

Rank Gen-Sex-Cat	Category	Gender	BIB	Name	YOB	Club	CP 5000m	Finish 10k
1, 1, 1	M18-39	Male	1	ΘΗΑΝΑΣΙΣ ΡΑΓΟΥΝΑΔΙΣ	1987	THE NORTH FACE	0:31:02.283 (00:31:01)	0:49:03.010 (00:49:02)
2, 2, 2	M18-39	Male	56	ΠΕΤΡΟΠΑΥΛΟΣ ΜΑΝΔΟΥΡΑΡΑΚΗΣ	1995	Α.Σ. ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ ΜΥΡΜΙΔΟΝΕΣ	0:32:14.113 (00:32:10)	0:50:37.073 (00:50:33)
3, 3, 3	M18-39	Male	43	ΝΙΚΟΛΑΟΣ ΠΑΓΟΥΝΑΔΗΣ	1990	VASKOS TEAM	0:32:38.560 (00:32:36)	0:50:51.400 (00:50:49)
4, 4, 4	M18-39	Male	77	ΦΑΝΟΥΡΗΣ ΓΟΥΡΛΕΜΑΚΗΣ	1992		0:32:25.306 (00:32:22)	0:51:51.230 (00:51:48)
5, 5, 5	M18-39	Male	3	ΒΙΚΤΟΡ ΟΛΟΝ ΛΕΟΝΙΔΟΥ	1994		0:33:18.276 (00:33:16)	0:54:22.710 (00:54:21)
6, 6, 6	M18-39	Male	65	ΓΙΩΡΓΟΣ ΤΑΓΤΕΛΕΝΙΔΗΣ	1980	ΠΡΟΤΥΠΟ ΚΕΝΤΡΟ ΓΥΜΝΑΣΤΙΚΗΣ	0:35:14.693 (00:35:12)	0:54:48.743 (00:54:46)
7, 7, 1	M40+	Male	50	ΝΙΚΗΤΑΣ ΠΛΑΚΟΥΤΣΗΣ	1977	ORANGE MOUNTAIN TEAM	0:36:52.330 (00:36:48)	0:58:25.200 (00:58:21)
8, 8, 2	M40+	Male	49	ΑΝΤΩΝΗΣ ΣΥΝΟΔΙΝΟΣ	1976	ORANGE MOUNTAIN TEAM	0:38:00.486 (00:37:56)	0:58:50.903 (00:58:47)
9, 9, 7	M18-39	Male	28	ΑΡΓΥΡΗΣ ΠΟΡΤΟΚΑΛΗΣ	1987	ORANGE MOUNTAIN TEAM	0:37:21.156 (00:37:17)	0:59:04.460 (00:59:01)
10, 10, 3	M40+	Male	76	ΚΩΝΣΤΑΝΤΙΝΟΣ ΣΤΑΜΠΕΔΑΚΙΣ	1977	ERMA FIRST	0:37:34.013 (00:37:28)	0:59:28.203 (00:59:22)
11, 11, 4	M40+	Male	29	ΔΗΜΗΤΡΗΣ ΑΝΤΩΝΟΠΟΥΛΟΣ	1975		0:39:02.803 (00:38:56)	1:01:23.150 (01:01:16)
12, 12, 8	M18-39	Male	55	ΑΛΕΞΑΝΔΡΟΣ ΚΙΡΣΑΝΙΔΗΣ	1988	Α.Σ. ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ ΜΥΡΜΙΔΟΝΕΣ	0:41:13.513 (00:41:08)	1:03:15.590 (01:03:10)
13, 13, 5	M40+	Male	30	ΝΙΚΟΛΑΟΣ ΦΛΩΡΟΣ	1975		0:39:10.380 (00:39:07)	1:03:57.266 (01:03:54)
14, 1, 1	W40+	Female	69	ΑΣΗΜΙΝΑ ΙΓΓΛΕΖΟΥ	1979	DYNAFIT	0:39:44.833 (00:39:43)	1:04:25.810 (01:04:24)
15, 14, 9	M18-39	Male	36	ΓΙΩΡΓΟΣ ΜΑΤΗΑΙΟΣ	1992		0:41:29.800 (00:41:19)	1:05:01.793 (01:04:51)
16, 15, 6	M40+	Male	7	ΜΙΧΑΛΗΣ ΜΑΤΣΟΥΚΑΣ	1978		0:42:35.450 (00:42:32)	1:05:04.193 (01:05:01)
17, 16, 10	M18-39	Male	52	ΙΛΙΑΣ ΚΑΛΤΣΟΣ	1989		0:41:19.496 (00:41:14)	1:05:23.013 (01:05:18)
18, 17, 11	M18-39	Male	45	ΔΗΜΗΤΡΗΣ ΟΙΚΟΝΟΜΟΥ	1989		0:41:20.956 (00:41:16)	1:05:25.730 (01:05:20)
19, 18, 12	M18-39	Male	31	ΓΙΑΝΝΗΣ ΦΟΥΣΚΑΡΙΝΗΣ	1983	ΑΝΕΞΑΡΤΗΤΟΣ	0:42:03.340 (00:41:59)	1:05:29.026 (01:05:25)
20, 19, 13	M18-39	Male	82	ΧΑΡΗΣ ΜΑΝΟΥΣΗΣ	1981		0:40:58.143 (00:40:55)	1:05:34.820 (01:05:32)
21, 20, 7	M40+	Male	21	ΓΙΩΡΓΟΣ ΤΡΙΑΝΤΑΦΥΛΛΟΥ	1951		0:42:15.606 (00:42:13)	1:07:01.283 (01:06:59)
22, 21, 8	M40+	Male	72	ΠΕΤΡΟΣ-ΕΛΕΥΘΕΡΙΟΣ ΒΟΥΡΟΣ	1971	Α.Σ. ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ ΜΥΡΜΙΔΟΝΕΣ	0:41:45.410 (00:41:40)	1:07:03.413 (01:06:58)
23, 2, 2	W40+	Female	83	ΕΛΕΝΗ ΕΞΑΡΧΟΥ	1977		0:42:10.563 (00:42:08)	1:07:09.653 (01:07:08)
24, 22, 9	M40+	Male	68	ΑΦΕΝΤΟΥΛΗΣ ΣΤΑΦΥΛΑΡΑΚΗΣ	1972		-	1:07:59.963 (01:07:48)
25, 23, 10	M40+	Male	84	ΓΙΑΝΝΗΣ ΚΩΝΣΤΑΝΤΙΝΙΔΗΣ	1972		0:45:50.740 (00:45:44)	1:09:20.576 (01:09:14)
26, 24, 11	M40+	Male	14	ΙΩΑΝΝΗΣ ΜΗΤΣΟΣ	1968		0:44:33.730 (00:44:30)	1:09:48.140 (01:09:44)
27, 25, 14	M18-39	Male	4	ΔΗΜΗΤΡΗΣ ΑΛΕΒΙΖΟΣ	1983	CROSSFIT CHALANDRI	0:46:42.056 (00:46:34)	1:10:49.820 (01:10:42)
28, 26, 15	M18-39	Male	58	ΒΑΣΙΛΙΟΣ ΚΑΝΒΑΔΑΣ	1990		-	1:10:59.873 (01:10:52)
29, 3, 3	W40+	Female	88	ΕΙΡΗΝΗ ΜΑΥΡΙΚΟΥ	1974		0:46:39.766 (00:46:38)	1:10:59.880 (01:10:58)
30, 27, 16	M18-39	Male	51	ΚΩΝΣΤΑΝΤΙΝΟΣ ΤΣΙΛΙΜΕΚΗΣ	1986		0:45:22.213 (00:45:16)	1:11:01.850 (01:10:55)
31, 28, 17	M18-39	Male	66	ΝΙΚΟΣ ΟΡΗΑΝ	1995	UFC THESSALONIKI	0:47:33.470 (00:47:30)	1:11:03.163 (01:11:00)
32, 29, 18	M18-39	Male	2	ΡΑΝΑΓΙΟΤΙΣ ΔΙΑΜΑΝΤΙΣ	1985	PLANET FITNESS	0:44:40.730 (00:44:33)	1:11:42.320 (01:11:34)
33, 30, 12	M40+	Male	8	ΚΩΝΣΤΑΝΤΙΝΟΣ ΑΛΕΞΑΝΔΡΟΥ	1971		0:44:31.243 (00:44:25)	1:11:44.946 (01:11:39)
34, 31, 13	M40+	Male	71	ΙΩΑΝΝΗΣ ΤΣΟΥΝΑΚΟΣ	1975	Η ΚΑΡΔΙΑ ΤΟΥ ΠΑΙΔΙΟΥ	0:46:01.290 (00:45:57)	1:11:47.026 (01:11:43)
35, 32, 14	M40+	Male	11	ΝΙΚΟΣ ΠΑΠΑΔΟΥΛΗΣ	1977		0:46:20.516 (00:46:17)	1:11:51.183 (01:11:48)
36, 33, 19	M18-39	Male	10	ΑΛΕΞΙΟΣ ΣΑΟΥΓΚΟΣ	1994	NS COACHING	0:45:38.756 (00:45:35)	1:13:09.166 (01:13:05)
37, 4, 4	W40+	Female	63	ΑΝΝΥ ΚΟΥΡΑΣΗ	1967	ΤΤΤ ΔΡΟΜΕΙΣ ΧΑΛΑΝΔΡΙΟΥ	0:44:52.020 (00:44:48)	1:13:17.040 (01:13:13)
38, 34, 20	M18-39	Male	57	ΝΙΚΟΣ ΠΑΠΑΔΗΜΑΣ	1994	Α.Σ. ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ ΜΥΡΜΙΔΟΝΕΣ	0:44:38.466 (00:44:33)	1:13:41.320 (01:13:36)
39, 35, 21	M18-39	Male	40	ΕΦΣΤΡΑΤΙΟΣ ΣΥΝΟΔΙΣ	1985	ΑΕΓΕΑΝΣΕΑΛΣΔΙΒΙΝΓ ΚΕΝΤΡΟ	0:47:38.703 (00:47:30)	1:14:11.400 (01:14:03)
40, 36, 15	M40+	Male	60	ΑΒΡΑΑΜ ΠΑΠΑΔΗΜΗΤΡΙΟΥ	1971		0:46:35.406 (00:46:30)	1:14:33.716 (01:14:29)
41, 37, 22	M18-39	Male	62	ΓΙΩΡΓΟΣ ΙΕΡΑΠΕΤΡΙΤΗΣ	1998		0:47:57.656 (00:47:47)	1:14:42.680 (01:14:32)
42, 5, 5	W40+	Female	46	ΧΕΝΙ ΚΕΙΒΑΝΙΔΟΥ	1978		0:47:09.406 (00:46:56)	1:15:06.853 (01:14:53)
43, 38, 23	M18-39	Male	33	ΠΑΝΑΓΙΩΤΗΣ ΜΠΛΙΘΙΚΙΩΤΗΣ	1983	NO	0:45:55.470 (00:45:46)	1:15:11.560 (01:15:02)
44, 39, 24	M18-39	Male	9	NICK BROUMAS	1980		0:48:59.586 (00:48:28)	1:15:18.903 (01:14:47)
45, 40, 25	M18-39	Male	35	ΑΔΑΜΑΝΤΙΟΣ ΦΛΩΡΟΣ	1981		0:48:36.146 (00:48:26)	1:15:23.153 (01:15:13)
46, 41, 16	M40+	Male	44	ΣΠΥΡΟΣ ΚΟΤΖΑΜΠΑΣΗΣ	1963	ΣΔΥΡΕΘΥΜΝΟΥ	0:45:01.513 (00:44:54)	1:16:16.640 (01:16:09)
47, 6, 6	W40+	Female	61	ΜΑΡΙΑ ΠΑΠΑΝΤΩΝΙΟΥ	1979		0:48:42.040 (00:48:34)	1:17:08.480 (01:17:00)
48, 42, 17	M40+	Male	85	ΘΑΝΟΣ ΚΑΤΣΑΝΟΣ	1964		-	1:17:25.653 (01:17:19)
49, 43, 18	M40+	Male	73	ΑΝΔΡΕΑΣ ΚΟΤΣΙΓΙΑΝΝΗΣ	1979		0:50:06.380 (00:50:01)	1:17:53.436 (01:17:48)
50, 44, 19	M40+	Male	75	ΡΑΝΑΓΙΟΤΙΣ ΒΡΙΣΙΜΙΤΖΙΣ	1979		0:49:34.660 (00:49:28)	1:18:06.120 (01:17:59)
51, 45, 20	M40+	Male	90	ΝΙΚΟΛΑΟΣ ΒΑΖΑΣ	1954		-	1:19:12.070 (01:18:58)
52, 46, 26	M18-39	Male	27	ΝΙΚΟΣ GERARDIS	1991		0:51:34.680 (00:51:25)	1:19:27.363 (01:19:18)
53, 7, 1	W18-39	Female	18	ΖΟΙ ΚΟΤΖΙΑ	1992		0:50:22.040 (00:50:20)	1:20:29.513 (01:20:27)
54, 47, 27	M18-39	Male	53	ΣΠΥΡΙΔΩΝ ΔΑΛΑΚΟΥΡΑΣ	1985	MARATHON CLUB	0:52:01.056 (00:51:59)	1:20:47.123 (01:20:45)
55, 48, 28	M18-39	Male	67	ΝΙΚΟΣ ΖΕΡΒΑΣ	1996	ΑΕΓΕΑΝΣΕΑΛΣΔΙΒΙΝΓ ΚΕΝΤΡΟ	0:51:43.786 (00:51:35)	1:21:29.230 (01:21:21)
56, 8, 7	W40+	Female	39	ΕΛΕΝΗ ΑΘΑΝΑΣΙΟΥ	1954		-	1:21:47.493 (01:21:43)
57, 49, 21	M40+	Male	24	ΚΩΝΣΤΑΝΤΙΝΟΣ ΤΖΕΒΕΛΕΚΟΣ	1970		-	1:23:28.993 (01:23:23)
58, 9, 8	W40+	Female	23	ΘΑΛΕΙΑ ΚΑΠΕΤΑΝΑΚΗ	1977		0:53:49.210 (00:53:45)	1:23:42.883 (01:23:39)
59, 10, 9	W40+	Female	64	ΕΛΕΝΑ ΚΑΡΑΤΖΑ	1977	ΤΤΤ ΔΡΟΜΕΙΣ ΧΑΛΑΝΔΡΙΟΥ	0:53:05.453 (00:52:59)	1:23:44.196 (01:23:38)
60, 50, 22	M40+	Male	70	ΣΤΕΛΙΟΣ ΣΥΝΟΔΙΝΟΣ	1973	AMORGOS RUNNING TEAM (A.R.T)	0:53:02.616 (00:52:56)	1:23:56.776 (01:23:50)
61, 51, 29	M18-39	Male	17	ΣΤΑΘΗΣ ΜΙΧΑΛΟΠΟΥΛΟΣ	1984		0:54:03.553 (00:54:01)	1:24:16.353 (01:24:14)
62, 52, 23	M40+	Male	5	ΧΑΡΙΣΙΟΣ ΓΚΑΝΑΤΣΙΟΣ	1969		0:51:38.906 (00:51:30)	1:25:53.586 (01:25:44)
63, 11, 2	W18-39	Female	13	ΙΟΑΝΝΑ ΝΑΤΣΙ	1985		0:53:56.210 (00:53:47)	1:26:59.866 (01:26:50)
64, 53, 30	M18-39	Male	12	ΣΠΥΡΟΣ ΝΤΟΥΡΟΣ ΔΡΑΚΟΠΟΥΛΟΣ	1982		0:53:54.556 (00:53:45)	1:27:01.516 (01:26:52)

65, 54, 24	M40+	Male	15	KONSTANTINOS PANAGOS	1950	ΑΝΕΚΣΑΡΤΙΤΟΣ	0:57:01.976 (00:56:52)	1:27:20.756 (01:27:10)
66, 55, 31	M18-39	Male	87	ΔΗΜΗΤΡΗΣ ΒΟΡΕΑΔΗΣ	1983		0:53:08.720 (00:53:00)	1:28:51.103 (01:28:43)
67, 56, 25	M40+	Male	89	ΣΩΤΗΡΗΣ ΑΝΤΩΝΟΠΟΥΛΟΣ	1954		0:57:20.830 (00:57:07)	1:29:29.493 (01:29:16)
68, 12, 3	W18-39	Female	32	ΕΥΓΕΝΙΑ ΚΡΗΤΙΚΟΥ	1986		0:59:40.960 (00:59:29)	1:30:29.433 (01:30:18)
69, 13, 10	W40+	Female	19	ΑΓΓΕΛΙΚΗ ΖΑΧΑΡΑΚΗ	1974	Η ΚΑΡΔΙΑ ΤΟΥ ΠΑΙΔΙΟΥ	0:58:00.980 (00:57:56)	1:30:54.040 (01:30:49)
70, 57, 26	M40+	Male	42	ΜΙΛΤΙΑΔΗΣ ΑΚΡΙΤΙΔΗΣ	1974	ΟΡΕΣΚΕΙΑ ΣΕΡΡΩΝ	0:58:24.156 (00:58:14)	1:31:08.590 (01:30:58)
71, 58, 32	M18-39	Male	79	ΜΗΝΑΣ ΑΓΓΕΛΑΚΗΣ	1984		0:57:48.206 (00:57:45)	1:31:13.950 (01:31:11)
72, 59, 33	M18-39	Male	80	ΑΡΙΣΤΟΓΕΙΤΩΝ ΦΕΡΕΝΤΙΝΟΣ	1994		0:59:29.633 (00:59:26)	1:31:19.856 (01:31:17)
73, 60, 27	M40+	Male	54	ΒΑΣΙΛΗΣ ΦΡΑΓΚΑΚΗΣ	1965		0:55:48.850 (00:55:40)	1:32:10.490 (01:32:02)
74, 14, 11	W40+	Female	6	ΘΕΟΔΩΡΑ ΤΣΑΠΙΚΟΥΝΗ	1971		0:58:53.270 (00:58:45)	1:33:02.560 (01:32:55)
75, 61, 28	M40+	Male	38	ΓΙΑΝΝΗΣ ΑΡΓΥΡΟΠΟΥΛΟΣ	1967	GL CREATIONS	0:58:20.743 (00:58:18)	1:33:04.196 (01:33:01)
76, 15, 12	W40+	Female	37	ΛΙΤΣΑ ΖΑΜΠΟΥΡΑ	1971	GL CREATIONS	0:57:45.136 (00:57:43)	1:33:04.196 (01:33:02)
77, 62, 29	M40+	Male	26	ΓΕΩΡΓΙΟΣ ΑΝΕΣΤΙΣ	1972		0:59:48.500 (00:59:38)	1:33:05.946 (01:32:55)
78, 63, 30	M40+	Male	74	ΠΑΝΑΓΙΩΤΗΣ ΝΤΑΣΙΟΣ	1976	NTASMAN	-	1:38:43.696 (01:38:35)
79, 16, 13	W40+	Female	48	ΜΑΡΙΕΤΤΑ ΚΑΛΕΡΓΗ	1967		-	1:40:37.556 (01:40:28)
80, 17, 14	W40+	Female	41	ΣΠΥΡΙΔΟΝΙΑ ΤΡΙΧΙΑ	1973		1:10:37.620 (01:01:01)	1:42:02.540 (01:32:26)
81, 18, 1	ALL	Female	20	ΑΛΕΞΑΝΔΡΑ ΚΟΝΤΑΚΗ	-	Η ΚΑΡΔΙΑ ΤΟΥ ΠΑΙΔΙΟΥ	-	1:45:57.590 (01:45:54)
82, 19, 15	W40+	Female	25	ΑΓΓΕΛΙΚΗ ΑΡΓΥΡΟΚΟΥ	1969	PILABOX	1:11:07.346 (01:10:59)	1:51:17.730 (01:51:10)
83, 64, 31	M40+	Male	86	ΕΠΑΜΕΙΝΩΝΔΑΣ ΨΑΡΡΟΣ	1958		-	2:14:04.273 (--:--:--)