

## 4o Grammos Mountain Run 2022 GMR 10km

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
1	1	1	MEN35-54	Male	1034		ODYSSEAS KOUKESIS	1982	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:00.043(00:00:00)	0:58:03.270(00:58:03)
2	2	2	MEN35-54	Male	1030		VANGELIS TSIMARIS	1972	Σ.Δ.Ι.	0:00:00.043(00:00:00)	1:02:21.757(01:02:21)
3	3	1	MEN	Male	1023		LAMPROS GOULAS	2000	3Π	0:00:02.657(00:00:00)	1:04:35.357(01:04:32)
4	4	3	MEN35-54	Male	1040		DANIIL XONTAI	1984		0:00:01.677(00:00:00)	1:05:23.170(01:05:21)
5	5	4	MEN35-54	Male	1021		MICHAIL LOLIS	1986	EKA DODONI IOANNINON	0:00:01.897(00:00:00)	1:07:39.333(01:07:37)
6	1	1	WOMEN35-54	Female	1037		ASPASIA GKOGKOU	1980		0:00:00.580(00:00:00)	1:07:40.317(01:07:39)
7	6	5	MEN35-54	Male	1025		ALEXANDER VERIOTIS	1987	ΕΡΓΑΤΙΚΟ ΚΕΝΤΡΟ ΛΕΥΚΑΔΑΣ	0:00:03.210(00:00:00)	1:14:26.427(01:14:23)
8	2	2	WOMEN35-54	Female	1029		ALEKSANDRA ALEKSIADOU	1985	MOUNTAINTRAININGSOLUTIONS	0:00:00.253(00:00:00)	1:16:01.600(01:16:01)
9	7	6	MEN35-54	Male	1036		ALEXANDROS ANASTASIOU	1974	FIFTH ELEMENT RUNNING TEAM	0:00:00.803(00:00:00)	1:18:15.323(01:18:14)
10	8	7	MEN35-54	Male	1031		MICHALIS MICHAIL	1978	RUNNINGTOOLS	0:00:01.677(00:00:00)	1:18:15.763(01:18:14)
11	3	3	WOMEN35-54	Female	1027		MARINA OIKONOMOU	1980	Σ.Δ.Ι.	0:00:00.043(00:00:00)	1:19:04.350(01:19:04)
12	9	8	MEN35-54	Male	1039		CHRISTOS KOLLIAS	1969		0:00:00.367(00:00:00)	1:19:27.217(01:19:26)
13	10	2	MEN	Male	1018		CHRISTOS KOTSIAFTIS	1994		0:00:01.677(00:00:00)	1:21:18.530(01:21:16)
14	4	4	WOMEN35-54	Female	1016		EVI AVDI	1982		0:00:00.043(00:00:00)	1:22:07.530(01:22:07)
15	11	3	MEN	Male	1012		ARIS LIAPATIS	1988		0:00:01.897(00:00:00)	1:22:10.693(01:22:08)
16	12	9	MEN35-54	Male	1024		VASILIS DIMZAS	1973	NORTH ADVENTURE	0:00:00.043(00:00:00)	1:22:24.723(01:22:24)
17	13	1	MEN55+	Male	1022		ANASTASIOS KANTZELIS	1960	SDI	0:00:02.223(00:00:00)	1:23:18.530(01:23:16)
18	5	1	WOMEN	Female	1038		PINELOPI VALIOULI	1990		0:00:00.150(00:00:00)	1:27:53.530(01:27:53)
19	6	2	WOMEN	Female	1005		PARASKEVI GESOULI	1990	THE FUNCTIONAL DEPARTMENT	0:00:02.223(00:00:00)	1:30:21.530(01:30:19)
20	7	5	WOMEN35-54	Female	1002		ZOE ZIAVRA	1983		0:00:03.990(00:00:00)	1:37:38.090(01:37:34)
21	8	6	WOMEN35-54	Female	1004		DESPINA ZIAVRA	1982		0:00:03.543(00:00:00)	1:39:12.150(01:39:08)
22	9	7	WOMEN35-54	Female	1013		MARINA SIVILOGLOU	1982	NRA RUNNING TEAM	0:00:00.917(00:00:00)	1:42:09.530(01:42:08)
23	14	10	MEN35-54	Male	1008		CHRISTOS TSARAKTSIDIS	1977	PSYCHO-LOGIC	0:00:03.443(00:00:00)	1:42:16.233(01:42:12)
24	15	11	MEN35-54	Male	1014		VASILIS AMPLIANITIS	1984	NRA RUNNING TEAM	0:00:02.223(00:00:00)	1:42:18.530(01:42:16)
25	16	12	MEN35-54	Male	1020		DIMITRIS AVDIS	1978	NRA RUNNING TEAM	0:00:03.310(00:00:00)	1:42:19.530(01:42:16)
26	10	8	WOMEN35-54	Female	1015		KONSTANTINA MPEZA	1975		0:00:00.367(00:00:00)	3:02:15.787(03:02:15)
27	17	13	MEN35-54	Male	1033		ALEXIS AVDIS	1976	FIFTH ELEMENT RUNNING TEAM	0:00:03.443(00:00:00)	3:02:27.047(03:02:23)
28	18	14	MEN35-54	Male	1035		SPYRIDON PAPPAS DNF	1972		0:00:02.657(00:00:00)	-