

Coast to Coast Race 2023 10000m

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	2.5km 10km	5km 10km	7.5km 10km	Finish 10km
1	1	1	30-39 ΕΤΩΝ	Male	133		ΓΙΩΡΓΟΣ ΜΑΣΤΟΡΑΚΗΣ	-	ΑΣΥΓΕΙΑΣ ΑΡΚΑΛΟΧΩΡΙΟΥ-ΚΕΝΙΑΤΗΣ	0:09:58.383	0:17:33.450	0:27:37.707	0:34:55.387
2	2	1	40-49 ΕΤΩΝ	Male	114		EMMANOUIL SYLLIGNAKIS	-	SFAKA	0:10:17.750	0:18:08.593	0:28:55.257	0:36:59.363
3	3	2	30-39 ΕΤΩΝ	Male	137		ΑΝΔΡΕΑΣ ΝΤΑΜΚΑΣ	-	ΠΑΝΕΛΛΗΝΙΟΣ ΓΣ	0:10:30.340	0:18:38.143	0:29:50.543	0:37:56.947
4	4	3	30-39 ΕΤΩΝ	Male	132		ΔΗΜΗΤΡΗΣ ΜΑΝΙΩΤΗΣ	-	GALATSI RUNNERS	0:10:36.373	0:18:37.073	0:29:51.243	0:38:07.473
5	5	4	30-39 ΕΤΩΝ	Male	134		ΑΝΤΩΝΗΣ ΜΕΝΕΓΗΣ	-		0:10:56.753	0:19:40.737	0:30:57.997	0:40:04.017
6	6	2	40-49 ΕΤΩΝ	Male	150		ΜΙΧΑΛΗΣ ΦΙΛΑΝΔΑΡΑΚΗΣ	-		0:11:11.173	0:20:03.070	0:31:58.067	0:40:53.660
7	7	1	18-29 ΕΤΩΝ	Male	149		ΠΑΝΑΓΙΩΤΗΣ ΦΑΣΟΥΛΑΚΗΣ	-		-	0:21:11.517	-	0:43:24.580
8	1	5	30-39 ΕΤΩΝ	Female	157		ΑΙΜΙΛΙΑ ΠΡΩΤΟΓΕΡΑΚΗ	-	ΑΟΛ	0:13:00.430	0:22:35.427	0:35:44.237	0:45:01.370
9	8	3	40-49 ΕΤΩΝ	Male	108		MARIOS KOUNDOURAKIS	-		0:12:34.093	0:22:36.530	0:35:45.640	0:45:05.310
10	9	4	40-49 ΕΤΩΝ	Male	111		EMMANOUIL PARASKAKIS	-	TZANETAKIS LAB	0:12:22.453	0:22:01.047	0:35:31.630	0:45:36.213
11	10	1	ΑΝΔΡΩΝ	Male	135		ΙΩΑΝΝΗΣ ΖΑΦΕΙΡΑΚΗΣ	-		0:13:41.120	0:23:53.337	0:37:03.487	0:46:41.593
12	11	2	18-29 ΕΤΩΝ	Male	128		ΧΡΗΣΤΟΣ ΚΟΡΟΜΠΙΛΗΣ	-		0:13:38.457	0:23:41.773	0:37:06.220	0:46:44.200
13	2	1	50-59 ΕΤΩΝ	Female	140		ΝΕΚΤΑΡΙΑ ΠΑΡΙΝΟΥ	-	ΒΙΤΣΕΝΤΖΟΣ ΚΟΡΝΑΡΟΣ	0:12:57.713	0:22:40.843	0:36:36.557	0:46:46.360
14	12	5	40-49 ΕΤΩΝ	Male	125		ΓΕΩΡΓΙΟΣ ΚΑΤΣΑΒΔΑΚΗΣ	-	ROADRUNNER IERAPETRA-MYRUNNER.GR	0:12:25.407	0:22:21.280	0:37:11.420	0:49:11.793
15	3	6	40-49 ΕΤΩΝ	Female	127		ΜΑΛΑΜΑΤΕΝΙΑ ΚΟΝΤΟΓΙΑΝΝΗ	-		0:13:07.053	0:23:45.163	0:38:23.377	0:49:12.733
16	4	6	30-39 ΕΤΩΝ	Female	142		ΑΡΙΑΔΝΗ ΠΕΠΟΝΗ	-		0:13:33.563	0:24:12.197	0:38:41.687	0:49:26.007
17	13	7	30-39 ΕΤΩΝ	Male	145		ΓΙΑΝΝΗΣ ΣΕΤΑΚΗΣ	-	SDYI	0:13:55.840	0:24:27.510	0:38:38.793	0:49:34.673

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18	5	7	40-49 ΕΤΩΝ	Female	156		ΑΛΕΚΑ ΡΑΠΤΗ	-		0:14:02.117	0:24:31.047	0:39:05.027	0:49:47.177
19	6	8	30-39 ΕΤΩΝ	Female	154		ΓΕΩΡΓΙΑ ΚΑΡΑΓΙΑΝΝΑΚΗ	-	ΑΑΗ	0:13:47.073	0:24:36.840	0:39:41.060	0:50:40.530
20	7	9	30-39 ΕΤΩΝ	Female	117		ΕΜΜΑΝΟΥΕΛΑ ΒΟΓΙΑΤΖΗ	-		0:14:10.353	0:24:58.057	0:39:54.727	0:50:46.223
21	8	8	40-49 ΕΤΩΝ	Female	106		ΖΑΝΝΑ ΚΗΑΙΒΟΥΛΑΕΒΑ	-		0:13:53.857	0:24:43.650	0:40:05.067	0:51:17.537
22	14	9	40-49 ΕΤΩΝ	Male	151		ΜΑΡΙΟΣ ΣΕΡΕΤΗΣ	-		0:15:27.850	0:26:11.373	0:40:50.127	0:51:42.193
23	15	1	60+ ΕΤΩΝ	Male	155		ΔΗΜΗΤΡΗΣ ΜΠΙΤΖΕΣ	-		0:13:56.433	0:24:42.380	0:39:47.010	0:51:50.873
24	9	2	ΑΝΔΡΩΝ	Female	153		ΣΥΛΒΙΑ ΠΑΚΙΔΗ	-		0:13:09.507	0:23:24.047	0:41:54.713	0:52:22.883
25	10	10	30-39 ΕΤΩΝ	Female	101		ANTONELLA ΒΑΚΟΥΣΙ	-	PILATESFORWO-MEN	0:14:22.723	0:25:22.750	0:40:39.037	0:52:25.853
26	16	3	18-29 ΕΤΩΝ	Male	120		ΔΗΜΗΤΡΙΟΣ ΓΙΑΝΝΑΚΟΥΔΑΚΗΣ	-	ROADRUNNER IERAPETRA-MYRUNNER.GR	0:15:38.533	0:27:48.970	0:42:16.640	0:53:17.000
27	17	10	40-49 ΕΤΩΝ	Male	126		ΔΗΜΗΤΡΗΣ ΚΕΝΕΣ	-	MYRUNNER	0:15:38.147	0:26:58.327	0:42:16.103	0:53:18.657
28	11	1	ΓΥΝΑΙΚΩΝ	Female	159		ΠΟΠΗ ΛΑΜΠΡΑΚΗ	-		0:15:07.300	0:27:20.587	0:44:27.863	0:57:12.877
29	12	11	40-49 ΕΤΩΝ	Female	116		ΜΑΡΙΑ ΒΑΒΑΔΑΚΗ	-	ENERGY FITNESS STUDIO	0:15:45.257	0:27:54.173	0:45:23.340	0:58:24.730
30	18	11	30-39 ΕΤΩΝ	Male	123		ΑΝΤΩΝΗΣ ΗΛΙΑΔΗΣ	-	ROADRUNNER IERAPETRA-MYRUNNER.GR	0:16:04.080	0:28:21.567	0:45:28.120	0:58:46.620
31	13	12	40-49 ΕΤΩΝ	Female	102		ELISAVET DROUGKA	-		0:16:02.050	0:28:32.073	0:46:01.907	0:58:52.630
32	19	13	40-49 ΕΤΩΝ	Male	110		ΕΜΜΑΝΟΥΗΛ ΜΙΧΕΛΑΡΑΚΗΣ	-		0:17:25.817	0:29:57.813	0:46:25.910	0:58:55.723
33	20	4	18-29 ΕΤΩΝ	Male	129		ΠΑΝΑΓΙΩΤΗΣ ΚΡΙΤΣΩΤΑΚΗΣ	-		0:16:00.167	0:28:45.417	0:46:29.147	0:59:53.607
34	14	12	30-39 ΕΤΩΝ	Female	121		ΡΟΥΛΑ ΔΡΑΚΑΚΗ	-	PILALA ΟΡΙΖΟΝΤΑΣ	0:15:57.757	0:28:44.013	0:47:01.403	1:00:46.557
35	21	14	40-49 ΕΤΩΝ	Male	105		ANTONIS ΚΑΤΑΚΙΣ	-		0:17:15.103	0:30:37.463	0:49:45.357	1:03:36.127
36	15	2	50-59 ΕΤΩΝ	Female	109		MIL ΚΟΒΑΚΕΒΙΤΣ	-	XOXLIOS	0:17:45.293	0:31:22.523	0:49:51.183	1:03:54.200
37	16	3	50-59	Female	138		ΓΕΩΡΓΙΑ ΠΑΓΓΕΙΟΥ	-		0:18:32.927	0:32:57.120	0:51:29.207	1:05:18.537

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			ΕΤΩΝ										
38	17	13	30-39 ΕΤΩΝ	Female	146		ΣΤΕΛΛΑ ΤΕΛΗΓΙΑΝΝΙΔΟΥ	-		0:19:24.830	0:32:55.637	0:51:42.013	1:05:34.400
39	18	4	50-59 ΕΤΩΝ	Female	119		ΕΙΡΗΝΗ ΓΕΝΕΙΑΤΑΚΗ	-	ΙΕΡΑΠΕΤΡΑΣ	0:18:41.367	0:32:58.253	0:52:44.167	1:07:18.733
40	22	15	40-49 ΕΤΩΝ	Male	113		PETROS STAVRAKAKIS	-		0:19:39.193	0:33:50.413	0:53:15.067	1:07:21.157
41	23	2	60+ ΕΤΩΝ	Male	103		DERRICK HARMAN	-	RETHYMNON RUNNERS ASSOCIATION	0:17:57.150	0:32:52.800	0:54:54.677	1:10:06.027
42	24	16	40-49 ΕΤΩΝ	Male	118		ΓΙΩΡΓΟΣ ΓΑΔΑΝΑΚΗΣ	-		0:20:20.513	0:35:28.283	0:55:58.343	1:11:01.000
43	25	5	18-29 ΕΤΩΝ	Male	141		ΙΩΑΝΝΗΣ ΠΑΤΕΡΑΚΗΣ	-		0:20:27.547	0:36:25.643	0:58:30.493	1:14:20.120
44	19	14	30-39 ΕΤΩΝ	Female	144		ΚΑΛΛΙΑ ΠΥΘΑΡΟΥΛΗ	-		0:21:55.477	0:39:22.213	1:01:59.913	1:18:06.983
45	20	5	50-59 ΕΤΩΝ	Female	122		ΑΝΑΣΤΑΣΙΑ ΖΑΓΚΟΥΝΤΙΝΟΥ	-	MARTEAMNOS-KOTINOS	0:20:32.687	0:37:30.040	1:01:33.307	1:19:19.397
46	26	17	40-49 ΕΤΩΝ	Male	130		ΙΩΑΝΝΗΣ ΜΑΚΡΥΠΟΔΗΣ	-		0:19:40.130	0:36:43.473	-	-
47	27	18	40-49 ΕΤΩΝ	Male	115		NEIL MARTIN WELCH	-	MARTEAMNOS-KOTINOS	0:22:50.880	0:40:18.337	-	-
48	21	19	40-49 ΕΤΩΝ	Female	143		ΜΠΟΓΙΑΤΖΗ ΠΟΠΗ	-	MARTEAMNOS-KOTINOS	0:22:51.533	0:40:20.330	-	-