

22th International Meeting of Combined Events

I.A.A.F. WORLD COMBINED EVENTS CHALLENGE 2009

TROFEO "CITTA' DI DESENZANO DEL GARDA"(BS) - ITALY

Desenzano del Garda (Italy) "F. Ghizzi" Stadium - May 9th - 10th, 2009

Name : **Abdallah Mohamed SAAD HAMED**
Country: Egypt
Date of birth: 14 February 1985
Place of birth: Cairo
Club: Zomalek
Coach: Oleksandr Nevskiy
Height: 1,82
Weight: 76

Personal best:

Decathlon	7.301	Rduit	6.04.08
100 m	11.19	Cairo	1.09.05
Long jump	7.06	Stellenbosch	14.03.08
Shot put	13.57	Desenzano	10.05.08
High jump	1.99	Rduit	5.04.08
400 m	50.29	Al Qahirah	23.11.07
110 m hurdles	15.05	Rduit	6.04.08
	14.95w	Arles	2, 4 8.06.08
Discus throw	40.37	Rduit	9.08.06
Pole vault	4.40	Alger	19.07.07
Javelin throw	53.32	Alger	19.07.07
1.500 m	4.34.40	Rduit	19.04.09

Best results

Africa championships: 4 2006
Africa junior championships: 1 2003



Career:....

Junior implemments

6906j) CAIRO	.03	11.24	6.91	12.25	1.90	50.88	15.44	36.56	3.94	54.18	5.01	33					
6689j	1) ARLES	6.06.04	INVTJ	11.25	6.41	13.74	1.96	52.34	15.89	35.74	3.81	44.88	4.50	67	7,0	3,8	2,8	

6258	15) DESENZANO	9.05.04		11.60	6.23	11.88	1.91	52.07	16.39	32.85	3.70	40.63	4.44	99	0,3	-2,6	-0,2	
6585	1) ST. DENIS REU.	3.04.05		11.04	6.42	11.72	1.89	52.81	15.76	32.24	4.10	49.67	4.46	82				
6513	14) SALO'	8.05.05	INVT	11.66	6.56	11.84	1.85	51.30	15.78	34.66	3.80	44.72	4.41	30	-1,5	-0,1	-1,6	
6674	1) REDUIT	10.07.05		11.49	6.81	12.31	1.90	52.85	15.49	33.38	3.10	47.74	4.53	10				
6755	1) CAIRO	2.09.05		11.19	6.64	12.72	1.91	52.30	15.98	34.64	4.20	48.50	4.55	01				
6691	2) TUNIS	15.09.05		11.42	6.61	11.81	1.90	51.40	15.52	34.52	4.30	45.84	4.58	53				
6870	7) NIAMEY	14.12.05	FRANCG	11.42	6.79	12.37	1.94	52.22	15.55	39.20	4.00	48.91	4.49	28	0,7	3,5	0,9	
5860	18) DESENZANO	14.05.06	INVT	11.40	6.49	12.13	1.82	51.47	15.62	34.69	nm	43.36	4.59	77	-0,5	0,6	-0,7	
6962	4) REDUIT	10.08.06	AFRC	11.53	6.61	13.27	1.85	50.46	15.33	40.37	3.90	48.65	4.36	24	-3,4	3,8	-2,0	
dnf	-) STELLENBOSCH	2.03.07	NC RSA	11.40	6.75	12.84	1.88	51.61	15.68	38.09	3.50	44.23	4.59	45	0,3			
6997	2) REDUIT	19.04.07		11.00	6.76	13.29	1.93	51.0	14.9	36.50	4.20	43.94	4.46	7				
7097	15) DESENZANO	6.05.07	INVT	11.47	6.87	13.08	1.88	51.31	15.30	37.93	4.30	50.07	4.36	38	0,1	1,0	0,8	
dnf	-) ARLES	3.06.07	INVT	11.12	6.68	11.86									5,0	3,2		
7270	4) ALGER	19.07.07	AAG	11.35	6.90	12.81	1.91	50.83	15.40	40.34	4.40	53.32	4.37	23	1,7	0,3	0,1	
7180	2) AL QAHIRAH	24.11.07		11.50	6.89	13.30	1.91	50.29	15.34	40.06	4.30	51.92	4.47	26				
dnf	-) STELLENBOSCH	15.03.08	NC RSA	11.63	7.06	12.84	1.93	51.21	19.26	35.46	dns							
7301	2) REDUIT	6.04.08	MEET	11.22	6.92	13.50	1.99	51.45	15.05	39.42	4.30	50.68	4.43	94				
7219	15) DESENZANO	11.05.08	INVT	11.48	6.82	13.57	1.98	50.32	15.16	38.34	4.25	51.68	4.46	19	1,1	0,8	0,4	
6194	23) ARLES	8.06.08	INVT	11.19	6.77	12.41	1.87	53.31	14.95	38.49	nm	49.92	5.01	42	3,6	2,2	2,4	
6586	3) STELLENBOSCH	14.03.09	NC RSA	11.64	6.47	12.40	1.89	53.01	15.38	36.28	4.20	44.40	4.46	79				
7049	2) REDUIT	19.04.09	AFRCH	11.55	6.63	12.50	1.92	51.57	15.17	36.75	4.30	52.28	4.34	40				