

### 3o Grammos Mountain Run 2021 Grammos Mountain Run 21km

| Rank | By Gen. | By Cat. | Cat.   | Gender | BIB | Country | Name                      | YOB  | Club  | START 21KM            | FINISH 21KM           |
|------|---------|---------|--------|--------|-----|---------|---------------------------|------|---|-----------------------|-----------------------|
| 1    | 1       | 1       | MEN    | Male   | 11  |         | SOTIRIOS PAPAPOSTOLOU     | 1996 | ΑΝΕΞΑΡΤΗΤΟΣ   | 0:00:00.283(00:00:00) | 2:27:10.283(02:27:10) |
| 2    | 2       | 2       | MEN    | Male   | 48  |         | ANASTASIOS TOMARAS        | 1979 |   | 0:00:01.110(00:00:00) | 2:36:49.646(02:36:48) |
| 3    | 3       | 3       | MEN    | Male   | 26  |         | SPYROS NIKOLOUZOS         | 1987 | RECOGNIZE ABKHAZIA  | 0:00:01.553(00:00:00) | 2:49:05.803(02:49:04) |
| 4    | 4       | 4       | MEN    | Male   | 35  |         | KONSTANTINOS VOZIOS       | 1983 |   | 0:00:03.200(00:00:00) | 2:50:34.230(02:50:31) |
| 5    | 5       | 5       | MEN    | Male   | 39  |         | LEONIDAS SAMARAS          | 1985 | FREE RUNNERS  | 0:00:02.086(00:00:00) | 2:53:33.406(02:53:31) |
| 6    | 6       | 6       | MEN    | Male   | 55  |         | DIMITRIOS DROUGKAS        | 1980 | ΑΓΣ ΙΩΑΝΝΙΝΩΝ   | 0:00:02.283(00:00:00) | 3:03:19.083(03:03:16) |
| 7    | 1       | 1       | WOMEN  | Female | 51  |         | DIMITRA CHAIROPOULOU      | 1988 | ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΥΓΕΙΑΣ ΚΟΖΑΝΗΣ                           | 0:00:01.283(00:00:00) | 3:03:31.066(03:03:29) |
| 8    | 7       | 7       | MEN    | Male   | 53  |         | KAROLOS LAMPROU           | 1984 |   | 0:00:01.113(00:00:00) | 3:06:27.516(03:06:26) |
| 9    | 8       | 8       | MEN    | Male   | 17  |         | SPIRIDON APERGIS          | 1970 | APERGHITRAVEL.GR  | 0:00:01.506(00:00:00) | 3:06:28.200(03:06:26) |
| 10   | 9       | 9       | MEN    | Male   | 40  |         | VASILEIOS BAMPAS          | 1980 |   | 0:00:01.113(00:00:00) | 3:13:37.326(03:13:36) |
| 11   | 10      | 10      | MEN    | Male   | 4   |         | STAVROS MPAIRAMOGLOU      | 1990 | X-Treme Stores  | 0:00:01.110(00:00:00) | 3:14:56.283(03:14:55) |
| 12   | 11      | 11      | MEN    | Male   | 18  |         | MARIOS FAITAS             | 1990 | Karomeri trail team                                       | 0:00:02.303(00:00:00) | 3:17:47.003(03:17:44) |
| 13   | 12      | 12      | MEN    | Male   | 38  |         | NIKOLAOS SIDIROPOULOS     | 1991 |   | 0:00:04.960(00:00:00) | 3:22:11.396(03:22:06) |
| 14   | 2       | 2       | WOMEN  | Female | 21  |         | MARCELLA VAN HEMERT       | 1981 | aperghitravel.gr  | 0:00:01.653(00:00:00) | 3:22:34.700(03:22:33) |
| 15   | 3       | 3       | WOMEN  | Female | 49  |         | LAMPRINI STYLIOU          | 1990 |   | 0:00:00.283(00:00:00) | 3:24:51.926(03:24:51) |
| 16   | 13      | 13      | MEN    | Male   | 52  |         | GEORGIOS LAMPROU          | 1969 | FIFTH ELEMENT RUNNING TEAM                                | 0:00:01.553(00:00:00) | 3:24:52.283(03:24:50) |
| 17   | 14      | 14      | MEN    | Male   | 1   |         | EVAGGELOS GKAGKAS         | 1990 |   | 0:00:03.416(00:00:00) | 3:30:03.930(03:30:00) |
| 18   | 15      | 15      | MEN    | Male   | 9   |         | KONSTANTINOS PAPAKOSTAS   | 1997 | All Terrain Runners                                       | 0:00:01.506(00:00:00) | 3:32:08.800(03:32:07) |
| 19   | 16      | 16      | MEN    | Male   | 33  |         | PANTELIS GEORGIADIS       | 1985 | 785 TEM   | 0:00:01.283(00:00:00) | 3:34:51.950(03:34:50) |
| 20   | 17      | 17      | MEN    | Male   | 54  |         | MANOLIS NOUSIS            | 1984 |   | 0:00:10.206(00:00:00) | 3:40:31.483(03:40:21) |
| 21   | 18      | 18      | MEN    | Male   | 15  |         | SPYROS SPINGOS            | 1973 | QUALITY FRUIT CENTER AND FOOD LOGISTICS SPIROS SPINGOS SA | 0:00:04.290(00:00:00) | 3:44:56.093(03:44:51) |
| 22   | 19      | 1       | MEN55+ | Male   | 19  |         | ATHANASIOS MATSOULIS      | 1966 |   | 0:00:00.893(00:00:00) | 3:47:01.386(03:47:00) |
| 23   | 20      | 19      | MEN    | Male   | 50  |         | CHRISTOFOROS KOSTAGIANNIS | 1988 | SPORTIFS.GR   | 0:00:03.313(00:00:00) | 3:47:25.643(03:47:22) |
| 24   | 21      | 20      | MEN    | Male   | 29  |         | NIKOLAOS BAGENAS          | 1972 | konitsa   | 0:00:04.960(00:00:00) | 3:49:38.823(03:49:33) |
| 25   | 22      | 21      | MEN    | Male   | 25  |         | ALEHANDROS GIOTIS         | 1974 | 02 athletic store Lefkas                                  | 0:00:03.746(00:00:00) | 3:55:50.526(03:55:46) |
| 26   | 23      | 22      | MEN    | Male   | 16  |         | BASILIS KARALIS           | 1971 | ΣΜΝΑ  | 0:00:00.673(00:00:00) | 3:59:55.436(03:59:54) |

| Rank | By Gen. | By Cat. | Cat.       | Gender | BIB | Country | Name                        | YOB  | Club                              | START 21KM            | FINISH 21KM           |
|------|---------|---------|------------|--------|-----|---------|-----------------------------|------|-----------------------------------|-----------------------|-----------------------|
| 27   | 24      | 23      | MEN        | Male   | 12  |         | ANTONIS POULIMENOS          | 1994 | CorfuMountainTrail                | 0:00:01.506(00:00:00) | 4:03:56.290(04:03:54) |
| 28   | 4       | 1       | WOMEN41-50 | Female | 42  |         | ASIMINA INGLEZOU            | 1979 | DYNAFIT                           | 0:00:01.000(00:00:00) | 4:14:30.290(04:14:29) |
| 29   | 25      | 24      | MEN        | Male   | 28  |         | GIORGOS KONTIS              | 1984 | ανεξάρτητος                       | 0:00:03.856(00:00:00) | 4:27:44.576(04:27:40) |
| 30   | 26      | 25      | MEN        | Male   | 14  |         | SPIROS ANYFANTIS            | 1982 | Corfu mountain trail              | 0:00:04.400(00:00:00) | 4:28:20.436(04:28:16) |
| 31   | 27      | 26      | MEN        | Male   | 32  |         | VASILIS DIMZAS              | 1973 | North adventure                   | 0:00:03.856(00:00:00) | 4:31:30.376(04:31:26) |
| 32   | 5       | 4       | WOMEN      | Female | 23  |         | IRO SIPSA                   | 1993 |                                   | 0:00:03.283(00:00:00) | 4:53:54.283(04:53:51) |
| 33   | 28      | 2       | MEN55+     | Male   | 24  |         | SOTIRIOS SIPSAS             | 1963 |                                   | 0:00:01.506(00:00:00) | 4:53:55.853(04:53:54) |
| 34   | 29      | 27      | MEN        | Male   | 46  |         | NIKOLAOS ZISIMOS            | 1980 |                                   | 0:00:03.096(00:00:00) | 4:59:00.260(04:58:57) |
| 35   | 30      | 28      | MEN        | Male   | 47  |         | ATHANASIOS STEFANIS         | 1991 |                                   | 0:00:03.200(00:00:00) | 4:59:00.283(04:58:57) |
| 36   | 31      | 3       | MEN55+     | Male   | 31  |         | NIKOLAOS CHARISIS           | 1951 | Σ.Δ. ΙΩΑΝΝΙΝΩΝ                    | 0:00:02.650(00:00:00) | 5:07:31.043(05:07:28) |
| 37   | 6       | 1       | WOMEN51+   | Female | 37  |         | EFI TZIMA                   | 1969 | ΠΟΛΙΤΙΣΤΙΚΟΣ ΣΥΛΛΟΓΟΣ ΒΟΥΡΜΠΙΑΝΗΣ | 0:00:01.546(00:00:00) | 5:10:41.966(05:10:40) |
| 38   | 32      | 4       | MEN55+     | Male   | 8   |         | GIANNIS THLIOS              | 1960 | Δ.Σ.Ε.                            | 0:00:00.783(00:00:00) | 5:17:43.126(05:17:42) |
| 39   | 33      | 29      | MEN        | Male   | 13  |         | CHRISTOS SERMPEZIS          | 1970 | ΛΥΚΟΙ ΚΕΧΑΓΙΟΓΛΟΥ                 | 0:00:03.200(00:00:00) | 5:28:48.420(05:28:45) |
| 40   | 34      | 5       | MEN55+     | Male   | 45  |         | CHRISTOS GKOUGIANNOS        | 1961 |                                   | 0:00:06.930(00:00:00) | 5:31:23.850(05:31:16) |
| 41   | 35      | 30      | MEN        | Male   | 7   |         | GEORGE MICHAILIDIS          | 1976 |                                   | 0:00:05.506(00:00:00) | 5:53:11.636(05:53:06) |
| 42   | 36      | 31      | MEN        | Male   | 20  |         | STERGIOS KRAIAS             | 1984 |                                   | 0:00:06.493(00:00:00) | 6:20:55.180(06:20:48) |
| 43   | 37      | 6       | MEN55+     | Male   | 43  |         | GEORGIOS KARAMINTZIOS       | 1964 |                                   | 0:00:04.960(00:00:00) | 6:20:57.330(06:20:52) |
| 44   | 7       | 5       | WOMEN      | Female | 3   |         | EIRINI DEMERTZI             | 1981 |                                   | 0:00:05.276(00:00:00) | 6:51:33.543(06:51:28) |
| 45   | 38      | 32      | MEN        | Male   | 2   |         | TILEMACHOS TZINEROS         | 1987 |                                   | 0:00:05.386(00:00:00) | 6:51:35.250(06:51:29) |
| 46   | 8       | 2       | WOMEN51+   | Female | 36  |         | BASILIKI TSOUNI             | 1969 | ΠΟΛΙΤΙΣΤΙΚΟΣ ΣΥΛΛΟΓΟΣ ΒΟΥΡΜΠΙΑΝΗΣ | 0:00:01.980(00:00:00) | 6:51:37.530(06:51:35) |
| 47   | 39      | 33      | MEN        | Male   | 41  |         | ALEXANDROS THEOLOGOU<br>DNF | 2004 |                                   | 0:00:01.770(00:00:00) | -                     |