

KOUMARIA TRAIL 2024 40km

Rank	By Gen	By Cat.	Cat.	Gender	BIB	Name	YOB	Club	START	40km
1	1	1	40-49	Male	40112	DIMITRIS THEODORAKAKOS	1978	ALLTERRAINRUNNERS/SALOMON HELLAS	0:00:00	4:20:07
2	2	1	18-39	Male	40143	DIMITRIS ELEFThERIOU	-1986		0:00:02	4:28:46
3	3	2	40-49	Male	40057	VASILEIOS KOUTSOGIANNIS	1979		0:00:03	4:33:24
4	4	3	40-49	Male	40036	KONSTANTINOS GREVENIOTIS	1983		0:00:03	4:35:19
5	5	4	40-49	Male	40123	PETROS TYROLOGOS	1984	TYROLOGOS MULTISPORT TEAM	0:00:03	4:35:23
6	6	5	40-49	Male	40132	ATHANASIOS VRINIOS	1977	TSIANIKAS TEAM	0:00:00	4:50:19
7	7	2	18-39	Male	40103	NIKOS SIOPAS	1988		0:00:12	4:52:50
8	8	3	18-39	Male	40025	MAKIS FORTIS	1986	Σ.Δ.Υ.ΠΑΤΡΑΣ	0:00:04	4:53:28
9	9	1	>50	Male	40007	THEOFANIS ARKOUMANIS	1972	ADE	0:00:03	4:57:14
10	10	4	18-39	Male	40095	KONSTANTINOS PAPPAS	1989		0:00:03	4:57:24
11	1	5	18-39	Female	40084	LEMONIA PANAGIOTOU	1994	CHALANDRI FITNESSBOX	0:00:04	5:09:12
12	11	6	40-49	Male	40093	ANASTASIOS PAPPAS	1980		0:00:11	5:09:13
13	12	2	>50	Male	40013	NIKOLAOS BIRMPILIS	1973		0:00:04	5:14:25
14	13	6	18-39	Male	40096	NIKOS PARADEISOPOULOS	2023	KASIMIS TRAINING	0:00:03	5:14:40
15	14	7	40-49	Male	40058	ARIS KOUTSOUMPELITIS	1976		0:00:03	5:18:43
16	15	8	40-49	Male	40054	KONSTANTINOS KOROZIS	1976	TRAIL ZOMBIES - OSB ENDURANCE TEAM	0:00:02	5:22:03
17	16	7	18-39	Male	40075	KYRIAKOS MIKELPOYLOS	1995	DIVRIS HTR - AKROREIA OCA	0:00:04	5:27:29
18	17	8	18-39	Male	40001	DIMITRIOS AIKATERINIS	1985	ΕΦΥΡΑΙΟΙ ΩΚΥΠΙΔΕΣ	0:00:04	5:29:07
19	18	9	40-49	Male	40060	KAROLOS LAMPROU	1984		0:00:06	5:31:08
20	19	9	18-39	Male	40121	KONSTANTINOS TSOUMARIS	2002		0:00:13	5:33:14
21	20	10	40-49	Male	40008	NIKOS BAKOUIROS	1978		0:00:04	5:33:39
22	21	11	40-49	Male	40129	GIORGOS VLACHOGIORGOS	1979		0:00:10	5:37:15
23	22	12	40-49	Male	40079	IOANNIS NIKOLAKOPOULOS	1980		0:00:05	5:37:16
24	23	13	40-49	Male	40015	PANAGIOTIS CHALKIDIS	1978		0:00:12	5:40:57
25	24	14	40-49	Male	40098	LOUKAS PRATILAS	1976	SALOMON HELLAS	0:00:06	5:41:20
26	25	10	18-39	Male	40116	GRIGORIOS TSALAFOUTAS	1996	NATURE IN ACTION	0:00:07	5:41:20
27	26	11	18-39	Male	40088	GIANNIS PAPAΔOPOULOS	1987	Σ.Δ.Υ.ΠΑΤΡΑΣ	0:00:05	5:41:33
28	27	3	>50	Male	40068	PETROS MARKOU	1973	TELMISSOS	0:00:05	5:42:11
29	28	4	>50	Male	40094	CHRISTOS PAPPAS	1973	EOS AGRINOU	0:00:07	5:49:19
30	29	15	40-49	Male	40014	ROMAN BURAKOV	1982		0:00:06	5:51:57
31	30	5	>50	Male	40051	KONSTANTINOS KONSTANTOPOU	1972	AGNOSTOS DROMEAS	0:00:10	5:54:22
32	31	6	>50	Male	40139	DIMITRIS ZIAMPARAS	1969	TIHIO RACE ULTRA 3 SUMMITS LEGENDARY	0:00:06	5:54:54
33	32	12	18-39	Male	40064	NIKOS LYMPEROPOULOS	1996		0:00:06	5:56:17
34	33	13	18-39	Male	40035	DIMITRIS GOULIAS	2000		0:00:05	6:00:45
35	34	16	40-49	Male	40010	APOSTOLOS BARMPOULIS	1978	MOUNTAIN TRAINING SOLLUTIONS	0:00:05	6:00:52
36	35	7	>50	Male	40135	DIMITRIOS XIROGIANNIS	1973	UNDERGROUND RUNNING TEAM/ΕΦΥΡΑΙΟΙ ΟΚΥ	0:00:07	6:01:22
37	36	8	>50	Male	40066	SOTIRIOS MANOUDAKIS	1968	ΣΜΑΧ ΦΕΙΔΙΠΠΙΔΗΣ	0:00:10	6:01:28
38	37	9	>50	Male	40122	DIMITRIOS TYPALDOS	1971	RUN FOREVER	0:00:12	6:02:10
39	38	17	40-49	Male	40090	CHRISTOS PAPAGEORGIOU	1979		0:00:11	6:03:16
40	39	10	>50	Male	40097	VASSILIOS POLYMEROPOULOS	1970	APS APOLLON DYT. ATTIKIS	0:00:04	6:05:45
41	40	18	40-49	Male	40016	DIMITRIOS CHARCHANTIS	1977		0:00:13	6:06:48
42	41	11	>50	Male	40005	DIMITRIOS ANDRITSOPOULOS	1969		0:00:06	6:08:57
43	2	19	40-49	Female	40126	MARCELLA VAN HEMERT	1981	APERGHITRAVEL.GR/ TRAIL TEAM/ KRI KRI	0:00:07	6:12:35
44	42	12	>50	Male	40022	MICHAIL DELIGIANNIS	1965		0:00:10	6:15:08
45	43	13	>50	Male	40028	DIMITRIS GALITIS	1968		0:00:08	6:17:11
46	44	14	18-39	Male	40034	GEORGE GOULIAS	2002		0:00:07	6:19:36
47	45	20	40-49	Male	40124	KYRIAKOS TZOURAMANIS	1978	ΦΛΟΓΑ ΠΑΤΡΑΣ - BRTKPN	0:00:11	6:20:20
48	46	21	40-49	Male	40080	PERIKLIS OIKONOMOY	1976	E.CO. LIFT	0:00:15	6:21:24
49	47	22	40-49	Male	40069	NIKOLAS MATZIARIS	1978	MAD GOATS	0:00:22	6:23:55
50	48	23	40-49	Male	40046	SPIROS KEFALLINOS	1979	CORFU MOUNTAIN LOVERS	0:00:13	6:24:17
51	3	24	40-49	Female	40037	ASIMINA IGGLEZOU	1979	GARMIN	0:00:06	6:25:05
52	49	15	18-39	Male	40085	KONSTANTINOS PANTAZIS	1993	GARGALIANOI	0:00:19	6:32:04
53	4	25	40-49	Female	40067	RANIA MARKOU	1979	TELMISSOS	0:00:13	6:34:35
54	5	14	>50	Female	40086	VASILEIA PANTERI	1972		0:00:19	6:42:24
55	50	26	40-49	Male	40019	PROKOPIΣ CHRISTOFORATOS	1980		0:00:13	6:42:25
56	51	15	>50	Male	40021	MILTIIADIS DANIIL	1974	KOTES PARNITHAS	0:00:11	6:42:40
57	52	27	40-49	Male	40039	PANAGIOTIS KAPONIS	1976	EOS PATRA	0:00:05	6:43:01
58	53	28	40-49	Male	40065	DIMITRIOS MANETAS	1980		0:00:13	6:43:01
59	54	29	40-49	Male	40053	MILTIIADIS KORMPAKIS	1977	Σ.Δ.Υ.ΠΑΤΡΑΣ	0:00:10	6:43:32
60	55	30	40-49	Male	40107	APOSTOLOS STERGIΟΥ	1981		0:00:19	6:43:39
61	56	16	18-39	Male	40041	NIKOLAOS KARAMPERAS	1991		0:00:13	6:44:51
62	57	31	40-49	Male	40083	IOANNIS PANAGIOTOPOULOS	1981	TRAIL ZOMBIES	0:00:04	6:45:11
63	58	32	40-49	Male	40038	GEORGE KALLIMANIS	1976	MY WAY....	0:00:11	6:46:52
64	59	33	40-49	Male	40048	FOTIS KOKKINOS	1975	SAFANS- RUNDIOURGIES	0:00:16	6:51:14
65	60	34	40-49	Male	40141	ANASTASIOS ZOUMPOULIS	1975	ΣΔΥ ΜΕΣΣΗΝΙΑΣ	0:00:21	6:52:46
66	61	17	18-39	Male	40131	GEORGIOS VRETTOS	1993	ALL TERRAIN RUNNERS	0:00:10	6:52:47
67	62	16	>50	Male	40087	GEORGE PAPACHARALAMPOUS	1971		0:00:10	6:58:28
68	63	35	40-49	Male	40044	KONSTANTINOS PAPAPETROU	-1975		0:00:08	6:59:27
69	64	36	40-49	Male	40024	EFTHYMIOS FILIPPOU	1977		0:00:15	7:00:28
70	65	17	>50	Male	40082	PANAGIOTIS PALIOURAS	1973		0:00:16	7:00:28
71	66	18	>50	Male	40032	ALEXANDROS GIOTIS	1972	3P	0:00:04	7:01:21
72	67	19	>50	Male	40018	NIKOLAOS CHATZIPARASKEVAS	1973		0:00:10	7:01:49

73	68	37	40-49	Male	40128	VASILIS VLACHAKIS	1978	Σ.Δ.Υ.ΠΑΤΡΑΣ	0:00:12	7:02:06
74	69	20	>50	Male	40020	LEONARDO CURATOLO	1968	HAPPY RUNNERS	0:00:16	7:02:07
75	6	21	>50	Female	40110	MIRKA TASOLAMPROU	1974	SDY AGRINIO	0:00:03	7:02:10
76	70	22	>50	Male	40130	THEODOROS VLAHOS	1971	ΣΜΑΧ ΦΕΙΔΙΠΠΙΔΗΣ	0:00:12	7:02:26
77	71	18	18-39	Male	40133	MATTHAIOS VROUVAKIS	1990		0:00:04	7:04:13
78	72	38	40-49	Male	40055	ADAM KOTMANOS	1975		0:00:18	7:07:05
79	73	23	>50	Male	40100	THOMAS ROUMPAS	1963	ΤΗΘΙΟΡΑΤΣ ΤΕΑΜ	0:00:08	7:09:52
80	74	39	40-49	Male	40101	SOTIRIOS SARDELIS	1979		0:00:06	7:17:12
81	75	24	>50	Male	40142	PANAGIOTIS PAPANIKOLAOU	-1968		0:00:16	7:17:28
82	7	25	>50	Female	40108	KAYOKO TABATA	1967	RUN FOREVER	0:00:19	7:18:49
83	76	19	18-39	Male	40074	ANDREAS MIKELOPOULOS	1988	DIVRIS HARD TRAIL RACE	0:00:06	7:19:29
84	77	40	40-49	Male	40040	KOSTAS KARAGIORGIS	1981		0:00:16	7:22:56
85	78	26	>50	Male	40050	GIANNIS KONSTANTINIDIS	1972		0:00:15	7:22:56
86	8	41	40-49	Female	40106	DIMITRA STERGIOPOULOU	1980	AKROS	0:00:08	7:23:16
87	79	27	>50	Male	40104	ATHANASIOS SKOPAS	1963		0:00:21	7:27:16
88	80	28	>50	Male	40011	IOANNIS BAYIOS	1957	ΤΕΦΑΑ ΠΑΝΕΠΙΣΤΗΜΙΟΥ ΑΘΗΝΩΝ	0:00:10	7:27:20
89	81	29	>50	Male	40045	DIMITRIOS KAZOURIS	1955	GALATSI RUNNERS	0:00:05	7:28:05
90	82	42	40-49	Male	40077	NAT NELSON	1983		0:00:10	7:29:18
91	83	43	40-49	Male	40109	ENTY TALLIOS	1981	WOLF'S RACE	0:00:03	7:29:48
92	84	1	ALL	Male	40003	NIKOS ANANIADIS	-		0:00:10	7:30:16
93	85	2	ALL	Male	40029	ORESTIS GEORGIPOULOS	-	Σ.Δ.Υ.ΠΑΤΡΑΣ	0:00:08	7:30:47
94	86	30	>50	Male	40114	DIMITRIS THIVAIOS	1974	ΕΦΥΡΑΙΟΙ ΟΚΥΠΟΔΕΣ	0:00:10	7:30:55
95	87	44	40-49	Male	40125	MICHAIL VAMVAKAS	1980		0:00:14	7:31:54
96	88	20	18-39	Male	40113	GIORGOS THEODOROPOULOS	1990	Σ.Δ.Υ.ΠΑΤΡΑΣ	0:00:10	7:32:04
97	9	45	40-49	Female	40105	EIRINI STERGIOPOULOU	1976	Σ.Δ.Υ.ΠΑΤΡΑΣ	0:00:08	7:32:16
98	89	31	>50	Male	40117	NIKOS TSAMPTRAS	1974	SMAX FIDIPIDIS	0:00:13	7:32:48
99	90	46	40-49	Male	40049	GIANNIS KOLIADIS	1983	Σ.Δ.Υ.ΠΑΤΡΑΣ	0:00:11	7:32:48
100	91	47	40-49	Male	40006	KONSTANTINOS ARKILO	1979	MOUNTAIN TRAINING SOLLUTIONS	0:00:20	7:33:41
101	92	32	>50	Male	40026	LAMPROS FOTIS	1968	PALLINIOI DROMEIS	0:00:10	7:35:39
102	93	33	>50	Male	40071	ANDREAS MENAGIAS	1970	Σ.Δ.Υ.ΠΑΤΡΑΣ	0:00:11	7:37:54
103	94	21	18-39	Male	40002	MICHALIS AIVATHIADIS	1987		0:00:21	7:37:55
104	95	48	40-49	Male	40127	CHRONOPOULOS VASILEIOS	1981	AC AKROS	0:00:09	7:51:43
105	96	49	40-49	Male	40042	IOANNIS KARAPANAGIOTIS	1978	ATHINODOROS AIGIOY	0:00:18	8:04:15
106	97	50	40-49	Male	40012	DIMITRIS BINARDOPOULOS	1977	ATHINODOROS AIGIO	0:00:18	8:04:16
107	10	51	40-49	Female	40099	NATASA RINA	1981	THE MOUNTAIN VAN TAXIZAGORI	0:00:10	8:07:46
108	98	52	40-49	Male	40030	LAZAROS GIAKATIS	1978	THE MOUNTAIN VAN TAXIZAGORI	0:00:09	8:07:47
109	11	34	>50	Female	40137	ANGELIKI ZACHARAKI	1974		0:00:14	8:07:58
110	99	53	40-49	Male	40073	KONSTANTINOS MIARIS	1979		0:00:10	8:18:24
111	100	22	18-39	Male	40111	HARRYS THEOCHARIDIS	1992		0:00:24	8:19:34
112	101	23	18-39	Male	40076	THEODOROS MPOZOGLOU	2001		0:00:13	8:25:43
113	12	54	40-49	Female	40043	ANNA KAROKI	1980	ALL TERRAIN RUNNERS	0:00:14	8:29:29
114	102	35	>50	Male	40023	ACHILLES DRAGOUTAS	1970		0:00:06	8:29:35
115	13	24	18-39	Female	40061	ARISTEA LIAKOPOULOU	1995		0:00:23	8:31:18
116	103	25	18-39	Male	40059	ANDREAS LAGOUELLIS	1985		0:00:18	8:31:19
117	104	55	40-49	Male	40009	ANASTASIOS BALANOS	1983		0:00:22	8:35:04
118	14	56	40-49	Female	40047	GEORGIA KLIRONOMOU	1984	ΣΜΑΧ ΦΕΙΔΙΠΠΙΔΗΣ	0:00:08	8:47:27
119	105	36	>50	Male	40102	CHRISTOS SERMPEZIS	1970	RODOPI RYNNERS	0:00:10	8:47:29
120	106	37	>50	Male	40119	GIORGOS TSIRTISIS	1963	ΧΙΛΙΟΜΟΔΙ ΚΟΡΙΝΘΙΑΣ	0:00:16	8:57:17
121	107	38	>50	Male	40072	MICHAIL MENTZOS	1969		0:00:20	9:12:30
122	15	26	18-39	Female	40052	AFRODITI MARIA KONTOPOULOU	1992		0:00:16	9:14:35
123	16	39	>50	Female	40118	THEODORA TSAPIKOUNI	1971	GALATSI RUNNERS	0:00:03	9:22:17
124	108	40	>50	Male	40062	EFSTRATIOS LIAPHS	1969		0:00:15	9:22:17
125	17	27	18-39	Female	40033	IOANNA CHARITOU	-1968	ΕΥΚΛΗΣ	0:00:16	9:22:18
126	109	41	>50	Male	40063	SPYRIDON LYKLOUDIS	1965	ΣΔΥΜ	0:00:18	9:22:18
127	110	3	ALL	Male	40136	STELIOS XYPOLITOS	-		0:00:16	9:22:18