

GRAND PRIX MELANIE FREIHA 2025																																						
LEBANESE ATHLETICS FEDERATION																																						
Région		Mo		Me		Th		Fr		Sa		Su		Place		Event		Category		M/F		Heat		Pos.		Name		Family Name		Club		Perf.		DATE OF BIRTH			WIND	
Métropole		mon		tue		wed		thu		fri		sat																						day month year			m/s	
GRAND PRIX MELANIE FREIHA		5		7		2025		JAMHOUR								High Jump		Women		F		Final		1		Sama		Moustafa		Jamhour		1.58		11 3 2008				
GRAND PRIX MELANIE FREIHA		Saturday		5		7		2025		JAMHOUR						High Jump		Women		F		Final		2		Leen		El Hout		Lets Run		1.45		20 10 2010				
GRAND PRIX MELANIE FREIHA		Saturday		5		7		2025		JAMHOUR						High Jump		Women		F		Final		3		VIVIANNE		ISSA		Batroun Stars		1.45		29 4 2009				
GRAND PRIX MELANIE FREIHA		Saturday		5		7		2025		JAMHOUR						High Jump		Women		F		Final		4		Noura-Maria		MANSOUR		Batroun Stars		1.40		24 8 2010				
GRAND PRIX MELANIE FREIHA		Saturday		5		7		2025		JAMHOUR						High Jump		Women		F		Final		5		Mia		Ismail		ANTONINS		1.40		12 5 2005				
GRAND PRIX MELANIE FREIHA		Saturday		5		7		2025		JAMHOUR						High Jump		Women		F		Final		6		Lolita		Hayek		Lets Run		1.35		3 10 2005				
GRAND PRIX MELANIE FREIHA		Saturday		5		7		2025		JAMHOUR						High Jump		Women		F		Final		7		Raffaella		RAAD		Jamhour		1.35		4 5 2011				
GRAND PRIX MELANIE FREIHA		Saturday		5		7		2025		JAMHOUR						High Jump		Women		F		Final		8		Hanan		Charlize Karam		Jamhour		1.30		3 2 2012				
GRAND PRIX MELANIE FREIHA		Saturday		5		7		2025		JAMHOUR						High Jump		Women		F		Final		9		Alessandra		Raad		Jamhour		1.30		29 1 2013				
GRAND PRIX MELANIE FREIHA		Saturday		5		7		2025		JAMHOUR						High Jump		Women		F		Final		10		Christelle		Nawar		Jamhour		1.15		13 2 2008				

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Javelin	Men	M	Final	1	nabil	al akoumi	Army	65.66	31	10	1996	National RECORD
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Javelin	Men	M	Final	2	khaled	al hasan	Army	50.05	13	5	1998	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Javelin	Men	M	Final	3	Joe	Bou Moussa	ANTONINS	45.38	30	9	2005	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Javelin	Men	M	Final	4	mohammad	al akoumi	Army	44.69	17	9	2002	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Javelin	Men	M	Final	5	ANTHONY	KIWAN	CHAMPVILLE	41.66	4	9	2008	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Javelin	Men	M	Final	6	Yorgo	Abdallah	Jamhour	35.36	8	3	2006	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Javelin	Men	M	Final	7	julian	salameh	Isf	9.64	1	1	1989	

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Long Jump	Men	M	Final	1	Serge	ARTOUN	Jamhour	6.88	28	11	1997	-0.6
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Long Jump	Men	M	Final	2	Rashid	El Hout	Lets Run	6.73	9	9	2007	-1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Long Jump	Men	M	Final	3	hadi	Ismail	Army	6.58	1	1	1989	-0.2
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Long Jump	Men	M	Final	4	Kevin	ARTOUN	Jamhour	6.31	3	1	2006	-2.9
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Long Jump	Men	M	Final	5	raafat	matar	Army	6.30	25	4	1992	-1.6
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Long Jump	Men	M	Final	6	JIMMY	GEAGEA	INTER	5.53	27	9	2004	-2.9
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Long Jump	Men	M	Final	7	Raphael	Kamel	Jamhour	5.45	19	2	2007	-1.8
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Long Jump	Men	M	Final	8	RYAN	VAROUJAN	CHAMPVILLE	5.38	14	2	2009	-1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Long Jump	Men	M	Final	9	MAROUN	CHAAR	CHAMPVILLE	4.53	10	1	2011	-1.4

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Hammer	Women	F	Final	1	Mariam	YOUSSEF	Batroun Stars	42.68	7	1	2004	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Hammer	Women	F	Final	2	Christelle	srou	ANTONINS	23.16	13	9	2003	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Hammer	Women	F	Final	3	GHINA	JABR	INTER	22.98	14	5	1989	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Hammer	Women	F	Final	4	Nea	Lamah	Jamhour	22.87	29	1	2009	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Hammer	Women	F	Final	5	Clara	Abdel Karim	Jamhour	21.06	23	5	2006	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Hammer	Women	F	Final	6	Maria	Gharzouzi	Jamhour	20.66	17	1	2002	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Hammer	Women	F	Final	7	Gioia	Feghali	Jamhour	17.18	30	7	2007	

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat2	1	Maria	Bou Absy	Jamhour	8.75	12	3	2013	+1.2
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat1	2	Maria	Bejjani	Jamhour	8.85	10	1	2013	+1.4
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat2	3	Maria	Abboud	Jamhour	8.89	16	1	2012	+1.2
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat3	4	Clara	Gebara	Jamhour	8.96	6	6	2013	+0.6
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat2	5	Celine	Khazal	Jamhour	9.00	14	7	2013	+1.2
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat1	6	RAMA	HAMDAN	INTER	9.18	28	7	2013	+1.4
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat1	7	Christine	Badaoui	ANTONINS	9.38	27	8	2013	+1.4
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat3	8	Rhea	Abla	Jamhour	9.39	14	3	2013	+0.6
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat1	9	ROMY	HABANBO	CHAMPVILLE	9.53	7	4	2012	+1.4
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat2	10	Sara	Abi Saab	Jamhour	9.54	9	5	2012	+1.2
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat1	11	LUNA	JAWAD	INTER	9.76	10	11	2013	+1.4
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat1	12	Dana	Abou Jawde	ANTONINS	9.99	21	13	2013	+1.4
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat2	13	Romy	Nassar	Jamhour	10.07	29	6	2012	+1.2
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 girls	F	Heat2	14	Lena	Akil	INTER	10.59	4	4	2014	+1.2

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 boys	M	Final	1	Joseph	Abou Jawde	ANTONINS	7.95	15	5	2012	-0.4
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 boys	M	Final	2	Jean	Marc Karam	Jamhour	8.23	21	11	2012	-0.4
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 boys	M	Final	3	CHABELIO	DAOU	CHAMPVILLE	8.37	20	4	2012	-0.4
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 boys	M	Final	4	Ralph	Chemaly	Jamhour	9.21	18	4	2013	-0.4
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	60m	u14 boys	M	Final	5	Karim	Hamd	Jamhour	9.28	28	12	2013	-0.4

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 boys	M	Heat1	1	Asaad	Nahhas	ANTONINS	9.64	28	10	2010	+1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 boys	M	Heat1	2	Giovanni	Semaan	Jamhour	9.78	26	6	2010	+1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 boys	M	Heat1	3	Antoine	Khazal	Jamhour	9.80	2	3	2011	+1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 boys	M	Heat1	4	Samer	El Haddad	Lets Run	9.94	9	6	2010	+1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 boys	M	Heat1	5	CHARBEL	AL HAZOURY	Batroun Stars	9.96	26	7	2010	+1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 boys	M	Heat1	6	SAMI	GILANI	Batroun Stars	10.11	9	2	2011	+1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 boys	M	Heat2	7	Brian	Jarjoura	Lets Run	10.28	8	3	2010	+0.2
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 boys	M	Heat2	8	Cherif	ZMOKHOL	Jamhour	10.40	1	11	2010	+0.2
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 boys	M	Heat2	9	Marc	Matar	Jamhour	10.55	26	10	2011	+0.2

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 girls	F	Heat1	1	JULIE	DIAB EL ARAB	Batroun Stars	11.06(.051)	29	9	2011	+1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 girls	F	Heat2	2	Kristelle	Jabbour	Jamhour	11.06(.054)	7	12	2011	+0.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 girls	F	Heat1	3	TAMARA	JREU	Batroun Stars	11.14	22	4	2010	+0.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 girls	F	Heat1	4	Karen	Jabbour	Jamhour	11.19	22	5	2010	+0.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 girls	F	Heat1	5	LOULWA	SAOUD	INTER	11.23	12	4	2010	+0.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 girls	F	Heat2	6	Sienna	Karam	Jamhour	11.42	11	6	2010	+1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 girls	F	Heat2	7	Thea	Nehme	Jamhour	11.48	8	6	2010	+1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 girls	F	Heat2	8	LYNE	NAFEE	Batroun Stars	11.59	8	2	2011	+1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 girls	F	Heat2	9	ROYA	EL HABR	INTER	11.92	3	8	2011	+1.3
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 girls	F	Heat2	10	MAHA	EL HAMAWI	Batroun Stars	11.95	31	1	2011	+1.3

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	80m	u16 girls	F	Heat1	11	THEA	RIZK	CHAMPVILLE	12.76	10	8	2011	+0.1
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GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m Hurdles	Women	F	Heat1	1	MARIA	NOHRA	INTER	1:02.98	26	4	2001	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m Hurdles	Women	F	Heat1	2	Leen	GHEZZAOUI	Jamhour	1:08.06	23	6	2002	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m Hurdles	Women	F	Heat1	3	Marina	Fenianos	Lets Run	1:10.42	20	8	1994	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m Hurdles	Women	F	Heat2	x	Haifa	Al Farran	Lets Run	1:06.1 (manual)	24	3	2010	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m Hurdles	Women	F	Heat2	x	THEA	GHALAYINI	Batroun Stars	1:23.2 (manual)	2	7	2011	

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	110m Hurdles	Men	M	Final	1	AMMAR	HAMMIOUD	INTER	14.94	27	5	2003	+0.6
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	110m Hurdles	Men	M	Final	2	ALI	HACHEM	Jamhour	15.14	10	11	2001	+0.6
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	110m Hurdles	Men	M	Final	3	khaled	kenaan	Army	17.48	1	8	1995	+0.6

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Men	M	Heat1	1	ayman	kbaydat	Army	49.29	3	12	1996	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Men	M	Heat1	2	MAHDI	ISSA	INTER	51.07	6	11	2001	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Men	M	Heat1	3	Karim	ABI SAID	Jamhour	51.61	27	4	2001	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Men	M	Heat2	4	NAZIH	AWAIDA	Batroun Stars	52.08	3	12	2010	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Men	M	Heat1	5	mohammad	moussa	Army	52.16	5	11	1995	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Men	M	Heat2	6	Eric	moukarzill	ANTONINS	52.51	28	10	2005	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Men	M	Heat1	7	Ali	FNEICH	Jamhour	52.60	7	10	1995	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Men	M	Heat2	8	Maroun	Bejjani	ANTONINS	54.32	8	10	2009	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Men	M	Heat2	9	Charbel	ANDARY	Jamhour	55.38	8	5	2007	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Men	M	Heat2	10	Georges	Eter	Jamhour	56.38	5	3	2007	

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Women	F	Heat1	1	GRETTA	TASLAKIAN	INTER	55.60	16	8	1985	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Women	F	Heat1	2	MARIA	NOHRA	INTER	57.16	26	4	2001	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Women	F	Heat1	3	Joy	Esta	Jamhour	1:02.63	21	6	2007	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Women	F	Heat1	4	TALA	FAKHOURY	INTER	1:04.87	12	8	1995	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Women	F	Heat1	5	Maria	Al Farran	Lets Run	1:05.33	24	3	2010	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Women	F	Heat2	6	Elena	Hindi	Jamhour	1:09.78	27	4	2009	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Women	F	Heat2	7	Maria	Abboud	Jamhour	1:11.41	16	1	2012	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	400m	Women	F	Heat2	8	Sienna	Karam	Jamhour	1:12.63	11	6	2010	

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	800m	Men	M	Final	1	Ali	Mortada	Lets Run	1:54.14	14	8	1999	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	800m	Men	M	Final	2	MAHMOUD	ABOU ZAID	INTER	1:55.83	19	2	2008	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	800m	Men	M	Final	3	MOHAMAD	HANNOUF	INTER	1:57.24	14	2	1993	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	800m	Men	M	Final	4	JIMMY	KHOURY	CHAMPVILLE	2:02.87	4	4	2008	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	800m	Men	M	Final	5	BILAL	SALEHEDDINE	INTER	2:03.92	20	9	2008	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	800m	Men	M	Final	6	Emmanuel	Lacky	Blue Stars	2:09.63	10	1	2007	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	800m	Men	M	Final	7	AHMAD	SEIFEDDINE	INTER	2:11.68	3	7	2007	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	800m	Men	M	Final	8	OTHMAN	BARAKE	Batroun Stars	2:13.09	19	6	2011	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	800m	Men	M	Final	9	AMER	BAWAB	INTER	2:16.53	28	7	2011	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	800m	Men	M	Final	10	Serge	Feghaly	Jamhour	2:16.83	27	9	2006	

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1500m	Women	F	Final	1	SERENA	HAYEK	INTER	5:02.71	1	1	2001	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1500m	Women	F	Final	2	CARINE	BAWAB	INTER	5:02.93	28	7	2011	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1500m	Women	F	Final	3	Sama	Moustafa	Jamhour	5:08.14	11	3	2008	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1500m	Women	F	Final	4	SARA	SHABABAN	INTER	5:50.00	20	11	2009	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1500m	Women	F	Final	5	Mia	Malak	Jamhour	6:02.24	13	11	2004	

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	5000m	Men	M	Final	1	samir	salman	ANTONINS	16:47.95	2	1	1990	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	5000m	Men	M	Final	2	Lucas	Bou Sleiman	Jamhour	18:26.50	15	7	2009	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	5000m	Men	M	Final	3	FIRAS	MOHAMAD ALI	INTER	19:07.70	28	11	1988	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	5000m	Men	M	Final	4	Zohrab	Guarabedian	Jamhour	19:17.65	5	11	1985	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	5000m	Men	M	Final	5	TONI	NOHRA	INTER	20:13.01	21	11	80	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	5000m	Men	M	Final	6	Fouad	Mawla	Jamhour	21:20.64	26	11	2008	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	5000m	Men	M	Final	7	John	Taha	Jamhour	23:56.07	16	2	2006	

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	3000m	Women	F	Final	1	Nada	Kurdi	Blue Stars	10:34.18	14	6	1984	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	3000m	Women	F	Final	2	Karine	Shraim	Blue Stars	10:57.74	7	7	1985	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	3000m	Women	F	Final	3	ZEINAB	CHAHINE	INTER	12:07.96	4	5	2002	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	3000m	Women	F	Final	4	Lea	Mehchi	Jamhour	13:31.10	24	9	2007	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	3000m	Women	F	Final	5	Nagham	Hassan	ANTONINS	13:54.61	15	9	2005	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	3000m	Women	F	Final	6	Christia	SLIM	Jamhour	14:32.72	27	12	2004	
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	3000m	Women	F	Final	7	Nour	Chami	Jamhour	15:09.75	13	11	2004	

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Relay 4x100m	MIXTE		HEAT1	1	TEAM ANTONINS		ANTONINS	48.88				
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Relay 4x100m	MIXTE		HEAT1	2	TEAM JAMHOUR C		Jamhour	48.91				
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Relay 4x100m	MIXTE		HEAT1	3	TEAM JAMHOUR B		Jamhour	50.75				
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Relay 4x100m	MIXTE		HEAT2	5	TEAM JAMHOUR C		Jamhour	52.35				
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Relay 4x100m	MIXTE		HEAT2	6	TEAM JAMHOUR C		Jamhour	53.21				
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Relay 4x100m	MIXTE		HEAT2	7	TEAM JAMHOUR C		Jamhour	54.16				
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Relay 4x100m	MIXTE		HEAT1	4	TEAM JAMHOUR A		Jamhour	55.89				
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Relay 4x100m	MIXTE		HEAT2	8	TEAM JAMHOUR C		Jamhour	56.43				
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	Relay 4x100m	MIXTE		HEAT2	9	TEAM JAMHOUR C		Jamhour	58.79				

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT1	1	Kevin	ARTOUC	Jamhour	22.56	3	1	2006	+0.7
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT1	2	Ali	HACHEM	Jamhour	22.92	10	11	2001	+0.7
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT2	3	MAJD	AKIL	INTER	23.00	14	2	2006	+1.2
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT4	4	Majd	Jebbeh	Blue Stars	23.17	31	8	2006	+0.9
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT2	5	Ralph	JAMOUC	Jamhour	23.19	12	2	2008	+1.2
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT3	6	Roberto	Shehadeh	Blue Stars	23.49	20	10	2005	+1.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT1	7	KARL	FATA	CHAMPVILLE	23.68	26	8	2004	+0.7
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT2	8	JIMMY	GEAGEA	INTER	23.69	27	9	2004	+1.2

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT2	9	JAWAD	RIZK	INTER	23.70(.692)	13	1	2009	+1.2
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT3	10	NAZIH	AWAIDA	Batroun Stars	23.70(.695)	3	12	2010	+1.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT4	11	Charbel	Biri	Blue Stars	23.85	5	1	2005	+0.9
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT3	12	Asaad	Nahhas	ANTONINS	24.05	28	10	2010	+1.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT3	13	Giovanni	Semaan	Jamhour	24.51	26	6	2010	+1.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT2	14	MARC	FEGHALY	CHAMPVILLE	24.74	3	2	2008	+1.2
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT1	15	Ali	Hariri	ANTONINS	24.92	22	9	2000	+0.7
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT1	16	Jad	Rahme	Blue Stars	24.96	15	3	2001	+0.7
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT4	17	Elijah	Kamel	Jamhour	25.12	19	2	2007	+0.9
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT3	18	Samer	El Haddad	Lets Run	25.22	9	6	2010	+1.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT4	19	Brian	Jarjoura	Lets Run	26.03	8	3	2010	+0.9
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Men	M	HEAT3	20	Jimmy	Chayhoun	Lets Run	27.11	31	10	2009	+1.1

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Women	F	HEAT1	1	Leen	GHEZZAOUI	Jamhour	25.42	23	6	2002	+0.6
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Women	F	HEAT1	2	MARIAM	MESSAYKEH	Batroun Stars	26.60	11	12	2009	+0.6
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Women	F	HEAT1	3	NAWAL	SALEH	INTER	27.00	7	8	1996	+0.6
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Women	F	HEAT1	4	Joy	Esta	Jamhour	27.44	21	6	2007	+0.6
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Women	F	HEAT2	5	Maria	Bechara	Jamhour	27.51	7	9	2008	+1.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Women	F	HEAT2	6	Rita	Kahwaji	Jamhour	28.14	24	9	2007	+1.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Women	F	HEAT2	7	Karen	Jabbour	Jamhour	28.56	22	5	2010	+1.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Women	F	HEAT1	8	Jia	Esta	Jamhour	28.57	21	6	2007	+0.6
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Women	F	HEAT1	9	TALA	FAKHOURY	INTER	28.86	12	8	1995	+0.6
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Women	F	HEAT2	10	Rebecca	Nahhas	ANTONINS	29.10	28	10	2010	+1.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Women	F	HEAT2	11	Kristelle	Jabbour	Jamhour	29.15	7	12	2011	+1.1
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	200m	Women	F	HEAT2	12	Marise	Nassour	Blue Stars	30.59	12	5	2002	+1.1

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	Women open	F			Sama	Moustafa	Jamhour					
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	Women open	F			Karen	Jabbour	Jamhour					
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	Women open	F			Mia	Malak	Jamhour					

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U18	F			Nea	Lamah	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U18	F			Yara	Tahech	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U18	F			Elena	Hindi	Jamhour

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U16	F			Kristelle	Jabbour	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U16	F			Elena	Daniel	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U16	F			Younna	Bou Farah	Jamhour

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U14	F			Eva	Nasnas	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U14	F			Clara	Gebara	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U14	F			Zoe	Nasnas	Jamhour

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U12	F			Adriana	Honein	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U12	F			Daniella	Mawla	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U12	F			Katie	Gergi	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U12	F			Sofia	Zoghaib	Jamhour

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	Men open	M			Marlon	Souaid	Batroun Stars
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	Men open	M			Peter	Zeidan	Inter
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	Men open	M			Antoine	Khazaal	Jamhour

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U18	M			Fouad	Mawla	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U18	M			Ralph	Jamous	Jamhour

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U16	M			Jad	Lamah	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U16	M			Anthony	Rizkallah	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U16	M			Joe	Jamous	Jamhour

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U14	M			Karim	Hamd	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U14	M			Antoine	Bejjani	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U14	M			Jean Marc	Karam	Jamhour

GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U12	M			Ghadi	Khoury	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U12	M			Elia	Khoury	Jamhour
GRAND PRIX MELANIE FREIHA	Saturday	5	7	2025	JAMHOUR	1000m Coupe Stephan Andary	U12	M			Yves	Tannoury	Jamhour