**Elite Men**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Moussa | Karich | BRN | 1:02:32 | 0:14:47 | 0:00:45 | 0:38:21 | 0:00:44 | 0:07:57 |
| 2 | Maali | Taur | BRN | 1:04:49 | 0:16:02 | 0:00:43 | 0:38:38 | 0:00:48 | 0:08:39 |
| 3 | Wajdi | Homrani | TUN | 1:05:08 | 0:16:20 | 0:00:44 | 0:38:05 | 0:00:51 | 0:09:09 |
| 4 | Abedalaziz | Isha Bi | JOR | 1:05:09 | 0:16:52 | 0:00:52 | 0:37:40 | 0:00:50 | 0:08:55 |
| 5 | Mohamed | Zakaria | EGY | 1:06:35 | 0:16:54 | 0:00:46 | 0:38:43 | 0:00:46 | 0:09:27 |
| 6 | Karim Seth | Mabrouk | TUN | 1:07:32 | 0:17:07 | 0:00:53 | 0:39:28 | 0:00:50 | 0:09:15 |
| DNS | Jafer M S A S Alali | Saied | ITU (KWI) |  |  |  |  |  |  |
| DNF | Elias | Baydoun | LIB |  |  |  |  |  |  |

**Elite Women**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Fatma | Hagras | EGY | 1:15:51 | 0:20:39 | 0:01:08 | 0:42:20 | 0:00:55 | 0:10:50 |
| 2 | Hadeel | Magdy | EGY | 1:42:04 | 0:24:27 | 0:01:23 |  |  | 0:13:23 |
| DNS | Aljerewi | Najlaa I M | ITU (KWI) |  |  |  |  |  |  |

**U23 Men**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Mohammad | Jawhar | JOR | 1:08:46 | 0:16:08 | 0:01:13 | 0:42:07 | 0:00:43 | 0:08:36 |
| 2 | Omar | Magdy | EGY | 1:09:19 | 0:18:26 | 0:00:43 | 0:39:16 | 0:00:51 | 0:10:04 |
| 3 | Muntadher | Jaber | IRQ | 1:09:36 | 0:17:05 | 0:00:52 | 0:41:06 | 0:00:49 | 0:09:45 |
| 4 | Eslam | Ayman | EGY | 1:09:42 | 0:16:44 | 0:00:47 | 0:42:57 | 0:00:48 | 0:08:27 |
| 5 | Mohamed | Ashraf | EGY | 1:15:42 | 0:19:02 | 0:00:45 | 0:43:57 | 0:00:45 | 0:11:14 |

**U23 Women**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Naira | Mohamed | EGY | 1:25:47 | 0:20:40 | 0:01:03 | 0:51:39 | 0:01:04 | 0:11:23 |
| 2 | Langa | Salam | IRQ | 1:32:56 | 0:27:19 | 0:01:24 | 0:48:27 | 0:01:01 | 0:14:46 |
| 3 | Zairyan | Qader | IRQ | 1:35:49 | 0:27:53 | 0:01:17 | 0:47:03 | 0:01:16 | 0:18:20 |

**.**

**Junior Men**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Kamal | Atef | EGY | 1:11:30 | 0:18:53 | 0:00:43 | 0:40:34 | 0:00:48 | 0:10:32 |
| 2 | Abdulaziz | Alrashed | ITU (KWI) | 1:15:55 | 0:20:46 | 0:00:54 | 0:41:35 | 0:00:56 | 0:11:44 |
| 3 | Eslam | Ali | EGY | 1:16:44 | 0:18:51 | 0:01:05 | 0:44:29 | 0:01:37 | 0:10:41 |
| 4 | Ibrahim | Al Jreiwi | ITU (KWI) | 1:20:53 | 0:21:27 | 0:01:25 |  |  | 0:12:38 |
| 5 | Youssef | Amro | EGY | 1:24:06 | 0:19:50 | 0:01:02 |  |  | 0:12:28 |

**Junior Women**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Suzy | Soliman | IRQ | 1:39:40 | 0:28:50 | 0:01:36 | 0:51:16 | 0:01:22 | 0:16:36 |
| DNS | Maha | Akl | EGY |  |  |  |  |  |  |

**Youth Men**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Mohamed | Gaber | EGY | 1:13:24 | 0:18:46 | 0:00:47 | 0:42:36 | 0:00:49 | 0:10:28 |
| 2 | Mahmoud | Maged | EGY | 1:13:39 | 0:18:45 | 0:00:46 | 0:42:59 | 0:00:56 | 0:10:15 |
| 3 | Assem | Elhosseiny | EGY | 1:14:12 | 0:19:34 | 0:01:52 | 0:40:35 | 0:01:01 | 0:11:12 |

**Men's PT3**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Yehia | Mady | EGY | 1:51:15 | 0:22:23 | 0:01:21 | 1:13:15 | 0:00:57 | 0:13:20 |

**Men's PT5**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Sameh | Elgeziry | EGY | 1:50:43 | 0:21:50 | 0:02:11 | 1:13:29 | 0:01:02 | 0:12:13 |

**16-19 Male AG**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Abdelrahman | Mahmoud | EGY | 1:23:39 | 0:19:14 | 0:00:53 | 0:52:30 | 0:00:47 | 0:10:17 |
| 2 | Moaz | Zakaria | EGY | 1:34:54 | 0:24:27 | 0:01:26 | 0:54:16 | 0:01:36 | 0:13:11 |

**20-24 Male AG**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Mohamed | Elfaki | SUD | 1:10:44 | 0:15:53 | 0:00:46 | 0:44:50 | 0:01:01 | 0:08:15 |
| 2 | Ahmed | Yoursy | EGY | 1:19:39 | 0:19:06 | 0:00:47 | 0:47:19 | 0:02:17 | 0:10:12 |
| DNS | Mohamed | Morsy | EGY |  |  |  |  |  |  |

**25-29 Male AG**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Ahmed | Amri | TUN | 1:05:02 | 0:15:59 | 0:00:44 | 0:38:41 | 0:00:46 | 0:08:54 |
| 2 | Adham | Aboelelaa | EGY | 1:06:35 | 0:17:06 | 0:00:43 | 0:38:31 | 0:00:53 | 0:09:24 |
| 3 | Brwa | Salam | IRQ | 1:09:42 | 0:19:29 | 0:00:51 | 0:38:39 | 0:00:53 | 0:09:51 |
| 4 | Mohamed | El Gohary | EGY | 1:11:36 | 0:17:35 | 0:00:49 | 0:43:27 | 0:00:43 | 0:09:05 |
| 5 | Sayed | Reda | EGY | 1:15:42 | 0:20:11 | 0:00:44 | 0:43:43 | 0:00:53 | 0:10:13 |
| 6 | Mohmed | Adel Abd El Azem | EGY | 1:16:07 | 0:20:12 | 0:00:50 | 0:43:12 | 0:00:50 | 0:11:06 |
| DNS | Ahmad | Alsharhan | ITU (KWI) |  |  |  |  |  |  |

**30-34 Female AG**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Dina | Hassan | EGY | 1:53:35 | 0:30:06 | 0:02:08 | 1:04:03 | 0:01:20 | 0:15:56 |

**2016 Sharm El Sheikh**

**Pan Arab Duathlon Championships**

**Apr 08 2016 : Age Group**

**30-34 Male AG**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Gohar | Rassoul | IRQ | 1:07:40 | 0:16:57 | 0:00:50 | 0:39:38 | 0:00:52 | 0:09:25 |
| 2 | Salam | Abdelamir | IRQ | 1:08:19 | 0:18:44 | 0:00:54 | 0:37:46 | 0:00:50 | 0:10:07 |
| 3 | Wilyam | Koudi | SUD | 1:10:16 | 0:16:20 | 0:00:45 | 0:44:17 | 0:00:48 | 0:08:07 |
| 4 | Mahmoud | Awad | EGY | 1:14:25 | 0:16:45 | 0:00:52 | 0:47:24 | 0:00:47 | 0:08:40 |
| 5 | Khaled | El Shobokshy | EGY | 1:27:16 | 0:21:45 | 0:00:50 | 0:52:00 | 0:00:49 | 0:11:54 |
| 6 | Ali | Abodief | EGY | 1:42:34 | 0:27:28 | 0:01:38 | 0:53:21 | 0:01:51 | 0:18:18 |

**35-39 Male AG**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Hamza | Abker | SUD | 1:11:50 | 0:17:03 | 0:00:45 | 0:44:58 | 0:00:45 | 0:08:22 |
| 2 | Osama | Sayed | EGY | 1:22:05 | 0:18:24 | 0:01:09 | 0:51:38 | 0:01:07 | 0:09:50 |
| 3 | Abdullah | Mahmoud | EGY | 1:26:43 | 0:24:42 | 0:01:03 | 0:46:13 | 0:01:07 | 0:13:40 |

**40-44 Male AG**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Abd El Aziz | Atrees | EGY | 1:13:12 | 0:17:34 | 0:00:42 | 0:44:49 | 0:00:52 | 0:09:18 |
| 2 | Moataz | Sayd | EGY | 1:15:02 | 0:17:50 | 0:00:58 | 0:46:30 | 0:00:50 | 0:08:56 |

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**Pan Arab Duathlon Championships**

**Apr 08 2016 : Age Group**

**45-49 Male AG**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| DQ | Faher | Haddadin | JOR |  |  |  |  |  |  |

**50-54 Male AG**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | **ATHLETE FIRST** | **ATHLETE LAST** | **NATIONALITY** | **TOTAL TIME** | **RUN1** | **T1** | **BIKE** | **T2** | **RUN2** |
| 1 | Kareem | Fathy | EGY | 1:32:10 | 0:26:27 | 0:01:40 | 0:48:36 | 0:01:52 | 0:13:27 |
| 2 | Ahmed | Bekheet | EGY | 1:39:33 | 0:27:08 | 0:01:23 |  |  | 0:14:07 |