

4o Grammos Mountain Run 2022 GMR 21km

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 21KM	FINISH 21KM
1	1	1	MEN35-54	Male	1		DIMITRIOS THEODORAKAKOS	1978	SALOMON - ALL TERRAIN RUNNERS	0:00:00.083(00:00:00)	2:15:20.556(02:15:20)
2	2	1	MEN	Male	25		GEORGIOS DIMOULAS	1995	ALL TERRAIN RUNNERS	0:00:00.190(00:00:00)	2:15:35.350(02:15:35)
3	3	2	MEN	Male	37		ALEXANDROS TZOUMAKAS	1999	FIFTH ELEMENT RUNNING TEAM	0:00:00.083(00:00:00)	2:26:21.696(02:26:21)
4	4	2	MEN35-54	Male	14		ANASTASIOS TOMARAS	1979	ZNTILA RUNNING TEAM	0:00:01.843(00:00:00)	2:32:05.593(02:32:03)
5	5	3	MEN35-54	Male	44		DIMITRIOS ZIAMPIRIS	1976		0:00:00.083(00:00:00)	2:33:55.053(02:33:54)
6	6	3	MEN	Male	31		ILIAS LAMPROUSIS	1997	ΑΝΕΞΑΡΤΗΤΟΣ	0:00:00.316(00:00:00)	2:47:20.503(02:47:20)
7	7	4	MEN35-54	Male	2		EMMANOUIL SARIDAKIS	1987	THE RUNNERS PROJECT	0:00:02.946(00:00:00)	2:51:04.020(02:51:01)
8	1	1	WOMEN	Female	24		CHRISTINA GIAZITZIDOU	1989	SALOMON	0:00:00.960(00:00:00)	2:52:19.070(02:52:18)
9	8	4	MEN	Male	49		KONSTANTINOS PAPAKOSTAS	1997		0:00:03.693(00:00:00)	2:58:50.250(02:58:46)
10	2	2	WOMEN	Female	34		MARIALENA BAROUTI	1990		0:00:00.530(00:00:00)	2:58:52.543(02:58:52)
11	9	5	MEN	Male	26		KONSTANTINOS PANTAZIS	1990	KOURKOURIKIS TRAINING GROUP	0:00:00.083(00:00:00)	2:59:00.890(02:59:00)
12	10	5	MEN35-54	Male	27		DIMITRIOS ANDROYTSOS	1969	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:02.823(00:00:00)	2:59:59.460(02:59:56)
13	11	6	MEN	Male	6		STAVROS STRAGALIS	1995	MATSOUKI RUNNING TEAM	0:00:04.680(00:00:00)	3:00:50.500(03:00:45)
14	12	6	MEN35-54	Male	40		KAROLOS LAMPROU	1984		0:00:01.726(00:00:00)	3:05:04.576(03:05:02)
15	13	7	MEN35-54	Male	46		GEORGIOS NTEMKAS	1972		0:00:03.166(00:00:00)	3:05:17.840(03:05:14)
16	14	1	MEN55+	Male	4		SOTIRIOS DESKAS	1965	ΠΑΡΓΑ	0:00:05.000(00:00:00)	3:09:22.456(03:09:17)
17	15	8	MEN35-54	Male	47		PAVLOS CHATZOPOULOS	1972	MOUNTAIN TRAINING SOLUTIONS	0:00:00.733(00:00:00)	3:10:02.353(03:10:01)
18	16	7	MEN	Male	50		KONSTANTINOS PAPPAS	1989		0:00:04.680(00:00:00)	3:12:58.996(03:12:54)
19	17	9	MEN35-54	Male	20		ALEKOS GIOTIS	1972	3Π	0:00:00.530(00:00:00)	3:19:50.923(03:19:50)
20	3	3	WOMEN	Female	45		LAMPRINI LIOUTA	1990		0:00:01.843(00:00:00)	3:21:40.963(03:21:39)
21	4	1	WOMEN35-54	Female	3		ELEFThERIA LAVARI	1982		0:00:01.726(00:00:00)	3:22:16.243(03:22:14)
22	18	10	MEN35-54	Male	16		VASILEIOS MPAMPAS	1980	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:03.800(00:00:00)	3:23:10.676(03:23:06)
23	19	8	MEN	Male	51		KONSTANTINOS KRANIOTIS	1988		0:00:02.706(00:00:00)	3:24:02.030(03:23:59)
24	20	11	MEN35-54	Male	48		EVANGELOS STAVROU	1983		0:00:02.053(00:00:00)	3:25:05.523(03:25:03)
25	21	12	MEN35-54	Male	33		LAZAROS GIAKATIS	1978	MOUNTAINTRAILS360	0:00:02.053(00:00:00)	3:31:10.320(03:31:08)
26	22	2	MEN55+	Male	38		PETROS TZOUMAKAS	1961	FIFTH ELEMENT RUNNING TEAM	0:00:02.273(00:00:00)	3:34:05.730(03:34:03)
27	5	2	WOMEN35-54	Female	28		GEORGIA SIOZIOU	1978	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ /SKY WOMAN	0:00:02.170(00:00:00)	3:34:29.670(03:34:27)

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RUNNING TEAM											
28	23	13	MEN35-54	Male	17		ALEXANDROS ALEXANDROU	1972		0:00:02.376(00:00:00)	3:35:01.810(03:34:59)
29	24	9	MEN	Male	55		MICHAIL BIZIOS	2001		0:00:05.330(00:00:00)	3:35:02.323(03:34:56)
30	25	14	MEN35-54	Male	30		IOANNIS KOTSIS	1977		0:00:04.266(00:00:00)	3:37:04.770(03:37:00)
31	6	3	WOMEN35-54	Female	19		THEODORA ANASTASIADI	1973	3Π - SKYWOMAN RUNNING TEAM	0:00:03.166(00:00:00)	3:38:19.096(03:38:15)
32	26	15	MEN35-54	Male	42		ATHANASIOS MATSOULIS	1974		0:00:01.300(00:00:00)	3:39:40.820(03:39:39)
33	27	16	MEN35-54	Male	21		BASILIS KARALIS	1971	ΣΥΛΛΟΓΟΣ ΜΑΡΑΘΩΝΟΔΡΟΜΩΝ Ν ΛΑΡΙΣΑΣ	0:00:00.083(00:00:00)	3:39:42.916(03:39:42)
34	28	17	MEN35-54	Male	22		NIKOLAOS CHATZIPARASKEVAS	1973	THE WORLD FAMOUS RUNNING TEAM	0:00:02.706(00:00:00)	3:43:06.870(03:43:04)
35	7	4	WOMEN35-54	Female	36		ASIMINA INGLEZOU	1979	DYNAFIT GREECE	0:00:00.083(00:00:00)	3:47:10.013(03:47:09)
36	29	3	MEN55+	Male	41		NIKOLAOS CHARISIS	1951		0:00:04.266(00:00:00)	3:50:31.460(03:50:27)
37	30	4	MEN55+	Male	39		KONSTANTINOS KALOGIROS	1951	FIFTH ELEMENT RUNNING TEAM	0:00:03.166(00:00:00)	3:50:49.400(03:50:46)
38	31	18	MEN35-54	Male	53		MOISIS FOLTOPOULOS	1984		0:00:00.843(00:00:00)	-
39	8	5	WOMEN35-54	Female	43		GIANNOULA LIONTOU	1980		0:00:01.843(00:00:00)	-
40	9	6	WOMEN35-54	Female	18		THALIA KAPETANAKI	1977	L CREW	0:00:01.960(00:00:00)	-
41	10	7	WOMEN35-54	Female	13		NIKOLETTA GIATRAKOU	1970	470ACE/SKYWOMEN RUNNING TEAM	0:00:02.596(00:00:00)	-
42	32	19	MEN35-54	Male	12		IOANNIS KARRAS	1977		0:00:02.823(00:00:00)	-
43	33	20	MEN35-54	Male	54		GEORGIOS PALIATSOS	1975		0:00:03.036(00:00:00)	-
44	34	5	MEN55+	Male	10		GEORGE EXARCHOS	1964	GRINIA TEAM	0:00:03.490(00:00:00)	-
45	11	8	WOMEN35-54	Female	11		VICKI MELETOPOULOU	1968	GRINIA TEAM	0:00:03.490(00:00:00)	-
46	12	9	WOMEN35-54	Female	8		BASILIKI TSOUNI	1969	ΠΟΛΙΤΙΣΤΙΚΟΣ ΣΥΛΛΟΓΟΣ ΒΟΥΡΜΠΙΑΝΗΣ	0:00:03.586(00:00:00)	-
47	35	21	MEN35-54	Male	15		ATHANSIOS KOULETSAS	1975	3ΗΜΣΕΠ	0:00:03.693(00:00:00)	-
48	36	6	MEN55+	Male	32		PERIKLIS BOUSBOURAS	1966		0:00:03.800(00:00:00)	-
49	37	22	MEN35-54	Male	52		PANAGIOTIS KROMMYDAS	1977		0:00:04.133(00:00:00)	-
50	38	7	MEN55+	Male	5		DIMITRIS GEORGIΟΥ	1964	ΣΔΥ ΘΕΣΣΑΛΟΝΙΚΗΣ	0:00:04.266(00:00:00)	-
51	39	23	MEN35-54	Male	23		PANAGIOTIS BAKALIS	1981		0:00:04.680(00:00:00)	-
52	40	8	MEN55+	Male	7		NIKOLAOS PITSIOS	1964	ΑΠΠΟΛΩΝ ΔΥΤΙΚΗΣ ΑΤΤΙΚΗΣ	0:00:05.680(00:00:00)	-