

Cairo Winter 2025 - 28-Jan-25 to 06-Feb-25**Results - 02-02-2025****Women 14-15 400 LC Meter SF Surface**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Hana Mohamed Saeed	15	Bank Ahly Cairo	3:47.39	3:41.04	75
2	Nada Mostafa Ragab Rashad	15	Enppi	3:56.65	3:48.23	69
3	Raghda Eslam Amin Salamaa	15	Bank Ahly Cairo	3:50.15	3:49.42	63
4	Saja Mohamed Abd Elazez	15	Nasr Club	4:04.79	3:59.21	58.50
5	Malak Mohamed Nasr	14	Ghaba	NT	4:00.10	54
6	Alia Mohamed Helmy	14	EG Swaim	NT	4:00.29	49.50
7	Gomana ElSayed Hamdy	15	Army Club	4:06.26	4:04.34	45
8	Jana Amr Mohamed	15	Ghaba	NT	4:09.93	40.50
9	Jana Moustafa Daiab	15	Police	4:08.84	4:11.96	36
10	Jana Karim Abdelhalim	14	Wadi Degla	NT	4:12.39	33
11	Arwa Wael Qorani	15	Nasr Club	4:36.32	4:14.14	30
12	Alia Walid Mahmoud	14	Meg Acd	NT	4:15.45	27
13	Amna Moustafa Mohamed	14	Nasr Club	NT	x4:16.68	
14	Nour Waled Ahmed Saber	15	Ghaba	4:39.79	x4:23.54	
15	Habiba Hamad Mohamed Hamad	15	Enppi	NT	4:24.62	24
16	Sama Amr Mohamed Abdaal	14	Nasr Club	NT	x4:26.84	
17	Roqaia Ahmed Amin Ashmawy	14	Nasr Club	NT	x4:31.06	
18	Laila Yasar Mohamed Abdalh	14	ElGezira Youth	NT	4:31.98	21
19	Malak Khaled Saleh Ibrahim	15	Tyran Club	NT	4:32.62	18
20	Zeinb Ahmed Sayed	15	Ghaba	NT	x4:33.81	
21	Youmna Tarek Eldawi	14	Nasr Club	NT	x4:37.75	
22	Remas Rafik Saber	14	Ghaba	NT	x4:39.28	
23	Saja Mohmed Fargaaly	15	Wadi Degla	NT	4:40.04	15
24	Judy Mohmed Shaalan	14	Wadi Degla	NT	x4:45.17	
25	Malak Osama Mohamed	14	Ghaba	NT	x4:48.85	
26	Jody Wael Ahmed Fahmy	14	Ghaba	NT	x4:49.51	
27	Olaa Amr Foad	15	El-Obour	NT	4:54.54	12
28	Rital Ahmed Hany	14	Shooting Cairo	NT	5:06.43	10.50
29	Hana Tawfik Magdy	14	Al-Talbia	NT	5:07.17	9
30	Mariam Moustafa Mohamed	15	El-Obour	NT	5:14.57	7.50
31	Sondos Sameh Saad	14	Al-Talbia	NT	5:30.01	6
---	Joud Ahmed Hassanen Moham	14	ElGezira Youth	NT	DQ	
---	Habiba Mohamed Ahmed Mohar	15	Ghaba	NT	DNF	
---	Lily Mohamed Salah Eldin	15	Enppi	4:11.68	DNF	

Women 16-17 400 LC Meter SF Surface

	Name	Age	Team	Seed Time	Finals Time	Points
1	Farah Wail El Maadawy	17	Bank Ahly Cairo	3:29.73	3:27.39	75
2	Renad Tamer Shaaban	17	Enppi	3:27.40	3:30.64	69
3	Noor Osama Mohamed	16	Nasr Club	3:54.18	3:46.20	63
4	Malak Alaa Aldin Khlousy	17	Police	3:50.57	3:46.37	58.50
5	Roaa Hassan Said Nagm	16	El-Obour	NT	3:48.65	54
6	Retag Ahmed Mohamed	17	Ghaba	3:54.29	3:49.40	49.50
7	Sara Mohamed Elsonosy	16	Nasr Club	3:49.31	3:52.20	45
8	Retag Ihab Mohamed	16	Bank Ahly Cairo	NT	3:52.57	40.50
9	Logina Hosam Mohamed	16	El-Obour	3:57.32	4:01.93	36
10	Basmala Wael Ahmed Mohamed	17	Wadi Degla	NT	4:02.31	33
11	Haneen Mahmoud Fayz	16	Ghaba	4:12.00	4:02.71	30
12	Rawan Waled Mohamed Amin	17	Ghaba	NT	x4:09.62	
13	Judy Ebrahim Atef	17	Ghaba	4:12.03	x4:10.51	
14	Khadija Khaled Naeem ElDeeb	16	Wadi Degla	3:52.46	4:11.82	27

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(Women 16-17 400 LC Meter SF Surface)

Name	Age	Team	Seed Time	Finals Time	Points
15 Lana Hany Aboud Ibrahim	16	Wadi Degla	4:17.92	x4:12.15	
16 Basmlaa Bdawe Maahmoud	16	E-Zee Sport	NT	4:21.59	24
17 Karla Rafik Maher Rafik	16	Wadi Degla	NT	x4:22.15	
18 Rodaina Ahmed Ramadan	16	Shooting Cairo	NT	4:23.18	21
19 Junior Ashraf Shaker	17	Shoubra	NT	5:29.93	18
--- Farah Ahmed Abdellah	17	M.S. Helwan	NT	DNF	
--- Jana Mostafa Helmy Hassan	16	TM Acd	NT	DNF	
--- Malk Mohamed Abouelela	16	Nasr Club	3:42.93	NS	
--- Retag Amr Mohamed Sayed	17	Sharks Team	3:41.57	NS	

Women 18-19 400 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Ghada Mohamed Ahmed	18	Wadi Degla	3:34.64	3:36.35	75
2 Joudy Ahmed Fouad	18	Ghaba	3:43.26	3:43.07	69
3 Zinab Adel Galal	19	Police	4:05.84	3:46.92	63
4 Walaa Araby Ramdan	19	Bank Ahly Cairo	3:41.21	3:49.76	58.50
5 Roudina Sherif Mosad	19	Ghaba	4:05.84	3:58.43	54
6 Shahd Ahmed Fakhr	19	Ultimate	NT	3:58.65	49.50
7 Yasmin Adel Sayid Sayid	18	E-Zee Sport	NT	3:59.82	45
8 Fatma Mahmoud Helmy	19	Enppi	4:09.59	4:04.29	40.50
9 Mai Abdel Razek Abdel Ha	18	Shoubra	4:11.29	4:04.81	36
10 Sanaa Gamil Nader	19	Wadi Degla	3:59.56	4:08.53	33
11 Malak Nasser Ali	19	Nasr Club	4:27.40	4:27.62	30
12 Jana Mamdoh Yousif	18	Nasr Club	NT	4:31.09	27
13 Refka Rafik Saber	18	Ghaba	NT	x4:36.54	
14 Hagar Khaled Abd Elfattah	18	Pyramids Gardens	NT	5:20.93	24
--- Kiria Ishaq Abdel Maseeh	18	Army Club	NT	NS	

Women 20 & Over 400 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Nada Magdy Abou Moslam	20	Enppi	3:24.93	3:25.45	75
2 Malak Sherif Said Moustafa	20	Bank Ahly Cairo	3:24.14	3:25.73	69
3 Malak Ahmed Abdla Wannis	20	Bank Ahly Cairo	3:50.98	3:50.04	63
4 Shahd Khaled Mohamed	22	El-Moqatam	3:54.03	3:51.28	58.50
5 Malak Ahmed Mohamed	20	Bank Ahly Cairo	3:58.17	x4:05.79	
6 Lara Magdy Kamel	24	Bank Ahly Cairo	4:13.25	x4:15.18	
7 Shadan Ahmed Mahmoud	21	E-Zee Sport	NT	4:18.96	54
8 Youmna Hesham Ramadan	23	Pyramids Gardens	4:29.35	4:31.03	49.50
9 Ashraquat Gamal Mohame Ismail	21	El-Moqatam	NT	4:56.28	45
--- Hadeel Mahmoud Abd Elhakim	28	Shooting Cairo	NT	NS	

Men 14-15 400 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Ibrahim Ashraf Ibrahim	15	ElGezira Youth	3:28.93	3:20.53	75
2 Moustafa Mahmoud Saber	15	Ghaba	NT	3:29.29	69
3 Omar Mohamed Ibrahim	15	Ghaba	NT	3:31.82	63
4 Yassin Mohamoud Seid	14	Ghaba	NT	x3:33.17	
5 Hassan Mostafa Hassan	15	Ghaba	3:40.90	x3:33.53	
6 Marwan Ahmed Radwan Radwan	15	El Mekaweloun	3:39.96	3:33.73	58.50
7 Moaaz Hossam Ramdan	14	Police	NT	3:35.15	54
8 Mohamed Sameh Sayed Mohame	14	Bank Ahly Cairo	NT	3:36.83	49.50
9 Seif Allah Hesham Said Othman	14	Shooting Cairo	NT	3:37.39	45

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(Men 14-15 400 LC Meter SF Surface)

	Name	Age	Team	Seed Time	Finals Time	Points
10	Omar Ahmed Ashrf Youns	15	Enppi	NT	3:37.46	40.50
11	Abram Naruz Eid	14	Enppi	NT	3:37.61	36
12	Mazan Amr Mohamed Nasr	15	Tyran Club	NT	3:41.06	33
13	Mohamed Ahmed Mohamed	15	ElGezira Youth	NT	3:41.60	30
14	Yossef Tariq Ibrahim Abdllhamid	15	Nasr Club	NT	3:45.46	27
15	Rashid Saed Mohamed Mohamed	15	TM Acd	3:51.40	3:45.51	24
16	Omar Ahmed Abd Elmoneeam	14	Nasr Club	NT	3:48.04	21
17	Hamza Mohamed Mahmoud	15	Enppi	3:46.92	x3:49.46	
18	Ahmed Walid Ahmed Hadad	15	TM Acd	NT	3:55.68	18
19	Abd ElRahman Tarek Khiry	14	Wadi Degla	NT	3:55.76	15
20	Omar Abd ElMonem Gamal	15	Army Club	NT	3:57.51	12
21	Hamza Amr Yahya	14	Enppi	NT	x3:59.17	
22	Fahd Ahmed Abd Elfatah	14	Nasr Club	NT	x3:59.40	
23	Saeed Abd Kader Saeed	14	Tyran Club	NT	4:01.17	10.50
24	Yousef Fahim Said Fahim	15	Ghaba	NT	x4:02.34	
25	Hamza Mohamed Mahsob Atiya	14	Tyran Club	NT	x4:03.21	
26	Mohamed Akram Fathi	14	Nasr Club	NT	x4:05.86	
27	Omar Ahmed Adel Ali	14	Enppi	NT	x4:07.03	
28	Adam Gamal Mohamed	14	El-Obour	NT	4:07.43	9
29	Loai Amr Mostafa	14	Ghaba	NT	x4:17.73	
30	Omar Essam el din Said	15	Shooting Cairo	NT	4:19.18	7.50
31	Abd Elrahman Mahmoud Abd Rb	14	TM Acd	NT	x4:20.20	
32	Khaled Ahmed Ibrahim Abdo	15	Tyran Club	NT	x4:32.29	
33	Tamim Mohamed Mahmoud	14	Police	NT	4:39.66	6
34	Malik Khaled Mohamed Awad	14	Police	NT	x4:45.38	
---	Mohamed Hany Sobhy	15	Ghaba	NT	DQ	
---	Ibrahim Ragb Mohamed	14	Bank Ahly Cairo	NT	DQ	
---	Eyad Zakaria	15	EG Swaim	4:03.48	DQ	
---	Mazen Mammдох Aill	14	EG Swaim	NT	DQ	
---	Yassin Kamal Mohamed Kamal	15	TM Acd	NT	DNF	
---	Muhammad Ibrahim Muhammad	15	Al-Daher	NT	NS	
---	Mostafa Mohamed Ali Hassan	15	Nasr Club	3:51.87	NS	
---	Yassin Ahmed Mohamed Abdelfat	14	El Mekaweloun	NT	NS	

Men 16-17 400 LC Meter SF Surface

	Name	Age	Team	Seed Time	Finals Time	Points
1	Youssef Abd Elrahman Abdelft	16	El-Obour	3:16.79	3:14.51	75
2	Zouhair Sherif Ahmed	16	Ultimate	NT	3:19.48	69
3	Ahmed Mohamed Ahmed	17	Enppi	3:26.60	3:23.71	63
4	Zeyad Ahmed Abdelmoneim	17	Nasr Club	3:23.68	3:24.90	58.50
5	Mohamed Ragab Mohamed	17	Bank Ahly Cairo	3:32.39	3:27.18	54
6	Omar Ashraf Mohamed	17	Bank Ahly Cairo	3:33.71	3:27.32	49.50
7	Moaz Shehata Mohamed	16	Nasr Club	3:33.31	3:30.01	45
8	Marwan Waled Hassan Ahmed	17	Enppi	3:33.54	3:30.46	40.50
9	Ahmed Moustafa Ahmed	16	El-Obour	3:40.15	3:33.78	36
10	Omar Ehab Rashad	16	Enppi	3:35.45	x3:34.29	
11	Mohamed Abdellhady Mohamed	16	Ultimate	3:31.89	3:35.01	33
12	Mark Baher Emile Ibrahim	16	Enppi	3:34.82	x3:39.59	
13	Ali Marzok Ramadan	16	Nasr Club	NT	x3:44.37	
14	Ahmed Ibrahim Tawfek	17	Enppi	3:50.25	x3:48.56	
15	Mohamed Salaheldeen Mahmoud	17	Tyran Club	3:49.84	3:49.57	30
16	Ahmed Khairy Mohamed	16	El-Obour	3:46.42	x3:51.60	

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(Men 16-17 400 LC Meter SF Surface)

Name	Age	Team	Seed Time	Finals Time	Points
17 Adham Mohamed Ismaeil	16	Nasr Club	NT	x3:52.90	
18 Eyad Yahya Mohamed	16	Qalyob	NT	3:53.48	27
19 Mohamed Tarek Elgamal	16	Green Hills Club	NT	3:53.76	24
20 Youssif Eslam Mohamed	17	Ghaba	NT	3:54.21	21
21 Yassen Khaled Ahmed Mohamed	16	Tyran Club	NT	3:54.62	18
22 Mohaned amr Abdallah	16	Ghaba	NT	3:56.07	15
23 Ahmed Mohamed Abd Elmenam	16	Ghaba	NT	x3:56.40	
24 abd Elrahman Ahmed Rmadan	17	Shooting Cairo	NT	3:57.18	12
25 Adham Mohamed Ghobashy	16	Wadi Degla	NT	4:01.46	10.50
26 Ziad Ahmed Said	17	Meg Acd	NT	4:02.31	9
27 Yousef Eslam Fathey	16	Wadi Degla	NT	4:07.37	7.50
28 Sef Bhaa Elden Mohamed	16	Ghaba	NT	x4:13.86	
29 Mahmoud Hamdy Mahmoud	16	Meg Acd	NT	4:16.21	6
30 Gamal Ahmed Gamal	17	Ghaba	NT	x4:34.68	
--- Ahmed Mohamed Mostsfa Shban	17	Wadi Degla	3:24.17	NS	
--- Mohamed Ahmed Mohamed	16	TM Acd	NT	NS	

Men 18-19 400 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Mohab Ihab Helmy Mohamed	18	Bank Ahly Cairo	3:06.37	3:04.90	75
2 Moustafa Awad Mohamed	18	Ghaba	3:22.98	3:18.81	69
3 Abd Elrahman Sameh Ezz Eldin	18	Nasr Club	3:35.07	3:26.62	63
4 Omar Mohamed Adly Mohamed	18	Tyran Club	3:27.20	3:27.90	58.50
5 Yassein Ahmed Farahat	19	Enppi	NT	3:32.93	54
6 Abou Bakr Khaled Naeem Hamou	18	Wadi Degla	3:33.37	3:33.39	49.50
7 Youssef Mohamed Sayed	18	Ghaba	3:36.48	3:36.51	45
8 Mohamed Alaa Eldin Mohamed	18	Enppi	NT	3:42.37	40.50
9 Mohamed Ali Ghubashy	18	Ghaba	NT	x3:46.92	
10 Amar Amr Foayd	18	El-Obour	4:03.75	3:57.84	36
11 Seif Adel Rashed	18	Wadi Degla	NT	4:06.37	33
12 Omer Kaled Anwar	18	Shooting Cairo	NT	4:21.39	30
13 Ziad Wael Salameh	18	Al-Talbia	NT	4:34.78	27
14 Ahmed Amin Anwar Amin	19	Army Club	NT	5:25.53	24
--- Momen Ibrahim Mahmoud	19	Wadi Degla	3:36.95	NS	
--- Mostafa Ahmed Abdullah	19	Pyramids Gardens	3:24.73	NS	

Men 20 & Over 400 LC Meter SF Surface

Name	Age	Team	Seed Time	Finals Time	Points
1 Mahmoud Waled Ali Mohamed	22	Enppi	3:07.59	3:10.46	75
2 Moustafa Ibarhim Tawhed	21	Army Club	NT	3:31.89	69
3 Mekhael Hesham Adly	20	Ghaba	3:36.37	3:34.29	63
4 Ahmed Husin Abas	22	Shooting Cairo	3:23.23	3:37.56	58.50
5 Ziad Mohamed Gaber	20	Enppi	NT	3:38.82	54
6 Osama Abdalrahman Adb Alfa	20	El-Obour	3:46.09	3:49.10	49.50
7 Ahmed Atef Mohamed	21	El-Obour	4:10.67	4:08.06	45
8 Mahmoud Medhat Mahmoud Hou	24	Army Club	NT	4:32.01	40.50
--- Ahmed Ihab Ahmed	21	Wadi Degla	NT	DQ	
--- Youssef Ahmed Youssef	21	Wadi Degla	3:16.56	NS	