

1ο Kosmira Trail Run 2023 ΔΙΑΔΡΟΜΗ 14KM

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 14KM	CP 14KM	FINISH 14KM
1	1	1	ΓΕΝΙΚΗ ΚΑΤΑΤΑΞΗ	Male	28	Greek	AGGELOS ZIAKAS	-	kasimis training	0:00:01.717(00:00:00)	0:36:31.247(00:36:29)	1:01:19.900(01:01:18)
2	2	1	M18-39	Male	43	GREEK	XENOFON SARIGIANNIS	-		0:00:00.960(00:00:00)	0:37:13.000(00:37:12)	1:04:12.317(01:04:11)
3	3	2	ΓΕΝΙΚΗ ΚΑΤΑΤΑΞΗ	Male	35	Greek	ILIAS NATSIAS	-	ΣΔΙ	0:00:00.620(00:00:00)	0:40:48.240(00:40:47)	1:09:28.920(01:09:28)
4	4	2	M18-39	Male	6	Greek	EVANGELOS ATHANASIOU	-		0:00:01.667(00:00:00)	0:42:06.837(00:42:05)	1:12:40.873(01:12:39)
5	5	1	M40-49	Male	51	GREEK	ODYSSEAS KOUKESIS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:00.683(00:00:00)	0:43:10.240(00:43:09)	1:14:47.783(01:14:47)
6	6	3	M18-39	Male	37	Greek	STAVROS STAMOULIS	-	ΣΔΙ	0:00:00.620(00:00:00)	0:44:19.053(00:44:18)	1:15:00.433(01:14:59)
7	7	1	M50+	Male	26	Greek	ALEKOS GIOTIS	-	3p	0:00:01.553(00:00:00)	0:45:11.543(00:45:09)	1:17:10.973(01:17:09)
8	8	2	M40-49	Male	23	Greek	GEORGIOS PAPAPOPOULOS	-		0:00:00.620(00:00:00)	0:45:15.723(00:45:15)	1:18:24.977(01:18:24)
9	9	4	M18-39	Male	29	Greek	NTANIEL HONTAI	-		0:00:03.023(00:00:00)	0:47:31.697(00:47:28)	1:21:45.117(01:21:42)
10	10	3	M40-49	Male	41	GREEK	DIMITRIOS ZIAMPIRIS	-		0:00:00.620(00:00:00)	0:50:59.657(00:50:59)	1:22:50.960(01:22:50)
11	11	4	M40-49	Male	14	Greek	NIKOLAOS KATSAPIS	-		0:00:03.530(00:00:00)	0:48:01.173(00:47:57)	1:23:09.453(01:23:05)
12	12	5	M40-49	Male	42	GREEK	EVANGELOS KATSOS	-		0:00:01.717(00:00:00)	0:51:05.920(00:51:04)	1:28:55.620(01:28:53)
13	13	5	M18-39	Male	18	Greek	PANOS RAPTIS	-		0:00:01.013(00:00:00)	0:51:43.320(00:51:42)	1:29:17.797(01:29:16)
14	1	1	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	27	Greek	THEODORA ANASTASIADI	-	3p	0:00:01.340(00:00:00)	0:51:57.180(00:51:55)	1:29:31.937(01:29:30)
15	14	6	M40-49	Male	39	GREEK	GIORGOS MAKRIS	-	Iaponiki	0:00:01.717(00:00:00)	0:51:16.720(00:51:15)	1:30:00.697(01:29:58)
16	15	6	M18-39	Male	40	Greek	ALEXANDROS FOTIADIS	-		0:00:03.023(00:00:00)	0:51:37.960(00:51:34)	1:30:09.010(01:30:05)
17	16	7	M40-49	Male	15	Greek	GIORGOS NTINALEXIS	-	ΑΘΛΗΤΙΚΟΣ ΌΜΙΛΟΣ ΕΛΑΦΟΤΟΠΟΥ	0:00:02.927(00:00:00)	0:51:47.313(00:51:44)	1:30:28.587(01:30:25)
18	2	2	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	47	GREEK	ASPA GKOGKOU	-		0:00:00.620(00:00:00)	0:53:26.070(00:53:25)	1:31:35.967(01:31:35)
19	17	7	M18-39	Male	13	Greek	CHRISTOS RAPTIS	-		0:00:01.997(00:00:00)	0:53:39.237(00:53:37)	1:33:03.150(01:33:01)
20	18	8	M40-49	Male	45	GREEK	PANAGIOTIS TSOLIS	-		0:00:03.857(00:00:00)	0:54:14.363(00:54:10)	1:35:09.297(01:35:05)
21	19	2	M50+	Male	44	GREEK	KONSTANTINOS	-	URSA TEAM	0:00:01.717(00:00:00)	0:56:13.633(00:56:11)	1:35:10.477(01:35:08)

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							DELFAS					
22	20	9	M40-49	Male	34	Greek	DIMITRIOS VRANIAS	-	ΣΔΙ	0:00:02.037(00:00:00)	0:53:30.103(00:53:28)	1:35:48.730(01:35:46)
23	21	10	M40-49	Male	9	Greek	PANAGIOTIS NIKOLAOU	-		0:00:04.510(00:00:00)	0:55:12.117(00:55:07)	1:36:09.403(01:36:04)
24	22	8	M18-39	Male	25	Greek	GIORGOS STAVROU	-	ΠΑΝΕΠΗΣΤΗΜΙΟ ΙΩΑΝΝΙΝΩΝ	0:00:02.927(00:00:00)	0:56:06.347(00:56:03)	1:36:58.727(01:36:55)
25	23	9	M18-39	Male	16	Greek	EYMENIOS KARANASIOS	-		0:00:04.837(00:00:00)	0:55:16.440(00:55:11)	1:37:33.950(01:37:29)
26	24	3	M50+	Male	24	Greek	ALEXANDROS STAVROU	-	ΠΑΝΕΠΗΣΤΗΜΙΟ ΙΩΑΝΝΙΝΩΝ	0:00:03.143(00:00:00)	0:57:15.763(00:57:12)	1:37:55.167(01:37:52)
27	3	3	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	10	Greek	MARIA RIGA	-		0:00:02.037(00:00:00)	0:57:06.230(00:57:04)	1:38:04.677(01:38:02)
28	25	10	M18-39	Male	11	Greek	FILIPPOS NIKOLOPOULOS	-		0:00:01.717(00:00:00)	0:57:10.413(00:57:08)	1:38:04.677(01:38:02)
29	26	11	M18-39	Male	4	Moroccan	MOHAMED JANOUR	-		0:00:00.620(00:00:00)	0:56:45.457(00:56:44)	1:38:21.007(01:38:20)
30	27	12	M18-39	Male	19	Greek	ANASTASIOS MALAMOS	-		0:00:02.927(00:00:00)	0:58:53.420(00:58:50)	1:38:43.100(01:38:40)
31	4	4	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	46	GREEK	FOTEINI ANTONI	-		0:00:01.717(00:00:00)	0:57:22.450(00:57:20)	1:38:52.477(01:38:50)
32	28	13	M18-39	Male	12	Greek	ATHANASIOS VOULGARIS	-		0:00:01.717(00:00:00)	0:56:33.190(00:56:31)	1:39:49.567(01:39:47)
33	29	11	M40-49	Male	30	Greek	ILIAS KYRKOS	-		0:00:04.230(00:00:00)	0:55:47.787(00:55:43)	1:40:13.293(01:40:09)
34	30	12	M40-49	Male	49	GREEK	CHRISTOS NOUSIS	-		0:00:03.747(00:00:00)	0:58:58.290(00:58:54)	1:41:19.040(01:41:15)
35	31	4	M50+	Male	50	GREEK	VASILIS KALAMPOKIS	-		0:00:01.717(00:00:00)	0:59:05.287(00:59:03)	1:44:16.337(01:44:14)
36	32	14	M18-39	Male	22	Greek	DIMITRIOS SDRALAGAS	-		0:00:04.230(00:00:00)	1:02:17.203(01:02:12)	1:46:55.480(01:46:51)
37	33	15	M18-39	Male	21	Greek	DIMITRIOS SANDRIS	-	Πεζοποροι Ορειβάτες Δρομεις ΝΕΑΣ ΖΙΧΝΗΣ	0:00:00.960(00:00:00)	1:01:49.367(01:01:48)	1:47:16.400(01:47:15)
38	34	13	M40-49	Male	48	GREEK	CHRISTOS DERDEMEZIS	-		0:00:05.933(00:00:00)	1:01:32.960(01:01:27)	1:52:30.493(01:52:24)
39	5	5	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	20	Greek	PANAGIOTA TSANELI	-	ΑΝΕΞΑΡΤΗΤΗ	0:00:03.530(00:00:00)	1:06:18.670(01:06:15)	1:54:00.187(01:53:56)
40	35	16	M18-39	Male	2	Greek	DAMOKLIS KYRIAZOPOULOS	-		0:00:05.327(00:00:00)	1:03:18.547(01:03:13)	2:00:25.397(02:00:20)
41	36	17	M18-39	Male	3	Greek	LEONIDAS KOZYRAKIS	-		0:00:05.327(00:00:00)	1:09:32.510(01:09:27)	2:08:48.413(02:08:43)
42	37	14	M40-49	Male	1	Greek	DIMITRIOS KIGKAS	-		0:00:05.327(00:00:00)	1:19:25.207(01:19:19)	2:16:07.397(02:16:02)