

Place	Bib	bibs egas	Name	Laps	1km	2km/Lap 2	3km/Lap 3	4km/Lap 4	5km/Lap 5	6km/Lap 6	7km/Lap 7	8km/Lap 8	9km/Lap 9	10km/La p10	11km/La p11	12km/La p12	13km/La p13	14km/La p14	15km/La p15	16km/La p16	17km/La p17	18km/La p18	19km/La p19	Finish/L ap20	Pace	Club	
20k, M																											
1.	2012	212	ΠΑΠΑΜΙΧΑΗΛ ΑΛΕΞΑΝΔΡΟΣ	20	0:04:32	0:08:55/0:04:22	0:13:22/0:04:27	0:17:52/0:04:30	0:22:15/0:04:23	0:26:37/0:04:21	0:30:56/0:04:19	0:35:21/0:04:25	0:39:50/0:04:28	0:44:15/0:04:25	0:48:40/0:04:24	0:53:06/0:04:25	0:57:30/0:04:24	1:01:59/0:04:28	1:06:27/0:04:28	1:10:55/0:04:27	1:15:23/0:04:28	1:19:48/0:04:25	1:24:16/0:04:28	1:28:24/0:04:07	4:25	ΑΟ ΜΥΚΟΝΟΥ	
2.	2001	201	ΝΤΕΝΤΟΠΟΥΛΟΣ ΚΩΝΣΤΑΝΤΙΝΟΣ ΑΛ	20	0:04:39	0:09:18/0:04:39	0:13:51/0:04:33	0:18:24/0:04:32	0:23:00/0:04:36	0:27:31/0:04:31	0:32:05/0:04:30	0:36:36/0:04:30	0:41:08/0:04:32	0:45:39/0:04:30	0:50:12/0:04:32	0:54:42/0:04:30	0:59:13/0:04:31	1:03:45/0:04:31	1:08:18/0:04:33	1:12:52/0:04:33	1:17:26/0:04:34	1:22:04/0:04:37	1:26:52/0:04:48	1:31:48/0:04:55	4:35	ΑΕ ΟΛΥΜΠΙΑΣ ΠΑΤΡΩΝ	
3.	2005	205	ΚΑΥΚΑΣ ΙΩΑΝΝΗΣ	20	0:04:39	0:09:16/0:04:37	0:13:51/0:04:34	0:18:24/0:04:33	0:22:59/0:04:34	0:27:31/0:04:32	0:32:05/0:04:33	0:36:35/0:04:30	0:41:07/0:04:32	0:45:40/0:04:30	0:50:10/0:04:30	0:54:41/0:04:30	0:59:12/0:04:31	1:04:24/0:05:11	1:08:58/0:04:34	1:13:35/0:04:37	1:18:19/0:04:44	1:23:00/0:04:40	1:27:41/0:04:41	1:32:20/0:04:38	4:37	ΑΕ ΟΛΥΜΠΙΑΣ ΠΑΤΡΩΝ	
4.	2007	207	ΚΑΡΑΓΙΑΝΝΗΣ ΑΝΔΡΕΑΣ	20	0:04:54	0:09:51/0:04:56	0:14:46/0:04:55	0:19:45/0:04:58	0:24:41/0:04:56	0:29:40/0:04:59	0:34:38/0:04:57	0:39:31/0:04:53	0:44:25/0:04:54	0:49:19/0:04:54	0:54:13/0:04:54	0:59:05/0:04:51	1:03:57/0:04:51	1:08:53/0:04:56	1:13:48/0:04:54	1:18:41/0:04:53	1:23:32/0:04:51	1:28:27/0:04:54	1:33:17/0:04:50	1:37:51/0:04:34	4:53	ΓΑΣ Ο ΙΛΙΣΣΟΣ	
5.	2009	209	ΛΥΤΡΑΣ ΜΑΡΙΝΟΣ	20	0:05:27	0:11:06/0:05:39	0:16:45/0:05:39	0:22:22/0:05:36	0:27:58/0:05:36	0:33:28/0:05:29	0:38:54/0:05:26	0:44:20/0:05:26	0:49:49/0:05:28	0:55:19/0:05:30	1:00:48/0:05:28	1:06:17/0:05:29	1:11:51/0:05:33	1:17:29/0:05:38	1:23:10/0:05:40	1:28:49/0:05:39	1:34:31/0:05:41	1:40:13/0:05:42	1:45:51/0:05:38	1:51:21/0:05:29	5:34	ΟΑ ΚΟΥΡΟΣ ΑΙΓΙΝΑΣ	
DSQ	2003	203	ΒΑΙΤΣΗΣ ΙΩΑΝΝΗΣ	7	0:04:52	0:09:43/0:04:51	0:14:33/0:04:50	0:19:25/0:04:51	0:24:21/0:04:55	0:29:15/0:04:54	0:34:07/0:04:52	/	/	/	/	/	/	/	/	/	/	/	/	/	1:42	ΓΑΣ Ο ΙΛΙΣΣΟΣ	

20k, F																											
1.	210	210	ΝΤΡΙΣΜΠΙΩΤΗ ΑΝΤΙΓΟΝΗ	20	0:04:39	0:09:17/0:04:38	0:13:51/0:04:33	0:18:23/0:04:32	0:22:59/0:04:35	0:27:31/0:04:32	0:32:04/0:04:33	0:36:36/0:04:31	0:41:08/0:04:32	0:45:39/0:04:30	0:50:11/0:04:32	0:54:41/0:04:30	0:59:12/0:04:31	1:03:45/0:04:33	1:08:17/0:04:31	1:12:51/0:04:34	1:17:26/0:04:34	1:22:00/0:04:34	1:26:36/0:04:36	1:31:11/0:04:34	4:33	ΑΣΣ ΑΛΕΞΑΝΔΡΟΣ ΜΑΚΕΔΟΝΙΑΣ	
2.	201	201	ΦΙΛΙΤΣΑΚΟΥ ΚΥΡΙΑΚΗ	20	0:04:43	0:09:23/0:04:39	0:14:01/0:04:38	0:18:39/0:04:37	0:23:18/0:04:38	0:27:54/0:04:36	0:32:30/0:04:35	0:37:06/0:04:36	0:41:44/0:04:37	0:46:20/0:04:36	0:50:56/0:04:35	0:55:33/0:04:37	1:00:09/0:04:35	1:04:48/0:04:39	1:09:30/0:04:41	1:14:14/0:04:44	1:19:01/0:04:47	1:23:51/0:04:49	1:28:36/0:04:45	1:33:08/0:04:31	4:39	ΑΓΣ Ν.ΙΩΝΙΑΣ ΑΝΑΤΟΛΗ	
3.	202	202	ΠΑΠΑΔΟΠΟΥΛΟΥ ΧΡΙΣΤΙΝΑ	20	0:04:57	0:09:48/0:04:51	0:14:36/0:04:47	0:19:25/0:04:49	0:24:21/0:04:56	0:29:14/0:04:52	0:34:06/0:04:52	0:39:04/0:04:57	0:44:01/0:04:56	0:48:59/0:05:01	0:54:01/0:04:57	0:58:59/0:05:03	1:04:03/0:05:03	1:09:06/0:05:06	1:14:12/0:05:01	1:19:13/0:05:01	1:24:15/0:05:00	1:29:15/0:05:00	1:34:10/0:04:55	1:39:03/0:04:52	4:57	ΠΑΝΕΛΛΗΝΙΟΣ ΓΣ	
4.	206	206	ΑΛΙΚΑΝΙΩΤΗ ΣΟΦΙΑ	20	0:05:12	0:10:18/0:05:06	0:15:29/0:05:10	0:20:36/0:05:07	0:25:43/0:05:06	0:30:59/0:05:15	0:36:18/0:05:19	0:41:38/0:05:20	0:47:02/0:05:23	0:52:27/0:05:25	0:57:58/0:05:30	1:03:29/0:05:04	1:08:33/0:05:03	1:13:37/0:05:03	1:18:38/0:05:00	1:23:36/0:05:00	1:28:54/0:05:18	1:34:17/0:05:22	1:39:42/0:05:25	1:44:57/0:05:14	5:14	ΕΘΝΙΚΟΣ ΓΣ	
5.	204	204	ΚΟΥΡΚΟΥΤΣΑΚΗ ΕΥΣΤΑΘΙΑ	20	0:05:11	0:10:18/0:05:06	0:15:27/0:05:09	0:20:35/0:05:07	0:25:44/0:05:09	0:30:59/0:05:15	0:36:17/0:05:18	0:41:39/0:05:21	0:47:01/0:05:21	0:52:27/0:05:25	0:57:57/0:05:30	1:03:30/0:05:33	1:09:08/0:05:38	1:14:48/0:05:39	1:20:33/0:05:44	1:26:21/0:05:48	1:32:05/0:05:43	1:37:52/0:05:47	1:43:47/0:05:55	1:49:36/0:05:48	5:28	ΓΑΣ Ο ΙΛΙΣΣΟΣ	
6.	207	207	ΜΠΑΝΤΟΥΝΑ ΦΩΤΕΙΝΗ	20	0:06:23	0:12:55/0:06:31	0:19:24/0:06:29	0:25:56/0:06:32	0:32:31/0:06:34	0:38:59/0:06:28	0:45:27/0:06:28	0:52:04/0:06:37	0:58:41/0:06:36	1:05:13/0:06:32	1:11:46/0:06:32	1:18:16/0:06:29	1:24:46/0:06:30	1:31:16/0:06:30	1:37:50/0:06:34	1:44:23/0:06:32	1:50:57/0:06:34	1:57:31/0:06:33	2:04:03/0:06:32	2:10:26/0:06:22	6:31	ΑΕ ΟΛΥΜΠΙΑΣ ΠΑΤΡΩΝ	

20k, U23M																											
1.	1	208	ΚΕΛΕΠΟΥΡΗΣ ΑΘΙΜΟΣ	20	0:04:46	0:09:31/0:04:44	0:14:06/0:04:35	0:18:40/0:04:33	0:23:18/0:04:38	0:27:57/0:04:38	0:32:42/0:04:44	0:37:25/0:04:43	0:42:07/0:04:41	0:46:46/0:04:39	0:51:29/0:04:42	0:56:08/0:04:39	1:00:54/0:04:46	1:05:36/0:04:41	1:10:21/0:04:44	1:15:13/0:04:52	1:20:10/0:04:56	1:25:02/0:04:52	1:29:48/0:04:45	1:34:33/0:04:45	4:43	ΟΚΑ ΒΙΚΕΛΑΣ ΒΕΡΟΙΑΣ	
2.	2	204	ΠΑΠΑΣΤΕΡΓΙΟΥ ΑΝΔΡΕΑΣ	20	0:04:52	0:09:42/0:04:50	0:14:31/0:04:48	0:19:20/0:04:49	0:24:08/0:04:48	0:28:58/0:04:50	0:33:47/0:04:49	0:38:32/0:04:44	0:43:20/0:04:47	0:48:02/0:04:41	0:52:47/0:04:45	0:57:37/0:04:50	1:02:29/0:04:51	1:07:21/0:04:52	1:12:15/0:04:53	1:17:11/0:04:56	1:22:10/0:04:58	1:27:09/0:04:59	1:32:12/0:05:03	1:37:06/0:05:00	4:51	ΣΟΑ ΦΩΚΙΑΝΟΣ ΚΑΡΔΙΤΣΑΣ	
3.	3	202	ΜΠΑΧΟΣ ΑΝΔΡΕΑΣ-ΕΛΕΥΘΕΡ	20	0:04:53	0:09:51/0:04:57	0:14:46/0:04:54	0:19:45/0:04:59	0:24:40/0:04:54	0:29:39/0:04:59	0:34:38/0:04:58	0:39:31/0:04:53	0:44:24/0:04:53	0:49:18/0:04:53	0:54:13/0:04:54	0:59:04/0:04:50	1:03:57/0:04:53	1:08:53/0:04:56	1:13:55/0:05:01	1:19:01/0:05:06	1:24:08/0:05:06	1:29:16/0:05:07	1:34:36/0:05:20	1:40:05/0:05:28	5:00	ΑΣ ΑΙΓΙΟΥ ΑΘΗΝΟΔΩΡΟΣ Ο ΑΙ	
4.	4	210	ΜΠΟΥΣΔΑΣ ΑΡΙΣΤΟΤΕΛΗΣ	20	0:04:51	0:09:45/0:04:53	0:14:33/0:04:47	0:19:23/0:04:49	0:24:09/0:04:46	0:28:58/0:04:48	0:33:48/0:04:49	0:38:33/0:04:45	0:43:22/0:04:49	0:48:22/0:04:59	0:53:24/0:05:02	0:58:30/0:05:06	1:03:46/0:05:15	1:09:04/0:05:18	1:14:34/0:05:30	1:20:15/0:05:40	1:26:10/0:05:54	1:32:28/0:06:18	1:39:10/0:06:42	1:46:02/0:06:51	5:18	ΣΟΑ ΦΩΚΙΑΝΟΣ ΚΑΡΔΙΤΣΑΣ	

20k, U23F																											
1.	1	203	ΦΙΑΣΚΑ ΟΛΓΑ	20	0:04	0:09:50/0:04:52	0:14:41/0:04:51	0:19:36/0:04:54	0:24:28/0:04:52	0:29:17/0:04:49	0:34:06/0:04:48	0:38:55/0:04:49	0:43:47/0:04:52	0:48:42/0:04:54	0:53:32/0:04:49	0:58:30/0:04:58	1:03:29/0:04:59	1:08:34/0:05:04	1:13:36/0:05:02	1:18:37/0:05:01	1:23:31/0:04:54	1:28:29/0:04:57	1:33:24/0:04:55	1:38:14/0:04:49	4:54	ΑΘΛΟΚΙΝΗΣΗ ΑΣ ΜΥΤΙΛΗΝΗΣ	
2.	2	205	ΓΑΤΗ ΜΑΡΙΑ-ΦΙΛΙΠΠΑ	20	0:05	0:10:22/0:05:11	0:15:43/0:05:21	0:21:14/0:05:30	0:26:44/0:05:30	0:32:36/0:05:51	0:38:34/0:05:57	0:44:27/0:05:53	0:50:00/0:05:33	0:55:48/0:05:47	1:02:08/0:06:20	1:08:28/0:06:19	1:14:17/0:05:49	1:20:09/0:05:51	1:26:11/0:06:02	1:32:07/0:05:56	1:38:17/0:06:09	1:44:43/0:06:26	1:51:16/0:06:33	1:57:42/0:06:25	5:53	ΓΣ ΙΚΑΡΟΣ Ν.ΙΩΝΙΑΣ	
DSQ	-1	209	ΤΣΙΑΝΑΒΑ ΧΡΙΣΤΙΝΑ	6	0:06	0:12:55/0:06:38	0:19:30/0:06:35	0:26:40/0:07:09	0:33:54/0:07:13	0:41:21/0:07:27	/	/	/	/	/	/	/	/	/	/	/	/	/	/	2:04	ΣΟΑ ΦΩΚΙΑΝΟΣ ΚΑΡΔΙΤΣΑΣ	

Place	Bib	bibS egas	Name	Laps	1km	2km/Lap 2	3km/Lap 3	4km/Lap 4	5km/Lap 5	6km/Lap 6	7km/Lap 7	8km/Lap 8	9km/Lap 9	Finish/L ap10	Pace	Club
10k, U20M																
1.	1006	106	ΚΑΥΚΑΛΙΑΣ ΓΕΩΡΓΙΟΣ	10	0:05	0:11:11/0:05:42	0:17:04/0:05:52	0:23:05/0:06:01	0:29:07/0:06:01	0:35:10/0:06:02	0:41:21/0:06:11	0:47:34/0:06:13	0:53:56/0:06:21	1:00:05/0:06:09	6:00	ΑΕ ΟΛΥΜΠΙΑΣ ΠΑΤΡΩΝ

10k, U20F																
1.	106	106	ΑΝΤΩΝΟΠΟΥΛΟΥ ΑΝΑΣΤΑΣΙΑ	10	0:04:58	0:09:49/0:04:51	0:14:39/0:04:49	0:19:28/0:04:48	0:24:23/0:04:55	0:29:14/0:04:51	0:34:07/0:04:53	0:39:00/0:04:53	0:43:44/0:04:43	0:48:29/0:04:44	4:50	ΓΣ ΙΚΑΡΟΣ Ν.ΙΩΝΙΑΣ
2.	101	101	ΑΣΛΑΝΙΔΟΥ ΣΕΒΑΣΤΙΑΝΗ	10	0:05:09	0:10:16/0:05:06	0:15:26/0:05:09	0:20:36/0:05:10	0:25:44/0:05:08	0:31:01/0:05:16	0:36:18/0:05:17	0:41:28/0:05:09	0:46:38/0:05:10	0:52:03/0:05:25	5:12	ΓΣ ΙΚΑΡΟΣ Ν.ΙΩΝΙΑΣ

Place	Bib	bibS egas	Name	Laps	1km	2km/Lap 2	3km/Lap 3	4km/Lap 4	5km/Lap 5	6km/Lap 6	7km/Lap 7	8km/Lap 8	9km/Lap 9	10km/La p10	11km/La p11	12km/La p12	13km/La p13	14km/La p14	15km/La p15	16km/La p16	17km/La p17	18km/La p18	19km/La p19	Finish/L ap20	Pace	Club
a.k.	105	105	ΤΣΙΝΟΠΟΥΛΟΥ ΠΑΝΑΓΙΩΤΑ	10	0:05:14	0:10:27/ 0:05:13	0:15:43/ 0:05:15	0:20:59/ 0:05:16	0:26:19/ 0:05:19	0:31:37/ 0:05:18	0:36:59/ 0:05:21	0:42:21/ 0:05:22	0:47:41/ 0:05:20	0:52:53/ 0:05:11	5:17	ΓΣ ΒΕΛΟΣ ΠΑΛΛΙΟΥ ΦΑΛΗΡΟΥ										
DSQ	104	104	ΜΠΑΡΚΑΛΗ ΕΥΦΡΑΙΜΙΑ- ΓΕΩΡΓ	4	0:06:26	0:13:13/ 0:06:47	0:20:21/ 0:07:08	0:27:34/ 0:07:12	/	/	/	/	/	/	2:45	ΣΟΑ ΦΩΚΙΑΝΟΣ ΚΑΡΔΙΤΣΑΣ										
DNF	102	102	ΑΔΑΜΗ ANNA	3	0:05:27	0:11:06/ 0:05:38	0:16:54/ 0:05:47	/	/	/	/	/	/	/	1:41	ΓΕ ΑΓΡΙΝΙΟΥ										

10k, U18M

1.	1001	101	ΜΠΑΡΔΑΚΗΣ ΕΛΙΣΣΑΙΟΣ	10	0:04:58	0:09:49/ 0:04:51	0:14:38/ 0:04:48	0:19:33/ 0:04:54	0:24:44/ 0:05:11	0:30:19/ 0:05:34	0:35:46/ 0:05:27	0:41:09/ 0:05:23	0:46:25/ 0:05:15	0:51:14/ 0:04:49	5:07	ΑΕ ΟΛΥΜΠΙΑΣ ΠΑΤΡΩΝ								
2.	1002	102	ΡΑΓΚΑΣ ΧΡΗΣΤΟΣ	10	0:05:14	0:10:36/ 0:05:22	0:15:59/ 0:05:23	0:21:23/ 0:05:24	0:26:50/ 0:05:27	0:32:25/ 0:05:34	0:37:58/ 0:05:33	0:43:41/ 0:05:42	0:49:31/ 0:05:50	0:55:02/ 0:05:30	5:30	ΓΕ ΝΑΟΥΣΑΣ								
3.	1004	104	ΜΑΡΤΟΣ ΝΙΚΟΛΑΟΣ	10	0:05:27	0:11:11/ 0:05:43	0:17:05/ 0:05:53	0:22:57/ 0:05:51	0:28:57/ 0:05:59	0:35:19/ 0:06:22	0:41:34/ 0:06:15	0:47:30/ 0:05:56	0:53:29/ 0:05:59	0:59:20/ 0:05:51	5:56	ΟΚΑ ΒΙΚΕΛΑΣ ΒΕΡΟΙΑΣ								
DSQ	1005	105	ΣΑΛΤΗΣ ΠΑΝΑΓΙΩΤΗΣ	6	0:05:11	0:10:18/ 0:05:07	0:15:28/ 0:05:09	0:20:35/ 0:05:07	0:25:46/ 0:05:10	0:31:29/ 0:05:43	/	/	/	/	3:08	ΣΟΑ ΦΩΚΙΑΝΟΣ ΚΑΡΔΙΤΣΑΣ								

5k, U18F

Place	Bib	bibS egas	Name	Laps	1km	2km/Lap 2	3km/Lap 3	4km/Lap 4	Finish/L ap5	Pace	Club
1.	503	503	ΕΣΜΕΡΛΗ ΧΡΥΣΑ	5	0:04:53	0:10:10/ 0:05:17	0:15:34/ 0:05:23	0:21:01/ 0:05:27	0:26:22/ 0:05:20	5:16	ΓΣ ΙΚΑΡΟΣ Ν.ΙΩΝΙΑΣ
2.	501	501	ΦΛΩΡΟΠΟΥΛΟΥ ΑΘΗΝΑ	5	0:05:10	0:10:42/ 0:05:31	0:16:28/ 0:05:46	0:22:19/ 0:05:51	0:27:54/ 0:05:34	5:34	ΑΘΛΟΚΙΝΗΣΗ ΑΣ ΜΥΤΙΛΗΝΗΣ
3.	504	504	ΔΑΛΕΚΟΥ ΜΑΡΙΑΝΘΗ- ΕΛΕΝΗ	5	0:05:23	0:11:11/ 0:05:48	0:17:11/ 0:05:59	0:23:11/ 0:06:00	0:29:08/ 0:05:57	5:49	ΑΘΛΟΚΙΝΗΣΗ ΑΣ ΜΥΤΙΛΗΝΗΣ
4.	506	506	ΚΑΡΑΤΖΑ ΝΙΚΟΛΕΤΤΑ	5	0:05:39	0:11:23/ 0:05:44	0:17:21/ 0:05:57	0:23:32/ 0:06:10	0:29:31/ 0:05:59	5:54	ΑΓΕ ΖΑΚΥΝΘΟΥ
5.	511	511	ΜΑΚΡΗ ΜΑΡΙΑ	5	0:05:37	0:11:41/ 0:06:04	0:17:55/ 0:06:14	0:24:10/ 0:06:15	0:30:05/ 0:05:55	6:01	ΑΕ ΟΛΥΜΠΙΑΔΑ ΠΑΤΡΑΣ
6.	505	505	ΨΑΡΙΑΝΟΥ ΜΥΡΣΙΝΗ	5	0:05:25	0:11:35/ 0:06:09	0:18:00/ 0:06:24	0:24:24/ 0:06:23	0:30:39/ 0:06:14	6:07	ΑΘΛΟΚΙΝΗΣΗ ΑΣ ΜΥΤΙΛΗΝΗΣ
7.	510	510	ΤΣΙΑΝΑΒΑ ΜΑΡΙΑ	5	0:05:39	0:11:42/ 0:06:03	0:18:19/ 0:06:36	0:25:37/ 0:07:17	0:31:46/ 0:06:09	6:21	ΣΟΑ ΦΩΚΙΑΝΟΣ ΚΑΡΔΙΤΣΑΣ
8.	508	508	ΚΟΡΟΖΗ ΟΥΡΑΝΙΑ	5	0:06:07	0:12:41/ 0:06:34	0:19:23/ 0:06:41	0:26:01/ 0:06:38	0:32:29/ 0:06:27	6:29	ΓΑΣ ΗΡΑΚΛΗΣ ΘΗΒΩΝ
9.	509	509	ΚΑΚΙΟΥΖΗ ΔΗΜΗΤΡΑ	5	0:06:22	0:12:53/ 0:06:31	0:19:32/ 0:06:38	0:26:18/ 0:06:45	0:32:43/ 0:06:24	6:32	ΑΟ ΠΕΥΚΗΣ
DNF	507	507	ΣΑΒΒΟΠΟΥΛΟΥ ΜΑΡΙΑ	3	0:05:39	0:25:36/ 0:19:56	0:29:57/ 0:04:21	/	/	5:59	ΑΕ ΟΛΥΜΠΙΑΣ ΠΑΤΡΩΝ