

## 2o Nymfes Waterfall Trail 2023 20km TRAIL

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 20KM	FINISH 20KM
1	1	1	30-39M	Male	378		ERVIS ZELA	-	S-BIKES	0:00:04.516(00:00:00)	2:13:53.733(02:13:49)
2	2	1	50-59M	Male	324		ΣΠΥΡΟΣ ΑΠΕΡΓΗΣ	-	TRAILTEAM/APERGHITRAVEL.GR	0:00:01.130(00:00:00)	2:15:39.976(02:15:38)
3	3	2	30-39M	Male	321		ΑΓΓΕΛΟΣ ΑΝΔΡΙΩΤΗΣ	-		0:00:01.783(00:00:00)	2:16:19.276(02:16:17)
4	4	1	40-49M	Male	374		ΧΡΗΣΤΟΣ ΓΕΡΟΧΡΗΣΤΟΣ	-		0:00:00.486(00:00:00)	2:18:04.976(02:18:04)
5	5	2	40-49M	Male	339		ΑΛΕΞΑΝΔΡΟΣ ΚΟΥΡΗΣ	-	SOUTH CORFU RUNNERS	0:00:02.993(00:00:00)	2:20:40.013(02:20:37)
6	1	1	40-49W	Female	319		MARCELLA VAN HEMERT	-	TRAILTEAM / APERGHITRAVEL.GR	0:00:01.510(00:00:00)	2:22:16.416(02:22:14)
7	6	3	30-39M	Male	323		ΓΙΑΝΝΗΣ ΑΠΕΡΓΗΣ	-	SOUTH CORFU RUNNERS	0:00:02.126(00:00:00)	2:24:30.080(02:24:27)
8	7	4	30-39M	Male	361		ΑΠΟΣΤΟΛΟΣ ΤΑΣΟΥΛΑΣ	-	LEON TRIATHLON	0:00:00.196(00:00:00)	2:25:09.536(02:25:09)
9	8	5	30-39M	Male	375		ΑΛΕΞΑΝΔΡΟΣ ΜΑΚΡΗΣ	-		0:00:00.683(00:00:00)	2:25:48.836(02:25:48)
10	9	3	40-49M	Male	318		ΑΘΑΝΑΣΙΟΣ ΤΣΙΡΙΜΙΑΓΚΟΣ	-	KASSIOS DIAS	0:00:00.196(00:00:00)	2:29:17.373(02:29:17)
11	10	4	40-49M	Male	309		ALEXANDROS MAVRONAS	-	KASSIOS DIAS	0:00:00.196(00:00:00)	2:29:20.150(02:29:19)
12	11	5	40-49M	Male	301		VASILEIOS ALAMANOS	-	CORFU MOUNTAIN TRAIL	0:00:02.993(00:00:00)	2:31:23.233(02:31:20)
13	12	1	ALL	Male	312		HARIS PAROUSTIS	-	ADESPOTOS	0:00:00.090(00:00:00)	2:35:55.330(02:35:55)
14	13	1	60+M	Male	373		ΒΑΣΙΛΗΣ ΜΑΚΑΝΤΑΝΗΣ	-		0:00:01.783(00:00:00)	2:36:10.856(02:36:09)
15	2	1	18-29W	Female	315		OLIVIA DIANA SANDU	-		0:00:05.360(00:00:00)	2:37:45.896(02:37:40)
16	14	6	40-49M	Male	367		ΓΙΩΡΓΟΣ ΧΥΤΗΡΗΣ	-		0:00:04.516(00:00:00)	2:37:48.313(02:37:43)
17	15	2	50-59M	Male	358		ΣΠΥΡΟΣ ΣΠΙΓΓΟΣ	-	QUALITYFRUIT CENTER AND FOOD LOGISTICS & KOURKOURIKIS TRAINING	0:00:01.510(00:00:00)	2:37:55.336(02:37:53)
18	3	2	40-49W	Female	311		TIJANA PANIC	-	ΚΑΣΣΙΟΣ ΔΙΑΣ/MYATHLETE	0:00:00.326(00:00:00)	2:38:28.680(02:38:28)
19	16	7	40-49M	Male	370		ΣΠΥΡΟΣ ΒΛΑΧΟΣ	-		0:00:02.993(00:00:00)	2:40:00.413(02:39:57)
20	17	8	40-49M	Male	347		ΒΑΣΙΛΕΙΟΣ ΝΑΟΥΜ	-	RODOPI RUNNERS-KOMOTINI	0:00:05.360(00:00:00)	2:43:31.060(02:43:25)
21	18	9	40-49M	Male	330		ΑΡΗΣ ΓΑΡΝΕΛΗΣ	-	ΚΑΣΣΙΟΣ ΔΙΑΣ	0:00:05.360(00:00:00)	2:48:58.526(02:48:53)
22	19	6	30-39M	Male	329		ΑΝΑΣΤΑΣΙΟΣ ΒΡΑΔΗΣ	-	KOURKOURIKIS_TRAINING_GROUP / MOUNTAIN LOVERS	0:00:02.126(00:00:00)	2:50:49.196(02:50:47)
23	20	1	18-29M	Male	322		ΠΟΥΛΗΜΕΝΟΣ ΑΝΤΩΝΗΣ	-		0:00:05.360(00:00:00)	2:51:13.763(02:51:08)
24	21	10	40-49M	Male	346		ΛΕΩΝΙΔΑΣ ΜΠΟΤΣΗΣ	-	ARCADION RUNNING TEAM	0:00:04.176(00:00:00)	2:51:55.140(02:51:50)
25	22	11	40-49M	Male	372		ΣΠΥΡΟΣ ΣΤΟΓΙΑΝΝΟΣ	-		0:00:01.510(00:00:00)	2:52:12.103(02:52:10)
26	4	3	40-49W	Female	313		SMARAGDA PETROCHEILOU	-		0:00:05.360(00:00:00)	2:52:47.323(02:52:41)
27	5	4	40-49W	Female	340		ΤΕΤΗ ΚΩΤΣΗ	-	LEONTRIATHLON	0:00:00.326(00:00:00)	2:52:50.923(02:52:50)
28	23	12	40-49M	Male	332		ΝΙΚΟΛΑΟΣ ΓΚΕΓΚΑΣ	-		0:00:05.360(00:00:00)	2:52:51.803(02:52:46)

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29	24	13	40-49M	Male	342		ΒΑΣΙΛΗΣ ΛΟΥΚΑΝΑΡΗΣ	-	MOUNTAIN LOVERS CORFU	0:00:00.683(00:00:00)	2:53:19.516(02:53:18)
30	25	2	60+M	Male	357		ΣΠΥΡΟΣ ΣΟΥΡΒΙΝΟΣ	-	CORFU MOUNTAIN LOVERS	0:00:02.993(00:00:00)	2:53:19.516(02:53:16)
31	26	14	40-49M	Male	327		ΣΠΥΡΟΣ ΒΛΑΧΟΣ	-		0:00:03.340(00:00:00)	2:53:20.296(02:53:16)
32	27	15	40-49M	Male	356		ΑΝΔΡΕΑΣ ΡΕΓΓΙΟΣ	-		0:00:04.176(00:00:00)	2:54:37.626(02:54:33)
33	28	16	40-49M	Male	377		ADRIENN JOKUTI	-		0:00:27.683(00:00:00)	2:55:02.800(02:54:35)
34	6	1	50+W	Female	326		ΗΡΑ ΒΙΝΟΥ	-	MOUNTAIN LOVERS CORFU TEAM	0:00:00.090(00:00:00)	2:55:55.856(02:55:55)
35	29	7	30-39M	Male	310		GIORGOS PAKRATIS	-		0:00:16.690(00:00:00)	2:55:57.290(02:55:40)
36	30	3	50-59M	Male	354		ΜΙΧΑΛΗΣ ΠΟΥΛΙΑΣΗΣ	-	ASHTANGA YOGA CORFU	0:00:02.993(00:00:00)	2:56:45.440(02:56:42)
37	31	17	40-49M	Male	337		ΙΩΑΝΝΗΣ ΚΑΝΕΛΛΟΣ	-		0:00:05.696(00:00:00)	3:03:12.076(03:03:06)
38	32	18	40-49M	Male	351		ΑΓΓΕΛΟΣ ΠΙΝΑΚΟΥΛΑΣ	-		0:00:04.176(00:00:00)	3:06:03.206(03:05:59)
39	33	4	50-59M	Male	360		ΦΙΛΙΠΠΟΣ ΣΠΙΝΟΥΛΑΣ	-		0:00:04.176(00:00:00)	3:08:05.566(03:08:01)
40	34	8	30-39M	Male	338		ΠΑΝΑΓΙΩΤΗΣ ΚΕΡΑΜΙΔΑΣ ΠΑΠΑΔΑΤΟΣ	-	MOVE IT HEALTH COACHING STUDIO	0:00:02.126(00:00:00)	3:08:09.730(03:08:07)
41	35	3	60+M	Male	371		ΝΙΚΟΛΑΟΣ ΛΑΜΠΙΡΗΣ	-		0:00:04.176(00:00:00)	3:08:28.673(03:08:24)
42	36	19	40-49M	Male	308		ΥΑΝΝΙΣ ΚΟΝΤΟΣ	-	CORFU TAXADVISORS	0:00:04.176(00:00:00)	3:08:33.320(03:08:29)
43	37	9	30-39M	Male	343		ΝΙΚΟΣ ΜΕΤΑΞΑΣ	-		0:00:04.516(00:00:00)	3:09:15.960(03:09:11)
44	7	2	50+W	Female	302		ΡΑΝΑΥΙΟΤΑ ANDREA	-	SOUTH CORFU RUNNERS	0:00:02.126(00:00:00)	3:10:57.436(03:10:55)
45	38	5	50-59M	Male	344		ΒΑΣΙΛΗΣ ΜΙΑΡΗΣ	-	SOUTH CORFU RUNNERS	-	3:13:41.570 (-:-:-)
46	39	6	50-59M	Male	364		ΔΗΜΗΤΡΗΣ ΤΣΙΡΙΓΩΤΗΣ	-	ROCK N ROLL	0:00:01.300(00:00:00)	3:16:56.170(03:16:54)
47	40	20	40-49M	Male	334		ΓΕΩΡΓΙΟΣ ΓΝΕΣΟΥΛΗΣ	-	MOUNTAIN LOVERS CORFU/ NYMFES WATERFALL TRAIL	0:00:01.783(00:00:00)	3:17:03.743(03:17:01)
48	41	10	30-39M	Male	355		ΣΤΕΦΑΝΟΣ ΡΕΒΥΘΗΣ	-		0:00:04.176(00:00:00)	3:17:06.480(03:17:02)
49	8	5	40-49W	Female	349		ΑΛΕΞΑΝΔΡΑ ΠΑΠΟΥΤΣΗ	-	MOUNTAIN LOVERS CORFU- NYMFES WATERFALL TRAIL	0:00:00.196(00:00:00)	3:18:16.670(03:18:16)
50	42	21	40-49M	Male	303		GEORGE ΑΘΑΝΑΣΙΟΥ	-	ARCADION RUNNING TEAM	0:00:00.196(00:00:00)	3:19:15.656(03:19:15)
51	43	7	50-59M	Male	316		ΝΙΚΟΛΑΟΣ ΣΙΑΚΟΣ	-		0:00:06.063(00:00:00)	3:20:43.043(03:20:36)
52	44	8	50-59M	Male	348		ΘΕΟΔΩΡΟΣ ΝΙΚΟΜΑΝΗΣ	-	SOUTH CORFU RUNNERS	0:00:01.783(00:00:00)	3:20:46.460(03:20:44)
53	45	22	40-49M	Male	306		KOSTAS GARDIKIOTIS	-	SOUTH CORFU RUNNERS	0:00:00.090(00:00:00)	3:30:56.990(03:30:56)
54	9	6	40-49W	Female	350		ΖΩΗ ΠΕΤΣΗ	-		0:00:04.516(00:00:00)	3:34:05.376(03:34:00)
55	10	3	50+W	Female	305		EMMA FELL	-		0:00:05.360(00:00:00)	3:34:09.886(03:34:04)
56	46	23	40-49M	Male	363		ΧΡΗΣΤΟΣ ΤΣΑΡΑΚΤΣΙΔΗΣ	-	MOUNTAIN TRAINING SOLUTIONS	0:00:02.993(00:00:00)	3:42:58.890(03:42:55)
57	47	9	50-59M	Male	335		ΙΩΑΝΝΗΣ ΓΡΑΜΜΕΝΟΣ	-	MOUNTAIN LOVERS CORFU	0:00:03.340(00:00:00)	3:52:29.646(03:52:26)
58	48	24	40-49M	Male	353		ΔΗΜΗΤΡΗΣ ΠΟΥΛΙΑΣΗΣ	-	CROSSFIT CORFU	0:00:02.993(00:00:00)	3:58:14.343(03:58:11)
59	49	25	40-49M	Male	359		ΓΟΥΛΙΕΛΜΟΣ ΣΠΙΝΟΥΛΑΣ	-		0:00:04.176(00:00:00)	3:58:15.890(03:58:11)

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60	11	4	50+W	Female	336		ΜΑΡΙΑ ΔΗΜΗΤΡΑ	-	ΟΠΑ ΑΧΑΡΑΒΗ	0:00:03.340(00:00:00)	4:01:05.453(04:01:02)
61	12	5	50+W	Female	333		ΚΩΣΤΑΝΤΙΝΑ ΓΚΙΝΑΚΗ	-	ΝΗΡΕΑΣ ΚΟΛΥΜΒΗΣΗ	0:00:03.340(00:00:00)	4:01:06.116(04:01:02)
62	50	26	40-49M	Male	325		ΑΝΤΩΝΗΣ ΑΣΠΡΕΑΣ	-	MOUNTAIN TRAINING SOLUTIONS	0:00:05.360(00:00:00)	4:03:28.350(04:03:22)
63	51	27	40-49M	Male	345		ΔΗΜΗΤΡΗΣ ΜΙΧΑΛΟΠΟΥΛΟΣ	-	ΟΡΕΙΝΟΙ ΒΙΤΣΙΟΥ	0:00:11.990(00:00:00)	4:03:29.776(04:03:17)
64	52	11	30-39M	Male	304		GEORGIOS CHARMPALIS DNF	-		0:00:05.696(00:00:00)	4:04:05.043(04:03:59)
65	53	28	40-49M	Male	317		STATHIS TAIRIS DNF	-	ARCADION RUNNING TEAM	0:00:03.340(00:00:00)	-