الاتحاد اللبناني لألعاب القوى

نتيجة سباق سوق الغرب الثاني "منركض سوا 2026"

21/6/2026 6 km

Rang	Chrono	Dossard	Nom-Prénom	Cat.	Club	Class/Cat.	Sexe
1	0:20:44	19	علي سيف الدين	18 - 19M	Inter libanon	1° 18 - 19M	M
2	0:22:56	26	KARIM Jaber	20 - 34M	Rashaya Inspired Runners	1° 20 - 34M	M
3	0:23:00	73	WISSAM Houdayfa	50 - 54M	قوى الامن الداخلي	1° 50 - 54M	M
4	0:24:13	59	HAMZA Al shaar	45 - 49M	Inter libanon	1° 45 - 49M	M
5	0:24:41	14	ALI Maaoush	16 - 17M	Atletico Barja	1° 16 - 17M	M
6	0:24:46	30	TOUFIC Abou Ali	20 - 34M	Haramoon Future Stars Academy	2° 20 - 34M	M
7	0:24:49	11	احمد العفي	16 - 17M	القلعة الرياضي بعلبك	2° 16 - 17M	M
8	0:24:57	69	SAMI Daou	50 - 54M	NA	2° 50 - 54M	M
9	0:25:04	6	GHAYTH Bahmad	16 - 17M	Rashaya Inspired Runners	3° 16 - 17M	M
10	0:25:53	9	خالد شلحة	16 - 17M	القلعة الرياضي بعلبك	4° 16 - 17M	M
11	0:26:34	20	SAAD Mounzer	18 - 19M	Rashaya Inspired Runners	2° 18 - 19M	M
12	0:26:59	55	MOHAMMAD Al Sayed	40 - 44M	Atletico Barja	1° 40 - 44M	M
13	0:27:14	1	RONI Nour El-Dine	16 - 17M	NA	5° 16 - 17M	M
14	0:27:19	33	علي خيرالدين	20 - 34M	Antonine	3° 20 - 34M	M
15	0:27:21	90	ALI makke	60 - 64M	Inter libanon	1° 60 - 64M	M
16	0:27:51	5	GHADY Bahmad	16 - 17M	Rashaya Inspired Runners	6° 16 - 17M	M
18	0:29:04	7	KARAM Saleh	16 - 17M	Bfit gym	7° 16 - 17M	M
19	0:29:24	78	RAYMOND Nehme	50 - 54M	Fortis tigris	3° 50 - 54M	M
20	0:29:40	102	HUSSIEN Chayah	60 - 64M	القلعة الرياضي بعلبك	2° 60 - 64M	M
21	0:29:44	64	جمانة علامة	45 - 49F	القلعة الرياضي بعلبك	1° 45 - 49F	F
22	0:29:56	94	زياد عطية	60 - 64M	امن الدولة	3° 60 - 64M	M
23	0:30:14	87	MANSOUR GEHA Geha	55 - 59M	Fortis tigris	1° 55 - 59M	M
24	0:30:32	2	HOUSSAM Abo hassoun	16 - 17M	Rashaya Inspired Runners	8° 16 - 17M	M
25	0:30:46	38	علي شاشة	20 - 34M	Atletico Barja	4° 20 - 34M	M
26	0:31:04	21	JAMAL Shoura	18 - 19M	Bfit gym	3° 18 - 19M	M
27	0:31:07	91	بسام ديب	60 - 64M	رابطة قدامى القوات الأسلحة للجيش اللبناني	4° 60 - 64M	M
28	0:31:15	32	RANA Bazz	20 - 34F	Bfit gym	1° 20 - 34F	F
29	0:31:18	72	HANAN Abed el khalek	50 - 54F	Inter libanon	1° 50 - 54F	F
30	0:31:31	80	اديب زهرة	55 - 59M	Rashaya Inspired Runners	2° 55 - 59M	M
31	0:32:10	57	فاتن حمزة	40 - 44F	Mountain warriors	1° 40 - 44F	F
32	0:32:16	85	REFAAT Al sayegh	55 - 59M	Rashaya Inspired Runners	3° 55 - 59M	M
33	0:32:21	15	ALI Ghattas	16 - 17M	Atletico Barja	9° 16 - 17M	M
34	0:32:33	106	AHMAD ghazayel	65+M	Inter libanon	1° 65+M	M
35	0:33:04	67	HADI Abdel Latif	50 - 54M	Run4Life	4° 50 - 54M	M
36	0:33:13	52	SAMER Chaar	40 - 44M	Mountain warriors	2° 40 - 44M	M
37	0:33:58	93	ALI Hijazi	60 - 64M	Rashaya Inspired Runners	5° 60 - 64M	M
38	0:34:04	82	ADEL yehya	55 - 59M	alarz	4° 55 - 59M	M
39	0:34:06	83	SAID Tawbi	55 - 59M	Rashaya Inspired Runners	5° 55 - 59M	M
40	0:35:11	8	مايا رعد	16 - 17F	القلعة الرياضي بعلبك	1° 16 - 17F	F
41	0:35:12	56	مروان الحاج حسين	40 - 44M	القلعة الرياضي بعلبك	3° 40 - 44M	M
42	0:35:17	31	NAGHAM Hasan	20 - 34F	Antonine	2° 20 - 34F	F
43	0:35:43	86	WASSIM Jaber	55 - 59M	Rashaya Inspired Runners	6° 55 - 59M	M
45	0:36:21	112	HADI ABEDL KHALEK	35 - 39M		1° 35 - 39M	M
46	0:36:37	53	MARIAM Hashem	40 - 44F	NA	2° 40 - 44F	F
48	0:37:12	43	JAMAL Timani	20 - 34M	NA	5° 20 - 34M	M
53	0:37:35	58	IBTISSAM Abou Salhab	45 - 49F	Haramoon Future Stars Academy	2° 45 - 49F	F
56	0:37:54	25	CARINE Akl	20 - 34F	NA	3° 20 - 34F	F

57	0:38:13	66	INSAF Ammar	50 - 54F	Haramoon Future Stars Academy	2° 50 - 54F	F
59	0:38:35	50	ناهية زيدان	40 - 44F	Run4Life	3° 40 - 44F	F
68	0:40:13	40	HEKMAT Chemaly	20 - 34F	القلعة الرياضي بعلبك	4° 20 - 34F	F
71	0:40:31	62	OUDAY Ahmadieh	45 - 49M	Elite running club	2° 45 - 49M	M
76	0:41:40	84	RAGHEB Btadini	55 - 59M	Rashaya Inspired Runners	7° 55 - 59M	M
77	0:41:59	44	SAMAR Saab	35 - 39F	Run4Life	1° 35 - 39F	F
80	0:42:10	107	RAFIK Hamra	65+M	Mountain warriors/Aley	2° 65+M	M
83	0:42:55	92	HUSSAM Badreddin	60 - 64M	Rashaya Inspired Runners	6° 60 - 64M	M
90	0:45:01	97	نهلا حسيكى	60 - 64F	Mountain warriors/Aley	1° 60 - 64F	F
96	0:46:05	47	نزار الداقور	35 - 39M	NA	2° 35 - 39M	M
97	0:46:26	29	MIRNA Abou Ghanem	20 - 34F	Bfit gym	5° 20 - 34F	F
98	0:46:55	51	ELIANE Frem	40 - 44F	NA	4° 40 - 44F	F
100	0:47:00	60	NJOUD El kraydi	45 - 49F	Rashaya Inspired Runners	3° 45 - 49F	F
101	0:47:03	75	RIHAB Sayef el din	50 - 54F	Rashaya Inspired Runners	3° 50 - 54F	F
102	0:47:18	77	FARID al jawhary	50 - 54M	NA	5° 50 - 54M	M
103	0:47:32	27	DIMA Al Balani	20 - 34F	Rashaya Inspired Runners	6° 20 - 34F	F
105	0:47:50	98	هشام شاتيلا	60 - 64M	NA	7° 60 - 64M	M
106	0:47:53	13	HAMES Dayekh	16 - 17M	Atletico Barja	10° 16 - 17M	M
107	0:47:57	110	ALI Mousa	65+M	Rashaya Inspired Runners	3° 65+M	M
108	0:47:57	74	AISHA Barbour	50 - 54F	Rashaya Inspired Runners	4° 50 - 54F	F
109	0:49:06	88	GHASSAN Elkurdi	55 - 59M	Inter libanon	8° 55 - 59M	M
111	0:49:34	45	LAMA Aridi	35 - 39F	NA	2° 35 - 39F	F
113	0:49:58	109	NABIL Al halabi	65+M	Rashaya Inspired Runners	4° 65+M	M
114	0:50:50	81	ZEINA Halabi	55 - 59F	Haramoon Future Stars Academy	1° 55 - 59F	F
115	0:51:40	46	MARIE Daoud	35 - 39F	Fortis tigris	3° 35 - 39F	F
117	0:52:33	71	ايمان ابوخير	50 - 54F	NA	5° 50 - 54F	F
120	0:54:51	108	MAJID Mounzer	65+M	Rashaya Inspired Runners	5° 65+M	M
121	0:57:12	111	IMANE Abou Ali	65+F	Mountain warriors/Aley	1° 65+F	F
123	0:57:57	35	FARAH Bazz	20 - 34F	Bfit gym	7° 20 - 34F	F