90	4:02.71	3	
26	Omar Wael Sabry Shafik	17	MS Obour	NT	4:05.17	2	
27	Sohib Ayman Samir	16	Al-Canal	4:12.89	x4:05.28		
28	Mohamed Ahmed Lotfy	17	Ghaba	4:04.60	x4:05.98		
29	Seif Eldin Ahmed Said	16	Ghaba	4:08.25	x4:06.53		
30	Moustafa Ahmed Essam	16	Ismaily Sporting Club	4:02.66	4:06.62	1	
31	Mohand Mohamed Salah	16	El-Moqatam	NT	4:06.71		
32	Karem Mohamed Ahmed Zaky	16	El-Obour	NT	4:06.79		
33	Hassan Mohamed Adel	16	Al-Canal	4:11.60	x4:07.29		
34	David Mechil Marzouk	17	Ghaba	4:14.21	x4:07.46		
35	Yousef Waleed Fathey	16	ElGezira Youth	4:09.09	4:08.56		
36	Mohamed Gamal Nasr	17	Nasr Club	4:12.78	4:09.76		
37	Adam Ahmed Mohamed Ezzat	16	Manshia Youth	4:17.73	x4:09.92		
38	Yousef Mohamed El-Zanaty	17	Olimpiy Club	4:03.56	4:12.92		
39	Yasin Mohamed Amiro	17	El-Temsah	4:01.94	4:13.06		
40	Marwan Ahmed Abdalminaim	17	Manshia Youth	4:13.18	x4:13.25		
41	Abdelrahman Tamer Abdellatif	17	Al-Talbia	4:29.65	4:21.00		
42	Eyad Ahmed Said Bayomy	16	Tyran Club	NT	4:25.46		
43	Yossef Mohamed Salah	16	TM Acd	4:40.21	4:25.71		
44	Basel Salah Mohamed	16	Al-Talbia	NT	4:25.98		
45	Ahmed Tarek Ahmed Elsayed	16	Manshia Youth	NT	x4:26.34		
46	Yousef Tamer Salah EL Din	16	6th Neighborhood YC	NT	4:27.46		
47	Nader Yousry Roshdy	17	Al-Talbia	4:37.01	x4:29.75		
48	Moaaaz Omar Hassan	16	Electrecity Ismailia	4:34.23	4:30.01		
49	Omar Said Abdelaziz	17	El Seka El Hadid	NT	4:38.25		
50	AbdElRahman Mohamed Ashor	16	TM Acd	4:51.25	4:38.76		

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****(Event 48 Men 16-17 400 LC Meter BF)**

	Name	Age	Team	Seed Time	Finals Time	Points
51	Ahmed Sayed Samir	16	El-Obour	4:46.68	x4:40.51	
52	Kariem Shaban Amer	17	Wadi Degla	NT	4:41.25	
53	Mohamed Sameh Mohamed Fat	16	Tyran Club	NT	4:43.93	
54	Youssef Mohamed Abdellatif	16	Elriady Elbahry Club	NT	5:13.37	
55	Noah El-sayed Muhammed	16	ElHadba	5:18.01	5:30.14	
---	Zayed Mohamed Atef	17	Al-Tersana	4:02.56	DNF	
---	Adham Shrif Farid	16	Shooting Cairo	NT	NS	
---	Omar Mohamed Kamal Mahmud	16	Shooting Cairo	NT	NS	
---	Kiroles Sameh Mahny	16	Manshia Youth	4:35.17	NS	
---	Mohamed Kamal Ali Hafaz	17	Smouha	4:04.64	NS	
---	Omar Mohamed Abdelgwad	16	Stad Mansoura	3:50.00	NS	
---	Ali EL Din Ahmed Mohamed	16	Shooting Cairo	NT	NS	
---	Adham Elhassan Sedky	17	Helwan ElKablia	4:53.29	NS	
---	Eyad Baseem	16	Ghaba	4:14.96	NS	
---	Yehia Noor Eldeen Mahmoud	17	Petrosport	NT	NS	
---	Zeyad Mohamed Ahmed	17	Bank Ahly Cairo	4:06.39	NS	
---	Islam Yafaa El-Sayed	17	Army Club	3:56.18	NS	
---	Eslam Hassan Dorgham	17	El-Mostakbal	NT	NS	
---	Abdallah Ahmed Nasr Amien	17	Electrecity Ismailia	NT	NS	
---	Ahmed Wael Ibrahim Zakey	17	El-Temsah	3:57.02	NS	
---	Zyaad Mohamed Ibrahim Abd	16	Tyran Club	4:27.28	NS	
---	Ahmed Mohamed Mohamed	16	Al-Canal	4:02.24	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

Event 48 Men 18-19 400 LC Meter BF

Egypt: 3:32.92 # 08-Mar-23		Ahmed Hisham Safwat Radwan	Army Club			
Name	Age	Team	Seed Time	Finals Time	Points	
1 Ahmed Hisham Safwat Radwan	18	Army Club	3:34.07	3:32.92 #	50	
2 Mohand Haitham Ghath	18	Shooting Cairo	NT	3:43.54	46	
3 Ahmed Ehab Aly	19	Wadi Degla	3:49.82	3:47.43	42	
4 Ahmed Ihab Ahmed	19	Wadi Degla	3:52.21	3:51.07	39	
5 Ahmed Tamar Ali Mohamed	18	El-Temsah	3:56.76	3:51.42	36	
6 Omar Wael Galal	18	Bank Ahly Cairo	3:50.83	3:51.96	33	
7 Adham Mohamed Sayed	18	Pyramids Gardens	3:54.18	3:53.92	30	
8 Nour Eldin Mohamed Ahmed Seli	18	Army Club	3:52.53	3:54.40	27	
9 Mahmoud Waled Ali	19	Al-Tersana	3:57.50	3:55.56	24	
10 Amar Ahmed Safaa Ibrahim	18	El-Temsah	3:52.18	3:56.00	22	
11 Momen Khaled Mohamed Hasan	18	Bank Ahly Cairo	3:48.32	3:56.45	20	
12 Basam Mohamed Mohamed	18	Ghaba	3:52.46	3:59.51	18	
13 Abd ElRahman Hosny Farouk	18	Bank Ahly Cairo	4:06.90	x4:02.01		
14 Abd El Rhman Mohamed Moham	18	El-Obour	4:04.07	4:02.25	16	
15 Adly Mohamed Adly Mohamed	19	Tyran Club	4:03.54	4:07.92	14	
16 Abdelrahman Mohamed Mhamou	19	Pyramids Gardens	4:15.31	4:11.34	12	
17 ezz Eldeen Alaa Aldeen	19	El Ealameyen	4:09.61	4:11.98	10	
18 Mohamed Rezk Zaky	18	EG Swaim	4:22.70	4:14.18	8	
19 Abdul Rahman Abdulaziz Abdul-l	18	Ghaba	4:21.54	4:14.82	7	
20 Adam Reda Alsayed Mohamed	19	ElGezira Youth	4:22.00	4:19.32	6	
21 Abd EL Rahman Tamer Mohamec	18	6th Neighborhood YC	NT	4:19.42	5	
22 Abdel Rhman Ahmed Mohamed	18	Elethead Elskandry Club	4:13.20	4:19.84	4	
23 Seif Hisham Mohamed Kamal	18	Army Club	4:31.12	x4:20.12		
24 Fars Ahmed Nabil	18	Police	4:06.29	4:20.17	3	
25 Mostafa Salma Mohmed	19	Matrya Sports Club	NT	4:24.10	2	
26 Mohamed Ahmad Mahdy	18	Al-Talbia	4:36.70	4:26.10	1	
27 Saged Ayman Ahmad	18	6th Neighborhood YC	NT	4:29.57		
28 Ahmed Khaled Ibrahim	18	Bank Ahly Cairo	4:49.87	x4:31.65		
--- Abd ElRahman AlAnsary Khatab	18	El-Obour	NT	DNF		

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

Event 48 Men 20 & Over 400 LC Meter BF

Egypt: 3:32.92 # 08-Mar-23

Ahmed Hisham Safwat Radwan

Army Club

	Name	Age	Team	Seed Time	Finals Time	Points
1	Seif Eldin Ahmed Mahdy	21	Shooting Cairo	NT	3:43.73	50
2	Marawan Mohamed Mohamed	22	Asec Club	3:46.73	3:46.70	46
3	Youssef Fawzy Hamda	20	ElGezira Youth	3:48.90	3:48.10	42
4	Ahmed Husin Abas	20	Elriady Elbahry Club	3:51.81	3:49.48	39
5	Velobatir Ayman Salib	20	Ghaba	3:53.17	3:51.89	36
6	Youssef Ibrahim Mahmoud Aboz	21	Elethead Elskandry Club	3:50.73	3:53.37	33
7	Youssef Mahmoud Abd El-Kreem	20	Bank Ahly Cairo	NT	3:54.57	30
8	Yousef Abd El-Fatah Marzouk	21	Ghaba	4:02.18	3:55.40	27
9	ElMotaz Ibrahim Khalil	20	TM Acd	3:56.89	3:57.37	24
10	Omar Ahmed Mohamed	20	El Ealameyen	3:57.82	3:59.23	22
11	Ahmed Abd ElKadar Hussin	21	Ghaba	NT	x4:06.40	
12	Basel Osama ElSayed	20	Ismaily Sporting Club	4:05.60	4:07.31	20
13	Abd-elrahman Mohamed Ibrahen	20	Ghaba	4:09.87	x4:09.40	
14	Ibrahim Mohamed Ahmed	21	Petrosport	4:10.86	4:12.01	18
15	Salah Aldeen Waleed Salah	20	Aero Sport	4:18.34	4:18.56	16
16	Mohamed Alaa El Din Mohamed	20	El-Obour	NT	4:30.37	14
17	Waleed Hazem Mousad	20	Al-Canal	4:29.02	4:33.42	12
18	Ahmed Mohamed Qasim	20	Al-Talbia	4:48.81	4:51.37	10
---	Mostafa Mohamed Selim	21	Hykisteb	NT	DNF	
---	Mahmoud Ahmed Almenshaleny	21	Shooting Cairo	NT	NS	
---	Marwan Ibrahim Elsayed Aska	24	Army Club	3:36.62	NS	
---	Mostafa Mehmoud Henefi	24	El-Obour	NT	NS	
---	Mohamed Abd Allah Mohamed	21	El-Obour	4:22.96	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****Event 64 Women 14-15 4x100 LC Meter Relay SF**

Egypt: 3:04.97 # 2-2022 Ghaba

Team	Relay	Seed Time	Finals Time	Points
1 Ismaili Sporting Club	A	3:05.00	3:05.60	50
2 Betash Club	A	3:12.00	3:08.73	46
3 Wadi Degla	A	3:09.40	3:08.95	42
4 Ghaba	A	3:06.43	3:09.03	39
5 Nasr Club	A	3:36.79	3:09.95	36
6 Elethead Elskandry Club	A	NT	3:10.09	33
7 El-Temsah	A	3:35.76	3:14.14	30
8 Suez C.P.Said	A	3:25.16	3:17.84	27
9 Al-Canal	A	3:21.15	3:25.29	24
10 TM Acd	A	3:29.81	3:30.65	22
11 Army Club	A	3:27.51	3:32.10	20
12 El-Obour	A	NT	3:50.20	18
--- Shooting Cairo	A	NT	NS	
--- ElGezira Youth	A	3:54.54	NS	
--- Smouha	A	3:13.17	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23

Results - 8-3-2023

Event 65 Men 14-15 4x100 LC Meter Relay SF

Egypt: 2:41.92 # 13-Sep-21		El-Temsah	El-Te		
Team	Relay	Seed Time	Finals Time	Points	
1 Al-Canal	A	2:42.75	2:48.65	50	
2 Betash Club	A	2:53.42	2:50.04	46	
3 Nasr Club	A	2:51.57	2:50.64	42	
4 Suez C.P.Said	A	3:02.24	2:54.39	39	
5 Ismaily Sporting Club	A	2:58.96	2:54.75	36	
6 Elethead Elskandry Club	A	NT	2:56.20	33	
7 Ghaba	A	2:49.62	2:58.93	30	
8 Ghazel Port Said	A	3:05.73	3:02.82	27	
9 El-Temsah	A	2:56.46	3:04.75	24	
10 El-Obour	A	NT	3:06.35	22	
11 Army Club	A	3:09.48	3:06.48	20	
12 Electrecity Ismailia	A	3:06.25	3:07.92	18	
13 Police	A	3:12.37	3:12.12	16	
14 TM Acd	A	3:21.40	3:17.95	14	
15 Wadi Degla	A	3:01.96	3:19.54	12	
16 Shooting Cairo	A	3:23.15	3:26.54	10	
17 Tyran Club	A	NT	3:32.78	8	
--- ElGezira Youth	A	3:47.68	NS		

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****Event 70 Women 16-17 4x100 LC Meter Relay SF**

Egypt: 3:00.53 # 7-2014

		Natio			
<u>Team</u>	<u>Relay</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>	
1	Ghaba	A	3:04.43	3:04.23	50
2	Wadi Degla	A	3:10.54	3:09.67	46
3	Elethead Elskandry Club	A	NT	3:16.68	42
4	Al-Canal	A	3:17.94	3:18.31	39
5	Army Club	A	3:19.26	3:18.45	36
6	Smouha	A	3:05.67	3:20.40	33
7	TM Acd	A	NT	3:33.01	30
8	Tyran Club	A	3:35.82	3:33.78	27
9	Bank Ahly Cairo	A	NT	3:34.36	24
10	Nasr Club	A	3:42.76	3:43.62	22
11	El-Obour	A	NT	3:51.40	20
---	Pyramids Gardens	A	3:37.79	DQ	
---	Shooting Cairo	A	3:25.48	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****Event 71 Men 16-17 4x100 LC Meter Relay SF**

Egypt: 2:38.84 # 26-Mar-22		Elethad Elskandry Club	Elethad Elskandr		
Team	Relay	Seed Time	Finals Time	Points	
1	El-Temsah	A	2:39.93	2:40.28	50
2	Elethad Elskandry Club	A	NT	2:41.84	46
3	Al-Canal	A	2:46.67	2:42.20	42
4	Ghaba	A	2:46.71	2:44.18	39
5	Electrecity Ismailia	A	2:45.43	2:51.39	36
6	Wadi Degla	A	2:38.93	2:53.54	33
7	Nasr Club	A	3:02.21	2:58.07	30
8	Shooting Cairo	A	2:56.64	3:00.21	27
9	El-Obour	A	NT	3:06.89	24
10	Bank Ahly Cairo	A	2:51.48	3:13.23	22
---	Smouha	A	2:49.45	NS	
---	Tyran Club	A	3:14.68	NS	
---	ElGezira Youth	A	3:27.42	NS	
---	Elriady Elbahry Club	A	2:44.28	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****Event 76 Women 18-19 4x100 LC Meter Relay SF**

Egypt: 2:51.72 # 7-2019

			Natio		
	<u>Team</u>	<u>Relay</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Ghaba	A	3:08.28	3:02.09	50
2	Bank Ahly Cairo	A	3:20.86	3:12.43	46
3	Elriady Elbahry Club	A	3:19.47	3:23.96	42
---	Shooting Cairo	A	3:28.26	NS	
---	El-Obour	A	NT	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****Event 77 Men 18-19 4x100 LC Meter Relay SF**

Egypt: 2:38.07 # 7-2019

National Team

	<u>Team</u>	<u>Relay</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Wadi Degla	A	2:46.84	2:43.64	50
2	Shooting Cairo	A	2:47.51	2:48.76	46
3	El-Temsah	A	2:55.65	2:49.23	42
4	El-Obour	A	NT	2:53.29	39
5	Army Club	A	2:45.73	2:56.18	36
6	Electrecity Ismailia	A	NT	2:58.09	33
7	Pyramids Gardens	A	NT	3:22.35	30
---	Ghaba	A	2:51.29	DQ	
---	Bank Ahly Cairo	A	3:25.89	NS	

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****Event 82 Women 20 & Over 4x100 LC Meter Relay SF**

Egypt: 2:51.72 # 7-2019		National Team	Natio		
Team	Relay	Seed Time	Finals Time	Points	
1 Shooting Cairo	A	3:24.29	3:24.79	50	
2 Ghaba	A	3:36.53	3:52.40	46	
3 El-Obour	A	NT	4:42.68	42	
--- Army Club	A	3:33.75	NS		

Egypt Cup 2023 - 03-Mar-23 to 08-Mar-23**Results - 8-3-2023****Event 83 Men 20 & Over 4x100 LC Meter Relay SF**

Egypt: 2:37.02 # 4-2017 Ismaily

Ismail

<u>Team</u>	<u>Relay</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1 Ghaba	A	2:37.20	2:38.75	50
2 Al-Canal	A	2:47.98	2:43.07	46
3 Shooting Cairo	A	2:52.79	2:49.93	42
4 El-Obour	A	NT	2:55.00	39