FÉDÉRATION LIBANAISE D'ATHLÉTISME
DEKWANEH - LIBAN



الاتحاد اللبناني لألعاب القوى
الدكوانه – لبنان

Women Indoor

Category	Gender	Event	Performance	W	Athlete	Club	Date	Date of Birth
U20	F	60m	7.88		Lea MAZLOUM	Antonins	01-Feb-20	04-Dec-02
U20	F	200m	25.78		Mayssa MOUAWAD	CSJ	03-Feb-22	10-May-03
U20	F	400m	1:02.79		Haya KOBROSLI	Inter-Lebanon	07-Feb-21	22-Aug-02
U20	F	800m	2:27.94		Sara AWALI	Phénicie	14-Feb-13	27-Jan-94
U20	F	60m H (0.838m)	9.25		Lea MAZLOUM	Antonins	30-Nov-19	04-Dec-02
U20	F	HJ	1.68		Mayssa MOUAWAD	CSJ	03-Feb-22	10-May-03
U20	F	Long Jump	5.69		Lea MAZLOUM	Antonins	01-Feb-20	04-Dec-02
U20	F	Shot Put (4 Kg)	8.41		Christel SANEH	Maristes	15-Feb-13	11-Jun-94
U20	F	Pentathlon	2958		Christel SANEH	Maristes	15-Feb-13	11-Jun-94
OPN	F	60m	7.47		Aziza SBAITY	Let'S Run	18-Mar-22	17-Nov-91
OPN	F	200m	23.73		Rasha BADRANI	Let'S Run	06-Feb-26	15-Jun-04
OPN	F	400m	52.81		Rasha BADRANI	Jamhour	08-Feb-25	15-Jun-04
OPN	F	800m	2:12.70		Rasha BADRANI	Let'S Run	31-Jan-26	15-Jun-04
OPN	F	1500m	4:43.96		Joan MAKARY	Let'S Run	27-Jan-25	10-May-93
OPN	F	3000m	9:51.63		Joan MAKARY	Let'S Run	28-Jan-25	10-May-93
OPN	F	60m H (0.838m)	9.25		Lea MAZLOUM	Antonins	30-Nov-19	04-Dec-02
OPN	F	HJ	1.68		Mayssa MOUAWAD	CSJ	03-Feb-22	10-May-03
OPN	F	PV	2.77		Loua HOUDEIB	Inter Lebanon	23-Mar-25	16-Feb-05
OPN	F	LJ	5.69		Lea MAZLOUM	Antonins	01-Feb-20	04-Dec-02
OPN	F	TJ	11.00		Christel EL SANEH	Blue Stars	18-Jan-25	11-Jun-94
OPN	F	SP (4 Kg)	8.74		Samantha-Ann HADDAD	Batroun Stars	28-Jan-23	03-Jan-97
OPN	F	Pentathlon	3129		Christel SANEH	Maristes	16-Feb-14	11-Jun-94

Men Indoor

Category	Gender	Event	Performance	W	Athlete	Club	Date	Date of Birth
U18	M	60m	7.19		Jawad RIZK	Inter-Lebanon	14-Feb-26	**13-Jan-09**
U18	M	1500m	3:56.17		Mahmoud Abou Zeid	Inter-Lebanon	27-Jan-25	**19-Feb-08**
U18	M	3000m	8:28.42		Mahmoud Abou Zeid	Inter-Lebanon	28-Jan-25	**19-Feb-08**
U20	M	60m	7.03	+0.2	Majd AKIL	Inter-Lebanon	14-Dec-25	14-Feb-06
U20	M	200m	22.23		Karim SLIM	Inter-Lebanon	29-Nov-25	02-Jan-02
U20	M	400m	49.69		Marc Anthony IBRAHIM	Antonins	25-Dec-21	02-Jan-02
U20	M	800m	2:00.46		Peter KHOURY	Maristes	11-Feb-17	28-Jun-99
U20	M	1500m	3:56.17		Mahmoud Abou Zeid	Inter-Lebanon	27-Jan-25	**19-Feb-08**
U20	M	3000m	8:28.42		Mahmoud Abou Zeid	Inter-Lebanon	28-Jan-25	**19-Feb-08**
U20	M	60m H (0.991m)	8.64		Patrick HANNA	Blue Stars	13-Apr-14	02-Feb-96
U20	M	HJ	2.06		Omar ARNAOUT	Let'S Run	26-Feb-22	02-Jan-03
U20	M	PV	3.40		Patrick HANNA	Blue Stars	04-Feb-12	02-Feb-96
U20	M	LJ	6.60		Patrick HANNA	Blue Stars	28-Feb-14	02-Feb-96
U20	M	TJ	14.52		Patrick HANNA	Blue Stars	18-Jan-14	02-Feb-96
OPN	M	60m	6.68	+0.7	Noureddine HADID	Inter-Lebanon	31-Jan-26	02-Jan-93
OPN	M	200m	21.00		Noureddine HADID	Inter-Lebanon	21-Feb-25	02-Jan-93
OPN	M	400m	47.55		Marc Anthony IBRAHIM	Let'S Run	30-Jan-26	02-Jan-02
OPN	M	800m	1:54.39		Peter KHOURY	Inter-Lebanon	02-Feb-20	28-Jun-99
OPN	M	1500m	3:53.60		Peter KHOURY	Inter-Lebanon	07-Feb-21	28-Jun-99
OPN	M	3000m	8.19.29		Munir KABBARA	Let'S Run	27-Jan-23	16-Jan-00
OPN	M	60m H (1.067m)	8.20		Ahmad HAZER	Champions	11-Feb-18	04-Sep-89
OPN	M	HJ	2.24		Jean-Claude RABBATH	Antonins	07-Feb-07	12-Jul-77
OPN	M	PV	3.40		Ali HAZER	Ansar	25-Feb-10	17-Aug-84
OPN	M	PV	3.40		Patrick HANNA	Blue Stars	04-Feb-12	02-Feb-96
OPN	M	LJ	7.41		Gaby ISSA-EL-KHOURY	CAEJ	04-Feb-84	27-Sep-60
OPN	M	TJ	14.52		Patrick HANNA	Blue Stars	18-Jan-14	02-Feb-96
OPN	M	SP (7.260 Kg)	17.75		Christopher SAIKALIS	Maristes	11-Mar-17	02-Jan-94

OPN	M	Heptathlon	4813		Ali HAZER	Ansar	25-Feb-10	17-Aug-84
OPN	M	4x400m	3:33.51		Christophe BOULOS	Inter-Lebanon	03-Feb-19	
					Malek SHATILA			
					Abdel-Rahim RAYES			
					Mohamad HANNOUF			

Other Events

Indoor

Category	Gender	Event	Performance	W	Athlete	Club	Date	Date of Birth
U18	F	300m(i)	43.68		Angelina-Chris KEHDY	Batroun Stars	20-Dec-25	02-Jul-08
U20	F	300m(i)	43.53		Angelina-Chris KEHDY	Batroun Stars	17-Jan-26	02-Jul-08
U20	F	1000m	3:06.65		Lina JAAFAR	Inter-Lebanon	13-Feb-19	02-Jan-03
OPN	F	300m	45.43		Tara KANJ	Blue Stars	13-Jan-17	02-Jan-95
OPN	F	1000m	3:06.65		Lina JAAFAR	Inter-Lebanon	13-Feb-19	02-Jan-03
U20	M	300m	35.06		Karim SLIM	Inter-Lebanon	25-Jan-25	29-Nov-06
U20	M	1000m	3:00.23		Patrick HANNA	Blue Stars	16-Feb-13	02-Feb-96
OPN	M	300m	34.51		Tamer SALEH	Let'S Run	12-Dec-25	08-Aug-03
OPN	M	1000m	2:52.32		Ali HAZER	Ansar	25-Feb-10	17-Aug-84
OPN	M	5000m	14.33.77		Munir KABBARA	Let'S Run	27-Jan-23	16-Jan-00
OPN	M	10000m W	46:23.16		Ali ISMAIL	Inter-Lebanon	16-Feb-12	20-Dec-84
OPN	M	4x200m	1:36.12		Noureddine HADID	National Team	21-Dec-19	
					Ramzi NAIM			
					Abdo HELOU			
					Simon HAMMAM			