

## Cairo Winter 2025 - 28-Jan-25 to 06-Feb-25

## Results

## Women 14-15 1500 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Raghda Eslam Amin Salamaa	15	Bank Ahly Cairo	15:29.31	15:21.90	75
2 Nada Mostafa Ragab Rashad	15	Enppi	NT	15:35.48	69
3 Saja Mohamed Abd Elazez	15	Nasr Club	NT	16:04.45	63
4 Malak Mohamed Nasr	14	Ghaba	NT	16:15.00	58.50
5 Alia Mohamed Helmy	14	EG Swaim	NT	16:17.12	54
6 Gomana ElSayed Hamdy	15	Army Club	NT	16:53.85	49.50
7 Habiba Mohamed Ahmed Moharr	15	Ghaba	NT	17:20.57	45
8 Mariam Wael Fahim	15	ElGezira Youth	NT	17:33.04	40.50
9 Sama Amr Mohamed Abdaal	14	Nasr Club	NT	18:49.23	36
10 Mariam Moustafa Mohamed	15	El-Obour	NT	20:58.45	33
11 Hana Tawifk Magdy	14	Al-Talbia	NT	21:28.00	30
12 Login Mahmoud Hassan Ali	15	ElGezira Youth	NT	21:50.84	27
--- Alia Walid Mahmoud	14	Meg Acd	NT	NS	

## Women 16-17 1500 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Renad Tamer Shaaban	17	Enppi	15:00.00	14:30.96	75
2 Farah Wail El Maadawy	17	Bank Ahly Cairo	14:26.07	15:02.64	69
3 Malak Alaa Aldin Khlousy	17	Police	15:29.57	15:08.40	63
4 Retag Ahmed Mohamed	17	Ghaba	15:33.07	15:19.29	58.50
5 Noor Osama Mohamed	16	Nasr Club	15:41.06	15:25.53	54
6 Sara Mohamed Elsonosy	16	Nasr Club	15:11.82	15:43.34	49.50
7 Logina Hosam Mohamed	16	El-Obour	15:38.67	16:00.39	45
8 Haneen Mahmoud Fayz	16	Ghaba	16:40.59	16:37.60	40.50
9 Raqia Raafat Abdulmutallab	16	El-Obour	NT	16:49.70	36
10 Lana Hany Aboud Ibrahim	16	Wadi Degla	NT	16:53.84	33
11 Judy Ebrahim Atef	17	Ghaba	17:21.96	x17:08.54	
--- Karla Rafik Maher Rafik	16	Wadi Degla	NT	DNF	
--- Retag Amr Mohamed Sayed	17	Sharks Team	14:57.42	NS	
--- Malk Mohamed Abouelela	16	Nasr Club	NT	NS	
--- Roaa Hassan Said Nagm	16	El-Obour	NT	NS	

## Women 18-19 1500 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Ghada Mohamed Ahmed	18	Wadi Degla	14:15.51	14:25.70	75
2 Walaa Araby Ramdan	19	Bank Ahly Cairo	15:05.76	15:18.46	69
3 Yasmin Adel Sayid Sayid	18	E-Zee Sport	NT	15:31.07	63
4 Zinab Adel Galal	19	Police	NT	15:49.90	58.50
5 Fatma Mahmoud Helmy	19	Enppi	16:12.45	16:13.04	54
6 Mai Abdel Razek Abdel Ha	18	Shoubra	NT	16:34.46	49.50
7 Kiria Ishaq Abdel Maseeh	18	Army Club	18:25.76	18:02.28	45
--- Reem Said Mohamed	18	Enppi	15:41.40	NS	

## Women 20 &amp; Over 1500 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Nada Magdy Abou Moslam	20	Enppi	14:26.81	13:57.20	75
2 Malak Sherif Said Moustafa	20	Bank Ahly Cairo	14:14.89	14:05.84	69
3 Shahd Khaled Mohamed	22	El-Moqatam	15:39.10	15:30.70	63
4 Malak Ahmed Abdla Wannis	20	Bank Ahly Cairo	15:42.20	15:34.45	58.50
5 Shadan Ahmed Mahmoud	21	E-Zee Sport	NT	17:19.75	54
6 Youmna Hesham Ramadan	23	Pyramids Gardens	19:07.51	19:48.12	49.50
--- Lara Magdy Kamel	24	Bank Ahly Cairo	16:28.85	NS	

## Cairo Winter 2025 - 28-Jan-25 to 06-Feb-25

## Results

## Men 14-15 1500 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Ibrahim Ashraf Ibrahim	15	ElGezira Youth	14:37.03	13:42.57	75
2 Moustafa Mahmoud Saber	15	Ghaba	NT	14:20.10	69
3 Yassin Mohamoud Seid	14	Ghaba	NT	14:32.64	63
4 Omar Mohamed Ibrahim	15	Ghaba	NT	x14:34.98	
5 Seif Allah Hesham Said Othman	14	Shooting Cairo	NT	14:42.09	58.50
6 Marwan Ahmed Radwan Radwan	15	El Mekaweloun	15:26.87	14:48.06	54
7 Mazan Amr Mohamed Nasr	15	Tyran Club	NT	14:48.15	49.50
8 Yossef Tariq Ibrahim Abdlhamid	15	Nasr Club	NT	14:52.01	45
9 Omar Ahmed Abd Elmoneeam	14	Nasr Club	NT	15:03.23	40.50
10 Moaaz Hossam Ramdan	14	Police	NT	15:05.81	36
11 Mohamed Sameh Sayed Mohame	14	Bank Ahly Cairo	NT	15:29.95	33
12 Rashid Saed Mohamed Mohamed	15	TM Acd	NT	15:43.78	30
13 Hamza Amr Yahya	14	Enppi	NT	16:00.96	27
14 Ahmed Walid Ahmed Hadad	15	TM Acd	NT	16:58.57	24
15 Adam Gamal Mohamed	14	El-Obour	NT	17:33.50	21
16 Abd Elrahman Mahmoud Abd Rb	14	TM Acd	NT	x17:33.85	
17 Adam Mohammed	15	El-Obour	NT	19:49.46	18
--- Adam Mohamed abd el Menee	15	El-Obour	NT	NS	
--- Abram Naruz Eid	14	Enppi	NT	NS	
--- Yassin Ahmed Mohamed Abdelfat	14	El Mekaweloun	NT	NS	

## Men 16-17 1500 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Youssef Abd Elrahman Abdelft	16	El-Obour	13:23.31	13:35.61	75
2 Zeyad Ahmed Abdelmoneim	17	Nasr Club	13:55.65	14:02.59	69
3 Omar Ashraf Mohamed	17	Bank Ahly Cairo	14:06.04	14:10.26	63
4 Moaz Shehata Mohamed	16	Nasr Club	14:33.60	14:10.45	58.50
5 Mohamed Ragab Mohamed	17	Bank Ahly Cairo	14:09.25	14:10.95	54
6 Mark Baher Emile Ibrahim	16	Enppi	NT	14:21.82	49.50
7 Ahmed Moustafa Ahmed	16	El-Obour	14:35.43	14:28.62	45
8 Marwan Waled Hassan Ahmed	17	Enppi	NT	14:44.04	40.50
9 Ahmed Khairy Mohamed	16	El-Obour	15:16.95	x15:52.42	
10 Mohaned amr Abdallah	16	Ghaba	NT	16:17.46	36
11 Ziad Ahmed Said	17	Meg Acd	NT	16:38.45	33
12 Sef Bhaa Elden Mohamed	16	Ghaba	NT	17:05.57	30
--- Ahmed Mohmed Mostsfa Shban	17	Wadi Degla	14:00.25	NS	
--- Mahmoud Hamdy Mahmoud	16	Meg Acd	NT	NS	

## Men 18-19 1500 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Mohab Ihab Helmy Mohamed	18	Bank Ahly Cairo	12:41.67	12:47.92	75
2 Moustafa Awad Mohamed	18	Ghaba	14:00.04	14:04.23	69
3 Abd Elrahman Sameh Ezz Eldin	18	Nasr Club	NT	14:05.26	63
4 Omar Mohamed Adly Mohamed	18	Tyran Club	NT	14:05.31	58.50
5 Abou Bakr Khaled Naeem Hamou	18	Wadi Degla	14:19.12	14:18.62	54
6 Mohamed Ali Ghubashy	18	Ghaba	NT	15:56.48	49.50
7 Ziad Wael Salameh	18	Al-Talbia	NT	20:51.90	45
--- Momen Ibrahim Mahmoud	19	Wadi Degla	NT	NS	

## Men 20 &amp; Over 1500 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Mahmoud Waled Ali Mohamed	22	Enppi	13:07.20	13:09.48	75

**Cairo Winter 2025 - 28-Jan-25 to 06-Feb-25****Results****(Men 20 & Over 1500 LC Meter SF Surface)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
2	Yousif Ahmed Mostafa	20	Police	NT	15:09.31	69
3	Ziad Mohamed Gaber	20	Enppi	NT	15:13.18	63
4	Mekhael Hesham Adly	20	Ghaba	NT	15:20.56	58.50
5	Bassel Medhat Salah	20	Pyramids Gardens	16:46.54	15:29.85	54
6	Ahmed Atef Mohamed	21	El-Obour	NT	16:10.57	49.50
7	Ahmed Gamal Azam Ibrahim	22	Army Club	NT	16:10.60	45
8	Mohamed Amin Anwar Amin	21	Army Club	NT	20:27.14	40.50