



Collège Notre-Dame de Jambhour
مدرسة السيدة العذراء

"Grand Prix" Meeting d'Athlétisme le samedi 13 Juillet 2024

RESULTS

MEETING	DATE			PLACE	EVENT	CATEGORY	M/F	HEAT	POS.	NAME	FAMILY NAME	CLUB	PERF.	Birth date			WIND m/s	
	day	month	year															
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m Hurdles	women	F	Heat1	1	MARIA	NOHRA	INTER	1:03.44	26	4	2001	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m Hurdles	women	F	Heat1	2	Leen	GHEZZAOUI	Jambhour	1:04.14	23	6	2002	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m Hurdles	women	F	Heat1	3	HAIFA	FARRAN	INTER	1:10.77	24	3	2010	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m Hurdles	women	F	Heat2	4	MARIA	FARRAN	INTER	1:13.80	24	3	2010	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m Hurdles	women	F	Heat2	5	Tala	Naamani	Antonins	1:16.81	27	10	2005	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m Hurdles	women	F	Heat2	6	Nay	Moustafa	Jambhour	1:21.87	20	6	2006	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	High Jump	women	F	Final	1	Mayssa	MOUAWAD	Jambhour	1.55	10	5	2003	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	High Jump	women	F	Final	2	Leen	El Hout	Lets Run	1.45	20	10	2010	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	High Jump	women	F	Final	3	Raffaella	RAAD	Jambhour	1.40	4	5	2011	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	High Jump	women	F	Final	4	Hanane Charlize	Karam	Jambhour	1.20	3	2	2012	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	110m Hurdles	Men	M	Final	1	Ali	HACHEM	Jambhour	15.81	10	11	2001	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	110m Hurdles	Men	M	Final	2	HADI	SAADA	BATROUN STARS	17.93	4	1	2002	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat1	1	Lea	Bou Saleh	Lets Run	8.36	24	4	2012	+1.9
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat1	2	Christelle	Jabbour	Jambhour	8.66	7	12	2011	+1.9
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat1	3	Axel	Abi Rached	Jambhour	8.82	23	6	2011	+1.9
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat2	4	ROYA	GHANEM	INTER	9.11	21	8	2011	+0.9
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat2	5	ROYA	EL HABR	INTER	9.32	3	8	2011	+0.9
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat1	6	LYNN	NAFEH	INTER	9.41	8	2	2011	+1.9
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat4	7	Maria	Bejjani	Jambhour	9.43	10	1	2013	-0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat2	8	Leah	abi Rached	Jambhour	9.50	2	8	2012	+0.9
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat4	9	Elise	El Rajji	Lets Run	9.52	6	8	2013	-0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat4	10	Amar	Takouch	Lets Run	9.58	26	9	2013	-0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat5	11	RAMA	HANDAN	INTER	9.66	28	7	2013	-0.8
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat4	12	Celine	Khazaal	Jambhour	9.68	14	7	2013	-0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat5	13	Christine	Badawi	Antonis	9.79	27	8	2013	-0.8
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat4	14	Rhea	Abla	Jambhour	9.80	14	3	2013	-0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat5	15	Clara	Jebara	Jambhour	9.97	6	6	2013	-0.8
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat3	16	mira	Ghazal	Jambhour	10.01	24	9	2012	-0.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat5	17	Roula	Kaadou	Jambhour	10.12	14	2	2013	-0.8
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat3	18	Sarah	Maalouf	Jambhour	10.35	8	3	2013	-0.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat4	19	Alicia	Dalal	Jambhour	10.35	5	4	2013	-0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Girls	F	Heat5	20	Angela	El Chami	Lets Run	11.19	10	7	2015	-0.8
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Boys	M	Heat1	1	SAMI	GILANI	INTER	8.07	9	2	2011	-0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Boys	M	Heat1	2	Antoine	Khazaal	Jambhour	8.22	2	3	2011	-0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Boys	M	Heat1	3	Ziad	El Chami	Lets Run	8.37	28	5	2012	-0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Boys	M	Heat1	4	Marc	Matar	Jambhour	8.69	26	10	2011	-0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Boys	M	Heat1	5	Jean Marc	Karam	Jambhour	8.87	21	11	2012	-0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Boys	M	Heat2	6	Ralph	Chemaly	Jambhour	9.59	18	4	2013	+0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Boys	M	Heat2	7	Kevin	Syriani	Jambhour	9.61	30	4	2011	+0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Boys	M	Heat2	8	Elie	Nader	Jambhour	9.70	11	3	2013	+0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Boys	M	Heat2	9	Karl	Abi Saleh	Jambhour	10.25	12	7	2013	+0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Boys	M	Heat2	10	Nicolas	Khoury	Jambhour	10.27	16	11	2013	+0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	60m	U14 Boys	M	Heat2	11	Michel	Abou Antoun	Jambhour	10.30	16	9	2011	+0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	Men	M	Heat1	1	MOHAMAD	MORTADA	INTER	49.02	31	5	1998	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	Men	M	Heat1	2	KARIM	SUM	INTER	49.31	29	11	2006	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	Men	M	Heat1	3	Ayman	Kobaydat	Lebanese Army	49.75	3	12	1996	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	Men	M	Heat1	4	Karim	ABI SAID	Jambhour	52.51	27	4	2001	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	Men	M	Heat2	5	Mazen	Chrem	INTER	53.34	10	10	1972	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	Men	M	Heat2	6	Charbel	ANDARY	Jambhour	54.14	8	5	2007	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	Men	M	Heat1	7	Ali	FNEICH	Jambhour	54.89	7	10	1995	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	Men	M	Heat2	8	Georges	Eter	Jambhour	56.14	5	3	2007	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	women	F	Heat1	1	MARIA	NOHRA	INTER	57.42	26	4	2001	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	women	F	Heat1	2	NAWAL	SALEH	INTER	1:02.66	7	8	1996	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	women	F	Heat1	3	Joy	Esta	Jambhour	1:03.06	21	6	2007	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	women	F	Heat1	4	HAIFA	FARRAN	INTER	1:05.33	24	3	2010	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	women	F	Heat2	5	Karen	Jabbour	Jambhour	1:09.85	22	5	2010	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	women	F	Heat2	6	Nour	CHAMI	Jambhour	1:11.67	2	1	1998	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	400m	women	F	Heat1	7	MARIA	FARRAN	INTER	1:12.30	24	3	2010	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	800m	Men	M	Final	1	Marc Anthony	Ibrahim	Lets Run	1:53.91	5	12	2002	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	800m	Men	M	Final	2	Charbel	Al-Khoury	Lebanese Army	1:59.19	30	11	1996	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	800m	Men	M	Final	3	Ahmad	Abbas	Lebanese Army	2:01.33	1	11	1995	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	800m	Men	M	Final	4	Khaled	Al-Dennawi	Lebanese Army	2:02.81	14	9	1986	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	800m	Men	M	Final	5	KHOURY	JIMMY	Champville	2:06.84	4	4	2008	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	800m	Men	M	Final	6	Yorgo	Abdallah	Jambhour	2:08.78	8	3	2006	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	800m	Men	M	Final	7	MAHDI	CHAIB	INTER	2:09.30	24	1	2007	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jambhour stadium	800m	Men	M	Final	8	James	Taha	Jambhour	2:18.21	10	1	2008	

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	Men	M	Final	1	Hadil	Ismail	Lebanese Army	6.90	1	1	1989	-1.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	Men	M	Final	2	Raafat	Matar	Lebanese Army	6.60	25	4	1992	+0.6
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	Men	M	Final	3	Ronald	Kassab	Jamhour	6.47	25	7	2002	-1.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	Men	M	Final	4	Rasheed	Al Hout	Lets Run	6.33	9	9	2007	+0.8
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	Men	M	Final	5	Kevin	ARTOUN	Jamhour	6.27	3	1	2006	-1.5
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	Men	M	Final	6	AHMAD	RAYSHOUNI	INTER	5.64	5	1	2006	-0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	Men	M	Final	7	Marven	Eid	Antonins	5.54	17	10	2005	-0.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	Men	M	Final	8	Raphael	Kamel	Jamhour	5.39	19	2	2007	-1.2
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	Men	M	Final	9	ABED	RAYESS	INTER	5.35	15	11	1993	-1.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	Men	M	Final	10	Malek	Al Hout	Lets Run	5.33	27	4	2009	-0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	Men	M	Final	11	Eliah	Kamel	Jamhour	5.16	19	2	2007	-0.3

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1500m	women	F	Final	1	Sama	Moustafa	Jamhour	5:07.81	11	3	2008	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1500m	women	F	Final	2	Mia	Malak	Jamhour	5:39.55	13	11	2004	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1500m	women	F	Final	3	Lea	Mehchi	Jamhour	5:43.57	24	9	2007	

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat1	1	MAHDI	ISSA	INTER	22.21	6	11	2001	+1.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat1	2	Ali	HACHEM	Jamhour	22.59	10	11	2001	+1.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat1	3	Kevin	ARTOUN	Jamhour	23.18	3	1	2006	+1.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat1	4	Karim	ABI SAID	Jamhour	24.01	27	4	2001	+1.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat2	5	Ali	Fneich	Jamhour	24.41	14	1	2010	-0.5
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat1	6	Miguel	Alawiah	Lets Run	24.48	18	4	2006	+1.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat2	7	Ghadi	Khadra	Lets Run	24.49	5	6	2004	-0.5
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat3	8	Jad	Martinos	Antonis	24.62	7	12	2004	+0.6
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat2	9	Jean Marie	Abi Rached	Jamhour	24.77	8	9	2009	-0.5
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat2	10	Maroun	ABDO	Jamhour	25.11	26	10	2004	-0.5
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat2	11	Ali	Hariri	Antonis	25.30	22	9	2000	-0.5
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat3	12	Giovanni	Semaan	Jamhour	25.55	26	6	2010	+0.6
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat3	13	Eliah	Kamel	Jamhour	25.86	19	2	2007	+0.6
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	Men	M	Heat3	14	Cherif	ZMOKHOL	Jamhour	26.87	1	11	2010	+0.6

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	women	F	Heat1	1	Mayssa	MOUAWAD	Jamhour	24.39	10	5	2003	+0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	women	F	Heat1	2	Leen	GHEZZAoui	Jamhour	26.50	23	6	2002	+0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	women	F	Heat1	3	Joy	Joy Esta	Jamhour	27.26	21	6	2007	+0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	women	F	Heat1	4	Jla	Esta	Jamhour	27.58	21	6	2007	+0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	women	F	Heat1	5	MARIAM	MESSAYKE	INTER	28.00	11	12	2009	+0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	women	F	Heat2	6	Rita	Kahwagi	Jamhour	28.21	24	9	2007	-0.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	women	F	Heat2	7	Maria	Bechara	Jamhour	28.64	7	9	2008	-0.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	women	F	Heat2	8	Chanel	KAMEL	Jamhour	30.75	22	8	2005	-0.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	women	F	Heat2	9	Celine	Abla	Jamhour	31.23	19	4	2009	-0.4
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	200m	women	F	Heat2	10	Marine	Abi Rached	Jamhour	31.35	16	9	2008	-0.4

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	1	Ali AlRida	Kanaan	Lebanese Army	15:43.58	3	6	2003	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	2	Omar	Abou Hamad	Lebanese Army	16:01.50	1	10	1992	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	3	Nader	Jaber	Lets Run	16:16.13	19	6	1990	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	4	Ibrahim	tarhini	elite	16:31.40	1	1	1992	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	5	Samit	Salman	Antonins	16:32.88	1	2	1990	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	6	Abass	Berjawi	Antonins	17:02.78	1	1	1980	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	7	wael	nader	Antonins	17:15.89	19	9	1992	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	8	ADEL	HAIDAR	INTER	17:21.15	15	3	1994	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	9	Elie	Hallassou	Lets Run	17:34.46	4	6	1992	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	10	Khalli	Asmar	Lets Run	18:02.65	9	10	1982	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	11	Chadi	antoun	elite	18:11.47	7	1	1986	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	12	CHADI	HALABI	INTER	18:17.38	14	2	1983	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	13	Toni	nahra	elite	20:07.44	21	11	1979	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	14	Lucas	Bou Sleiman	Jamhour	20:09.26	15	7	2009	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	15	Raymond	Karam	Jamhour	20:17.76	21	7	2007	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	5000m	Men	M	Final	16	Raphael	Esta	Jamhour	26:09.72	17	4	2009	

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	women	F	Final	1	LEA	DIB	BATROUN STARS	5.04	1	9	2002	-0.8
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	women	F	Final	2	TAMARA	JREU	BATROUN STARS	4.86	22	4	2010	+0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	women	F	Final	3	NISRINE	MOUAWAD	BATROUN STARS	4.56	14	9	2009	-0.5
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	women	F	Final	4	Marise	Nassour	Blue Stars	4.46	12	5	2002	+0.1
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	women	F	Final	5	LYNN	AZAR	Lets Run	4.44	7	10	2004	-0.5
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	women	F	Final	6	Leen	El Hout	Lets Run	4.19	20	10	2010	-0.3
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	Long jump	women	F	Final	7	Jane	Aoun	Jamhour	3.90	27	7	2010	-0.2

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	3000m	women	F	Final	1	LOAA	ZAAROUR	INTER	10:52.43	31	3	1992	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	3000m	women	F	Final	2	karine	Shraim	Antonis	10:54.61	7	7	1985	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	3000m	women	F	Final	3	ZEINAB	SHAHEEN	INTER	12:36.52	4	5	2002	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	3000m	women	F	Final	4	Sophia	TOUTOUNJI	Jamhour	13:06.08	12	7	2004	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	3000m	women	F	Final	5	Ghina	KILZAR	elite	13:23.92	24	12	1989	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	3000m	women	F	Final	6	Chiara	Sayad	Jamhour	13:25.96	30	1	2007	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	3000m	women	F	Final	7	Christia	SUM	Jamhour	14:25.16	27	12	2004	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	3000m	women	F	Final	8	Muriel	SUM	Jamhour	15:35.12	4	10	2000	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	3000m	women	F	Final	9	Ullas	Bejjani	Jamhour	16:35.60	18	7	2009	

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	1	SERENA	HAYEK	INTER	3:08	1	1	2001	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	2	SARA JOE	KORTAWI	INTER	3:11	25	9	1998	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	3	Sama	Moustafa	Jamhour	3:18	11	3	2008	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	4	MARIE	MURRAY	INTER	3:30	13	1	1987	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	5	SARA	CHAABAN	INTER	3:36	1	1	2001	

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	6	Sophia	TOUTOUNJI	Jamhour	3:39	12	7	2004	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	7	Lea	Mehchi	Jamhour	3:45	24	9	2007	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	8	Chiara	Sayad	Jamhour	3:54	30	1	2007	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	9	Nour	CHAMI	Jamhour	3:57	2	1	1998	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	10	Karen	Jabbour	Jamhour	4:01	22	5	2010	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	11	Nea	Lamah	Jamhour	4:03	29	1	2009	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	12	Christia	SLIM	Jamhour	4:04	27	12	2004	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	13	Mia	Malak	Jamhour	4:07	13	11	2004	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	14	Serena	Howayek	Lets Run	4:08	15	4	2009	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat1	15	Jia	Esta	Jamhour	4:16	21	6	2007	

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	1	Eva	Nasnas	Jamhour	3:39	18	12	2012	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	2	Ines	Alouf	Jamhour	3:43	14	1	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	3	Christelle	Jabbour	Jamhour	3:46	7	12	2011	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	4	Zoe	Nasnas	Jamhour	3:48	18	12	2012	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	5	Axel	Abi Rached	Jamhour	3:55	23	6	2011	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	6	Elise	El Rajji	Lets Run	3:56	6	8	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	7	Alicia	Dalal	Jamhour	3:57	5	4	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	8	Roula	Kadou	Jamhour	4:06	14	2	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	9	Amar	Takouch	Lets Run	4:12	26	9	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	10	Younma	Bou Farah	Jamhour	4:13	18	7	2011	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	11	Hanane Charliez	Karam	Jamhour	4:15	3	2	2012	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	12	Lea	Bou Saleh	Lets Run	4:16	24	4	2012	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	13	Clara	Jebara	Jamhour	4:22	6	6	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	14	Angela	El Chami	Lets Run	4:24	10	7	2015	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	15	Maria	Bejjani	Jamhour	4:28	10	1	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	16	Celine	Khazaal	Jamhour	4:30	14	7	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	17	Nora	Kosremelli	Jamhour	4:35	2	8	2012	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	18	Leah	abi Rached	Jamhour	4:36	2	8	2012	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	19	Sarah	Maalouf	Jamhour	4:39	8	3	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	20	Rhea	Abla	Jamhour	4:56	14	3	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	21	Alessandra	Raad	Jamhour	5:01	29	1	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	women	F	Heat2	22	Caterina	Feghali	Jamhour	5:06	25	7	2013	

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	1	ALI	MORTADA	INTER	2:28	14	8	1999	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	2	PETER	KHOURY	INTER	2:32	28	6	1999	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	3	MAHMOUD	ABOU ZEID	INTER	2:33	19	2	2008	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	4	CHARBEL	SEJAAN	INTER	2:38	2	12	1992	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	5	DANI	SERHAN	INTER	2:42	7	5	1998	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	6	IBRAHIM	HAIDAR	INTER	2:43	19	7	2006	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	7	MALEK	CHAMAS	INTER	2:51	17	2	2006	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	8	Karim	ABI SAID	Jamhour	2:52	27	4	2001	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	9	Lucas	Bou Sleiman	Jamhour	3:05	15	7	2009	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	10	James	Taha	Jamhour	3:09	10	1	2008	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	11	Fouad	Mawla	Jamhour	3:18	26	11	2008	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	12	Georges	Eter	Jamhour	3:19	5	3	2007	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	13	Raymond	Karam	Jamhour	3:23	21	7	2007	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	14	Ali	HACHEM	Jamhour	3:24	10	11	2001	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat1	15	Charbel	ANDARY	Jamhour	3:37	8	5	2007	

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat2	1	Giovanni	Semaan	Jamhour	3:23	28	6	2010	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat2	2	Cherif	ZMOKHOL	Jamhour	3:28	12	2	2010	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat2	3	Antoine	Khazaal	Jamhour	3:29	2	3	2011	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat2	4	Ralph	MAALOUF	Jamhour	3:30	1	11	2010	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat2	5	Ziad	El Chami	Jamhour	3:32	28	5	2012	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat2	6	Theo	Honein	Lets Run	3:39	30	10	2009	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat2	7	Michel	Abou Antoun	Jamhour	4:03	14	3	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat2	8	Elie	Nader	Jamhour	4:04	11	3	2013	
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	1000m	Men	M	Heat2	9	Ghady	Khouy	Jamhour	4:05	16	4	2014	

Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	4x100m RELAY		MIXTE	Heat1	1	INTER TEAM		INTER	47.08				
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	4x100m RELAY		MIXTE	Heat1	2	JAMHOUR TEAM A		Jamhour	47.92				
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	4x100m RELAY		MIXTE	Heat1	3	JAMHOUR TEAM B		Jamhour	48.13				
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	4x100m RELAY		MIXTE	Heat1	4	JAMHOUR TEAM C		Jamhour	49.82				
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	4x100m RELAY		MIXTE	Heat2	5	JAMHOUR TEAM E		Jamhour	52.31				
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	4x100m RELAY		MIXTE	Heat2	6	JAMHOUR TEAM G		Jamhour	52.57				
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	4x100m RELAY		MIXTE	Heat2	7	JAMHOUR TEAM H		Jamhour	52.69				
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	4x100m RELAY		MIXTE	Heat1	8	JAMHOUR TEAM D		Jamhour	53.82				
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	4x100m RELAY		MIXTE	Heat2	9	JAMHOUR TEAM J		Jamhour	55.98				
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	4x100m RELAY		MIXTE	Heat1	10	JAMHOUR TEAM F		Jamhour	56.64				
Grand Prix Mélanie Freiha	Saturday	13	7	2024	Jamhour stadium	4x100m RELAY		MIXTE	Heat2	11	JAMHOUR TEAM K		Jamhour	57.32				