

Rank	By Gen	By Cat	Cat.	Gender	BIB	Name	Club	lap 1 10km	lap 2 10km	lap 3 10km	lap 4 10km	lap 5 10km	lap 6 10km	lap 7 10km	lap 8 10km	lap 9 10km	lap 10 10km	lap 11 10km	lap 12 10km	lap 13 10km	lap 14 10km	lap 15 10km	lap 16 10km	lap 17 10km	lap 18 10km	lap 19 10km	lap 20 10km	lap 21 10km	lap 22 10km	lap 23 10km	lap 24 10km	Finish 10km
1	1	1	ΑΝΔΡΩΝ	Male	123	ΕΜΜΑΝΟΥΗΛ ΣΗΦΑΚΗΣ	ΑΦΟΡΔΑΚΟΣ TEAM	0:01:18.876	0:02:39.150 (00:01:20)	0:04:00.526 (00:01:21)	0:05:22.473 (00:01:24)	0:06:44.540 (00:01:24)	0:08:05.990 (00:01:21)	0:09:28.603 (00:01:24)	0:10:51.633 (00:01:23)	0:12:14.786 (00:01:24)	0:13:37.430 (00:01:24)	0:15:01.986 (00:01:24)	0:16:26.843 (00:01:24)	0:17:50.873 (00:01:24)	0:19:15.830 (00:01:24)	0:20:40.123 (00:01:24)	0:22:05.300 (00:01:24)	0:23:29.793 (00:01:24)	0:24:55.930 (00:01:24)	0:26:21.253 (00:01:26)	0:27:47.640 (00:01:26)	0:29:13.263 (00:01:26)	0:30:38.990 (00:01:26)	0:32:03.146 (00:01:24)	0:33:28.853 (00:01:24)	0:34:50.323 (00:01:29)
2	2	2	ΑΝΔΡΩΝ	Male	121	ΑΝΔΡΕΑΣ ΝΤΑΜΚΑΣ	ΠΑΝΕΛΛΗΝΙΟΣ ΓΣ	0:01:28.750	0:02:59.183 (00:01:30)	0:04:29.536 (00:01:30)	0:05:57.796 (00:01:28)	0:07:26.590 (00:01:28)	0:08:57.056 (00:01:30)	0:10:31.336 (00:01:34)	0:12:01.820 (00:01:30)	0:13:35.063 (00:01:33)	0:15:09.443 (00:01:34)	0:16:46.840 (00:01:37)	0:18:20.046 (00:01:33)	0:19:54.510 (00:01:34)	0:21:26.496 (00:01:31)	0:22:59.523 (00:01:33)	0:24:35.916 (00:01:36)	0:26:11.970 (00:01:36)	0:27:52.976 (00:01:41)	0:29:31.300 (00:01:38)	0:31:06.150 (00:01:34)	0:32:43.190 (00:01:37)	0:34:21.046 (00:01:37)	0:35:58.883 (00:01:37)	0:37:33.930 (00:01:35)	0:39:02.950 (00:01:29)
3	3	3	ΑΝΔΡΩΝ	Male	103	ΝΙΚΟΛΑΟΣ ΠΑΡΑΔΑΚΗΣ	ROADRUNNER IERAPETRA-MYRUNNER.GR	0:01:33.816	0:03:05.810 (00:01:31)	0:04:39.380 (00:01:33)	0:06:13.606 (00:01:34)	0:07:47.970 (00:01:34)	0:09:21.556 (00:01:33)	0:10:56.263 (00:01:34)	0:12:29.706 (00:01:33)	0:14:04.363 (00:01:34)	0:15:38.926 (00:01:34)	0:17:12.343 (00:01:34)	0:18:47.216 (00:01:34)	0:20:21.523 (00:01:34)	0:21:55.460 (00:01:34)	0:23:30.596 (00:01:34)	0:25:05.320 (00:01:34)	0:26:38.743 (00:01:34)	0:28:13.123 (00:01:34)	0:29:49.540 (00:01:36)	0:31:26.703 (00:01:37)	0:33:03.150 (00:01:36)	0:34:39.226 (00:01:36)	0:36:12.793 (00:01:33)	0:37:48.723 (00:01:35)	0:39:16.350 (00:01:27)
4	4	4	ΑΝΔΡΩΝ	Male	127	ΘΑΝΟΣ ΑΝΑΓΝΟΣΤΟΠΟΥΛΟΣ	MYRUN -PILATESFORWO-MEN	0:01:52.030	0:03:39.583 (00:01:47)	0:05:26.043 (00:01:46)	0:07:11.970 (00:01:45)	0:08:56.856 (00:01:44)	0:10:43.520 (00:01:46)	0:12:29.916 (00:01:46)	0:14:18.056 (00:01:48)	0:16:00.536 (00:01:42)	0:17:45.306 (00:01:44)	0:19:34.703 (00:01:49)	0:21:16.636 (00:01:44)	0:23:04.550 (00:01:47)	0:24:45.713 (00:01:41)	0:26:29.540 (00:01:43)	0:28:14.033 (00:01:44)	0:29:58.696 (00:01:50)	0:31:41.993 (00:01:43)	0:33:32.093 (00:01:40)	0:35:12.536 (00:01:40)	0:36:56.553 (00:01:44)	0:38:40.670 (00:01:43)	0:40:23.743 (00:01:43)	0:42:02.373 (00:01:38)	0:43:29.020 (00:01:26)
5	5	5	ΑΝΔΡΩΝ	Male	102	ΒΑΣΙΛΗΣ ΚΙΩΣΤΕΡΑΚΗΣ	MYRUN -PILATESFORWO-MEN	0:01:52.636	0:03:40.193 (00:01:47)	0:05:26.880 (00:01:46)	0:07:12.466 (00:01:45)	0:09:04.976 (00:01:52)	0:10:44.293 (00:01:39)	0:12:30.356 (00:01:46)	0:14:20.516 (00:01:50)	0:16:01.130 (00:01:40)	0:17:45.866 (00:01:44)	0:19:31.923 (00:01:46)	0:21:17.136 (00:01:45)	0:23:02.020 (00:01:44)	0:24:46.330 (00:01:44)	0:26:30.000 (00:01:43)	0:28:14.993 (00:01:44)	0:30:02.170 (00:01:47)	0:31:42.853 (00:01:40)	0:33:28.963 (00:01:46)	0:35:13.086 (00:01:44)	0:36:57.133 (00:01:44)	0:38:41.043 (00:01:43)	0:40:24.516 (00:01:43)	0:42:03.013 (00:01:38)	0:43:34.840 (00:01:31)
6	1	1	ΓΥΝΑΙΚΩΝ	Fem ale	104	CAROLINA SALASSA		0:01:53.240	0:03:41.323 (00:01:48)	0:05:26.976 (00:01:45)	0:07:12.900 (00:01:45)	0:08:57.943 (00:01:46)	0:10:44.493 (00:01:46)	0:12:31.013 (00:01:46)	0:14:15.210 (00:01:45)	0:16:01.410 (00:01:45)	0:17:46.606 (00:01:45)	0:19:32.273 (00:01:45)	0:21:17.550 (00:01:45)	0:23:02.263 (00:01:44)	0:24:46.550 (00:01:44)	0:26:30.840 (00:01:44)	0:28:15.230 (00:01:44)	0:30:00.460 (00:01:45)	0:31:44.046 (00:01:43)	0:33:28.773 (00:01:43)	0:35:13.500 (00:01:43)	0:36:57.843 (00:01:43)	0:38:41.460 (00:01:43)	0:40:25.053 (00:01:43)	0:42:04.583 (00:01:32)	0:43:37.140 (00:01:32)
7	6	6	ΑΝΔΡΩΝ	Male	116	ΜΑΝΟΣ ΜΑΣΤΟΡΑΚΗΣ	IRON BODY PROJECT, MYRUN, ΣΔΥΗ	0:01:53.770	0:03:41.980 (00:01:48)	0:05:30.153 (00:01:48)	0:07:19.810 (00:01:49)	0:09:09.203 (00:01:49)	0:10:58.003 (00:01:48)	0:12:41.856 (00:01:43)	0:14:24.680 (00:01:42)	0:16:06.810 (00:01:44)	0:17:51.006 (00:01:44)	0:19:35.683 (00:01:44)	0:21:20.600 (00:01:44)	0:23:08.750 (00:01:46)	0:24:54.693 (00:01:47)	0:26:41.150 (00:01:46)	0:28:28.580 (00:01:45)	0:30:11.340 (00:01:45)	0:31:57.153 (00:01:44)	0:33:42.063 (00:01:46)	0:35:28.960 (00:01:46)	0:37:14.046 (00:01:45)	0:38:59.770 (00:01:45)	0:40:42.070 (00:01:42)	0:42:22.713 (00:01:40)	0:43:59.770 (00:01:37)
8	7	7	ΑΝΔΡΩΝ	Male	108	ΔΗΜΗΤΡΙΟΣ ΑΠΟΣΤΟΛΑΚΗΣ	Ο.Υ.ΚΡΗΤΗΣ	0:01:54.963	0:03:44.746 (00:01:49)	0:05:31.790 (00:01:47)	0:07:23.080 (00:01:51)	0:09:13.116 (00:01:50)	0:11:02.983 (00:01:49)	0:12:53.176 (00:01:50)	0:14:41.516 (00:01:48)	0:16:30.953 (00:01:49)	0:18:19.906 (00:01:48)	0:20:07.293 (00:01:47)	0:21:56.520 (00:01:49)	0:23:46.496 (00:01:49)	0:25:35.020 (00:01:48)	0:27:24.166 (00:01:49)	0:29:14.003 (00:01:49)	0:32:49.080 (00:01:47)	0:34:33.610 (00:01:44)	0:36:17.030 (00:01:43)	0:38:01.050 (00:01:44)	0:39:42.330 (00:01:41)	0:41:27.116 (00:01:47)	0:43:14.503 (00:01:47)	0:45:02.773 (00:01:48)	
9	8	8	ΑΝΔΡΩΝ	Male	105	ΡΑΦΑ ΒΑΝ ΔΕΝ ΒΡΟΕΚ	ΣΔΥΡ	0:02:02.836	0:03:58.900 (00:01:56)	0:05:50.880 (00:01:51)	0:07:38.410 (00:01:48)	0:09:27.036 (00:01:48)	0:11:13.200 (00:01:46)	0:13:00.790 (00:01:47)	0:14:48.603 (00:01:47)	0:16:38.273 (00:01:49)	0:18:27.890 (00:01:49)	0:20:16.253 (00:01:48)	0:22:05.573 (00:01:49)	0:23:54.106 (00:01:48)	0:25:41.493 (00:01:47)	0:27:27.106 (00:01:45)	0:29:12.893 (00:01:46)	0:30:59.190 (00:01:46)	0:32:47.930 (00:01:48)	0:34:37.676 (00:01:49)	0:36:27.583 (00:01:49)	0:38:17.080 (00:01:49)	0:40:05.800 (00:01:48)	0:41:54.790 (00:01:48)	0:43:41.810 (00:01:47)	0:45:22.690 (00:01:40)
10	9	9	ΑΝΔΡΩΝ	Male	112	ΓΕΩΡΓΙΟΣ ΚΑΝΑΒΑΚΗΣ	ΑΝΕΞΑΡΤΗΤΟΣ	0:01:54.953	0:03:50.383 (00:01:55)	0:05:44.753 (00:01:54)	0:07:40.090 (00:01:55)	0:09:36.576 (00:01:56)	0:11:31.943 (00:01:55)	0:13:27.480 (00:01:56)	0:15:25.500 (00:01:57)	0:17:22.890 (00:01:57)	0:19:20.163 (00:01:57)	0:21:17.480 (00:01:54)	0:23:12.046 (00:01:57)	0:25:09.590 (00:01:57)	0:27:06.890 (00:01:57)	0:29:04.016 (00:01:57)	0:31:01.286 (00:01:57)	0:32:59.170 (00:01:57)	0:34:57.636 (00:01:58)	0:36:55.493 (00:01:55)	0:38:50.700 (00:01:55)	0:40:45.520 (00:01:55)	0:42:41.140 (00:01:55)	0:44:34.270 (00:01:51)	0:46:26.110 (00:01:35)	0:48:01.403 (00:01:51)
11	10	10	ΑΝΔΡΩΝ	Male	124	ΔΗΜΗΤΡΗΣ ΣΚΟΚΑΚΗΣ	ΣΔΥΙ	0:01:55.970	0:03:50.936 (00:01:54)	0:05:45.073 (00:01:54)	0:07:40.766 (00:01:55)	0:09:37.036 (00:01:56)	0:11:32.270 (00:01:55)	0:13:28.220 (00:01:57)	0:15:25.960 (00:01:57)	0:17:23.570 (00:01:57)	0:19:20.680 (00:01:57)	0:21:18.240 (00:01:54)	0:23:12.506 (00:01:57)	0:25:09.953 (00:01:57)	0:27:07.176 (00:01:57)	0:29:04.786 (00:01:57)	0:31:02.330 (00:01:57)	0:32:59.730 (00:01:58)	0:34:58.396 (00:01:57)	0:36:56.223 (00:01:55)	0:38:51.270 (00:01:55)	0:40:46.600 (00:01:55)	0:42:41.363 (00:01:55)	0:44:35.036 (00:01:51)	0:46:26.810 (00:01:36)	0:48:02.960 (00:01:53)
12	11	11	ΑΝΔΡΩΝ	Male	119	ΘΑΝΑΣΙΟΣ ΜΕΛΕΤΗΣ	VOLCANO SPORTS ACTIVITIES	0:01:48.160	0:03:37.413 (00:01:49)	0:05:29.340 (00:01:51)	0:07:25.960 (00:01:56)	0:09:24.276 (00:01:58)	0:11:22.540 (00:01:58)	0:13:23.393 (00:02:00)	0:15:24.556 (00:02:01)	0:17:27.500 (00:02:02)	0:19:31.200 (00:02:03)	0:21:28.970 (00:02:05)	0:23:34.333 (00:02:02)	0:25:37.213 (00:02:02)	0:27:40.723 (00:02:03)	0:29:44.226 (00:02:00)	0:31:45.173 (00:01:59)	0:33:44.173 (00:01:59)	0:35:48.083 (00:02:00)	0:37:48.410 (00:02:00)	0:39:48.403 (00:02:00)	0:41:50.070 (00:02:01)	0:43:47.870 (00:01:57)	0:45:47.673 (00:01:59)	0:47:48.010 (00:02:00)	0:49:32.480 (00:01:44)
13	2	2	ΓΥΝΑΙΚΩΝ	Fem ale	125	ΕΛΕΝΗ ΣΤΑΓΑΚΗ		0:01:53.630	0:03:44.096 (00:01:50)	0:05:34.053 (00:01:49)	0:07:24.300 (00:01:50)	0:09:20.093 (00:01:54)	0:11:15.060 (00:01:54)	0:13:09.786 (00:02:02)	0:15:06.353 (00:01:56)	0:17:09.256 (00:02:02)	0:19:05.280 (00:01:56)	0:21:08.140 (00:02:02)	0:23:04.413 (00:01:56)	0:25:06.776 (00:02:02)	0:27:09.196 (00:02:01)	0:29:10.643 (00:02:02)	0:31:13.560 (00:02:02)	0:33:19.946 (00:02:06)	0:35:23.723 (00:02:06)	0:37:28.886 (00:02:05)	0:39:32.130 (00:02:03)	0:41:40.226 (00:02:03)	0:43:47.766 (00:02:03)	0:45:54.306 (00:02:06)	0:47:59.306 (00:02:05)	0:49:54.676 (00:01:55)
14	3	3	ΓΥΝΑΙΚΩΝ	Fem ale	128	ΓΕΩΡΓΙΑ ΠΑΓΓΕΙΟΥ		0:02:15.856	0:04:42.956 (00:02:27)	0:07:14.366 (00:02:31)	0:09:45.576 (00:02:31)	0:12:21.753 (00:02:36)	0:14:50.906 (00:02:29)	0:17:22.933 (00:02:32)	0:19:58.243 (00:02:35)	0:22:33.393 (00:02:35)	0:25:10.563 (00:02:37)	0:27:48.380 (00:02:37)	0:30:25.370 (00:02:36)	0:33:02.096 (00:02:36)	0:35:40.180 (00:02:38)	0:38:16.270 (00:02:36)	0:40:53.816 (00:02:37)	0:43:30.480 (00:02:36)	0:46:09.690 (00:02:39)	0:48:47.913 (00:02:38)	0:51:26.713 (00:02:38)	0:54:08.323 (00:02:41)	0:56:51.453 (00:02:43)	0:59:33.106 (00:02:41)	1:02:12.023 (00:02:38)	1:04:46.766 (00:02:34)

10km Σκυρόλη

Rank	By Gen	By Cat	Cat.	Gender	BIB	Name	Club	lap 1 10km	lap 2 10km	lap 3 10km	lap 4 10km	lap 5 10km	lap 6 10km	lap 7 10km	lap 8 10km	lap 9 10km	lap 10 10km	lap 11 10km	lap 12 10km	lap 13 10km	lap 14 10km	lap 15 10km	lap 16 10km	lap 17 10km	lap 18 10km	lap 19 10km	lap 20 10km	lap 21 10km	lap 22 10km	lap 23 10km	lap 24 10km	Finish 10km
1	1	1	ΑΝΔΡΩΝ	Male	600	ΣΔΥΙ TEAM		0:01:25.737	0:02:44.630 (00:01:18)	0:04:09.197 (00:01:24)	0:05:32.840 (00:01:23)	0:06:44.503 (00:01:11)	0:08:08.553 (00:01:24)	0:09:36.457 (00:01:27)	0:11:06.290 (00:01:29)	0:12:38.990 (00:01:32)	0:14:06.697 (00:01:27)	0:15:40.730 (00:01:34)	0:17:16.703 (00:01:35)	0:18:50.907 (00:01:34)	0:20:22.347 (00:01:31)	0:21:48.590 (00:01:26)	0:23:11.203 (00:01:22)	0:24:40.967 (00:01:29)	0:26:09.640 (00:01:28)	0:27:38						