

Rank	By Gen.	By Cat.	Cat.	Gender	BI B	Name	YOB	Club	PONSTAN IN 545m	PONSTAN TOP 1.5km	Bara 3.1km	main station 3.8 km	PONSTAN TOP DH 4.6 km	PONSTAN EXIT 5.5km	Finish
1	1	1		Male	55	ΚΩΣΤΑΣ ΤΖΙΚΑΣ	1981		0:03:04	0:11:51 (00:08:47)	0:18:55 (00:07:03)	0:22:23 (00:03:28)	0:32:13 (00:09:50)	0:37:08 (00:04:54)	0:39:30 (00:02:22)
2	2	2		Male	48	ΑΝΤΩΝΗΣ ΓΑΛΑΝΗΣ	1996	Α.Σ ΥΔΡΙΑ	0:02:55	0:11:41 (00:08:46)	0:19:33 (00:07:51)	0:22:37 (00:03:04)	0:33:46 (00:11:08)	0:38:51 (00:05:04)	0:41:08 (00:02:17)
3	3	3		Male	13	ΓΕΩΡΓΙΟΣ ΕΞΑΡΧΟΣ	1987		0:03:17	0:13:53 (00:10:36)	0:21:27 (00:07:33)	0:25:01 (00:03:33)	0:37:48 (00:12:47)	0:42:57 (00:05:09)	0:45:29 (00:02:31)
4	4	4		Male	56	ΙΩΑΝΝΗΣ ΤΣΕΛΕΠΙΔΗΣ	1982	ΠΔΣ ΟΔΔΥΣΣΕΑΣ	0:03:23	0:14:13 (00:10:49)	0:21:57 (00:07:44)	0:25:37 (00:03:39)	0:38:14 (00:12:37)	0:43:08 (00:04:54)	0:45:38 (00:02:29)
5	5	5		Male	52	ΑΘΑΝΑΣΙΟΣ ΣΑΡΡΗΣ	1989	ΤΕΛΜΗΣΣΟΣ	0:03:12	0:13:33 (00:10:20)	0:24:20 (00:10:47)	0:27:35 (00:03:15)	0:40:14 (00:12:38)	0:45:23 (00:05:09)	0:47:55 (00:02:32)
6	6	6		Male	47	ΑΝΤΩΝΙΟΣ ΒΛΑΜΗΣ	1991		0:03:35	0:13:48 (00:10:13)	0:23:19 (00:09:30)	0:27:00 (00:03:41)	0:39:22 (00:12:22)	0:45:57 (00:06:34)	0:48:55 (00:02:58)
7	7	7		Male	50	ΔΗΜΗΤΡΗΣ ΝΙΚΟΛΟΠΟΥΛΟΣ	1986		0:03:52	0:14:50 (00:10:58)	0:23:55 (00:09:04)	0:28:15 (00:04:20)	0:42:03 (00:13:47)	0:47:55 (00:05:52)	0:51:01 (00:03:05)
8	8	8		Male	33	ΑΝΤΩΝΗΣ ΦΟΥΣΕΚΗΣ	1978		0:03:57	0:16:22 (00:12:24)	0:25:18 (00:08:56)	0:29:09 (00:03:50)	0:43:01 (00:13:52)	0:48:46 (00:05:45)	0:51:36 (00:02:50)
9	9	9		Male	54	ΓΕΩΡΓΙΟΣ ΣΠΥΡΟΠΟΥΛΟΣ	1977	#VASILISKONSTANTINOSMARIAMYRTO#	0:03:49	0:16:23 (00:12:33)	0:25:05 (00:08:42)	0:29:33 (00:04:28)	0:47:04 (00:17:30)	0:52:49 (00:05:45)	0:55:52 (00:03:03)
10	1	10		Female	51	ΒΑΣΙΛΕΙΑ ΠΑΝΤΕΡΗ	1972	ROCKRUNNERS/TIHIO RACE TEAM	0:04:44	0:17:31 (00:12:46)	0:30:00 (00:12:28)	0:34:30 (00:04:30)	0:47:29 (00:12:58)	0:55:14 (00:07:44)	0:58:57 (00:03:43)
11	10	11		Male	53	ΘΑΝΑΣΗΣ ΣΠΕΝΤΖΑΣ	1977	HERBALIFE	0:05:08	0:19:05 (00:13:56)	0:31:58 (00:12:53)	0:37:13 (00:05:14)	0:53:43 (00:16:29)	1:02:02 (00:08:18)	1:06:06 (00:04:04)