



بطولة لبنان الافردية في ألعاب القوى 2025

في 10-11-12-13 تموز 2025 - مدينة كميل شمعون الرياضية و مدرسة سيدة الجمهور

الاتحاد اللبناني للالعاب القوى
FÉDÉRATION LIBANAISE D'ATHLÉTISME

RESULTS

MEETING	DATE				PLACE	EVENT	CATEGORY	M/F	POS		NAME	FAMILY NAME	CLUB	PERF.	d	m	y	WIND m/s
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	WOMEN	F	Final	1	Mays	Obeid	Let's Run	10.93	01	08	2008	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	WOMEN	F	Final	2	Arina	Aprahimian	Antonins	9.37	20	12	2015	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	WOMEN	F	Final	3	Caroline	Makaray	Let's Run	9.24	8	6	2004	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	WOMEN	F	Final	4	Karine	Naji	Interlebanon	8.79	15	10	1993	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	WOMEN	F	Final	5	Nisrine	Mouawad	Batroun Stars	8.65	14	9	2009	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	WOMEN	F	Final	6	Maria	Gharzoui	Jamhour	8.63	17	01	2002	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	WOMEN	F	Final	7	Karen	Hovaguimian	Homentmen BH	7.52	4	6	2009	

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	MEN	M	Final	1	Ali	Abbas	Lebanese Army	14.96	06	12	1985	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	MEN	M	Final	2	Badri	Obeld	Lebanese Army	14.48	01	01	1979	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	MEN	M	Final	3	Alain	Saad	Interlebanon	12.46	24	08	1996	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	MEN	M	Final	4	Charbel	Saad	Interlebanon	12.31	16	11	1994	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	MEN	M	Final	5	Charbel	Khoury	Antonins	11.45	17	11	2000	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	MEN	M	Final	6	Charbel	Tanios	Let's Run	9.80	02	02	2004	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	MEN	M	Final	7	Joe	Bou Moussa	Antonins	9.12	30	09	2005	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	SHOT PUT	MEN	M	Final	8	Ahmad	Darwich	Antonins	9.09	22	09	2003	

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	WOMEN	F	Final	1	Tamara	Jreij	Batroun Stars	4.96	22	04	2010	+0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	WOMEN	F	Final	2	Lea	Deeb	Batroun Stars	4.94	01	09	2002	+1.1
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	WOMEN	F	Final	3	Nisrine	Mouawad	Batroun Stars	4.88	14	09	2009	+1.0
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	WOMEN	F	Final	4	Cynthia	Jalikian	Interlebanon	4.61	13	12	1999	+1.1
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	WOMEN	F	Final	5	Lolita	Hayek	Let's Run	4.53	03	10	2005	+0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	WOMEN	F	Final	6	Marise	Nassour	Blue Stars	4.31	2	05	2002	-0.4
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	WOMEN	F	Final	7	Thea	Rizk	Champville	3.72	10	08	2011	+0.4

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	MEN	M	Final	1	Rasheed	ElHout	Let's Run	6.66	09	09	2007	+0.4
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	MEN	M	Final	2	Serge	Artoun	Jamhour	6.62	28	11	1997	+1.4
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	MEN	M	Final	3	Raafat	Matar	Lebanese Army	6.57	25	04	1992	+1.0
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	MEN	M	Final	4	Abdel Rahman	Bou Saleh	Interlebanon	6.10	01	09	2000	+0.4
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	MEN	M	Final	5	Simon	ElHajj	Let's Run	5.62	09	01	2006	+0.1
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	MEN	M	Final	6	Ryan	Varoujan	Champville	5.50	14	02	2009	+0.8
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	MEN	M	Final	7	Jimmy	Geagea	Interlebanon	5.38	27	09	2004	+0.3
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	MEN	M	Final	8	Malek	El Hout	Let's Run	5.34	27	04	2009	+0.4
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	MEN	M	Final	9	Ralph	Ibrahim	Champville	5.16	13	03	2007	+0.4
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	MEN	M	Final	10	Maroun	Chaar	Champville	4.86	10	01	2011	-0.1
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	LONG JUMP	MEN	M	Final	11	Ziad	AlShami	Let's Run	4.80	28	05	2012	-0.1
FLA INDIV 2026	Friday	11	August	2026	Beirut City Sport	LONG JUMP	MEN	M	Final	12	Gabriel	Haji Moussa	Champville	4.26	04	01	2011	+0.8

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	Heat 1	Q	Aziza	Sbeity	Let's Run	12.47	17	11	1991	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	Heat 1	Q	Lea	Abou Saleh	Let's Run	13.41	24	04	2012	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	Heat 1	Q	Clara	Khalife	Antonins	13.68	27	02	2006	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	Heat 1	q	Jia	Esta	Jamhour	13.96	21	6	2007	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	Heat 1		Natasha	Atallah	Athletica	15.31	08	10	2004	-0.2

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	Heat 2	Q	Haya	Kobrosly	Let's Run	12.75	22	08	2002	-1.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	Heat 2	Q	Nawal	Saleh	Interlebanon	13.19	07	08	1996	-1.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	Heat 2	Q	Joy	Esta	Jamhour	13.69	21	6	2007	-1.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	Heat 2	q	Kristelle	Jabbour	Jamhour	14.10	07	12	2011	-1.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	Heat 2		Dana	Samman	Blue Stars	15.67	20	12	2004	-1.2

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	FINAL	1	Aziza	Sbeity	Let's Run	12.04	17	11	1991	-0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	FINAL	2	Haya	Kobrosly	Let's Run	12.19	22	08	2002	-0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	FINAL	3	Nawal	Saleh	Interlebanon	12.94	07	08	1996	-0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	FINAL	4	Lea	Abou Saleh	Let's Run	13.49	24	04	2012	-0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	FINAL	5	Joy	Esta	Jamhour	13.50	21	6	2007	-0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	FINAL	6	Clara	Khalife	Antonins	13.70	27	02	2006	-0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	FINAL	7	Kristelle	Jabbour	Jamhour	13.95	07	12	2011	-0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	FINAL	8	Jia	Esta	Jamhour	13.98	21	6	2007	-0.5

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	WOMEN	F	FINAL	NC	malak	al afifi (not lebanese)	Jordan federation	13.33	21	11	2004	-1.5
----------------	----------	----	------	------	-------------------	------	-------	---	-------	----	-------	-------------------------	-------------------	-------	----	----	------	------

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 1	Q	Tamer	Saleh	Let's Run	11.25	08	08	2003	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 1	q	Roberto	Shehadeh	Blue Stars	11.47	20	10	2005	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 1		Charbel	Biri	Blue Stars	11.50	05	01	2005	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 1		Jimmy	Geagea	Interlebanon	11.52	27	09	2004	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 1		Georges	Agobdjian	Antonins	11.84	28	08	1998	-0.2

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 2	Q	Noureddine	Hadid	Interlebanon	10.97	28	01	1993	-0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 2	q	Andrew	Danny	Let's Run	11.02	21	02	2005	-0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 2	q	Yusef	Hmede	Lebanese Army	11.48	11	01	1990	-0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 2		Ralph	Jamous	Jamhour	11.73	12	02	2008	-0.5
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 2		Ghadi	Khadra	Let's Run	11.74	05	06	2004	-0.5
FLA INDIV 2025	Thursday	11	July	2025	Beirut City Sport	100M	MEN	M	Heat 2		Asaad	Nahhas	Antonins	12.02	02	11	2010	-0.5

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 3	Q	Abed	Erayess	Interlebanoon	11.43	15	11	1993	-0.1
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 3		Karl	Fata	Champville	11.68	28	08	2004	-0.1
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 3		Jad	Rahme	Blue Stars	11.88	15	03	2001	-0.1
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 3		Jean-Marie	Abi Rached	Jamhour	12.03	08	09	2009	-0.1
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 3		Fahed	ElBaroumi	Lebanese Army	12.35	29	03	1996	-0.1
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 3		Berj	Bastadjian	Homentmen BH	12.62	27	04	2009	-0.1
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 3		Charbel	ElHazoury	Batroun stars	12.69	26	07	2010	-0.1

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 4	Q	Kevin	Artoun	Jamhour	11.20	03	01	2006	-1.7
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 4	q	Majd	Akil	Interlebanoon	11.31	14	2	2006	-1.7
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 4		Hamza	Hassan	Lebanese Army	11.57	18	10	1996	-1.7
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 4		Majd	Jebbeh	Blue Stars	11.70	31	08	2006	-1.7
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 4		Simon	ElHajj	Let's Run	11.84	09	01	2006	-1.7
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	Heat 4		Marc	Feghaly	Champville	12.32	03	02	2008	-1.7

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	FINAL	1	Tamer	Saleh	Let's Run	10.60	08	08	2003	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	FINAL	2	Andrew	Danny	Let's Run	10.71	21	2	2005	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	FINAL	3	Noureddine	Hadid	Interlebanoon	10.72	28	01	1993	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	FINAL	4	Kevin	Artoun	Jamhour	11.09	03	01	2006	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	FINAL	5	Majd	Akil	Interlebanoon	11.27	14	2	2006	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	FINAL	6	Abed	Erayess	Interlebanoon	11.40	15	11	1993	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	FINAL	7	Yousef	Hmede	Lebanese Army	11.50	11	01	1990	-0.2
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	100M	MEN	M	FINAL	8	Roberto	Shehadeh	Blue Stars	11.65	20	10	2005	-0.2

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	WOMEN	F	FINAL	1	Maria	Nohra	Interlebanon	1:03.17	26	04	2001	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	WOMEN	F	FINAL	2	Leen	Ghezzaoui	Jamhour	1:05.75	23	06	2002	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	WOMEN	F	FINAL	3	Marina	Fenianos	Let's Run	1:07.34	20	08	1994	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	WOMEN	F	FINAL	4	Haifa	AlFarran	Let's Run	1:08.12	24	03	2010	NEW RECORD U18 GIRLS
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	WOMEN	F	FINAL	5	Maria	AlFarran	Let's Run	1:19.52	24	03	2010	

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	MEN	M	Heat1	1	Marc Anthony	Ibrahim	Let's Run	51.09	05	12	2002	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	MEN	M	Heat1	2	Ayman	Kbaydat	Lebanese Army	53.67	03	12	1996	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	MEN	M	Heat1	3	Ammar	Hammoud	Interlebanon	58.80	27	05	2003	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	MEN	M	Heat1	4	Mazen	Shreim	Interlebanon	58.85	10	10	1979	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	MEN	M	Heat2	1	Jean Paul	Hamalya	Antonins	1:00.32	16	01	2006	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	MEN	M	Heat2	2	Nazih	Awaida	Batroun Stars	1:00.78	03	12	2010	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	MEN	M	Heat2	3	Khaled	Kenaan	Leanese Army	1:00.87	01	08	1995	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	MEN	M	Heat2	4	Georges	Eter	Jamhour	1:01.16	05	03	2007	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	400m Hurdles	MEN	M	Heat2	5	Jad	Azzi	Champville	1:02.62	26	05	2008	

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	3000m Steeple	WOMEN	F	Final	1	Loaa	Zaarour	Interlebanon	12:01.92	31	03	1992	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	3000m Steeple	WOMEN	F	Final	2	Sama	Moustafa	Jamhour	12:31.54	11	03	2008	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	3000m Steeple	WOMEN	F	Final	3	Zeinab	Chahine	Interlebanon	13:17.51	04	05	2002	

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	3000m Steeple	MEN	M	Final	1	Mahmoud	Aou Zeid	Interlebanon	9:23.16	19	02	2008	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	3000m Steeple	MEN	M	Final	2	Ali	Jabak	Lebanese Army	9:54.90	15	06	1988	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	3000m Steeple	MEN	M	Final	3	Mohammad	Kdouh	Lebanese Army	10:09.00	15	11	1994	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	3000m Steeple	MEN	M	Final	4	Bilal	Slaheddine	Interlebanon	10:25.67	20	09	2008	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	3000m Steeple	MEN	M	Final	5	Adel	Haidar	Interlebanon	10:44.43	15	03	1994	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	3000m Steeple	MEN	M	Final	6	Samir	Sabeh Ayoun	Blue Stars	10:48.42	04	02	2006	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	3000m Steeple	MEN	M	Final	7	Lucas	Bou Sleiman	Jamhour	11:26.94	15	07	2009	

FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	10000m	MEN	M	FINAL	1	Ali ALRida	Kanaan	Lebanese Army	30:08.20	03	06	2003	NEW NATIONAL RECORD
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	10000m	MEN	M	FINAL	2	Charbel	Sejaan	Interlebanon	32:05.16	05	12	1992	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	10000m	MEN	M	FINAL	3	Zaher	Zeineddine	Lebanese Army	32:45.80	29	09	1992	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	10000m	MEN	M	FINAL	4	Omar	Abou Hamad	Lebanese Army	33:19.34	01	10	1992	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	10000m	MEN	M	FINAL	5	Ibrahim	Tarhini	Elite	34:51.33	01	01	1992	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	10000m	MEN	M	FINAL	6	Saleh	Zeaiter	Let's Run	36:39.26	24	08	1986	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	10000m	MEN	M	FINAL	7	Chadi	Halabi	Interlebanoon	39:29.65	14	02	1983	
FLA INDIV 2026	Thursday	10	July	2025	Beirut City Sport	10000m	MEN	M	FINAL	8	Zohrab	Guarabedian	Jamhour	42:25.57	05	11	1995	
FLA INDIV 2025	Thursday	10	July	2025	Beirut City Sport	10000m	MEN	M	FINAL	9	Joey	Angelil	Blue Stars	45:29.97	21	05	2003	

FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON 100mHurdles	WOMEN	F	event1	1	Zoulal	Bezjdian	Homentmen BH	18.98	05	05	2008	-1.6	392
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON 100mHurdles	WOMEN	F	event1	2	Antonina	Issa	Batroun Stars	19.14	28	10	2008	-1.6	377
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON 100mHurdles	WOMEN	F	event1	3	Leah	Hanna	Batroun Stars	19.48	07	08	2006	-1.6	347
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON 100mHurdles	WOMEN	F	event1	NC	malak	al affi (not lebanese)	Jordan federation	24.08	21	11	2004	-1.6	54

FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON HIGH JUMP	WOMEN	F	event2	1	Zoulal	Bezjdian	Homentmen BH	1.32	05	05	2008		429
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON HIGH JUMP	WOMEN	F	event2	2	Antonina	Issa	Batroun Stars	1.26	28	10	2008		369
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON HIGH JUMP	WOMEN	F	event2	3	Leah	Hanna	Batroun Stars	1.17	07	08	2006		284
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON HIGH JUMP	WOMEN	F	event2	NC	malak	al affi (not lebanese)	Jordan federation	1.38	21	11	2004		491

FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON SHOT PUT	WOMEN	F	event3	1	Zoulal	Bezjdian	Homentmen BH	8.73	05	05	2008		447
FLA INDIV 2025	Friday	10	July	2025	Beirut City Sport	HEPTATHLON SHOT PUT	WOMEN	F	event3	2	Leah	Hanna	Batroun Stars	8.01	07	08	2006		400
FLA INDIV 2025	Friday	10	July	2025	Beirut City Sport	HEPTATHLON SHOT PUT	WOMEN	F	event3	3	Antonina	Issa	Batroun Stars	5.87	28	10	2008		263
FLA INDIV 2025	Friday	10	July	2025	Beirut City Sport	HEPTATHLON SHOT PUT	WOMEN	F	event3	NC	malak	al affi (not lebanese)	Jordan federation	8.43	21	11	2004		427

FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON 200m	WOMEN	F	event4	1	Leah	Hanna	Batroun Stars	28.76	07	08	2006	-0.8	572
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON 200m	WOMEN	F	event4	2	Zoulal	Bezjdian	Homentmen BH	31.06	05	05	2008	-0.8	411
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON 200m	WOMEN	F	event4	3	Antonina	Issa	Batroun Stars	31.12	28	10	2008	-0.8	407

FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	HEPTATHLON 200m	WOMEN	F	event4	NC	malak	al afifi (not lebanese)	Jordan federation	27.67	21	11	2004	-0.8	657
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON LONG JUMP	WOMEN	F	event5	1	Leah	Hanna	Batroun Stars	4.67	7	05	2006	+1.0	446
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON LONG JUMP	WOMEN	F	event5	2	Zoulal	Bezdjian	Homentmen BH	4.43	5	5	2008	-0.1	411
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON LONG JUMP	WOMEN	F	event5	3	Antonina	Issa	Batroun Stars	3.96	28	10	2008	+0.0	299
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON LONG JUMP	WOMEN	F	event5	NC	malak	al afifi (not lebanese)	Jordan federation	4.73	21	11	2004	+0.1	487
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON JAVELIN	WOMEN	F	event6	1	Zoulal	Bezdjian	Homentmen BH	32.45	05	05	2008		523
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON JAVELIN	WOMEN	F	event6	2	Leah	Hanna	Batroun Stars	23.47	07	8	2006		354
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON JAVELIN	WOMEN	F	event6	3	Antonina	Issa	Batroun Stars	15.00	07	08	2006		197
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON JAVELIN	WOMEN	F	event6	NC	malak	al afifi (not lebanese)	Jordan federation	22.41	21	11	2004		334
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON 800m	WOMEN	F	event7	1	Antonina	Issa	Batroun Stars	3:06.39	28	10	2008		308
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON 800m	WOMEN	F	event7	2	Leah	Hanna	Batroun Stars	3:06.51	07	08	2006		307
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON 800m	WOMEN	F	event7	3	Zoulal	Bezdjian	Homentmen BH	3:08.16	05	05	2008		293
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON 800m	WOMEN	F	event7	NC	malak	al afifi (not lebanese)	Jordan federation	2:33.00	21	11	2004		656
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON	WOMEN	F	Final	1	Zoulal	Bezdjian	Homentmen BH	2906	05	05	2008		2906
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON	WOMEN	F	Final	2	Leah	Hanna	Batroun Stars	2710	07	08	2006		2710
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON	WOMEN	F	Final	3	Antonina	Issa	Batroun Stars	2220	28	10	2008		2220
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HEPTATHLON	WOMEN	F	Final	NC	malak	al afifi (not lebanese)	Jordan federation	3106	21	11	2004		3106
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	110m hurdles	MEN	M	Final	1	Ammar	Hammo	Interlebanon	15.25	27	5	2003	+0.0	
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	110m hurdles	MEN	M	Final	2	Hadi	Saada	Batroun Stras	16.89	04	01	2002	+0.0	
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	110m hurdles	MEN	M	Final	3	Khaled	Kenaan	Lebanese Army	18.15	01	08	1995	+0.0	
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	110m hurdles	MEN	M	Final	4	Joe	Bou Moussa	Antonins	20.91	30	09	2005	+0.0	
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	100m hurdles	WOMEN	F	FINAL	1	Leen	Ghazzaoui	Jamhour	15.95	23	06	2002	-0.2	
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	100m hurdles	WOMEN	F	FINAL	2	Leen	Al Hout	Let's Run	17.29	20	10	2010	-0.2	
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	100m hurdles	WOMEN	F	FINAL	3	Tala	Naamani	Antonins	17.38	21	10	2005	-0.2	
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	100m hurdles	WOMEN	F	FINAL	4	Marise	Nassour	Blue Stars	18.87	12	5	2002	-0.2	
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	1	Zayd	ElSayed	Let's Run	3:57.00	01	01	2001		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	2	Mahmoud	Abou Zeid	Interlebanon	3:58.58	19	02	2008		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	3	Ali	Mourtada	Let's Run	3:59.18	14	08	1999		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	4	Khaled	Al Den	Lebanese Army	4:06.10	14	09	1986		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	5	Bilal	Salaheddine	Interlebanon	4:11.36	20	09	2008		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	6	Charbel	Alkhoury	Lebanese Army	4:12.91	30	11	1996		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	7	Mohamad	Shouaib	Blue Stars	4:12.97	09	10	2004		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	8	Dany	Serhan	Interlebanon	4:17.58	07	05	1998		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	9	Samir	Sabeh Ayoun	Blue Stars	4:30.17	04	02	2006		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	10	Jimmy	Khoury	Champville	4:31.19	04	04	2008		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	11	Ahamad	Abbas	Lebanese Army	4:33.36	22	09	1999		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	12	Matheo	Chibli	Antonins	4:33.61	01	10	2008		
FLA INDIV 2024	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	13	Luigi	Angelli	Blue Stars	4:43.38	20	10	2004		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	14	Georges	Achkar	Champville	4:48.75	12	08	2008		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	15	Yorgo	Adallah	Jamhour	4:56.09	08	03	2006		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	16	Serge	Feghaly	Jamhour	5:08.94	27	09	2006		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	MEN	M	Final	17	Serouj	Boyadjian	Homentmen BH	5:26.18	03	10	2005		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	WOMEN	F	Final	1	Serena	Hayek	Interlebanon	5:03.28	01	01	2001		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	WOMEN	F	Final	2	Sama	Mosatafa	Jamhour	5:06.47	11	3	2008		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	WOMEN	F	Final	3	Jennifer	Tomaz	Interlebanon	5:14.10	14	06	1991		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	WOMEN	F	Final	4	Raghad	Sleiman	Kalaa Club	5:37.443	19	12	2008		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	WOMEN	F	Final	5	Farah	Eileen	Antonins	5:45.42	14	06	2010		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	WOMEN	F	Final	6	Mia	Malak	Jamhour	5:51.63	13	11	2004		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	WOMEN	F	Final	7	Donna Rita	Yaacoub	Antonins	6:04.63	26	09	2011		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	WOMEN	F	Final	8	Maya	Raad	Kalaa Club	6:21.28	05	02	2009		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	WOMEN	F	Final	9	Nagham	Hassa	Antonins	6:23.28	15	09	2005		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	WOMEN	F	Final	10	Zeina	Hajj	Blue stars	6:28.97	20	07	2004		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	1500m	WOMEN	F	Final	11	Lea	Mehchi	Jamhour	6:29.11	24	09	2007		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat1	1	Marc Anthony	Ibrahim	Let's Run	47.29	05	12	2002		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat1	2	Tamer	Saleh	Let's Run	47.32	08	08	2003		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat1	3	Mohammad	Mortada	Let's Run	49.07	31	05	1998		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat1	4	Ayman	Kbaydat	Lebanese Army	49.28	03	12	1996		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat1	5	Mahd	Issa	Interlebanon	50.07	06	11	2001		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat1	6	Mohamad	Hani	Interlebanon	52.19	14	02	1993		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat2	7	Karim	Abi Said	Jamhour	52.30	27	04	2001		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat2	8	Ali	Fneih	Jamhour	52.70	07	10	1995		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat3	9	Emmanuel	Lacky	Blue Stars	52.75	10	01	2007		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat2	10	Mohammad	Moussa	Lebanese Army	53.29	05	11	1995		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat2	11	Eric	Moukarzel	Antonins	54.00	28	11	2005		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat3	12	Marc	Feghaly	Champville	55.50	03	02	2008		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat3	13	Charbel	Andary	Jamhour	55.75	08	05	2007		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat3	14	Maroun	Bejani	Antonins	55.93	08	10	2009		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat2	15	Georges	Hanna	Antonins	56.26	20	12	2007		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	MEN	M	Heat2	16	Jad	Rahme	Blue Stars	58.99	15	03	2001		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	WOMEN	F	Heat1	1	Maria	Nohra	Interlebanon	57.81	26	04	2001		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	WOMEN	F	Heat1	1	Tala	Naamani	Antonins	1:02.57	21	10	2005		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	WOMEN	F	Heat2	1	Tala	Fakhoury	Interlebanon	1:03.68	12	8	1995		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	WOMEN	F	Heat1	1	Maria	Katchoyan	Antonins	1:03.77	31	01	2006		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	WOMEN	F	Heat2	1	Rebecca	Nahhas	Antonins	1:08.88	02	11	2010		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	WOMEN	F	Heat2	1	Elena	Hindi	Jamhour	1:10.34	27	04	2009		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	WOMEN	F	Heat2	1	Axelle	Abi Rached	Jamhour	1:11.22	23	06	2011		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	400m	WOMEN	F	Heat1	1	Theana	Khoury	Champville	1:24.55	12	06	2010		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	10000m	WOMEN	F	Final	1	Karine	Shreim	Blue Stars	40:27.39	07	07	1985		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport	10000m	WOMEN	F	Final	2	Malsaa	Chirazi	Elite Running	42:40.94	09	02	1978		
FLA INDIV 2025	Friday	11	July	2025	Beirut City Sport														

FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	DISCUS	MEN	M	Final	7	Jawad	Mortada	Interlebanon	23.10	29	6	2008	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	DISCUS	WOMEN	F	Final	1	Mira	Ibrahim	Champville	29.93	24	2	2001	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	DISCUS	WOMEN	F	Final	2	Mays	Obeid	Let's Run	28.90	1	8	2008	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	DISCUS	WOMEN	F	Final	3	Caroline	Makary	Let's Run	28.60	8	6	2004	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	DISCUS	WOMEN	F	Final	4	Mariam	Youssef	Batroun stars	28.32	7	1	2004	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	DISCUS	WOMEN	F	Final	5	Eliana	Mouawad	Batroun stars	25.68	30	4	2013	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	DISCUS	WOMEN	F	Final	6	Arina	Aprtahim	Antonins	24.86	20	12	2005	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	DISCUS	WOMEN	F	Final	7	Christelle	Srou	Antonins	24.76	13	9	2003	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	DISCUS	WOMEN	F	Final	8	Gioia	Feghall	Jamhour	23.51	30	7	2007	
FLA INDIV 2024	Saturday	12	July	2025	Beirut City Sport	JAVELIN	MEN	M	Final	1	Nabil	AlAkoumi	Lebanese Army	62.42	31	10	1996	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	MEN	M	Final	2	Mohammad	AlAkoumi	Lebanese Army	47.36	17	9	2002	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	MEN	M	Final	3	Joe	Bou Moussa	Antonins	46.21	30	9	2005	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	MEN	M	Final	4	Anthony	Kiwan	Champville	44.29	4	9	2008	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	MEN	M	Final	5	Anthony	Gerges	Champville	38.67	18	3	2007	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	MEN	M	Final	6	Michel	Asmar	Antonins	37.49	2	6	2008	
FLA INDIV 2024	Saturday	12	July	2024	Beirut City Sport	JAVELIN	MEN	M	Final	7	Yorgo	Abdallah	Antonins	35.91	8	3	2006	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	WOMEN	F	Final	1	Zoulal	Bezdjian	Homentmen BH	32.99	5	5	2008	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	WOMEN	F	Final	2	Elissa	Sekkar	Lebanese Army	29.89	9	6	1996	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	WOMEN	F	Final	3	Nisrine	Mouawad	Batroun Stars	27.47	14	9	2009	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	WOMEN	F	Final	4	Lynn	Nader	Batroun Stars	25.24	7	7	2009	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	WOMEN	F	Final	5	Axelle	Abi Rached	Jamhour	25.24	23	6	2011	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	WOMEN	F	Final	6	Maria	Gharzouzi	Jamhour	24.44	17	1	2002	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	WOMEN	F	Final	7	Karine	Naji	Interlebanon	21.59	15	10	1993	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	JAVELIN	WOMEN	F	Final	8	Dana	Samman	Blue Stars	13.48	20	12	2004	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	MEN	M	Final	1	Raafat	Matar	Lebanese Army	13.39	25	4	1992	-1.3
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	MEN	M	Final	2	Antoine	Khazaal	Jamhour	12.80	2	3	2011	+0.3
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	MEN	M	Final	3	Mazen	Shreim	Interlebanon	12.67	10	10	1979	+0.2
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	MEN	M	Final	4	Rasheed	El Hout	Let's Run	12.41	9	9	2007	-0.5
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	MEN	M	Final	5	Abed	Al Rayess	Interleanon	11.57	15	11	1993	-1.0
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	MEN	M	Final	6	Fouad	Maoula	Jamhour	11.12	26	11	2008	-0.7
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	MEN	M	Final	7	Malek	El Hout	Let's Run	11.09	27	4	2009	-0.9
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	MEN	M	Final	8	Maroun	Chaar	Champville	10.34	10	1	2011	-0.5
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	WOMEN	F	Final	1	Nisrine	Mouawad	Batroun stars	10.50	14	9	2009	-0.1
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	WOMEN	F	Final	2	Noura-Maria	Mansour	Batroun stars	10.10	24	8	2010	+0.8
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	WOMEN	F	Final	3	Cynthia	Jalkian	Interlebanon	9.71	13	12	1999	+1.1
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	WOMEN	F	Final	4	Tamara	Jreij	Batroun stars	9.57	22	4	2010	+0.4
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	WOMEN	F	Final	5	Lea	Deeb	Batroun stars	9.57	1	9	2002	+0.3
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	WOMEN	F	Final	6	Nea	Lamah	Jamhour	9.06	29	1	2009	+1.2
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	WOMEN	F	Final	7	Nay	Moustafa	Jamhour	8.98	20	6	2006	+1.0
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	WOMEN	F	Final	8	Thea	Rizk	Champville	8.92	10	8	2011	-0.6
FLA INDIV 2026	Saturday	12	July	2025	Beirut City Sport	TRIPLE JUMP	WOMEN	F	Final	9	Regina	Rizk	Let's Run	8.53	16	11	2009	+0.5
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HAMMER	MEN	M	Final	1	Majed	Abou Omar	Lebanese Army	40.53	1	12	1991	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HAMMER	MEN	M	Final	2	Rami	Mansour	Lebanese Army	39.63	8	6	1992	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HAMMER	WOMEN	F	Final	1	Mariam	Youssef	Batroun stars	40.44	7	1	2004	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HAMMER	WOMEN	F	Final	2	Christina	Mouawad	Batroun stars	29.92	23	12	2008	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	HAMMER	WOMEN	F	Final	3	Thea	Nassar	Jamhour	24.47	1	9	2004	
FLA INDIV 2026	Saturday	12	July	2025	Beirut City Sport	HAMMER	WOMEN	F	Final	4	Christelle	Srou	Antonins	24.15	13	9	2003	
FLA INDIV 2027	Saturday	12	July	2025	Beirut City Sport	HAMMER	WOMEN	F	Final	5	Nea	Lamah	Jamhour	23.40	29	1	2009	
FLA INDIV 2028	Saturday	12	July	2025	Beirut City Sport	HAMMER	WOMEN	F	Final	6	Clara	AbdelKarim	Jamhour	21.95	23	5	2006	
FLA INDIV 2029	Saturday	12	July	2025	Beirut City Sport	HAMMER	WOMEN	F	Final	7	Gioia	Feghaly	Jamhour	16.42	30	7	2007	
FLA INDIV 2025	Saturday	12	July	2025	Beirut City Sport	10000m WALK	MEN	M	Final	1	Wissam	Yazbeck	Interlebanon	1:07:36	18	01	1974	manual time
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	MEN	M	Final	1	Georges	Agopdjian	Antonins	1.84	28	8	1998	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	MEN	M	Final	2	Joe	Bou Moussa	Antonins	1.80	30	9	2005	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	MEN	M	Final	3	Georges	Eter	Jamhour	1.80	5	3	2007	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	MEN	M	Final	4	Jea Paul	Hanna	Antonins	1.75	16	1	2006	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	MEN	M	Final	5	Antoine	Khazaal	Jamhour	1.75	2	3	2011	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	MEN	M	Final	6	Dani	Lebous	Lebanese Army	1.70	14	10	1990	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	MEN	M	Final	7	Mahdi	AlAidawi	Lebanese Army	1.65	1	7	1985	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	MEN	M	Final	8	Ahmad	Hazer	Interlebanon	1.60	4	9	1989	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	MEN	M	Final	9	Chehadi	Hammoud	Batroun Stars	1.60	13	10	2009	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	WOMEN	F	Final	1	Sama	Moustafa	Jamhour	1.54	11	3	2008	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	WOMEN	F	Final	2	Vivienne	Issa	Batroun Stars	1.51	29	4	2009	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	WOMEN	F	Final	3	Lara	Kayaleh	Blue Stars	1.44	9	3	2008	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	WOMEN	F	Final	4	Leen	AlHout	Let's Run	1.44	20	10	2010	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	WOMEN	F	Final	5	Mia	Ismail	Antonins	1.40	12	5	2005	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	WOMEN	F	Final	6	Raffaella	Raad	Jamhour	1.40	4	5	2011	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	WOMEN	F	Final	7	Lolita	Hayek	Let's Run	1.35	3	10	2005	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	HIGH JUMP	WOMEN	F	Final	8	ahd	Mansour	Batroun Stars	1.20	24	8	2010	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 1	Q	Mohammad	Mourtada	Let's Run	22.59	31	5	1998	+0.1
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 1	q	Ali	Hachem	Jamhour	22.76	10	11	2001	+0.1
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 1		Majd	Akil	Interlebanon	23.07	14	2	2006	+0.1
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 1		Youssef	Hmede	Lebanese Army	23.47	11	1	1990	+0.1
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 1		Nazih	Awaida	Batroun Stars	23.82	3	12	2010	+0.1
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 1		Jad	Rahme	Blue Stars	24.34	15	3	2001	+0.1
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 2	Q	Tamer	Saleh	Let's Run	23.50	8	8	2003	-1.8
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 2		Charbel	Biri	Blue Stars	23.81	5	1	2005	-1.8
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 2		Mohammad	Moussa	Lebanese Army	24.1	5	11	1995	-1.8
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 2		Jean Marie	Abi Rached	Jamhour	24.33	8	9	2009	-1.8
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 3	Q	Kevin	Artoun	Jamhour	22.36	3	1	2006	-0.4
FLA INDIV 2026	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 3	q	Andrew	Danny	Let's Run	22.38	21	2	2005	-0.4
FLA INDIV 2027	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 3	q	Majd	Jebbeh	Blue Stars	22.91	31	8	2006	-0.4
FLA INDIV 2028	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 3		Charbel	ElHazoury	Batroun stars	25.32	26	7	2010	-0.4
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 4	Q	Mahdi	Issa	Interlebanon	22.87	6	11	2001	-2.1
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Heat 4	q	Roberto	Chehadeh	Blue Stars	23.06	20	10	2005	-2.1
FLA INDIV 2025	Sunday	13	July	2025														

FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Final	7	Roberto	Chehadeh	Blue Stars	22.84	20	10	2005	-1.0
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	MEN	M	Final	8	Majd	Jebbeh	Blue Stars	23.02	31	8	2006	-1.0

FLA INDIV 2024	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Heat 1	Q	Haya	Kobrosly	Lett's Run	25.53	22	8	2002	+0.9
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Heat 1	Q	Leen	Ghezzaoul	Jamhour	25.94	23	6	2002	+0.9
FLA INDIV 2026	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Heat 1	Q	Nawal	Saleh	Interlebanon	26.81	7	8	1996	+0.9
FLA INDIV 2027	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Heat 1	q	Maria	Bechara	Jamhour	27.66	7	9	2008	+0.9
FLA INDIV 2028	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Heat 1	q	Jia	Esta	Jamhour	28.62	21	6	2007	+0.9
FLA INDIV 2029	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Heat 1		Rebecca	Nhhas	Antonins	29.44	2	11	2010	+0.9
FLA INDIV 2030	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Heat 1		Marise	Nassour	Blue Stars	30.81	12	5	2002	+0.9
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Heat 2	Q	Aziza	Sbeity	Let's Run	25.52	17	11	1991	
FLA INDIV 2026	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Heat 2	Q	Maria	Nohra	Interlebanon	26.26	26	4	2001	
FLA INDIV 2027	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Heat 2	Q	Maria	Katchoyan	Antonins	28.37	31	1	2006	
FLA INDIV 2028	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Heat 2		Cybelle	Slim	Let's Run	29.87	15	1	2010	

FLA INDIV 2024	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Final	1	Aziza	Sbeity	Let's Run	24.64	17	11	1991	-1.3
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Final	2	Haya	Kobrosly	Lett's Run	25.21	22	8	2002	-1.3
FLA INDIV 2026	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Final	3	Leen	Ghezzaoui	Jamhour	25.29	23	6	2002	-1.3
FLA INDIV 2027	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Final	4	Maria	Nohra	Interlebanon	25.58	26	4	2001	-1.3
FLA INDIV 2028	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Final	5	Nawal	Saleh	Interlebanon	26.85	7	8	1996	-1.3
FLA INDIV 2029	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Final	6	Maria	Bechara	Jamhour	27.72	7	9	2008	-1.3
FLA INDIV 2030	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Final	7	Jia	Esta	Jamhour	28.42	21	6	2007	-1.3
FLA INDIV 2031	Sunday	13	July	2025	Beirut City Sport	200m	WOMEN	F	Final	8	Maria	Katchoyan	Antonins	28.43	31	1	2006	-1.3

FLA INDIV 2024	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	1	Ali	Mourtada	Let's Run	1:51.95	14	8	1999	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	2	Marc Anthony	Ibrahim	Let's Run	1:52.94	5	12	2002	
FLA INDIV 2026	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	3	Mohammad	Hannouf	Interlebanon	1:55.66	14	2	1993	
FLA INDIV 2027	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	4	Charbel	Alkhoury	Lebanese Army	1:56.69	30	11	1996	
FLA INDIV 2028	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	5	Dani	Serhan	Interlebanon	1:59.67	7	5	1998	
FLA INDIV 2029	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	6	Jimmy	Khoury	Champville	2:00.69	4	4	2008	
FLA INDIV 2030	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	7	Kamal	AlAhmad	Lebanese Army	2:01.62	29	6	1989	
FLA INDIV 2031	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	8	Mohamad	Shouaib	Blue stars	2:01.91	9	10	2004	
FLA INDIV 2032	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	9	Ahmad	Abbas	Lebanese Army	2:06.21	22	9	1999	
FLA INDIV 2033	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	10	Emmanuel	Lacky	Blue stars	2:06.53	10	1	2007	
FLA INDIV 2034	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	11	Eric	Moukarzel	Antonins	2:06.67	28	11	2005	
FLA INDIV 2035	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	12	Yorgo	Abdallah	Jamhour	2:14.23	8	3	2006	
FLA INDIV 2036	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	13	Serge	Feghaly	Jamhour	2:15.37	27	9	2006	
FLA INDIV 2037	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	14	Marlon	Souaid	Batroun Stars	2:15.67	1	3	2011	
FLA INDIV 2038	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	15	Othman	Barake	Batroun Stars	2:15.85	19	6	2011	
FLA INDIV 2039	Sunday	13	July	2025	Beirut City Sport	800m		Final	M	Final	16	Ahmad	Seifeddine	Interlebanon	2:18.88	3	7	2007	

FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	800m	WOMEN	F	Final	1	Serena	Hayek	Interleanon	2:25.66	1	1	2001	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	800m	WOMEN	F	Final	2	Carine	Bawab	Interleanon	2:25.71	28	7	2011	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	800m	WOMEN	F	Final	3	Haifa	AlFarran	Let's Run	2:26.46	24	3	2010	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	800m	WOMEN	F	Final	4	Maria	Ferlanos	Let's Run	2:26.97	20	8	1994	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	800m	WOMEN	F	Final	5	Tala	Fakhoury	Interleanon	2:29.11	12	8	1995	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	800m	WOMEN	F	Final	6	Mia	Malak	Jamhour	2:40.33	13	11	2004	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	800m	WOMEN	F	Final	7	Raghad	Sleiman	Kalaa Club	2:42.59	19	12	2008	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	800m	WOMEN	F	Final	8	Joy	Esta	Jamhour	2:50.42	21	6	2007	

FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	1	Ali AlRida	Kenaan	Lebanese Army	14:15.96	3	6	2003	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	2	Zeid	AlSayed	Let's Run	14:38.03	1	1	2001	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	3	Charbel	Sejaan	Interlebanon	14:58.44	5	12	1992	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	4	Mahmoud	Abou Zeid	Interlebanon	15:46.82	19	2	2008	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	5	Bilal	Awada	Lebanese Army	15:53.12	10	9	1986	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	6	Bilal	Salaheddine	Interlebanon	16:11.04	20	9	2008	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	7	Ibrahim	Tarhini	Elie Running Club	16:30.47	1	1	1992	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	8	Omar	AlKek	Lebanese Army	16:33.53	28	4	1995	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	9	Chadi	Ajaj	Lebanese Army	16:52.91	28	2	1998	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	10	Elie	Hallassou	Let's Run	16:54.73	4	6	1992	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	11	Hani	Kasem	Lebanese Army	16:54.76	10	10	1999	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	12	Mohamad	Seifeddine	Elie Running Club	17:05.67	10	3	1995	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	13	Bassam	AlHayek	Lebanese Army	17:09.82	19	1	2002	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	14	Ali AlRida	Seifeddine	Interlebanon	17:14.60	22	6	2008	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	15	Adel	Haidar	Interlebanon	17:25.90	15	3	1994	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	16	Saleh	Zeaiter	Let's Run	17:34.08	24	8	1985	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	17	Matheo	Chibli	Antonins	17:34.73	1	10	2008	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	18	Lucas	Bou Sleiman	Jamhour	17:57.15	15	7	2009	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	19	Luigi	Angelili	Blue Stars	18:39.68	20	10	2004	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	20	Khalil	El Asmar	Let's Run	18:45.40	9	10	1982	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	21	Wissam	Houdayfe	ISF	19:11.91	1	1	1976	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	22	Zohrab	Guarabedian	Jamhour	19:25.47	5	11	1985	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	23	Malek	Dagher	ISF	19:38.31	1	1	1979	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	24	Hisham	Ahmadiyeh	ISF	21:49.94	1	1	1994	
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	MEN	M	Final	25	Joulian	Salameh	ISF	24:32.00	1	1	1989	

FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	WOMEN	F	Final	1	Nada	Kurdi	Blue Stars	18:40.35	14	6	1984
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	WOMEN	F	Final	2	Loaa	Zaarour	Interlebanon	19:00.41	31	3	1992
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	WOMEN	F	Final	3	Karine	Shreim	Blue Stars	19:06.54	7	7	1985
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	WOMEN	F	Final	4	Nour	Ghousseini	Elite Running Club	19:43.55	8	11	2000
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	WOMEN	F	Final	5	Jasmin	ElAchkar	Let's Run	20:32.37	11	8	1998
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	WOMEN	F	Final	6	Crystal Monica	Abou Jneid	Let's Run	20:59.54	16	1	1998
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	WOMEN	F	Final	7	Zeinab	Shaheen	Interlebanon	21:48.05	4	5	2002
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	WOMEN	F	Final	8	Helene	Kahouche	Elite Running Club	22:03.75	18	1	1977
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	WOMEN	F	Final	9	Jessy	Haddad	Let's Run	22:18.74	10	12	1979
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	WOMEN	F	Final	10	Nagham	Hassan	Antonins	24:40.92	15	9	2005
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	WOMEN	F	Final	11	Christia	Slim	Jamhour	25:11.63	27	12	2004
FLA INDIV 2025	Sunday	13	July	2025	Beirut City Sport	5000m	WOMEN	F	Final	12	Nour	Chami	Jamhour	27:24.06	2	1	1998