

National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

Meet Program - 9/11/2023 Eve

Event 50 Boys 14 Year Olds 100 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|----------------------------------|---------------------------------|-----|------------------------|-----------|
| Heat 1 of 23 Timed Finals | | | | |
| 3 | Abdelrahman Ashraf Bahgat | 14 | Wadi Degla | NT |
| 4 | Anas Reda Wahdan | 14 | Meit Khakan Sport Club | NT |
| 5 | Eyad Ahmed Salah Fawzy | 14 | Wadi Degla | NT |
| Heat 2 of 23 Timed Finals | | | | |
| 1 | Omar Ahmed Adel Mohamed | 14 | Rowad | NT |
| 2 | AbdelRahman Nady Roshdy | 14 | Pegasus Club | NT |
| 3 | Karim Tamer Rizk | 14 | Ahly | NT |
| 4 | Marawan Amir Magdy | 14 | Ahly | NT |
| 5 | Kareem Waleed Ahmed | 14 | Ismaily Sporting Club | NT |
| 6 | Malek Essam Sanad | 14 | Wadi Degla | NT |
| 7 | Youssef Hassan Amary | 14 | Ahly | NT |
| 8 | Yassin Salah Mohamed Hassan | 14 | El Shams | NT |
| Heat 3 of 23 Timed Finals | | | | |
| 0 | Zeyad Tarek Mohamed | 14 | Zagazig University | NT |
| 1 | Abdelrahamn Mohamed Abdelhami | 14 | El Shams | NT |
| 2 | Abdelrahman Amr Fawzy | 14 | El Zohour | NT |
| 3 | Omar Mahmoud Abdelrhman | 14 | El Shrook | NT |
| 4 | Omar Mostafa Mohamed Omar | 14 | Beni Suef Club | NT |
| 5 | Abdel Fattah Ahmed Abdel Fattah | 14 | Ahly | NT |
| 6 | Eyad Amr Ahmed Abd Allah | 14 | City Club | NT |
| 7 | Hamza Naser Sobhy | 14 | Rowad | NT |
| 8 | Mohamed Ahmed Abd El Hamid Mol | 14 | Wadi Degla | NT |
| 9 | Aser Waled Ramzy | 14 | el Shark Club | NT |
| Heat 4 of 23 Timed Finals | | | | |
| 0 | Mohab Mahmoud Mohamed | 14 | Rowad | NT |
| 1 | Loay Mohamed Hafez | 14 | El Khanka | NT |
| 2 | Abdallah Mohamed Farok | 14 | Wadi Degla | NT |
| 3 | Ahmed Maged Elsayed | 14 | Ahly | NT |
| 4 | Ziad Ahmed Ali | 14 | Wadi Degla | NT |
| 5 | Adam Walid Mohamed | 14 | Ahly | NT |
| 6 | Nour Eldin Hassan Mohamed | 14 | Shooting | NT |
| 7 | Nizar Mohamed Zenaty | 14 | Meit Khakan Sport Club | NT |
| 8 | Osama Nader Wasem | 14 | Rowad | NT |
| 9 | Mohamed Ahmed Abdelhfeez | 14 | Tanta | NT |
| Heat 5 of 23 Timed Finals | | | | |
| 0 | Abdel Rahman Mohamed Zein Elabd | 14 | Beni Suef Club | NT |
| 1 | Mohamed Sayed Said Hassan | 14 | Pegasus Club | NT |
| 2 | Seif El-Deen Khaled Salah | 14 | El Ghaba | NT |
| 3 | Amr Faisal Mohamed | 14 | Wadi Degla | NT |
| 4 | Yassin Sherif Ismail Helal | 14 | Maadi | NT |
| 5 | Mostafa Ahmed Motawea | 14 | Wadi Degla | NT |
| 6 | Ahmed Mohamed Znhom | 14 | El Khanka | NT |
| 7 | Abdallah Mohamed Saber | 14 | Wadi Degla | NT |
| 8 | Adam Hamada Ahmed Mohamed | 14 | 6th | NT |
| 9 | Yousef Ahmed Hasan | 14 | Wadi Degla | NT |

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Heat 6 Timed Finals... (Event 50 Boys 14 Year Olds 100 LC Meter Breaststroke)

| | | | | |
|---|--------------------------------|----|---------------|----|
| 0 | Yossef Hossam Rabia | 14 | Canal El Suez | NT |
| 1 | Mohanad Ahmed Elsayed | 14 | El Mekaweloun | NT |
| 2 | Ahmed Mohamed Ahmed Mahmu | 14 | Police Club | NT |
| 3 | Yasein Waleed Alham Fadl | 14 | Zamalek | NT |
| 4 | Moaamen Salah Eldin Mohamed | 14 | Canal El Suez | NT |
| 5 | Adham Mohamed Ibrahim | 14 | Ahly | NT |
| 6 | Youssef Khaled aly Khames | 14 | Tanta | NT |
| 7 | Basel Omar Al Farouk | 14 | Ahly | NT |
| 8 | Eslam Mohamed Abdelrazek Saaed | 14 | 6th | NT |
| 9 | Mohand Ahmed Elsaid Helaly | 14 | Canal El Suez | NT |

Heat 7 of 23 Timed Finals

| | | | | |
|---|-----------------------------|----|----------------|----|
| 0 | Ahmed Mohamed Ibrahim Ahme | 14 | Bank Ahly Alex | NT |
| 1 | Tamer Amr Zaghoul | 14 | Wadi Degla | NT |
| 2 | Abd Elrahman abd Elaziz | 14 | Cairo | NT |
| 3 | Mohamed Esam Abdelrahman | 14 | Al Tersana | NT |
| 4 | Husen Ahmad Mounir | 14 | Heliopolis | NT |
| 5 | Hazem Aballa Ali | 14 | El Shrook | NT |
| 6 | Anas Mohamed Nabil | 14 | Wadi Degla | NT |
| 7 | Shawky Ahmed Shawky | 14 | El Khanka | NT |
| 8 | Omar Abdel Moneim Khalaf | 14 | Sporting | NT |
| 9 | Youseif Mohamed Abdelsallam | 14 | Zamalek | NT |

Heat 8 of 23 Timed Finals

| | | | | |
|---|-------------------------------|----|------------|----|
| 0 | Mohammed Ahmed Elgraihy | 14 | El Khanka | NT |
| 1 | Hamza Mohamed Hassn | 14 | El Obour | NT |
| 2 | Aly Tamer Badrt | 14 | Ahly | NT |
| 3 | Mohamed Ayman Mohamed Ahmed | 14 | Wadi Degla | NT |
| 4 | Omar Hedaya Abdel Sanad | 14 | Wadi Degla | NT |
| 5 | Mohamed Hesham Mohamed Ahme | 14 | El Shams | NT |
| 6 | Ibrahim Mohamed Ibrahim | 14 | Ahly | NT |
| 7 | Mostafa Akram Abd EL Rahman | 14 | Enppi | NT |
| 8 | Mark Amgad Magdy | 14 | Wadi Degla | NT |
| 9 | Ahmed Mohamed Ahmed Hefzallah | 14 | El Ghaba | NT |

Heat 9 of 23 Timed Finals

| | | | | |
|---|------------------------------|----|------------------------|---------|
| 0 | Adam Hazem Kamel | 14 | Ahly | NT |
| 1 | Moaaz Ahmed Farouk | 14 | M S Benha City | NT |
| 2 | Mohamed Ahmed Abdelaziz | 14 | Ahly | NT |
| 3 | Mahmoud Hamouda Selim | 14 | Ahly | 1:52.98 |
| 4 | Malek Hossam Mohamed Elsaeed | 14 | Moasasa Riadia Askaria | 1:49.66 |
| 5 | Saeed Mahmoud Abdelhafez | 14 | Al Ealamein | 1:50.85 |
| 6 | Steven Wahed Samir | 14 | Al Tersana | 1:58.55 |
| 7 | Hesham Ahmed Mohamed Mahmou | 14 | Pegasus Club | NT |
| 8 | Adam Mohamed Ali | 14 | El Shams | NT |
| 9 | Yousef Mahmoud Mohamed | 14 | El Mekaweloun | NT |

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Heat 10 Timed Finals... (Event 50 Boys 14 Year Olds 100 LC Meter Breaststroke)

| | | | | |
|---|-----------------------------------|----|-------------------------|---------|
| 0 | Abdelmalek Hazem Elsory | 14 | Moasasa Riadiah Askaria | 1:44.25 |
| 1 | Ahmed Mohamed El Amir | 14 | Wadi Degla | 1:41.52 |
| 2 | Mohamed Sherif Abd El Motleb | 14 | Shooting | 1:38.21 |
| 3 | Ahmed Abd El Naser Yousef Abdel A | 14 | Shooting | 1:37.77 |
| 4 | Antoun Monir Khair | 14 | Taleaa El Gish Club | 1:37.40 |
| 5 | Yahya Hossam Eldin Ahmed Salem | 14 | Shooting | 1:37.74 |
| 6 | Moaz Mohamed Helmy | 14 | El Mekaweloun | 1:38.09 |
| 7 | Mohamed Hassan Youseif | 14 | Zamalek | 1:40.09 |
| 8 | Adam Mohamed Samir | 14 | Wadi Degla | 1:42.24 |
| 9 | Hamza Hesham Ragab | 14 | El Ghaba | 1:44.40 |

Heat 11 of 23 Timed Finals

| | | | | |
|---|----------------------------|----|-------------------------|---------|
| 0 | Yassin Hassan Seliman | 14 | Shooting | 1:36.65 |
| 1 | Abdel Rahman Ahmed Al Atar | 14 | Ahly | 1:36.07 |
| 2 | Yassein Amir Yassein | 14 | Enppi | 1:35.87 |
| 3 | Moaaz Haitham Abdelmoneim | 14 | Zahraa Helwan | 1:35.18 |
| 4 | Hossam Mohammed Ismail | 14 | Taleaa El Gish Club | 1:34.39 |
| 5 | Eyad Hatem Raafat | 14 | Wadi Degla | 1:34.81 |
| 6 | Mark Samer Sahry Saad | 14 | Wadi Degla | 1:35.27 |
| 7 | Ali Ehab Ashraf Mammdoh | 14 | Palm Hills | 1:36.02 |
| 8 | Aser Ehab Mohamed | 14 | El Zohour | 1:36.16 |
| 9 | Omar Khaled Hosny Teama | 14 | Moasasa Riadiah Askaria | 1:36.99 |

Heat 12 of 23 Timed Finals

| | | | | |
|---|-----------------------------|----|---------------------|---------|
| 0 | Omar Hany Samir Abdo | 14 | 6th | 1:33.93 |
| 1 | Ahmed Hamdy Elemetry | 14 | Wadi Degla | 1:33.58 |
| 2 | Mohamed Hany Ahmed | 14 | Wadi Degla | 1:32.37 |
| 3 | Yassin Ahmed Ibrahim Khalil | 14 | Wadi Degla | 1:32.02 |
| 4 | Ziad Mohamed Mostafa | 14 | Taleaa El Gish Club | 1:31.78 |
| 5 | Hamza Essam EL Wardany | 14 | Enppi | 1:31.94 |
| 6 | Youssef Wageeh Mohamed | 14 | Ahly | 1:32.32 |
| 7 | Youssef Mohamed Soliman | 14 | Rowad | 1:32.61 |
| 8 | Mohamed Hesham Refaat | 14 | Ahly | 1:33.73 |
| 9 | Mohamed Ahmed Zaky Ghareb | 14 | Shooting | 1:34.09 |

Heat 13 of 23 Timed Finals

| | | | | |
|---|---------------------------------|----|-------------------------|---------|
| 0 | Mohamed Tamer Wafeek | 14 | El Zohour | 1:31.12 |
| 1 | Abdel Rahman Tarek Abdel Rahman | 14 | Ahly | 1:31.07 |
| 2 | Ahmed Khaled Ahmed | 14 | Ahly | 1:30.91 |
| 3 | Adam Ayman Salah | 14 | El Zohour | 1:30.71 |
| 4 | Eyad Hassan Ebrahim | 14 | Al Tersana | 1:30.52 |
| 5 | Ziad Khaled Mostafa | 14 | Moasasa Riadiah Askaria | 1:30.58 |
| 6 | Omar Mohamed Ahmed Magdy | 14 | Nasr City | 1:30.79 |
| 7 | Asser Mohamed Mahmoud | 14 | Wadi Degla | 1:30.93 |
| 8 | Ali Hassan Salah | 14 | Rowad | 1:31.08 |
| 9 | Shref Sameh Husen | 14 | Heliopolis | 1:31.77 |

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Heat 14 Timed Finals... (Event 50 Boys 14 Year Olds 100 LC Meter Breaststroke)

| | | | | |
|---|--------------------------------|----|----------------|---------|
| 0 | Braa Ahmed Lotfy | 14 | El Shams | 1:30.11 |
| 1 | Karem Ahmed Ebrahim Elsharnoby | 14 | El Mekaweloun | 1:29.91 |
| 2 | Marco Hany Mahrous | 14 | Ahly | 1:29.35 |
| 3 | Omar Ahmed El Sayed Mostafa | 14 | Wadi Degla | 1:29.28 |
| 4 | Youssef Ahmed Mabrouk | 14 | Wadi Degla | 1:28.87 |
| 5 | Mohammed Sharif Mohamed | 14 | Hadak Al Ahram | 1:29.28 |
| 6 | Yehia Sherif Taha | 14 | Wadi Degla | 1:29.34 |
| 7 | Eyad Mohamed Zaki | 14 | Ahly | 1:29.42 |
| 8 | Yassin Mohamed Aly ElShamy | 14 | 6th | 1:30.02 |
| 9 | Karim Ahmed Mohamed | 14 | Ahly | 1:30.25 |

Heat 15 of 23 Timed Finals

| | | | | |
|---|--------------------------------|----|----------------|---------|
| 0 | Saif Al-Din Ahmed Mohamed | 14 | Hadak Al Ahram | 1:28.02 |
| 1 | Mahmoud Hamdy Mohamed Ahmed | 14 | Wadi Degla | 1:27.88 |
| 2 | Ahmed Ibrahim Fouaad | 14 | Smouha | 1:27.73 |
| 3 | Abdalla Mohamed Fahmy | 14 | El Ghaba | 1:27.56 |
| 4 | Moamen Mostafa Abo Alela | 14 | Ahly | 1:27.27 |
| 5 | Karim Ahmed Hosam | 14 | Pegasus Club | 1:27.37 |
| 6 | Youssef Mohamed Ahmed Mohamed | 14 | Wadi Degla | 1:27.66 |
| 7 | Zeyad Mahmoud Farag | 14 | Sharks Team | 1:27.75 |
| 8 | Hazem Hasan Mohamed | 14 | Wadi Degla | 1:27.91 |
| 9 | Khaled Haytham Hussein Moselhy | 14 | 6th | 1:28.58 |

Heat 16 of 23 Timed Finals

| | | | | |
|---|---------------------------------|----|---------------|---------|
| 0 | Marwan Ahmed Samir | 14 | Wadi Degla | 1:27.13 |
| 1 | Yassin Alaa Mohamed | 14 | Wadi Degla | 1:26.83 |
| 2 | Yassin Mahmoud Mostafa | 14 | El Zohour | 1:26.71 |
| 3 | Yehia Ayman Mohamed | 14 | Ahly | 1:26.09 |
| 4 | Ahmed Mohamed A.Latif | 14 | Wadi Degla | 1:26.05 |
| 5 | Ahmed Farhat | 14 | Shooting | 1:26.07 |
| 6 | Mark Micheal Edward | 14 | Wadi Degla | 1:26.66 |
| 7 | Nour El din Tarek Abd Al Hameed | 14 | Wadi Degla | 1:26.75 |
| 8 | Mohamed Osama Twfik | 14 | El Mekaweloun | 1:26.85 |
| 9 | Ahmed Mostafa Ahmed | 14 | El Ghaba | 1:27.15 |

Heat 17 of 23 Timed Finals

| | | | | |
|---|-----------------------------|----|-------------|---------|
| 0 | Adam Haitham Mohamed | 14 | Wadi Degla | 1:25.32 |
| 1 | Mohammed Heseen Alkonakly | 14 | Olympia | 1:24.91 |
| 2 | Wael Ramy Gaber | 14 | Wadi Degla | 1:24.80 |
| 3 | Abd EL Rahman Ahmed Mahmoud | 14 | Rowad | 1:24.41 |
| 4 | Adham Ehab Magdy | 14 | Al Tersana | 1:24.15 |
| 5 | Mohamed Hisham Samy | 14 | Sporting | 1:24.40 |
| 6 | Mohamed Ali Mohamed | 14 | Sharks Team | 1:24.78 |
| 7 | Mohamed Tark Mohamed | 14 | El Shrook | 1:24.86 |
| 8 | Mohanad Ehab Abdel Aaty | 14 | Wadi Degla | 1:25.21 |
| 9 | Omar Walid Mohamed | 14 | Wadi Degla | 1:25.66 |

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Meet Program - 9/11/2023 Eve

Heat 18 Timed Finals... (Event 50 Boys 14 Year Olds 100 LC Meter Breaststroke)

| | | | | |
|---|-----------------------------|----|---------------------|---------|
| 0 | Mazen Ahmed Mahmoud | 14 | Taleaa El Gish Club | 1:23.60 |
| 1 | Omar Ahmed El Bostany | 14 | Shooting | 1:23.21 |
| 2 | Yassin Farghaly | 14 | Sporting | 1:22.94 |
| 3 | Mohamed Tamer Mohamed Elsis | 14 | El Mekaweloun | 1:22.64 |
| 4 | Eyad Taha Mohamed | 14 | Hadak Al Ahram | 1:21.91 |
| 5 | Marawan Mohamed Fathy Shams | 14 | Tanta | 1:22.50 |
| 6 | Shady Amier Gourg Eskander | 14 | El Shams | 1:22.90 |
| 7 | Adam Tamer Mohamed | 14 | Pegasus Club | 1:22.98 |
| 8 | Omar Mohamed Omar Mostafa | 14 | Ahly | 1:23.39 |
| 9 | Adham Ramy Mahmoud | 14 | Al Ealamein | 1:24.13 |

Heat 19 of 23 Timed Finals

| | | | | |
|---|-------------------------------|----|----------------|---------|
| 0 | Yousif Mohamed Adel Aboelsoud | 14 | Gezira El Ward | 1:21.59 |
| 1 | Hamza Medhat Ramadan | 14 | El Shams | 1:21.31 |
| 2 | Youssef Mohamed Khedr | 14 | Smouha | 1:21.17 |
| 3 | Omar Mohamed Ahmed | 14 | Wadi Degla | 1:20.69 |
| 4 | Zein Tallal | 14 | Sporting | 1:20.16 |
| 5 | Yassin Amr Mohamed | 14 | Wadi Degla | 1:20.51 |
| 6 | Abdalla Amro Ezat Sayed | 14 | El Shams | 1:21.00 |
| 7 | Adham Mohamed Abdelhalim | 14 | El Zohour | 1:21.30 |
| 8 | Maher amr | 14 | Sporting | 1:21.45 |
| 9 | Alaa Eldien Ahmad Fathy | 14 | Wadi Degla | 1:21.64 |

Heat 20 of 23 Timed Finals

| | | | | |
|---|-----------------------------|----|----------------|---------|
| 0 | Abdel Rahman Hany Adel | 14 | Ahly | 1:19.71 |
| 1 | Omar Eslam Abdelfatah Hamed | 14 | Gezira El Ward | 1:19.52 |
| 2 | Omar Abdeltawab Elsayed | 14 | El Nasr Club | 1:19.45 |
| 3 | Hassan Mohamed Hassan | 14 | Ahly | 1:19.08 |
| 4 | Ahmed Elsaeed Kasem | 14 | Olympia | 1:18.53 |
| 5 | Omar Hossam abd Elmonem | 14 | Al Tersana | 1:18.95 |
| 6 | Mohamed Essam Mahmoud | 14 | Wadi Degla | 1:19.43 |
| 7 | Adham Tamer Mahmoud | 14 | Ahly | 1:19.50 |
| 8 | Adam Essam Fouad | 14 | Bitash | 1:19.64 |
| 9 | Eyad Ahmed Mohamed Talat | 14 | 6th | 1:19.97 |

Heat 21 of 23 Timed Finals

| | | | | |
|---|------------------------------|----|----------------|---------|
| 0 | Yassin Waled Ezzat | 14 | Wadi Degla | 1:18.32 |
| 1 | Hassan Mahmoud Mohamed Mahm | 14 | Zamalek | 1:17.35 |
| 2 | Bilal Amr Mohamed | 14 | Hadak Al Ahram | 1:17.23 |
| 3 | Mohamed Hussein El-Alfy | 14 | New Giza | 1:16.78 |
| 4 | Fares Ahmed Refaat Abdel ael | 14 | Shooting | 1:16.56 |
| 5 | Adam Sameh Mohamed KamalE | 14 | Bank Ahly Alex | 1:16.58 |
| 6 | Omar Ashra AbdElAzim Mattar | 14 | Maadi | 1:17.16 |
| 7 | Youssef Ahmed Ragab | 14 | Rowad | 1:17.33 |
| 8 | Omar Haytham Mohamed Elsaid | 14 | Gezira El Ward | 1:18.17 |
| 9 | Omar Abdallah Ismael | 14 | Stad Mansoura | 1:18.33 |

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| | | | |
|---|-------------------------------|-----------------|---------|
| 0 | Ezz Eldein Haytham Ezz Eldein | 14 Smouha | 1:16.52 |
| 1 | Mahmoud Mostafa Mohamed | 14 Tanta | 1:16.38 |
| 2 | Youssef Zaki | 14 Sporting | 1:16.09 |
| 3 | Mahmoud Ahmed Abdelmounim | 14 A S E C | 1:15.56 |
| 4 | Omar Shalby Mohamed | 14 El Shams | 1:14.92 |
| 5 | Yasen Ahmad gad | 14 Heliopolis | 1:15.27 |
| 6 | Omar Haitham Bahaa | 14 Wadi Degla | 1:15.62 |
| 7 | Omar Hani Elsaid | 14 Smouha | 1:16.32 |
| 8 | Ibrahem Moustafa Kamal Ibrah | 14 Zamalek | 1:16.45 |
| 9 | Malik Mohamed AbdelMaksod | 14 Pegasus Club | 1:16.55 |

Heat 23 of 23 Timed Finals

| | | | |
|---|------------------------------|-------------------|---------|
| 0 | Marwan Khaleid Abdallah | 14 Zamalek | 1:14.70 |
| 1 | Yehia Ahmed Abdel Hafez | 14 Ahly | 1:13.54 |
| 2 | Ahmed Amr Ahmed | 14 Ahly | 1:13.23 |
| 3 | Khaled Waleed Adel | 14 Wadi Degla | 1:12.34 |
| 4 | Yassin Mostafa Mohamed | 14 Ahly | 1:11.91 |
| 5 | Tarek Loay Mohamed | 14 Heliopolis | 1:12.20 |
| 6 | Mohamed Amr Mousa | 14 Wadi Degla | 1:12.76 |
| 7 | Mostafa Ahmed Abdelfatah hse | 14 Tanta | 1:13.23 |
| 8 | Mohamed Ayman Mohamed Abdelh | 14 Bank Ahly Alex | 1:13.95 |
| 9 | Omar Mohamed Ezat Mohamed | 14 Gezira El Ward | 1:14.73 |

National Swimming Championship 2023-2024 - 11/2/2023 to 12/26/2023

Meet Program - 9/11/2023 Eve

Event 51 Girls 14 Year Olds 1500 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|---------------------------------|---------------------------------|-----|----------------|-----------|
| Heat 1 of 4 Timed Finals | | | | |
| 3 | Ashraquat Hisham Ibrahim | 14 | Zamalek | NT |
| 4 | Salma Ehab Ahmed Hany | 14 | Bank Ahly Alex | NT |
| 5 | Maya Mahmoud Sakr | 14 | Smouha | NT |
| 6 | Malak Ahmed Salah | 14 | Rowad | NT |
| Heat 2 of 4 Timed Finals | | | | |
| 0 | Ayten Ahmed Elmanzalawi | 14 | Shooting | NT |
| 1 | Salwa Tamer Awaad | 14 | Talbeia | 22:09.59 |
| 2 | Karma Farid Zaky | 14 | Shooting | 21:02.04 |
| 3 | Rodaina Mohamed Elhouseiny | 14 | Ahly | 20:53.75 |
| 4 | Hoda Goma Sobhy Mohamed Rawas | 14 | El Shams | 20:48.10 |
| 5 | Hana Mohamed Ibrahim | 14 | Pegasus Club | 20:48.20 |
| 6 | Mariam Islam Mohamed | 14 | Ahly | 20:58.05 |
| 7 | Noureen Mohamed Hazem | 14 | Ahly | 21:36.51 |
| 8 | Hana Ekhaa Walaa Zaki | 14 | Smouha | NT |
| 9 | Khadija Sameh Abd Eihameed | 14 | El Zohour | NT |
| Heat 3 of 4 Timed Finals | | | | |
| 0 | Marim Ahmad Samier | 14 | Talbeia | 20:33.78 |
| 1 | Yara Ahmed Mostafa | 14 | El Tamsah | 20:18.32 |
| 2 | Malak Youssef Abdelrahman | 14 | Smouha | 19:53.23 |
| 3 | Tasneem Mohamed Mahros | 14 | Ahly | 19:40.36 |
| 4 | Taleen Tarik Ahmed | 14 | Hadak Al Ahram | 19:32.71 |
| 5 | Martena Nasr Atya | 14 | Talbeia | 19:34.74 |
| 6 | Salma Hisham Abdalaa | 14 | Zamalek | 19:40.45 |
| 7 | Mariam Sameh Abdelmaksod | 14 | Stad Mansoura | 20:02.10 |
| 8 | Joudy Mohamed Ibrahim | 14 | El Zohour | 20:24.63 |
| 9 | Zaina Haitham Mohamed | 14 | Shooting | 20:39.79 |
| Heat 4 of 4 Timed Finals | | | | |
| 0 | Lara Haitha Mohamed Mohamed | 14 | Maadi | 19:28.31 |
| 1 | Yara Yahya Fathy | 14 | Hadak Al Ahram | 19:10.39 |
| 2 | Halla Wael Mohamed | 14 | Wadi Degla | 19:06.93 |
| 3 | Sumaya Abdullah Muhammad | 14 | Pegasus Club | 19:01.19 |
| 4 | Noran Mohamed Emad Fahmy | 14 | Maadi | 18:30.85 |
| 5 | Roudaina Samy Mohamed | 14 | Ahly | 18:53.50 |
| 6 | Salma Mohamed Ibrahim Abdelglil | 14 | Stad Mansoura | 19:06.27 |
| 7 | Sara Ayman Abdelmageed Zaky | 14 | El Zohour | 19:09.15 |
| 8 | Goudy Ibrahiem Khaliel Ibrahiem | 14 | El Shams | 19:27.28 |
| 9 | Jana Hesham Mohsen | 14 | Smouha | 19:30.43 |