

## 5o Grammos Mountain Run 2023 GMR 10km

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
1	1	1	MEN	Male	1040		HLIAS LAMPROUSIS	-		0:00:00.263(00:00:00)	0:51:19.260(00:51:18)
2	2	1	MEN35+	Male	1050		CHRISTOS KARAKOULAKIS	-		0:00:00.263(00:00:00)	0:55:18.730(00:55:18)
3	3	2	MEN35+	Male	1026		THEODOROS ARLETOS	-	Sfioanninin	0:00:02.013(00:00:00)	0:56:55.670(00:56:53)
4	4	3	MEN35+	Male	1004		MIXALIS RARRAS	-		0:00:02.653(00:00:00)	0:59:38.463(00:59:35)
5	5	4	MEN35+	Male	1049		DANIEL HONTAI	-		0:00:02.013(00:00:00)	1:00:37.870(01:00:35)
6	6	2	MEN	Male	1038		CHRISTOS BOUKOUVALAS	-		0:00:00.263(00:00:00)	1:01:07.733(01:01:07)
7	7	5	MEN35+	Male	1039		ODYSSEAS KOYKESIS	-		0:00:00.060(00:00:00)	1:01:21.613(01:01:21)
8	8	6	MEN35+	Male	1021		GIORGOS DALIANIS	-		0:00:01.560(00:00:00)	1:02:26.750(01:02:25)
9	9	7	MEN35+	Male	1024		ALEXANDROS FOTIADIS	-		0:00:00.060(00:00:00)	1:03:31.853(01:03:31)
10	10	8	MEN35+	Male	1041		CHRISTOS NIOPLIAS	-		0:00:00.060(00:00:00)	1:04:45.156(01:04:45)
11	11	1	MEN55+	Male	1037		STERGIOS KOUSKOURIDAS	-		0:00:01.123(00:00:00)	1:09:19.523(01:09:18)
12	12	3	MEN	Male	1029		KOSTAS BRIKOS	-	Varbox	0:00:03.200(00:00:00)	1:09:44.906(01:09:41)
13	1	1	WOMEN35+	Female	1012		THALEIA ZOI	-	DRC ATHENS	0:00:01.560(00:00:00)	1:11:49.213(01:11:47)
14	13	9	MEN35+	Male	1020		PANAGIOTIS TSIAVOS	-		0:00:01.123(00:00:00)	1:13:39.213(01:13:38)
15	2	1	WOMEN	Female	1023		STAMATELA BASILAKI	-		0:00:02.013(00:00:00)	1:13:39.386(01:13:37)
16	14	10	MEN35+	Male	1008		SOKRATIS GIAKIS	-	Ανεξάρτητος	0:00:04.246(00:00:00)	1:14:08.630(01:14:04)
17	15	11	MEN35+	Male	1010		BASILIS BRYONIS	-		0:00:05.280(00:00:00)	1:16:06.583(01:16:01)
18	3	2	WOMEN	Female	1013		VASILIKI VALAKOU	-	FIFTH ELEMENT/DRC ATHENS	0:00:01.123(00:00:00)	1:16:06.583(01:16:05)
19	16	12	MEN35+	Male	1027		GRIGORIOS MOULALDIS	-		0:00:05.280(00:00:00)	1:18:57.686(01:18:52)
20	17	2	MEN55+	Male	1006		KOSTANTINOS MOKOS	-	ΔΡΟΜΕΙΣ ΣΟΥΛΙΟΥ	0:00:03.530(00:00:00)	1:20:09.483(01:20:05)
21	4	2	WOMEN35+	Female	1018		KATERINA RAPTI	-	Dimitrioglou sports team/ΣΔΥΠατρας	0:00:01.560(00:00:00)	1:20:23.303(01:20:21)
22	18	13	MEN35+	Male	1032		JOVAN KORROS	-		0:00:06.840(00:00:00)	1:22:00.710(01:21:53)
23	19	14	MEN35+	Male	1007		EFSTATHIOS CHOLEVAS	-		0:00:02.920(00:00:00)	1:22:15.476(01:22:12)
24	20	15	MEN35+	Male	1033		SAKIS XAIDOS	-		0:00:07.683(00:00:00)	1:25:03.930(01:24:56)
25	21	3	MEN55+	Male	1042		DIMITRIOS NATSIS	-		0:00:00.263(00:00:00)	1:26:15.353(01:26:15)
26	5	3	WOMEN	Female	1031		MARIA TSOUMANI	-		0:00:02.653(00:00:00)	1:29:12.103(01:29:09)
27	6	3	WOMEN35+	Female	1022		MARIA SKARGIOTI	-		0:00:03.873(00:00:00)	1:29:12.103(01:29:08)
28	22	16	MEN35+	Male	1035		KOSTAS NAKOS	-		0:00:06.370(00:00:00)	1:38:28.600(01:38:22)
29	23	4	MEN55+	Male	1045		ANDREAS GRINDELAS	-		0:00:00.060(00:00:00)	1:39:46.056(01:39:45)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
30	7	1	WOMEN55+	Female	1036		ANASTASIA TSOUMPOU	-		0:00:05.280(00:00:00)	1:43:13.300(01:43:08)
31	8	4	WOMEN	Female	1015		ARISTEA LIAKOPOULOU	-		0:00:06.840(00:00:00)	1:44:47.500(01:44:40)
32	9	4	WOMEN35+	Female	1019		GEORGIA DRAKOU	-	ΜΟΡΦΩΤΙΚΟΣ ΣΥΛΛΟΓΟΣ ΘΕΣΠΡΩΤΙΚΟΥ	0:00:04.246(00:00:00)	1:47:52.313(01:47:48)
33	10	5	WOMEN35+	Female	1034		THEODORA NAKOU	-		0:00:06.620(00:00:00)	1:48:34.446(01:48:27)
34	11	6	WOMEN35+	Female	1002		MANIA TERTSI	-	ΠΟΛΙΤΙΣΤΙΚΟΣ ΣΥΛΛΟΓΟΣ ΒΟΥΡΜΠΙΑΝΗΣ	0:00:01.560(00:00:00)	1:48:34.666(01:48:33)
35	12	7	WOMEN35+	Female	1030		BASILIKI TSOUNI	-	ΠΟΛΙΤΙΣΤΙΚΟΣ ΣΥΛΛΟΓΟΣ ΒΟΥΡΜΠΙΑΝΗΣ	0:00:01.123(00:00:00)	1:51:10.416(01:51:09)
36	24	5	MEN55+	Male	1009		KOSTANTINOS PARADIMITRIΟΥ	-	ΣΥΛΛΟΓΟΣ ΑΠΑΝΤΑΧΟΥ ΖΕΡΜΑΤΙΝΩΝ "ΖΕΡΜΑ"	0:00:02.653(00:00:00)	1:53:05.016(01:53:02)
37	25	6	MEN55+	Male	1016		DIMITRIOS MITROULIS	-		0:01:57.940(00:00:00)	2:14:32.210(02:12:34)
38	13	8	WOMEN35+	Female	1048		DIONYSIA MOURTOU	-		0:00:02.653(00:00:00)	2:17:04.390(02:17:01)
39	26	17	MEN35+	Male	1046		HLIAS STAVROPOULOS	-		0:00:01.560(00:00:00)	2:17:04.503(02:17:02)
40	27	18	MEN35+	Male	1047		AGAMEMNON MOURTOS	-		0:00:03.530(00:00:00)	2:19:39.930(02:19:36)
41	28	19	MEN35+	Male	1043		KONSTANTINOS ZISOPOULOS	-		0:00:02.920(00:00:00)	2:32:10.213(02:32:07)
42	29	7	MEN55+	Male	1044		NIKOLAOS GRAMOUSTIANOS	-		0:00:03.530(00:00:00)	2:32:11.870(02:32:08)
43	30	20	MEN35+	Male	1011		DIMITRIS GALANOPOULOS	-	BRT-KPN PATRAS	0:04:47.576(00:00:00)	-
44	31	21	MEN35+	Male	1025		FILIPPOS GALANOPOULOS	-	Brt-kpn Patras	0:04:48.560(00:00:00)	-