

**National Open Water Championship 2022-2023 - 3/2/2023 to 3/6/2023**  
**Results - 03-03-2023**

**Event 4 Girls 18-19 5000 LC Meter Freestyle G3**

|     | <b>Name</b>                  | <b>Age</b> | <b>Team</b> | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b>      |
|-----|------------------------------|------------|-------------|------------------|--------------------|--------------------|
| 1   | Shahd Sameh Safwat           | 19         | Heliolido   | NT               | 1:07:18.00         | 30                 |
| 2   | Goudy Mohamed Ali Abdel      | 18         | Sporting    | NT               | 1:08:31.00         | 27                 |
| 3   | Mariam Mahmoud Al Shiekh     | 19         | Smouha      | NT               | 1:08:32.00         | 24                 |
| 4   | Malak Ahmed Helmy            | 18         | Ahly        | NT               | 1:08:33.00         | 21                 |
| 5   | Yara Ali Refaat Ali Al Koshy | 18         | Zamalek     | NT               | 1:08:39.00         | 19                 |
| 6   | Mariam Hesham Mohamd Al      | 19         | Ahly        | NT               | 1:09:00.00         | 17                 |
| 7   | Sara Ahmed Al Saied Abdou    | 19         | 6th         | NT               | 1:10:46.00         | 15                 |
| 8   | Rawda Feisal Malek Al Sherif | 18         | Ahly        | NT               | 1:12:28.00         | 13                 |
| 9   | Salma Ahmed Ali Mostafa      | 18         | El Ghaba    | NT               | 1:16:03.00         | 12                 |
| 10  | Farida Tamir Farouk          | 19         | El Shams    | NT               | 1:16:31.00         | 11                 |
| 11  | Esraa Ehab Zamel Abdel       | 19         | Zamalek     | NT               | 1:16:40.00         | 10                 |
| 12  | Malak Ahmed Nagy Ali         | 19         | Heliolido   | NT               | 1:17:18.00         | 9                  |
| 13  | Salma Mohamed Abdel Salam    | 19         | Heliolido   | NT               | 1:17:21.00         | 8                  |
| 14  | Nawal Yaser Sayed            | 18         | El Obour    | NT               | 1:19:53.00         | 7                  |
| 15  | Haya Hazem Abdel Rahman      | 18         | El Shams    | NT               | 1:19:54.00         | 6                  |
| --- | Hana Hesham Saleh            | 18         | Wadi Degla  | NT               | X1:25:10.00        | <b>Out Of Time</b> |
| --- | Habiba Khaled Ibrahim        | 18         | Tawfekaya   | NT               | DNF                |                    |

**National Open Water Championship 2022-2023 - 3/2/2023 to 3/6/2023**  
**Team Rankings - #4 Girls 18-19 5000 LC Meter Freestyle G3**

**Girls - Team Scores**

| <b>Place</b> | <b>Team</b> |           | <b>Points</b> |
|--------------|-------------|-----------|---------------|
| 1            | Ahly        | Ahly      | 51            |
| 2            | Heliolido   | Heliolido | 47            |
| 3            | Zamalek     | Zamalek   | 29            |
| 4            | Sporting    | Sporting  | 27            |
| 5            | Smouha      | Smouha    | 24            |
| 6            | El Shams    | El Shams  | 17            |
| 7            | 6th         | 6th       | 15            |
| 8            | El Ghaba    | El Ghaba  | 12            |
| 9            | El Obour    | El Obour  | 7             |