



Lebanese Masters Cross Country 2025

الاتحاد اللبناني للالعاب القوية
FÉDÉRATION LIBANAISE D'ATHLÉTISME

بطولة لبنان لإختراق الضاحية للقدمى - الماسترس 2025 (فوق 34 سنة-مواليد 1990 و ما دون)

12 JANUARY 2025 - HORSH BEIRUT

FEMALE RESULTS

Masters 1 F 35-39F

10Km

POSITION	BIB	NAME	CATEGORY	TIME	GENDER	Club
1	1529	HIBA Traboulsi	Masters 1 F 35-39F	0:55:27	F	ERC
2	1530	FARAH Shouman	Masters 1 F 35-39F	0:58:53	F	ERC

Masters 2 F 40-44F

10Km

POSITION	BIB	NAME	CATEGORY	TIME	GENDER	Club
1	1518	RANA MERHI BLEIK	Masters 2 F 40-44F	0:58:52	F	CHAMPS
2	1556	LAMA JAMAL	Masters 2 F 40-44F	1:06:37	F	INTER

Masters 3 F 45-49F

10Km

POSITION	BIB	NAME	CATEGORY	TIME	GENDER	Club
1	1563	RASSIL ABOU ZAHER	Masters 3 F 45-49F	0:50:36	F	INTER
2	1562	ENAAM KHALED	Masters 3 F 45-49F	0:55:54	F	INTER
3	1564	RASHA SHANOuha	Masters 3 F 45-49F	1:06:21	F	INTER
4	1520	IBTISSAM ABOU SALHAB	Masters 3 F 45-49F	1:07:14	F	CHAMPS
5	1519	NAJOUd AL KRAIDI	Masters 3 F 45-49F	1:08:29	F	CHAMPS

Masters 4 F 50-54F

10Km

POSITION	BIB	NAME	CATEGORY	TIME	GENDER	Club
1	1573	ARIB FARAJ	Masters 4 F 50-54F	0:47:22	F	INTER
2	1574	ALIA Haidar	Masters 4 F 50-54F	0:47:56	F	INTER
3	1503	MIREILLE Matar	Masters 4 F 50-54F	0:57:04	F	Antonins
4	1522	INSAF AMAR	Masters 4 F 50-54F	1:02:28	F	CHAMPS

Masters 5 F 55-59F

10Km

POSITION	BIB	NAME	CATEGORY	TIME	GENDER	Club
1	1538	ELGA Trad	Masters 5 F 55-59F	0:50:04	F	ERC
2	1580	NADA Sejaan	Masters 5 F 55-59F	0:50:56	F	INTER
3	1581	NICOLE Elias	Masters 5 F 55-59F	0:53:39	F	INTER
4	1583	JAMAL JABER	Masters 5 F 55-59F	0:58:53	F	INTER

Masters 6 F 60-64F

10Km

POSITION	BIB	NAME	CATEGORY	TIME	GENDER	Club
1	1590	ANI GURNIAN HAYEK	Masters 6 F 60-64F	1:01:59	F	INTER