

## 1ère Journée 3000 m Dames

<b>Place</b>	<b>Nageur</b>	<b>Nation</b>	<b>Club</b>	<b>Temps</b>
1	Malak MEQDAR	MAR	FUS	36.46.33
2	Nada RAGTAOUI	MAR	FUS	39.11.53
3	Alaa AMIRI	MAR	RAJA NAT	40.17.97
4	Aya MINIYA	MAR	FUS	40.24.66
5	Meryem BAHAJOUB	MAR	FUS	40.51.36
6	Ghita EL MOUATARIF	MAR	RAJA NAT	41.13.97
7	Hasnae IDRISSE	MAR	USCM	42.02.28
8	Malak DARKAOUI	MAR	CODM	43.03.32
9	Zainab IDRISSE	MAR	WAC	43.28.97
10	Nada SABBAGH	MAR	ADM	45.18.33
TLD	Kawtar MIRHLAMI	MAR	DHJ NAT	50.14.59
TLD	Meryem MOUJI	MAR	ADM	50.30.07
TLD	Sara LAHMIDI	MAR	DHJ NAT	51.13.23

## 1ère Journée 3000 m Messieurs

Place	Nageur	Nation	Club	Temps
1	Ali HEMRI	MAR	FUS	33.45.76
2	CHAHINE SAID	MAR	USCM	34.17.26
3	Hamza KAMAL	MAR	FUS	34.21.48
4	Mohammed Rayane LYAMANI	MAR	WAC	36.02.35
5	Yahya SOBHI	MAR	FUS	36.31.47
6	Mohamed Taha EL MEJDOUB	MAR	FUS	36.32.67
7	Nizar SALMI	MAR	CODM	36.54.64
8	Akram SAADANI	MAR	FUS	37.11.43
9	Omar KAMAL	MAR	FUS	37.15.04
10	Yahya EL AZZAOUI	MAR	RAJA NAT	37.33.5
11	Khalil AKIRTAS	MAR	FUS	38.40.14
12	Hassan ELALAMI	MAR	FUS	39.11.67
13	Mohamed OUALI	MAR	CAT	39.31.66
14	Yassine BOUCHTI	MAR	TSC	40.10.27
15	Hamza KELLA	MAR	RAJA NAT	40.10.66
16	Mohamed Amine SIFALLAH	MAR	WAC	40.47.91
17	Diyaa LAFKIHI	MAR	TSC	41.13.36
18	Abderrahmane BADOUH	MAR	CODM	42.21.62
19	Abdallah OUADDI	MAR	WAC	42.59.69
20	Noamane EL MECHRAFI	MAR	USCM	43.06.95
21	Anwar KOKODIL	MAR	RAJA NAT	43.11.27
22	Yahya BENCKHEKROUN	MAR	TSC	43.52.44
23	Amr DEHBI	MAR	TSC	44.45.83
24	Redallah OUASTANE	MAR	WAC	44.46.87
NC.	Ghali Brahim SENTISSI	MAR	WAC	FND
NC.	Abdossalam ELALLOUCHI	MAR	WAC	ABD