

Sporting Aquathlon Relay

Results

Pl.	Bib	Name	Name 2	Lastname2	Team name	Swim	Transition	Run	Time
Relay									
1.	37	Metwally, Mohammed	Omar	Metwally	Metwally	05:19	00:35	20:07	26:01
2.	33	Hosny, Omar	Mahmoud	Tabaana	Sporting	03:55	00:31	21:59	26:25
3.	42	Ghatwary, Bahaa	Ehab	Elzarka		05:38	00:34	22:16	28:28
4.	30	Omar, Mohamed adel	Ibrahim	Eino	Sporting	05:15	00:36	22:53	28:44
5.	34	Mostafa, Habiba	Nada	Khalifa	Skylane	04:30	00:32	23:46	28:48
6.	36	Amr, Sara	nada	eiman	Sparkels	04:31	00:38	24:54	30:03
7.	40	Aboelkheir, Fayrouz	Chris	Abouelsaad	Sporting	08:48	01:20	21:45	31:53
8.	35	Mokhtar, Mai	ismail	mohamed	Velocity	05:14	00:44	26:49	32:47
9.	32	Elhaj, Mary	ISLAM	KALZA	Velocity	05:08	00:40	29:27	35:15
10.	41	Elkareh, Youssef	Ahmed	Elkareh	Sporting	06:01	00:37	29:19	35:57
11.	39	Azmy, Essam	Malak	Hossam	Velocity	05:15	00:44	30:38	36:37
12.	31	Amin, Rania	Noureen	Abuelfath	Velocity	05:16	00:46	37:29	43:31

Sporting Aquathlon

Results

Pl.	Bib	Name	Nat.	YoB	Club	Swim	Transition	Run	Time
Aquathlon									
Female									
1.	9	Salah, Nada		1985	Velocity	08:03	00:41	25:34	34:18
2.	14	Salman, Nehal		1989	Engage	07:40	00:45	30:18	38:43
3.	21	Ayman, Ayat		1990	None	07:37	01:01	31:16	39:54
Male									
1.	1	Sardina, Amir		1990	Engage	04:29	00:34	20:49	25:52
2.	4	Hamed, Mohamed		1995	The trimachine alex	05:25	00:36	20:49	26:50
3.	24	Amr, Mohamed				06:09	00:38	20:27	27:14
4.	2	Shafshak, Mohamad		1989	Sporting	04:33	00:37	22:23	27:33
5.	11	sorour, mohamed		1985	Engage	05:56	00:40	22:25	29:01
6.	8	Sherif, Moustafa		1998	Sporting	04:17	00:48	24:10	29:15
7.	7	Mazzarelli, Manlio		1979		04:50	00:51	24:38	30:19
8.	25	Sabry, Ibrahim		1999		06:33	00:53	23:50	31:16
9.	5	Nasser salem, Abdelrahman		1993	The trimachine alex	05:36	00:37	27:43	33:56
10.	12	Mehanna, Yasser		1987	Engage	06:01	00:47	27:51	34:39
11.	10	Shaarawy, Amr		1990	None	08:52	00:56	26:16	36:04
12.	16	Mansi, Maged		1965	Velocity	06:21	00:53	30:29	37:43
13.	18	Fadel, Shady		1975	Velocity	08:23	00:50	29:01	38:14
14.	19	Abbas, Abdelrahman		1991	Sporting	09:00	00:41	28:59	38:40
15.	6	Tamer, Youssef		2007	Water polo	04:46	00:41	33:32	38:59
16.	3	ElSharaky, Omar		1993	Sporting	08:48	01:59	32:58	43:45
17.	15	Kandil, Omar		1991		05:17	00:48	40:57	47:02
18.	22	Sabry, Abdelrahman				06:04	01:37	41:46	49:27