

ΨΑΘΑΘΛΟ 2023 Sprint Τρίαθλο ατομικό

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	SWIM	t1	BIKE	t2	RUN
1	1	1	30-39	Male	154		ΠΑΝΑΓΙΩΤΗΣ ΔΗΜΟΠΟΥΛΟΣ	-	TRIATHLON ACADEMY	0:09:26	0:10:00 (00:00:33)	0:39:05 (00:29:05)	0:39:26 (00:00:20)	0:56:12 (00:16:45)
2	2	1	18-29	Male	168		ΓΙΑΝΝΗΣ ΚΑΜΑΡΙΝΟΣ	-	TRIATHLON ACADEMY	0:11:42	0:12:17 (00:00:35)	0:42:25 (00:30:07)	0:42:57 (00:00:32)	0:59:50 (00:16:52)
3	3	2	18-29	Male	147		ΑΝΤΩΝΗΣ ΓΑΛΑΝΗΣ	-	YDRIA	0:11:31	0:12:25 (00:00:54)	0:43:32 (00:31:07)	0:43:54 (00:00:21)	1:00:13 (00:16:18)
4	4	2	30-39	Male	118		ΜΑΝΟΣ ΜΟΙΡΑΣ	-	TRIATHLONCHALKIDATEAM/ TRIATHLON ACADEMY	0:10:24	0:11:11 (00:00:46)	0:41:49 (00:30:38)	0:42:19 (00:00:29)	1:00:19 (00:18:00)
5	5	3	30-39	Male	250		ΣΠΥΡΟΣ ΓΚΟΤΖΙΑΣ	-		0:11:14	0:11:50 (00:00:36)	0:43:37 (00:31:47)	0:44:17 (00:00:39)	1:03:27 (00:19:10)
6	6	4	30-39	Male	109		CHRISTOS GIANNAKOGLU	-	CHS	0:12:37	0:13:29 (00:00:51)	0:44:09 (00:30:40)	0:44:37 (00:00:28)	1:03:53 (00:19:15)
7	7	5	30-39	Male	169		ΓΙΩΡΓΟΣ ΚΑΡΑΘΑΝΑΣΗΣ	-	KROMMYDAS COACHING	-	0:12:55 (--:--:--)	0:45:09 (00:32:14)	0:46:17 (00:01:07)	1:04:32 (00:18:15)
8	8	6	30-39	Male	102		ORESTIS CHARACHOUSIS	-	TRIATHLON ACADEMY	0:10:47	0:12:13 (00:01:26)	0:44:23 (00:32:09)	0:45:00 (00:00:36)	1:05:41 (00:20:40)
9	9	1	40-49	Male	140		ΓΕΩΡΓΙΟΣ ΑΘΑΝΑΣΟΠΟΥΛΟΣ	-	KROMMIDAS COACHING	0:13:21	0:14:24 (00:01:02)	0:47:26 (00:33:02)	0:47:57 (00:00:30)	1:06:17 (00:18:20)
10	10	2	40-49	Male	103		ΣΤΑΥΡΟΣ ΧΡΙΣΤΟΦΙΛΟΡΟΥΛΟΣ	-	ALEX ENDURANCE GANG / ΟΙΚΟΓ. ΧΡΙΣΤΟΔΟΥΛΟΥ	0:14:23	0:15:14 (00:00:50)	0:47:24 (00:32:10)	0:47:49 (00:00:25)	1:07:05 (00:19:15)
11	11	7	30-39	Male	163		ΓΙΩΡΓΟΣ ΖΩΤΑΣ	-	ΑΘΛΟΚΙΝΗΣΗ ΝΕΟΥ ΗΡΑΚΛΕΙΟΥ	0:15:07	0:16:48 (00:01:40)	0:48:26 (00:31:38)	0:49:28 (00:01:01)	1:07:23 (00:17:55)
12	12	3	40-49	Male	236		ΑΡΙΣΤΟΤΕΛΗΣ ΤΣΑΓΚΑΡΗΣ	-	ΠΑΝΑΘΗΝΑΙΚΟΣ Α.Ο.	0:12:42	0:14:38 (00:01:56)	0:47:31 (00:32:52)	0:48:31 (00:00:59)	1:08:04 (00:19:33)
13	13	8	30-39	Male	142		ΠΑΡΗΣ ΑΛΠΙΔΗΣ	-	TRIATHLON ACADEMY	0:12:14	0:14:10 (00:01:55)	0:48:20 (00:34:09)	0:49:14 (00:00:54)	1:08:20 (00:19:06)
14	14	1	50-59	Male	196		ΘΕΟΔΟΣΙΟΣ ΜΠΑΝΟΒΙΤΣ	-		0:12:30	0:14:03 (00:01:33)	0:46:20 (00:32:16)	0:47:22 (00:01:02)	1:08:45 (00:21:22)
15	15	9	30-39	Male	229		ΓΙΩΡΓΟΣ ΣΤΑΥΡΟΠΟΥΛΟΣ	-	TRIBE TRIATHLON TEAM	0:12:54	0:15:28 (00:02:33)	0:47:29 (00:32:01)	0:48:24 (00:00:54)	1:08:46 (00:20:22)
16	16	10	30-39	Male	117		ANTONIS MITSAKOS	-	ΟΦΚΑ	0:14:41	0:16:12 (00:01:30)	0:48:31 (00:32:19)	0:49:08 (00:00:36)	1:09:02 (00:19:53)
17	17	2	50-59	Male	249		ΜΙΧΑΛΗΣ ΜΙΧΑΣ	-		0:12:08	0:13:53	0:47:28	0:48:42	1:09:15

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	SWIM	t1	BIKE	t2	RUN
											(00:01:44)	(00:33:34)	(00:01:14)	(00:20:33)
18	18	4	40-49	Male	232		ΘΑΝΟΣ ΣΤΟΥΜΠΑΣ	-	TRIBE-NSCOACHING	0:13:50	0:14:52 (00:01:01)	0:47:24 (00:32:32)	0:48:11 (00:00:46)	1:09:32 (00:21:20)
19	19	3	50-59	Male	238		ΒΑΣΙΛΕΙΟΣ ΤΣΟΥΜΑΣ	-	CGS TRIATHLON CLUB	0:12:47	0:14:18 (00:01:31)	0:47:23 (00:33:05)	0:48:09 (00:00:45)	1:09:49 (00:21:39)
20	20	11	30-39	Male	174		ΔΗΜΗΤΡΙΟΣ-ΑΛΚΗΣ ΚΑΦΩΡΟΣ	-	ΓΝΟΑ	0:13:59	0:14:50 (00:00:50)	0:49:09 (00:34:19)	0:49:50 (00:00:41)	1:10:04 (00:20:13)
21	21	5	40-49	Male	243		ΜΙΛΤΟΣ ΜΑΚΡΥΜΙΧΑΛΟΣ	-		0:13:33	0:15:18 (00:01:44)	0:47:10 (00:31:52)	0:48:34 (00:01:23)	1:10:14 (00:21:40)
22	22	4	50-59	Male	179		ΚΥΡΙΑΚΟΣ ΚΟΡΑΛΛΗΣ	-	ΠΡΟΟΔΟΣ ΑΣΝΒ	-	0:14:43 (--:--:--)	0:47:30 (00:32:46)	0:48:23 (00:00:52)	1:10:58 (00:22:34)
23	23	12	30-39	Male	137		ALEXANDROS VMNAKARIS	-	ALFA CYCLING TEAM	0:15:33	0:17:40 (00:02:07)	0:48:37 (00:30:57)	0:49:52 (00:01:14)	1:11:22 (00:21:30)
24	24	6	40-49	Male	120		DIMITRIOS MOROS	-	KROMMIDAS COACHING - CGS	0:14:05	0:15:43 (00:01:37)	0:50:10 (00:34:27)	0:51:23 (00:01:12)	1:11:30 (00:20:07)
25	25	7	40-49	Male	122		VASILEIOS NEZERGİOTIS	-		0:14:38	0:17:06 (00:02:27)	0:49:41 (00:32:35)	0:50:54 (00:01:13)	1:11:39 (00:20:44)
26	26	8	40-49	Male	212		ΒΑΣΙΛΗΣ ΠΕΤΡΟΒΑΣ	-		0:15:10	0:17:28 (00:02:18)	0:51:00 (00:33:31)	0:52:05 (00:01:05)	1:11:40 (00:19:34)
27	27	3	18-29	Male	218		ΣΤΕΦΑΝΟΣ ΡΑΦΤΟΠΟΥΛΟΣ	-	PERIX PARNITHA TEAM	0:13:49	0:15:38 (00:01:49)	0:49:50 (00:34:11)	0:50:48 (00:00:58)	1:12:05 (00:21:16)
28	28	13	30-39	Male	207		ΧΑΡΗΣ ΠΑΠΑΕΜΜΑΝΟΥΗΛ	-	L CREW	-	0:17:54 (--:--:--)	0:50:56 (00:33:01)	0:51:41 (00:00:44)	1:12:17 (00:20:36)
29	29	9	40-49	Male	206		ΕΥΘΥΜΙΟΣ ΠΑΠΑΔΟΠΟΥΛΟΣ	-	ΕΘΝΙΚΟΣ ΠΕΙΡΑΙΩΣ	0:14:22	0:16:46 (00:02:24)	0:50:09 (00:33:22)	0:51:24 (00:01:14)	1:12:38 (00:21:13)
30	30	5	50-59	Male	252		ΑΛΕΞΗΣ ΓΕΡΑΣΗΣ	-		0:13:47	0:15:16 (00:01:28)	0:49:49 (00:34:33)	0:50:21 (00:00:32)	1:12:49 (00:22:27)
31	31	10	40-49	Male	162		ΑΝΔΡΕΑΣ ΝΙΝΗΣ	-	PEAK PERFORMANCE	0:17:56	0:19:18 (00:01:22)	0:53:55 (00:34:36)	0:54:45 (00:00:49)	1:13:05 (00:18:20)
32	1	11	40-49	Female	239		ΑΘΗΝΑ ΧΑΤΖΗΣΤΥΛΗ	-	ΠΡΟΟΔΟΣ ΑΣΝΒ	0:15:08	0:17:38 (00:02:29)	0:49:44 (00:32:06)	0:50:56 (00:01:11)	1:13:19 (00:22:23)
33	32	14	30-39	Male	165		ΧΡΙΣΤΟΦΟΡΟΣ ΘΕΟΔΩΡΑΤΟΣ	-	LADS	0:12:39	0:13:44 (00:01:04)	0:49:20 (00:35:35)	0:49:53 (00:00:33)	1:13:45 (00:23:51)
34	33	4	18-29	Male	226		ΑΝΑΣΤΑΣΙΟΣ ΣΟΥΛΤΑΝΟΓΛΟΥ	-	SALONIKA TRIATHLON TEAM	0:14:32	0:16:16 (00:01:44)	0:51:24 (00:35:07)	0:52:32 (00:01:08)	1:14:28 (00:21:55)
35	34	15	30-39	Male	240		ΙΩΑΝΝΗΣ ΧΟΥΛΙΔΗΣ	-		0:15:50	0:17:11	0:51:02	0:52:24	1:14:33

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	SWIM	t1	BIKE	t2	RUN
											(00:01:20)	(00:33:51)	(00:01:21)	(00:22:09)
36	35	12	40-49	Male	164		ΚΩΝΣΤΑΝΤΙΝΟΣ ΗΓΟΥΜΕΝΟΣ	-	KOUTSO TEAM	0:15:28	0:17:51 (00:02:22)	0:51:57 (00:34:06)	0:53:13 (00:01:16)	1:14:59 (00:21:45)
37	2	13	40-49	Female	125		ΚΑΤΕΡΙΝΑ ΠΑΡΑΙΟΑΝΝΟΥ	-	ATHENS TRIATHLON TEAM	0:14:31	0:15:36 (00:01:04)	0:51:35 (00:35:59)	0:52:37 (00:01:02)	1:15:05 (00:22:28)
38	36	14	40-49	Male	126		ARSENIS PERISTERIS	-		0:16:14 (00:01:51)	0:18:05 (00:01:51)	0:52:29 (00:34:23)	0:53:43 (00:01:13)	1:15:06 (00:21:23)
39	37	15	40-49	Male	175		ΙΟΡΔΑΝΗΣ ΚΕΡΑΜΕΚΗΣ	-	ΠΡΟΟΔΟΣ	-	0:18:11 (--:--:--)	0:52:27 (00:34:15)	0:53:36 (00:01:09)	1:15:19 (00:21:42)
40	38	6	50-59	Male	108		KOSTAS GALANOS	-	BOOT CAMP ETOLIKO	0:18:36	0:20:16 (00:01:40)	0:52:49 (00:32:32)	0:53:38 (00:00:48)	1:15:23 (00:21:45)
41	39	16	40-49	Male	188		ΓΕΩΡΓΙΟΣ ΛΙΤΣΑΣ	-		0:12:11	0:14:24 (00:02:12)	0:49:36 (00:35:11)	0:50:50 (00:01:14)	1:15:57 (00:25:07)
42	40	17	40-49	Male	251		ΒΑΣΙΛΗΣ ΑΝΑΜΟΥΡΛΟΓΛΟΥ	-		0:12:13	0:13:21 (00:01:08)	0:51:53 (00:38:31)	0:52:48 (00:00:54)	1:16:02 (00:23:13)
43	41	18	40-49	Male	191		ΔΗΜΗΤΡΗΣ ΜΑΥΡΑΓΑΝΗΣ	-	ΝΗΡΗΙΔΑ	0:16:23	0:18:19 (00:01:56)	0:52:53 (00:34:33)	0:53:40 (00:00:47)	1:16:23 (00:22:42)
44	42	19	40-49	Male	148		ΙΩΑΝΝΗΣ ΓΚΙΟΚΑΣ	-	ΝΗΡΗΙΔΑ	0:16:07	-	0:53:14 (--:--:--)	0:54:24 (00:01:09)	1:16:28 (00:22:04)
45	43	20	40-49	Male	135		KONSTANTINOS TSOLAKIDIS	-	L-CREW	0:15:26	0:17:48 (00:02:21)	0:51:33 (00:33:45)	0:52:28 (00:00:54)	1:16:30 (00:24:02)
46	44	21	40-49	Male	242		ΠΡΟΚΟΠΗΣ ΧΡΙΣΤΟΦΟΡΑΤΟΣ	-		0:14:58	0:17:06 (00:02:08)	0:51:59 (00:34:52)	0:53:03 (00:01:04)	1:16:34 (00:23:31)
47	45	5	18-29	Male	235		ΕΜΜΑΝΟΥΗΛ ΤΟΜΑΗΣ	-	REDBOX	0:19:12	0:20:12 (00:00:59)	0:56:28 (00:36:16)	0:56:58 (00:00:30)	1:16:49 (00:19:50)
48	46	6	18-29	Male	217		ΕΥΑΓΓΕΛΟΣ ΡΑΦΤΟΠΟΥΛΟΣ	-		0:15:56	0:18:07 (00:02:11)	0:52:46 (00:34:38)	0:53:56 (00:01:10)	1:16:57 (00:23:00)
49	47	22	40-49	Male	119		SERGIO MORO	-		0:16:40	0:18:11 (00:01:31)	0:54:54 (00:36:42)	0:55:43 (00:00:49)	1:17:00 (00:21:17)
50	3	16	30-39	Female	189		ΔΑΝΑΗ-ΕΛΙΝΑ ΜΑΚΡΙΔΑΚΗ	-	L-CREW	0:13:10	0:14:13 (00:01:02)	0:51:13 (00:37:00)	0:52:14 (00:01:00)	1:17:03 (00:24:49)
51	48	7	50-59	Male	192		ΚΩΝΣΤΑΝΤΙΝΟΣ ΜΑΥΡΟΣ	-	TRIBE	0:14:26	0:16:09 (00:01:43)	0:53:40 (00:37:30)	0:54:47 (00:01:07)	1:17:06 (00:22:18)
52	49	8	50-59	Male	111		LEONIDAS KALOGEROPOULOS	-	LOS VATHROS	0:15:59	0:17:43 (00:01:44)	0:51:56 (00:34:12)	0:53:06 (00:01:10)	1:17:09 (00:24:02)
53	50	17	30-39	Male	237		ΙΩΑΝΝΗΣ ΤΣΙΩΣΗΣ	-	GREGSOUV	0:14:51	0:18:02	0:55:05	0:55:54	1:17:16

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	SWIM	t1	BIKE	t2	RUN
											(00:03:10)	(00:37:02)	(00:00:49)	(00:21:22)
54	51	18	30-39	Male	209		ΛΕΩΝΙΔΑΣ ΠΑΠΑΛΕΩΝΙΔΑΣ	-	TRIATHLON ACADEMY	0:15:39	0:17:36 (00:01:57)	0:51:28 (00:33:51)	0:52:46 (00:01:18)	1:17:29 (00:24:43)
55	52	19	30-39	Male	153		ΝΙΚΟΛΑΟΣ ΔΗΜΗΤΡΑΚΑΚΗΣ	-	ΟΦΚΑ ΑΓΙΑΣ ΠΑΡΑΣΚΕΥΗΣ	0:15:06	0:18:05 (00:02:58)	0:53:01 (00:34:55)	0:53:57 (00:00:55)	1:17:37 (00:23:40)
56	4	9	50-59	Female	139		ΣΟΦΙΑ ΑΘΑΝΑΣΙΑΔΟΥ	-	ΜΥ ΑΘΛΗΤΕ/ΕΥΚΛΗΣ	0:13:53	0:15:50 (00:01:57)	0:53:34 (00:37:44)	0:54:31 (00:00:56)	1:17:40 (00:23:08)
57	53	23	40-49	Male	220		ΑΛΕΞΗΣ ΣΑΚΕΛΛΑΡΙΟΥ	-		0:14:01	0:15:45 (00:01:43)	0:49:46 (00:34:00)	0:51:41 (00:01:54)	1:17:50 (00:26:09)
58	54	7	18-29	Male	216		ΙΩΑΝΝΗΣ ΝΙΚΟΛΑΟΣ ΡΑΜΑΝΤΑΝΗΣ	-		0:15:05	0:16:51 (00:01:46)	0:54:46 (00:37:54)	0:55:10 (00:00:24)	1:17:51 (00:22:40)
59	55	10	50-59	Male	178		ΣΤΑΘΗΣ ΚΟΝΤΟΣ	-	ΑΘΛΟΚΙΝΙΣΙ Ν. ΙΡΑΚΛΕΙΟΥ	0:18:39	0:20:02 (00:01:23)	0:52:57 (00:32:55)	0:54:25 (00:01:27)	1:17:52 (00:23:26)
60	56	11	50-59	Male	214		ΑΠΟΣΤΟΛΟΣ ΠΡΑΓΙΑΣ	-	ΔΡΟΜΕΩΝ ΕΥΒΟΙΑΣ	0:17:08	0:19:17 (00:02:09)	0:53:10 (00:33:52)	0:54:18 (00:01:08)	1:17:52 (00:23:34)
61	57	24	40-49	Male	138		ΓΙΑΝΝΗΣ ΑΓΓΕΛΗΣ	-	ΟΛΥΜΠΙΑΚΗ ΑΚΑΔΗΜΙΑ ΗΓΟΥΜΕΝΙΤΣΑΣ	0:15:29	0:16:54 (00:01:24)	0:57:11 (00:40:16)	0:58:07 (00:00:56)	1:19:08 (00:21:01)
62	58	20	30-39	Male	106		MARTIN DONALDSON	-	LADS	0:18:25	0:19:53 (00:01:28)	0:55:45 (00:35:51)	0:56:09 (00:00:24)	1:19:20 (00:23:11)
63	59	21	30-39	Male	224		ΓΕΩΡΓΙΟΣ ΔΗΜΟΣΘΕΝΗΣ ΣΕΡΕΤΗΣ	-		0:17:59	0:20:55 (00:02:56)	0:57:25 (00:36:29)	0:58:46 (00:01:21)	1:20:02 (00:21:15)
64	60	12	50-59	Male	198		ΤΖΑΝΗΣ ΜΠΟΥΓΙΟΥΡΗΣ	-	TRIATHLON ACADEMY	0:20:04	0:22:14 (00:02:09)	0:58:32 (00:36:17)	0:59:18 (00:00:46)	1:20:10 (00:20:52)
65	61	22	30-39	Male	246		ΚΩΝΣΤΑΝΤΙΝΟΣ ΜΟΛΙΟΣ	-		0:15:43	0:18:35 (00:02:52)	0:55:17 (00:36:41)	0:56:29 (00:01:11)	1:20:26 (00:23:57)
66	62	23	30-39	Male	114		ΜΑΤΤΗΑΙΟΣ LAZOS	-	ΑΤΡSTORE	0:17:14	0:19:00 (00:01:45)	0:55:37 (00:36:37)	0:56:38 (00:01:01)	1:20:38 (00:23:59)
67	63	24	30-39	Male	213		ΑΧΙΛΛΕΑΣ ΠΟΛΙΤΗΣ	-		0:15:22	0:17:43 (00:02:20)	0:56:31 (00:38:48)	0:57:00 (00:00:28)	1:20:38 (00:23:38)
68	64	13	50-59	Male	107		ΘΗΑΝΟΣ ΕΧΑΡΧΟΣ	-	TRIATHLON ACADEMY	0:16:22	0:18:50 (00:02:27)	0:57:49 (00:38:59)	0:58:48 (00:00:58)	1:20:45 (00:21:57)
69	65	14	50-59	Male	208		ΦΩΤΗΣ ΠΑΠΑΖΟΓΛΟΥ	-	ΑΤΡ TRAINING - WALK	0:13:04	0:15:29 (00:02:25)	0:52:07 (00:36:38)	0:53:33 (00:01:25)	1:20:49 (00:27:16)
70	66	15	50-59	Male	230		ΣΤΑΥΡΟΣ ΣΤΑΥΡΟΣ	-	ΙΠΤΑΜΕΝΟΙ ΑΡΓΟΛΙΔΑΣ	0:16:42	0:18:52 (00:02:10)	0:56:06 (00:37:13)	0:57:35 (00:01:29)	1:21:19 (00:23:43)
71	67	25	30-39	Male	144		ΤΑΣΟΣ ΑΡΒΑΝΙΤΗΣ	-		0:14:48	0:16:42	0:50:39	0:52:19	1:21:23

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	SWIM	t1	BIKE	t2	RUN
											(00:01:53)	(00:33:57)	(00:01:39)	(00:29:03)
72	5	26	30-39	Female	160		ΠΗΝΕΛΟΠΗ ΖΑΟΥΔΗ	-	RED STAR TRIATHLON	0:15:39	0:18:45 (00:03:05)	0:58:42 (00:39:57)	1:00:46 (00:02:04)	1:21:49 (00:21:03)
73	68	27	30-39	Male	170		ΝΙΚΟΛΑΟΣ ΚΑΡΑΜΠΕΡΑΣ	-		0:16:18	0:20:38 (00:04:20)	0:56:40 (00:36:01)	0:58:14 (00:01:33)	1:21:56 (00:23:42)
74	69	16	50-59	Male	187		ΣΤΑΜΑΤΙΟΣ ΛΑΜΠΡΟΠΟΥΛΟΣ	-	ΠΕΡΙΚΛΗΣ ΔΗΜΗΤΡΙΟΥ ΚΥΠΡΟΣ	0:17:10	0:19:13 (00:02:02)	0:57:45 (00:38:31)	0:58:32 (00:00:47)	1:22:00 (00:23:27)
75	6	25	40-49	Female	195		ΧΡΙΣΤΙΝΑ ΜΗΤΣΙΟΥ	-	ΠΡΟΟΔΟΣ ΑΣΝΒ	-	0:21:18 (--:--:--)	0:58:37 (00:37:18)	1:00:06 (00:01:28)	1:22:54 (00:22:48)
76	70	8	18-29	Male	202		ΓΙΑΝΝΗΣ ΠΑΓΑΝΗΣ	-	ATHENS TRIATHLON TEAM	0:16:20	0:17:53 (00:01:33)	0:56:08 (00:38:15)	0:57:43 (00:01:34)	1:23:11 (00:25:28)
77	71	17	50-59	Male	176		ΔΗΜΗΤΡΗΣ ΚΙΤΣΑΝΕΛΗΣ	-		0:19:19	0:22:40 (00:03:21)	0:57:57 (00:35:16)	0:59:11 (00:01:14)	1:23:49 (00:24:37)
78	72	9	18-29	Male	234		ΓΡΗΓΟΡΗΣ ΤΑΚΟΡΩΝΗΣ	-		0:16:53	0:19:14 (00:02:21)	1:02:42 (00:43:28)	1:03:34 (00:00:51)	1:23:54 (00:20:20)
79	73	26	40-49	Male	129		ΝΙΚΙΤΑΣ ΡΙΖΟΥΛΙΣ	-		0:18:18	0:20:03 (00:01:45)	0:58:54 (00:38:50)	0:59:50 (00:00:55)	1:24:05 (00:24:15)
80	74	27	40-49	Male	247		ΣΩΤΗΡΗΣ ΜΑΣΤΡΑΝΔΡΙΚΟΣ	-		0:21:56	0:24:01 (00:02:05)	0:59:08 (00:35:06)	0:59:45 (00:00:37)	1:24:12 (00:24:27)
81	75	28	30-39	Male	200		ΓΙΩΡΓΟΣ ΝΙΚΟΛΑΚΟΠΟΥΛΟΣ	-		0:19:01	0:23:07 (00:04:06)	0:59:32 (00:36:24)	1:01:16 (00:01:44)	1:24:14 (00:22:57)
82	76	29	30-39	Male	112		GEORGE KIOUSIS	-		0:19:26	0:22:54 (00:03:28)	0:59:21 (00:36:26)	1:00:29 (00:01:08)	1:24:17 (00:23:47)
83	77	18	50-59	Male	186		ΜΙΧΑΛΗΣ ΛΑΖΑΡΗΣ	-		0:21:19	0:24:07 (00:02:48)	0:59:47 (00:35:39)	1:00:57 (00:01:09)	1:24:45 (00:23:47)
84	78	19	50-59	Male	180		ΜΙΧΑΛΗΣ ΚΟΤΖΑΜΑΝΗΣ	-		0:18:56	0:23:13 (00:04:17)	0:59:51 (00:36:37)	1:00:30 (00:00:39)	1:24:51 (00:24:21)
85	79	28	40-49	Male	203		ΠΑΝΑΓΙΩΤΗΣ ΠΑΛΑΒΟΣ	-		0:19:14	0:21:49 (00:02:35)	0:59:27 (00:37:38)	1:00:54 (00:01:27)	1:25:05 (00:24:10)
86	80	30	30-39	Male	146		ΑΝΤΩΝΗΣ ΓΑΒΡΙΗΛ	-		0:20:55	0:23:57 (00:03:01)	1:01:38 (00:37:40)	1:04:01 (00:02:23)	1:25:35 (00:21:33)
87	81	29	40-49	Male	201		ΓΙΩΡΓΟΣ ΝΤΕΛΗΣ	-		0:19:51	0:22:27 (00:02:36)	1:00:18 (00:37:51)	1:02:05 (00:01:46)	1:25:37 (00:23:31)
88	82	20	50-59	Male	215		ΠΡΟΔΡΟΜΟΣ ΠΥΤΙΡΟΠΟΥΛΟΣ	-	ΕΛΙΚΟΝ SPORTS CAMP	0:22:29	0:26:18 (00:03:48)	1:02:03 (00:35:45)	1:02:43 (00:00:40)	1:26:30 (00:23:46)
89	7	30	40-49	Female	150		ΡΑΝΙΑ ΓΙΑΝΝΑΚΟΠΟΥΛΟΥ	-	TRIATHLON ACADEMY	0:16:02	0:19:29	1:01:53	1:03:30	1:26:44

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	SWIM	t1	BIKE	t2	RUN
											(00:03:27)	(00:42:24)	(00:01:36)	(00:23:13)
90	83	21	50-59	Male	194		ΔΗΜΗΤΡΗΣ ΜΕΡΤΗΣ	-		0:19:30	0:22:49 (00:03:19)	0:57:47 (00:34:57)	0:59:30 (00:01:42)	1:26:53 (00:27:23)
91	84	31	40-49	Male	133		MARIOS THEMISTOKLEOUS	-		0:17:54	0:21:45 (00:03:51)	1:00:22 (00:38:36)	1:02:03 (00:01:41)	1:27:07 (00:25:03)
92	8	10	18-29	Female	158		ΝΑΤΑΛΙΑ ΖΑΒΑΝΤΣΚΑ	-		0:12:01	0:14:56 (00:02:54)	0:56:59 (00:42:03)	0:57:55 (00:00:55)	1:27:30 (00:29:34)
93	85	31	30-39	Male	155		ΠΑΝΑΓΙΩΤΗΣ ΔΙΑΜΑΝΤΗΣ	-	ΑΟ ΠΑΛΑΙΟΥ ΦΑΛΗΡΟΥ	0:17:39	0:21:35 (00:03:55)	1:01:06 (00:39:31)	1:02:50 (00:01:43)	1:27:41 (00:24:50)
94	86	32	40-49	Male	227		ΙΩΑΝΝΗΣ ΣΠΑΧΗΣ	-	REDBOX	0:18:58	0:21:43 (00:02:45)	1:06:23 (00:44:40)	1:07:21 (00:00:57)	1:29:11 (00:21:50)
95	87	22	50-59	Male	127		AGIS PISTIOLAS	-	ΑΘΛΗΤΙΚΟΣ ΣΥΛΛΟΓΟΣ ΝΕΟΥ ΒΟΥΤΖΑ "Η ΠΡΟΟΔΟΣ"	0:18:52	0:21:16 (00:02:24)	0:59:43 (00:38:26)	1:01:32 (00:01:49)	1:29:19 (00:27:46)
96	88	23	50-59	Male	173		ΕΥΑΓΓΕΛΟΣ ΚΑΦΦΕΣ	-	ΣΔΥΜ ΘΗΒΑΣ	0:17:24	0:21:26 (00:04:02)	1:01:37 (00:40:10)	1:04:15 (00:02:38)	1:29:23 (00:25:07)
97	89	32	30-39	Male	167		ΚΩΝΣΤΑΝΤΙΝΟΣ ΚΑΛΥΒΑΣ	-		0:18:23	0:20:57 (00:02:34)	1:05:21 (00:44:23)	1:06:32 (00:01:10)	1:30:10 (00:23:37)
98	90	24	50-59	Male	228		ΓΕΩΡΓΙΟΣ ΣΤΑΗΣ	-		0:20:44	0:23:38 (00:02:53)	1:02:39 (00:39:01)	1:04:18 (00:01:39)	1:30:17 (00:25:58)
99	91	11	18-29	Male	116		ΙΟΑΝΝΙΣ ΜΙΧΑΛΟΠΟΥΛΟΣ	-		0:22:32	0:25:32 (00:03:00)	1:02:19 (00:36:47)	1:02:54 (00:00:34)	1:30:44 (00:27:49)
100	92	33	40-49	Male	105		LEONARDO DICARLO	-	LADS	0:16:15	0:18:53 (00:02:38)	0:59:56 (00:41:02)	1:00:46 (00:00:49)	1:31:37 (00:30:51)
101	93	25	50-59	Male	233		ΠΩΛ ΣΥΜΕΩΝΙΔΗΣ	-		0:21:03	0:23:54 (00:02:51)	1:02:35 (00:38:40)	1:04:50 (00:02:15)	1:31:39 (00:26:48)
102	94	26	50-59	Male	193		ΘΑΝΟΣ ΜΕΓΑΛΟΣ	-		0:18:54	0:22:33 (00:03:39)	1:06:40 (00:44:06)	1:08:11 (00:01:31)	1:31:54 (00:23:42)
103	95	33	30-39	Male	145		ΓΕΩΡΓΙΟΣ ΒΕΡΓΕΝΑΚΗΣ	-	TRIATHLON ACADEMY	0:18:06	0:21:28 (00:03:21)	1:04:02 (00:42:33)	1:05:56 (00:01:54)	1:31:58 (00:26:02)
104	96	34	30-39	Male	143		ΓΙΩΡΓΟΣ ΑΝΤΩΝΑΚΑΚΗΣ	-	ΑΘΛΗΤΙΚΗ ΕΝΩΣΗ ΠΥΡΟΣΒΕΣΤΩΝ ΕΛΛΑΔΑΣ	0:20:09	0:24:46 (00:04:37)	1:06:44 (00:41:57)	1:08:23 (00:01:39)	1:32:22 (00:23:58)
105	9	27	50-59	Female	161		ΕΛΕΝΗ ΖΗΚΑ	-		0:18:03	0:22:10 (00:04:06)	1:02:41 (00:40:31)	1:04:30 (00:01:49)	1:32:29 (00:27:58)
106	97	28	50-59	Male	113		GRIGORIS ΚΟΥΚΟΥΛΙΔΙΣ	-		0:21:59	0:23:50 (00:01:50)	1:02:37 (00:38:46)	1:03:51 (00:01:14)	1:32:31 (00:28:40)
107	98	35	30-39	Male	172		ΔΗΜΗΤΡΙΟΣ ΚΑΤΣΟΥΛΗΣ	-		0:20:52	0:23:55	1:06:27	1:08:27	1:33:16

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	SWIM	t1	BIKE	t2	RUN
											(00:03:02)	(00:42:32)	(00:01:59)	(00:24:48)
108	99	29	50-59	Male	115		NIKOLAOS MAINAS	-	SOLEMATES	-	0:27:13 (--:--:--)	1:04:53 (00:37:39)	-	1:33:22 (--:--:--)
109	100	34	40-49	Male	128		CHRISTODOULOS RINGAS	-	PAO	0:18:45	0:21:36 (00:02:50)	1:03:29 (00:41:53)	1:05:12 (00:01:43)	1:33:32 (00:28:19)
110	101	30	50-59	Male	136		DIMITRIS VLACHOS	-	TRIATHLON ACADEMY	0:19:20	0:23:02 (00:03:41)	1:08:02 (00:45:00)	1:08:29 (00:00:26)	1:33:36 (00:25:06)
111	102	35	40-49	Male	210		ΠΑΝΑΓΙΩΤΗΣ ΠΕΡΟΝΗΣ	-		0:18:02	0:23:56 (00:05:53)	1:06:42 (00:42:46)	1:08:24 (00:01:42)	1:33:56 (00:25:31)
112	103	36	40-49	Male	223		ΜΑΤΘΑΙΟΣ ΣΑΡΔΗΣ	-		0:21:05	0:24:12 (00:03:06)	1:09:37 (00:45:25)	1:10:21 (00:00:43)	1:34:15 (00:23:54)
113	104	31	50-59	Male	181		ΓΙΑΝΝΗΣ ΚΟΥΤΗΣ	-		0:24:14	0:27:15 (00:03:00)	1:08:28 (00:41:13)	1:10:07 (00:01:39)	1:34:41 (00:24:33)
114	105	36	30-39	Male	110		CHRIS GIANNATOS	-		0:22:54	0:30:37 (00:07:43)	1:11:24 (00:40:47)	1:13:06 (00:01:41)	1:35:08 (00:22:02)
115	10	37	30-39	Female	190		ANNA ΜΑΤΣΟΥΚΑ	-	KIRKIS	0:18:28	0:21:29 (00:03:01)	1:07:33 (00:46:03)	1:08:30 (00:00:57)	1:35:49 (00:27:18)
116	11	38	30-39	Female	121		IRINI ΜΥΛΟΝΑ	-	ΠΟΔΗΛΑΤΕΣ ΧΙΟΥ	0:18:20	0:20:37 (00:02:17)	1:07:28 (00:46:51)	1:08:31 (00:01:02)	1:35:52 (00:27:20)
117	12	39	30-39	Female	123		MARIA PALIOTHODOROU	-	COACH	0:19:10	0:21:03 (00:01:53)	1:03:41 (00:42:37)	1:04:53 (00:01:12)	1:36:00 (00:31:06)
118	13	40	30-39	Female	152		ΧΑΡΑ ΔΗΛΕ	-	GALATSI RUNNERS	0:18:15	0:20:07 (00:01:51)	1:01:06 (00:40:58)	1:02:13 (00:01:07)	1:36:07 (00:33:53)
119	106	41	30-39	Male	124		NIKOLAOS ΡΑΡΑΔΑΚΙΣ	-		0:19:17	0:21:48 (00:02:30)	1:04:54 (00:43:06)	1:05:54 (00:01:00)	1:36:24 (00:30:29)
120	107	32	50-59	Male	248		ΝΙΚΟΣ ΔΗΜΗΤΡΑΚΟΠΟΥΛΟΣ	-		0:16:20	0:19:23 (00:03:02)	1:05:14 (00:45:50)	1:07:39 (00:02:25)	1:37:07 (00:29:27)
121	108	42	30-39	Male	101		SPYROS CHANTZIOS	-		0:19:21	0:22:07 (00:02:45)	1:04:52 (00:42:44)	1:06:05 (00:01:13)	1:37:18 (00:31:13)
122	109	33	50-59	Male	241		ΖΑΧΑΡΙΑΣ ΧΟΥΣΙΑΝΙΤΗΣ	-	ΑΘΗΝΑΙΟΙ ΔΡΟΜΕΙΣ	0:19:23	-	1:12:14 (--:--:--)	-	1:37:59 (--:--:--)
123	110	34	50-59	Male	149		ΣΤΕΡΓΙΟΣ ΓΑΤΣΟΥΝΙΑΣ	-	ΑΠΟΛΛΩΝ ΔΥΤ.ΑΤΤΙΚΗ	0:24:17	0:28:03 (00:03:45)	1:10:14 (00:42:10)	1:11:03 (00:00:49)	1:38:34 (00:27:30)
124	111	37	40-49	Male	245		ΑΛΕΞΗΣ ΒΑΣΙΛΕΙΟΥ	-		0:23:01	0:26:58 (00:03:57)	1:17:19 (00:50:20)	1:18:53 (00:01:34)	1:41:43 (00:22:49)
125	14	35	50-59	Female	166		ΙΩΑΝΝΑ ΚΑΚΑΡΑΝΤΖΑ	-	LOS VATHROS	0:20:25	0:22:54	1:06:53	1:08:33	1:42:55

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	SWIM	t1	BIKE	t2	RUN
											(00:02:29)	(00:43:59)	(00:01:39)	(00:34:21)
126	112	38	40-49	Male	225		ΑΠΟΣΤΟΛΟΣ ΣΙΔΕΡΗΣ	-	FREE RUNNERS	0:29:45	0:33:26 (00:03:41)	1:17:10 (00:43:43)	1:18:11 (00:01:00)	1:43:28 (00:25:16)
127	113	36	50-59	Male	205		ΜΑΝΟΣ ΠΑΠΑΔΑΚΗΣ	-	ΑΠΣ ΑΘΗΝΑΙΟΙ ΔΡΟΜΕΙΣ	0:24:03	0:28:13 (00:04:09)	1:17:43 (00:49:30)	1:18:29 (00:00:45)	1:43:31 (00:25:02)
128	15	37	50-59	Female	222		ΒΑΣΩ ΣΑΞΩΝΗ	-	PEAK PERFORMANCE	0:23:40	0:27:19 (00:03:39)	1:08:42 (00:41:22)	1:11:22 (00:02:39)	1:44:05 (00:32:43)
129	114	39	40-49	Male	183		ΙΩΑΝΝΗΣ ΚΡΗΤΙΚΟΣ	-	L CREW	0:23:21	0:30:02 (00:06:40)	1:14:02 (00:43:59)	1:16:55 (00:02:53)	1:45:59 (00:29:03)
130	115	38	50-59	Male	159		ΑΛΦΡΕΝΤΟ ΖΑΝΑΙ	-	ΑΠΟΛΛΩΝΑΣ	0:27:02	0:29:23 (00:02:21)	1:14:51 (00:45:27)	1:16:08 (00:01:16)	1:46:46 (00:30:38)
131	16	12	18-29	Female	219		ΣΟΦΙΑ ΡΟΔΙΟΥ	-	ADIDAS RUNNERS	0:25:37	0:29:35 (00:03:57)	1:14:50 (00:45:15)	1:17:13 (00:02:23)	1:48:07 (00:30:53)
132	17	40	40-49	Female	185		ΑΝΘΟΥΛΑ ΚΥΡΙΑΚΙΔΗ	-	GALATSI RUNNERS	0:29:11	0:32:47 (00:03:36)	1:27:44 (00:54:56)	1:29:24 (00:01:40)	2:02:28 (00:33:03)
133	116	41	40-49	Male	211		ΝΙΚΟΣ ΠΕΤΡΑΚΗΣ DNF	-		0:14:59	0:17:17 (00:02:18)	0:39:08 (00:21:50)	0:40:08 (00:01:00)	-
134	117	42	40-49	Male	131		ΝΙΚΟΣ STRONGYLOS	-	TRIBE TRIATHLON TEAM	0:15:00	0:16:30 (00:01:30)	0:49:45 (00:33:14)	0:51:00 (00:01:14)	-
135	118	13	18-29	Male	134		PETROS TSITSEKLIS	-		0:18:07	0:21:32 (00:03:25)	1:01:50 (00:40:17)	1:05:20 (00:03:30)	-
136	119	43	30-39	Male	221		ΑΛΕΞΑΝΔΡΟΣ ΣΑΜΠΟΥΡ	-		0:23:28	1:12:39 (00:49:10)	1:42:36 (00:29:57)	-	-
137	120	43	40-49	Male	104		KONSTANTINOS DAMALAS	-	ANEMOS	0:19:18	0:21:20 (00:02:02)	-	-	-

ΨΑΘΑΘΛΟ 2023 Sprint Τρίαθλο ομαδικό

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	SWIM	t1	BIKE	t2	RUN
1	1	1	ALL	Male	406		ΚΩΣΤΑΣ ΑΓΓΕΛΟΣ	-	BEWATER & GINISTEAM	0:13:37	0:14:23 (00:00:46)	0:44:56 (00:30:33)	0:45:19 (00:00:22)	1:05:14 (00:19:54)
2	2	2	ALL	Male	412		ΓΙΩΡΓΟΣ ΓΚΟΥΝΤΑΣ	-	ΙΩΝΑΣ	0:14:40	0:15:58 (00:01:17)	0:47:30 (00:31:32)	0:48:27 (00:00:56)	1:09:12 (00:20:44)
3	3	3	ALL	Male	407		ΓΙΑΝΝΗΣ ΑΛΕΞΟΠΟΥΛΟΣ	-	IN THE MOUNTAINS	0:14:26	0:15:08 (00:00:42)	0:51:43 (00:36:35)	0:51:58 (00:00:14)	1:10:37 (00:18:39)
4	4	4	ALL	Male	410		ΧΡΗΣΤΟΣ ΚΑΦΕΤΣΗΣ	-	ATHINAS	0:16:45	0:17:24 (00:00:39)	0:49:59 (00:32:34)	0:51:19 (00:01:20)	1:12:30 (00:21:11)
5	5	5	ALL	Male	401		TASSOS AVGERINOS	-	JATUM	-	0:18:02 (---:--)	0:59:43 (00:41:40)	1:00:08 (00:00:25)	1:20:13 (00:20:05)
6	6	6	ALL	Male	408		ΙΣΙΔΩΡΟΣ ΑΝΤΩΝΙΟΥ	-	ΑΛΙΟΣ ΥΔΝΑ ΑΣΠΡΟΠΥΡΓΟΥ	-	0:21:23 (---:--)	0:57:44 (00:36:20)	0:58:33 (00:00:49)	1:21:56 (00:23:22)
7	1	1	ΓΥΝΑΙΚΕΣ	Female	405		KORNELIA MOLT	-	Α.Σ.Ν.Β. ΠΡΟΟΔΟΣ	-	0:17:03 (---:--)	0:59:45 (00:42:41)	1:00:37 (00:00:51)	1:24:52 (00:24:15)
8	2	1	ΜΙΚΤΗ	Female	403		MARIA GIANNAKI	-	ELEFSINIA MYSTIRIA	-	0:17:21 (---:--)	1:02:33 (00:45:12)	1:03:08 (00:00:34)	1:27:44 (00:24:36)
9	7	2	ΜΙΚΤΗ	Male	404		TOLIS KOSTOPOULOS	-	NS COACHING	-	0:21:11 (---:--)	0:56:51 (00:35:40)	0:57:48 (00:00:56)	1:29:10 (00:31:22)
10	8	3	ΜΙΚΤΗ	Male	402		KONSTANTINOS EVGENEIADIS	-	TRI-MODION	-	0:17:27 (---:--)	0:59:24 (00:41:57)	0:59:55 (00:00:30)	1:35:22 (00:35:27)
11	3	4	ΜΙΚΤΗ	Female	409		ΙΑΚΩΒΙΝΑ ΒΡΕΤΤΟΥ	-	ATP TRAINING	-	0:26:10 (---:--)	1:12:25 (00:46:14)	1:13:09 (00:00:43)	1:49:47 (00:36:38)

ΨΑΘΑΘΛΟ 2023 Sprint Τρίαθλο ΑμΕΑ

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	SWIM	t1	BIKE	t2	RUN
1	1	1	ALL	Male	901		ΧΡΗΣΤΟΣ ΑΣΗΜΑΚΟΠΟΥΛΟΣ	-	RACER X	0:12:36.300	0:15:07.630 (00:02:31)	0:53:41.327 (00:38:33)	0:54:50.997 (00:01:09)	1:27:25.867 (00:32:34)