

Women outdoor

Distance	Perf	Wind	Athlete	Team	Venue	Date
10000m	36:55.42		Maria-Pia NEHMÉ	Inter Lebanon	Laval, Québec	31 Jul 15
5000m W	26'53"45		Sandy KARAM	Maristes Champville	Jamhour	26 Jun 15
10000m W	58:15.6		Sandy KARAM	Maristes Champville	Universite Libanaise, Hadath	23 May 15
1000m	2:53.59		Saria TRABOULSI	Inter Lebanon	Cité Sportive, Beyrouth	10 Aug 13
100m	11.84	+0.8	Gretta TASLAKIAN	Inter Lebanon	Guangzhou, Chine	22 Nov 10
100m H (0.838m)	15.44	-0.1	Krystel SANEH	Maristes Champville	Jamhour	20 Aug 13
1500m	4:38.74		Saria TRABOULSI	Inter Lebanon	Univerité Libanaise, Hadath	17 Sep 13
20000m W	2:09:54		Sandy KARAM	Maristes Champville	Gwangju	10 Jul 15
2000m SC (0.762)	7:36.76		Hoda AWADI (EL)	Ansar	Jamhour	2 Aug 11
200m	23.56	+1.4	Gretta TASLAKIAN	Maristes Champville	Le Caire	24 Nov 07
3000m	10:05.42		Maria-Pia NEHMÉ	Elite	Ottawa, Ontario	17 Jul 13
3000m SC (0.762)	11:53.87		Hoda AWADI (EL)	Ansar	Jamhour	15 Jul 11
3000m W	15'33"91		Sandy KARAM	Maristes Champville	Jamhour	7 Apr 15
300m	39.59		Gretta TASLAKIAN	Inter Lebanon	Pleizhansen	16 May 10
400m	53.43		Gretta TASLAKIAN	Inter Lebanon	Poune	4 Jul 13
400m H (0.762m)	1:00.96		Diala CHAB (EL)	Antonins Baabda	Busan, Corée du Sud	8 Oct 02
4x100m	48.48		Nathalie ESTEPHAN,	National Team	Cité Sportive, Liban	4 Jul 01
4x400m	3:53.90		Gretta SAIKALI, HAMZE,	Maristes Champville	Jamhour, Liban	3 Aug 02
5000m	17:07.99 17'23"86		Maria-Pia NEHMÉ	Inter Lebanon	canada	6 Jun 15
800m	2:11.49		Saria TRABOULSI	Inter Lebanon	Université Libanaise, Hadath	25 Jul 13
DT(1 Kg)	41.30		Jeannette AYOUB	Maristes Champville	Jamhour, Liban	1 May 86
Heptathlon	4577		Zeina MINA	Antonins Baabda	Amman, Jordanie	22 Aug 83
HJ	1.72		Carine BOUCHAKJIAN	Maristes Champville	Jamhour, Liban	11 Aug 00
Half Marathon	1:18'41"0		Maria-Pia NEHMÉ	Inter Lebanon	Philadelphia Half Marathon	31 Oct 15

HT(4 Kg)	32.22		Jeannette AYOUB	Maristes Champville	Cité Sportive, Liban	23 Oct 99
JT(600 g)	39.31		Jeannette SAID	Inter Lebanon	Dubai	12 Dec 12
LJ	5.66	-0.5	Krystel SANEH	Maristes Champville	Jamhour	27 Aug 13
M	3:00:02		Maria-Pia NEHMÉ	Jamhour	Zurich, Suisse	26 Apr 09
PV	2.10		Jana MAJED	Ansar	Stade Municipal de Beyrouth, Liba	8 Jul 10
SP(4 Kg)	12.39		Leila KARHANI	Maristes Champville	Jamhour, Liban	16 May 02
TJ	11.85	+0.9	Rania ESTEPHAN	Antonins Baabda	Cité Sportive, Liban	2 Jul 01
Marathon	2:44:14"0		chirine Njeim	Maristes Champville	houston Marathon	17 janv 2016
15km	58.10		chirine Njeim	Maristes Champville	houston Marathon	17 janv 2016
25km	1.37.33		chirine Njeim	Maristes Champville	houston Marathon	17 janv 2016
30km	1.56.54		chirine Njeim	Maristes Champville	houston Marathon	17 janv 2016