

## ARKOUDILAS TRAIL 2022 MONASTERY RUN 10KM

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	Start10KM	Finish10KM
1	1	1	10KM	Male	599		ΓΙΑΝΝΗΣ ΧΡΥΣΙΚΟΠΟΥΛΟΣ	-		0:00:00.093(00:00:00)	0:57:11.153(00:57:11)
2	2	2	10KM	Male	509		ΠΡΟΚΟΠΙΟΣ ΑΡΚΟΥΔΗΣ	-	CORFUMOUNTAINTRAIL	0:00:00.813(00:00:00)	1:01:53.580(01:01:52)
3	3	3	10KM	Male	579		ΜΑΡΙΟΣ ΦΑΙΤΑΣ	-	TRAIL TEMA	0:00:03.266(00:00:00)	1:02:46.693(01:02:43)
4	4	4	10KM	Male	547		ΜΕΝΕΛΑΟΣ ΜΑΡΤΗΣ	-		0:00:00.093(00:00:00)	1:03:03.756(01:03:03)
5	5	5	10KM	Male	554		ΑΛΕΞΑΝΔΡΟΣ ΝΙΚΟΛΑΟΥ	-	MY PACE TRIATHLON TRAINING	0:00:03.266(00:00:00)	1:03:11.250(01:03:07)
6	6	6	10KM	Male	558		ΑΛΕΞΑΝΔΡΟΣ ΠΑΝΑΡΕΤΟΣ	-		0:00:03.656(00:00:00)	1:05:51.866(01:05:48)
7	7	7	10KM	Male	533		ΑΝΑΣΤΑΣΙΟΣ ΚΑΚΟΣ	-	GOOD TO BE BAD	0:00:02.080(00:00:00)	1:05:55.950(01:05:53)
8	8	8	10KM	Male	513		ΣΠΥΡΙΔΩΝ ΒΛΑΧΟΣ	-	ΝΑΟΚ	0:00:00.970(00:00:00)	1:06:12.253(01:06:11)
9	9	9	10KM	Male	528		ΘΕΟΔΩΡΟΣ ΖΑΡΑΒΟΥΤΣΗΣ	-	O+	0:00:03.266(00:00:00)	1:06:15.420(01:06:12)
10	10	10	10KM	Male	536		ΓΕΩΡΓΙΟΣ ΚΑΡΑΓΕΩΡΓΙΟΥ	-	LEON TRIATHLON	0:00:00.093(00:00:00)	1:07:34.793(01:07:34)
11	11	11	10KM	Male	566		ΝΙΚΗΦΟΡΟΣ ΣΑΛΒΑΝΟΣ	-	INDEPENDENT	-	1:09:34.890 (-:--:--)
12	12	12	10KM	Male	541		ΧΡΗΣΤΟΣ ΚΟΥΡΚΟΥΛΟΣ	-		0:00:01.330(00:00:00)	1:09:36.566(01:09:35)
13	13	13	10KM	Male	592		ΔΑΝΗΛ ΧΟΝΤΑΙ	-		0:00:05.280(00:00:00)	1:10:38.913(01:10:33)
14	14	14	10KM	Male	540		ΓΙΩΡΓΟΣ ΚΟΣΚΙΝΑΣ	-	LEON TRIATHLON	0:00:03.266(00:00:00)	1:11:55.663(01:11:52)
15	15	15	10KM	Male	571		ΣΠΥΡΙΔΩΝ ΣΠΙΓΓΟΣ	-	QUALITYFRUIT CENTER AND FOOD LOGISTICS & KOURKOURIKIS TRAINING	0:00:04.483(00:00:00)	1:12:08.763(01:12:04)
16	16	16	10KM	Male	511		ΓΕΡΑΣΙΜΟ ΒΛΑΧΟΣ	-	LEON TRIATHLON	0:00:01.140(00:00:00)	1:12:46.630(01:12:45)
17	17	17	10KM	Male	583		ΒΑΣΙΛΕΙΟΣ ΨΥΛΑΚΟΣ	-	B ΘΕΤΙΚΟ	0:00:07.766(00:00:00)	1:13:06.613(01:12:58)
18	18	18	10KM	Male	507		ΑΛΕΞΑΝΔΡΟΣ ΑΝΘΗΣ	-	LEON TRIATHLON	0:00:02.080(00:00:00)	1:13:41.093(01:13:39)
19	19	19	10KM	Male	522		ΚΩΝΣΤΑΝΤΙΝΟΣ ΓΡΑΜΜΑΤΙΚΑΣ	-	KPI KPI	0:00:05.280(00:00:00)	1:14:27.416(01:14:22)
20	20	20	10KM	Male	543		ΡΙΧΑΡΔΟΣ ΛΕΛΛΑΣ	-		0:00:04.483(00:00:00)	1:14:31.053(01:14:26)
21	21	21	10KM	Male	538		ΒΑΣΙΛΕΙΟΣ ΚΟΚΚΟΡΗΣ	-	PARGA	0:00:06.103(00:00:00)	1:14:49.736(01:14:43)
22	22	22	10KM	Male	531		ΣΠΥΡΟΣ ΙΩΑΚΕΙΜΙΔΗΣ	-		0:00:04.483(00:00:00)	1:14:57.990(01:14:53)
23	23	23	10KM	Male	568		ΑΘΑΝΑΣΙΟΣ ΣΚΕΥΟΥΛΗΣ	-		-	1:15:01.416 (-:--:--)
24	1	24	10KM	Female	506		ΧΡΙΣΤΙΝΑ ΑΝΔΡΙΩΤΗΣ	-		0:00:01.766(00:00:00)	1:15:21.566(01:15:19)
25	24	25	10KM	Male	589		ΣΠΥΡΟΣ ΚΕΦΑΛΗΝΟΣ	-		0:00:04.483(00:00:00)	1:15:42.266(01:15:37)
26	25	26	10KM	Male	562		ΚΟΣΜΑΣ ΠΟΛΕΝΤΑΣ	-		0:00:04.483(00:00:00)	1:17:47.683(01:17:43)
27	26	27	10KM	Male	576		ΓΕΩΡΓΙΟΣ ΤΡΟΥΣΑΣ	-		0:00:02.436(00:00:00)	1:17:58.720(01:17:56)

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28	27	28	10KM	Male	591		ΙΩΑΝΝΗΣ ΧΟΝΤΑΣ	-		0:00:06.103(00:00:00)	1:20:09.690(01:20:03)
29	28	29	10KM	Male	590		ΗΛΙΑΣ ΚΥΡΚΟΣ	-		0:00:06.103(00:00:00)	1:20:40.323(01:20:34)
30	29	30	10KM	Male	539		ΙΩΑΝΝΗΣ ΚΟΝΤΟΣ	-	CORFU TAXADVISORS	0:00:03.266(00:00:00)	1:22:01.720(01:21:58)
31	2	31	10KM	Female	504		OLIVIA DIANA SANDU	-		0:00:06.930(00:00:00)	1:22:08.430(01:22:01)
32	30	32	10KM	Male	535		ΙΩΑΝΝΗΣ ΚΑΝΕΛΛΟΣ	-	-	0:00:05.280(00:00:00)	1:22:49.910(01:22:44)
33	3	33	10KM	Female	557		ΑΡΙΣΤΕΑ ΝΤΙΓΚΟΥ	-	MOUNTAIN LOVERS	0:00:01.766(00:00:00)	1:23:11.576(01:23:09)
34	31	34	10KM	Male	580		ΘΕΟΔΩΡΟΣ ΧΙΩΤΗΣ	-		0:00:10.000(00:00:00)	1:24:54.853(01:24:44)
35	32	35	10KM	Male	512		ΠΑΝΑΓΙΩΤΗΣ ΒΛΑΧΟΣ	-	ΝΑΟΚ	0:00:05.280(00:00:00)	1:25:36.373(01:25:31)
36	33	36	10KM	Male	555		ΣΠΥΡΟΣ ΝΙΚΟΛΑΟΥ	-		0:00:02.080(00:00:00)	1:25:37.513(01:25:35)
37	4	37	10KM	Female	517		FRANCESKA ΓΕΩΡΓΟΠΑΛΗ	-	KASSIOS DIAS	0:00:03.266(00:00:00)	1:25:40.390(01:25:37)
38	5	38	10KM	Female	502		IRINA ΙΟΝΟΒΑ	-		0:00:00.093(00:00:00)	1:25:41.230(01:25:41)
39	34	39	10KM	Male	515		ΣΠΥΡΟΣ ΓΕΩΡΓΑΡΑΣ	-		0:00:08.126(00:00:00)	1:25:53.483(01:25:45)
40	35	40	10KM	Male	584		ΜΙΧΑΛΗΣ ΕΥΣΤΡΑΤΙΟΥ	-		0:00:04.483(00:00:00)	1:26:34.286(01:26:29)
41	36	41	10KM	Male	598		ΑΛΕΞ ΙΩΑΝΝΙΔΗΣ	-		0:00:01.766(00:00:00)	1:27:10.653(01:27:08)
42	37	42	10KM	Male	560		ΑΛΕΞΑΝΔΡΟΣ ΠΑΤΟΥΝΑΣ	-	FIFTH ELEMENT	0:00:00.093(00:00:00)	1:27:27.086(01:27:26)
43	6	43	10KM	Female	578		ΒΙΚΥ ΤΣΙΡΙΓΓΑΚΗ	-		0:00:00.093(00:00:00)	1:27:31.860(01:27:31)
44	7	44	10KM	Female	548		ΕΛΒΙΡΑ ΜΕΤΑΛΛΗΝΟΥ	-		0:00:05.280(00:00:00)	1:30:01.026(01:29:55)
45	38	45	10KM	Male	546		ΓΙΩΡΓΟΣ ΜΑΚΡΗΣ	-	GIORGOS MAKRIS PERSONAL TRAINING	-	1:30:04.986 (---:--)
46	39	46	10KM	Male	505		ΚΩΝΣΤΑΝΤΙΝΟΣ ΑΝΔΡΙΩΤΗΣ	-		0:00:06.930(00:00:00)	1:30:29.240(01:30:22)
47	40	47	10KM	Male	577		ΧΡΗΣΤΟΣ ΤΣΑΡΑΚΤΣΙΔΗΣ	-	MOUNTAIN TRAINING SOLUTIONS	0:00:06.930(00:00:00)	1:30:47.130(01:30:40)
48	41	48	10KM	Male	587		ΙΩΑΝΝΗΣ ΓΡΑΜΜΕΝΟΣ	-		0:00:02.080(00:00:00)	1:30:47.556(01:30:45)
49	42	49	10KM	Male	519		ΣΩΚΡΑΤΗΣ ΓΙΑΚΗΣ	-	ΔΡΟΜΕΙΣ ΣΟΥΛΕΙΟΥ	0:00:04.483(00:00:00)	1:30:58.543(01:30:54)
50	8	50	10KM	Female	574		ΙΩΑΝΝΑ ΣΤΟΓΙΑΝΝΟΥ	-		0:00:04.483(00:00:00)	1:31:10.126(01:31:05)
51	43	51	10KM	Male	588		ΓΟΥΛΙΕΛΜΟΣ ΣΠΙΝΟΥΛΑΣ	-		0:00:10.250(00:00:00)	1:31:35.266(01:31:25)
52	44	52	10KM	Male	569		ΤΕΡΡΥΣ ΣΟΡΔΙΝΑΣ	-		0:00:10.533(00:00:00)	1:32:35.636(01:32:25)
53	45	53	10KM	Male	545		ΝΙΚΟΣ ΜΑΖΗΣ	-		0:00:08.500(00:00:00)	1:32:40.156(01:32:31)
54	46	54	10KM	Male	510		ΣΤΕΛΙΟΣ ΒΑΡΘΟΛΟΜΑΙΟΣ	-		0:00:00.093(00:00:00)	1:35:11.903(01:35:11)
55	9	55	10KM	Female	559		ΚΩΝΣΤΑΝΤΙΝΑ ΠΑΝΔΗ - ΠΑΛΙΟΥ	-	ΣΑΦΑΝΣ	0:00:00.093(00:00:00)	1:37:52.266(01:37:52)
56	10	56	10KM	Female	563		ΝΙΚΟΛΕΤ ΡΑΠΗ	-		0:00:04.483(00:00:00)	1:37:54.886(01:37:50)
57	47	57	10KM	Male	594		ΝΙΚΟΛΑΟΣ ΠΡΟΒΑΤΑΣ	-		0:00:04.483(00:00:00)	1:39:23.830(01:39:19)
58	11	58	10KM	Female	593		ΤΖΕΝΗ ΧΑΡΜΠΙΛΑ	-		0:00:02.436(00:00:00)	1:40:35.216(01:40:32)

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59	48	59	10KM	Male	565		ΘΕΟΦΙΛΟΣ ΡΕΓΓΗΣ	-		0:00:04.483(00:00:00)	1:43:42.006(01:43:37)
60	12	60	10KM	Female	582		ΑΝΤΩΝΙΑ ΧΟΝΔΡΟΓΙΑΝΝΗ	-		0:00:05.280(00:00:00)	1:43:42.230(01:43:36)
61	49	61	10KM	Male	523		ΑΓΓΕΛΟΣ ΓΡΙΜΜΑΣ	-	CORFU MOUNTAIN TRAIL	0:00:06.103(00:00:00)	1:43:42.680(01:43:36)
62	13	62	10KM	Female	503		ΕΒΑ ΟΝΔΡΙΚΟΒΑ	-		0:00:06.103(00:00:00)	1:43:57.553(01:43:51)
63	50	63	10KM	Male	520		ΓΙΩΡΓΟΣ ΓΙΟΧΑΛΑΣ	-		0:00:06.930(00:00:00)	1:45:24.863(01:45:17)
64	14	64	10KM	Female	537		ΙΩΑΝΝΑ ΚΑΤΕΧΗ	-		0:00:07.766(00:00:00)	1:46:46.150(01:46:38)
65	51	65	10KM	Male	570		ΠΑΝΑΓΙΩΤΗΣ ΣΠΙΓΓΟΣ	-	KOURKOURIKIS TRAINING GROUP	0:00:04.483(00:00:00)	1:48:04.703(01:48:00)
66	52	66	10KM	Male	596		ΦΡΑΓΚΙΣΚΟΣ ΒΑΒΑΚΑΣ	-		0:00:04.483(00:00:00)	1:48:20.033(01:48:15)
67	15	67	10KM	Female	597		ΚΑΤΕΡΙΝΑ ΜΕΝΕΚΟΥ	-		0:00:02.080(00:00:00)	1:50:29.523(01:50:27)
68	53	68	10KM	Male	553		ΗΛΙΑΣ ΝΙΚΟΛΑΙΔΗΣ	-	FIFTH ELEMENT	0:00:04.483(00:00:00)	1:50:47.616(01:50:43)
69	54	69	10KM	Male	516		ΣΠΥΡΙΔΩΝ ΓΕΩΡΓΙΟΥ ΚΤΣΙΟΣ	-		0:00:03.266(00:00:00)	1:50:51.070(01:50:47)
70	16	70	10KM	Female	525		ΜΑΡΙΑ ΔΗΜΗΤΡΑ	-	Ο.Π.Α	0:00:08.500(00:00:00)	1:51:11.350(01:51:02)
71	55	71	10KM	Male	521		ΘΕΟΔΩΡΟΣ ΓΚΙΣΔΑΚΗΣ	-		0:00:06.103(00:00:00)	1:51:19.950(01:51:13)
72	17	72	10KM	Female	572		ΘΕΟΔΩΡΑ ΣΤΑΣΙΝΟΥΛΑ	-		0:00:01.766(00:00:00)	1:53:50.393(01:53:48)
73	18	73	10KM	Female	586		ΛΙΑ ΝΑΚΟΥ	-		0:00:03.266(00:00:00)	1:56:02.436(01:55:59)
74	19	74	10KM	Female	527		ΚΑΤΕΡΙΝΑ ΔΡΑΚΟΥ	-	ΠΑΡΓΑ	0:00:06.103(00:00:00)	1:59:37.010(01:59:30)
75	20	75	10KM	Female	573		ΑΝΤΖΕΛΑ ΣΤΟΓΙΑΝΝΟΥ	-		0:00:06.930(00:00:00)	2:01:00.103(02:00:53)
76	21	76	10KM	Female	564		ΙΩΑΝΝΑ ΓΑΣΤΕΡΑΤΟΥ	-		0:00:01.530(00:00:00)	2:19:53.610(02:19:52)
77	22	77	10KM	Female	581		ΑΘΑΝΑΣΙΑ ΧΟΝΔΡΟΓΙΑΝΝΗ	-		0:00:07.766(00:00:00)	2:23:47.160(02:23:39)
78	23	78	10KM	Female	600		ΜΠΕΚΑ ΓΙΑΝΝΟΥΛΑ	-		0:00:09.300(00:00:00)	2:24:57.740(02:24:48)
79	24	79	10KM	Female	585		ΡΟΔΟΘΕΑ ΚΟΝΤΟΓΙΩΡΓΗ	-		0:00:00.093(00:00:00)	2:29:53.113(02:29:53)
80	25	80	10KM	Female	532		ΕΥΘΥΜΙΑ ΚΑΒΒΑΔΙΑ	-	JV	0:00:06.103(00:00:00)	2:29:56.513(02:29:50)
81	26	81	10KM	Female	526		ΓΕΩΡΓΙΑ ΔΙΟΝΑ	-	JV	0:00:04.483(00:00:00)	2:30:01.136(02:29:56)