




























Relay - Gender Results
Women

Pos	Start #	Athlete	Country				Time	AMA
1	1552	Team THE STAMINAS	 - EGY	00:35:00	03:43:46	02:08:47	06:33:23	
2	1547	Team Shousha & Rouma	 - EGY	00:27:56	04:06:58	02:04:16	06:44:39	
3	1536	Team Manar & Sara	 - EGY	00:30:46	04:00:20	02:24:52	07:06:48	
4	1543	Team Power Ladies	 - DEU	00:33:11	05:11:31	01:51:43	07:42:18	
5	1530	Team IronWomen	 - EGY	00:56:36	04:17:06	02:18:27	07:42:39	
6	1561	Team Trio	 - EGY	00:50:45	04:19:59	03:06:37	08:24:24	
7	1520	Team Gouda	 - EGY	00:45:19	05:17:37	02:14:45	08:25:17	
8	1577	Team RNK	 - EGY	00:48:33	05:11:06	02:25:18	08:31:19	
DNF	1516	Team Engage Bloomers	 - EGY	00:47:02	05:03:30			

Men

Pos	Start #	Athlete	Country				Time	AMA
1	1527	Team Iron Pharaohs	 - EGY	00:28:46	02:54:54	01:31:40	05:00:08	
2	1518	Team FIT RIDE	 - EGY	00:24:43	03:18:59	01:20:08	05:09:33	
3	1588	Team MS Elite Team	 - EGY	00:30:34	03:19:25	01:31:46	05:27:10	
4	1570	Team Z Tri Team	 - EGY	00:25:18	03:21:57	01:37:41	05:28:47	
5	1574	Team Night Runners	 - EGY	00:41:05	03:17:53	01:54:42	05:57:55	
6	1525	Team iCoach Team	 - EGY	00:34:12	03:32:59	01:52:35	06:09:42	
7	1579	Team Shooting Legends	 - EGY	00:40:05	03:55:48	01:31:46	06:13:05	
8	1537	Team Mo&Co.	 - SAU	00:26:29	03:59:30	01:51:01	06:24:10	
9	1545	Team Sakr	 - EGY	00:38:19	04:05:12	01:44:51	06:37:40	
10	1578	Team KFS Team	 - EGY	00:46:42	03:38:11	02:04:10	06:37:42	
11	1582	Team J Thunder	 - EGY	01:01:06	04:14:17	01:22:56	06:45:45	
12	1535	Team Magnificent Team	 - EGY	00:39:34	03:50:37	02:12:57	06:50:23	
13	1586	Team Agile and ageless	 - EGY	00:30:50	03:57:26	02:25:18	07:00:29	
14	1514	Team Easy	 - EGY	00:36:43	04:59:23	01:40:33	07:24:42	
15	1522	Team Heliopolis	 - EGY	00:30:11	04:51:20	02:00:23	07:27:18	
16	1585	Team The Smufrs	 - EGY	00:27:05	04:29:26	02:30:47	07:33:19	
17	1515	Team EGMED	 - EGY	00:45:02	03:59:31	02:55:51	07:45:29	
18	1558	Team Tri Heroes	 - EGY	00:36:04	04:36:41	02:19:27	07:45:37	
19	1523	Team Hummers	 - EGY	00:44:07	04:41:44	02:16:03	07:46:51	
20	1531	Team Karma	 - IND	00:49:46	05:08:09	02:10:25	08:19:42	
21	1546	Team Sehetna	 - EGY	00:46:06	05:39:29	02:13:51	08:44:06	
22	1544	Team Relay all the day	 - EGY	00:36:36	05:24:32	02:37:14	08:49:41	
DNS	1569	Team XpateChalenge	 - RUS					
DSQ	1566	Team Velocity Irons	 - EGY					

Mixed







Pos	Start #	Athlete	Country				Time	AMA
1	1549	Team Stamina Iron Mask	 - EGY	00:33:06	02:51:00	01:40:18	05:08:19	
2	1563	Team TripleA	 - EGY	00:34:08	03:46:08	01:36:59	06:02:01	
3	1532	Team Keep Tri-ing	 - EGY	00:37:38	03:33:20	01:54:39	06:12:42	
4	1553	Team The Tri Machine	 - EGY	00:46:49	03:33:00	01:53:10	06:18:52	

Relay - Gender Results
Mixed

Pos	Start #	Athlete	Country				Time	AMA
5	1519	Team Gezira Originals	 - EGY	00:36:18	03:30:01	02:07:00	06:19:51	
6	1575	Team Maadi Athletes	 - EGY	00:33:53	03:37:30	02:04:37	06:22:46	
7	1568	Team Worth A Tri	 - USA	00:57:24	03:35:48	02:00:01	06:42:40	
8	1589	Team Team Barka	 - SAU	00:26:24	03:36:01	02:32:58	06:44:13	
9	1556	Team Thunder Three	 - EGY	00:47:29	03:35:13	02:17:56	06:44:49	
10	1504	Team Are We There Yet?!	 - EGY	00:40:14	03:45:12	02:18:29	06:49:44	
11	1500	Team W.H.Y	 - EGY	00:43:38	04:07:48	01:55:01	06:53:04	
12	1529	Team Iron Venoms	 - EGY	00:28:47	04:07:37	02:13:15	06:56:45	
13	1508	Team Cairo Runners	 - EGY	00:29:13	04:23:27	02:09:15	07:07:54	
14	1555	Team The unbeatables	 - EGY	00:34:43	04:25:12	02:05:04	07:12:20	
15	1542	Team Pharaohs	 - EGY	00:45:05	03:54:24	02:23:33	07:13:37	
16	1501	Team 3aash	 - EGY	00:40:44	04:20:24	02:08:24	07:15:09	
17	1565	Team Unstoppable Team	 - EGY	00:39:28	04:17:22	02:16:32	07:19:24	
18	1572	Team The TRlumphers	 - EGY	00:40:13	03:58:22	02:44:40	07:28:10	
19	1560	Team TriAdvent	 - PHL	00:54:12	04:13:46	02:13:23	07:28:21	
20	1510	Team COMOMBO	 - EGY	00:34:29	04:36:31	02:13:05	07:29:24	
21	1502	Team ABA	 - EGY	00:29:40	04:26:39	02:31:06	07:33:44	
22	1503	Team Amira Abo Shelieb	 - EGY	00:44:17	04:30:06	02:19:26	07:38:59	
23	1528	Team Iron Rebels	 - USA	00:47:15	04:14:27	02:28:59	07:39:11	
24	1507	Team Boubou	 - EGY	00:34:42	04:34:03	02:26:18	07:40:55	
25	1559	Team Tri locos	 - EGY	00:31:34	04:01:43	03:00:36	07:41:25	
26	1512	Team Dynamos	 - EGY	00:58:38	03:58:41	02:42:33	07:44:22	
27	1583	Team R.A.Y	 - EGY	00:37:59	04:53:57	02:15:34	07:52:28	
28	1509	Team Champs	 - EGY	00:52:44	04:46:54	02:08:08	07:53:43	
29	1551	Team Stamina Triathelets	 - EGY	00:49:35	04:14:55	02:41:45	07:54:04	
30	1567	Team Watermelons	 - PSE	00:58:07	04:24:02	02:29:53	07:57:37	
31	1540	Team Old fighters	 - EGY	00:29:35	05:15:07	02:10:04	08:01:15	
32	1576	Team MAADI ATHLETES TRIO	 - EGY	00:28:55	04:04:29	03:32:11	08:12:38	
33	1524	Team I got Stamina	 - EGY	00:48:36	04:37:27	02:40:33	08:13:16	
34	1550	Team Stamina on the rocks	 - EGY	00:55:42	05:04:51	02:06:49	08:13:26	
35	1533	Team Tri Again	 - EGY	00:31:18	05:17:08	02:23:27	08:19:46	
36	1580	Team over DOZ	 - EGY	00:53:27	05:07:33	02:14:46	08:23:02	
37	1511	Team Ducky	 - EGY	01:01:07	04:54:20	02:22:42	08:24:49	
38	1521	Team Goz we Loz we Bondok	 - EGY	00:54:29	04:28:57	02:58:22	08:27:24	
39	1526	Team Impossible is Nothing	 - EGY	00:40:46	04:43:56	02:58:38	08:28:51	
40	1587	Team MCM	 - EGY	00:51:01	05:15:25	02:20:20	08:33:29	
DNF	1562	Team Triple S	 - EGY	00:46:36				
DNF	1571	Team Zero2hero	 - EGY	01:00:57	04:48:15			
DNF	1581	Team EGMED Power	 - EGY	00:45:29	05:28:05	02:38:20	08:57:36	
DNF	1539	Team No tri no cry	 - EGY	00:54:09	05:08:43	02:35:36	08:43:27	
DNF	1505	Team Women Power	 - USA	00:47:39	05:33:59			
DNF	1564	Team TriRow	- EGY	00:55:48	05:26:28			
DNS	1557	Team Tri Connect	- GBR					

Relay - Gender Results

Mixed

Pos	Start #	Athlete	Country				Time	AMA
DSQ	1517	Team Fast Jaguars	 - EGY					
DSQ	1538	Team MSN	 - EGY					
DSQ	1573	Team Petra	 - JOR					