

5o Grammos Mountain Run 2023 GMR 21km

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 21KM	FINISH 21KM
1	1	1	MEN35+	Male	30		CHARALAMPOS KALAMPOUKAS	-		0:00:00.330(00:00:00)	2:22:42.127(02:22:41)
2	2	2	MEN35+	Male	60		CHRISTOS PARMAKIS	-		0:00:00.747(00:00:00)	2:33:08.120(02:33:07)
3	3	3	MEN35+	Male	63		MOISIS FOLTOPOULOS	-		0:00:01.690(00:00:00)	2:40:20.307(02:40:18)
4	4	4	MEN35+	Male	57		GEORGIOS NTEMKAS	-		0:00:01.440(00:00:00)	2:49:50.520(02:49:49)
5	5	5	MEN35+	Male	40		THOMAS PARTSANIS	-	KASIMIS TRAINING	0:00:00.330(00:00:00)	2:58:10.827(02:58:10)
6	6	1	MEN	Male	52		EVANGELOS MATSIKAS	-		0:00:04.313(00:00:00)	3:01:39.597(03:01:35)
7	7	2	MEN	Male	19		STAVROS STRAGALIS	-		0:00:07.890(00:00:00)	3:02:23.957(03:02:16)
8	8	6	MEN35+	Male	53		DIMITRIOS MANIKIS	-		0:00:02.923(00:00:00)	3:04:22.963(03:04:20)
9	9	7	MEN35+	Male	11		KOSMAS MAZIANITIS	-	LEVEL X RUNNING EDITION	0:00:04.313(00:00:00)	3:06:21.667(03:06:17)
10	10	1	MEN55+	Male	61		MICHAIL PASIAKOS	-		0:00:01.440(00:00:00)	3:13:58.613(03:13:57)
11	11	3	MEN	Male	33		KONSTANTINOS PAPAKOSTAS	-	All Terrain Runners	0:00:04.313(00:00:00)	3:15:09.457(03:15:05)
12	12	8	MEN35+	Male	48		GEORGIOS EXARCHOS	-		0:00:03.127(00:00:00)	3:24:33.937(03:24:30)
13	13	4	MEN	Male	20		GEORGIOS TSERNTAKIDIS	-		0:00:07.627(00:00:00)	3:24:50.980(03:24:43)
14	1	1	WOMEN35+	Female	58		NIKOLETA TZAVARA	-		0:00:00.330(00:00:00)	3:25:06.597(03:25:06)
15	14	5	MEN	Male	65		SYMEON MANTZAVELAS	-		0:00:00.330(00:00:00)	3:25:19.110(03:25:18)
16	15	9	MEN35+	Male	45		DIMITRIOS KANNIS	-	DEREKAS ENDURANCE COACHING -SDI	0:00:01.440(00:00:00)	3:28:34.513(03:28:33)
17	16	10	MEN35+	Male	50		SOTIRIOS NONAS	-		0:00:03.860(00:00:00)	3:31:01.210(03:30:57)
18	17	11	MEN35+	Male	4		SPIRIDON FOTSIS	-	IRON TEAM-CHIOS RUNNING	0:00:03.127(00:00:00)	3:32:42.877(03:32:39)
19	2	2	WOMEN35+	Female	43		DIMITRA CHAIROPOULOU	-	GRAMMOS MOUNTAIN RUN	0:00:01.440(00:00:00)	3:33:43.860(03:33:42)
20	18	12	MEN35+	Male	13		NIKOS DOULOS	-	A.Σ ΜΙΛΩΝ ΠΑΤΡΑΣ	0:00:05.843(00:00:00)	3:35:07.417(03:35:01)
21	19	6	MEN	Male	14		AUREL MEMO	-		-	3:40:19.230 (-:-:-)
22	20	7	MEN	Male	32		LAMPROS TRIANTAFYLLOPOULOS	-		0:00:04.313(00:00:00)	3:44:23.723(03:44:19)
23	21	8	MEN	Male	22		ARISTOTELIS SOULIOTIS	-	ΑΝΑΠΟΔΟΣ ΧΑΛΚΙΔΑΣ	0:00:07.140(00:00:00)	3:48:09.403(03:48:02)
24	22	13	MEN35+	Male	38		VASILIS DIMZAS	-	north adventure kastoria	0:00:02.750(00:00:00)	3:48:43.297(03:48:40)
25	23	9	MEN	Male	23		GEORGIOS VRETTOS	-	ALL TERRAIN RUNNERS	0:00:04.047(00:00:00)	3:48:58.950(03:48:54)
26	24	14	MEN35+	Male	29		DIMITRIOS KOLLIAS	-		-	3:50:44.510 (-:-:-)
27	25	2	MEN55+	Male	54		ANDREAS ATHANASIADIS	-		0:00:06.343(00:00:00)	3:56:26.573(03:56:20)
28	26	15	MEN35+	Male	42		STYLIANOS MINARETZIS	-		0:00:08.280(00:00:00)	3:58:08.913(03:58:00)
29	27	16	MEN35+	Male	17		GEORGIOS HASKIS	-	Fifth Element	0:00:04.313(00:00:00)	3:58:24.210(03:58:19)

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30	28	17	MEN35+	Male	35		ANASTASIOS MAMALIS	-	PAME LIGO	0:00:07.343(00:00:00)	3:58:57.950(03:58:50)
31	29	18	MEN35+	Male	3		MICHAEL RODAS	-		0:00:05.843(00:00:00)	4:02:21.583(04:02:15)
32	3	1	WOMEN55+	Female	36		ROBYN CHARLTON	-	Functional Department	0:00:07.343(00:00:00)	4:04:04.477(04:03:57)
33	30	19	MEN35+	Male	51		KONSTANTINOS KOUKERIS	-		0:00:07.140(00:00:00)	4:07:44.873(04:07:37)
34	31	20	MEN35+	Male	28		KONSTANTINOS IOANNOU	-		0:00:07.627(00:00:00)	4:07:56.527(04:07:48)
35	32	10	MEN	Male	39		ALEXANDROS KONSTANTINIDIS	-		0:00:06.127(00:00:00)	4:08:45.787(04:08:39)
36	33	11	MEN	Male	10		ANGELOS STATIRIS	-		0:00:04.360(00:00:00)	4:08:46.693(04:08:42)
37	34	12	MEN	Male	8		ZISIS GANAVAS	-		0:00:04.173(00:00:00)	4:08:47.237(04:08:43)
38	35	21	MEN35+	Male	34		CHRISTIAN TSAPAS	-	Skydraikos	-	4:09:01.067 (-:--:--)
39	36	22	MEN35+	Male	49		THEMISTOKLIS MARKOPOULOS	-		0:00:07.627(00:00:00)	4:09:46.510(04:09:38)
40	4	3	WOMEN35+	Female	12		MARINA OIKONOMOU	-	LEVEL X RUNING EDITION	0:00:02.923(00:00:00)	4:10:28.890(04:10:25)
41	37	23	MEN35+	Male	16		ILIAS PINAKOULIAS	-	Σύλλογος Δρομέων Τρικάλων	0:00:02.110(00:00:00)	4:10:29.883(04:10:27)
42	38	24	MEN35+	Male	64		CHARALAMPOS CHRYSOPOULOS	-		0:00:11.920(00:00:00)	4:14:24.413(04:14:12)
43	39	25	MEN35+	Male	55		THEODOROS IOANNIDIS	-		0:00:11.920(00:00:00)	4:14:25.857(04:14:13)
44	40	13	MEN	Male	41		GIANNIS GIANNOPOULOS	-		-	4:16:57.200 (-:--:--)
45	41	26	MEN35+	Male	15		KONSTANTINOS PANTAZIS	-		0:00:06.127(00:00:00)	4:17:12.360(04:17:06)
46	42	27	MEN35+	Male	7		FOTIS LIONTOS	-		0:00:08.280(00:00:00)	4:17:50.123(04:17:41)
47	43	28	MEN35+	Male	21		NASOS NTOKOS	-	Σουλι	0:00:03.063(00:00:00)	4:17:50.787(04:17:47)
48	44	3	MEN55+	Male	31		PAVLOS LAMPRIIS	-		0:00:10.280(00:00:00)	4:23:33.957(04:23:23)
49	45	29	MEN35+	Male	56		ATHANASIOS KOULETSAS	-		0:00:11.920(00:00:00)	4:28:18.887(04:28:06)
50	46	30	MEN35+	Male	1		ALEXIOS DIAMANTHS	-		0:00:02.750(00:00:00)	4:30:53.237(04:30:50)
51	5	4	WOMEN35+	Female	47		ANDRONIKI GEORGIU	-	Derekas endurance coaching	0:00:04.313(00:00:00)	4:31:01.060(04:30:56)
52	47	31	MEN35+	Male	46		VASILEIOS ANAGNOSTOPOULOS	-	Derekas endurance coaching	0:00:02.110(00:00:00)	4:31:03.810(04:31:01)
53	48	14	MEN	Male	9		KONSTANTINOS PETRAKIS	-		0:00:06.657(00:00:00)	4:36:10.217(04:36:03)
54	6	5	WOMEN35+	Female	18		FANI LIONTOU	-		0:00:07.627(00:00:00)	4:42:01.247(04:41:53)
55	49	32	MEN35+	Male	44		SIMOS THEOSIDIS	-	ΠΑΜΕ ΛΙΓΟ	0:00:07.140(00:00:00)	4:42:05.873(04:41:58)
56	50	33	MEN35+	Male	2		PANTELIS ATHANASIOU	-		0:00:04.313(00:00:00)	4:45:51.397(04:45:47)
57	51	15	MEN	Male	59		EKTORAS VAZAKAS	-		0:00:08.280(00:00:00)	4:45:51.937(04:45:43)
58	52	4	MEN55+	Male	25		EFTHIMIOS BONAROS	-		0:00:10.500(00:00:00)	5:17:21.317(05:17:10)
59	53	5	MEN55+	Male	62		SPYRIDON NTAKOULAS	-		0:00:07.627(00:00:00)	6:16:16.450(06:16:08)
60	54	34	MEN35+	Male	6		PANAGIOTIS TSAKIRIS	-	Energym	0:00:09.627(00:00:00)	6:16:17.580(06:16:07)
61	55	6	MEN55+	Male	5		CHARILAOS GERASIS	-	Energym	0:00:10.407(00:00:00)	6:16:18.640(06:16:08)

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62	56	35	MEN35+	Male	37		IOANNIS EDESSAIOS DNF	-	DRC	0:00:00.330(00:00:00)	-
63	57	36	MEN35+	Male	27		ALEKOS GIOTIS DNF	-	3P	0:00:03.127(00:00:00)	-
64	7	6	WOMEN35+	Female	26		THEODORA ANASTASIADI DNF	-	3P/ SKYWOMWN RUNNING TEAM	0:00:04.313(00:00:00)	-