



Women								
Category	Gender	Event	Performance	W	Athlete	Club	Date	Date of Birth
Open	F	100m	11.54	+1.4	Aziza Sbaity	Let'S Run	27-May-23	17-Nov-91
Open	F	200m	23.56	+1.4	Gretta Taslakian	Maristes	24-Nov-07	16-Aug-85
Open	F	400m	52.72		Rasha BADRANI	Jamhour	19-Apr-25	15-Jun-04
Open	F	800m	2:11.49		Saria Traboulsi	Inter-Lebanon	25-Jul-13	05-Feb-87
Open	F	1500m	4:35.96		Joan MAKARY	Let'S Run	31-Jul-22	10-May-93
Open	F	5000m	16:53.89		Nadia Dagher	Champions	25-May-16	28-Apr-90
Open	F	10000m	36:00.50		Maria-Pia Nehmé	Let's Run	03-May-25	21-Aug-81
Open	F	Marathon	2:36.09		Nesrine LEENE NJEIM	Inter-Lebanon	01-Dec-24	09-Jun-83
Open	F	100m H (0.838m)	14.55	+1.7	Rasha BADRANI	Let's Run	09-Mar-24	15-Jun-04
Open	F	400m H (0.762m)	57.79		Rasha BADRANI	Jamhour	05-Apr-25	15-Jun-04
Open	F	3000m SC (0.762m)	11:50.17		Loaa ZAAROUR	Inter-Lebanon	08-Aug-23	31-Mar-92
Open	F	HJ	1.74		Mayssa Mouawad	CSJ	12-Jun-21	10-May-03
Open	F	PV	2.10		Jana Majed	Ansar	08-Jul-10	23 Dec 1991
Open	F	LJ	5.87	-0.5	Christel Saneh	Blue Stars	24-Apr-21	11-Jun-94
Open	F	TJ	11.85	+0.9	Rania Estephan	Antonins	02-Jul-01	17-Oct-80
Open	F	SP (4 kg)	12.39		Leyla KARHANI	Maristes	16-May-02	01-Jul-77
Open	F	DT (1 kg)	41.30		Jeanette Ayoub	Maristes	01-May-86	02-Jan-61
Open	F	HT (4 Kg)	44.66		Mariam YOUSSEF	Batroun Stars	07-Apr-25	07-Jan-04
Open	F	JT (600 g)	39.31		Jeanette Said	Inter-Lebanon	12-Dec-12	13-May-84
Open	F	Heptathlon	4314		Zeina Mina	Antonins	22-Aug-83	01-Jan-63
Open	F	10000m W	57:05.61		Sandy KARAM	Maristes	04-Jun-16	14-Feb-96
Open	F	10km W	56:30		Sandy Karam	Let's Run	26-May-19	14-Feb-96
Open	F	20km W	1:59.33		Sandy Karam	Let's Run	13-Apr-19	14-Feb-96
Open	F	4x100m	46.91		Haya KOBROSLY	National Team	08-Jul-24	22-Aug-02
					Mayssa MOUAWAD			10-May-03
					Rasha BADRANI			15-Jun-04
					Leen GHAZAOU			23-Jun-02
Open	F	4x400m	3:53.90		Nathalie Saikali	Maristes	03-Aug-02	
					Mirvat Hamze			
					Reine Bejjani			
					Gretta Taslakian			

Men								
Category	Gender	Event	Performance	W	Athlete	Club	Date	Date of Birth
Open	M	100m	10.27	-1.1	Noureddine Hadid	Army	19-Jun-24	28-Jan-93
Open	M	100m	10.27	+1.7	Noureddine Hadid	Army	23-Jun-24	28-Jan-93
Open	M	200m	20.59	-0.7	Noureddine Hadid	Army	01-Jun-24	28-Jan-93
Open	M	400m	46.92		Marc Anthony IBRAHIM	Let'S Run	18-May-24	05-Dec-02
Open	M	800m	1:50.31		Mohammad HANNOUF	Inter-Lebanon	24-Jun-23	15-Feb-93
Open	M	1500m	3:44.11		Munir KABBARA	Let'S Run	15-Apr-22	16-Jan-00
Open	M	5000m	14:13.13		Zayd AL SAYD	Let'S Run	28-Nov-24	01-Jan-01
Open	M	10000m	30:08.20		Ali Alrida KANAAN	Army	10-Jul-25	03-Jun-03
Open	M	Marathon	2:20.31		Hussein Awada	Army	07-Nov-10	02-Jan-74
Open	M	110m H (1.067m)	14.06	+1.5	Ahmad Hazer	Ansar	28-Jul-11	04-Sep-89
Open	M	400m H (0.914m)	49.23		Marc Anthony IBRAHIM	Let'S Run	21-Jul-24	05-Dec-02
Open	M	3000m SC (0.914m)	8:44.05		Munir KABBARA	Let'S Run	14-May-22	16-Jan-00
Open	M	HJ	2.27		Jean-Claude Rabbath	Maristes	12-Jun-04	12-Jul-77
Open	M	PV	4.40		Mohamad Nasser	Dahyé	15-Oct-71	02-Jan-56
Open	M	LJ	7.43		Marc Habib	Vétérans	23-Jul-04	17-Nov-79
Open	M	TJ	14.89	-0.7	Patrick Hanna	Blue Stars	20-Jul-14	02-Feb-96
Open	M	SP (7.260 kg)	18.00		Christopher Saikalis	Maristes	13-May-16	02-Jan-94
Open	M	DT (2 kg)	54.15		Georges Hachem	Army	24-Sep-04	06-Jun-76
Open	M	HT (7.260 kg)	58.41		Abdullah SHAHEEN	Inter-Lebanon	19-Apr-13	15-Jan-90
Open	M	JT (800 g)	65.66		Nabil AKOUMI	Army	05-Jul-25	31-Oct-96
Open	M	Decathlon	6873 pts		Elie Sfeir	Maristes	29-30 Aug 1975	07-Feb-48
Open	M	10000m W	46:23.16		Ali Ismail	Inter-Lebanon	16-Feb-12	20-Dec-84
Open	M	10km W	43:39		Ali Ismail	Inter-Lebanon	24-Jun-12	20-Dec-84
Open	M	20km W	1:35:20		Ali Ismail	Inter-Lebanon	09-Jun-12	20-Dec-84
Open	M	4x100m	41.05		Marc Anthony IBRAHIM	Let'S Run	21-Jul-24	05-Dec-02
					Tamer SALEH			08-Aug-03
					Andrew DANNY			21-Feb-05
					Mitri HABIB			17-Feb-99

Open	M	4x400m	3:11.74		Nouredine HADID	National Team	04-Aug-23	28-Jan-93
					Marc Anthony IBRAHIM			05-Dec-02
					Ali MOURTADA			14-Aug-99
					Mohamd MERHE MORTADA			31-May-98

Non Olympic Events								
Open								
Category	Gender	Event	Performance	W	Athlete	Club	Date	Date of Birth
Open	F	300m	39.37		Aziza SBAITY	Antonins	20-Dec-20	17-Nov-91
Open	F	1000m	2:53.59		Saria TRABOULSI	Inter-Lebanon	10-Aug-13	05-Feb-87
Open	F	3000m	9:48.00		Nadia DAGHER	Champions	19-May-16	02-Jan-95
Open	F	Half-Marathon	1:15.55		Nesrine LEENE NJEIM	Inter-Lebanon	06-Apr-25	09-Jun-83
Open	F	100km Ultramarathon	9:07:31		Kathia RACHED	Arz	27-Aug-22	25-Mar-77
Open	F	200km Ultramarathon	23:54:02		Kathia RACHED	Arz	10/11-Jun-2023	25-Mar-77
Open	F	80m H (0.762m)	15.8h		Zepur KASSABIAN	Homenet JOU	06-Aug-65	00-Jan-00
Open	F	2000m SC (0.762m)	7:26.83		Loaa ZAAROUR	Inter-Lebanon	26-Jun-21	31-Mar-92
Open	F	4x200m	1:49.53		CSJ	CSJ	28-Dec-17	00-Jan-00
Open	F	6 hours Virtual -IAU	73.10 km		Kathia RACHED	Arz	18-Mar-23	25-Mar-77
Open	F	24 hours -IAU	201.2 km		Kathia RACHED	Arz	10/11-Jun-2023	25-Mar-77
Open	F	10Km Road	35:23		Maria-Pia Nehmé	Let's Run	20-Oct-19	21-Aug-81
Open	M	300m	33.77		Tamer SALEH	Let'S Run	10-Dec-23	08-Aug-03
Open	M	1000m	2:24.00		Ali MOURTADA	Inter-Lebanon	03-Jun-23	14-Aug-99
Open	M	3000m	7:59.62		Zayd AL SAYD	Let'S Run	14-Dec-24	01-Jan-01
Open	M	One Hour	18,548		Hussein AWADA	Army	05-Mar-11	02-Jan-74
Open	M	Half-Marathon	1:05:28		Hussein AWADA	Army	28-Feb-10	02-Jan-74
Open	M	100km Ultramarathon	11:37:14		Chawky REAIDY	Elite	27-Aug-22	14-Jul-69
Open	M	3000m W	12:56.01		Ali ISMAIL	Inter-Lebanon	20-May-11	20-Dec-84
Open	M	5000m W	21:22.72		Ali ISMAIL	Inter-Lebanon	27-Jan-12	20-Dec-84
Open	M	4x200m	1:31.25		CSJ	CSJ	20-Dec-15	
Open	M	6 hours Virtual -IAU	73.390 km		Hussein Lhaf	Army	18-Mar-23	19-Feb-74
Open	M	1 Mile	4:09.86		Zayd AL SAYD	Let'S Run	06-Feb-24	01-Jan-01
Open	M	10Km Road	30.07		Zayd AL SAYD	Let'S Run	22-Sep-24	01-Jan-01