

Rank	Gen-Sex-	Category	BIB	Name	Club	Finish	2350m	2500m	4850m	5000m	6350m	7500m	9850m	Finish
Gen-Sex-	Category	BIB	Name	Club	Finish	2350m	2500m	4850m	5000m	6350m	7500m	9850m	Finish	
1.	1.	MEN	231	ΑΠΟΛΛΩΝ ΓΕΩΡΓΙΟΥ ΑΝΕΣΤΑΣΙΟΥ ΤΣΟΥΝΑΚΑΣ	Α.Γ.Σ. ΙΩΑΝΝΙΝΩΝ	00:35:04.91	00:07:55.77	0:08:28.584(00:00:32)	0:16:28.384(00:07:59)	0:17:00.914(00:00:32)	0:24:47.640(00:07:46)	0:25:21.290(00:00:33)	0:34:29.367(00:09:08)	0:35:04.907(00:00:35)
2.	2.	MEN	220	ΠΕΡΙΦΑΝΙΣ ΧΟΥΤΙΔΗΣ ΒΑΣΙΛΕΙΟΣ ΘΕΩΔΟΣΙΔΗΣ	STOIKOS RUNNING TEAM	00:35:41.84	00:08:26.57	0:09:01.357(00:00:34)	0:17:18.704(00:08:17)	0:17:50.954(00:00:32)	0:26:06.044(00:08:15)	0:26:41.360(00:00:35)	0:35:07.344(00:08:25)	0:35:41.940(00:00:34)
3.	3.	MEN	207	ΤΑΣΟΣ ΡΟΥΒΑΚΗΣ ΘΑΝΑΣΗΣ ΣΚΟΡΡΑΣ	ΔΡΟΜΕΙΣ ΝΕΑΠΟΛΗΣ-NRT	00:37:23.12	00:08:34.76	0:09:08.450(00:00:33)	0:18:25.854(00:09:17)	0:19:01.700(00:00:35)	0:27:29.107(00:08:27)	0:28:04.794(00:00:35)	0:36:50.807(00:08:46)	0:37:23.120(00:00:32)
4.	1.	MIXED	227	ΑΓΓΕΛΙΚΗ ΓΚΡΕΜΟΥ ΓΕΩΡΓΙΟΣ ΠΡΑΜΜΕΝΙΑΤΗΣ	Novasports Running Team 13	00:38:34.94	00:09:34.01	0:10:13.204(00:00:39)	0:19:52.540(00:09:39)	0:20:31.547(00:00:39)	-	-	0:37:59.937(-----)	0:38:34.937(00:00:35)
4.	2.	MIXED	238	ΛΑΜΠΡΙΝΗ ΛΙΟΥΤΑ ΛΑΜΠΡΟΣ ΖΑΡΑΓΚΑΣ	ZLA-LA	00:39:05.71	00:09:44.73	0:10:24.294(00:00:39)	0:20:19.394(00:09:55)	0:20:57.174(00:00:37)	0:30:02.937(00:09:05)	-	0:38:25.937(-----)	0:39:05.714(00:00:39)
6.	4.	MEN	235	ΜΑΡΙΝΟΣ ΧΡΗΣ ΚΩΝΣΤΑΝΤΙΝΟΣ ΚΟΥΤΛΑΣ	SPORTZONENISTES	00:39:17.99	00:08:44.39	0:09:21.984(00:00:37)	0:18:34.174(00:09:12)	0:19:10.794(00:00:36)	0:28:26.134(00:09:15)	-	0:38:41.937(-----)	0:39:17.994(00:00:36)
7.	5.	MIXED	232	ΓΙΑΝΝΗΣ ΕΔΕΣΣΑΙΟΣ ΝΙΚΟΛΕΤΑ ΤΖΑΒΑΡΑ	PHYSIO ACTIVE	00:39:55.59	00:09:50.58	0:10:31.394(00:00:40)	0:20:43.387(00:10:11)	0:21:22.200(00:00:38)	0:29:54.094(00:08:31)	-	0:39:19.937(-----)	0:39:55.590(00:00:35)
8.	6.	MIXED	206	ΠΕΤΡΟΣ ΔΩΔΕΚΗ ΑΦΡΟΔΙΤΗ ΣΙΟΛΟΥ	Ε.Κ.Α. ΔΩΔΩΝΗ ΙΩΑΝΝΙΝΩΝ	00:41:45.71	00:10:33.42	0:11:19.674(00:00:46)	0:22:58.174(00:11:38)	0:23:40.330(00:00:42)	0:31:40.650(00:08:00)	-	0:41:09.937(-----)	0:41:45.714(00:00:35)
9.	7.	MEN	214	ΓΙΩΡΓΟΣ ΤΣΟΥΛΗΣ ΘΕΟΧΑΡΗΣ ΧΡΥΣΟΣΤΟΜΙΔΗΣ	REF RUNNERS KZM	00:41:58.15	00:10:08.76	0:10:49.137(00:00:40)	0:21:28.330(00:10:39)	0:22:01.890(00:00:33)	0:31:19.964(00:09:18)	0:31:57.530(00:00:37)	0:41:25.030(00:09:27)	0:41:58.154(00:00:33)
10.	8.	MEN	229	ΖΗΣΗΣ ΜΠΟΥΚΟΥΒΑΛΑΣ ΠΑΥΛΟΣ ΦΑΙΤΑΣ	Novasports Running Team 15	00:42:09.71	00:08:43.95	0:09:25.360(00:00:41)	0:19:37.144(00:10:11)	0:20:16.200(00:00:39)	0:30:28.217(00:10:12)	0:31:10.777(00:00:42)	0:41:24.624(00:10:13)	0:42:09.710(00:00:45)
11.	9.	MEN	236	ΒΑΣΙΛΗΣ ΑΝΑΓΝΩΣΤΟΠΟΥΛΟΣ ΓΕΡΑΣΙΜΟΣ ΜΑΛΛΑΡΑΡΙΝΟΣ	CURVES	00:42:18.31	00:09:49.70	0:10:31.394(00:00:41)	0:20:41.797(00:10:10)	0:21:23.137(00:00:41)	0:30:46.494(00:09:23)	0:31:26.650(00:00:40)	0:41:38.594(00:10:11)	0:42:18.314(00:00:39)
12.	10.	MEN	217	ΠΑΥΛΟΣ ΖΩΗΣ ΓΕΩΡΓΙΟΣ ΓΚΟΥΜΑΣ	ΝΟΒΑ-ΚΟΥΜΠΑΡΟΙ	00:42:24.69	00:08:57.29	0:09:36.947(00:00:39)	0:19:35.794(00:09:58)	0:20:09.707(00:00:33)	0:30:19.777(00:10:10)	0:31:01.587(00:00:41)	0:41:46.094(00:10:44)	0:42:24.687(00:00:38)
13.	11.	MEN	203	ΠΑΤΕΛΗΣ ΠΑΠΠΑΣ ΚΩΝΣΤΑΝΤΙΝΟΣ ΠΑΠΠΑΣ	PAPPAS	00:42:52.59	00:10:30.95	0:11:12.484(00:00:41)	0:21:54.264(00:10:41)	0:22:35.520(00:00:41)	0:31:44.060(00:09:08)	0:32:23.557(00:00:39)	0:42:18.904(00:09:55)	0:42:52.590(00:00:33)
14.	12.	MEN	208	ΣΠΥΡΟΣ ΤΣΙΑΛΙΑΣ ΓΕΩΡΓΙΟΣ ΤΟΚΗΣ	ΤΣΙΑΜΠΑ TEAM	00:43:49.34	00:09:07.48	0:09:48.420(00:00:40)	0:19:49.014(00:10:00)	0:20:31.547(00:00:42)	0:30:57.837(00:10:26)	0:31:40.650(00:00:42)	0:43:05.370(00:11:22)	0:43:49.340(00:00:45)
15.	13.	MEN	239	ΑΛΕΞΑΝΔΡΟΣ ΜΑΜΑΚΗΣ ΑΘΑΝΑΣΙΑ ΜΑΚΟΥ	ΝΑΥΤΙΚΟΣ ΟΜΙΛΟΣ ΙΩΑΝΝΙΝΩΝ	00:44:03.72	00:09:11.29	0:09:49.237(00:00:37)	0:19:22.204(00:09:32)	0:19:54.954(00:00:32)	0:30:29.717(00:10:34)	0:31:13.340(00:00:43)	0:43:17.904(00:12:04)	0:44:03.720(00:00:45)
16.	14.	MIXED	215	ΑΝΑΣΤΑΣΙΟΣ ΔΗΜΗΤΡΙΑΔΗΣ ΛΑΜΠΡΙΝΗ ΣΥΛΙΟΥ	NOVA	00:44:52.65	00:11:22.42	0:12:09.327(00:00:46)	0:24:27.984(00:12:18)	0:25:13.257(00:00:45)	0:34:18.910(00:09:06)	0:34:58.054(00:00:38)	0:44:14.470(00:09:16)	0:44:52.654(00:00:38)
17.	3.	WOMEN	237	ΜΑΙΡΗ ΣΚΑΝΔΑΛΗ ΑΡΕΤΗ ΑΓΓΕΛΗ	CURVES	00:47:03.06	00:10:43.83	0:11:28.074(00:00:44)	0:22:49.797(00:11:21)	0:23:28.610(00:00:38)	0:34:07.994(00:10:39)	0:34:51.154(00:00:43)	0:46:19.654(00:11:28)	0:47:03.064(00:00:43)
18.	4.	MIXED	228	ΚΑΤΕΡΙΝΑ ΓΚΟΓΚΟΥ ΑΘΑΝΑΣΙΟΣ ΣΤΑΜΠΟΥΛΗΣ	Novasports Running Team 14	00:47:13.12	00:09:20.05	0:10:02.237(00:00:42)	0:20:49.824(00:10:47)	0:21:31.764(00:00:41)	0:33:47.430(00:12:15)	0:34:35.404(00:00:47)	0:46:32.117(00:11:56)	0:47:13.120(00:00:41)
19.	15.	MEN	211	ΑΝΤΩΝΙΟΣ ΤΣΑΚΜΑΚΗΣ ΠΑΥΛΟΣ ΣΤΑΥΡΙΑΔΗΣ	ΑΘΛΟΚΙΝΗΣΗ	00:48:02.84	00:10:42.67	0:11:23.674(00:00:41)	0:22:14.454(00:10:50)	0:22:53.454(00:00:39)	0:34:48.290(00:11:54)	0:35:35.774(00:00:46)	0:47:18.937(00:11:43)	0:48:02.840(00:00:43)
20.	16.	MEN	240	ΕΥΣΤΡΑΤΙΟΣ ΚΑΚΡΙΝΙΟΤΗΣ ΓΕΩΡΓΙΟΣ ΠΑΠΑΡΟΥΝΑΣ	ΠΡΟΤΕΑΣ ΗΓΟΥΜΕΝΙΤΣΑΣ	00:48:28.02	00:10:45.92	0:11:30.454(00:00:44)	0:22:57.300(00:11:26)	0:23:38.070(00:00:40)	0:34:26.124(00:10:48)	0:35:12.684(00:00:46)	0:47:44.250(00:12:31)	0:48:28.024(00:00:43)
21.	17.	MEN	241	ΝΙΚΟΣ ΜΗΤΤΑΡΗΣ ΑΧΙΛΛΕΑΣ ΜΗΤΤΑΡΗΣ	MITTARIS BRO	00:48:40.71	00:11:52.39	0:12:41.234(00:00:48)	0:24:29.570(00:11:48)	0:25:13.134(00:00:43)	0:36:03.367(00:10:50)	0:36:47.344(00:00:43)	0:47:59.807(00:11:12)	0:48:40.714(00:00:40)
22.	18.	MEN	225	ΔΗΜΗΤΡΙΟΣ ΣΙΝΤΟΣ ΚΩΝ/ΝΟΣ ΚΥΡΙΑΖΗΣ	Novasports Running Team 4	00:49:09.50	00:11:21.45	0:12:06.540(00:00:45)	0:22:44.704(00:10:38)	0:23:27.484(00:00:42)	0:35:13.910(00:11:46)	0:36:02.284(00:00:48)	0:48:23.780(00:12:11)	0:49:09.497(00:00:45)
23.	5.	MIXED	219	ΜΑΤΙΛΔΑ ΦΛΟΡΕΝΤΙΝ ΣΑΛΒΑΤΟΡ ΑΝΤΖΕΛ	SOLO/N'S PARENTS	00:50:32.25	00:13:30.95	0:14:23.384(00:00:52)	0:27:59.110(00:13:35)	-	0:38:52.937(-----)	0:39:31.997(00:00:39)	0:49:53.057(00:10:21)	0:50:32.250(00:00:39)
24.	6.	MIXED	222	ΒΙΚΥ ΧΡΗΣΤΟΥ ΚΩΝΣΤΑΝΤΙΝΟΣ ΣΑΡΗΣ	Bicos Running Team	00:50:37.49	00:12:20.20	0:13:09.290(00:00:49)	0:25:43.260(00:12:33)	0:26:31.167(00:00:47)	0:37:35.370(00:11:04)	0:38:19.684(00:00:44)	0:49:59.837(00:11:40)	0:50:37.494(00:00:47)
25.	19.	MEN	204	ΔΗΜΗΤΡΗΣ ΚΩΣΤΑΣ ΣΕΒΑΣΤΙΑΝΟΣ ΜΗΤΣΗΣ	THE WOLVES	00:51:43.43	00:10:08.76	0:10:52.950(00:00:44)	0:22:28.074(00:11:35)	0:23:12.104(00:00:44)	0:36:31.277(00:13:19)	0:37:17.930(00:00:46)	0:50:56.184(00:13:38)	0:51:43.434(00:00:47)
26.	7.	MEN	210	ΝΕΦΕΛΗ ΠΑΚΟΥΜΗ ΔΙΜΙΤΡΙΣ ΛΕΝΤΖΑΡΙΣ	POWERFAM	00:51:52.00	00:11:45.26	0:12:34.857(00:00:49)	0:25:18.327(00:12:43)	0:26:03.044(00:00:44)	0:37:41.714(00:11:38)	0:38:28.524(00:00:46)	0:51:17.654(00:12:49)	0:51:52.000(00:00:34)
27.	8.	WOMEN	216	ΣΟΦΙΑ ΤΕΛΕΧΤΣΗ ΕΥΑΓΓΕΛΙΑ ΖΩΓΡΑΦΟΥ	LEVEL ONE ΙΩΑΝΝΙΝΑ	00:51:57.34	00:11:51.95	0:12:41.167(00:00:49)	0:25:24.354(00:12:43)	0:26:11.850(00:00:47)	0:38:10.720(00:11:58)	0:38:56.374(00:00:45)	0:51:14.840(00:12:18)	0:51:57.340(00:00:42)
28.	20.	MIXED	234	ΚΥΡΙΑΚΟΣ ΛΑΒΑΖΑΣ ΜΑΡΙΑ ΚΕΒΑΛΑ		00:52:18.40	00:10:10.36	0:10:51.484(00:00:41)	0:22:24.074(00:11:32)	0:23:07.577(00:00:43)	0:36:15.620(00:13:08)	0:37:08.314(00:00:52)	0:51:26.870(00:14:18)	0:52:18.404(00:00:51)
29.	21.	MIXED	221	ΚΩΣΤΑΣ ΚΑΡΑΠΙΠΑΣ ΑΝΑΣΤΑΣΙΟΣ ΠΡΕΝΤΙΖΑΣ	Bicos Running Team	00:52:23.25	00:11:22.82	0:12:08.894(00:00:46)	0:23:33.170(00:11:24)	0:24:18.860(00:00:45)	0:36:54.487(00:12:35)	0:37:46.374(00:00:51)	0:51:28.120(00:13:41)	0:52:23.254(00:00:55)
30.	22.	MEN	224	ΓΕΩΡΓΙΟΣ ΜΠΕΛΛΟΣ ΑΘΑΝΑΣΙΟΣ ΜΑΝΤΕΛΑΟΣ	Novasports Running Team 2	00:53:13.70	00:12:34.92	0:13:22.477(00:00:47)	0:25:23.417(00:12:00)	0:26:09.604(00:00:46)	0:38:32.154(00:12:22)	0:39:21.837(00:00:49)	0:52:23.874(00:13:02)	0:53:13.697(00:00:49)
31.	23.	MEN	226	ΕΥΑΓΓΕΛΟΣ ΤΣΙΜΑΡΗΣ ΑΠΟΣΤΟΛΟΣ ΜΟΡΑΙΤΗΣ	Novasports Running Team 5	00:53:22.93	00:10:41.42	0:11:24.704(00:00:43)	0:22:12.320(00:10:47)	0:22:51.394(00:00:39)	0:36:47.870(00:13:56)	0:37:42.150(00:00:54)	0:52:26.910(00:14:44)	0:53:22.934(00:00:56)
32.	24.	MIXED	243	ΓΙΩΡΓΟΣ ΤΣΟΓΚΑΣ ΑΝΔΡΟΝΙΚΗ ΓΕΩΡΓΙΟΥ	TRAVELLERS	00:53:52.88	00:13:00.79	0:13:52.140(00:00:51)	0:27:23.540(00:13:31)	0:28:15.824(00:00:52)	0:40:02.470(00:11:46)	0:40:48.184(00:00:45)	0:53:09.280(00:12:21)	0:53:52.877(00:00:43)
33.	25.	MIXED	213	ΚΩΝΣΤΑΝΤΙΝΟΣ ΜΑΛΑΜΟΣ ΕΛΕΝΙ ΜΑΝΟΥ	JUSTFOREUN	00:54:20.55	00:12:50.36	0:13:41.547(00:00:51)	0:27:15.697(00:13:34)	0:28:05.697(00:00:50)	0:40:18.157(00:12:12)	0:41:03.687(00:00:45)	0:53:36.314(00:12:32)	0:54:20.554(00:00:44)
34.	26.	MEN	242	ΓΕΩΡΓΙΟΣ ΣΕΡΙΤΑΤΙΔΗΣ ΠΕΤΡΟΣ ΚΑΡΑΘΑΝΑΣΗΣ	ΟΙ ΠΑΠΟΥΔΕΣ	00:54:26.84	00:11:27.98	0:12:13.790(00:00:51)	0:24:02.670(00:11:48)	0:24:49.917(00:00:47)	0:38:42.094(00:13:52)	0:39:41.627(00:00:59)	0:55:15.464(00:15:33)	0:56:12.840(00:00:57)
35.	27.	MIXED	212	ΚΩΝΣΤΑΝΤΙΝΟΣ ΓΚΟΥΝΤΡΟΥΜΗΣ ΦΩΤΕΙΝΗ - ΑΦΡΟΔΙΤΗ ΣΑΡΑΝΤΕΑ	ΑΡΣΗ ΜΠΥΡΩΝ	00:59:59.56	00:12:28.54	0:13:19.860(00:00:51)	0:28:14.010(00:14:54)	-	0:42:19.937(-----)	0:43:16.460(00:00:56)	0:59:01.467(00:15:45)	0:59:59.560(00:00:58)
36.	28.	MIXED	201	ΤΗΛΕΜΑΧΟΣ ΤΖΙΝΕΡΟΣ ΕΙΡΗΝΗ ΔΕΜΕΡΤΖΗ	LIVE THE MOMENT	01:03:36.91	00:14:25.64	0:15:21.040(00:00:55)	0:31:55.404(00:16:34)	0:32:42.620(00:00:47)	0:46:29.564(00:13:46)	0:47:26.804(00:00:57)	1:02:44.214(00:15:17)	1:03:36.907(00:00:52)