

## ΓΥΡΟΣ ΤΗΣ ΣΗΤΕΙΑΣ 2022 10km

| Rank | By Gen. | By Cat. | Cat.       | Gender | BIB | Country | Name                      | YOB | Club                         | Half 10km   | Finish 10km |
|------|---------|---------|------------|--------|-----|---------|---------------------------|-----|------------------------------|-------------|-------------|
| 1    | 1       | 1       | 30-39 ΕΤΩΝ | Male   | 14  |         | ΓΙΑΝΝΗΣ ΖΕΡΒΑΚΗΣ          | -   | ΤΡΙΤΩΝ ΧΑΛΚΙΔΑΣ Α.Ο          | 0:16:06.210 | 0:31:52.853 |
| 2    | 2       | 1       | 40-49 ΕΤΩΝ | Male   | 59  |         | ΜΑΝΩΛΗΣ ΣΗΦΑΚΗΣ           | -   |                              | 0:16:06.070 | 0:32:13.143 |
| 3    | 1       | 2       | 40-49 ΕΤΩΝ | Female | 51  |         | ΕΛΕΥΘΕΡΙΑ ΠΕΤΡΟΥΛΑΚΗ      | -   |                              | 0:17:45.267 | 0:34:52.120 |
| 4    | 3       | 3       | 40-49 ΕΤΩΝ | Male   | 8   |         | ΧΡΥΣΟΒΑΛΑΝΤΗΣ ΑΦΟΡΔΑΚΟΣ   | -   | ΜΕΓΑΛΟΝΗΣΟΣ+ΚΕΝΥΑΤΙΣ         | 0:17:52.567 | 0:35:56.067 |
| 5    | 4       | 2       | 30-39 ΕΤΩΝ | Male   | 21  |         | ΔΙΟΝΥΣΗΣ ΚΟΥΦΟΥΔΑΚΗΣ      | -   | ΣΔΥΙΕΡΑΠΕΤΡΑΣ-ΚΕΝΥΑΤΗΣ       | 0:17:52.580 | 0:36:29.040 |
| 6    | 5       | 4       | 40-49 ΕΤΩΝ | Male   | 41  |         | ΙΩΑΝΝΗΣ ΣΤΕΙΑΚΑΚΗΣ        | -   | ΚΕΝΥΑΤΙΣ - Σ.Δ.Υ. ΙΕΡΑΠΕΤΡΑΣ | 0:18:10.173 | 0:36:42.463 |
| 7    | 6       | 1       | 50+ ΕΤΩΝ   | Male   | 57  |         | ΕΜΜΑΝΟΥΗΛ ΦΙΛΙΠΠΑΚΗΣ      | -   |                              | 0:19:11.993 | 0:38:51.017 |
| 8    | 7       | 2       | 50+ ΕΤΩΝ   | Male   | 10  |         | ΓΙΩΡΓΟΣ ΓΑΛΑΝΗΣ           | -   | ΑΦΟΡΔΑΚΟΣ ΚΕΝΙΑΤΕΣ ΤΕΑΜ      | 0:19:21.217 | 0:39:02.897 |
| 9    | 8       | 5       | 40-49 ΕΤΩΝ | Male   | 2   |         | CRISTIAN COMAN            | -   | SDY IERAPETRA                | 0:19:21.263 | 0:39:09.257 |
| 10   | 9       | 1       | 18-29 ΕΤΩΝ | Male   | 22  |         | ΔΗΜΗΤΡΙΟΣ ΚΩΣΤΟΠΟΥΛΟΣ     | -   | ΑΘΛΗΤΙΚΗ ΑΚΑΔΗΜΙΑ ΗΡΑΚΛΕΙΟΥ  | 0:19:30.537 | 0:39:47.497 |
| 11   | 10      | 3       | 30-39 ΕΤΩΝ | Male   | 44  |         | ΓΕΩΡΓΙΟΣ ΜΑΛΛΙΟΣ          | -   | ENERGY FITNESS               | 0:20:05.053 | 0:40:02.850 |
| 12   | 2       | 3       | 50+ ΕΤΩΝ   | Female | 33  |         | ΝΕΚΤΑΡΙΑ ΠΑΡΙΝΟΥ          | -   | ΒΙΤΣΕΝΤΖΟΣ ΚΟΡΝΑΡΟΣ          | 0:20:04.050 | 0:40:49.163 |
| 13   | 11      | 4       | 30-39 ΕΤΩΝ | Male   | 32  |         | ΓΕΩΡΓΙΟΣ ΠΑΡΑΣΚΕΥΑΣ       | -   |                              | 0:20:28.650 | 0:41:16.467 |
| 14   | 3       | 6       | 40-49 ΕΤΩΝ | Female | 19  |         | ΜΑΛΑΜΑΤΕΝΙΑ ΚΟΝΤΟΓΙΑΝΝΑΚΗ | -   |                              | 0:20:36.160 | 0:42:15.193 |
| 15   | 4       | 7       | 40-49 ΕΤΩΝ | Female | 34  |         | ΑΓΓΕΛΙΚΗ ΠΕΛΕΚΑΝΑΚΗ       | -   | FEEL STRONG DO SPORTS        | 0:20:36.193 | 0:42:19.197 |
| 16   | 5       | 5       | 30-39 ΕΤΩΝ | Female | 50  |         | ΜΑΡΙΑ ΚΡΟΥΣΑΝΙΩΤΑΚΗ       | -   | ENERGY FITNESS               | 0:20:50.127 | 0:42:39.730 |
| 17   | 12      | 8       | 40-49 ΕΤΩΝ | Male   | 5   |         | ΣΤΥΛΙΑΝΟΣ ΑΚΡΩΤΗΡΙΑΝΑΚΗΣ  | -   | ΣΔΥΧ                         | 0:21:15.030 | 0:43:42.433 |
| 18   | 13      | 4       | 50+ ΕΤΩΝ   | Male   | 16  |         | ΓΕΩΡΓΙΟΣ ΚΑΝΑΒΑΚΗΣ        | -   | ΑΝΕΞΑΡΤΗΤΟΣ                  | 0:21:48.993 | 0:43:49.323 |
| 19   | 6       | 9       | 40-49 ΕΤΩΝ | Female | 48  |         | ΚΑΛΛΙΟΠΗ ΠΑΠΑΔΑΚΗ         | -   | ENERGY FITNESS               | 0:21:43.703 | 0:44:07.173 |
| 20   | 7       | 6       | 30-39 ΕΤΩΝ | Female | 49  |         | ΜΑΡΙΑ ΚΑΜΠΟΥΡΗ            | -   | ENERGY FITNESS               | 0:21:43.720 | 0:44:07.437 |
| 21   | 14      | 5       | 50+ ΕΤΩΝ   | Male   | 54  |         | ΑΘΑΝΑΣΙΟΣ ΚΟΛΟΤΟΥΡΟΣ      | -   |                              | 0:21:05.237 | 0:44:13.237 |
| 22   | 15      | 6       | 50+ ΕΤΩΝ   | Male   | 15  |         | ΑΝΤΩΝΗΣ ΚΑΛΟΥΡΗΣ          | -   |                              | 0:24:01.103 | 0:44:25.987 |
| 23   | 8       | 10      | 40-49 ΕΤΩΝ | Female | 30  |         | ΣΥΛΒΙΑ ΠΑΚΚΙΔΗ            | -   | ΣΔΥ ΙΕΡΑΠΕΤΡΑΣ ( ΚΕΝΙΑΤΗΣ)   | 0:21:52.013 | 0:44:27.197 |
| 24   | 16      | 2       | 18-29 ΕΤΩΝ | Male   | 7   |         | ΝΙΚΟΣ ΑΝΤΩΝΑΚΑΚΗΣ         | -   | ΧΟΧΛΙΟΣ ΤΕΑΜ                 | 0:21:59.860 | 0:45:09.477 |
| 25   | 17      | 11      | 40-49 ΕΤΩΝ | Male   | 45  |         | ΕΥΑΓΓΕΛΟΣ ΧΑΜΗΛΑΚΗΣ       | -   |                              | 0:21:55.777 | 0:45:23.213 |
| 26   | 18      | 7       | 50+ ΕΤΩΝ   | Male   | 47  |         | ΜΙΧΑΛΗΣ ΜΠΕΛΙΒΑΝΑΚΗΣ      | -   |                              | 0:22:51.220 | 0:45:38.160 |
| 27   | 19      | 12      | 40-49 ΕΤΩΝ | Male   | 36  |         | ΒΑΣΙΛΗΣ ΡΑΙΚΟΣ            | -   |                              | 0:22:34.190 | 0:45:41.830 |
| 28   | 9       | 13      | 40-49 ΕΤΩΝ | Female | 4   |         | ELENI STAGAKI             | -   | ANEMOS XANIA                 | 0:21:51.873 | 0:45:54.570 |
| 29   | 20      | 14      | 40-49 ΕΤΩΝ | Male   | 9   |         | ΘΟΔΩΡΗΣ ΒΟΥΡΒΑΧΑΚΗΣ       | -   | ΣΔΥΡ                         | 0:22:24.557 | 0:46:13.620 |

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|------|---------|---------|------------|--------|-----|---------|----------------------------|-----|--|-------------|-------------|
| 30   | 10      | 15      | 40-49 ΕΤΩΝ | Female | 56  |         | ΙΩΑΝΝΑ ΧΑΤΖΑΚΗ             | -   |  | 0:22:51.480 | 0:46:22.943 |
| 31   | 21      | 16      | 40-49 ΕΤΩΝ | Male   | 25  |         | ΜΑΡΚΟΣ ΜΕΤΑΞΑΚΗΣ           | -   | ΚΕΝΥΑΤΗΣ                                   | 0:23:35.200 | 0:46:38.383 |
| 32   | 11      | 17      | 40-49 ΕΤΩΝ | Female | 55  |         | ΣΑΜΠΡΙΝΑ ΚΟΛΛΕΤ            | -   |  | 0:23:00.453 | 0:46:43.710 |
| 33   | 12      | 8       | 50+ ΕΤΩΝ   | Female | 3   |         | ΜΑΡΙΑ ΕΚΙΜ                 | -   | SDY IERAPETRA                              | 0:27:56.627 | 0:46:47.107 |
| 34   | 22      | 7       | 30-39 ΕΤΩΝ | Male   | 29  |         | ΚΩΝΣΤΑΝΤΙΝΟΣ ΜΠΛΙΚΑΣ       | -   |  | 0:22:38.670 | 0:47:52.437 |
| 35   | 13      | 8       | 30-39 ΕΤΩΝ | Female | 31  |         | ΔΕΣΠΟΙΝΑ ΠΑΠΑΔΑΚΗ          | -   | ΚΕΝΥΑΤΗΣ TEAM                              | 0:24:44.237 | 0:48:41.437 |
| 36   | 14      | 3       | 18-29 ΕΤΩΝ | Female | 53  |         | ΘΕΟΔΩΡΑ ΚΑΠΛΑΝΗ            | -   |  | 0:24:19.567 | 0:49:49.553 |
| 37   | 23      | 9       | 50+ ΕΤΩΝ   | Male   | 27  |         | ΚΩΝΣΤΑΝΤΙΝΟΣ ΜΠΑΡΜΠΟΥΝΑΚΗΣ | -   | ΣΔΥΙ ΣΔΥΗ ΤΡΕΧΩ ΓΙΑ ΤΗΝ ΚΑΡΔΙΑ ΤΟΥ ΠΑΙΔΙΟΥ | 0:24:58.673 | 0:52:33.877 |
| 38   | 15      | 18      | 40-49 ΕΤΩΝ | Female | 12  |         | ΕΛΙΣΑΒΕΤ ΔΡΟΥΓΚΑ           | -   | ΣΔΥΙΕΡΑΠΕΤΡΑΣ                              | 0:26:13.147 | 0:53:47.980 |
| 39   | 24      | 9       | 30-39 ΕΤΩΝ | Male   | 39  |         | ΓΙΑΝΝΗΣ ΣΗΦΑΚΗΣ            | -   | ΚΕΝΥΑΤΙΣ TEAM                              | 0:25:48.827 | 0:54:51.300 |
| 40   | 16      | 10      | 50+ ΕΤΩΝ   | Female | 58  |         | ΦΛΩΡΑ ΜΠΕΤΙ                | -   |  | 0:28:16.517 | 0:56:00.867 |
| 41   | 17      | 19      | 40-49 ΕΤΩΝ | Female | 17  |         | ΑΡΧΟΝΤΙΣΣΑ ΚΟΓΧΥΛΑΚΗ       | -   | MARTEAMNOS TEAM                            | 0:26:32.720 | 0:56:37.750 |
| 42   | 25      | 11      | 50+ ΕΤΩΝ   | Male   | 42  |         | ΓΕΩΡΓΙΟΣ ΦΛΟΥΡΗΣ           | -   |  | 0:27:21.200 | 0:57:16.410 |
| 43   | 26      | 20      | 40-49 ΕΤΩΝ | Male   | 52  |         | ΑΝΤΩΝΗΣ ΜΠΙΛΑΝΑΚΗΣ         | -   |  | 0:29:54.827 | 1:00:12.903 |
| 44   | 27      | 12      | 50+ ΕΤΩΝ   | Male   | 43  |         | ΑΡΙΣΤΟΚΛΗΣ ΨΩΜΑΝΔΡΟΥΛΑΚΗΣ  | -   | SITIA                                      | 0:31:48.653 | 1:03:51.577 |
| 45   | 18      | 21      | 40-49 ΕΤΩΝ | Female | 28  |         | ΜΑΡΙΑ ΜΠΕΜΠΕΛΑΚΗ           | -   | SITIA                                      | 0:31:49.690 | 1:03:51.717 |
| 46   | 19      | 10      | 30-39 ΕΤΩΝ | Female | 1   |         | ΝΙΚΟΛΕΤΤΑ ΑΙΒΑΖΙ           | -   | ΟΥΚ//ΜΕΓΑΛΟΝΗΣΟΣ                           | 0:32:33.590 | 1:07:38.443 |
| 47   | 20      | 13      | 50+ ΕΤΩΝ   | Female | 37  |         | ΕΛΙΣΣΑΒΕΤ ΡΑΙΚΟΥ           | -   | ARKALOS                                    | 0:27:16.177 | -           |