

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

Results - 06-02-2025

Women 14-15 400 LC Meter BF BiFins

Egypt: 4:03.39 # 11-2021		Gana Safwat Salah		Bank Cairo		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Hana Mohamed Saeed	15	Bank Ahly Cairo	4:12.87	4:19.73	50
2	Malak Mohamed Nasr	14	Ghaba	NT	4:20.20	46
3	Tolay 5 Mina Adel	14	Shooting Cairo	NT	4:25.37	42
4	Hanin Mostafa Ameen	15	Qalyob	NT	4:25.39	39
5	Salma Rabea Marzouk	15	TM Acd	NT	4:26.15	36
6	Nada Mostafa Ragab Rashad	15	Enppi	NT	4:28.14	33
7	Mariam Nasr Abdin Soliman	15	MS Obour	NT	4:28.62	30
8	Alia Mohamed Helmy	14	EG Swaim	NT	4:28.76	27
9	Sara Mounir Abd Elnabi	15	Nasr Club	4:40.43	4:29.53	24
10	Saja Mohamed Abd Elazez	15	Nasr Club	NT	4:30.87	22
11	Erenee Bahgat Gergs	14	ElGezira Youth	NT	4:32.70	20
12	Dareen Mohamed Salah	14	Sheikh Zayed	NT	4:34.92	18
13	Mariam Ahmed Saed El Sayed	14	ElGezira Youth	NT	4:37.82	16
14	Arwa Mohamed Salah	14	El-Obour	NT	4:38.26	14
15	Mentallah Mohamed Basiony	15	Ghaba	4:40.21	4:39.50	12
16	Alia Walid Mahmoud	14	Meg Acd	NT	4:40.87	10
17	Aysel Sameh Alsaied	14	Ghaba	NT	x4:41.26	
18	Arwa Ayman Mostafa	14	Nasr Club	NT	x4:42.89	
19	Logyn Ali Ahmed ali	14	ElGezira Youth	NT	x4:46.89	
20	Malak Khaled Saleh Ibrahim	15	Tyran Club	NT	4:49.87	8
21	Jana Karim Abdelhalim	14	Wadi Degla	NT	4:51.20	7
22	Reem Mohamed Omar	15	Pyramids Gardens	NT	4:51.98	6
23	Hala Ahmed Mohamed Morgan	15	TM Acd	NT	4:54.00	5
24	Habiba Adel Mohamued Mohame	15	El Mekaweloun	NT	4:54.31	4
25	Logain Mohamad Tarek	15	ElGezira Youth	5:15.71	x4:55.01	
26	Salma Osama Ebrahim	15	El Seka El Hadid	NT	4:56.10	3
27	Leyan Hassan Ahmed	14	Sharks Team	NT	4:56.25	2
28	Gomana ElSayed Hamdy	15	Army Club	NT	4:57.32	1
29	Farida Mohamed Talat	14	TM Acd	NT	x4:57.68	
30	Salma Abd ElFatah Marzouk	15	Bank Ahly Cairo	NT	4:59.95	
31	Jana Mahmoud Hussen	15	Army Club	NT	5:01.42	
32	Login Mahmoud Hassan Ali	15	ElGezira Youth	5:05.40	x5:02.79	
33	Lojain Nabil Fawzy	15	El-Obour	NT	5:04.11	
34	Sama Waleed Hamed	15	El Ealameyen	NT	5:04.65	
35	Farah Mahmoud Abdel Rahim Hu	14	El Mekaweloun	NT	5:04.87	
36	Mariam Mostafa Mohamed	15	Heliolido	5:20.98	5:04.93	
37	Ayan Hany Ebrahim	14	Sheikh Zayed	NT	5:05.07	
38	Roaa Amr Mohamed Mohamed	14	Tyran Club	NT	5:09.62	
39	Iriny Shadi Habib	15	Safwa Asher	NT	5:14.17	
40	Tabark Hany Rashed	14	Al-Talbia	NT	5:14.40	
41	Hana Tawifk Magdy	14	Al-Talbia	NT	5:15.06	
42	Toqa Nashat Mohamed Fathy	15	Ghaba	NT	x5:22.26	
43	Mai Ayman AbdElraouf	15	Green Hills Club	NT	5:22.68	
44	Remas Rafik Saber	14	Ghaba	NT	x5:26.92	
45	Rodina Fadel Abdellah	14	Meg Acd	NT	5:29.37	
46	Jana Mohamed Awad	15	Al-Talbia	NT	x5:29.40	
47	Lian Mohamed Said Saleh Ahmed	14	El Mekaweloun	NT	x5:38.56	
---	Habiba Mahmoud Ali	14	Nasr Club	NT	DQ	
---	Habiba Mohamed Mahmoud	14	ElGezira Youth	NT	DNF	
---	Farida Ahmed Maher	15	Nasr Club	NT	NS	

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(Women 14-15 400 LC Meter BF BiFins)

Name	Age	Team	Seed Time	Finals Time	Points
--- Alaa Essam Mohamed	15	Qalyob	NT	NS	
--- Juoner Danial Romany	14	Ghaba	NT	NS	
--- Rawaa Ahmed Fathy	14	Ultimate	NT	NS	
--- Mira Milad Hanna	15	Safwa Asher	NT	NS	
--- Sulaf Samer	14	TM Acd	NT	NS	

Women 16-17 400 LC Meter BF BiFins

Egypt: 3:55.16 # 10-2023

Login Mohamed Shawky

Manshia Youth

Name	Age	Team	Seed Time	Finals Time	Points
1 Rokaya Essam Goda Abd ElWahab	16	Enppi	4:15.53	4:08.79	50
2 Hana Ali Zein-Elaabden	16	Police	NT	4:13.34	46
3 Mariam Mohamed Helmy	16	Enppi	NT	4:15.46	42
4 Jana Sherif Farok Mohamed	16	ElGezira Youth	NT	4:16.65	39
5 Farah Wail El Maadawy	17	Bank Ahly Cairo	NT	4:19.48	36
6 Retag Ihab Mohamed	16	Bank Ahly Cairo	4:24.46	4:19.79	33
7 Malk Rada Srour	17	Enppi	NT	x4:20.48	
8 Logina Hosam Mohamed	16	El-Obour	4:22.53	4:21.67	30
9 Rinad Ahmed Yousef	17	Wadi Degla	4:21.03	4:21.71	27
10 Mai Ahmed Sayed Abdel Mo	17	Army Club	4:24.51	4:22.04	24
11 Habiba Khaled Saad	17	Pyramids Gardens	NT	4:25.04	22
12 Hoda G0maa Sobhi Mohamed	16	ElGezira Youth	NT	4:25.56	20
13 Maram Mohamed Abdallah	16	Enppi	NT	x4:28.37	
14 Remaz Sameh Hassan Ali	16	Enppi	NT	x4:37.20	
15 Nourhan Youssef Abdelmaougod	17	Nemoo	NT	4:37.25	18
16 Farah Walid Fouad Badawi q	16	Safwa Asher	NT	4:38.01	16
17 Toqa Tag Elslam Mohamed	17	TM Acd	4:36.12	4:39.61	14
18 Roqia Abd ElTawab AbdRahma	16	El-Obour	4:36.18	4:40.65	12
19 Malak Essam El-Din Diab	16	El Mekaweloun	4:43.42	4:41.42	10
20 Mariam Ahmed Saaeed	17	El Ealameyen	NT	4:43.39	8
21 Fayroos Ahmed Mohamed	16	El-Moqatam	NT	4:45.54	7
22 Razan Ali Mohamed Ali Mohamec	17	Team F.C	NT	4:46.64	6
23 Sama Hegazy Eid	17	Al-Talbia	NT	4:48.06	5
24 Gnna Allah Khaled Mohamed Red	16	ElGezira Youth	NT	x4:48.26	
25 Malak Salah Awad	17	Sharks Team	4:47.67	4:48.76	4
26 Roqia Ibrahim Tawhed	17	Army Club	NT	4:50.75	3
27 Mariam Banoub	16	Ghaba	NT	4:59.79	2
28 Sheraz Ahmed Abraham	17	El Seka El Hadid	NT	5:00.68	1
29 Maryam Amin Mahmoud	16	Pyramids Gardens	NT	5:01.42	
30 Nada Wael abd Alfatah	17	El Ealameyen	NT	5:12.48	
31 Renada Ahmed Elsayed	17	Meg Acd	NT	5:14.18	
32 Nouran Mohamed Abd ElGany	17	Ghaba	NT	5:14.53	
33 Gana Hesham Mohamed	17	Police	5:14.26	5:18.06	
34 Jana Mahmoud Mohammed	16	MS Obour	NT	5:21.14	
35 Gana Abo Elaa Abd Elnafaa	17	Shooting Cairo	NT	5:28.15	
36 Amal Elsayd Mostafa	16	The Club	NT	5:29.53	
37 Remas Hany Fawzy	16	Tyran Club	NT	5:32.54	
38 Nouran Ezat Bahget Mohamed	16	Safwa Asher	NT	5:33.32	
39 Yara Moahmed Abd Elfatah	16	Ultimate	NT	5:38.81	
40 Hana Nasr Elsayed	17	Helwan ElKablia	NT	6:01.51	
--- Retag Amr Mohamed Sayed	17	Sharks Team	4:09.68	NS	
--- Ruqiah Ahmed Amin	17	Al-Talbia	NT	NS	
--- Basmala Wael Ahmed Mohamed	17	Wadi Degla	NT	NS	

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(Women 16-17 400 LC Meter BF BiFins)

Name	Age	Team	Seed Time	Finals Time	Points
--- Ereny Remon Magdy	17	Ghaba	NT	NS	

Women 18-19 400 LC Meter BF BiFins

Egypt: 3:55.16 # 10-2023		Login Mohamed Shawky	Manshia Youth		
Name	Age	Team	Seed Time	Finals Time	Points
1 Joudy Ahmed Fouad	18	Ghaba	4:10.73	4:09.03	50
2 Ghada Mohamed Ahmed	18	Wadi Degla	NT	4:15.70	46
3 Rawan Khaled Osama	19	El Ealameyen	4:14.43	4:17.15	42
4 Shahd Ahmed Fakhr	19	Ultimate	4:23.82	4:23.34	39
5 Yasmin Adel Sayid Sayid	18	E-Zee Sport	NT	4:23.39	36
6 Roudina Mohamed Wagdy	18	Bank Ahly Cairo	4:26.92	4:24.93	33
7 Farah Mohamed Sayed Saleh	19	Bank Ahly Cairo	NT	4:25.98	30
8 Retaj Hosam Eldin Mostafa	18	ElGezira Youth	NT	4:26.46	27
9 Shahd Ahmed Fouad	18	ElGezira Youth	4:17.79	4:27.65	24
10 Mai Abdel Razek Abdel Ha	18	Shoubra	4:35.50	4:36.68	22
11 Sara Rabey Marzouk	18	TM Acd	4:31.53	4:36.71	20
12 Salma Ahmed Abdelghani	18	Nasr Club	NT	4:37.53	18
13 Yasmen Amr Taha	18	Sharks Team	NT	4:40.26	16
14 Habiba Mohamed Ahmed	18	Hykisteb	NT	4:41.96	14
15 Nour Ahmed Mohamed	18	Pyramids Gardens	NT	4:50.67	12
16 Radwa Osama Eid	18	Giza Sea Scout	5:14.40	4:54.34	10
17 Retag Mohamed Mahmoud	18	Ultimate	NT	5:15.98	8
18 Malak Mohamed Abd Elhamed	18	Ultimate	NT	x5:18.93	
19 Hagar Khaled Abd Elfattah	18	Pyramids Gardens	NT	5:25.10	7
20 Ghazal Ahmed Mohamed	19	Ghaba	5:57.61	5:55.50	6
21 Jana eid Muhammad Omari	18	Safwa Asher	NT	6:04.62	5
22 aya Nader Ibrahim	18	Safwa Asher	NT	6:15.00	4
--- Reem Seif	18	EG Swaim	NT	DQ	
--- Donia Zakaria Mohamed	19	Al-Tersana	NT	NS	
--- Hanen Hazem Abd Monem Aly	18	Tyran Club	NT	NS	

Women 20 & Over 400 LC Meter BF BiFins

Egypt: 3:55.16 # 10-2023		Login Mohamed Shawky	Manshia Youth		
Name	Age	Team	Seed Time	Finals Time	Points
1 Malak Sherif Said Moustafa	20	Bank Ahly Cairo	4:16.00	4:01.07	50
2 Mariam Galal Saeed Mohamed	24	Nasr Club	NT	4:07.81	46
3 Esraa Ehab Zamel	21	Bank Ahly Cairo	NT	4:21.70	42
4 Martina Magdy Bekhit	20	ElGezira Youth	4:21.84	4:26.18	39
5 Aliaa Abd ElHamed Yousef	21	Ghaba	NT	4:28.84	36
6 Farida Hesham Mohamed	22	El-Moqatam	NT	4:33.29	33
7 Gharam Ayman Alsaid	23	El Ealameyen	4:39.43	4:35.04	30
8 Fatima Zahra Alaa Eldin	23	El Ealameyen	4:33.76	4:35.79	27
9 Shadan Ahmed Mahmoud	21	E-Zee Sport	NT	4:36.26	24
10 Sara Essam Mohamed	21	El Ealameyen	NT	x4:38.28	
11 Hanin Hatem Mohamed	21	Al-Tersana	NT	4:38.60	22
12 Anan Mohamed Yehia Ahmed Mo	20	El Mekaweloun	NT	4:54.23	20
13 Youmna Hesham Ramadan	23	Pyramids Gardens	NT	5:01.14	18
14 Laila Mustafa Abu Br Mohammed	20	Team F.C	NT	5:12.65	16
--- Monaya Wael Hussien	22	Shooting Cairo	4:24.42	NS	

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Men 14-15 400 LC Meter BF BiFins

Egypt: 3:40.07 # 08-Mar-23		Abd ElRahman Mohamed Said		Olimpic Club		
Name	Age	Team	Seed Time	Finals Time	Points	
1	Ibrahim Ashraf Ibrahim	15	ElGezira Youth	3:53.43	3:51.37	50
2	Hamza Ahmed Mahmoud	15	Enppi	4:01.32	3:54.90	46
3	Seif Allah Hesham Said Othman	14	Shooting Cairo	NT	3:56.82	42
4	Marwan Ahmed Radwan Radwan	15	El Mekaweloun	4:02.46	3:57.98	39
5	Mazan Amr Mohamed Nasr	15	Tyran Club	NT	3:58.46	36
6	Youssef Walid Youssef	14	Ghaba	NT	4:03.93	33
7	Yasin Essam Sadqi Yasin	15	Bank Ahly Cairo	NT	4:05.15	30
8	Youssef Selim Abou el Kheer	15	E-Zee Sport	NT	4:05.64	27
9	Diaa Mohamed Diaa Eldin	15	El Mekaweloun	4:13.12	4:07.78	24
10	Adham Mohamed Fouad Mohamed	15	Sharks Team	NT	4:08.29	22
11	Omar Mohamed Hanfy	15	Tagamo Awal	NT	4:08.73	20
12	Rashid Saed Mohamed Mohamed	15	TM Acd	4:06.65	4:09.81	18
13	Mohammed Youssef Abdelmwgo	15	Nemoo	NT	4:09.84	16
14	Fahd Ahmed Abd Elfatah	14	Nasr Club	NT	4:11.53	14
15	Yossef Tariq Ibrahim Abdhamid	15	Nasr Club	NT	4:12.01	12
16	Omer Abdul Aziz Salah	15	Ghaba	NT	4:15.40	10
17	Omar Khaled Mahmoud	14	Sheikh Zayed	NT	4:16.81	8
18	Eyad Welad Mohamed	15	Ghaba	4:21.50	x4:16.92	
19	Ziad Ahmed Abdel Fattah	15	Al-Talbia	NT	4:18.31	7
20	Gourg Samr Samir	15	Sharks Team	NT	4:19.46	6
21	Adham Ebrahim Abd ElBaky S	15	ElGezira Youth	4:28.09	4:20.60	5
22	Fares Hamada Gad Alla	15	Ghaba	NT	x4:20.76	
23	Mazen Mammдох Aill	14	EG Swaim	NT	4:21.31	4
24	Anas Omar Mamdouh	14	Pyramids Gardens	NT	4:22.51	3
25	Yassen Ahmed Mahmoud Nor	14	Army Club	NT	4:22.68	2
26	Hamza Bilal Nabil	14	Pyramids Gardens	NT	4:23.93	1
27	Mohamed Ahmed Abd ElKadar	14	Ultimate	NT	4:24.45	
28	Yasin Mohamed Ibrahim	15	Enppi	NT	4:24.84	
29	AbdAlrahman Bahaa Eldin	14	El-Obour	NT	4:25.45	
30	Adam Mohamed Ahmed Zaki	14	El-Obour	NT	4:25.84	
31	Ahmed Mohamed Ahmed	15	Helwan ElKabliah	4:31.14	4:25.89	
32	Iyad Islam Mahmoud	14	Pyramids Gardens	NT	x4:26.59	
33	Mohamed Waled Mohamed	15	Police	NT	4:26.84	
34	Ali Magdy Abdel Aziz	14	Meg Acd	NT	4:27.12	
35	Ali Mohamed Tawela	15	TM Acd	NT	4:27.34	
36	Ahmed Mahmoud Ahmed	15	Sharks Team	NT	x4:28.09	
37	Mohamed Mahmoud Gamal	14	Nasr Club	NT	x4:28.15	
38	Ahmed Walid Ahmed Hadad	15	TM Acd	NT	x4:28.31	
39	Adam Sayed Mohamed	15	Meg Acd	NT	4:29.28	
40	Eyad Maged Ahmed	14	Sharks Team	NT	x4:31.23	
41	Ahmed Ragab Nair Mohamed	15	Wadi Degla	NT	4:34.10	
42	Youssif Mohamed Abdelsameea	14	Nasr Club	NT	x4:34.40	
43	Mohamed Sameh Mohamed Nase	14	Sharks Team	NT	x4:35.48	
44	Khaire Noaman Khaire	14	Enppi	NT	x4:35.57	
45	Yahya Adel Yahya Ibrahim	15	Safwa Asher	NT	4:36.01	
46	Eyad Abd Alhamed Saad	14	Sharks Team	NT	x4:36.21	
47	Khaled Ahmed Ibrahim Abdo	15	Tyran Club	NT	4:38.31	
48	Youssef Omar Salim	15	T.A Sport	NT	4:38.89	
49	Yassin Tamer Mohamed	15	TM Acd	NT	x4:39.07	
50	Yousif Hisseen Abd El Hakem	15	Green Hills Club	NT	4:39.45	

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	Name	Age	Team	Seed Time	Finals Time	Points
*51	Hamza Mohamed Haron	15	Al-Talbia	NT	4:40.48	
*51	Seif Khaled Ahmed	14	Nasr Club	NT	x4:40.48	
53	Bettir Maher Tadrous	15	Ghaba	NT	x4:40.76	
54	Ibrahim Mohamed Elsid	15	Safwa Asher	NT	4:43.70	
55	Adam Amr Awny	14	El-Obour	NT	x4:45.32	
56	Mohammed Elsayd Soliman	14	MS Obour	NT	4:45.43	
57	Yassin Amr Bahget Mohamed	14	El Mekaweloun	NT	x4:46.07	
58	Malak Ayman Abdelmaqsud	14	Ghaba	NT	x4:53.07	
59	Yousse Omar El Sayed Mahmoud	14	Enppi	NT	x4:53.20	
60	Ali Emad Hamdy	14	Bank Ahly Cairo	NT	5:00.06	
61	Yasin Mahmoud Abd ElHaleem	15	Nasr Club	NT	x5:03.87	
62	Ahmed Mohamed Mohamed	14	Ghaba	NT	x5:17.10	
63	Abdelhamed Mohamed Abdelhan	14	Andlus Youth	NT	5:19.32	
64	Yossif Hossam Ibrahim	14	Andlus Youth	NT	5:21.92	
65	Adam Ahmed Hassan	14	Ghaba	NT	x5:26.10	
66	Ahmed Wael Abo Deeb	14	Nasr Club	NT	x5:31.93	
---	Belal Mohamed Mahmoud	14	Qalyob	NT	NS	
---	Mahmuod Walid Mahmuod	15	Shooting Cairo	NT	NS	
---	Abdalla Khald Abdalla Abdal	15	Ghaba	NT	NS	
---	Muhannad Mohamed Ahmed Sale	14	City Club	NT	NS	

Men 16-17 400 LC Meter BF BiFins

Egypt: 3:34.18 # 26-Mar-22			Mohand Haitham Ghath	Shooting Cairo		
	Name	Age	Team	Seed Time	Finals Time	Points
1	Youssef Abd Elrahman Abdelft	16	El-Obour	3:42.11	3:39.46	50
2	Ahmed Mohamed Ahmed	17	Enppi	NT	3:46.34	46
3	Omar Ahmed Bahlol	17	Wadi Degla	3:46.78	3:49.23	42
4	Ahmed Emad Mohamed Mawad	16	Enppi	3:51.28	3:52.06	39
5	Yousef Karim Bahgat	16	Nasr Club	3:53.85	3:52.60	36
6	Marwan Waled Hassan Ahmed	17	Enppi	4:10.37	x3:54.39	
7	Ali Mohamed Emam	17	Army Club	NT	3:57.71	33
8	Ziad Omar Abdul Fattah	17	Pyramids Gardens	NT	3:57.96	30
9	Abdelrahman Ahmed Hussen	17	Enppi	NT	x3:58.75	
10	Mohamed Ehab Mohamed Salah	16	ElGezira Youth	3:57.93	3:59.59	27
11	Omar Ehab Rashad	16	Enppi	3:56.43	x3:59.67	
12	Omar Khaled Ahmed Aly	16	Tyran Club	4:02.81	3:59.79	24
13	Marwan Osama Ramadan	16	Meg Acd	NT	4:01.36	22
14	Mohamed Bahgat Ahmed	16	Nasr Club	NT	4:02.07	20
15	Ahmed Mohamed Elsayed Awad	17	Enppi	3:59.20	x4:02.28	
16	Ahmed Serif Bayomi	17	Qalyob	4:03.64	4:03.87	18
17	Mohy-Elden Anas Yousif Mohame	17	Police	NT	4:05.79	16
18	Mazen Mohamed Salah	17	Sheikh Zayed	NT	4:06.12	14
19	Omar Waleed Hamed Ahmed	17	El Ealameyen	4:14.07	4:07.12	12
20	Mohamed Tarek Elgamal	16	Green Hills Club	NT	4:07.45	10
21	Abd Elrahman Abdallah Taha	16	Nasr Club	NT	x4:08.18	
22	Mostafa Sameh Mohamed	17	El-Obour	NT	4:08.84	8
23	Saied Ahmed Saied	17	Nemoo	NT	4:08.95	7
24	Yassen Khaled Ahmed Mohamed	16	Tyran Club	4:16.14	4:09.09	6
25	Ahmed Khairy Mohamed	16	El-Obour	NT	x4:10.14	
26	Ali Mohamed Helmy	16	EG Swaim	4:15.43	4:10.40	5
27	Zyad Mohamed Fathy Almoha	17	Tyran Club	4:12.34	x4:11.01	
28	Hamza Mohamed Hassan	16	El-Obour	4:11.51	x4:11.57	

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Name	Age	Team	Seed Time	Finals Time	Points
29	Mohamed Kareem Barakat	16 TM Acd	NT	4:12.56	4
30	Yousef Eslam Fathey	16 Wadi Degla	4:19.57	4:12.79	3
31	Faris Hisham Raafat	17 El-Obour	3:57.32	x4:13.92	
32	Yassin Sayed Fathi Makhoulouf	16 Al-Talbia	NT	4:14.86	2
33	Youssef Taher Ebrahim	17 Meg Acd	NT	4:19.54	1
34	Taim Adham Ebrahim	16 El-Obour	NT	x4:19.81	
35	Mokhtar Mohamed Yousry Ali	16 Tyran Club	NT	x4:20.89	
36	Hassan Mohamed Ameen	17 El Ealameyen	4:28.26	4:21.85	
37	Ashraf Ahmed Saeyd	17 El Seka El Hadid	4:24.64	4:22.45	
38	Ahmed Hany Saad	17 15 May Msh	NT	4:22.73	
39	Ebrhim Wail Ebrhim	16 El Seka El Hadid	NT	4:23.42	
40	Yassin Ayman Abd Elmajeed	16 EL Abnaa	NT	4:25.15	
41	Marwan Hassan Mahmoud Abdel	16 Hykisteb	NT	4:25.17	
42	Yassin Sayed Abd ElSalam	16 Al-Talbia	NT	4:25.62	
43	Mohamed Ashraf Hassan	16 Hykisteb	NT	4:26.82	
44	Moamen Tamer Abdel Moumen	17 Al-Talbia	NT	x4:30.14	
45	Abd Elrahman Adel Saleh Younes	16 ElGezira Youth	NT	4:31.21	
46	Marawan Ashraf Mstafa	16 Pyramids Gardens	NT	4:31.37	
47	sef amr Said	16 E-Zee Sport	NT	4:31.96	
48	Omar Reda Mohamed	16 Ghaba	NT	4:32.73	
49	Mohamed Hassan Mohamed	16 EL Abnaa	NT	4:33.42	
50	Ali Mohamed Sameir Moham	16 Sharks Team	NT	4:33.68	
51	Ouday Ahmed Bayuomy	17 Ultimate	NT	4:34.06	
52	Saif Elden Shawkat Mohamed Ha	16 El Mekaweloun	NT	4:34.68	
53	aly Ahmed Elewa	16 Hykisteb	NT	x4:35.17	
54	Mohamed Amr Elseaed	17 El-Obour	NT	x4:35.51	
55	Marwan Wael Mohamed Mahmo	16 Enppi	NT	x4:37.26	
56	Adham Mostafa Salah Said	17 Tyran Club	NT	x4:45.20	
57	Mahmoud Hossam Mahmoud	16 Nasr Club	NT	x4:45.45	
58	Ahmed Mohamed al Sayed has	16 Safwa Asher	NT	4:46.95	
59	Ibrahim Mahmoud Ibrahim	16 Hykisteb	NT	x4:47.56	
60	Ahmed Sabry Mamdouh	16 Ghaba	NT	4:49.23	
61	Reymon Abdallah Makram	16 Al-Daher	4:53.18	4:52.89	
62	Ahmed Mostafa abd el Hamid	17 Shooting Cairo	NT	4:53.17	
63	Hamza Mohamed Hamza	17 M.S. Helwan	NT	5:04.12	
---	Abdul Rahman Mustafa Kamal M	16 Safwa Asher	NT	DNF	
---	Yahia Kamel Mahmoud	16 El-Obour	4:09.71	DNF	
---	Mohamed Tarek Fakhry	17 Nasr Club	NT	NS	
---	Mahmoud Mounir Abdelnabi	17 Enppi	3:54.95	NS	
---	Hany Tarek Gamal Sayed	16 MS Obour	NT	NS	
---	Ahmed Mohamed Ismail	17 Meg Acd	NT	NS	
---	Mahmoud Hamdy Mahmoud	16 Meg Acd	NT	NS	

Men 18-19 400 LC Meter BF BiFins

Egypt: 3:31.64 # 27-Oct-24

Ahmed Hisham Safwat Radwan

Shooting Cairo

Name	Age	Team	Seed Time	Finals Time	Points
1	Youssef Mohamed Sayed	18 Ghaba	3:47.04	3:44.04	50
2	Ayad Ahmed Taha Ahmed	18 Enppi	3:39.46	3:44.17	46
3	Mohamed Essam Sadkey Yassin	19 Bank Ahly Cairo	NT	3:45.07	42
4	Adham Ramdan Ibrahim	19 Bank Ahly Cairo	3:46.76	3:49.11	39
5	Zeyad Mohamed Eatif	19 Pyramids Gardens	NT	3:51.10	36
6	Yusif Wayil Rajayiy	19 E-Zee Sport	NT	3:54.25	33

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

Results - 06-02-2025

(Men 18-19 400 LC Meter BF BiFins)

Name	Age	Team	Seed Time	Finals Time	Points
7	Aamar Ahmed Mohamed	19 El Ealameyen	4:05.28	3:54.37	30
8	Yossef Waleed Alli	18 Enppi	3:55.87	3:56.35	27
9	Mazen Amr Gaber Ismail	18 Ghaba	NT	3:56.40	24
10	Youssef Muhammad Abdel Satta	18 Enppi	4:02.42	x4:02.01	
11	Abd Elrahman Sameh Ezz Eldin	18 Nasr Club	3:58.20	4:05.45	22
12	Adam Farid Elsayed Abdallah	19 Nasr Club	NT	4:06.04	20
13	Abd ElRahman Shazly Hassan	18 E-Zee Sport	NT	4:08.07	18
14	Adham Haytham Mahmoud	18 Bank Ahly Cairo	4:10.01	x4:09.18	
15	Mohamed Osama Mohamed	18 Enppi	4:09.40	x4:10.64	
16	Moaz Ibrahim Abdel Ghani	19 Pyramids Gardens	NT	4:10.73	16
17	Yousif Mahmoud Saad	19 Al-Tersana	4:18.81	4:15.93	14
18	Karem Mohamed Ahmed Zaky	18 El-Obour	NT	4:16.10	12
19	Ali Ahmed Abd ElGhalil	18 Ghaba	NT	x4:16.98	
20	Ibrahim Abd Elmegeed Mohamed	19 Ghaba	NT	x4:18.68	
21	Abdulla Ahmed Sobhy Wahba	18 Tyran Club	4:14.68	4:20.15	10
22	Elbadry Mohammed Rashad	19 Nemoo	NT	4:20.65	8
23	Omar Magdy Anwar	18 Al-Talbia	NT	4:21.06	7
24	Khaled Mohamed Mahmoud	18 Al-Talbia	NT	4:22.31	6
25	Mostafa Hisham Sobhy	18 Army Club	NT	4:23.39	5
26	Mohamed Diab Saber	18 Nasr Club	NT	x4:23.73	
27	Mahmoud Halil Muhammad Ahm	18 Safwa Asher	NT	4:26.68	4
28	abd Alrahman Mohsen Mahmod	18 El Ealameyen	4:34.17	4:32.43	3
29	Adam Saeyd Saad	18 El Seka El Hadid	NT	4:40.65	2
30	Omer Kaled Anwar	18 Shooting Cairo	4:39.96	4:41.76	1
31	Eslam Essam Mohamed	18 M.S. Helwan	NT	4:43.03	
32	Ziad Mohamed Omara	18 Safwa Asher	NT	4:44.04	
33	Adham Elhassan Sedky	19 Helwan ElKablia	4:36.35	4:47.36	
34	Karem Osama abd Elbaset	18 15 May Msh	NT	4:59.28	
35	Youssef Waled Mohamed Galal	19 Tyran Club	NT	5:00.07	
36	Yhya Nabil Youssif	18 El Ealameyen	4:48.35	x5:04.15	
---	Mohamed Ashraf Mahmoud Elsay	18 El Mekaweloun	4:14.48	NS	
---	Mohamed Walid Mahmud	19 Shooting Cairo	NT	NS	
---	Yehya Mohamed Helmy	18 Police	NT	NS	
---	Omar Mohamed Adly Mohamed	18 Tyran Club	NT	NS	
---	Yassein Ahmed Farahat	19 Enppi	3:46.40	NS	

Men 20 & Over 400 LC Meter BF BiFins

Egypt: 3:30.01 # 06-Feb-25

Ahmed Hisham Safwat Radwan

Shooting Cairo

Name	Age	Team	Seed Time	Finals Time	Points
1	Ahmed Hisham Safwat Radwan	20 Shooting Cairo	3:31.64	3:30.01 #	50
2	Yousef Fawzy Hamda	22 ElGezira Youth	3:46.76	3:45.86	46
3	Momen Khaled Mohamed Hasan	20 Bank Ahly Cairo	NT	3:49.10	42
4	Yousef Hassan Salah El-Deen	21 Ghaba	NT	3:53.31	39
5	Velobatir Ayman Salib	22 Ghaba	3:55.29	3:55.09	36
6	Mohamed Tarek Sayed	21 Sheikh Zayed	NT	3:58.07	33
7	Abd Elrahman Ahmed Mohamed	21 Ghaba	4:17.82	x4:01.71	
8	abd Elrahman Mohamed Dyab	20 El-Obour	NT	4:10.06	30
9	Mahmoud Hassan Diab	23 Army Club	NT	4:15.31	27
10	Islam Walid Kamal	21 Al-Talbia	NT	4:15.76	24
11	Mahmoud Bishr Hassan	23 Pyramids Gardens	NT	4:16.31	22
---	Adham Mohamed Sayed	20 Pyramids Gardens	4:02.86	DNF	
---	Ahmed Ihab Ahmed	21 Wadi Degla	3:47.35	NS	

Cairo Winter 2025 - 28-Jan-25 to 06-Feb-25**Results - 06-02-2025****(Men 20 & Over 400 LC Meter BF BiFins)**

	Name	Age	Team	Seed Time	Finals Time	Points
---	Abdallah Essam Ahmed Tawfik	22	MS Obour	NT	NS	
---	Mahmoud Waled Ali	21	Al-Tersana	NT	NS	
---	Ahmed Husin Abas	22	Shooting Cairo	3:46.54	NS	