

| Place | Rank | Gender | RankAge                 | Bib | Name                             | Laps | 2km     | 4km/Lap2       | 6km/Lap3       | 8km/Lap4       | Finish/Lap5    | time gap  | Pace | Club                      |
|-------|------|--------|-------------------------|-----|----------------------------------|------|---------|----------------|----------------|----------------|----------------|-----------|------|---------------------------|
| 1     | 1    | m      | 3 πρώτες θέσεις γενικής | 298 | ΠΡΟΔΡΟΜΙΔΗΣ ΣΠΥΡΟΣ               | 5    | 0:07:05 | 0:14:24/ 07:19 | 0:21:46/ 07:21 | 0:29:11/ 07:25 | 0:36:30/ 07:18 | -         | 3:39 |                           |
| 2     | 2    | m      | 3 πρώτες θέσεις γενικής | 73  | ΓΕΩΡΓΟΠΟΥΛΟΣ ΧΡΙΣΤΟΦΟΡΟΣ         | 5    | 0:07:05 | 0:14:24/ 07:19 | 0:21:46/ 07:22 | 0:29:10/ 07:24 | 0:36:30/ 07:19 | +00:00.12 | 3:39 | ΓΣ ΑΜΑΡΟΥΣΙΟΥ             |
| 3     | 3    | m      | 3 πρώτες θέσεις γενικής | 170 | ΜΗΤΤΑΣ ΙΩΑΝΝΗΣ                   | 5    | 0:07:44 | 0:15:33/ 07:48 | 0:23:34/ 08:00 | 0:31:48/ 08:13 | 0:39:51/ 08:03 | +03:21.35 | 3:59 |                           |
| 4     | 4    | m      | 1                       | 20  | ΠΑΝΑΓΟΥΛΙΑΣ GEORGE               | 5    | 0:07:47 | 0:15:42/ 07:55 | 0:23:52/ 08:10 | 0:32:14/ 08:21 | 0:40:37/ 08:22 | +04:06.80 | 4:03 | COSMOTE                   |
| 5     | 5    | m      | 2                       | 54  | ΒΑΣΙΛΕΙΟΥ ΑΛΕΞΙΟΣ                | 5    | 0:08:28 | 0:16:53/ 08:24 | 0:25:17/ 08:23 | 0:33:32/ 08:14 | 0:41:22/ 07:50 | +04:52.74 | 4:08 |                           |
| 6     | 6    | m      | 3                       | 221 | ΡΕΝΤΑΣ ΚΩΝΣΤΑΝΤΙΝΟΣ              | 5    | 0:07:55 | 0:16:01/ 08:06 | 0:24:22/ 08:20 | 0:32:55/ 08:32 | 0:41:23/ 08:28 | +04:53.58 | 4:08 | ΤΡΑΠΕΖΑ ΤΗΣ ΕΛΛΑΔΟΣ       |
| 7     | 7    | m      | 1                       | 24  | SANTOS MARCO ANTONIO             | 5    | 0:07:51 | 0:16:24/ 08:33 | 0:25:10/ 08:45 | 0:33:31/ 08:20 | 0:41:31/ 07:59 | +05:00.93 | 4:09 | Run Zaragoza              |
| 8     | 8    | m      | 2                       | 142 | ΚΥΡΙΑΚΟΥ ΦΩΤΗΣ                   | 5    | 0:07:43 | 0:15:41/ 07:58 | 0:24:23/ 08:41 | 0:33:06/ 08:42 | 0:41:31/ 08:25 | +05:01.19 | 4:09 |                           |
| 9     | 9    | m      | 3                       | 230 | ΣΑΡΡΗΣ ΑΘΑΝΑΣΙΟΣ                 | 5    | 0:08:04 | 0:16:41/ 08:37 | 0:25:18/ 08:36 | 0:33:36/ 08:18 | 0:41:38/ 08:02 | +05:08.59 | 4:09 | Α.Π.Σ. ΤΕΛΜΗΣΣΟΣ ΜΑΡΑΘΩΝΑ |
| 10    | 10   | m      | 4                       | 86  | ΔΗΜΟΥΔΗΣ ΔΗΜΗΤΡΗΣ                | 5    | 0:07:47 | 0:16:12/ 08:25 | 0:24:55/ 08:43 | 0:33:31/ 08:36 | 0:41:43/ 08:12 | +05:13.43 | 4:10 | ΝΙΚΗ ΚΡΥΟΝΕΡΙΟΥ           |
| 11    | 11   | m      | 4                       | 242 | ΣΠΑΝΟΥΔΗΣ ΣΑΒΒΑΣ                 | 5    | 0:08:13 | 0:16:43/ 08:30 | 0:25:22/ 08:38 | 0:34:05/ 08:42 | 0:42:19/ 08:14 | +05:49.41 | 4:13 | KROMA / iRun              |
| 12    | 12   | m      | 5                       | 269 | ΤΣΟΥΡΕΚΗΣ ΠΑΝΑΓΙΩΤΗΣ             | 5    | 0:08:23 | 0:17:00/ 08:36 | 0:25:38/ 08:38 | 0:34:08/ 08:29 | 0:42:36/ 08:28 | +06:06.35 | 4:15 |                           |
| 13    | 13   | m      | 5                       | 23  | ΣΑΚΚΑΣ CHRISTOS                  | 5    | 0:08:15 | 0:16:38/ 08:23 | 0:25:27/ 08:49 | 0:34:21/ 08:53 | 0:42:38/ 08:16 | +06:08.44 | 4:15 | PERIKLIS TRAINING         |
| 14    | 14   | m      | 6                       | 28  | ΤΣΑΤΣΑΚΙΣ ΚΩΝΣΤΑΝΤΙΝΟΣ           | 5    | 0:07:51 | 0:16:24/ 08:33 | 0:25:10/ 08:45 | 0:33:59/ 08:49 | 0:42:54/ 08:54 | +06:24.43 | 4:17 |                           |
| 15    | 15   | m      | 7                       | 41  | ΑΡΤΑΒΑΝΗΣ ΤΣΑΠΑΤΣΑΡΗΣ ΑΛΕΞΑΝΔΡΟΣ | 5    | 0:07:48 | 0:16:24/ 08:36 | 0:25:23/ 08:58 | 0:34:21/ 08:57 | 0:43:08/ 08:46 | +06:37.89 | 4:18 |                           |
| 16    | 1    | f      | 3 πρώτες θέσεις γενικής | 16  | MATTUZZI ISABEL                  | 5    | 0:08:10 | 0:16:47/ 08:36 | 0:25:29/ 08:41 | 0:34:16/ 08:47 | 0:43:15/ 08:58 | +06:44.94 | 4:19 |                           |
| 17    | 16   | m      | 6                       | 179 | ΜΠΕΛΛΑΛΗΣ ΑΝΑΣΤΑΣΙΟΣ             | 5    | 0:08:07 | 0:16:45/ 08:38 | 0:25:38/ 08:52 | 0:34:49/ 09:10 | 0:43:27/ 08:38 | +06:57.55 | 4:20 |                           |
| 18    | 17   | m      | 7                       | 139 | ΚΟΥΤΣΩΝΑΣ ΑΛΕΞΑΝΔΡΟΣ             | 5    | 0:08:02 | 0:16:47/ 08:44 | 0:25:43/ 08:55 | 0:34:48/ 09:05 | 0:43:37/ 08:49 | +07:07.43 | 4:21 |                           |
| 19    | 18   | m      | 1                       | 51  | ΒΑΡΕΛΑΣ ΧΑΡΙΛΑΟΣ                 | 5    | 0:08:31 | 0:17:09/ 08:38 | 0:26:06/ 08:56 | 0:35:09/ 09:02 | 0:43:53/ 08:43 | +07:22.82 | 4:23 |                           |

| Place | Rank | Gender | Age                     | Bib | Name                    | Laps | 2km     | 4km/Lap2         | 6km/Lap3         | 8km/Lap4         | Finish/Lap5      | time gap  | Pace | Club                    |
|-------|------|--------|-------------------------|-----|-------------------------|------|---------|------------------|------------------|------------------|------------------|-----------|------|-------------------------|
| 20    | 19   | m      | 8                       | 249 | ΣΧΙΝΑΣ ΚΛΕΑΝΘΗΣ         | 5    | 0:07:59 | 0:16:44/ 0:08:44 | 0:25:47/ 0:09:02 | 0:34:59/ 0:09:12 | 0:44:11/ 0:09:12 | +07:41.16 | 4:25 | Ανεξάρτητος             |
| 21    | 20   | m      | 2                       | 53  | ΒΑΣΙΛΕΙΑΔΗΣ ΗΛΙΑΣ       | 5    | 0:08:30 | 0:17:24/ 0:08:53 | 0:26:23/ 0:08:59 | 0:35:24/ 0:09:01 | 0:44:18/ 0:08:53 | +07:48.25 | 4:25 |                         |
| 22    | 21   | m      | 8                       | 297 | ΔΙΠΛΑΣ ΣΤΕΦΑΝΟΣ         | 5    | 0:08:29 | 0:17:19/ 0:08:50 | 0:26:43/ 0:09:23 | 0:35:42/ 0:08:59 | 0:44:39/ 0:08:56 | +08:09.07 | 4:27 |                         |
| 23    | 22   | m      | 9                       | 204 | ΠΑΠΑΙΩΑΝΝΟΥ ΜΙΧΑΛΗΣ     | 5    | 0:08:37 | 0:17:23/ 0:08:46 | 0:26:30/ 0:09:06 | 0:35:49/ 0:09:19 | 0:44:41/ 0:08:52 | +08:11.12 | 4:28 |                         |
| 24    | 23   | m      | 10                      | 74  | ΓΙΑΝΝΑΚΕΛΛΗΣ ΟΔΥΣΣΕΑΣ   | 5    | 0:08:04 | 0:17:03/ 0:08:58 | 0:26:25/ 0:09:22 | 0:35:50/ 0:09:24 | 0:44:49/ 0:08:59 | +08:19.49 | 4:28 | ΠΑΛΛΗΝΙΟΙ ΔΡΟΜΕΙΣ       |
| 25    | 24   | m      | 9                       | 137 | ΚΟΥΤΣΙΝΟΣ ΚΩΝΣΤΑΝΤΙΝΟΣ  | 5    | 0:07:45 | 0:16:30/ 0:08:44 | 0:25:41/ 0:09:11 | 0:35:17/ 0:09:36 | 0:44:52/ 0:09:34 | +08:22.53 | 4:29 | L CREW                  |
| 26    | 25   | m      | 10                      | 165 | ΜΑΤΘΑΙΑΣΣΟΣ ΠΑΝΑΓΙΩΤΗΣ  | 5    | 0:08:16 | 0:16:52/ 0:08:35 | 0:26:13/ 0:09:21 | 0:35:48/ 0:09:34 | 0:44:59/ 0:09:11 | +08:29.73 | 4:29 |                         |
| 27    | 26   | m      | 11                      | 9   | JANKOVSKÝ DAVID         | 5    | 0:08:19 | 0:17:14/ 0:08:54 | 0:26:27/ 0:09:13 | 0:35:53/ 0:09:25 | 0:45:01/ 0:09:08 | +08:31.39 | 4:30 |                         |
| 28    | 27   | m      | 3                       | 59  | ΒΛΑΣΣΗΣ ΠΕΤΡΟΣ          | 5    | 0:09:02 | 0:18:07/ 0:09:05 | 0:27:28/ 0:09:20 | 0:36:58/ 0:09:30 | 0:46:25/ 0:09:26 | +09:55.47 | 4:38 | ΚΡΑΤΙΚΗ ΟΡΧΗΣΤΡΑ ΑΘΗΝΩΝ |
| 29    | 2    | f      | 3 πρώτες θέσεις γενικής | 27  | TASTSIDI SOFIA          | 5    | 0:10:13 | 0:19:48/ 0:09:34 | 0:29:10/ 0:09:22 | 0:38:13/ 0:09:03 | 0:46:58/ 0:08:44 | +10:28.58 | 4:41 |                         |
| 30    | 3    | f      | 3 πρώτες θέσεις γενικής | 264 | ΤΣΙΛΙΜΙΔΟΥ ΜΑΡΙΑ        | 5    | 0:09:03 | 0:18:28/ 0:09:24 | 0:28:09/ 0:09:41 | 0:37:57/ 0:09:47 | 0:47:40/ 0:09:43 | +11:10.19 | 4:46 | ΑΕΚ                     |
| 31    | 28   | m      | 11                      | 145 | ΚΩΝΣΤΑΝΤΑΚΟΣ ΠΑΝΑΓΙΩΤΗΣ | 5    | 0:09:11 | 0:18:26/ 0:09:15 | 0:28:06/ 0:09:39 | 0:38:04/ 0:09:58 | 0:47:55/ 0:09:51 | +11:25.58 | 4:47 |                         |
| 32    | 29   | m      | 4                       | 268 | ΤΣΟΥΜΑΣ ΒΑΣΙΛΕΙΟΣ       | 5    | 0:09:14 | 0:18:42/ 0:09:27 | 0:28:19/ 0:09:37 | 0:38:09/ 0:09:50 | 0:48:06/ 0:09:56 | +11:36.18 | 4:48 | CGS SPORTS CLUB         |
| 33    | 30   | m      | 12                      | 432 | ΗΛΙΑΔΗΣ ΙΩΑΝΝΗΣ         | 5    | 0:09:47 | 0:19:21/ 0:09:33 | 0:29:00/ 0:09:38 | 0:38:55/ 0:09:54 | 0:48:07/ 0:09:11 | +11:37.33 | 4:48 |                         |
| 34    | 31   | m      | 12                      | 87  | ΔΗΜΤΣΑΣ ΛΑΖΑΡΟΣ         | 5    | 0:09:36 | 0:19:17/ 0:09:41 | 0:29:04/ 0:09:47 | 0:38:49/ 0:09:44 | 0:48:19/ 0:09:30 | +11:49.75 | 4:49 | LESVOS RUNNERS          |
| 35    | 32   | m      | 13                      | 207 | ΠΑΠΑΡΙΖΟΣ ΣΤΕΡΓΙΟΣ      | 5    | 0:10:05 | 0:19:50/ 0:09:44 | 0:29:34/ 0:09:44 | 0:39:11/ 0:09:37 | 0:48:30/ 0:09:18 | +12:00.04 | 4:51 |                         |
| 36    | 33   | m      | 5                       | 29  | VAN WINDEN EWOUND       | 5    | 0:09:08 | 0:18:27/ 0:09:18 | 0:28:07/ 0:09:40 | 0:38:20/ 0:10:12 | 0:48:40/ 0:10:20 | +12:10.44 | 4:52 |                         |
| 37    | 34   | m      | 6                       | 188 | ΝΙΚΟΣ ΠΑΝΤΕΛΗΣ          | 5    | 0:08:59 | 0:18:30/ 0:09:30 | 0:28:38/ 0:10:08 | 0:38:51/ 0:10:12 | 0:48:45/ 0:09:54 | +12:15.73 | 4:52 | Saronikos team          |
| 38    | 35   | m      | 14                      | 31  | VLACHOS CHRISTOS        | 5    | 0:09:20 | 0:18:56/ 0:09:35 | 0:28:53/ 0:09:57 | 0:38:54/ 0:10:00 | 0:48:50/ 0:09:56 | +12:20.74 | 4:53 |                         |

| Place | Rank | Gender | Age | Bib | Name                   | Laps | 2km     | 4km/Lap2         | 6km/Lap3         | 8km/Lap4         | Finish/Lap5      | time gap  | Pace | Club                      |
|-------|------|--------|-----|-----|------------------------|------|---------|------------------|------------------|------------------|------------------|-----------|------|---------------------------|
| 39    | 36   | m      | 13  | 82  | ΔΕΔΕΣ ΠΑΝΑΓΙΩΤΗΣ       | 5    | 0:08:52 | 0:18:28/ 0:09:35 | 0:28:37/ 0:10:09 | 0:39:02/ 0:10:25 | 0:49:12/ 0:10:10 | +12:42.61 | 4:55 | WORKOUT LAB / PPE LAB     |
| 40    | 37   | m      | 15  | 103 | ΚΑΛΟΓΕΡΑΚΗΣ ΓΙΑΝΝΗΣ    | 5    | 0:09:51 | 0:19:39/ 0:09:47 | 0:29:33/ 0:09:53 | 0:39:29/ 0:09:55 | 0:49:18/ 0:09:48 | +12:47.94 | 4:55 | ΣΔΥΡ                      |
| 41    | 38   | m      | 7   | 132 | ΚΟΡΩΝΑΚΗΣ ΝΙΚΟΛΑΟΣ     | 5    | 0:09:21 | 0:19:02/ 0:09:41 | 0:29:05/ 0:10:02 | 0:39:14/ 0:10:08 | 0:49:22/ 0:10:07 | +12:52.03 | 4:56 |                           |
| 42    | 39   | m      | 16  | 174 | ΜΠΑΒΕΤΣΙΑΣ ΧΡΗΣΤΟΣ     | 5    | 0:10:18 | 0:20:13/ 0:09:55 | 0:30:01/ 0:09:47 | 0:39:57/ 0:09:56 | 0:49:22/ 0:09:25 | +12:52.71 | 4:56 | ΣΑΠΠΑΖ                    |
| 43    | 40   | m      | 14  | 43  | ΑΣΗΜΑΚΟΠΟΥΛΟΣ ΓΕΩΡΓΙΟΣ | 5    | 0:10:18 | 0:20:23/ 0:10:05 | 0:30:14/ 0:09:50 | 0:40:02/ 0:09:48 | 0:49:28/ 0:09:26 | +12:58.70 | 4:56 | GALATSI RUNNERS           |
| 44    | 41   | m      | 17  | 239 | ΣΚΥΡΛΑΣ ΠΑΝΑΓΙΩΤΗΣ     | 5    | 0:09:01 | 0:18:39/ 0:09:37 | 0:28:47/ 0:10:07 | 0:39:11/ 0:10:24 | 0:49:31/ 0:10:19 | +13:01.02 | 4:57 | ΣΑΦΑΝΣ                    |
| 45    | 42   | m      | 15  | 122 | ΚΙΟΣΣΕΣ ΣΤΕΡΓΙΟΣ       | 5    | 0:10:00 | 0:19:44/ 0:09:44 | 0:29:38/ 0:09:54 | 0:39:39/ 0:10:00 | 0:49:38/ 0:09:58 | +13:07.95 | 4:57 | ΣΔΥΑ                      |
| 46    | 43   | m      | 18  | 84  | ΔΗΜΗΤΡΑΚΑΚΗΣ ΝΙΚΟΛΑΟΣ  | 5    | 0:08:49 | 0:18:46/ 0:09:57 | 0:29:17/ 0:10:31 | 0:39:40/ 0:10:23 | 0:49:40/ 0:09:59 | +13:10.56 | 4:58 |                           |
| 47    | 44   | m      | 16  | 114 | ΚΑΤΟΣΤΑΡΑΣ ΧΑΡΗΣ       | 5    | 0:10:14 | 0:19:48/ 0:09:34 | 0:29:33/ 0:09:44 | 0:39:48/ 0:10:14 | 0:49:52/ 0:10:04 | +13:22.27 | 4:59 |                           |
| 48    | 4    | f      | 1   | 149 | ΛΑΚΑΚΗ ΝΑΤΑΛΙΑ         | 5    | 0:09:02 | 0:18:59/ 0:09:56 | 0:29:14/ 0:10:15 | 0:39:43/ 0:10:29 | 0:50:12/ 0:10:28 | +13:41.87 | 5:01 |                           |
| 49    | 45   | m      | 19  | 407 | ΑΡΜΟΥΝΤΑΣ ΑΛΚΙΝΟΟΣ     | 5    | 0:08:18 | 0:18:17/ 0:09:59 | 0:28:55/ 0:10:38 | 0:39:43/ 0:10:47 | 0:50:15/ 0:10:31 | +13:44.81 | 5:01 |                           |
| 50    | 5    | f      | 1   | 191 | ΝΤΟΥΠΗ ΒΑΣΙΛΙΚΗ        | 5    | 0:09:45 | 0:19:37/ 0:09:52 | 0:29:51/ 0:10:13 | 0:40:09/ 0:10:17 | 0:50:26/ 0:10:17 | +13:56.19 | 5:02 | University Campus Runners |
| 51    | 46   | m      | 17  | 247 | ΣΥΝΟΔΙΝΟΣ ΚΥΡΙΑΚΟΣ     | 5    | 0:09:42 | 0:19:49/ 0:10:07 | 0:30:00/ 0:10:10 | 0:40:28/ 0:10:28 | 0:50:31/ 0:10:02 | +14:00.84 | 5:03 |                           |
| 52    | 47   | m      | 18  | 44  | ΑΣΩΜΑΤΟΣ ΣΥΜΕΩΝ        | 5    | 0:10:05 | 0:20:00/ 0:09:54 | 0:30:11/ 0:10:10 | 0:40:37/ 0:10:25 | 0:50:57/ 0:10:20 | +14:27.29 | 5:05 |                           |
| 53    | 48   | m      | 19  | 183 | ΝΕΡΑΝΤΖΗΣ ΔΑΜΙΑΝΟΣ     | 5    | 0:10:58 | 0:20:53/ 0:09:55 | 0:31:08/ 0:10:14 | 0:41:11/ 0:10:03 | 0:51:03/ 0:09:51 | +14:33.17 | 5:06 |                           |
| 54    | 49   | m      | 20  | 12  | ΚΟΝΤΟΕΙΔΙΣ ΠΑΝΑΓΙΟΤΙΣ  | 5    | 0:09:43 | 0:19:55/ 0:10:11 | 0:30:26/ 0:10:31 | 0:41:12/ 0:10:46 | 0:51:04/ 0:09:51 | +14:33.89 | 5:06 |                           |
| 55    | 6    | f      | 2   | 91  | ΖΑΧΑΡΙΟΥΔΑΚΗ ΣΟΦΙΑ     | 5    | 0:09:27 | 0:19:47/ 0:10:19 | 0:30:04/ 0:10:16 | 0:40:42/ 0:10:38 | 0:51:16/ 0:10:33 | +14:46.58 | 5:07 |                           |
| 56    | 50   | m      | 20  | 113 | ΚΑΡΡΑΣ ΚΙΜΩΝ           | 5    | 0:10:18 | 0:20:01/ 0:09:43 | 0:30:19/ 0:10:17 | 0:40:50/ 0:10:31 | 0:51:18/ 0:10:27 | +14:47.87 | 5:07 |                           |
| 57    | 51   | m      | 8   | 403 | ΠΟΛΥΜΕΡΟΥ ΔΗΜΗΤΡΗΣ     | 5    | 0:10:08 | 0:20:18/ 0:10:10 | 0:30:38/ 0:10:19 | 0:41:05/ 0:10:27 | 0:51:32/ 0:10:26 | +15:02.73 | 5:09 |                           |

| Place | Rank | Gender | RankAge | Bib | Name                     | Laps | 2km     | 4km/Lap2         | 6km/Lap3         | 8km/Lap4         | Finish/Lap5      | time gap  | Pace | Club                            |
|-------|------|--------|---------|-----|--------------------------|------|---------|------------------|------------------|------------------|------------------|-----------|------|---------------------------------|
| 58    | 52   | m      | 21      | 5   | ΒΑΚΑΒΕΛΟΣ ΠΑΝΑΓΙΟΤΙΣ     | 5    | 0:09:03 | 0:19:16/ 0:10:12 | 0:29:48/ 0:10:32 | 0:40:40/ 0:10:52 | 0:51:37/ 0:10:56 | +15:06.99 | 5:09 |                                 |
| 59    | 53   | m      | 21      | 135 | ΚΟΥΡΟΥΝΑΚΗΣ ΟΡΕΣΤΗΣ      | 5    | 0:09:33 | 0:19:36/ 0:10:02 | 0:30:21/ 0:10:45 | 0:41:33/ 0:11:11 | 0:51:44/ 0:10:11 | +15:14.68 | 5:10 |                                 |
| 60    | 54   | m      | 22      | 223 | ΡΟΥΜΕΛΙΩΤΗΣ ΣΤΡΑΤΗΣ      | 5    | 0:10:58 | 0:21:06/ 0:10:07 | 0:31:19/ 0:10:13 | 0:41:42/ 0:10:22 | 0:52:01/ 0:10:18 | +15:31.05 | 5:12 | Ατομική                         |
| 61    | 55   | m      | 23      | 408 | ΚΟΤΣΑΡΙΝΗΣ ΒΑΣΙΛΗΣ       | 5    | 0:12:10 | 0:22:26/ 0:10:16 | 0:32:33/ 0:10:07 | 0:42:40/ 0:10:06 | 0:52:27/ 0:09:46 | +15:57.17 | 5:14 |                                 |
| 62    | 7    | f      | 2       | 245 | ΣΤΑΥΡΙΑΝΙΔΟΥ ΑΝΑΣΤΑΣΙΑ   | 5    | 0:09:51 | 0:20:07/ 0:10:15 | 0:30:49/ 0:10:42 | 0:41:42/ 0:10:52 | 0:52:27/ 0:10:45 | +15:57.55 | 5:14 |                                 |
| 63    | 56   | m      | 22      | 96  | ΘΑΝΑΣΑΣ ΡΑΦΑΗΛ-ΑΓΓΕΛΟΣ   | 5    | 0:11:06 | 0:21:50/ 0:10:43 | 0:32:11/ 0:10:21 | 0:42:34/ 0:10:23 | 0:52:28/ 0:09:54 | +15:58.71 | 5:14 |                                 |
| 64    | 57   | m      | 23      | 270 | ΦΙΛΙΠΠΟΠΟΥΛΟΣ ΠΑΝΑΓΙΩΤΗΣ | 5    | 0:10:56 | 0:21:07/ 0:10:11 | 0:31:45/ 0:10:37 | 0:42:28/ 0:10:43 | 0:52:41/ 0:10:12 | +16:11.17 | 5:16 |                                 |
| 65    | 58   | m      | 24      | 235 | ΣΙΔΗΡΟΠΟΥΛΟΣ ΓΙΑΝΝΗΣ     | 5    | 0:11:45 | 0:22:30/ 0:10:44 | 0:33:15/ 0:10:45 | 0:43:06/ 0:09:50 | 0:52:45/ 0:09:39 | +16:15.38 | 5:16 | ΑΝΕΞΑΡΤΗΤΟΣ                     |
| 66    | 59   | m      | 25      | 218 | ΠΟΤΣΙΟΣ ΙΩΑΝΝΗΣ          | 5    | 0:10:07 | 0:20:37/ 0:10:30 | 0:31:23/ 0:10:45 | 0:42:14/ 0:10:51 | 0:52:52/ 0:10:37 | +16:21.98 | 5:17 | ΚΑΝΕΝΑΣ ΣΥΛΛΟΓΟΣ                |
| 67    | 60   | m      | 9       | 159 | ΛΥΜΠΕΡΟΠΟΥΛΟΣ ΕΥΑΓΓΕΛΟΣ  | 5    | 0:10:16 | 0:20:44/ 0:10:27 | 0:31:32/ 0:10:48 | 0:42:27/ 0:10:54 | 0:52:56/ 0:10:28 | +16:25.97 | 5:17 |                                 |
| 68    | 61   | m      | 26      | 157 | ΛΟΥΚΑΙ ΤΖΟΝΑΤΑΝ          | 5    | 0:11:07 | 0:21:50/ 0:10:43 | 0:32:11/ 0:10:21 | 0:42:44/ 0:10:32 | 0:52:58/ 0:10:14 | +16:28.44 | 5:17 |                                 |
| 69    | 62   | m      | 27      | 111 | ΚΑΡΙΑΝΑΚΗΣ ΓΡΗΓΟΡΗΣ      | 5    | 0:11:06 | 0:21:50/ 0:10:43 | 0:32:12/ 0:10:22 | 0:42:35/ 0:10:22 | 0:52:59/ 0:10:24 | +16:29.39 | 5:17 |                                 |
| 70    | 63   | m      | 24      | 81  | ΔΑΛΔΑΡΑΣ ΣΤΑΥΡΟΣ         | 5    | 0:10:01 | 0:20:22/ 0:10:21 | 0:31:28/ 0:11:06 | 0:42:20/ 0:10:51 | 0:53:04/ 0:10:43 | +16:33.94 | 5:18 | Κοινωνική Κουζίνα Μοναστηρακίου |
| 71    | 64   | m      | 25      | 156 | ΛΟΓΟΘΕΤΗΣ ΛΕΩΝΙΔΑΣ       | 5    | 0:10:01 | 0:20:23/ 0:10:22 | 0:31:28/ 0:11:05 | 0:42:20/ 0:10:51 | 0:53:04/ 0:10:43 | +16:33.95 | 5:18 |                                 |
| 72    | 8    | f      | 3       | 203 | ΠΑΠΑΔΟΠΟΥΛΟΥ ΚΑΤΕΡΙΝΑ    | 5    | 0:10:24 | 0:20:45/ 0:10:20 | 0:31:34/ 0:10:49 | 0:42:20/ 0:10:46 | 0:53:09/ 0:10:48 | +16:39.59 | 5:18 |                                 |
| 73    | 65   | m      | 26      | 234 | ΣΙΑΝΟΣ ΚΩΣΤΑΣ            | 5    | 0:09:22 | 0:19:28/ 0:10:06 | 0:30:38/ 0:11:09 | 0:41:39/ 0:11:00 | 0:53:12/ 0:11:33 | +16:41.92 | 5:19 |                                 |
| 74    | 66   | m      | 27      | 89  | ΕΛΕΥΘΕΡΙΟΥ ΝΙΚΟΛΑΟΣ      | 5    | 0:11:32 | 0:22:19/ 0:10:47 | 0:32:41/ 0:10:21 | 0:42:58/ 0:10:17 | 0:53:14/ 0:10:16 | +16:44.57 | 5:19 | ΑΠΟΛΛΩΝ ΔΥΤΙΚΗΣ ΑΤΤΙΚΗΣ         |
| 75    | 67   | m      | 28      | 118 | ΚΑΤΣΟΥΛΗΣ ΔΗΜΗΤΡΙΟΣ      | 5    | 0:11:08 | 0:21:51/ 0:10:43 | 0:32:33/ 0:10:42 | 0:43:15/ 0:10:41 | 0:53:23/ 0:10:08 | +16:53.33 | 5:20 |                                 |
| 76    | 68   | m      | 10      | 259 | ΤΟΓΚΑΣ ΙΩΑΝΝΗΣ           | 5    | 0:09:59 | 0:20:46/ 0:10:47 | 0:31:36/ 0:10:49 | 0:42:39/ 0:11:03 | 0:53:34/ 0:10:54 | +17:04.22 | 5:21 | ΑΠΣ ΑΘΗΝΑΙΟΙ ΔΡΟΜΕΙΣ            |

| Place | Rank | Gender | RankAge | Bib | Name                      | Laps | 2km     | 4km/Lap2         | 6km/Lap3         | 8km/Lap4         | Finish/Lap5      | time gap  | Pace | Club                                  |
|-------|------|--------|---------|-----|---------------------------|------|---------|------------------|------------------|------------------|------------------|-----------|------|---------------------------------------|
| 77    | 9    | f      | 3       | 222 | ΡΟΔΗ ΕΥΗ                  | 5    | 0:10:33 | 0:21:10/ 0:10:36 | 0:31:53/ 0:10:43 | 0:42:51/ 0:10:57 | 0:53:39/ 0:10:47 | +17:09.31 | 5:21 | ΑΠΣ "ΑΘΗΝΑΙΟΙ ΔΡΟΜΕΙΣ"                |
| 78    | 69   | m      | 11      | 257 | ΤΖΙΑΜΠΑΖΗΣ ΒΑΓΓΕΛΗΣ       | 5    | 0:10:48 | 0:21:18/ 0:10:30 | 0:32:08/ 0:10:50 | 0:43:00/ 0:10:51 | 0:53:45/ 0:10:44 | +17:14.82 | 5:22 |                                       |
| 79    | 70   | m      | 12      | 258 | ΤΖΩΡΤΖΗΣ ΚΩΝΣΤΑΝΤΙΝΟΣ     | 5    | 0:11:46 | 0:21:50/ 0:10:03 | 0:32:16/ 0:10:26 | 0:42:47/ 0:10:31 | 0:53:50/ 0:11:02 | +17:20.12 | 5:23 | ΔΡΟΜΕΙΣ ΠΑΝΕΠΙΣΤΗΜΙΟΥΠΟΛΗΣ            |
| 80    | 71   | m      | 29      | 128 | ΚΟΝΟΜΗ ΑΝΤΩΝΗΣ            | 5    | 0:11:44 | 0:22:26/ 0:10:42 | 0:33:05/ 0:10:38 | 0:43:45/ 0:10:40 | 0:54:15/ 0:10:29 | +17:45.29 | 5:25 | GU RUNNING TEAM                       |
| 81    | 72   | m      | 30      | 78  | ΓΚΟΥΡΛΗΣ ΛΑΜΠΡΟΣ          | 5    | 0:11:24 | 0:21:36/ 0:10:11 | 0:32:18/ 0:10:42 | 0:43:32/ 0:11:13 | 0:54:20/ 0:10:47 | +17:49.83 | 5:26 |                                       |
| 82    | 73   | m      | 13      | 277 | ΧΑΡΑΛΑΜΠΗΣ ΘΕΟΔΩΡΟΣ       | 5    | 0:11:32 | 0:21:55/ 0:10:23 | 0:32:26/ 0:10:30 | 0:43:34/ 0:11:08 | 0:54:24/ 0:10:49 | +17:54.00 | 5:26 |                                       |
| 83    | 74   | m      | 14      | 217 | ΠΟΛΥΖΟΣ ΠΑΝΑΓΙΩΤΗΣ        | 5    | 0:11:46 | 0:21:49/ 0:10:02 | 0:32:16/ 0:10:27 | 0:43:20/ 0:11:03 | 0:54:26/ 0:11:06 | +17:56.09 | 5:26 |                                       |
| 84    | 75   | m      | 15      | 215 | ΠΛΕΜΜΕΝΟΣ ΠΑΝΑΓΙΩΤΗΣ      | 5    | 0:10:26 | 0:21:22/ 0:10:55 | 0:32:33/ 0:11:10 | 0:43:51/ 0:11:17 | 0:54:27/ 0:10:36 | +17:57.22 | 5:26 | Marathon Team Greece by Maria Polyzou |
| 85    | 76   | m      | 28      | 39  | ΑΡΓΥΡΟΠΟΥΛΟΣ ΚΩΝΣΤΑΝΤΙΝΟΣ | 5    | 0:10:11 | 0:20:52/ 0:10:40 | 0:31:49/ 0:10:57 | 0:43:05/ 0:11:15 | 0:54:28/ 0:11:22 | +17:57.80 | 5:26 |                                       |
| 86    | 77   | m      | 16      | 46  | ΑΥΦΑΝΤΗΣ ΒΑΣΙΛΕΙΟΣ        | 5    | 0:10:32 | 0:21:02/ 0:10:29 | 0:31:55/ 0:10:53 | 0:43:13/ 0:11:17 | 0:54:37/ 0:11:23 | +18:06.83 | 5:27 |                                       |
| 87    | 10   | f      | 4       | 251 | ΤΑΤΑΚΗ ΚΑΛΛΙΟΠΗ           | 5    | 0:10:43 | 0:21:22/ 0:10:39 | 0:32:23/ 0:11:00 | 0:43:30/ 0:11:07 | 0:54:48/ 0:11:17 | +18:18.08 | 5:28 |                                       |
| 88    | 11   | f      | 5       | 250 | ΤΑΡΙΝΙΔΟΥ ΕΦΗ             | 5    | 0:10:50 | 0:21:37/ 0:10:47 | 0:32:26/ 0:10:48 | 0:43:39/ 0:11:12 | 0:54:54/ 0:11:15 | +18:24.03 | 5:29 |                                       |
| 89    | 78   | m      | 29      | 107 | ΚΑΡΑΔΗΜΗΤΡΙΟΥ ΑΧΙΛΛΕΑΣ    | 5    | 0:11:02 | 0:21:42/ 0:10:39 | 0:33:13/ 0:11:30 | 0:44:11/ 0:10:57 | 0:54:57/ 0:10:46 | +18:27.50 | 5:29 | Τμήμα Επικοινωνίας και ΜΜΕ            |
| 90    | 79   | m      | 31      | 121 | ΚΙΚΙΔΗΣ ΓΙΑΝΝΗΣ           | 5    | 0:11:24 | 0:22:21/ 0:10:57 | 0:33:19/ 0:10:57 | 0:44:24/ 0:11:04 | 0:54:59/ 0:10:35 | +18:29.37 | 5:29 |                                       |
| 91    | 80   | m      | 1       | 147 | ΛΑΓΙΟΣ ΘΑΚΗΣ              | 5    | 0:10:48 | 0:21:52/ 0:11:04 | 0:32:54/ 0:11:01 | 0:44:00/ 0:11:05 | 0:55:06/ 0:11:05 | +18:36.10 | 5:30 | ΔΡΟΜΕΙΣ ΜΕΓΑΡΩΝ "Ο ΟΡΣΙΠΠΟΣ"          |
| 92    | 81   | m      | 30      | 252 | ΤΕΡΖΗΣ ΒΑΣΙΛΗΣ            | 5    | 0:12:12 | 0:23:12/ 0:10:59 | 0:33:58/ 0:10:46 | 0:44:40/ 0:10:42 | 0:55:17/ 0:10:36 | +18:47.29 | 5:31 | Τ.Υ.Π.Α.                              |
| 93    | 12   | f      | 6       | 266 | ΤΣΙΡΙΚΟΥ ΜΑΡΙΑ            | 5    | 0:10:22 | 0:21:28/ 0:11:06 | 0:32:43/ 0:11:14 | 0:44:08/ 0:11:25 | 0:55:21/ 0:11:12 | +18:51.50 | 5:32 | GalatsiRunners                        |
| 94    | 82   | m      | 17      | 169 | ΜΗΤΣΟΥ ΘΩΜΑΣ              | 5    | 0:06:10 | 0:17:42/ 0:11:32 | 0:30:11/ 0:12:29 | 0:43:00/ 0:12:48 | 0:55:56/ 0:12:56 | +19:26.33 | 5:35 |                                       |
| 95    | 13   | f      | 7       | 198 | ΠΑΛΛΗ ΜΑΡΙΑ-ΧΡΙΣΤΙΝΑ      | 5    | 0:11:18 | 0:22:22/ 0:11:03 | 0:33:37/ 0:11:14 | 0:44:55/ 0:11:18 | 0:56:06/ 0:11:11 | +19:36.52 | 5:36 |                                       |

| Place | Rank | Gender | Age | Bib | Name                  | Laps | 2km     | 4km/Lap2         | 6km/Lap3         | 8km/Lap4         | Finish/Lap5      | time gap  | Pace | Club                            |
|-------|------|--------|-----|-----|-----------------------|------|---------|------------------|------------------|------------------|------------------|-----------|------|---------------------------------|
| 96    | 83   | m      | 32  | 192 | ΞΑΡΧΑΚΟΣ ΔΗΜΗΤΡΗΣ     | 5    | 0:10:24 | 0:21:23/ 0:10:59 | 0:33:09/ 0:11:46 | 0:44:42/ 0:11:32 | 0:56:14/ 0:11:31 | +19:43.90 | 5:37 | SOLDIER'S                       |
| 97    | 84   | m      | 31  | 100 | ΙΩΑΝΝΙΔΗΣ ΣΤΑΥΡΟΣ     | 5    | 0:11:18 | 0:22:47/ 0:11:28 | 0:34:19/ 0:11:32 | 0:45:25/ 0:11:05 | 0:56:25/ 0:11:00 | +19:54.84 | 5:38 |                                 |
| 98    | 14   | f      | 1   | 112 | ΚΑΡΟΥΣΗ ΜΑΡΙΝΑ        | 5    | 0:11:15 | 0:22:19/ 0:11:03 | 0:33:39/ 0:11:19 | 0:45:08/ 0:11:28 | 0:56:35/ 0:11:26 | +20:04.85 | 5:39 | ΣΕΒΑΣ ΝΑΞΟΥ                     |
| 99    | 85   | m      | 32  | 48  | ΒΑΚΑΡΙΟΥ ΝΤΟΡΙΝ       | 5    | 0:10:04 | 0:21:31/ 0:11:27 | 0:33:30/ 0:11:58 | 0:45:25/ 0:11:55 | 0:56:40/ 0:11:14 | +20:09.88 | 5:40 | ΣΔΥΜ ΘΗΒΑΣ                      |
| 100   | 15   | f      | 8   | 409 | ΚΟΤΣΑΡΙΝΗ ΣΤΑΥΡΟΥΛΑ   | 5    | 0:12:49 | 0:23:57/ 0:11:07 | 0:34:59/ 0:11:01 | 0:45:48/ 0:10:49 | 0:56:43/ 0:10:54 | +20:13.58 | 5:40 |                                 |
| 101   | 86   | m      | 33  | 176 | ΜΠΑΜΠΑΤΖΑΝΗΣ ΝΙΚΟΛΑΟΣ | 5    | 0:11:55 | 0:23:02/ 0:11:06 | 0:34:29/ 0:11:26 | 0:45:58/ 0:11:29 | 0:56:55/ 0:10:56 | +20:24.88 | 5:41 |                                 |
| 102   | 87   | m      | 33  | 22  | ΡΟΛΙΤΗΣ ΙΩΑΝΝΙΣ       | 5    | 0:12:23 | 0:23:42/ 0:11:18 | 0:34:46/ 0:11:03 | 0:46:11/ 0:11:25 | 0:56:57/ 0:10:46 | +20:27.76 | 5:41 |                                 |
| 103   | 88   | m      | 34  | 26  | ΣΤΑΜΟΥΛΙΑΣ ΓΕΩΡΓΙΟΣ   | 5    | 0:11:07 | 0:22:34/ 0:11:26 | 0:34:05/ 0:11:30 | 0:45:47/ 0:11:41 | 0:57:05/ 0:11:18 | +20:35.52 | 5:42 | Anasa                           |
| 104   | 16   | f      | 9   | 141 | ΚΡΗΤΙΚΟΠΟΥΛΟΥ ΕΛΕΝΗ   | 5    | 0:10:48 | 0:21:48/ 0:11:00 | 0:33:24/ 0:11:35 | 0:45:21/ 0:11:57 | 0:57:12/ 0:11:50 | +20:42.05 | 5:43 |                                 |
| 105   | 89   | m      | 35  | 38  | ΑΠΟΣΤΟΛΙΔΗΣ ΔΗΜΗΤΡΙΟΣ | 5    | 0:10:49 | 0:21:46/ 0:10:57 | 0:33:23/ 0:11:37 | 0:45:22/ 0:11:58 | 0:57:13/ 0:11:50 | +20:42.95 | 5:43 |                                 |
| 106   | 17   | f      | 4   | 4   | ΑΝΡΑΑΜ ΑΓΓΕΛΙΚΙ       | 5    | 0:11:30 | 0:22:31/ 0:11:00 | 0:34:11/ 0:11:40 | 0:45:51/ 0:11:40 | 0:57:13/ 0:11:21 | +20:43.09 | 5:43 |                                 |
| 107   | 90   | m      | 18  | 119 | ΚΑΦΕΝΤΖΗΣ ΒΑΣΙΛΕΙΟΣ   | 5    | 0:11:50 | 0:23:21/ 0:11:31 | 0:34:54/ 0:11:32 | 0:46:20/ 0:11:26 | 0:57:19/ 0:10:59 | +20:49.64 | 5:43 | ΤΕΛΜΙΣΣΟΣ                       |
| 108   | 91   | m      | 19  | 117 | ΚΑΤΣΟΥΛΑΣ ΗΡΑΚΛΗΣ     | 5    | 0:11:35 | 0:22:48/ 0:11:13 | 0:34:17/ 0:11:29 | 0:46:00/ 0:11:42 | 0:57:34/ 0:11:34 | +21:04.09 | 5:45 |                                 |
| 109   | 92   | m      | 20  | 68  | ΓΑΛΑΝΗΣ ΠΕΤΡΟΣ        | 5    | 0:11:39 | 0:23:11/ 0:11:31 | 0:34:42/ 0:11:31 | 0:46:22/ 0:11:40 | 0:57:40/ 0:11:17 | +21:10.22 | 5:46 |                                 |
| 110   | 93   | m      | 34  | 25  | ΣΡΑΧΟΣ ΡΕΤΡΟΣ         | 5    | 0:11:31 | 0:22:23/ 0:10:52 | 0:34:08/ 0:11:44 | 0:46:01/ 0:11:53 | 0:57:41/ 0:11:39 | +21:10.88 | 5:46 |                                 |
| 111   | 18   | f      | 5   | 136 | ΚΟΥΡΤΗ ΣΠΥΡΙΔΟΥΛΑ     | 5    | 0:10:51 | 0:21:58/ 0:11:07 | 0:33:27/ 0:11:29 | 0:45:18/ 0:11:51 | 0:57:48/ 0:12:29 | +21:18.11 | 5:46 | ΙΤΑΛΙΚΗΣ ΓΛΩΣΣΑΣ ΚΑΙ ΦΙΛΟΛΟΓΙΑΣ |
| 112   | 19   | f      | 10  | 226 | ΣΑΛΑΣΙΔΟΥ ΚΥΡΙΑΚΗ     | 5    | 0:11:38 | 0:22:50/ 0:11:11 | 0:34:25/ 0:11:35 | 0:46:04/ 0:11:38 | 0:57:53/ 0:11:48 | +21:23.20 | 5:47 |                                 |
| 113   | 20   | f      | 11  | 225 | ΣΑΛΑΣΙΔΟΥ ΑΡΕΤΗ       | 5    | 0:11:38 | 0:22:49/ 0:11:11 | 0:34:25/ 0:11:35 | 0:46:04/ 0:11:38 | 0:57:53/ 0:11:48 | +21:23.27 | 5:47 |                                 |
| 114   | 94   | m      | 2   | 105 | ΚΑΝΤΟΥΝΗΣ ΣΤΕΦΑΝΟΣ    | 5    | 0:11:04 | 0:22:21/ 0:11:17 | 0:34:04/ 0:11:43 | 0:46:00/ 0:11:56 | 0:57:54/ 0:11:53 | +21:24.13 | 5:47 | ΣΕΒΑΣ ΝΑΞΟΥ                     |

| Place | Rank | Gender | Age | Bib | Name                         | Laps | 2km     | 4km/Lap2         | 6km/Lap3         | 8km/Lap4         | Finish/Lap5      | time gap  | Pace | Club               |
|-------|------|--------|-----|-----|------------------------------|------|---------|------------------|------------------|------------------|------------------|-----------|------|--------------------|
| 115   | 21   | f      | 12  | 62  | ΒΛΑΧΟΓΙΑΝΝΗ ΕΥΓΕΝΙΑ          | 5    | 0:11:22 | 0:22:39/ 0:11:16 | 0:34:23/ 0:11:44 | 0:46:10/ 0:11:47 | 0:58:18/ 0:12:08 | +21:48.62 | 5:49 |                    |
| 116   | 95   | m      | 35  | 279 | ΧΑΡΔΑΛΙΑΣ ΔΗΜΗΤΡΙΟΣ          | 5    | 0:11:34 | 0:23:15/ 0:11:40 | 0:35:13/ 0:11:58 | 0:47:04/ 0:11:50 | 0:58:39/ 0:11:34 | +22:08.80 | 5:51 |                    |
| 117   | 22   | f      | 13  | 237 | ΣΙΤΑΡΑ ΝΙΚΗ                  | 5    | 0:12:35 | 0:23:54/ 0:11:19 | 0:35:21/ 0:11:27 | 0:47:05/ 0:11:43 | 0:59:00/ 0:11:55 | +22:30.52 | 5:54 | KROMA              |
| 118   | 96   | m      | 36  | 144 | ΚΩΝΣΤΑΝΤΑΚΟΠΟΥΛΟΣ ΣΤΑΥΡΟΣ    | 5    | 0:12:04 | 0:24:02/ 0:11:57 | 0:35:59/ 0:11:57 | 0:47:49/ 0:11:49 | 0:59:06/ 0:11:16 | +22:35.94 | 5:54 | SANTA RUNNING TEAM |
| 119   | 23   | f      | 2   | 134 | ΚΟΥΡΟΥΝΑΚΗ ΑΓΓΕΛΙΚΗ          | 5    | 0:11:07 | 0:22:33/ 0:11:25 | 0:34:27/ 0:11:53 | 0:46:41/ 0:12:14 | 0:59:10/ 0:12:28 | +22:40.22 | 5:55 |                    |
| 120   | 97   | m      | 37  | 34  | ΑΔΑΜΗΣ ΔΗΜΗΤΡΗΣ              | 5    | 0:11:48 | 0:23:28/ 0:11:39 | 0:35:21/ 0:11:53 | 0:47:21/ 0:11:59 | 0:59:25/ 0:12:04 | +22:55.04 | 5:56 |                    |
| 121   | 98   | m      | 36  | 18  | ΠΑΝΑΓΙΟΤΟΡΟΥΛΟΣ VASILIS      | 5    | 0:11:16 | 0:23:05/ 0:11:49 | 0:35:31/ 0:12:25 | 0:48:21/ 0:12:49 | 0:59:25/ 0:11:04 | +22:55.44 | 5:56 |                    |
| 122   | 99   | m      | 37  | 52  | ΒΑΣΙΛΙΑΣ ΚΩΝΣΤΑΝΤΙΝΟΣ        | 5    | 0:13:47 | 0:26:11/ 0:12:23 | 0:38:31/ 0:12:19 | 0:49:30/ 0:10:58 | 0:59:27/ 0:09:57 | +22:57.08 | 5:56 |                    |
| 123   | 100  | m      | 3   | 260 | ΤΡΙΑΝΤΑΦΥΛΛΟΥ ΓΕΩΡΓΙΟΣ       | 5    | 0:11:39 | 0:23:26/ 0:11:47 | 0:35:22/ 0:11:56 | 0:47:27/ 0:12:05 | 0:59:34/ 0:12:07 | +23:04.71 | 5:57 | ΑΝΕΞΑΡΤΗΤΟΣ        |
| 124   | 101  | m      | 4   | 285 | ΑΥΓΟΥΣΤΗΣ ΝΙΚΟΣ              | 5    | 0:11:01 | 0:22:39/ 0:11:37 | 0:34:38/ 0:11:59 | 0:47:08/ 0:12:30 | 0:59:35/ 0:12:26 | +23:04.85 | 5:57 |                    |
| 125   | 102  | m      | 38  | 256 | ΤΖΕΡΠΟΣ ΕΥΑΓΓΕΛΟΣ            | 5    | 0:12:07 | 0:24:06/ 0:11:59 | 0:36:38/ 0:12:31 | 0:49:29/ 0:12:51 | 0:59:49/ 0:10:19 | +23:19.69 | 5:58 |                    |
| 126   | 24   | f      | 6   | 231 | ΣΕΒΑΣΤΟΥ ΑΙΚΑΤΕΡΙΝΗ          | 5    | 0:11:42 | 0:23:05/ 0:11:23 | 0:35:16/ 0:12:11 | 0:47:51/ 0:12:34 | 0:59:51/ 0:11:59 | +23:21.08 | 5:59 |                    |
| 127   | 103  | m      | 39  | 69  | ΓΕΡΑΡΔΗΣ ΝΙΚΟΣ               | 5    | 0:11:49 | 0:23:58/ 0:12:09 | 0:36:03/ 0:12:05 | 0:48:14/ 0:12:11 | 0:59:58/ 0:11:43 | +23:28.26 | 5:59 |                    |
| 128   | 104  | m      | 40  | 88  | ΔΡΑΚΟΠΑΝΑΓΙΩΤΑΚΗΣ ΠΑΝΑΓΙΩΤΗΣ | 5    | 0:11:30 | 0:23:18/ 0:11:47 | 0:35:33/ 0:12:15 | 0:47:59/ 0:12:25 | 1:00:10/ 0:12:11 | +23:40.52 | 6:01 |                    |
| 129   | 105  | m      | 41  | 434 | ΗΛΙΟΠΟΥΛΟΣ ΝΙΚΟΛΑΟΣ          | 5    | 0:12:18 | 0:24:14/ 0:11:55 | 0:35:58/ 0:11:43 | 0:48:12/ 0:12:14 | 1:00:12/ 0:11:59 | +23:42.09 | 6:01 |                    |
| 130   | 106  | m      | 21  | 19  | ΠΑΝΑΓΟΡΟΥΛΟΣ COSTAS          | 5    | 0:12:19 | 0:23:46/ 0:11:27 | 0:35:39/ 0:11:53 | 0:48:17/ 0:12:37 | 1:00:21/ 0:12:04 | +23:51.01 | 6:02 |                    |
| 131   | 107  | m      | 38  | 37  | ΑΜΠΑΤΖΟΓΛΟΥ ΒΑΣΙΛΕΙΟΣ        | 5    | 0:10:39 | 0:22:10/ 0:11:31 | 0:34:25/ 0:12:14 | 0:47:41/ 0:13:15 | 1:00:28/ 0:12:47 | +23:58.31 | 6:02 |                    |
| 132   | 108  | m      | 22  | 228 | ΣΑΡΑΒΑΝΟΣ ΔΗΜΗΤΡΗΣ           | 5    | 0:11:42 | 0:23:25/ 0:11:42 | 0:35:29/ 0:12:04 | 0:48:16/ 0:12:47 | 1:00:28/ 0:12:11 | +23:58.54 | 6:02 |                    |
| 133   | 109  | m      | 23  | 90  | ΖΑΝΑΙ ΑΛΦΡΕΝΤΟ               | 5    | 0:12:51 | 0:24:52/ 0:12:00 | 0:36:56/ 0:12:04 | 0:49:07/ 0:12:10 | 1:00:32/ 0:11:25 | +24:02.62 | 6:03 | ΑΠΟΛΛΩΝΑΣ          |

| Place | Rank | Gender | Age | Bib | Name                     | Laps | 2km     | 4km/Lap2         | 6km/Lap3         | 8km/Lap4         | Finish/Lap5      | time gap  | Pace | Club                          |
|-------|------|--------|-----|-----|--------------------------|------|---------|------------------|------------------|------------------|------------------|-----------|------|-------------------------------|
| 134   | 25   | f      | 14  | 164 | ΜΑΡΛΑΣΗ ΑΘΗΝΑ            | 5    | 0:12:51 | 0:24:51/ 0:12:00 | 0:36:56/ 0:12:05 | 0:49:07/ 0:12:10 | 1:00:32/ 0:11:25 | +24:02.77 | 6:03 |                               |
| 135   | 26   | f      | 3   | 209 | ΠΑΡΑΣΚΕΥΟΠΟΥΛΟΥ ΚΑΤΕΡΙΝΑ | 5    | 0:11:49 | 0:23:50/ 0:12:01 | 0:36:03/ 0:12:13 | 0:48:26/ 0:12:23 | 1:00:34/ 0:12:07 | +24:04.60 | 6:03 |                               |
| 136   | 27   | f      | 15  | 49  | ΒΑΚΑΡΙΟΥ ΓΑΒΡΙΕΛΑ        | 5    | 0:11:08 | 0:23:13/ 0:12:05 | 0:35:39/ 0:12:25 | 0:48:32/ 0:12:52 | 1:00:36/ 0:12:04 | +24:06.35 | 6:03 | ΣΔΥΜ ΘΗΒΑΣ                    |
| 137   | 110  | m      | 42  | 180 | ΜΠΙΤΖΙΟΣ ΒΑΣΙΛΕΙΟΣ       | 5    | 0:12:07 | 0:23:48/ 0:11:41 | 0:35:49/ 0:12:00 | 0:49:01/ 0:13:11 | 1:00:43/ 0:11:42 | +24:13.62 | 6:04 |                               |
| 138   | 28   | f      | 16  | 281 | ΧΡΙΣΤΑΝΤΩΝΗ ΙΛΙΑ         | 5    | 0:11:11 | 0:22:58/ 0:11:47 | 0:35:20/ 0:12:22 | 0:48:03/ 0:12:43 | 1:00:45/ 0:12:41 | +24:15.44 | 6:04 |                               |
| 139   | 111  | m      | 39  | 178 | ΜΠΕΚΡΗΣ ΑΝΔΡΕΑΣ          | 5    | 0:11:31 | 0:23:16/ 0:11:45 | 0:35:25/ 0:12:09 | 0:48:31/ 0:13:05 | 1:00:46/ 0:12:14 | +24:16.03 | 6:04 | Ο.Φ. Νέας Ιωνίας              |
| 140   | 112  | m      | 40  | 243 | ΣΠΑΝΟΥΔΗΣ ΓΙΑΝΝΗΣ        | 5    | 0:11:11 | 0:23:54/ 0:12:42 | 0:37:21/ 0:13:27 | 0:49:28/ 0:12:07 | 1:00:46/ 0:11:17 | +24:16.11 | 6:04 | KROMA                         |
| 141   | 113  | m      | 43  | 106 | ΚΑΠΟΓΙΑΝΝΗΣ ΣΤΥΛΙΑΝΟΣ    | 5    | 0:11:55 | 0:23:30/ 0:11:35 | 0:35:42/ 0:12:11 | 0:49:03/ 0:13:20 | 1:00:49/ 0:11:46 | +24:19.52 | 6:04 |                               |
| 142   | 114  | m      | 41  | 186 | ΝΙΚΟΛΑΙΔΟΥ ΜΑΡΙΛΙΖΑ      | 5    | 0:12:21 | 0:23:50/ 0:11:28 | 0:35:47/ 0:11:57 | 0:48:11/ 0:12:24 | 1:01:08/ 0:12:57 | +24:38.78 | 6:06 |                               |
| 143   | 29   | f      | 17  | 110 | ΚΑΡΑΠΕΤΣΑ ΑΡΓΥΡΟΥΛΑ      | 5    | 0:12:06 | 0:23:47/ 0:11:41 | 0:36:10/ 0:12:23 | 0:48:54/ 0:12:43 | 1:01:11/ 0:12:17 | +24:41.40 | 6:07 |                               |
| 144   | 115  | m      | 44  | 79  | ΓΛΥΚΟΣ ΑΛΕΞΑΝΔΡΟΣ        | 5    | 0:12:44 | 0:24:54/ 0:12:09 | 0:37:05/ 0:12:11 | 0:49:27/ 0:12:21 | 1:01:51/ 0:12:23 | +25:20.93 | 6:11 |                               |
| 145   | 116  | m      | 24  | 36  | ΑΘΑΝΑΣΟΠΟΥΛΟΣ ΝΙΚΟΛΑΟΣ   | 5    | 0:11:30 | 0:23:37/ 0:12:07 | 0:36:06/ 0:12:28 | 0:49:05/ 0:12:59 | 1:01:59/ 0:12:53 | +25:29.44 | 6:11 | ΤΡΑΠΕΖΑ ΑΙΜΑΤΟΣ ΔΗΜΗΤΡΗΣ ΒΛΩΝ |
| 146   | 117  | m      | 25  | 108 | ΚΑΡΑΜΠΕΛΑΣ ΚΩΝΣΤΑΝΤΙΝΟΣ  | 5    | 0:11:51 | 0:24:03/ 0:12:12 | 0:36:29/ 0:12:25 | 0:49:39/ 0:13:09 | 1:02:00/ 0:12:21 | +25:30.43 | 6:12 |                               |
| 147   | 30   | f      | 7   | 240 | ΣΟΥΚΑΛΟ ΜΙΛΙΤΣΑ          | 5    | 0:11:44 | 0:23:53/ 0:12:09 | 0:36:35/ 0:12:42 | 0:49:38/ 0:13:02 | 1:02:06/ 0:12:28 | +25:36.54 | 6:12 |                               |
| 148   | 31   | f      | 18  | 138 | ΚΟΥΤΣΟΥΚΟΥ ΕΥΓΕΝΙΑ       | 5    | 0:11:22 | 0:22:54/ 0:11:32 | 0:35:30/ 0:12:36 | 0:49:02/ 0:13:31 | 1:02:27/ 0:13:24 | +25:56.84 | 6:14 |                               |
| 149   | 118  | m      | 42  | 254 | ΤΖΕΡΠΟΣ ΧΡΗΣΤΟΣ          | 5    | 0:12:07 | 0:24:07/ 0:11:59 | 0:36:38/ 0:12:31 | 0:49:33/ 0:12:55 | 1:02:29/ 0:12:55 | +25:58.91 | 6:14 |                               |
| 150   | 119  | m      | 43  | 284 | ΧΡΥΣΙΚΟΣ ΒΛΑΣΗΣ          | 5    | 0:12:10 | 0:24:19/ 0:12:08 | 0:37:02/ 0:12:43 | 0:49:46/ 0:12:43 | 1:02:39/ 0:12:52 | +26:09.02 | 6:15 |                               |
| 151   | 120  | m      | 44  | 120 | ΚΑΦΕΤΖΗΣ ΓΕΩΡΓΙΟΣ        | 5    | 0:11:50 | 0:23:41/ 0:11:50 | 0:36:07/ 0:12:25 | 0:49:35/ 0:13:28 | 1:02:47/ 0:13:11 | +26:17.43 | 6:16 |                               |
| 152   | 121  | m      | 5   | 276 | ΧΑΛΑΡΗΣ ΜΑΝΩΛΗΣ          | 5    | 0:12:14 | 0:24:34/ 0:12:19 | 0:37:14/ 0:12:40 | 0:49:52/ 0:12:38 | 1:02:49/ 0:12:57 | +26:19.56 | 6:16 | SANTA RUNNING TEAM            |



| Place | Rank | Gender | Age | Bib | Name                    | Laps | 2km     | 4km/Lap2       | 6km/Lap3       | 8km/Lap4       | Finish/Lap5    | time gap  | Pace | Club                                |
|-------|------|--------|-----|-----|-------------------------|------|---------|----------------|----------------|----------------|----------------|-----------|------|-------------------------------------|
| 153   | 122  | m      | 45  | 280 | ΧΕΛΜΗΣ ΓΕΩΡΓΙΟΣ         | 5    | 0:12:30 | 0:24:04/ 11:33 | 0:37:04/ 12:59 | 0:50:45/ 13:41 | 1:03:07/ 12:21 | +26:37.23 | 6:18 | UoA                                 |
| 154   | 123  | m      | 46  | 246 | ΣΤΥΛΙΑΝΙΔΗΣ ΧΡΗΣΤΟΣ     | 5    | 0:13:45 | 0:26:11/ 12:26 | 0:38:27/ 12:15 | 0:50:52/ 12:24 | 1:03:27/ 12:35 | +26:57.24 | 6:20 |                                     |
| 155   | 124  | m      | 47  | 196 | ΟΙΚΟΝΟΜΑΚΟΣ ΘΕΟΔΩΡΟΣ    | 5    | 0:13:46 | 0:27:05/ 13:18 | 0:39:46/ 12:41 | 0:52:53/ 13:07 | 1:03:49/ 10:55 | +27:19.06 | 6:22 | ΑΝΕΞΑΡΤΗΤΟΣ                         |
| 156   | 32   | f      | 1   | 171 | ΜΙΧΑΛΟΓΙΑΝΝΑΚΗ ΜΑΝΩΛΙΑ  | 5    | 0:13:38 | 0:27:22/ 13:44 | 0:42:03/ 14:40 | 0:53:40/ 11:36 | 1:04:05/ 10:25 | +27:35.36 | 6:24 | ΣΔΥ ΠΕΙΡΑΙΑ                         |
| 157   | 33   | f      | 4   | 265 | ΤΣΙΠΑΡΗ ΜΑΡΙΑ           | 5    | 0:12:02 | 0:24:35/ 12:33 | 0:37:35/ 12:59 | 0:50:59/ 13:24 | 1:04:11/ 13:12 | +27:41.54 | 6:25 | ΑΠΟΛΛΩΝ ΔΥΤΙΚΗΣ ΑΤΤΙΚΗΣ             |
| 158   | 125  | m      | 48  | 154 | ΛΕΚΚΑΣ ΘΟΔΩΡΗΣ          | 5    | 0:13:25 | 0:25:39/ 12:13 | 0:38:25/ 12:46 | 0:51:29/ 13:03 | 1:04:22/ 12:53 | +27:52.65 | 6:26 |                                     |
| 159   | 126  | m      | 6   | 290 | ΝΤΟΒΑΣ ΔΗΜΗΤΡΗΣ         | 5    | 0:13:27 | 0:26:17/ 12:50 | 0:38:55/ 12:37 | 0:51:51/ 12:56 | 1:04:32/ 12:40 | +28:02.04 | 6:27 |                                     |
| 160   | 34   | f      | 19  | 177 | ΜΠΑΧΤΗ ΜΑΡΙΑ            | 5    | 0:12:34 | 0:24:39/ 12:04 | 0:37:34/ 12:55 | 0:51:07/ 13:32 | 1:04:33/ 13:25 | +28:03.06 | 6:27 | ΚΡΟΜΑ                               |
| 161   | 35   | f      | 8   | 262 | ΤΣΙΑΠΟΚΗ ΑΦΡΟΔΙΤΗ       | 5    | 0:12:13 | 0:25:21/ 13:07 | 0:38:20/ 12:58 | 0:51:51/ 13:31 | 1:04:49/ 12:58 | +28:19.36 | 6:28 |                                     |
| 162   | 36   | f      | 9   | 140 | ΚΡΕΑΤΣΟΥΛΗ ΑΓΓΕΛΙΚΗ     | 5    | 0:11:31 | 0:24:19/ 12:48 | 0:38:02/ 13:42 | 0:51:43/ 13:40 | 1:05:10/ 13:27 | +28:40.77 | 6:31 |                                     |
| 163   | 127  | m      | 26  | 94  | ΗΛΙΑΔΗΣ ΜΙΧΑΗΛ          | 5    | 0:13:56 | 0:27:15/ 13:18 | 0:40:10/ 12:55 | 0:53:05/ 12:55 | 1:05:16/ 12:10 | +28:46.46 | 6:31 | πανεπιστημιο Οξφόρδης               |
| 164   | 37   | f      | 20  | 238 | ΣΚΑΛΤΣΟΓΙΑΝΝΗ ΕΥΑΝΘΙΑ   | 5    | 0:13:43 | 0:26:26/ 12:43 | 0:39:19/ 12:53 | 0:52:28/ 13:08 | 1:05:29/ 13:01 | +28:59.10 | 6:32 | FEEL STRONG DO SPORTS               |
| 165   | 128  | m      | 7   | 187 | ΝΙΚΟΛΟΠΟΥΛΟΣ ΦΩΤΗΣ      | 5    | 0:13:42 | 0:26:12/ 12:30 | 0:39:21/ 13:08 | 0:52:26/ 13:04 | 1:05:32/ 13:06 | +29:02.42 | 6:33 |                                     |
| 166   | 129  | m      | 45  | 85  | ΔΗΜΟΣΘΕΝΗΣ ΉΞΑΡΧΟΣ      | 5    | 0:12:19 | 0:26:28/ 14:09 | 0:39:49/ 13:21 | 0:53:13/ 13:23 | 1:05:34/ 12:20 | +29:04.13 | 6:33 |                                     |
| 167   | 130  | m      | 49  | 190 | ΝΤΟΥΓΙΑΣ ΚΩΝΣΤΑΝΤΙΝΟΣ   | 5    | 0:11:29 | 0:23:47/ 12:18 | 0:37:16/ 13:28 | 0:51:36/ 14:20 | 1:06:03/ 14:26 | +29:33.05 | 6:36 |                                     |
| 168   | 131  | m      | 46  | 70  | ΓΕΩΡΓΙΟΥ ΠΑΝΑΓΙΩΤΗΣ     | 5    | 0:13:47 | 0:26:11/ 12:24 | 0:38:31/ 12:19 | 0:52:08/ 13:36 | 1:06:03/ 13:55 | +29:33.36 | 6:36 |                                     |
| 169   | 132  | m      | 27  | 42  | ΑΡΧΙΜΑΝΔΡΙΤΗΣ ΕΥΑΓΓΕΛΟΣ | 5    | 0:13:13 | 0:26:18/ 13:04 | 0:38:55/ 12:37 | 0:51:51/ 12:55 | 1:06:07/ 14:15 | +29:36.99 | 6:36 |                                     |
| 170   | 133  | m      | 50  | 72  | ΓΕΩΡΓΙΟΥ ΣΤΥΛΙΑΝΟΣ      | 5    | 0:13:13 | 0:26:17/ 13:04 | 0:38:55/ 12:37 | 0:51:51/ 12:55 | 1:06:07/ 14:15 | +29:37.12 | 6:36 | The Marathon Barber Olympia Runners |
| 171   | 38   | f      | 10  | 210 | ΠΑΣΧΑΛΗ ΔΗΜΗΤΡΑ         | 5    | 0:12:55 | 0:26:25/ 13:30 | 0:40:00/ 13:34 | 0:53:13/ 13:13 | 1:06:50/ 13:36 | +30:19.94 | 6:41 |                                     |

| Place | Rank | Gender | Age | Bib | Name                    | Laps | 2km     | 4km/Lap2         | 6km/Lap3         | 8km/Lap4         | Finish/Lap5      | time gap  | Pace | Club         |
|-------|------|--------|-----|-----|-------------------------|------|---------|------------------|------------------|------------------|------------------|-----------|------|--------------|
| 172   | 39   | f      | 21  | 123 | ΚΛΑΔΗ ΝΕΚΤΑΡΙΑ          | 5    | 0:14:16 | 0:27:59/ 0:13:43 | 0:41:56/ 0:13:57 | 0:52:42/ 0:10:45 | 1:07:01/ 0:14:18 | +30:30.83 | 6:42 | ΜΕΣΟΛΟΓΓΙ    |
| 173   | 134  | m      | 47  | 124 | ΚΛΩΣΣΑΣ ΜΑΤΑΛΑΣ ΑΛΕΞΙΟΣ | 5    | 0:11:52 | 0:24:16/ 0:12:24 | 0:37:54/ 0:13:38 | 0:51:47/ 0:13:53 | 1:07:23/ 0:15:36 | +30:53.70 | 6:44 |              |
| 174   | 40   | f      | 11  | 57  | ΒΙΔΑΛΗ ΙΑΚΩΒΙΝΑ         | 5    | 0:12:26 | 0:25:46/ 0:13:19 | 0:40:05/ 0:14:19 | 0:54:06/ 0:14:01 | 1:07:42/ 0:13:35 | +31:12.26 | 6:46 | ΣΑΦΑΝΣ       |
| 175   | 41   | f      | 22  | 155 | ΛΟΓΟΘΕΤΗ ΝΙΚΗ           | 5    | 0:13:37 | 0:26:45/ 0:13:08 | 0:40:33/ 0:13:47 | 0:54:08/ 0:13:34 | 1:07:43/ 0:13:35 | +31:12.96 | 6:46 |              |
| 176   | 135  | m      | 51  | 80  | ΓΟΥΒΑΛΑΡΗΣ ΑΓΓΕΛΟΣ      | 5    | 0:10:55 | 0:23:57/ 0:13:01 | 0:37:37/ 0:13:39 | 0:51:48/ 0:14:11 | 1:07:54/ 0:16:05 | +31:24.37 | 6:47 |              |
| 177   | 42   | f      | 12  | 102 | ΚΑΚΙΟΠΟΥΛΟΥ ΝΑΥΣΙΚΑ     | 5    | 0:13:12 | 0:26:39/ 0:13:26 | 0:40:22/ 0:13:42 | 0:54:11/ 0:13:48 | 1:07:55/ 0:13:44 | +31:25.28 | 6:47 | Σ.Α.Φ.Α.Ν.Σ. |
| 178   | 43   | f      | 13  | 278 | ΧΑΡΑΛΑΜΠΟΠΟΥΛΟΥ ΕΛΕΝΗ   | 5    | 0:12:19 | 0:25:20/ 0:13:01 | 0:40:38/ 0:15:18 | 0:54:53/ 0:14:14 | 1:08:03/ 0:13:10 | +31:33.30 | 6:48 |              |
| 179   | 136  | m      | 28  | 160 | ΛΥΧΟΥΔΗΣ ΔΗΜΗΤΡΗΣ       | 5    | 0:12:57 | 0:25:58/ 0:13:01 | 0:40:05/ 0:14:07 | 0:54:49/ 0:14:43 | 1:09:27/ 0:14:38 | +32:57.34 | 6:56 |              |
| 180   | 137  | m      | 1   | 420 | ΠΑΛΙΕΡΑΚΗΣ ΣΠΥΡΟΣ       | 5    | 0:12:49 | 0:28:03/ 0:15:13 | 0:43:29/ 0:15:25 | 0:56:20/ 0:12:51 | 1:09:36/ 0:13:16 | +33:06.23 | 6:57 |              |
| 181   | 138  | m      | 2   | 426 | ΡΟΥΣΣΗΣ ΣΠΥΡΟΣ          | 5    | 0:12:49 | 0:28:01/ 0:15:12 | 0:43:28/ 0:15:26 | 0:56:18/ 0:12:50 | 1:09:36/ 0:13:17 | +33:06.27 | 6:57 |              |
| 182   | 44   | f      | 1   | 428 | ΣΤΑΒΑΡΑ ΜΑΡΙΑ           | 5    | 0:12:49 | 0:28:02/ 0:15:12 | 0:43:28/ 0:15:26 | 0:56:18/ 0:12:50 | 1:09:36/ 0:13:17 | +33:06.28 | 6:57 |              |
| 183   | 45   | f      | 2   | 415 | ΚΑΤΣΙΑΡΗ ΝΤΟΡΑ          | 5    | 0:12:50 | 0:28:02/ 0:15:11 | 0:43:29/ 0:15:27 | 0:56:18/ 0:12:49 | 1:09:36/ 0:13:17 | +33:06.41 | 6:57 |              |
| 184   | 46   | f      | 3   | 418 | ΚΑΡΤΕΡΗ ΜΑΡΙΝΑ          | 5    | 0:12:50 | 0:28:01/ 0:15:11 | 0:43:28/ 0:15:26 | 0:56:18/ 0:12:49 | 1:09:36/ 0:13:18 | +33:06.41 | 6:57 |              |
| 185   | 139  | m      | 3   | 419 | ΜΙΧΟΠΟΥΛΟΣ ΙΩΑΝΝΗΣ      | 5    | 0:12:50 | 0:28:02/ 0:15:11 | 0:43:29/ 0:15:27 | 0:56:18/ 0:12:49 | 1:09:36/ 0:13:17 | +33:06.60 | 6:57 |              |
| 186   | 140  | m      | 4   | 414 | ΠΑΣΣΑΛΗΣ ΒΑΓΓΕΛΗΣ       | 5    | 0:12:49 | 0:28:02/ 0:15:12 | 0:43:28/ 0:15:26 | 0:56:18/ 0:12:49 | 1:09:36/ 0:13:18 | +33:06.60 | 6:57 |              |
| 187   | 141  | m      | 5   | 427 | ΑΡΓΥΡΑΠΟΥΛΟΣ ΣΩΚΡΑΤΗΣ   | 5    | 0:12:49 | 0:28:01/ 0:15:12 | 0:43:29/ 0:15:27 | 0:56:20/ 0:12:51 | 1:09:36/ 0:13:16 | +33:06.60 | 6:57 |              |
| 188   | 142  | m      | 52  | 200 | ΠΑΝΟΥΡΓΙΑΣ ΕΥΣΤΑΘΙΟΣ    | 5    | 0:13:53 | 0:27:28/ 0:13:34 | 0:41:39/ 0:14:11 | 0:55:59/ 0:14:19 | 1:09:49/ 0:13:49 | +33:19.61 | 6:58 |              |
| 189   | 143  | m      | 48  | 130 | ΚΟΝΤΟΠΙΔΗΔ ΟΡΕΣΤΗΣ      | 5    | 0:13:18 | 0:26:48/ 0:13:29 | 0:41:05/ 0:14:17 | 0:55:50/ 0:14:44 | 1:09:51/ 0:14:00 | +33:20.95 | 6:59 |              |
| 190   | 144  | m      | 53  | 60  | ΒΛΑΧΑΚΗΣ ΓΙΩΡΓΟΣ        | 5    | 0:13:53 | 0:27:28/ 0:13:34 | 0:41:40/ 0:14:11 | 0:56:00/ 0:14:20 | 1:09:53/ 0:13:53 | +33:23.37 | 6:59 |              |

| Place | Rank | Gender | Age | Bib | Name                       | Laps | 2km     | 4km/Lap2       | 6km/Lap3       | 8km/Lap4       | Finish/Lap5    | time gap  | Pace | Club                       |
|-------|------|--------|-----|-----|----------------------------|------|---------|----------------|----------------|----------------|----------------|-----------|------|----------------------------|
| 191   | 145  | m      | 54  | 224 | ΡΟΥΜΠΗΣ ΝΙΚΟΣ              | 5    | 0:14:00 | 0:27:44/ 13:43 | 0:41:24/ 13:40 | 0:55:27/ 14:03 | 1:10:17/ 14:49 | +33:46.92 | 7:01 | Τμήμα Επικοινωνίας και ΜΜΕ |
| 192   | 146  | m      | 29  | 33  | ΑΓΑΘΟΣ ΘΑΝΑΣΗΣ             | 5    | 0:14:00 | 0:27:43/ 13:43 | 0:41:24/ 13:40 | 0:55:27/ 14:02 | 1:10:17/ 14:50 | +33:47.38 | 7:01 | Τμήμα Επικοινωνίας και ΜΜΕ |
| 193   | 47   | f      | 5   | 202 | ΠΑΠΑΔΑΚΗ ΕΛΕΥΘΕΡΙΑ         | 5    | 0:11:38 | 0:25:14/ 13:35 | 0:39:55/ 14:41 | 0:55:17/ 15:22 | 1:10:38/ 15:20 | +34:08.20 | 7:03 |                            |
| 194   | 147  | m      | 49  | 433 | ΑΝΤΩΝΙΑΔΗΣ ΠΑΝΑΓΙΩΤΗΣ      | 5    | 0:13:10 | 0:27:44/ 14:33 | 0:42:17/ 14:33 | 0:56:16/ 13:58 | 1:10:47/ 14:30 | +34:16.90 | 7:04 |                            |
| 195   | 148  | m      | 55  | 83  | ΔΕΡΙΖΙΩΤΗΣ ΓΕΩΡΓΙΟΣ        | 5    | 0:14:31 | 0:28:22/ 13:50 | 0:42:29/ 14:06 | 0:56:42/ 14:12 | 1:10:52/ 14:10 | +34:22.54 | 7:05 |                            |
| 196   | 48   | f      | 2   | 293 | ΓΑΛΙΑΤΣΑΤΟΥ ΜΑΡΙΑ          | 5    | 0:12:53 | 0:26:26/ 13:32 | 0:40:31/ 14:05 | 0:55:32/ 15:00 | 1:10:55/ 15:22 | +34:24.85 | 7:05 |                            |
| 197   | 149  | m      | 50  | 410 | ΘΕΟΔΩΡΟΥ ΙΩΑΝΝΗΣ           | 5    | 0:13:14 | 0:27:08/ 13:53 | 0:41:41/ 14:32 | 0:56:32/ 14:51 | 1:11:14/ 14:42 | +34:44.51 | 7:07 |                            |
| 198   | 49   | f      | 14  | 71  | ΓΕΩΡΓΙΟΥ ΆΝΝΑ              | 5    | 0:13:08 | 0:26:16/ 13:08 | 0:40:32/ 14:15 | 0:55:45/ 15:13 | 1:11:15/ 15:30 | +34:45.77 | 7:07 |                            |
| 199   | 50   | f      | 23  | 263 | ΤΣΙΓΚΑ ΑΦΡΟΔΙΤΗ            | 5    | 0:14:19 | 0:28:31/ 14:11 | 0:42:58/ 14:26 | 0:57:22/ 14:23 | 1:11:39/ 14:17 | +35:09.25 | 7:09 |                            |
| 200   | 150  | m      | 30  | 220 | ΡΕΝΙΕΡΗΣ ΣΤΑΥΡΟΣ           | 5    | 0:12:55 | 0:26:32/ 13:37 | 0:40:00/ 13:27 | 0:55:38/ 15:37 | 1:11:41/ 16:03 | +35:11.36 | 7:10 |                            |
| 201   | 51   | f      | 24  | 153 | ΛΕΒΑΝΤΑΤΖΗ ΑΡΕΤΗ           | 5    | 0:14:12 | 0:28:00/ 13:48 | 0:42:10/ 14:10 | 0:56:47/ 14:36 | 1:11:55/ 15:08 | +35:25.67 | 7:11 |                            |
| 202   | 151  | m      | 51  | 273 | ΦΟΥΣΚΑΣ ΆΚΗΣ               | 5    | 0:13:45 | 0:27:09/ 13:24 | 0:41:44/ 14:35 | 0:57:04/ 15:19 | 1:12:18/ 15:14 | +35:48.57 | 7:13 |                            |
| 203   | 52   | f      | 15  | 199 | ΠΑΝΑΓΙΩΤΑΚΟΥ ΓΕΩΡΓΙΑ       | 5    | 0:12:18 | 0:26:30/ 14:11 | 0:42:38/ 16:08 | 0:58:18/ 15:39 | 1:12:28/ 14:10 | +35:58.56 | 7:14 |                            |
| 204   | 53   | f      | 16  | 208 | ΠΑΠΟΥΛΙΑ ΓΕΩΡΓΙΑ           | 5    | 0:12:18 | 0:26:30/ 14:12 | 0:42:38/ 16:08 | 0:58:18/ 15:39 | 1:12:28/ 14:10 | +35:58.66 | 7:14 |                            |
| 205   | 54   | f      | 17  | 14  | ΜΑΚΕΛΑ ΝΕΡΙΣΣΑ             | 5    | 0:13:06 | 0:28:13/ 15:07 | 0:42:56/ 14:42 | 0:57:56/ 15:00 | 1:12:41/ 14:44 | +36:10.88 | 7:16 |                            |
| 206   | 152  | m      | 56  | 115 | ΚΑΤΣΑΡΙΩΤΗΣ ΓΙΩΡΓΟΣ        | 5    | 0:13:24 | 0:27:42/ 14:17 | 0:42:43/ 15:01 | 0:58:25/ 15:41 | 1:13:23/ 14:58 | +36:53.32 | 7:20 | Olympia Runners            |
| 207   | 55   | f      | 6   | 275 | ΦΩΤΟΠΟΥΛΟΥ ΕΥΓΕΝΙΑ         | 5    | 0:13:24 | 0:27:45/ 14:21 | 0:42:43/ 14:57 | 0:58:25/ 15:41 | 1:13:23/ 14:58 | +36:53.40 | 7:20 | Olympia Runners            |
| 208   | 153  | m      | 8   | 413 | ΒΛΑΣΕΡΟΣ ΓΕΩΡΓΙΟΣ          | 5    | 0:15:01 | 0:29:10/ 14:09 | 0:43:07/ 13:56 | 0:58:09/ 15:02 | 1:13:27/ 15:17 | +36:57.28 | 7:20 |                            |
| 209   | 154  | m      | 52  | 184 | ΝΗΣΤΙΚΑΚΗΣ ΠΑΝΑΓΙΩΤΗΣ ΑΔΑΜ | 5    | 0:12:20 | 0:26:28/ 14:08 | 0:41:27/ 14:59 | 0:57:26/ 15:58 | 1:13:27/ 16:01 | +36:57.78 | 7:20 |                            |

| Place | Rank | Gender | Age | Bib | Name                    | Laps | 2km     | 4km/Lap2         | 6km/Lap3         | 8km/Lap4         | Finish/Lap5      | time gap  | Pace | Club             |
|-------|------|--------|-----|-----|-------------------------|------|---------|------------------|------------------|------------------|------------------|-----------|------|------------------|
| 210   | 155  | m      | 31  | 282 | ΧΡΟΝΟΠΟΥΛΟΣ ΑΘΑΝΑΣΙΟΣ   | 5    | 0:15:03 | 0:29:41/ 0:14:37 | 0:44:16/ 0:14:35 | 0:59:18/ 0:15:01 | 1:14:08/ 0:14:49 | +37:38.18 | 7:24 |                  |
| 211   | 156  | m      | 32  | 95  | ΗΛΙΟΠΟΥΛΟΣ ΓΕΩΡΓΙΟΣ     | 5    | 0:13:58 | 0:28:51/ 0:14:52 | 0:43:52/ 0:15:01 | 0:59:21/ 0:15:28 | 1:14:34/ 0:15:12 | +38:04.12 | 7:27 |                  |
| 212   | 157  | m      | 9   | 289 | ΗΛΙΟΠΟΥΛΟΣ ΣΠΥΡΟΣ       | 5    | 0:16:40 | 0:33:16/ 0:16:35 | 0:46:48/ 0:13:32 | 0:59:40/ 0:12:52 | 1:14:52/ 0:15:12 | +38:22.72 | 7:29 |                  |
| 213   | 158  | m      | 10  | 214 | ΠΕΤΡΟΥ ΑΝΤΩΝΗΣ          | 5    | 0:14:07 | 0:28:26/ 0:14:18 | 0:43:31/ 0:15:05 | 0:59:10/ 0:15:38 | 1:14:54/ 0:15:43 | +38:24.03 | 7:29 | ΣΑΕΒΑΣ ΣΑΛΑΜΙΝΑΣ |
| 214   | 159  | m      | 11  | 168 | ΜΗΤΣΟΤΑΚΗΣ ΔΗΜΗΤΡΙΟΣ    | 5    | 0:14:51 | 0:29:09/ 0:14:18 | 0:45:54/ 0:16:44 | 1:01:37/ 0:15:43 | 1:14:58/ 0:13:21 | +38:28.65 | 7:29 | ΑΕΚ              |
| 215   | 160  | m      | 53  | 213 | ΠΕΤΑΥΡΑΚΗΣ ΑΠΟΣΤΟΛΗΣ    | 5    | 0:13:56 | 0:28:43/ 0:14:46 | 0:44:05/ 0:15:22 | 0:59:15/ 0:15:09 | 1:15:08/ 0:15:53 | +38:38.28 | 7:30 |                  |
| 216   | 161  | m      | 57  | 227 | ΣΑΜΑΡΙΤΗΣ ΚΩΝΣΤΑΝΤΙΝΟΣ  | 5    | 0:13:43 | 0:28:00/ 0:14:16 | 0:42:54/ 0:14:53 | 0:58:32/ 0:15:38 | 1:15:15/ 0:16:43 | +38:45.58 | 7:31 |                  |
| 217   | 162  | m      | 58  | 97  | ΘΕΟΔΩΡΟΠΟΥΛΟΣ ΑΘΑΝΑΣΙΟΣ | 5    | 0:13:35 | 0:28:41/ 0:15:05 | 0:43:59/ 0:15:17 | 0:59:29/ 0:15:29 | 1:15:59/ 0:16:30 | +39:29.34 | 7:35 |                  |
| 218   | 163  | m      | 12  | 163 | ΜΑΡΓΩΝΗΣ ΙΩΑΝΝΗΣ        | 5    | 0:13:58 | 0:29:12/ 0:15:14 | 0:44:37/ 0:15:25 | 1:00:26/ 0:15:48 | 1:16:03/ 0:15:37 | +39:33.14 | 7:36 |                  |
| 219   | 56   | f      | 18  | 30  | VITSA ALEXIA            | 5    | 0:14:52 | 0:29:27/ 0:14:35 | 0:45:11/ 0:15:43 | 1:00:57/ 0:15:45 | 1:17:07/ 0:16:10 | +40:37.58 | 7:42 |                  |
| 220   | 57   | f      | 25  | 66  | ΒΥΘΟΥΛΚΑ ΑΓΓΕΛΙΚΗ       | 5    | 0:13:57 | 0:28:24/ 0:14:27 | 0:44:08/ 0:15:43 | 1:01:50/ 0:17:42 | 1:17:16/ 0:15:25 | +40:46.44 | 7:43 |                  |
| 221   | 58   | f      | 26  | 101 | ΚΑΖΑΝΤΖΙΔΟΥ ΟΛΓΑ        | 5    | 0:13:56 | 0:28:24/ 0:14:27 | 0:44:08/ 0:15:44 | 1:01:50/ 0:17:42 | 1:17:16/ 0:15:25 | +40:46.50 | 7:43 |                  |
| 222   | 164  | m      | 54  | 404 | ΚΟΛΛΑΡΟΣ ΒΑΣΙΛΕΙΟΣ      | 5    | 0:12:56 | 0:28:56/ 0:16:00 | 0:46:12/ 0:17:15 | 1:02:02/ 0:15:50 | 1:17:22/ 0:15:20 | +40:52.75 | 7:44 |                  |
| 223   | 165  | m      | 55  | 92  | ΖΩΤΟΥ ΠΑΝΑΓΙΩΤΑ         | 5    | 0:15:24 | 0:29:49/ 0:14:24 | 0:46:14/ 0:16:25 | 1:02:15/ 0:16:00 | 1:17:40/ 0:15:25 | +41:10.49 | 7:46 |                  |
| 224   | 166  | m      | 56  | 241 | ΣΟΦΙΑΝΟΣ ΑΛΕΞΑΝΔΡΟΣ     | 5    | 0:15:25 | 0:29:49/ 0:14:23 | 0:46:14/ 0:16:25 | 1:02:15/ 0:16:00 | 1:17:41/ 0:15:25 | +41:10.81 | 7:46 |                  |
| 225   | 167  | m      | 13  | 63  | ΒΛΟΝΤΑΡΤΖΙΚ ΓΙΩΡΓΟΣ     | 5    | 0:14:23 | 0:29:46/ 0:15:23 | 0:45:48/ 0:16:01 | 1:02:08/ 0:16:20 | 1:18:49/ 0:16:40 | +42:19.24 | 7:52 |                  |
| 226   | 59   | f      | 7   | 148 | ΛΑΔΑ ΕΥΣΤΑΘΙΑ           | 5    | 0:15:50 | 0:31:33/ 0:15:42 | 0:47:37/ 0:16:03 | 1:04:16/ 0:16:39 | 1:20:41/ 0:16:25 | +44:11.72 | 8:04 | ΣΕΒΑΣ ΝΑΞΟΥ      |
| 227   | 168  | m      | 57  | 295 | ΣΙΔΗΡΟΠΟΥΛΟΣ ΚΩΣΤΑΣ     | 5    | 0:15:33 | 0:32:10/ 0:16:36 | 0:48:59/ 0:16:49 | 1:04:58/ 0:15:58 | 1:20:52/ 0:15:54 | +44:22.04 | 8:05 |                  |
| 228   | 169  | m      | 14  | 129 | ΚΟΝΤΖΙΛΑΣ ΝΙΚΟΣ         | 5    | 0:16:02 | 0:32:20/ 0:16:18 | 0:48:31/ 0:16:10 | 1:04:55/ 0:16:24 | 1:20:53/ 0:15:57 | +44:22.88 | 8:05 | ΑΝΕΞΑΡΤΗΤΟΣ      |

| Place | Rank | Gender | Age | Bib | Name                            | Laps | 2km     | 4km/Lap2         | 6km/Lap3         | 8km/Lap4         | Finish/Lap5      | time gap  | Pace | Club                       |
|-------|------|--------|-----|-----|---------------------------------|------|---------|------------------|------------------|------------------|------------------|-----------|------|----------------------------|
| 229   | 170  | m      | 15  | 172 | ΜΟΥΖΟΥΡΑΚΗΣ ΕΜΜΑΝΟΥΗΛ           | 5    | 0:14:51 | 0:30:38/ 0:15:47 | 0:47:03/ 0:16:24 | 1:03:54/ 0:16:51 | 1:21:17/ 0:17:23 | +44:47.46 | 8:07 | Anra Running Team          |
| 230   | 171  | m      | 16  | 150 | ΛΑΛΟΠΟΥΛΟΣ ΧΡΗΣΤΟΣ              | 5    | 0:16:30 | 0:33:16/ 0:16:45 | 0:50:00/ 0:16:44 | 1:06:43/ 0:16:42 | 1:23:27/ 0:16:44 | +46:57.58 | 8:20 | HPE RUNNING                |
| 231   | 172  | m      | 59  | 67  | ΓΑΖΕΑΣ ΚΟΣΜΑΣ                   | 5    | 0:13:47 | 0:39:06/ 0:25:19 | 0:55:03/ 0:15:57 | 1:10:15/ 0:15:11 | 1:25:26/ 0:15:10 | +48:56.31 | 8:32 | Τμήμα Φυσικής ΕΚΠΑ         |
| 232   | 173  | m      | 58  | 7   | GLYNATSIS VASILEIOS             | 5    | 0:15:51 | 0:32:29/ 0:16:37 | 0:50:36/ 0:18:06 | 1:08:06/ 0:17:30 | 1:25:41/ 0:17:34 | +49:10.96 | 8:34 | Πρωτας                     |
| 233   | 60   | f      | 19  | 2   | AL JADIDI SARA                  | 5    | 0:15:51 | 0:32:29/ 0:16:37 | 0:50:36/ 0:18:07 | 1:08:06/ 0:17:30 | 1:25:43/ 0:17:36 | +49:12.86 | 8:34 | ΝΚΥΑ                       |
| 234   | 61   | f      | 20  | 17  | MOTLOUNG NALEDI                 | 5    | 0:15:07 | 0:32:24/ 0:17:17 | 0:50:12/ 0:17:47 | 1:08:26/ 0:18:14 | 1:26:09/ 0:17:43 | +49:39.65 | 8:36 | None                       |
| 235   | 174  | m      | 59  | 219 | ΠΡΙΦΤΗ ΘΩΜΑΣ                    | 5    | 0:13:25 | 0:30:57/ 0:17:31 | 0:49:38/ 0:18:41 | 1:09:48/ 0:20:10 | 1:29:17/ 0:19:28 | +52:46.81 | 8:55 |                            |
| 236   | 62   | f      | 3   | 271 | ΦΙΛΟΚΥΠΡΟΥ ΈΛΛΗ                 | 5    | 0:15:43 | 0:33:08/ 0:17:24 | 0:51:23/ 0:18:14 | 1:11:00/ 0:19:37 | 1:29:39/ 0:18:39 | +53:09.65 | 8:57 | Τμήμα Επικοινωνίας και ΜΜΕ |
| 237   | 175  | m      | 17  | 212 | ΠΑΤΡΑΣ ΑΘΑΝΑΣΙΟΣ                | 4    | 0:11:44 | 0:23:41/ 0:11:56 | 0:35:56/ 0:12:15 | 0:48:37/ 0:12:40 | /                | -1 LAP    | 4:51 |                            |
| 238   | 176  | m      | 6   | 424 | ΓΛΥΚΟΣ ΔΗΜΗΤΡΗΣ                 | 4    | 0:12:51 | 0:28:02/ 0:15:10 | 0:43:30/ 0:15:28 | 0:56:18/ 0:12:48 | /                | -1 LAP    | 5:37 |                            |
| 239   | 177  | m      | 7   | 425 | ΤΣΙΧΑΚΑΣ ΓΙΑΝΝΗΣ                | 4    | 0:12:49 | 0:28:01/ 0:15:11 | 0:43:29/ 0:15:27 | 0:56:20/ 0:12:51 | /                | -1 LAP    | 5:38 |                            |
| 240   | 178  | m      | 33  | 76  | ΓΙΑΝΝΟΥΧΟΣ ΕΥΑΓΓΕΛΟΣ            | 4    | 0:13:46 | 0:33:15/ 0:19:29 | 0:47:40/ 0:14:25 | 0:58:22/ 0:10:41 | /                | -1 LAP    | 5:50 | ΣΑΠΠΑΖ                     |
| 241   | 179  | m      | 18  | 58  | ΒΙΔΑΛΗΣ ΜΑΡΚΟΣ                  | 4    | 0:16:38 | 0:33:21/ 0:16:43 | 0:50:28/ 0:17:07 | 1:07:42/ 0:17:13 | /                | -1 LAP    | 6:46 |                            |
| 242   | 63   | f      | 4   | 417 | SVITLANA MATYUKH                | 4    | 0:12:50 | 0:28:01/ 0:15:11 | 0:56:18/ 0:28:16 | 1:09:36/ 0:13:17 | /                | -1 LAP    | 6:57 |                            |
| 243   | 180  | m      | 8   | 416 | ΧΟΛΕΒΑΣ ΞΕΝΟΦΩΝΤΟΣ              | 4    | 0:12:50 | 0:28:02/ 0:15:12 | 0:56:18/ 0:28:16 | 1:09:36/ 0:13:17 | /                | -1 LAP    | 6:57 |                            |
| 244   | 181  | m      | 60  | 56  | ΒΙΓΙΑΣΗΣ ΠΟΛΙΤΗΣ ΚΑΡΛΟΣ ΑΛΦΟΝΣΟ | 4    | 0:16:32 | 0:37:43/ 0:21:11 | 0:57:29/ 0:19:45 | 1:17:29/ 0:20:00 | /                | -1 LAP    | 7:44 |                            |
| 245   | 64   | f      | 5   | 422 | ΛΕΙΒΑΔΙΤΗ ΧΑΡΑ                  | 3    | 0:12:50 | 0:28:02/ 0:15:11 | 0:56:18/ 0:28:16 | /                | /                | -2 LAP    | 5:37 |                            |
| 246   | 182  | m      | 61  | 436 | ΤΣΑΝΟΥΛΙΝΟΣ ΓΕΩΡΓΙΟΣ            | 3    | 0:27:08 | 0:41:40/ 0:14:32 | 0:56:32/ 0:14:51 | /                | /                | -2 LAP    | 5:39 |                            |
| 247   | 65   | f      | 6   | 421 | ΠΛΑΤΗ ΑΙΜΙΛΙΑ                   | 3    | 0:12:51 | 0:28:03/ 0:15:12 | 1:09:36/ 0:41:32 | /                | /                | -2 LAP    | 6:57 |                            |

| Place | Rank<br>Gen<br>der | gen<br>der | RankAge | Bib | Name               | Laps | 2km     | 4km/Lap2         | 6km/Lap3 | 8km/Lap4 | Finish/Lap5 | time gap | Pace | Club |
|-------|--------------------|------------|---------|-----|--------------------|------|---------|------------------|----------|----------|-------------|----------|------|------|
| 248   | 183                | m          | 34      | 272 | ΦΛΕΣΣΑΣ ΠΑΝΑΓΙΩΤΗΣ | 2    | 0:16:48 | 0:35:29/ 0:18:41 | /        | /        | /           | -3 LAP   | 3:32 | -    |
| 249   | 66                 | f          | 8       | 435 | ΤΣΙΩΤΑ ΜΙΚΑ        | 2    | 0:20:33 | 0:38:51/ 0:18:18 | /        | /        | /           | -3 LAP   | 3:53 |      |
| 250   | 184                | m          | 9       | 423 | ΓΚΟΥΝΤΑΣ ΧΡΗΣΤΟΣ   | 2    | 0:28:01 | 1:09:36/ 0:41:35 | /        | /        | /           | -3 LAP   | 6:57 |      |