

**National Open Water Championship 2022-2023 - 3/2/2023 to 3/6/2023**

**Results - 06-03-2023**

**Event 8 Women 16 & Over 10000 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Lameis Amr Mahmoud Al	16	6th	NT	2:07:12.00	30
2	Nadein Karim Mansour Saleh	17	Shooting	NT	2:10:12.00	27
3	Sandy Ayman Atief	23	Ahly	NT	2:10:17.00	24
4	Sara Mohamed Hassan	22	Ahly	NT	2:10:18.00	21
5	Shahd Sameh Safwat	19	Heliolido	NT	2:10:24.00	19
6	Nabila Hassan Ismail	16	Olympia	NT	2:12:42.00	17
7	Farah Tarik Fathy Abdel	17	Ahly	NT	2:15:49.00	15
8	Yara Ali Refaat Ali Al Koshy	18	Zamalek	NT	2:16:45.00	13
9	Aya Mohamed Osama	22	Shooting	NT	2:18:11.00	12
10	Ganna Emad Gad Houssny	20	El Shams	NT	2:18:39.00	11
11	Nadein Adam Ahmed Fouad	20	El Shams	NT	2:19:26.00	10
12	Jana Ali Ra`fat Ali Al Koushy	16	Zamalek	NT	2:19:42.00	9
13	Hoda Gamal Salama Kiewany	17	Raas El Bar Club	NT	2:20:53.00	8
14	Habiba Mohamed Saleh Abou	16	6th	NT	2:21:32.00	7
15	Mariam Mahmoud Al Shiekh	19	Smouha	NT	2:23:44.00	6
16	Salma Ahmed Ali Mostafa	18	El Ghaba	NT	2:24:34.00	5
17	Layla Mohamed Fatthy	16	Shooting	NT	2:25:08.00	4
---	Hala Hany Abdel Wahab	17	El Ghaba	NT	X2:40:07.00	<b>Out Of Time</b>
---	Jana Mohamed Omar Al	17	El Shams	NT	DNF	
---	Roudaina Wael Mohamd	20	Rowad	NT	DNF	
---	Nada Ahmed Osman Yassin	24	Smouha	NT	NS	
---	Menatalla Mahmoud Al	17	Smouha	NT	NS	

**National Open Water Championship 2022-2023 - 3/2/2023 to 3/6/2023**  
**Team Rankings - #8 Women 16 & Over 10000 LC Meter Freestyle**

**Women - Team Scores**

<b>Place</b>	<b>Team</b>		<b>Points</b>
1	Ahly	Ahly	60
2	Shooting	Shooting	43
3	6th	6th	37
4	Zamalek	Zamalek	22
5	El Shams	El Shams	21
6	Heliolido	Heliolido	19
7	Olympia	Olympia	17
8	Raas El Bar Club	Raas El Bar Club	8
9	Smouha	Smouha	6
10	El Ghaba	El Ghaba	5