

Pl.	Age Group	AG Rank	Bib	Name	2850m	5000m / (2150m)	7850m/ (2850m)	Finish / (Time 2150m)	Finish	Pace	Club
1	Male 40-49	-1	352	ΣΗΦΑΚΗΣ ΜΑΝΩΛΗΣ	0:09:43,0	0:16:42,5/ 0:06:59,4	0:26:53,7/ 0:10:11,2	0:33:55,8/ 0:07:02,0	0:33:55,8	3:23	AFORDAKOS TEAM
2	Male 40-49	-1	363	ΧΑΤΖΑΚΗΣ ΚΑΖΑΝΗΣ ΧΡΗΣΤΟΣ	0:09:55,7	0:17:00,5/ 0:07:04,7	0:27:34,6/ 0:10:34,1	0:34:41,5/ 0:07:06,8	0:34:41,5	3:28	ΣΔΥ ΙΕΡΑΠΕΤΡΑΣ
3	Male 40-49	-1	403	ΜΑΝΙΟΥΔΑΚΗΣ ΚΩΝΣΤΑΝΤΙΝΟΣ	0:10:47,0	0:18:32,8/ 0:07:45,8	0:29:43,9/ 0:11:11,0	0:37:23,1/ 0:07:39,2	0:37:23,1	3:44	ΣΥΛ.ΔΡΟΜ. ΥΓ. ΜΕΓΑΛΟΝΗΣΟΣ
4	Male 40-49	1	343	ΠΑΠΑΔΑΚΗΣ ΝΙΚΟΛΑΟΣ	0:11:26,5	0:19:17,0/ 0:07:50,5	0:30:23,9/ 0:11:06,8	0:37:57,4/ 0:07:33,5	0:37:57,4	3:47	Road Runners Ierapetras
5	Male 50-59	1	322	ΚΟΡΝΑΡΟΣ ΓΕΩΡΓΙΟΣ	0:10:49,4	0:18:37,9/ 0:07:48,5	0:30:27,2/ 0:11:49,3	0:38:27,3/ 0:08:00,1	0:38:27,3	3:50	ΣΔΥΙ
6	Male 40-49	2	320	ΚΕΝΕΣ ΔΗΜΗΤΡΗΣ	0:11:20,0	0:19:17,3/ 0:07:57,2	0:30:59,7/ 0:11:42,3	0:38:27,8/ 0:07:28,1	0:38:27,8	3:50	Road Runners Ierapetras
7	Male 40-49	3	329	ΜΑΝΙΑΔΑΚΗΣ ΙΩΑΝΝΗΣ	0:11:44,2	0:19:52,2/ 0:08:07,9	0:32:10,8/ 0:12:18,5	0:40:34,0/ 0:08:23,1	0:40:34,0	4:03	ΣΔΥ ΙΕΡΑΠΕΤΡΑΣ
8	Male 40-49	4	301	COMAN CRISTIAN	0:12:15,1	0:20:55,8/ 0:08:40,6	0:33:33,9/ 0:12:38,1	0:41:52,2/ 0:08:18,3	0:41:52,2	4:11	SDYI
9	Male 60+	1	360	ΦΙΛΙΠΠΑΚΗΣ ΜΑΝΟΛΗΣ	0:12:18,8	0:21:01,2/ 0:08:42,3	0:33:36,8/ 0:12:35,6	0:41:56,3/ 0:08:19,4	0:41:56,3	4:11	ΣΔΥ ΙΕΡΑΠΕΤΡΑΣ
10	Male 30-39	1	359	ΦΑΣΟΥΛΑΣ ΙΩΑΝΝΗΣ	0:11:44,8	0:20:09,3/ 0:08:24,4	0:33:14,5/ 0:13:05,2	0:42:11,4/ 0:08:56,9	0:42:11,4	4:13	Αριστοτέλειο Πανεπιστήμιο Θεσσαλονίκης
11	Male 40-49	5	344	ΠΑΠΑΔΑΚΗΣ ΜΙΧΑΛΗΣ	0:12:15,4	0:21:01,6/ 0:08:46,1	0:33:48,7/ 0:12:47,1	0:42:33,3/ 0:08:44,6	0:42:33,3	4:15	Road Runners Ierapetras
12	Male 50-59	2	345	ΠΑΠΑΦΡΑΓΚΑΚΗΣ ΙΩΑΝΝΗΣ	0:12:23,2	0:21:15,7/ 0:08:52,5	0:33:59,6/ 0:12:43,8	0:42:37,9/ 0:08:38,3	0:42:37,9	4:15	
13	Male 40-49	6	346	ΠΑΡΑΣΚΑΚΗΣ ΕΜΜΑΝΟΥΗΛ	0:12:24,9	0:21:17,9/ 0:08:53,0	0:34:18,6/ 0:13:00,6	0:42:56,8/ 0:08:38,2	0:42:56,8	4:17	IRONTEAM TZANETAKIS SIDERIDIS
14	Male 30-39	2	337	ΜΠΕΤΕΙΝΑΚΗΣ ΙΩΑΝΝΗΣ	0:12:45,1	0:21:41,0/ 0:08:55,9	0:35:16,6/ 0:13:35,5	0:44:25,8/ 0:09:09,2	0:44:25,8	4:26	Συλλογος δρομέων υγείας Μεγαλονησος
15	Male 50-59	3	339	ΜΠΙΣΙΟΥΚΩΒ ΑΛΕΞΑΝΤΕΡ	0:12:31,1	0:21:27,8/ 0:08:56,7	0:35:04,1/ 0:13:36,2	0:44:27,0/ 0:09:22,8	0:44:27,0	4:26	
16	Male 30-39	3	312	ΖΑΧΑΡΑΚΗΣ ΕΥΣΤΑΘΙΟΣ	0:12:57,1	0:22:01,5/ 0:09:04,3	0:35:30,1/ 0:13:28,6	0:44:36,1/ 0:09:06,0	0:44:36,1	4:27	Χωρίς ομάδα
17	Male 40-49	7	356	ΣΤΕΙΑΚΑΚΗΣ ΙΩΑΝΝΗΣ	0:12:34,5	0:21:45,9/ 0:09:11,4	0:36:15,9/ 0:14:29,9	0:46:19,0/ 0:10:03,0	0:46:19,0	4:37	Σ.Δ.Υ Ιεράπετρας
18	Male 30-39	4	334	ΜΕΤΑΞΑΚΗΣ ΓΕΩΡΓΙΟΣ	0:14:26,3	0:24:08,7/ 0:09:42,4	0:38:03,4/ 0:13:54,6	0:46:58,0/ 0:08:54,6	0:46:58,0	4:41	
19	Female 40-49	-1	350	ΠΙΤΣΙΚΑΚΗ ΔΗΜΟΚΡΑΤΙΑ	0:13:34,7	0:23:06,6/ 0:09:31,8	0:37:17,3/ 0:14:10,7	0:47:05,0/ 0:09:47,6	0:47:05,0	4:42	ΣΔΥΗ
20	Female 40-49	-1	304	ΑΧΛΑΤΗ ΜΑΡΙΝΑ	0:13:28,7	0:23:06,5/ 0:09:37,8	0:37:18,6/ 0:14:12,0	0:47:06,2/ 0:09:47,6	0:47:06,2	4:42	AFORDAKOS TEAM
21	Male 40-49	8	321	ΚΕΡΟΥΛΗΣ ΓΙΩΡΓΟΣ	0:13:32,8	0:23:00,7/ 0:09:27,9	0:37:21,9/ 0:14:21,1	0:47:06,4/ 0:09:44,4	0:47:06,4	4:42	
22	Male 30-39	5	461	ΛΙΟΚΑΛΟΣ ΓΙΑΝΝΗΣ	0:13:10,9	0:22:46,4/ 0:09:35,5	0:37:31,5/ 0:14:45,1	0:47:25,9/ 0:09:54,3	0:47:25,9	4:44	
23	Male 30-39	6	309	ΔΑΓΑΛΑΚΗΣ ΜΑΝΟΣ	0:14:31,9	0:24:03,2/ 0:09:31,3	0:38:13,3/ 0:14:10,0	0:47:37,3/ 0:09:24,0	0:47:37,3	4:45	ΑΘΛΗ.Σ.Υ.-ΜΕΓΑΛΟΝΗΣΟΣ
24	Male 60+	2	336	ΜΠΕΛΙΒΑΝΑΚΗΣ ΜΙΧΑΛΗΣ	0:13:45,2	0:23:27,7/ 0:09:42,5	0:37:56,3/ 0:14:28,5	0:47:46,8/ 0:09:50,5	0:47:46,8	4:46	Ο.Υ.ΚΡΗΤΗΣ-ΜΕΓΑΛΟΝΗΣΟΣ
25	Male 40-49	9	313	ΚΑΝΑΒΑΚΗΣ ΓΕΩΡΓΙΟΣ	0:13:37,0	0:23:48,8/ 0:10:11,8	0:38:50,8/ 0:15:02,0	0:48:09,3/ 0:09:18,4	0:48:09,3	4:48	ΑΝΕΞΑΡΤΗΤΟΣ
26	Male 30-39	7	358	ΤΖΕΛΕΠΗΣ ΓΙΑΝΝΗΣ	0:14:32,2	0:24:30,9/ 0:09:58,7	0:39:02,2/ 0:14:31,3	0:48:26,4/ 0:09:24,2	0:48:26,4	4:50	
27	Male 40-49	10	305	ΒΑΛΑΗΣ ΓΙΩΡΓΟΣ	0:14:32,5	0:24:31,1/ 0:09:58,6	0:39:01,8/ 0:14:30,7	0:48:26,8/ 0:09:24,9	0:48:26,8	4:50	
28	Male 40-49	11	401	ΚΑΝΕΤΑΚΗΣ ΓΕΩΡΓΙΟΣ	0:14:05,3	0:24:08,6/ 0:10:03,2	0:38:58,0/ 0:14:49,4	0:48:38,5/ 0:09:40,4	0:48:38,5	4:51	M.D.A M.D.A runner
29	Male 60+	3	341	ΜΠΙΤΖΕΣ ΔΗΜΗΤΡΗΣ	0:13:32,9	0:23:29,0/ 0:09:56,1	0:38:42,8/ 0:15:13,7	0:48:54,2/ 0:10:11,3	0:48:54,2	4:53	ΣΔΥΙ
30	Male 40-49	12	184	ΠΑΠΑΔΑΚΗΣ ΙΩΑΝΝΗΣ	0:13:41,3	0:23:44,5/ 0:10:03,1	0:39:08,6/ 0:15:24,1	0:48:59,5/ 0:09:50,8	0:48:59,5	4:53	Sifis koydoymalia team's
31	Male 30-39	8	308	ΓΙΑΚΟΥΜΑΚΗΣ ΜΙΧΑΛΗΣ	0:13:55,4	0:24:05,5/ 0:10:10,1	0:38:52,7/ 0:14:47,1	0:49:04,5/ 0:10:11,7	0:49:04,5	4:54	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΥΓΕΙΑΣ ΙΕΡΑΠΕΤΡΑΣ
32	Male 40-49	13	319	ΚΕΛΑΡΑΚΗΣ ΝΙΚΟΛΑΟΣ	0:14:31,9	0:24:12,2/ 0:09:40,2	0:39:12,1/ 0:14:59,9	0:49:07,5/ 0:09:55,3	0:49:07,5	4:54	
33	Male 40-49	14	333	ΜΕΛΕΤΗΣ ΑΘΑΝΑΣΙΟΣ	0:14:29,5	0:24:44,4/ 0:10:14,9	0:39:37,0/ 0:14:52,5	0:49:26,7/ 0:09:49,7	0:49:26,7	4:56	Cafe Volcano
34	Male 30-39	9	364	ΧΡΙΣΤΑΚΗΣ ΙΩΑΝΝΗΣ	0:13:35,3	0:23:27,4/ 0:09:52,1	0:39:15,6/ 0:15:48,1	0:50:02,9/ 0:10:47,3	0:50:02,9	5:00	
35	Male 60+	4	351	ΣΑΡΙΚΑΚΗΣ ΓΕΩΡΓΙΟΣ	0:14:43,3	0:25:06,8/ 0:10:23,5	0:40:06,9/ 0:15:00,1	0:50:10,6/ 0:10:03,6	0:50:10,6	5:01	
36	Male 40-49	15	362	ΧΑΜΗΛΑΚΗΣ ΕΥΑΓΓΕΛΟΣ	0:14:31,4	0:24:39,4/ 0:10:07,9	0:39:50,3/ 0:15:10,9	0:50:22,9/ 0:10:32,5	0:50:22,9	5:02	
37	Female 50-59	-1	347	ΠΑΡΙΝΟΥ ΝΕΚΤΑΡΙΑ	0:13:50,5	0:24:03,0/ 0:10:12,4	0:39:50,3/ 0:15:47,3	0:50:22,9/ 0:10:32,5	0:50:22,9	5:02	Βιτσέντζος Κορνάρος
38	Male 60+	5	318	ΚΑΤΣΟΥΛΗΣ ΓΙΩΡΓΟΣ	0:14:59,8	0:25:29,2/ 0:10:29,4	0:40:34,1/ 0:15:04,9	0:50:53,9/ 0:10:19,7	0:50:53,9	5:05	ΜΕΓΑΛΟΝΗΣΟΣ Γ.Α.Σ. ΜΑΛΙΩΝ
39	Male 50-59	4	452	ΣΕΛΙΑΝΑΚΗΣ ΑΛΕΞΑΝΔΡΟΣ	0:15:31,2	0:25:47,3/ 0:10:16,1	0:40:52,7/ 0:15:05,3	0:51:14,9/ 0:10:22,1	0:51:14,9	5:07	
40	Male 60+	6	406	ΧΑΛΒΑΤΖΗΣ ΠΑΝΤΕΛΗΣ	0:15:24,2	0:25:47,4/ 0:10:23,1	0:40:46,7/ 0:14:59,2	0:51:15,7/ 0:10:28,9	0:51:15,7	5:07	Ανεξάρτητος

Pl.	Age Group	AG Rank	Bib	Name	2850m	5000m / (TIME 2150m)	7850m/ (TIME 2850m)	Finish / (Time 2150m)	Finish	Pace	Club
41	Male 50-59	5	404	ΜΑΡΚΑΚΗΣ ΑΝΤΩΝΗΣ	0:14:49,2	0:25:25,4/ 0:10:36,1	0:40:58,4/ 0:15:33,0	0:51:18,8/ 0:10:20,4	0:51:18,8	5:07	
42	Female 30-39	1	405	ΠΑΚΚΙΔΗ ΣΥΛΒΙΑ	0:15:00,0	0:25:02,0/ 0:10:02,0	0:40:51,0/ 0:15:49,0	0:51:24,3/ 0:10:33,2	0:51:24,3	5:08	ΑΦΟΡΔΑΚΟΣ ΤΕΑΜ
43	Male 50-59	6	326	ΛΟΥΚΑΚΗΣ ΑΝΤΩΝΗΣ	0:14:57,9	0:25:27,9/ 0:10:30,0	0:40:57,6/ 0:15:29,6	0:51:30,0/ 0:10:32,3	0:51:30,0	5:09	
44	Female 50-59	1	338	ΜΠΙΖΙΟΥΚΟΒΑ ΕΛΕΝΑ	0:15:48,4	0:26:26,9/ 0:10:38,4	0:41:34,5/ 0:15:07,5	0:51:45,4/ 0:10:10,8	0:51:45,4	5:10	
45	Male 50-59	7	106	ΚΟΥΛΟΥΡΗΣ ΑΝΤΩΝΙΟΣ	0:14:17,8	0:25:03,9/ 0:10:46,1	0:41:12,2/ 0:16:08,2	0:52:05,9/ 0:10:53,7	0:52:05,9	5:12	Η-Κ ΑΕΒΕ
46	Female 40-49	1	206	KOLLET SABRINA	0:15:02,0	0:25:30,9/ 0:10:28,8	0:41:14,9/ 0:15:44,0	0:52:11,4/ 0:10:56,4	0:52:11,4	5:13	ΣΔΥΙΕΡΑΠΕΤΡΑ
47	Male 30-39	10	314	ΚΑΠΑΡΑΚΗΣ ΜΕΝΕΛΑΟΣ	0:14:11,3	0:24:45,6/ 0:10:34,2	0:41:37,4/ 0:16:51,7	0:52:44,1/ 0:11:06,7	0:52:44,1	5:16	
48	Male 40-49	16	349	ΠΙΤΡΟΠΑΚΗΣ ΓΙΩΡΓΟΣ	0:14:36,1	0:25:24,8/ 0:10:48,7	0:41:39,7/ 0:16:14,9	0:53:14,4/ 0:11:34,6	0:53:14,4	5:19	
49	Male 50-59	8	303	ΚΑΛΑΜΡΑΛΙΚΙΣ ΜΑΡΙΝΟΣ	0:15:13,3	0:26:18,6/ 0:11:05,3	0:42:46,4/ 0:16:27,7	0:54:20,0/ 0:11:33,6	0:54:20,0	5:26	
50	Female 30-39	2	330	ΜΑΡΚΑΚΗ ΣΤΑΜΑΤΙΑ	0:16:32,0	0:27:22,8/ 0:10:50,8	0:43:55,8/ 0:16:33,0	0:55:02,6/ 0:11:06,7	0:55:02,6	5:30	
51	Male 60+	7	331	ΜΑΣΤΟΡΑΚΗΣ ΜΑΝΟΛΗΣ	0:15:10,4	0:26:21,7/ 0:11:11,3	0:43:33,1/ 0:17:11,3	0:55:34,5/ 0:12:01,4	0:55:34,5	5:33	
52	Male 50-59	9	323	ΚΡΗΤΣΩΤΑΚΗΣ ΝΙΚΟΣ	0:16:04,3	0:27:18,2/ 0:11:13,8	0:44:26,9/ 0:17:08,6	0:56:12,7/ 0:11:45,8	0:56:12,7	5:37	
53	Female 40-49	2	357	ΣΥΛΛΙΓΑΡΔΟΥ ΡΟΔΑΝΘΗ	0:16:17,3	0:28:06,7/ 0:11:49,3	0:45:31,5/ 0:17:24,8	0:57:10,7/ 0:11:39,1	0:57:10,7	5:43	
54	Male 30-39	11	307	ΓΕΜΕΛΑΣ ΘΩΜΑΣ	0:16:02,5	0:27:27,0/ 0:11:24,4	0:44:54,8/ 0:17:27,8	0:57:13,9/ 0:12:19,1	0:57:13,9	5:43	
55	Female 50-59	2	402	ΜΑΛΑΧΑ ΜΑΡΙΕΤΤΑ	0:15:56,8	0:27:46,7/ 0:11:49,9	0:45:35,9/ 0:17:49,1	0:57:39,4/ 0:12:03,5	0:57:39,4	5:45	
56	Male 50-59	10	335	ΜΠΑΡΜΠΟΥΝΑΚΗΣ ΚΩΝΣΤΑΝΤΙΝΟΣ	0:16:46,7	0:28:27,1/ 0:11:40,3	0:46:03,6/ 0:17:36,5	0:58:23,2/ 0:12:19,6	0:58:23,2	5:50	ΣΔΥΙ - ΣΔΥΗ - ΤΡΕΧΩ ΓΙΑ ΤΗΝ ΚΑΡΔΙΑ ΤΟΥ ΠΑΙΔΙΟΥ
57	Male 40-49	17	328	ΜΑΜΑΤΖΑΚΗΣ ΒΑΓΓΕΛΗΣ	0:16:00,2	0:27:21,5/ 0:11:21,3	0:46:59,5/ 0:19:37,9	0:59:13,4/ 0:12:13,9	0:59:13,4	5:55	ΟΥΚ
58	Male 40-49	18	310	ΔΑΣΚΑΛΑΚΗΣ ΕΜΜΑΝΟΥΗΛ	0:17:14,7	0:29:37,4/ 0:12:22,6	0:48:32,9/ 0:18:55,5	1:01:31,1/ 0:12:58,2	1:01:31,1	6:09	
59	Male 40-49	19	327	ΜΑΚΡΥΠΟΔΗΣ ΙΩΑΝΝΗΣ	0:17:23,4	0:30:05,7/ 0:12:42,3	0:49:58,3/ 0:19:52,6	1:03:35,1/ 0:13:36,7	1:03:35,1	6:21	ΣΔΥ ΜΕΓΑΛΟΝΗΣΟΣ
60	Male 50-59	11	407	ΧΑΤΖΗΒΑΣΙΛΗΣ ΚΩΣΤΑΝΤΙΝΟΣ	0:17:31,9	0:30:28,5/ 0:12:56,5	0:50:15,2/ 0:19:46,7	1:03:37,5/ 0:13:22,3	1:03:37,5	6:21	
61	Female 40-49	3	354	ΣΚΟΥΡΒΟΥΛΙΑΝΑΚΗ ΜΑΡΙΑ	0:18:05,6	0:31:37,3/ 0:13:31,7	0:51:36,0/ 0:19:58,6	1:04:46,0/ 0:13:09,9	1:04:46,0	6:28	ΑΦΟΡΔΑΚΟΣ ΤΕΑΜ
62	Female 18-29	1	348	ΠΕΤΡΑΚΗ ΕΥΗ	0:18:20,9	0:31:57,7/ 0:13:36,7	0:52:23,8/ 0:20:26,1	1:05:33,5/ 0:13:09,6	1:05:33,5	6:33	-
63	Male 30-39	12	340	ΜΠΙΛΑΝΑΚΗΣ ΕΜΜΑΝΟΥΗΛ	0:17:29,5	0:30:32,8/ 0:13:03,3	0:51:00,0/ 0:20:27,2	1:05:37,6/ 0:14:37,5	1:05:37,6	6:33	Σύλλογος Δρομέων Υγείας Ιεράπετρας
64	Female 50-59	3	453	ΠΑΠΑΓΙΑΝΝΑΚΗ ΑΛΕΞΑΝΔΡΑ	0:20:15,5	0:35:07,3/ 0:14:51,8	0:57:08,7/ 0:22:01,3	1:12:26,5/ 0:15:17,8	1:12:26,5	7:14	
65	Male 18-29	1	408	ΧΑΤΖΗΒΑΣΙΛΗΣ ΣΩΤΗΡΗΣ-ΡΑΦΑΗΛ	0:20:39,1	0:35:54,4/ 0:15:15,3	1:00:03,1/ 0:24:08,6	1:16:41,8/ 0:16:38,7	1:16:41,8	7:40	