

Relay Start list IRONMAN 70.3 Egypt 2022
(Last update 9th of November,2022)



Relay Team Name	BIB Number	First Name	Last Name	Team Type	Relay Legs	Country Represented
3 fast 3 furious	1001	Salma	Akram	Mixed	Swim	EGY (Egypt)
		Miranda	Gahrmann		Bike	EGY (Egypt)
		Ramy	Mikhael		Run	EGY (Egypt)
ABS	1002	Sara	Nasr	Mixed	Bike	EGY (Egypt)
		Aliaa	Zaky		Swim	EGY (Egypt)
		Bassem	El shafei		Swim	EGY (Egypt)
ALL IN	1003	Panos	Papadodimas	Mixed	Swim	GRC (Greece)
		Essam	Elshennawy		Bike	EGY (Egypt)
		Laura	Schmid		run	DEU (Germany)
Banana Family	1004	Salma	Hassan	Mixed	Swim	EGY (Egypt)
		Mohamed	Amin		BikeRun	EGY (Egypt)
DSH - Maadi PR	1005	Sunanda	Holmes	Mixed	Bike	USA (United States of America)
El-Abtal	1006	Omar	Sadek	Male	Bike	EGY (Egypt)
		Mohamed	Nasr Eldin		Run	EGY (Egypt)
		Mostafa	Darwish		Swim	EGY (Egypt)
Goz we Loz we Bondok	1007	Magda	Habib	mixed	Swim	EGY (Egypt)
		Maged	Mahrous		Bike	EGY (Egypt)
		Nader	Mahrous		Run	EGY (Egypt)
Gritsters	1008	Angel	Taylor	Mixed	Swim	USA (United States of America)
		Jeff	Taylor		Bike	USA (United States of America)
		Nicole	Reid		Run	AUS (Australia)
Iron Venoms	1009	Amr	Abdel Fattah	Mixed	Swim	EGY (Egypt)
		Noura	Mostafa		Bike	EGY (Egypt)
		Amira	Galal		Run	EGY (Egypt)
Kafr El-Shaikh RUNNERS	1010	Mohamed	Taha	Male	Swim	EGY (Egypt)
		Sobhy	Atiky		BikeRun	EGY (Egypt)

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Keep Tri-ing	1011	Ann	Nosseir	Female	Swim	EGY (Egypt)
		Eman	Mubarak		Bike	EGY (Egypt)
		Rasha	Badawi		Run	EGY (Egypt)
Lyte Speed	1012	Mohamed	Safey	Male	Swim	EGY (Egypt)
		Ahmed	Loay		Bike	EGY (Egypt)
		Amin	Dabo		Run	EGY (Egypt)
Nazel Eldobl	1013	Gamal	Awad	Male	Run	EGY (Egypt)
		Amr	Abdel Hamid		SwimBike	EGY (Egypt)
Pharaohs	1014	Eslam	Wahby	Male	Swim	EGY (Egypt)
		Mohamed	Khalil		Bike	EGY (Egypt)
		Tamer	Abdelwahed		Run	EGY (Egypt)
Samir's Spirit	1015	Omnia	Kabbany	Female	Swim	EGY (Egypt)
		Hanan	Aboubakr		BikeRun	EGY (Egypt)
Se7etna_Fantastic Tri	1016	Ahmed	Farrag	Male	Swim	EGY (Egypt)
		Mohamed	Abdelhamid		Bike	EGY (Egypt)
		Anas	Samir		Run	EGY (Egypt)
Sehetna	1017	Mohamed Amr	Shaker	Mixed	Swim	EGY (Egypt)
		Islam	Abouzeid		Bike	EGY (Egypt)
		Laila	Mahmoud		Run	EGY (Egypt)
Sehetna 3	1018	Ayman	El Taiby	Male	Swim	EGY (Egypt)
		Mohamed	Salem		Bike	EGY (Egypt)
		Ahmed	Nabil		Run	EGY (Egypt)
SRIRON	1019	Islam	Adel	Male	Bike	EGY (Egypt)
		Sameh	Saleh		SwimRun	EGY (Egypt)
Team London	1020	Paul	Mills	Mixed	Bike	IRL (Ireland)
		Jennifer	Whelan		SwimRun	GBR (United Kingdom of Great Britain & Northern Ireland)

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The Bolts & The Beautiful	1021	Heidi	Hisham	Mixed	Swim	EGY (Egypt)
		Hesham	Elshabory		Bike	EGY (Egypt)
		Mohamed	Khalifa		run	
The Defiants	1022	Ali	Elsayed	Mixed	Bike	EGY (Egypt)
		Sarah	Sherif Abdel-		Run	EGY (Egypt)
		Ayman	Waheed		SwimBike	EGY (Egypt)
The Fighters	1023	Mahrous	Salah	Male	Swim	EGY (Egypt)
		Mohamed	Abbassi		Bike	EGY (Egypt)
		Mohammad	Yousef		Run	JOR (Jordan)
The PowerPuffs	1024	Rania	Omar	Female	Swim	EGY (Egypt)
		Dina	Said		Bike	EGY (Egypt)
		Myriam	Makram		Run	EGY (Egypt)
TRIMACHINE & TENACITY	1025	Ahmed	Mohamed	Mixed	Swim	EGY (Egypt)
		Tarek `	Magdy		Bike	EGY (Egypt)
		Farida	Kafrawy		Run	EGY (Egypt)
Trimachine winners	1026	Belal	Salah	Mixed	Run	EGY (Egypt)
		Ahmed	Hesham		Bike	EGY (Egypt)
		AAlaa	Ahmed		Swim	EGY (Egypt)
We showed up	1027	Mariam	Amir	Female	Swim	EGY (Egypt)
		Raghda	Bahaa		Bike	EGY (Egypt)
		Lobna	Samir		Run	EGY (Egypt)
WeDoTri	1028	Mohamed	Mansour	Mixed	Bike	EGY (Egypt)
		Omniya	Abdel Aziz		Run	EGY (Egypt)
		Mohamed	Meselhy		Swim	EGY (Egypt)
Wine Fuel team	1029	Igor	Kibanov	Mixed	Swim	RUS (Russian Federation)
		Egor	Ryazanov		Bike	RUS (Russian Federation)
		Anastasiya	Grabilina		Run	RUS (Russian Federation)

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AYZ	1031	Zeina	Mortagy	Female	Bike	EGY (Egypt)
		Yousra	El Gabbas		Swim	EGY (Egypt)
		AMY	MORTAGY		Run	EGY (Egypt)
Debis	1032	Yahia	Eldeib	mixed		EGY (Egypt)
		sarah	eldeib			EGY (Egypt)
Gold's Olympics One	1033	Ahmed	Flefl	male	run	EGY (Egypt)
		Ahmed	Ibrahim		swim	EGY (Egypt)
		Mahmoud	Abdel Gayed		bike	EGY (Egypt)
IE	1034	Alexandre	Pereira	Male	Bike	PRT (Portugal)
		mina	moussa		Swim	EGY (Egypt)
Rooma Sissou Mariooma	1035	Sarah	ABDOU	Female	Bike	EGY (Egypt)
		Mariam	Gawdat		Run	EGY (Egypt)
		Riham	ABOULFOTO		Swim	EGY (Egypt)
Rushed Trio	1036	heba	sayed	Mixed	Swim	EGY (Egypt)
		Sam	Sidrak		Run	AUS (Australia)
		Mariam	Beshay		Bike	EGY (Egypt)
The trimachine	1037	Peter	Deeb	male	run	EGY (Egypt)
		Mohamed	Hesham		swim	EGY (Egypt)
		mohamed	khaled		bike	EGY (Egypt)
TRIBOND	1038	Rami	Mikhail	Mixed	Run	EGY (Egypt)
		Nadine	Azmi		Swim	EGY (Egypt)
		EMAD	TAKLA		Bike	EGY (Egypt)
WAA_EGYPT	1039	wael	Elarnaouty	Male	Bike	EGY (Egypt)
		Akram	Diab		Swim	EGY (Egypt)
		Ahmed	Anber		Run	EGY (Egypt)
Yellow Engines	1040	Alia	EL-BANNA	mixed	swim	EGY (Egypt)
		Georgina	Sorial		bike	EGY (Egypt)
		muhammad	farghaly		run	EGY (Egypt)

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