

Top 3 3K (male)

Pos	Athlete	Country	Gender	Age	Bib#	Pace	Chip Time
1	Mohammed Aitnamas Touda	MAR	M	37	111	3:00	0:09:00
2	Noaman El Assaoui	MAR	M	25	70	3:02	0:09:08
3	Ismail El Kharchi	MAR	M	24	228	3:06	0:09:19

3K 15 to 29 (male)

Pos	Athlete	Country	Gender	Age	Bib#	Pace	Chip Time
1	Rachid Draoua	MAR	M	25	28	3:14	0:09:44
2	Mohammad Osman	SOM	M	21	273	3:37	0:10:52
3	Raed Al Khatib	JOR	M	27	172	4:11	0:12:34
4	Ali Mohammad Salameh	JOR	M	21	274	4:12	0:12:37
5	Alexander Cresswell	GBR	M	16	15	4:34	0:13:42
6	Saif Al Darmaki	UAE	M	29	120	4:57	0:14:52
7	Zayed Al Breiki	UAE	M	23	199	5:37	0:16:52
8	Mohamed Farhan Mohamed Nizam	SRI	M	26	98	5:41	0:17:03
9	Emad Riza Mohamed	SRI	M	17	185	5:46	0:17:18
10	Rahul Poovampally Rajeev	IND	M	27	100	6:47	0:20:23
11	Sultan Masood	PAK	M	17	17	6:51	0:20:35
12	Vineesh Navayath Palliyalil	IND	M	29	105	7:14	0:21:44
13	Atheef Ahmed Anees	SRI	M	26	93	7:29	0:22:29
14	Ayaz Ali Mujeeb Ullah Khan	PAK	M	28	94	7:34	0:22:44
15	Ahmed Riza Mohamed	SRI	M	16	186	7:52	0:23:38
16	Mohammed Al Eisaei	UAE	M	29	169	8:38	0:25:55
17	Mohieb Abu Samra	JOR	M	27	154	9:03	0:27:10
18	Mohammed Nizamudeen	IND	M	23	69		
19	Abdelali Bouazzaoui	MAR	M	27	73		
20	Khaled Ramadan	UAE	M	19	79		
21	Mansour Al Saedi	UAE	M	27	121		
22	Mohammed Hajou	MAR	M	21	142		
23	Soufiane Dardour	MAR	M	24	143		
24	Neki Dhabhi	IND	M	25	194		
25	Ashraf Muhammed Ahmad	SUD	M	28	195		
26	Majid Sultan Musabbah Al Azizi	UAE	M	16	248		
27	Aliyu Haidaru Tangwe	CMR	M	20	265		
28	Kingsly Dike	NIG	M	19	266		
29	Mavladakawai M	CMR	M	22	267		
30	Nnaemeka Jude Okpara	NGR	M	18	268		

3K 30 to 39 (male)

Pos	Athlete	Country	Gender	Age	Bib#	Pace	Chip Time
1	Vibin Dhas	IND	M	32	30	3:56	0:11:48
2	Nassir Zaiou	ALG	M	34	193	5:17	0:15:52
3	Ahmed Al Seidi	EGY	M	35	192	7:03	0:21:11
4	Hamid Amin	PAK	M	36	107	7:40	0:23:00
5	Sithara Wijerathne	SRI	M	34	85	8:00	0:24:01
6	Sayed Muzamil Hussain Sayed	IND	M	34	104	8:09	0:24:28
7	Mohammed Al Saedi	UAE	M	30	122	8:38	0:25:55
8	Gayan Karunarathna	SRI	M	32	86	8:49	0:26:27
9	Nadir Rabia Shuwain Al Darai	OMA	M	30	127	9:21	0:28:04
10	Osama Saeed	UAE	M	39	4		
11	Chamara Jayasinghe	SRI	M	32	84		
12	Ed Mosley	GBR	M	31	163		
13	Saud Al Zaabi	UAE	M	30	180		
14	Simando James	USA	M	35	269		

3K 40 to 49 (male)

Pos	Athlete	Country	Gender	Age	Bib#	Pace	Chip Time
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1	Abdulla Al Mheiri	UAE	M	40	140	4:22	0:13:07
2	Riza Mohamed Mohideen Aduma Meera Saibo	SRI	M	41	101	7:52	0:23:36
3	Mohamed Imbran Anuwar	SRI	M	42	99	8:09	0:24:27
4	Lee Garrett	GBR	M	40	106		
5	Mohammed Khaled	EGY	M	48	236		

### 3K 50 Plus (male)

Pos	Athlete	Country	Gender	Age	Bib#	Pace	Chip Time
1	Seynul Abdeen Syed Ali	IND	M	52	27	4:28	0:13:24
2	Simon Cresswell	GBR	M	52	14	5:22	0:16:07
3	Keith Humphreys	USA	M	50	175	7:00	0:21:00

### Top 3 3K (female)

Pos	Athlete	Country	Gender	Age	Bib#	Pace	Chip Time
1	Latifa Essarokh	FRA	F	45	75	3:50	0:11:30
2	Lydia Stalin	IND	F	27	29	4:24	0:13:12
3	Aalia Ashraf	GBR	F	34	91	5:45	0:17:15

### 3K 15 to 29 (female)

Pos	Athlete	Country	Gender	Age	Bib#	Pace	Chip Time
1	Lola Ducroux	FRA	F	20	279	6:26	0:19:18
2	Kimberly Ann Orio Pari An	PHI	F	26	97	9:29	0:28:27
3	Fatima Al Nuaimi	UAE	F	28	13	10:00	0:30:01
4	Lala Ducroux Grail	LTB	F	20	264		

### 3K 30 to 39 (female)

Pos	Athlete	Country	Gender	Age	Bib#	Pace	Chip Time
1	Mariam Nuaimi	UAE	F	30	12	7:52	0:23:37
2	Naela Al Shamsi	AUS	F	36	210	9:29	0:28:28
3	Phyllisa Deroze	USA	F	39	3		
4	Sanja Bohlmann	RSA	F	35	62		
5	Charmella Thompson	USA	F	38	87		
6	Zainab Al Jneibi	UAE	F	37	159		

### 3K 40 to 49 (female)

Pos	Athlete	Country	Gender	Age	Bib#	Pace	Chip Time
1	Nadia Said	EGY	F	47	235	8:31	0:25:33

### 3K 50 Plus (female)

Pos	Athlete	Country	Gender	Age	Bib#	Pace	Chip Time
1	Stacey Kalkowski	USA	F	50	6	9:09	0:27:28
2	Natalie Banneel	BEL	F	54	22	10:08	0:30:24
3	Diedra Williams	USA	F	58	5		