Pla ce	Bib	Name start 15:30	Lap s	200m	600m/Lap 2	1000m/La p3	1400m/La p4	1800m/La p5	2200m/La p6	2600m/La p7	3000m/La p8	3400m/La p9	3800m/La p10	4200m/La p11	4600m/La p12	Pace	Finish/La p13
	5112	ΕΠΑΜΕΙΝΏΝΔΑΣ	12	00:52,0	02:38,9/	04:24,9/	06:09,3/	07:57,0/	09:43,5/	11:33,8/	13:23,5/	15:14,9/	17:01,8/	18:52,9/	20:42,1/	4:28	22:20,7/
1	3112	ΚΩΣΤΌΠΟΥΛΟΣ	13	00.52,0	01:46,9"	01:45,9" 04:19,7/	01:44,4" 06:08.6/	01:47,6" 07:55,8/	01:46,4" 09:43,4/	01:50,3" 11:33,5/	01:49,6" 13:23,2/	01:51,4" 15:14,8/	01:46,8" 17:06,2/	01:51,1" 18:55,9/	01:49,2"		01:38,5" 22:33,4/
2	5104	EΞΑΡΧΟΥ ΕΛΕΝΗ	13	00:46,3	02:31,8/ 01:45,4"	01:47,9"	01:48,9"	01:47,1"	01:47,6"	01:50,1"	01:49,7"	01:51,5"	01:51,4"	01:49,6"	20:48,4/ 01:52,5"	4:30	01:44,9"
3	5123	APAM XATZANTOYPIAN	13	00:44,6	02:27,4/ 01:42,7"	04:14,2/ 01:46,8"	06:05,7/ 01:51,4"	07:55,0/ 01:49,2"	09:44,3/ 01:49,2"	11:36,7/ 01:52,4"	13:27,8/ 01:51,0"	15:20,6/ 01:52,8"	17:12,5/ 01:51,8"	19:05,3/ 01:52,8"	20:56,7/ 01:51,4"	4:32	22:42,2/ 01:45,5"
4	5101	ΛΕΥΤΕΡΗΣ ΑΝΔΡΙΑΝΑΚΗΣ	13	00:54,8	02:45,8/	04:39,2/	06:32,8/	08:23,2/	10:15,6/	12:09,4/	14:02,8/	15:58,7/	17:51,3/	19:47,2/	21:46,5/	4:43	23:35,1/
5	5124	ΧΡΥΣΑΝΘΗ	12	00:45,1	01:51,0" 02:30,1/	01:53,4" 04:21,6/	01:53,5" 06:15,3/	01:50,4" 08:08,5/	01:52,4" 10:03,8/	01:53,8" 12:01,1/	01:53,4" 13:57,2/	01:55,8" 15:57,0/	01:52,6" 17:53,3/	01:55,8" 19:51,4/	01:59,3" 21:49,9/	4:43	01:48,5" 23:36,2/
5	3124	ΧΕΙΜΩΝΑ ΝΙΚΗΤΑΣ			01:44,9" 02:44,7/	01:51,5" 04:37,8/	01:53,6" 06:31,4/	01:53,2" 08:26,1/	01:55,3" 10:21,7/	01:57,3" 12:17,5/	01:56,1" 14:12,8/	01:59,7" 16:10.2/	01:56,2" 18:09,6/	01:58,1" 20:10.1/	01:58,5" 22:08,8/		01:46,3" 23:58,2/
6	5118	TZATZANHΣ	13	00:53,7	01:51,0"	01:53,0"	01:53,5"	01:54,7"	01:55,6"	01:55,8"	01:55,2"	01:57,4"	01:59,3"	02:00,4"	01:58,7"	4:47	01:49,3"
7	5109	ΜΗΝΑΣ ΙΑΤΡΟΥ	13	00:59,9	02:58,3/ 01:58,4"	04:55,8/ 01:57,5"	06:53,9/ 01:58,0"	08:52,9/ 01:59,0"	10:50,0/ 01:57,1"	12:46,4/ 01:56,3"	14:42,9/ 01:56,5"	16:40,7/ 01:57,8"	18:36,0/ 01:55,2"	20:30,4/ 01:54,3"	22:22,4/ 01:52,0"	4:48	24:04,8/ 01:42,3"
8	5110	ΙΟΥΛΙΑ ΚΑΠΟΜΠΑΣΗ	13	00:53,2	02:48,7/ 01:55,4"	04:45,2/ 01:56,5"	06:41,1/ 01:55,9"	08:34,2/ 01:53,0"	10:31,1/ 01:56,9"	12:25,5/ 01:54,3"	14:23,7/ 01:58,2"	16:22,8/ 01:59,1"	18:22,5/ 01:59,6"	20:24,3/ 02:01,8"	22:20,1/ 01:55,8"	4:49	24:05,5/ 01:45,3"
9	5115	ΣΤΑΘΗΣ	13	00:53,9	02:45,1/	04:38,6/	06:32,2/	08:27,4/	10:25,6/	12:22,5/	14:20,6/	16:19,6/	18:19,0/	20:19,5/	22:18,6/	4:50	24:11,4/
		OIKONOMOY AΣHMENIA			01:51,2" 02:45,4/	01:53,4" 04:38,7/	01:53,6" 06:32,3/	01:55,2" 08:27,6/	01:58,1" 10:25,7/	01:56,9" 12:22,1/	01:58,0" 14:20,1/	01:59,0" 16:19,7/	01:59,3" 18:19,3/	02:00,5" 20:20,0/	01:59,1" 22:18,2/		01:52,8" 24:11,4/
10	5113	MΠΑΡΤΖΗ	13	00:54,2	01:51,1"	01:53,3"	01:53,6"	01:55,2"	01:58,1"	01:56,3"	01:58,0"	01:59,5"	01:59,5"	02:00,6"	01:58,2"	4:50	01:53,2"
11	5102	ΓΙΩΡΓΟΣ ΒΕΛΛΑΣ	13	01:07,2	03:14,6/ 02:07,3"	05:19,8/ 02:05,2"	07:20,2/ 02:00,4"	09:20,4/ 02:00,2"	11:23,7/ 02:03,2"	13:27,4/ 02:03,6"	15:28,7/ 02:01,3"	17:28,4/ 01:59,6"	19:27,9/ 01:59,5"	21:25,4/ 01:57,4"	23:21,7/ 01:56,3"	5:02	25:11,1/ 01:49,3"
12	5120	ΕΛΕΝΗ ΦΛΑΜΟΥ	13	00:53,7	02:50,9/ 01:57,1"	04:50,5/ 01:59,6"	06:48,7/ 01:58,2"	08:46,6/ 01:57,9"	10:47,2/ 02:00,6"	12:50,8/ 02:03,6"	14:51,9/ 02:01,1"	16:56,9/ 02:04,9"	19:03,0/ 02:06,1"	21:08,7/ 02:05,7"	23:12,5/ 02:03,8"	5:03	25:15,5/ 02:02,9"
13	5122	ΧΡΗΣΤΟΣ ΧΑΛΔΑΙΟΣ	13	00:58,2	02:57,0/ 01:58,8"	04:57,6/ 02:00,5"	07:00,6/ 02:03.0"	09:05,0/ 02:04,3"	11:13,8/ 02:08,8"	13:24,7/ 02:10,9"	15:38,5/ 02:13,8"	17:55,5/ 02:17,0"	20:00,5/ 02:05,0"	22:11,1/ 02:10,6"	24:23,9/ 02:12,7"	5:16	26:21,0/ 01:57,1"
14	5121	ΓΙΑΝΝΗΣ	13	00:57,7	01:55,4/	04:56,8/	07:00,3/	09:04,3/	11:13,2/	13:24,1/	15:38,0/	17:54,2/	20:21,3/	22:53,5/	25:23,3/	5:34	27:51,9/
		ΦΛΕΡΙΑΝΟΣ		,	01:57,6" 03:03,2/	02:01,4" 05:07,4/	02:03,4" 07:17,1/	02:04,0" 09:32,3/	02:08,8" 11:55,4/	02:10,9" 14:18,5/	02:13,9" 16:43,3/	02:16,1" 19:07,8/	02:27,1" 21:34,7/	02:32,1" 24:03,5/	02:29,8" 26:29,7/		02:28,5" 28:55,3/
15	5114	ΣΠΥΡΟΣ ΜΠΕΣΗΣ	13	01:01,5	02:01,6"	02:04,2"	02:09,6"	02:15,2"	02:23,1"	02:23,0"	02:24,8"	02:24,5"	02:26,8"	02:28,8"	02:26,2"	5:47	02:25,6"
16	5111	ΝΕΚΤΑΡΙΑ ΚΛΑΔΗ	13	01:07,5	03:25,4/ 02:17,9"	05:45,4/ 02:19,9"	08:09,2/ 02:23,7"	10:33,4/ 02:24,2"	12:58,8/ 02:25,4"	15:28,0/ 02:29,1"	17:56,5/ 02:28,5"	20:31,0/ 02:34,5"	23:06,3/ 02:35,2"	25:42,9/ 02:36,6"	28:17,8/ 02:34,8"	6:10	30:51,9/ 02:34,1"
17	5117	ΧΡΗΣΤΟΣ ΠΑΡΑΣΚΕΥΑΔΗΣ	13	00:59,6	03:14,7/ 02:15,1"	05:35,6/ 02:20,8"	07:58,0/ 02:22,4"	10:23,2/ 02:25,1"	12:53,5/ 02:30,3"	15:21,9/ 02:28,3"	18:16,7/ 02:54,8"	20:44,6/ 02:27,9"	23:19,2/ 02:34,5"	25:58,1/ 02:38,9"	28:39,5/ 02:41,3"	6:13	31:07,5/ 02:28,0"
18	5103	ΜΑΡΙΑ ΓΑΛΙΑΤΣΑΤΟΥ	13	01:09,9	03:40,5/ 02:30,5"	06:10,4/ 02:29,9"	08:34,1/ 02:23,6"	11:05,1/ 02:31,0"	13:37,3/ 02:32,2"	16:10,8/ 02:33,5"	18:43,7/ 02:32,8"	21:17,4/ 02:33,6"	23:57,7/ 02:40,3"	26:38,4/ 02:40,7"	29:15,8/ 02:37,4"	6:21	31:46,0/ 02:30,1"
19	5125	ΕΠΑΜΕΙΝΩΝΔΑΣ	13	01:36,2	03:44,3/	06:01,1/	08:26,7/	11:03,1/	14:53,2/	17:24,6/	20:00,1/	22:42,2/	25:21,0/	28:03,0/	30:45,6/	6:40	33:23,2/
DN	5107	ΨΑΡΡΟΣ ΔΗΜΗΤΡΗΣ			02:08,0" 03:17,7/	02:16,8" 05:40,0/	02:25,6" 08:07,8/	02:36,3" 10:48,4/	03:50,1" 13:30,3/	02:31,3" 16:09,2/	02:35,5"	02:42,1"	02:38,7"	02:42,0"	02:42,5"		02:37,6" / "
F		ΘΕΟΔΩΡΑΤΟΣ	1	01:04,6	02:13,1"	02:22,3"	02:27,7"	02:40,6"	02:42,0"	02:38,8"	,	,	,	,	,	3:13	1
3KIII	5130	start 16:15 ΠΑΠΟΥΛΙΑΣ	13	00:	01:47,44/	03:00,21/	04:11,92/	05:24,26/	06:36,70/	07:48,33/	09:00,63/	10:12,64/	11:24,47/	12:36,39/	13:47,86/	2:58	14:54,69/
'		ΧΡΗΣΤΟΣ ΑΠΟΣΤΟΛΟΣ		34,54 00:	01:12,90" 02:13,08/	01:12,77" 03:38,88/	01:11,72" 05:07,18/	01:12,35" 06:32,70/	01:12,44" 08:01,54/	01:11,64" 09:31.17/	01:12,30" 11:00,37/	01:12,01" 12:28,67/	01:11,84" 13:59,13/	01:11,92" 15:25,50/	01:11,48"		01:06,84" 18:18,52/
2	5204	ΒΙΤΖΗΛΑΙΟΣ	13	43,84	01:29,25"	01:25,80"	01:28,30"	01:25,52"	01:28,84"	01:29,64"	01:29,20"	01:28,31"	01:30,46"	01:26,37"	16:54,14/ 01:28,64"	3:39	01:24,39"
3	5217	ΚΩΝΣΤΑΝΤΙΝΟΣ ΝΤΙΝΟΥ	13	00: 41,40	02:09,38/ 01:27,98"	03:36,04/ 01:26,67"	05:06,52/ 01:30,48"	06:35,07/ 01:28,56"	08:05,73/ 01:30,67"	09:37,10/ 01:31,37"	11:08,49/ 01:31,40"	12:41,51/ 01:33,03"	14:15,01/ 01:33,50"	15:47,50/ 01:32,49"	17:21,54/ 01:34,05"	3:45	18:49,13/ 01:27,60"
4	5223	ΠΑΝΑΓΙΩΤΗΣ ΦΡΑΓΚΙΑΔΑΚΗΣ	13	00: 42,96	02:14,98/ 01:32,02"	03:45,37/ 01:30,39"	05:16,41/ 01:31,05"	06:49,20/ 01:32,79"	08:21,88/ 01:32,68"	09:56,37/ 01:34,50"	11:30,73/ 01:34,36"	13:02,71/ 01:31,99"	14:33,80/ 01:31,09"	16:06,81/ 01:33,02"	17:39,78/ 01:32,97"	3:49	19:08,18/ 01:28,41"
5	5215	ΔΗΜΗΤΡΙΟΣ ΚΕΡΟΣ	13	00:	02:11,62/	03:39,36/	05:10,32/	06:41,79/	08:14,19/	09:51,51/	11:26,80/	13:02,40/	14:35,98/	16:12,87/	17:42,88/	3:50	19:13,12/
6	5208	ΕΛΙΣΑΒΕΤ ΔΗΜΟΥ	13	40,96 00:	01:30,67" 02:18,92/	01:27,74" 03:55,35/	01:30,96" 05:30,35/	01:31,48" 07:05,60/	01:32,41" 08:40,94/	01:37,32" 10:16,69/	01:35,29" 11:51,52/	01:35,60" 13:26,78/	01:33,59" 15:02,56/	01:36,90" 16:37,74/	01:30,01" 18:12,01/	3:55	01:30,25" 19:37,82/
		ΑΛΕΞΑΝΔΡΟΣ		45,62 00:	01:33,31" 02:15,48/	01:36,43" 03:45,61/	01:35,01" 05:17,75/	01:35,25" 06:50,29/	01:35,35" 08:24,12/	01:35,75" 10:00,50/	01:34,83" 11:38,46/	01:35,27" 13:17,31/	01:35,78" 14:59,18/	01:35,18" 16:38,28/	01:34,28" 18:14,10/		01:25,81" 19:51,60/
7	5221	ΤΖΟΥΒΑΡΑΣ	13	43,55	01:31,93"	01:30,14"	01:32,15"	01:32,54"	01:33,83"	01:36,38"	01:37,96"	01:38,85"	01:41,88"	01:39,10"	01:35,82"	3:58	01:37,50"
8	5203	ΧΑΡΙΛΑΟΣ ΒΑΡΕΛΑΣ	13	00: 48,03	02:21,91/ 01:33,89"	03:56,83/ 01:34,92"	05:31,92/ 01:35,10"	07:08,30/ 01:36,38"	08:44,25/ 01:35,96"	10:21,26/ 01:37,01"	11:58,19/ 01:36,94"	13:35,36/ 01:37,17"	15:13,42/ 01:38,07"	16:51,66/ 01:38,24"	18:28,16/ 01:36,50"	3:58	19:54,17/ 01:26,02"
9	5213	ΓΕΩΡΓΙΟΣ ΚΑΡΑΓΙΑΝΝΗΣ	13	00: 45,09	02:15,31/ 01:30,23"	03:45,67/ 01:30,36"	05:17,25/ 01:31,58"	06:50,08/ 01:32,83"	08:24,44/ 01:34,36"	10:03,67/ 01:39,24"	11:42,54/ 01:38,87"	13:23,38/ 01:40,85"	15:04,55/ 01:41,18"	16:47,51/ 01:42,96"	18:29,21/ 01:41,71"	3:59	19:55,59/ 01:26,38"
10	5206	ΛΟΥΗΣ ΓΚΟΜΕΖΜΠΕΚ	13	00: 45,80	02:18,85/ 01:33,06"	03:53,24/ 01:34,39"	05:26,95/ 01:33,72"	07:02,28/ 01:35,34"	08:37,13/ 01:34,86"	10:13,27/ 01:36,14"	11:50,49/ 01:37,22"	13:25,39/ 01:34,91"	15:01,96/ 01:36,57"	16:40,01/ 01:38,06"	18:22,36/ 01:42,35"	4:00	20:00,34/ 01:37,98"
11	5209	ΣΩΤΗΡΙΟΣ	13	00:	02:22,70/	04:01,58/	05:40,25/	07:17,60/	08:56,88/	10:35,32/	12:12,76/	13:51,74/	15:30,82/	17:07,09/	18:45,88/	4:02	20:14,10/
		ΔΙΑΜΑΝΤΟΠΟΥΛΟΣ ΝΙΚΟΣ		47,05 00:	01:35,65" 02:21,58/	01:38,88"	01:38,68" 05:34,10/	01:37,35" 07:10,63/	01:39,28" 08:48,28/	01:38,44" 10:24,04/	01:37,44" 12:02,13/	01:38,99" 13:40,41/	01:39,08" 15:18,32/	01:36,28" 16:58,11/	01:38,80" 18:37,92/		01:28,22" 20:15,56/
12	5116	ΠΑΝΑΓΙΩΤΟΠΟΥΛΟ Σ	13	47,17	01:34,41"	01:36,02"	01:36,50"	01:36,54"	01:37,65"	01:35,76"	01:38,10"	01:38,29"	01:37,91"	01:39,80"	01:39,81"	4:03	01:37,64"
13	5201	ΑΡΙΣΤΟΤΕΛΗΣ ΑΛΕΞΟΠΟΥΛΟΣ	13	00: 48,60	02:22,84/ 01:34,24"	03:58,86/ 01:36,03"	05:36,10/ 01:37,25"	07:15,86/ 01:39,77"	08:56,47/ 01:40,61"	10:40,28/ 01:43,81"	12:25,21/ 01:44,94"	14:09,23/ 01:44,02"	15:56,06/ 01:46,83"	17:40,42/ 01:44,37"	19:25,94/ 01:45,52"	4:13	21:05,22/ 01:39,29"
14	5211	ΛΑΜΠΡΟΣ ΘΕΟΧΑΡΗΣ	13	00: 49,28	02:30,92/ 01:41,65"	04:13,50/ 01:42,58"	05:57,16/ 01:43,66"	07:42,85/ 01:45,70"	09:26,50/ 01:43,65"	11:08,86/ 01:42,36"	12:50,64/ 01:41,79"	14:34,61/ 01:43,98"	16:15,28/ 01:40,67"	17:57,17/ 01:41,89"	19:39,18/ 01:42,01"	4:14	21:13,83/ 01:34,65"
15	5214	ΠΑΡΑΣΚΕΥΗ	13	00:	02:32,78/	04:17,45/	06:01,10/	07:46,67/	09:29,63/	11:14,55/	12:57,72/	14:39,77/	16:22,71/	18:05,90/	19:49,24/	4:17	21:29,30/
16		ΚΑΤΣΑΚΙΩΡΗ ΔΗΜΗΤΡΗΣ		49,34 00:	01:43,45" 02:33,88/	01:44,67" 04:17,94/	01:43,65" 06:00,58/	01:45,58" 07:47,32/	01:42,96" 09:28,90/	01:44,93" 11:09,40/	01:43,17" 12:58,07/	01:42,05" 14:40,31/	01:42,95" 16:23,88/	01:43,19" 18:09,25/	01:43,34" 19:56,06/	4:19	01:40,07" 21:37,91/
	5205	ΓΕΩΡΓΑΚΟΠΟΥΛΟΣ ΔΗΜΗΤΡΗΣ	13	50,64 00:	01:43,24" 02:22,34/	01:44,07" 04:01,38/	01:42,64" 05:40,03/	01:46,74" 07:22,74/	01:41,59" 09:07,58/	01:40,50" 10:54,22/	01:48,68" 12:41,33/	01:42,24" 14:31,12/	01:43,57" 16:26,14/	01:45,38" 18:19,00/	01:46,81" 20:09,30/		01:41,86" 21:49,29/
17	5216	ΜΠΑΖΑΝΗΣ	13	48,19	01:34,16"	01:39,04"	01:38,66"	01:42,71"	01:44,84"	01:46,64"	01:47,12"	01:49,79"	01:55,03"	01:52,86"	01:50,31"	4:21	01:40,00"
18	5218	ΚΑΤΕΡΙΝΑ ΣΑΠΑΡΗ	13	00: 46,04	02:19,33/ 01:33,29"	03:55,02/ 01:35,70"	05:32,92/ 01:37,90"	07:17,79/ 01:44,88"	09:06,11/ 01:48,32"	10:56,82/ 01:50,71"	12:48,09/ 01:51,28"	14:40,11/ 01:52,02"	16:30,96/ 01:50,85"	18:21,98/ 01:51,03"	20:09,97/ 01:47,99"	4:22	21:53,48/ 01:43,51"
19	5207	ΑΘΗΝΑ ΔΑΣΚΑΛΑΚΗ	13	00: 50,52	02:33,82/ 01:43,30"	04:17,01/ 01:43,20"	06:01,30/ 01:44,29"	07:47,70/ 01:46,40"	09:30,41/ 01:42,72"	11:14,81/ 01:44,40"	13:01,95/ 01:47,15"	14:50,78/ 01:48,83"	16:38,91/ 01:48,14"	18:27,78/ 01:48,87"	20:14,89/ 01:47,12"	4:23	21:56,77/ 01:41,88"
20	5222	ΜΑΡΙΑ ΤΣΙΛΙΜΙΔΟΥ	13	00: 50,37	02:33,70/ 01:43,33"	04:17,69/ 01:44,00"	06:01,70/ 01:44,01"	07:47,90/ 01:46,20"	09:31,64/	11:19,30/ 01:47,66"	13:09,78/	15:01,26/ 01:51,49"	16:52,51/ 01:51,26"	18:45,79/ 01:53,29"	20:37,99/ 01:52,20"	4:29	22:28,39/ 01:50,40"
				50,51	J 1.7J,JJ	J 1.77,00	J1. 77 ,U1	J 1.70,20	J1.7J,1J	51.77,00	J 1.50,43	J1.J1,43	31.31,20	J1.JJ,23	31.02,20		51.55,40

Pla	Bib	Name	Lap	p 200m	600m/Lap	1000m/La	1400m/La	1800m/La	2200m/La	2600m/La	3000m/La	3400m/La	3800m/La	4200m/La	4600m/La	Pace	Finish/La
ce	Dib		s		2	р3	p4	р5	р6	р7	р8	р9	p10	p11	p12	. 400	p13
21	5219	ΠΑΝΑΓΙΩΤΗΣ ΣΙΟΥΛΑΣ	13	00: 47,87	02:27,40/ 01:39,53"	04:13,14/ 01:45,74"	06:01,56/ 01:48,43"	07:53,03/ 01:51,48"	09:44,85/ 01:51,82"	11:42,04/ 01:57,19"	13:40,27/ 01:58,24"	15:37,03/ 01:56,76"	17:33,92/ 01:56,90"	19:33,60/ 01:59,68"	21:33,01/ 01:59,42"	4:40	23:23,01/ 01:50,01"
DN F	5119	ΣΉΦΗΣ ΤΖΟΥΓΑΝΆΚΗΣ	5	00: 49,87	02:33,03/ 01:43,16"	04:16,23/ 01:43,21"	06:00,52/ 01:44,29"	07:46,86/ 01:46,34"	/"	/"	/ "	/"	/ "	/ "	/ "	1:33	/"