

## Foloi Trail 2023 Foloi Trail Run 30km

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	Start 30km	Finish 30km
1	1	1	ALL	Male	368		ΓΕΡΑΣΙΜΟΣ ΦΟΡΤΗΣ	-		0:00:02.520(00:00:00)	2:33:09.567(02:33:07)
2	2	2	ALL	Male	344	GR	ΑΘΑΝΑΣΙΟΣ ΠΑΓΟΥΝΑΔΗΣ	-	SALOMON / VASKOS TRAINING	0:00:03.534(00:00:00)	2:38:24.520(02:38:20)
3	3	3	ALL	Male	305	GR	ΙΟΑΝΝΙΣ ΜΑΡΙΟΛΑΣ	-		0:00:00.950(00:00:00)	2:47:48.844(02:47:47)
4	4	1	A41-50	Male	339	GR	ΝΙΚΟΣ ΜΥΛΩΝΑΚΗΣ	-	Σ.Δ.Υ.ΜΕΓΑΛΟΝΗΣΟΣ	0:00:02.520(00:00:00)	2:54:24.787(02:54:22)
5	5	1	A30-40	Male	350	GR	ΓΙΩΡΓΟΣ ΠΟΤΑΜΙΑΣ	-	MAD GOATS	0:00:03.534(00:00:00)	2:56:57.034(02:56:53)
6	6	2	A41-50	Male	331	GR	ΗΡΑΚΛΗΣ ΜΑΡΚΕΛΗΣ	-	ΣΔΥ ΠΑΤΡΑΣ	0:00:05.390(00:00:00)	3:01:20.974(03:01:15)
7	7	3	A41-50	Male	370		ROMAN BURAKOV	-		0:00:03.970(00:00:00)	3:07:24.040(03:07:20)
8	1	4	ALL	Female	316	GR	ΠΑΝΑΓΙΩΤΑ ΔΗΜΑΚΑΚΟΥ	-	MAD GOATS	0:00:03.534(00:00:00)	3:07:24.457(03:07:20)
9	8	2	A30-40	Male	315	GR	ΓΕΩΡΓΙΟΣ ΔΕΣΥΛΛΑΣ	-		0:00:04.600(00:00:00)	3:07:42.954(03:07:38)
10	9	1	A51+	Male	302	GR	LEONARDO CURATOLO	-	HAPPY RUNNERS	0:00:03.534(00:00:00)	3:07:53.987(03:07:50)
11	10	3	A30-40	Male	332	GR	ΓΙΑΝΝΗΣ ΜΑΡΤΑΚΗΣ	-		0:00:09.397(00:00:00)	3:08:02.397(03:07:53)
12	11	4	A30-40	Male	348	GR	ΙΩΑΝΝΗΣ ΠΟΛΥΔΩΡΑΣ	-	ΙΛΙΟΝ	0:00:03.754(00:00:00)	3:08:37.980(03:08:34)
13	12	4	A41-50	Male	340	GR	ΔΗΜΗΤΡΙΟΣ ΞΗΡΟΓΙΑΝΝΗΣ	-	ΕΦΥΡΑΙΟΙ ΩΚΥΠΟΔΕΣ	0:00:03.970(00:00:00)	3:09:29.740(03:09:25)
14	13	5	A41-50	Male	318	GR	ΑΝΑΣΤΑΣΙΟΣ ΖΟΥΜΠΟΥΛΗΣ	-	ΣΔΥ ΜΕΣΣΗΝΙΑΣ	0:00:06.640(00:00:00)	3:14:00.230(03:13:53)
15	14	5	A30-40	Male	321	GR	ΝΙΚΟΛΑΟΣ ΚΑΡΑΜΠΕΡΑΣ	-		0:00:06.170(00:00:00)	3:14:31.957(03:14:25)
16	15	1	A18-29	Male	355	GR	ΤΑΣΟΣ ΣΤΑΥΡΟΠΟΥΛΟΣ	-		0:00:07.750(00:00:00)	3:14:53.944(03:14:46)
17	16	6	A41-50	Male	323	GR	ΝΙΚΟΛΑΟΣ ΚΗΛΗΣ	-		0:00:04.600(00:00:00)	3:16:38.710(03:16:34)
18	17	2	A51+	Male	366		ΕΥΑΓΓΕΛΟΣ ΤΣΑΚΑΣ	-		0:00:00.420(00:00:00)	3:22:40.167(03:22:39)
19	18	7	A41-50	Male	357	GR	ΕΝΤΥ ΤΑΛΛΙΟ	-	THE FACTORY MORE THAN FITNESS	0:00:00.130(00:00:00)	3:23:15.704(03:23:15)
20	2	5	ALL	Female	317	GR	ΚΑΤΕΡΙΝΑ ΔΡΑΧΑΛΙΒΑ	-	DRC ATHENS	0:00:03.534(00:00:00)	3:24:29.740(03:24:26)
21	19	6	A30-40	Male	345	GR	ΓΙΑΝΝΗΣ ΠΑΝΑΓΟΥΛΗΣ	-		0:00:04.600(00:00:00)	3:26:14.324(03:26:09)
22	20	6	ALL	Male	367		ΕΥΘΥΜΙΟΣ ΧΡΙΣΤΟΔΟΥΛΟΠΟΥΛΟΣ	-		0:00:05.390(00:00:00)	3:27:10.644(03:27:05)
23	21	8	A41-50	Male	306	GR	ΝΙΚΟΛΑΟΣ ΡΑΝΤΑΖΟΡΟΥΛΟΣ	-	ΔΡΟΜΕΙΣ ΖΑΧΑΡΩΣ	0:00:03.534(00:00:00)	3:27:10.844(03:27:07)
24	3	7	ALL	Female	347	GR	ΧΑΡΑ ΠΑΡΑΣΚΕΥΑ	-	ΑΘΗΝΑ	0:00:03.534(00:00:00)	3:31:59.190(03:31:55)
25	22	3	A51+	Male	360	GR	ΑΝΤΟΝΙΟΣ ΦΟΥΝΤΑΣ	-	RUN AMALIADAS	0:00:05.390(00:00:00)	3:32:20.697(03:32:15)
26	23	9	A41-50	Male	301	GR	ROMAN BURAKOV	-	FILATHLON	0:00:09.397(00:00:00)	3:36:07.397(03:35:58)
27	24	7	A30-40	Male	310	GR	ΜΙΧΑΛΗΣ ΑΪΒΑΘΙΑΔΗΣ	-		0:00:07.230(00:00:00)	3:36:58.474(03:36:51)
28	4	1	W41-50	Female	369		ΕΙΡΗΝΗ ΣΤΕΡΓΙΟΠΟΥΛΟΥ	-		0:00:03.534(00:00:00)	3:40:08.394(03:40:04)
29	25	4	A51+	Male	334	GR	ΑΝΔΡΕΑΣ ΜΕΝΑΓΙΑΣ	-	ΤΣΙΑΝΙΚΑΣ ΤΕΑΜ/ΑΣΑΚΡΟΣ ΔΑΓΚΟΓΛΟΥ	0:00:05.630(00:00:00)	3:40:26.404(03:40:20)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	Start 30km	Finish 30km
30	5	1	W51+	Female	303	GR	TRUDI EMILIANOU	-	SKY WOMEN RUNNING TEAM	0:00:04.600(00:00:00)	3:43:37.847(03:43:33)
31	26	5	A51+	Male	342	GR	ΒΑΣΙΛΗΣ ΟΡΦΑΝΟΣ	-	VO2 MAX EXERSICE CENTER	0:00:01.990(00:00:00)	3:45:08.727(03:45:06)
32	27	10	A41-50	Male	333	GR	ΗΛΙΑΣ ΜΕΓΓΟΣ	-	ΤΡΕΧΩ ΓΙΑ ΤΟΝ ΔΗΜΗΤΡΑΚΗ	0:00:07.230(00:00:00)	3:46:18.074(03:46:10)
33	6	2	W41-50	Female	352	GR	ΧΡΟΝΟΥΛΑ ΡΕΠΠΑ	-		0:00:02.520(00:00:00)	3:53:44.134(03:53:41)
34	28	8	A30-40	Male	338	GR	ΧΡΗΣΤΟΣ ΜΠΙΝΙΑΡΗΣ	-	ΖΑΧΑΡΩ	0:00:07.230(00:00:00)	3:53:58.467(03:53:51)
35	29	9	A30-40	Male	304	GR	MICHAEL KLIDONAS	-	WILD & FREE	0:00:03.970(00:00:00)	3:55:49.614(03:55:45)
36	7	3	W41-50	Female	325	GR	ΖΩΗ ΚΛΑΜΠΑΝΗ	-	ΑΤΟΜΙΚΑ	0:00:02.520(00:00:00)	3:57:04.294(03:57:01)
37	30	11	A41-50	Male	335	GR	ΚΩΣΤΑΣ ΜΙΑΡΗΣ	-		0:00:05.390(00:00:00)	3:57:04.434(03:56:59)
38	8	4	W41-50	Female	308	GR	DIMITRA STERGIOROULOU	-	ΑΣ ΑΚΡΟΣ	0:00:04.600(00:00:00)	3:57:26.387(03:57:21)
39	9	5	W41-50	Female	327	GR	ΑΛΕΞΑΝΔΡΑ ΚΟΝΤΑΚΗ	-		0:00:05.390(00:00:00)	4:04:19.534(04:04:14)
40	31	8	ALL	Male	365		ΚΩΣΤΑΣ ΠΑΠΑΔΟΠΟΥΛΟΣ	-		0:00:03.970(00:00:00)	4:05:27.034(04:05:23)
41	32	12	A41-50	Male	336	GR	ΝΙΚΟΣ ΜΠΑΚΟΥΡΟΣ	-	ΠΑΤΡΑ	0:00:06.170(00:00:00)	4:10:11.830(04:10:05)
42	33	10	A30-40	Male	313	GR	ΘΕΟΔΩΡΟΣ ΓΙΑΛΠΑΣ	-		0:00:05.390(00:00:00)	4:10:21.694(04:10:16)
43	34	13	A41-50	Male	351	GR	ΑΝΑΣΤΑΣΙΟΣ ΠΡΙΟΒΟΛΟΣ	-	ADIDAS RUNNERS ATHENS	0:00:05.390(00:00:00)	4:14:21.264(04:14:15)
44	35	14	A41-50	Male	319	GR	ΑΠΟΣΤΟΛΗΣ ΚΑΖΑΚΙΔΗΣ	-		0:33:45.637(00:00:00)	4:22:56.780(03:49:11)
45	36	15	A41-50	Male	343	GR	ΝΙΚΟΛΑΟΣ ΟΦΛΙΔΗΣ	-		0:00:05.630(00:00:00)	4:24:05.894(04:24:00)
46	37	11	A30-40	Male	322	GR	ΑΝΑΣΤΑΣΙΟΣ ΚΑΤΣΙΜΙΧΑΣ	-	ΠΑΙΑΝΙΑ	0:00:07.230(00:00:00)	4:24:06.330(04:23:59)
47	38	12	A30-40	Male	330	GR	ΑΝΔΡΕΑΣ ΛΑΓΟΥΔΕΛΛΗΣ	-		0:00:04.600(00:00:00)	4:24:57.187(04:24:52)
48	39	16	A41-50	Male	314	GR	ΑΝΔΡΕΑΣ ΓΙΑΝΝΑΚΟΠΟΥΛΟΣ	-	ΛΕΡΑΝΤΟ	0:00:07.230(00:00:00)	4:34:50.790(04:34:43)
49	10	1	W30-40	Female	326	GR	ΓΕΩΡΓΙΑ ΚΛΗΡΟΝΟΜΟΥ	-	RUN ΑΜΑΛΙΑΔΑ	0:00:04.600(00:00:00)	4:37:15.207(04:37:10)
50	40	17	A41-50	Male	309	GR	ΡΑΝΑΓΙΟΤΙΣ ΘΕΟΦΥΛΑΤΟΣ	-		0:00:07.230(00:00:00)	4:37:15.984(04:37:08)
51	41	18	A41-50	Male	324	GR	ΓΙΑΝΝΗΣ ΚΙΡΤΖΟΓΛΟΥ	-	RAMBO TEAM	0:00:07.230(00:00:00)	4:44:36.687(04:44:29)
52	11	6	W41-50	Female	346	GR	ΛΗΔΑ ΠΑΠΑΓΕΩΡΓΙΟΥ	-	GALATSI RUNNERS	0:00:07.230(00:00:00)	4:45:44.500(04:45:37)
53	42	6	A51+	Male	320	GR	ΔΗΜΗΤΡΙΟΣ ΚΑΖΟΥΡΗΣ	-	GALATSI RUNNERS	0:00:07.230(00:00:00)	4:45:44.607(04:45:37)
54	43	19	A41-50	Male	341	GR	ΔΙΟΝΥΣΗΣ ΟΙΚΟΝΟΜΟΥ	-	LESS IS MORE	0:00:03.464(00:00:00)	-
55	44	20	A41-50	Male	328	GR	ΑΡΗΣ ΚΟΥΤΣΟΥΜΠΕΛΙΤΗΣ	-		0:33:35.757(00:00:00)	-