



**1ST Arab Indoor Rowing Championship
Cairo - Egypt - 10 March 2017**

Race no :7

bm

Rank	name	country	500		1000		1500		2000		time	avg
			avg	s/m	avg	s/m	avg	s/m	avg	s/m		
1	ahmed reda	EGY	1:32.9	30	1:35.1	29	1:34.9	30	1:32.9	33	06:15.8	01:33.9
2	omar ismail	IRQ	1:35.0	32	1:37.0	30	1:36.8	30	1:31.4	33	06:20.2	01:35.1
3	hashim slah	KUW	1:53.3	31	2:05.0	28	2:11.2	28	1:56.8	30	08:06.3	02:01.6

Race no : 8

W

Rank	name	country	500		1000		1500		2000		time	avg
			avg	s/m	avg	s/m	avg	s/m	avg	s/m		
1	AMNA AFIFI	EGY	1:48.3	28	1:50.2	28	1:50.4	29	1:52.4	33	07:21.3	01:50.3
2	HIA ALMAIASI	KUW	2:03.8	27	2:21.7	27	2:22.8	28	2:24.1	29	08:36.3	02:09.1
3	MAHA MOSTAFA	UAE	2:00.2	30	2:09.4	29	2:14.6	28	2:12.1	30	09:12.4	02:18.1
	OMNIA MOUSA	SUD	DNS								DNS	



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Race no : 4

LW

Rank	name	country	500		1000		1500		2000		time	avg
			avg	s/m	avg	s/m	avg	s/m	avg	s/m		
1	Emma bnany	EGY	1:50.1	32	1:56.1	28	1:56.6	28	1:55.6	30	07:38.4	01:54.6
ESRAA MOHAMED		SUD	EXQ									

Race no : 5

bw

Rank	name	country	500		1000		1500		2000		time	avg
			avg	s/m	avg	s/m	avg	s/m	avg	s/m		
1	Sarah elmarzoky	TUN	1:47.3	34	1:55.7	29	1:55.8	30	1:54.4	31	7:33.1	1:53.3
2	Sarah boulares	EGY	1:51.3	34	1:55.4	31	1:55.5	31	1:51.8	34	7:34.1	1:53.5
3	Joy alkhory	LBN	2:01.3	29	2:14.6	26	2:12.0	26	2:17.4	26	8::45.3	2:11.3
4			DNS								DNS	

Race no : 6

BLM

Rank	name	country	500		1000		1500		2000		time	avg
			avg	s/m	avg	s/m	avg	s/m	avg	s/m		
1	amed melbs	IRQ	1:35.6	32	1:39.8	29	1:40.2	30	1:39.7	34	6:35.2	1:38.8
2	mohamed autta	EGY	1:33.6	34	1:39.6	31	1:43.3	30	1:46.5	33	6:43.0	1:40.8



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Race no : 1

JW

Rank	name	country	500		1000		1500		2000		time	avg
			avg	s/m	avg	s/m	avg	s/m	avg	s/m		
1	Sarah elmarzoky	EGY	1:41.8	29	1:54.1	29	1:58.7	30	2:03.0	33	7:37.6	01:54.4
2	Sarah boulares	TUN	1:51.2	34	1:54.8	32	1:57.0	32	1:58.3	33	7:41.3	01:55.3
3	Joy alkhory	LBN	1:53.3	33	2:11.4	29	2:14.1	28	2:14.5	28	8:33.4	02:08.3

Race no : 2

JM

Rank	name	country	500		1000		1500		2000		time	avg
			avg	s/m	avg	s/m	avg	s/m	avg	s/m		
1	Abdullah eltohamy	EGY	1:31.1	36	1:33.9	31	1:37.1	30	1:38.4	35	6:20.5	1:35.1
2	nazer bn frhat	TUN	1:33.2	37	1:35.9	34	1:36.7	34	1:34.9	44	6:20.6	1:35.2
3	Bkr shehab	IRQ	1:37.1	33	1:41.5	30	1:43.1	31	1:44.0	33	6:45.8	1:41.4
4	hashim malallah	KUW	1:44.9	35	2:03.0	30	2:03.2	30	2:06.2	31	7:57.3	1:59.3
ALAA ADAM		SUD	EXQ									

Race no : 3

LBW

Rank	name	country	500		1000		1500		2000		time	avg
			avg	s/m	avg	s/m	avg	s/m	avg	s/m		
1	mariam hmam	EGY	1:53.1	29	1:59.2	26	2:02.9	26	2:03.6	27	07:58.7	01:59.7
SRAA SHERIF		SUD	EXQ									



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Race no : 9

LM

Rank	name	country	500		1000		1500		2000		time	avg
			avg	s/m	avg	s/m	avg	s/m	avg	s/m		
1	mohamed gasem	IRQ	1:36.5	34	1:37.7	34	1:37.9	35	1:35.9	41	06:28.1	01:37.0
2	mahmoud zakaria	EGY	1:33.1	38	1:39.1	31	1:38.7	31	1:39.4	33	06:30.4	01:37.6
3	hamad almatroshi	UAE	1:37.8	32	1:40.6	30	1:34.0	31	1:42.4	35	06:43.8	01:40.9
4	abdelrhman alsafran	KUW	1:40.1	29	1:52.0	28	1:54.3	27	1:46.3	32	07:13.5	01:48.4
5	belal hameto	PLE	1:43.3	30	1:51.5	27	1:54.9	27	1:55.5	29	07:25.2	01:51.3
6	abdelrhman mubarak	SUD	1:52.1	35	2:08.9	32	2:19.8	31	2:29.2	30	08:49.9	02:12.5

Race no : 10

M

Rank	name	country	500		1000		1500		2000		time	avg
			avg	s/m	avg	s/m	avg	s/m	avg	s/m		
1	Abdelkhalek Elbanna	EGY	1:28.7	30	1:38.1	29	1:35.4	28	1:35.3	28	06:11.5	01:32.9
2	omar ismail	IRQ	1:33.6	37	1:37.7	38	1:39.2	31	1:35.2	32	06:25.7	01:36.4
3	Khamis Elshamsi	UAE	1:39.1	30	1:39.4	27	1:42.0	29	1:44.4	33	06:44.9	01:41.2
4	Tanios ELkarry	LBN	1:35.0	34	1:42.0	32	1:45.6	34	1:45.7	35	06:48.2	01:42.1
5	mohamed elkandri	KUW	1:36.4	37	1:44.3	35	1:46.1	35	1:44.4	36	06:51.2	01:42.8
KHALED OMAR		SUD	DNS								DNS	



**1ST Arab Indoor Rowing Championship
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Race no : 11

festival

4x500

Rank	country	500		1000		1500		2000		time	avg
		avg	s/m	avg	s/m	avg	s/m	avg	s/m		
1	EGY	1:26.3	41	1:24.8	51	1:28.2	34	1:21.7	42	05:41.0	01:25.3
2	UAE	1:30.2	44	1:28.7	39	1:31.1	44	1:30.4	45	06:00.4	01:30.1
3	IRQ	1:33.4	50	1:29.8	45	1:30.7	44	1:26.6	40	06:00.5	01:30.1

MEDALS

rank	country	gold	silver	bronze	4th	5th	6th
1	EGY	7	3	0	0	0	0
2	IRQ	2	2	1	0	0	0
3	TUN	1	2	0	0	0	0
4	KUW	0	1	1	1	1	0
5	UAE	0	0	3	0	0	0
6	LBN	0	0	2	1	0	0
7	PLE	0	0	0	0	1	0
8	SUD	0	0	0	0	0	1

Replies	Male	32	Female	11
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