

## TAYGETOS SUN 2023 Experience 20KM

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START	EXOCHORI 5/20km	FARAGKI 7/20km	TSERIA 10/20km	Finish 20km
1	1	1	M1 (18-29)	Male	301		NIKOLAOS PONIREAS	-	ΑΕ ΜΕΣΟΓΕΙΩΝ ΑΜΕΙΝΙΑΣ ΠΑΛΛΗΝΕΥΣ	0:00:00(00:00:00)	0:24:32(00:24:32)	0:33:27(00:33:26)	0:49:55(00:49:55)	1:29:33(01:29:33)
2	2	2	M1 (18-29)	Male	385		ANDREAS MANETAS	-	ΟΤΙΝΑΝΑΙ	0:00:02(00:00:00)	0:26:58(00:26:55)	0:36:44(00:36:42)	0:57:20(00:57:17)	1:38:46(01:38:44)
3	3	1	M2 (30-39)	Male	319		ANDREAS ANDRIOPOULOS	-	ON RUNNING	0:00:00(00:00:00)	0:28:35(00:28:35)	0:38:52(00:38:52)	1:00:12(01:00:12)	1:41:09(01:41:09)
4	4	2	M2 (30-39)	Male	394		JOHANNES MUELLER	-	ELEONAS LIMENI	0:00:07(00:00:00)	-	0:40:59(00:40:52)	1:05:50(01:05:43)	1:51:58(01:51:51)
5	5	3	M2 (30-39)	Male	333		GIWRGOS CHARISTOS	-		0:00:02(00:00:00)	0:28:37(00:28:34)	0:38:52(00:38:49)	1:03:40(01:03:38)	1:52:08(01:52:06)
6	6	4	M2 (30-39)	Male	302		DIMITRIS KAKOURIS	-	PRIVATE TRAINING BY VASILIS YIANNIOSIS	0:00:01(00:00:00)	0:32:14(00:32:12)	0:43:22(00:43:20)	1:07:44(01:07:43)	1:52:21(01:52:19)
7	7	5	M2 (30-39)	Male	466		TZORTZIS XYPOLITIDIS	-	L-CREW	0:00:03(00:00:00)	0:31:53(00:31:49)	0:42:54(00:42:50)	1:07:50(01:07:47)	1:55:33(01:55:29)
8	8	1	M3 (40-49)	Male	322		ILIAS ARGITIS	-	ΣΔΥ ΠΑΤΡΩΝ	0:00:04(00:00:00)	0:31:24(00:31:19)	0:42:44(00:42:39)	1:07:36(01:07:32)	1:55:38(01:55:33)
9	9	1	M4 (50-59)	Male	428		DIMITRIOS RONTOPOULOS	-		0:00:01(00:00:00)	0:31:51(00:31:49)	0:42:54(00:42:52)	1:08:37(01:08:35)	1:56:22(01:56:21)
10	1	1	W1 (18-39)	Female	436		NATASA SPANOU	-		0:00:02(00:00:00)	0:33:24(00:33:21)	0:44:39(00:44:36)	1:09:28(01:09:25)	1:59:30(01:59:27)
11	10	2	M3 (40-49)	Male	351		MELETIOS GKIOKAS	-		0:00:03(00:00:00)	0:33:43(00:33:39)	-	1:11:07(01:11:03)	2:01:03(02:00:59)
12	11	3	M3 (40-49)	Male	483		PANAGIOTIS MPOZIKAS	-		0:00:09(00:00:00)	0:35:20(00:35:11)	-	1:11:44(01:11:34)	2:01:39(02:01:30)
13	12	3	M1 (18-29)	Male	479		KONSTANTINOS TSAKONAS	-		0:00:24(00:00:00)	0:33:21(00:32:56)	0:44:39(00:44:14)	1:09:35(01:09:10)	2:01:40(02:01:15)
14	13	6	M2 (30-39)	Male	387		NIKOLAOS MAOUNIS	-	ALL TERRAIN RUNNERS	0:00:03(00:00:00)	-	0:46:46(00:46:43)	1:13:01(01:12:57)	2:03:41(02:03:37)
15	14	4	M3 (40-49)	Male	419		VASSILIS PITSIKALIS	-		0:00:04(00:00:00)	0:34:02(00:33:57)	0:46:24(00:46:19)	1:11:39(01:11:34)	2:04:04(02:03:59)
16	15	7	M2 (30-39)	Male	477		PETROS ATHINAIOS	-		0:00:02(00:00:00)	0:34:57(00:34:55)	0:46:58(00:46:55)	1:15:44(01:15:42)	2:09:19(02:09:17)
17	16	2	M4	Male	303		IOANNIS AVOURIS	-	SAUCONY / PRIVATE	0:00:11(00:00:00)	0:35:13(00:35:02)	0:47:48(00:47:36)	1:15:39(01:15:27)	2:09:52(02:09:41)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START	EXOCHORI 5/20km	FARAGKI 7/20km	TSERIA 10/20km	Finish 20km
			(50-59)						TRAINING BY VASILIS YIANNIOSIS					
18	17	5	M3 (40-49)	Male	360		KOSTAS KARAKATSOULAS	-		0:00:05(00:00:00)	0:37:07(00:37:01)	0:50:11(00:50:05)	1:18:27(01:18:21)	2:11:36(02:11:30)
19	18	3	M4 (50-59)	Male	305		DIMITRIOS TROUPIS	-	ADVENDURE	0:00:19(00:00:00)	0:37:09(00:36:50)	0:50:00(00:49:40)	1:17:54(01:17:34)	2:11:37(02:11:17)
20	2	2	W1 (18-39)	Female	306		LEMONIA PANAGIOTOU	-		0:00:26(00:00:00)	0:37:14(00:36:47)	0:49:51(00:49:24)	1:18:15(01:17:48)	2:11:50(02:11:23)
21	19	8	M2 (30-39)	Male	342		ACHILLEAS EFSTATHIOU	-	A.A.A.K	0:00:17(00:00:00)	-	0:46:13(00:45:56)	1:13:06(01:12:48)	2:12:25(02:12:08)
22	20	9	M2 (30-39)	Male	340		GEORGIOS DESYLLAS	-		0:00:32(00:00:00)	0:37:21(00:36:49)	0:49:49(00:49:16)	1:17:46(01:17:14)	2:14:00(02:13:28)
23	21	6	M3 (40-49)	Male	382		TINO MAERZ	-	KEEPLIFESIMPLE.DE	0:00:02(00:00:00)	0:36:34(00:36:32)	0:49:57(00:49:55)	1:18:39(01:18:37)	2:14:13(02:14:11)
24	22	4	M4 (50-59)	Male	372		IOANNIS KOUTIS	-		0:00:02(00:00:00)	0:36:52(00:36:50)	0:50:01(00:49:59)	1:18:22(01:18:19)	2:14:54(02:14:52)
25	23	10	M2 (30-39)	Male	316		DIMITRIOS ANAGNOSTOPOULOS	-		0:00:00(00:00:00)	0:40:43(00:40:43)	0:53:57(00:53:57)	1:23:54(01:23:54)	2:15:54(02:15:54)
26	3	3	W1 (18-39)	Female	456		ALEXIA VACHAVIOLOU	-		0:00:24(00:00:00)	-	0:51:50(00:51:25)	1:22:00(01:21:35)	2:17:49(02:17:24)
27	24	11	M2 (30-39)	Male	317		MICHAEL ANASTOPOULOS	-	RUN365	0:00:14(00:00:00)	0:39:41(00:39:26)	0:52:45(00:52:30)	1:22:30(01:22:16)	2:18:52(02:18:38)
28	25	7	M3 (40-49)	Male	422		DIMITRIOS RAPATSOULEAS	-		0:00:14(00:00:00)	0:38:48(00:38:33)	0:51:49(00:51:34)	1:21:21(01:21:06)	2:19:12(02:18:57)
29	26	4	M1 (18-29)	Male	444		LAMPROS TRIANTAFYLLOPOULOS	-		0:00:46(00:00:00)	0:41:38(00:40:51)	0:54:54(00:54:07)	1:24:55(01:24:08)	2:20:22(02:19:35)
30	4	4	W1 (18-39)	Female	455		DANIILIDA TZOVOLOU	-		0:00:13(00:00:00)	0:38:39(00:38:25)	0:51:45(00:51:31)	1:20:59(01:20:45)	2:20:23(02:20:09)
31	27	8	M3 (40-49)	Male	403		DIONYSIOS OIKONOMOU	-		0:00:24(00:00:00)	0:40:07(00:39:42)	0:53:59(00:53:34)	1:24:33(01:24:08)	2:20:58(02:20:34)
32	28	9	M3 (40-49)	Male	339		GEORGIOS DAMASIOTIS	-		0:00:07(00:00:00)	0:40:11(00:40:03)	0:55:12(00:55:05)	1:26:23(01:26:16)	2:21:07(02:21:00)
33	29	12	M2 (30-39)	Male	443		THODORIS TRIANTAFILLOU	-		0:00:16(00:00:00)	0:39:27(00:39:11)	0:52:48(00:52:32)	1:24:04(01:23:48)	2:22:02(02:21:46)
34	30	10	M3 (40-49)	Male	392		VASSILIS MENEKLIS	-	RUN RUN RUN JUMP	0:00:16(00:00:00)	0:40:42(00:40:26)	0:54:47(00:54:31)	1:25:31(01:25:15)	2:23:14(02:22:57)

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35	31	13	M2 (30-39)	Male	357		GIWRGOS KAPELERIS	-		0:00:14(00:00:00)	0:39:55(00:39:40)	0:53:24(00:53:09)	1:24:27(01:24:12)	2:23:17(02:23:03)
36	32	11	M3 (40-49)	Male	314		KONSTANTINOS ALOIMONAKIS	-		0:00:17(00:00:00)	0:38:47(00:38:30)	0:51:46(00:51:29)	1:24:21(01:24:04)	2:23:22(02:23:05)
37	33	5	M4 (50-59)	Male	373		VASILIS KRITIKOS	-		0:00:02(00:00:00)	0:39:00(00:38:57)	0:53:29(00:53:26)	1:23:50(01:23:47)	2:23:46(02:23:43)
38	34	12	M3 (40-49)	Male	430		SPIROS SAKELLARIOU	-		0:00:21(00:00:00)	0:39:29(00:39:07)	0:53:07(00:52:46)	-	2:23:54(02:23:33)
39	35	13	M3 (40-49)	Male	412		DIMITRIS PAPADOPOULOS	-		0:00:04(00:00:00)	-	0:55:12(00:55:07)	1:26:37(01:26:32)	2:23:59(02:23:55)
40	36	14	M2 (30-39)	Male	431		YANNIS SARANTIS	-		0:00:31(00:00:00)	0:40:42(00:40:11)	0:54:09(00:53:38)	1:25:13(01:24:42)	2:24:35(02:24:04)
41	37	14	M3 (40-49)	Male	470		ANASTASIOS ZOUMPOULIS	-		0:00:30(00:00:00)	0:41:37(00:41:07)	0:55:41(00:55:11)	1:26:20(01:25:50)	2:24:41(02:24:10)
42	38	1	M5 (60+)	Male	310		ANTONIS AIDONIS	-	TELMISSOS	0:00:18(00:00:00)	0:38:47(00:38:29)	0:51:46(00:51:27)	1:24:13(01:23:54)	2:25:06(02:24:48)
43	39	15	M2 (30-39)	Male	432		DIMITRIS SEIMAN	-	ATHLOKINISI	0:00:11(00:00:00)	0:40:20(00:40:09)	0:54:55(00:54:44)	1:27:34(01:27:23)	2:25:12(02:25:00)
44	40	15	M3 (40-49)	Male	376		SPIROS LALLOS	-	MY ATHLETE	0:00:07(00:00:00)	0:38:50(00:38:43)	0:52:04(00:51:57)	-	2:25:25(02:25:17)
45	41	16	M3 (40-49)	Male	400		GREGORY NTAKOULAS	-		0:00:02(00:00:00)	0:37:00(00:36:57)	0:50:25(00:50:22)	1:19:45(01:19:42)	2:25:29(02:25:26)
46	42	16	M2 (30-39)	Male	402		DIMITRIS OIKONOMOPOULOS	-		0:00:29(00:00:00)	0:41:43(00:41:14)	0:55:50(00:55:21)	1:27:31(01:27:02)	2:25:45(02:25:16)
47	43	5	M1 (18-29)	Male	396		AGGELOS NIKAS	-		0:00:22(00:00:00)	0:41:36(00:41:13)	0:55:14(00:54:52)	1:25:34(01:25:12)	2:26:38(02:26:16)
48	44	17	M2 (30-39)	Male	327		IRAKLIS BARLAMAS	-		0:02:55(00:00:00)	0:43:23(00:40:28)	0:57:44(00:54:49)	1:27:40(01:24:45)	2:26:55(02:24:00)
49	45	17	M3 (40-49)	Male	326		GIORGOS AXIOTIS	-		0:00:05(00:00:00)	0:39:38(00:39:32)	0:55:14(00:55:08)	1:27:23(01:27:17)	2:28:35(02:28:29)
50	46	18	M3 (40-49)	Male	438		DIMITRIOS STRATOS	-		0:00:30(00:00:00)	0:41:17(00:40:47)	0:54:52(00:54:22)	1:25:58(01:25:27)	2:28:36(02:28:06)
51	47	18	M2 (30-39)	Male	399		NIKOS NIKOLOUTSAKOS	-		0:00:21(00:00:00)	0:41:12(00:40:51)	0:54:50(00:54:29)	1:27:03(01:26:41)	2:29:11(02:28:50)
52	48	19	M3 (40-49)	Male	311		THEOFILOS ALEVIZOS	-		0:00:09(00:00:00)	0:40:33(00:40:24)	0:55:07(00:54:58)	1:28:13(01:28:04)	2:29:12(02:29:03)

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53	5	1	W2 (40-59)	Female	352		IOANNA KALAMATIANOU	-		0:00:22(00:00:00)	0:41:17(00:40:54)	0:55:02(00:54:39)	1:26:16(01:25:53)	2:29:47(02:29:24)
54	49	20	M3 (40-49)	Male	398		ILIAS NIKITAKOS	-		0:00:26(00:00:00)	0:42:50(00:42:23)	0:57:53(00:57:26)	1:28:49(01:28:22)	2:30:02(02:29:35)
55	50	21	M3 (40-49)	Male	349		ANASTASIOS GKIGKILAS	-		0:00:31(00:00:00)	0:42:46(00:42:14)	0:57:51(00:57:20)	1:28:41(01:28:10)	2:30:03(02:29:32)
56	51	22	M3 (40-49)	Male	315		CHRISTOS ANAGNOSTAKOS	-	SPARTAN RUNNERS	0:00:22(00:00:00)	-	0:54:38(00:54:16)	1:27:17(01:26:55)	2:30:27(02:30:05)
57	52	6	M4 (50-59)	Male	409		ALEXANDROS PANAGOPOULOS	-	VASKOS TRAINNING	0:00:33(00:00:00)	0:41:52(00:41:18)	0:56:28(00:55:55)	1:28:34(01:28:00)	2:30:41(02:30:07)
58	53	23	M3 (40-49)	Male	331		GIORGOS BOUTSIKAKIS	-	OIKOTEXNIA BOUTSIKAKI	0:00:01(00:00:00)	0:40:41(00:40:39)	0:55:16(00:55:14)	1:27:26(01:27:25)	2:30:58(02:30:56)
59	54	24	M3 (40-49)	Male	386		ARION MANIATIS	-	MBK	0:00:14(00:00:00)	0:40:01(00:39:47)	0:52:55(00:52:40)	1:23:19(01:23:04)	2:31:12(02:30:57)
60	55	25	M3 (40-49)	Male	424		THOMAS REPANTIS	-		0:00:26(00:00:00)	0:43:16(00:42:49)	-	1:30:27(01:30:00)	2:34:14(02:33:47)
61	6	2	W2 (40-59)	Female	350		MARIA GKIKA	-		0:00:16(00:00:00)	0:39:42(00:39:26)	0:53:49(00:53:33)	1:26:03(01:25:47)	2:34:29(02:34:13)
62	56	2	M5 (60+)	Male	472		NIKOS ALTOUVAS	-		0:00:19(00:00:00)	0:43:20(00:43:01)	0:58:48(00:58:28)	1:31:20(01:31:00)	2:34:33(02:34:13)
63	57	26	M3 (40-49)	Male	434		KONSTANTINOS SKAREAS	-	GALAZIO LIFE IS BETTER AT THE BEACH	0:00:29(00:00:00)	0:44:04(00:43:34)	0:58:46(00:58:17)	1:31:13(01:30:44)	2:34:35(02:34:06)
64	58	27	M3 (40-49)	Male	161		DIONYSIOS MITROPOULOS	-	PERSISTENCE RUNNERS	0:00:32(00:00:00)	0:43:30(00:42:57)	0:58:48(00:58:16)	1:32:03(01:31:31)	2:35:27(02:34:54)
65	59	28	M3 (40-49)	Male	446		GEORGIOS TSAKOPIAKOS	-		0:00:42(00:00:00)	0:44:58(00:44:16)	1:02:59(01:02:16)	1:34:36(01:33:53)	2:37:07(02:36:24)
66	60	29	M3 (40-49)	Male	407		PHILEMON PANAGIOTOPOULOS	-		0:00:29(00:00:00)	0:39:00(00:38:31)	0:54:19(00:53:50)	1:25:41(01:25:12)	2:37:27(02:36:58)
67	61	30	M3 (40-49)	Male	423		YANN RATHAT	-		0:00:35(00:00:00)	0:43:10(00:42:34)	0:57:45(00:57:09)	1:30:23(01:29:48)	2:37:39(02:37:04)
68	7	5	W1 (18-39)	Female	369		VASILIKI KONTOU	-	EFKLIS	0:00:19(00:00:00)	0:44:09(00:43:49)	0:59:58(00:59:38)	1:33:37(01:33:17)	2:39:45(02:39:26)
69	62	3	M5 (60+)	Male	406		CHRISTOS PANAGIOTOPOULOS	-		0:00:26(00:00:00)	0:44:37(00:44:10)	1:00:43(01:00:16)	1:34:26(01:33:59)	2:39:55(02:39:28)
70	8	6	W1 (18-39)	Female	348		LEA GIURIS	-		0:00:35(00:00:00)	0:47:39(00:47:03)	1:03:41(01:03:05)	1:36:41(01:36:06)	2:40:26(02:39:51)

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71	63	7	M4 (50-59)	Male	429		LEFTERIS ROUSOULIS	-	A Π Σ ΔΡΟΜΕΩΝ ΕΥΒΟΙΑΣ	0:00:11(00:00:00)	0:40:44(00:40:33)	0:54:03(00:53:52)	1:27:37(01:27:26)	2:40:40(02:40:29)
72	64	31	M3 (40-49)	Male	414		KONSTANTINOS PAPANTZIKOS	-		0:00:30(00:00:00)	0:46:52(00:46:22)	1:01:42(01:01:12)	1:36:27(01:35:57)	2:40:41(02:40:11)
73	65	32	M3 (40-49)	Male	404		NIKOLAOS PAIKOS	-		0:00:41(00:00:00)	-	0:59:34(00:58:53)	1:33:43(01:33:01)	2:40:49(02:40:08)
74	66	6	M1 (18-29)	Male	437		IOANNIS STATHOPOULOS	-		0:00:32(00:00:00)	0:44:15(00:43:42)	0:59:57(00:59:25)	1:34:40(01:34:07)	2:42:30(02:41:57)
75	67	7	M1 (18-29)	Male	411		ILIAS PANIARAS	-	SUNDAY STROLLERS	0:00:41(00:00:00)	0:46:01(00:45:20)	1:01:18(01:00:37)	1:35:38(01:34:57)	2:42:59(02:42:18)
76	68	19	M2 (30-39)	Male	346		ALEKSY GAJ	-	WOUNDED WOLFS	0:00:41(00:00:00)	0:46:04(00:45:22)	1:01:24(01:00:43)	1:35:44(01:35:02)	2:43:00(02:42:19)
77	9	3	W2 (40-59)	Female	415		POPI PAPASIMINOU	-		0:00:18(00:00:00)	0:42:03(00:41:44)	0:58:33(00:58:14)	1:34:31(01:34:13)	2:43:46(02:43:27)
78	69	8	M4 (50-59)	Male	358		ALEXANDROS KAPETANOPOULOS	-		0:00:02(00:00:00)	0:47:19(00:47:17)	-	1:37:51(01:37:49)	2:43:57(02:43:54)
79	10	4	W2 (40-59)	Female	413		MARIA PAPANTONIOU	-	VASKOS TRAINING TEAM	0:00:33(00:00:00)	0:46:32(00:45:59)	1:02:53(01:02:20)	1:37:37(01:37:03)	2:44:30(02:43:57)
80	70	20	M2 (30-39)	Male	401		CHARALMPOS NTOURMETAKIS	-		0:00:17(00:00:00)	0:48:01(00:47:44)	0:53:10(00:52:53)	1:30:19(01:30:02)	2:44:37(02:44:19)
81	71	33	M3 (40-49)	Male	343		GERASIMOS FALIREAS	-		0:00:18(00:00:00)	0:44:46(00:44:28)	1:00:55(01:00:37)	1:36:03(01:35:45)	2:45:32(02:45:13)
82	72	21	M2 (30-39)	Male	354		EVANGELOS KALOGIANNIDIS	-	RUN TO CHANGE DIABETES	0:00:32(00:00:00)	0:43:30(00:42:58)	0:59:03(00:58:31)	1:34:59(01:34:26)	2:45:34(02:45:02)
83	73	34	M3 (40-49)	Male	393		PROKOPIS MISSIAS	-	FILIATRA RUNNERS	0:00:32(00:00:00)	0:45:17(00:44:45)	1:01:49(01:01:17)	1:36:07(01:35:34)	2:45:34(02:45:02)
84	74	9	M4 (50-59)	Male	391		DIMITRIS MELEXOPOULOS	-	LIDA APARTMENTS KALAMATA - ΣΔΥΜ	0:00:21(00:00:00)	-	1:04:09(01:03:48)	1:39:32(01:39:11)	2:46:10(02:45:49)
85	75	10	M4 (50-59)	Male	418		KOSMAS PILOURIS	-	KOURKOURIKIS TRAINING GROUP	0:00:02(00:00:00)	0:41:19(00:41:16)	0:57:37(00:57:34)	1:35:02(01:34:59)	2:47:28(02:47:25)
86	11	7	W1 (18-39)	Female	462		MARIA VOTTI	-		0:00:07(00:00:00)	0:43:06(00:42:58)	0:59:10(00:59:03)	1:33:56(01:33:48)	2:48:11(02:48:03)
87	76	35	M3 (40-49)	Male	364		PETROS KAVALAKIS	-	RUN RUN RUN JUMP	0:00:11(00:00:00)	0:45:03(00:44:51)	1:02:23(01:02:11)	1:37:00(01:36:48)	2:48:34(02:48:22)
88	77	11	M4 (50-59)	Male	478		VASSILIS ZOGOPOULOS	-		0:00:11(00:00:00)	0:47:23(00:47:12)	1:03:33(01:03:22)	1:39:18(01:39:06)	2:49:22(02:49:11)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START	EXOCHORI 5/20km	FARAGKI 7/20km	TSERIA 10/20km	Finish 20km
89	78	36	M3 (40-49)	Male	384		ILIAS MANESIOTIS	-	VO2 MAX EXERCISE CENTER PATRAS	0:00:02(00:00:00)	0:45:01(00:44:58)	1:02:52(01:02:49)	1:37:57(01:37:54)	2:49:33(02:49:30)
90	79	12	M4 (50-59)	Male	320		DIMITRIS ANEZYRIS	-	SPARKS	0:00:17(00:00:00)	0:47:40(00:47:23)	1:02:31(01:02:13)	1:36:52(01:36:34)	2:50:18(02:50:00)
91	80	22	M2 (30-39)	Male	457		MANOLIS VARDAS	-		0:00:18(00:00:00)	0:46:29(00:46:11)	1:03:09(01:02:51)	1:39:14(01:38:55)	2:50:19(02:50:00)
92	81	23	M2 (30-39)	Male	313		KWNSTANTINOS ALEXOPOULOS	-		0:00:39(00:00:00)	-	1:00:33(00:59:54)	1:36:19(01:35:40)	2:50:45(02:50:06)
93	82	37	M3 (40-49)	Male	439		DEMETRIS TAOUKIDIS	-	ANTHEMA RUNNING TEAM	0:00:26(00:00:00)	0:47:27(00:47:00)	1:03:15(01:02:48)	1:39:10(01:38:43)	2:51:08(02:50:41)
94	12	5	W2 (40-59)	Female	476		IONI LIANANTONAKI	-		0:00:22(00:00:00)	0:44:52(00:44:29)	1:01:09(01:00:46)	1:35:54(01:35:31)	2:51:28(02:51:05)
95	83	13	M4 (50-59)	Male	427		YIANNIS ROMANOS	-	SUNDAY STROLLERS	0:00:41(00:00:00)	-	1:03:40(01:02:58)	1:42:03(01:41:22)	2:51:47(02:51:06)
96	84	38	M3 (40-49)	Male	467		VASSILIS ZAFEIROPOULOS	-	DELOITTE	0:00:24(00:00:00)	0:45:14(00:44:50)	1:02:14(01:01:49)	1:39:28(01:39:03)	2:54:57(02:54:32)
97	85	39	M3 (40-49)	Male	440		THEODOROS TASIOULAS	-		0:00:24(00:00:00)	-	1:02:15(01:01:50)	1:39:21(01:38:56)	2:54:57(02:54:32)
98	86	8	M1 (18-29)	Male	450		THANOS TSITOURAS	-		0:00:16(00:00:00)	0:45:03(00:44:47)	1:01:21(01:01:05)	1:38:56(01:38:40)	2:55:07(02:54:51)
99	13	6	W2 (40-59)	Female	426		EVA RIGOU	-		0:00:16(00:00:00)	0:44:37(00:44:20)	1:00:45(01:00:28)	1:38:26(01:38:09)	2:55:17(02:55:01)
100	87	14	M4 (50-59)	Male	417		MICHAEL PIKIS	-	SUNDAY STROLLERS	0:00:41(00:00:00)	0:46:24(00:45:43)	1:03:42(01:03:01)	1:41:59(01:41:18)	2:56:56(02:56:15)
101	88	15	M4 (50-59)	Male	461		ANTONIS VLAMIS	-	Γ.Σ. ΓΛΥΦΑΔΑΣ	0:00:16(00:00:00)	0:44:02(00:43:46)	0:59:49(00:59:33)	1:37:18(01:37:02)	2:58:00(02:57:44)
102	89	16	M4 (50-59)	Male	390		PETROS MAZARAKIS	-	DSA RUNNING TEAM	0:00:37(00:00:00)	0:47:50(00:47:13)	1:03:58(01:03:21)	1:41:13(01:40:36)	2:59:39(02:59:02)
103	90	24	M2 (30-39)	Male	377		ELEFThERIOS LARIOS	-		0:00:32(00:00:00)	0:44:54(00:44:22)	1:04:58(01:04:26)	1:41:29(01:40:57)	3:01:59(03:01:26)
104	14	7	W2 (40-59)	Female	347		GINA GEORGIU	-		0:00:26(00:00:00)	0:48:07(00:47:40)	1:05:02(01:04:35)	1:44:14(01:43:47)	3:02:02(03:01:35)
105	91	25	M2 (30-39)	Male	420		SPYRIDON POLYCHRONOPOULOS	-		0:00:30(00:00:00)	-	1:07:14(01:06:44)	1:47:39(01:47:09)	3:02:03(03:01:33)
106	92	4	M5 (60+)	Male	442		MARK TODD	-		0:00:30(00:00:00)	0:47:50(00:47:20)	1:03:54(01:03:24)	1:42:32(01:42:02)	3:02:36(03:02:06)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START	EXOCHORI 5/20km	FARAGKI 7/20km	TSERIA 10/20km	Finish 20km
107	93	17	M4 (50-59)	Male	410		YANNI PANIARAS	-	SUNDAY STROLLERS	0:00:41(00:00:00)	-	1:03:05(01:02:24)	1:41:56(01:41:14)	3:03:21(03:02:40)
108	15	8	W2 (40-59)	Female	425		XRONOYLA REPPA	-	ΔΡΟΜΕΙΣ ΖΑΧΑΡΩΣ	0:00:19(00:00:00)	0:45:25(00:45:05)	1:02:20(01:02:00)	1:45:27(01:45:08)	3:06:35(03:06:15)
109	16	9	W2 (40-59)	Female	336		MARY CHRISTOPOULOU	-		0:00:18(00:00:00)	-	1:05:10(01:04:52)	1:45:31(01:45:13)	3:07:28(03:07:10)
110	94	40	M3 (40-49)	Male	458		GEORGE VASTARDIS	-		0:00:32(00:00:00)	0:47:09(00:46:36)	1:04:14(01:03:42)	1:44:19(01:43:47)	3:07:42(03:07:10)
111	17	10	W2 (40-59)	Female	383		GEORGIA MAKRI	-		0:00:26(00:00:00)	0:49:21(00:48:54)	1:06:26(01:05:59)	1:46:35(01:46:08)	3:07:54(03:07:27)
112	95	5	M5 (60+)	Male	329		EYTHIMIOS BONAROS	-		0:00:37(00:00:00)	0:50:28(00:49:51)	1:08:57(01:08:20)	1:49:31(01:48:54)	3:08:51(03:08:14)
113	18	1	W3 (60+)	Female	388		MARIA CHRISTINA MARGELI	-	SKY WOMEN RUNNING TEAM	0:00:13(00:00:00)	-	1:06:28(01:06:15)	1:48:41(01:48:27)	3:08:51(03:08:37)
114	96	41	M3 (40-49)	Male	454		NIKOLAOS TZOVARAS	-		0:00:21(00:00:00)	0:47:19(00:46:58)	1:04:11(01:03:49)	1:45:38(01:45:16)	3:09:07(03:08:46)
115	97	42	M3 (40-49)	Male	341		GEORGE DOUVIS	-		0:00:39(00:00:00)	0:47:37(00:46:58)	1:07:59(01:07:20)	1:47:09(01:46:30)	3:09:31(03:08:52)
116	98	18	M4 (50-59)	Male	452		GEORGIOS TZAVELAS	-		0:00:39(00:00:00)	0:48:59(00:48:20)	-	1:47:16(01:46:37)	3:09:34(03:08:55)
117	19	11	W2 (40-59)	Female	325		SOPHIA ATHANASOPOULOU	-		0:00:26(00:00:00)	0:47:12(00:46:45)	1:03:39(01:03:12)	1:46:58(01:46:31)	3:10:38(03:10:11)
118	99	9	M1 (18-29)	Male	395		KVNSTANTINOS NIKAS	-		0:00:21(00:00:00)	-	1:05:56(01:05:35)	1:45:44(01:45:22)	3:10:52(03:10:31)
119	100	19	M4 (50-59)	Male	361		HARALAMPOS KARAMANEAS	-		0:00:16(00:00:00)	0:48:01(00:47:45)	1:06:04(01:05:48)	1:45:20(01:45:04)	3:11:10(03:10:54)
120	20	12	W2 (40-59)	Female	421		ELENI PSUROU	-	A O F(ATLITIKOS OMILOS FILIATRWN)	0:00:18(00:00:00)	0:45:24(00:45:06)	1:02:18(01:02:00)	1:45:34(01:45:16)	3:11:26(03:11:08)
121	101	26	M2 (30-39)	Male	355		SPYROS KALOUDIS CHANTZEAS	-		0:00:09(00:00:00)	0:51:34(00:51:25)	1:09:15(01:09:06)	1:49:55(01:49:46)	3:11:50(03:11:41)
122	21	8	W1 (18-39)	Female	464		FLORENCE WANG	-		0:00:42(00:00:00)	-	1:06:32(01:05:49)	1:49:18(01:48:35)	3:12:08(03:11:26)
123	102	43	M3 (40-49)	Male	445		GEORGIOS TSAKONAS	-	SPARTIATES DROMEIS - DIMOPOULOS COACHING	0:00:35(00:00:00)	0:49:29(00:48:53)	1:07:20(01:06:45)	1:50:28(01:49:52)	3:16:40(03:16:04)
124	22	13	W2 (40-59)	Female	433		MATINA SGOUROPOULOU	-	SCIENCETRAINING	0:00:37(00:00:00)	0:49:29(00:48:52)	1:07:13(01:06:36)	1:50:25(01:49:48)	3:16:42(03:16:05)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START	EXOCHORI 5/20km	FARAGKI 7/20km	TSERIA 10/20km	Finish 20km
125	103	44	M3 (40-49)	Male	370		DIMITRIS KORRES	-		0:00:35(00:00:00)	-	1:10:50(01:10:15)	1:51:16(01:50:40)	3:17:23(03:16:48)
126	23	9	W1 (18-39)	Female	375		PANAGIOTA LALLA	-	NEA SMYRNI RUNNING TEAM	0:00:22(00:00:00)	0:52:41(00:52:18)	1:10:49(01:10:26)	1:51:21(01:50:58)	3:17:24(03:17:01)
127	104	45	M3 (40-49)	Male	337		CHRISTOS GRIGOROPOULOS	-	GRIGOTEAM	0:00:26(00:00:00)	0:50:01(00:49:34)	1:08:58(01:08:31)	1:50:37(01:50:10)	3:17:48(03:17:21)
128	105	46	M3 (40-49)	Male	368		GIORGOS KONTOS	-		0:00:24(00:00:00)	0:36:56(00:36:31)	3:37:16(03:36:51)	1:50:15(01:49:50)	3:18:10(03:17:45)
129	24	10	W1 (18-39)	Female	321		CHRISTINA ANGELAKOU	-		0:00:41(00:00:00)	0:51:01(00:50:20)	1:10:11(01:09:29)	1:53:30(01:52:49)	3:21:24(03:20:43)
130	106	27	M2 (30-39)	Male	353		KONSTANTINOS KALIVAS	-		0:00:39(00:00:00)	0:50:58(00:50:19)	1:10:20(01:09:41)	1:53:21(01:52:42)	3:21:25(03:20:46)
131	107	47	M3 (40-49)	Male	356		GIANNIS KANELLOPOULOS	-	MPAROUTOKAPNISMENOI	0:00:07(00:00:00)	0:49:57(00:49:49)	1:12:13(01:12:05)	1:56:08(01:56:00)	3:23:40(03:23:33)
132	108	48	M3 (40-49)	Male	460		GEORGE VITSILAKIS	-	GREEK TRAIL RUNNERS	0:00:13(00:00:00)	-	1:04:19(01:04:05)	1:47:54(01:47:41)	3:27:07(03:26:53)
133	109	1	ALL	Male	481		ALEXANDROS NIKOLOPOULOS	-		0:00:39(00:00:00)	0:51:25(00:50:46)	1:10:53(01:10:14)	1:54:51(01:54:12)	3:28:31(03:27:52)
134	25	14	W2 (40-59)	Female	468		THEOPISTI ZAMPRAILA	-		0:00:32(00:00:00)	0:56:53(00:56:21)	1:17:26(01:16:54)	2:02:14(02:01:41)	3:28:39(03:28:07)
135	26	15	W2 (40-59)	Female	328		KIM BINDON	-	OUTEREDGE TRAIL TEAM	0:00:17(00:00:00)	0:52:27(00:52:10)	1:11:52(01:11:35)	1:59:17(01:58:59)	3:28:46(03:28:29)
136	27	16	W2 (40-59)	Female	367		STELLA KOLETTI	-	THE RUNNERS PROJECT	0:00:22(00:00:00)	0:50:55(00:50:32)	1:09:59(01:09:36)	1:57:54(01:57:31)	3:29:35(03:29:12)
137	110	20	M4 (50-59)	Male	471		PANAGIOTIS PETRIMEAS	-		0:00:31(00:00:00)	0:52:04(00:51:33)	1:12:13(01:11:42)	1:56:03(01:55:32)	3:31:44(03:31:13)
138	111	28	M2 (30-39)	Male	463		SOTIRIOS VOVOS	-		0:00:32(00:00:00)	0:53:20(00:52:47)	1:12:24(01:11:52)	1:59:09(01:58:37)	3:35:31(03:34:59)
139	28	11	W1 (18-39)	Female	334		IOANNA CHARITOU	-		0:00:31(00:00:00)	0:53:06(00:52:35)	1:15:05(01:14:34)	2:05:48(02:05:16)	3:45:58(03:45:27)
140	112	6	M5 (60+)	Male	465		STELIOS XIPOLITOS	-	Σ.Δ.Υ.Μ	0:00:31(00:00:00)	0:53:07(00:52:35)	1:15:05(01:14:34)	2:05:40(02:05:09)	3:45:59(03:45:28)
141	29	17	W2 (40-59)	Female	480		LOIS KATSELI	-		0:00:22(00:00:00)	0:55:17(00:54:54)	1:15:21(01:14:59)	2:05:07(02:04:44)	3:47:05(03:46:42)
142	30	18	W2 (40-59)	Female	378		ELENE LAVRANOS	-	THIRTEENERS	0:00:41(00:00:00)	0:59:21(00:58:40)	1:21:31(01:20:50)	2:14:03(02:13:22)	3:49:03(03:48:22)



Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START	EXOCHORI 5/20km	FARAGKI 7/20km	TSERIA 10/20km	Finish 20km
143	113	21	M4 (50-59)	Male	304		IOANNIS YPSILOS	-	THIRTEENERS	0:00:39(00:00:00)	0:59:21(00:58:42)	-	2:02:57(02:02:18)	3:49:06(03:48:27)
144	114	49	M3 (40-49)	Male	365		APOSTOLOS KAZAKIDIS	-		0:00:26(00:00:00)	0:59:17(00:58:50)	1:21:31(01:21:04)	2:18:06(02:17:39)	3:49:21(03:48:54)
145	115	22	M4 (50-59)	Male	435		STYLIANOS SKLIVANAKIS	-	ANEY	0:00:43(00:00:00)	1:00:04(00:59:21)	1:22:43(01:22:00)	2:12:04(02:11:21)	3:49:59(03:49:15)
146	31	19	W2 (40-59)	Female	359		VASSILIKI KARAGEORGIU	-		0:00:41(00:00:00)	1:00:00(00:59:19)	1:22:32(01:21:51)	2:11:56(02:11:14)	3:49:59(03:49:18)
147	32	20	W2 (40-59)	Female	380		KONSTANTINA LEVANTI	-		0:00:43(00:00:00)	1:00:04(00:59:21)	1:22:55(01:22:11)	2:12:22(02:11:39)	3:53:53(03:53:09)
148	33	12	W1 (18-39)	Female	474		SELINI ARVANITAKI	-		0:00:09(00:00:00)	0:54:57(00:54:48)	1:14:06(01:13:56)	1:59:45(01:59:36)	3:54:23(03:54:14)
149	116	50	M3 (40-49)	Male	379		PANAGIOTIS LEKOPOULOS	-	PILABOX	0:00:07(00:00:00)	0:53:19(00:53:12)	1:15:29(01:15:22)	2:09:19(02:09:11)	4:10:30(04:10:22)
150	34	2	W3 (60+)	Female	345		BRIGITTE FREDIERE	-		0:00:41(00:00:00)	1:04:42(01:04:01)	1:30:19(01:29:37)	2:33:49(02:33:07)	4:35:12(04:34:30)
151	117	7	M5 (60+)	Male	335		GEORGIOS CHRISTODOULOU	-		0:00:43(00:00:00)	1:03:36(01:02:53)	1:30:11(01:29:27)	2:33:39(02:32:56)	4:35:12(04:34:29)
152	118	51	M3 (40-49)	Male	447		POLYDOROS TSIANIKAS DNF	-	TSIANIKAS TEAM	0:00:04(00:00:00)	0:44:00(00:43:55)	1:00:19(01:00:15)	1:35:05(01:35:00)	-
153	119	8	M5 (60+)	Male	318		DIMITRIS ANDRIOPOULOS 10km	-		0:03:45(00:00:00)	0:55:52(00:52:06)	-	-	-