

1ο Kosmira Trail Run 2023 ΔΙΑΔΡΟΜΗ 5KM

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 5KM	FINISH 5KM
1	1	1	ALL	Male	1009	Greek	PETROS LOLIS	-	E.K.A. ΔΩΔΩΝΗ ΙΩΑΝΝΙΝΩΝ	0:00:00.390(00:00:00)	0:20:55.607(00:20:55)
2	2	2	ALL	Male	1106	GREEK	ALEXANDROS PERVANAS	-		0:00:01.470(00:00:00)	0:21:08.314(00:21:06)
3	3	3	ALL	Male	1033	Greek	MIXALIS RARRAS	-	ΣΔΙ	0:00:01.644(00:00:00)	0:21:33.480(00:21:31)
4	4	4	ALL	Male	1112	GREEK	CHRISTOS SYRMAKESIS	-		0:00:01.804(00:00:00)	0:22:28.484(00:22:26)
5	5	5	ALL	Male	1019	Greek	GIORGOS KAKAVAS	-		0:00:05.917(00:00:00)	0:22:29.934(00:22:24)
6	6	6	ALL	Male	1012	Greek	STERGIOS GORGOLIS	-		0:00:01.804(00:00:00)	0:22:33.410(00:22:31)
7	7	7	ALL	Male	1032	Greek	THEODOROS ARLETOS	-	ΣΔΙ	0:00:02.840(00:00:00)	0:22:39.374(00:22:36)
8	8	8	ALL	Male	1107	GREEK	MARINOS CHRIAS	-		0:00:00.390(00:00:00)	0:22:53.480(00:22:53)
9	1	9	ALL	Female	1103	GREEK	STAVROULA PAPADOPOULOU	-		0:00:00.637(00:00:00)	0:24:14.207(00:24:13)
10	9	10	ALL	Male	1068	Greek	OMIROS THEODORIDIS	-	Revolution fit	0:00:04.810(00:00:00)	0:24:26.674(00:24:21)
11	10	11	ALL	Male	1014	Greek	KONSTANTINOS HARALAMPOUS	-		0:00:01.644(00:00:00)	0:24:37.940(00:24:36)
12	11	12	ALL	Male	1017	Greek	NAPOLEON MPALTOGIANNIS	-		0:00:02.630(00:00:00)	0:24:41.327(00:24:38)
13	12	13	ALL	Male	1002	Greek	DIMITRIOS SINTOS	-		0:00:02.894(00:00:00)	0:25:15.670(00:25:12)
14	13	14	ALL	Male	1070	Greek	KYRIAKOS THEODORIDIS	-	Revolution fit	0:00:05.917(00:00:00)	0:25:54.284(00:25:48)
15	14	15	ALL	Male	1100	Greek	PARIS KALIVAS	-	REVOLUTION FIT	0:00:04.810(00:00:00)	0:26:11.777(00:26:06)
16	15	16	ALL	Male	1072	Greek	TRIANTAFILLOS VALTADOROS	-	Revolution fit	0:00:04.887(00:00:00)	0:26:13.637(00:26:08)
17	16	17	ALL	Male	1062	Greek	STEFANOS KIRIAKIDIS	-	Revolution fit	0:00:05.917(00:00:00)	0:26:15.830(00:26:09)
18	2	18	ALL	Female	1057	Greek	CHRYSA PANOU	-	Revolution fit	0:00:01.470(00:00:00)	0:26:17.637(00:26:16)
19	17	19	ALL	Male	1102	Greek	STAVROS KARATASOS	-	Team all in	0:00:05.917(00:00:00)	0:26:18.637(00:26:12)
20	3	20	ALL	Female	1101	Greek	DESPOINA NTAFLOU	-	Team all in	0:00:04.887(00:00:00)	0:26:19.314(00:26:14)
21	4	21	ALL	Female	1093	GREEK	ALEXANDRA SOROGA	-	EKA DODONI IOANNINA	0:00:00.874(00:00:00)	0:26:23.594(00:26:22)
22	18	22	ALL	Male	1006	Greek	DIMITRIOS KARANTZINIS	-		0:00:01.644(00:00:00)	0:26:29.694(00:26:28)
23	19	23	ALL	Male	1056	Greek	ALEXANDROS BLETSAS	-	Revolution fit	0:00:01.580(00:00:00)	0:26:51.700(00:26:50)
24	20	24	ALL	Male	1049	Greek	PANAGIOTIS MANTZIOS	-	Revolution fit	0:00:06.120(00:00:00)	0:26:59.470(00:26:53)
25	21	25	ALL	Male	1024	Greek	EVAGGELOS NOUSIAS	-		0:00:02.574(00:00:00)	0:27:33.267(00:27:30)
26	22	26	ALL	Male	1118	GREEK	DIMITRIS MPLETSAS	-		0:00:04.887(00:00:00)	0:27:55.034(00:27:50)
27	23	27	ALL	Male	1097	Greek	ANDREAS ZOTOS	-	STUDIO IRAKLIS	0:00:02.540(00:00:00)	0:27:59.584(00:27:57)
28	24	28	ALL	Male	1074	Greek	TRIANTAFILLOS TARNANAS	-	Revolution fit	0:00:07.110(00:00:00)	0:28:58.094(00:28:50)
29	25	29	ALL	Male	1111	GREEK	DIMITRIOS ALEXIS	-		0:00:02.597(00:00:00)	0:29:09.297(00:29:06)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 5KM	FINISH 5KM
30	5	30	ALL	Female	1083	Greek	GEORGIA XATZIMOURATIDOU	-	Revolution fit	0:00:08.144(00:00:00)	0:29:21.004(00:29:12)
31	26	31	ALL	Male	1048	Greek	STEFANOS SEVASTIADIS	-	Revolution fit	0:00:07.110(00:00:00)	0:30:10.484(00:30:03)
32	27	32	ALL	Male	1085	Greek	THANASIS KARADAGLHS	-	Revolution fit	0:00:08.207(00:00:00)	0:30:27.387(00:30:19)
33	28	33	ALL	Male	1036	Greek	ANTONIOS NTOULAS	-	ΣΔΙ	0:00:02.894(00:00:00)	0:30:31.220(00:30:28)
34	6	34	ALL	Female	1023	Greek	STAMATELA VASILAKI	-	Σύλλογος δρομέων Ιωαννίνων	0:00:02.754(00:00:00)	0:31:01.950(00:30:59)
35	29	35	ALL	Male	1098	Greek	STEFANOS STEFANOU	-		0:00:07.067(00:00:00)	0:31:41.440(00:31:34)
36	30	36	ALL	Male	1061	Greek	DIMITRIS LAMPRIANIDIS	-	Revolution fit	0:00:09.277(00:00:00)	0:31:47.670(00:31:38)
37	7	37	ALL	Female	1025	Greek	EUGENIA ZARAGKA	-	Αθλητική Ακαδημία Ιωαννινων	0:00:04.887(00:00:00)	0:31:55.327(00:31:50)
38	8	38	ALL	Female	1076	Greek	DIMITRA VLACHA	-	Revolution fit	0:00:04.810(00:00:00)	0:32:16.767(00:32:11)
39	9	39	ALL	Female	1022	Greek	MARIA NOUSIA	-		0:00:02.630(00:00:00)	0:32:40.717(00:32:38)
40	31	40	ALL	Male	1011	Greek	FILIPPOS BAZAKAS	-		0:00:10.504(00:00:00)	0:33:35.184(00:33:24)
41	32	41	ALL	Male	1117	GREEK	IASONAS MANTZIOS	-		0:00:05.967(00:00:00)	0:33:56.627(00:33:50)
42	33	42	ALL	Male	1088	Greek	DIMITRIOS KALIARDAS	-		0:00:04.887(00:00:00)	0:34:00.450(00:33:55)
43	34	43	ALL	Male	1110	GREEK	NIKOS AGGELIS	-		0:00:09.464(00:00:00)	0:34:01.330(00:33:51)
44	35	44	ALL	Male	1109	GREEK	MANOLIS NOUSIS	-		0:00:09.277(00:00:00)	0:34:05.047(00:33:55)
45	10	45	ALL	Female	1058	Greek	ELEYTHERIA PAPADIMITRIOU	-	Revolution fit	0:00:05.917(00:00:00)	0:34:20.907(00:34:14)
46	36	46	ALL	Male	1113	GREEK	DIMITRIOS MARKOULAS	-		0:00:09.277(00:00:00)	0:34:32.237(00:34:22)
47	37	47	ALL	Male	1028	Greek	NIKOLAOS NTAVONIS	-		0:00:08.144(00:00:00)	0:35:03.344(00:34:55)
48	38	48	ALL	Male	1094	GREEK	VLASIOS OIKONOMOU	-	MONO PAS	0:00:06.250(00:00:00)	0:35:07.084(00:35:00)
49	39	49	ALL	Male	1060	Greek	AGGELOS LAFAZANIDHS	-	Revolution fit	0:00:09.297(00:00:00)	0:35:11.657(00:35:02)
50	40	50	ALL	Male	1115	GREEK	EVANGELOS MANTZIOS	-		0:00:05.967(00:00:00)	0:35:12.967(00:35:07)
51	11	51	ALL	Female	1116	GREEK	KONSTANTINA MANTZIOU	-		0:00:05.967(00:00:00)	0:35:12.967(00:35:07)
52	41	52	ALL	Male	1114	GREEK	APOSTOLOS PAXINOS	-		0:00:07.314(00:00:00)	0:35:14.064(00:35:06)
53	12	53	ALL	Female	1003	GREEK	NATALIA KYRIAKOU	-	REVOLUTION FIT	0:00:44.670(00:00:00)	0:35:21.134(00:34:36)
54	13	54	ALL	Female	1082	Greek	ELENI XATZIMOURATIDOU	-	Revolution fit	0:00:08.207(00:00:00)	0:35:26.857(00:35:18)
55	14	55	ALL	Female	1037	Greek	EFI TZIMA	-	ΣΔΙ	0:00:02.894(00:00:00)	0:35:51.250(00:35:48)
56	42	56	ALL	Male	1034	Greek	GEORGIOS MAMALIS	-	ΣΔΙ	0:00:03.497(00:00:00)	0:35:52.180(00:35:48)
57	15	57	ALL	Female	1055	Greek	AIKATERINI VRANOU	-	Revolution fit	0:00:05.967(00:00:00)	0:35:58.574(00:35:52)
58	16	58	ALL	Female	1079	Greek	PANAGIOTA LOLOU	-	Revolution fit	0:00:06.250(00:00:00)	0:36:00.550(00:35:54)
59	17	59	ALL	Female	1035	Greek	KALLIOPI ZOI	-	ΣΔΙ	0:00:02.950(00:00:00)	0:36:01.860(00:35:58)
60	43	60	ALL	Male	1080	Greek	EVANGELOS SIOKOLIS	-	Revolution fit	0:00:06.250(00:00:00)	0:36:04.800(00:35:58)
61	44	61	ALL	Male	1021	Greek	BALTOGIANNIS ALEXANDROS	-	ZAGORI WATER	0:00:19.030(00:00:00)	0:36:39.160(00:36:20)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 5KM	FINISH 5KM
62	45	62	ALL	Male	1015	Greek	STEFANOS MPOTSIOS	-	Ανεξάρτητος	0:00:00.390(00:00:00)	0:37:01.034(00:37:00)
63	18	63	ALL	Female	1089	Greek	KATERINA ZYGOURI	-		0:00:04.887(00:00:00)	0:37:09.014(00:37:04)
64	19	64	ALL	Female	1010	Greek	MARIANTII MPOIKOU	-		0:00:02.597(00:00:00)	0:37:58.427(00:37:55)
65	46	65	ALL	Male	1081	Greek	MAKIS GOULAS	-	Revolution fit	0:00:04.887(00:00:00)	0:38:04.800(00:37:59)
66	47	66	ALL	Male	1007	Greek	EVANGELOS. PAPAZOTOS	-		0:00:04.887(00:00:00)	0:39:04.080(00:38:59)
67	48	67	ALL	Male	1004	Greek	NIKOLAOS MANOLIS	-		0:00:03.010(00:00:00)	0:40:14.710(00:40:11)
68	20	68	ALL	Female	1105	GREEK	KATERINA SIOULI	-		0:00:04.810(00:00:00)	0:40:16.484(00:40:11)
69	21	69	ALL	Female	1095	greek	ROZA OUSTA	-		0:00:05.917(00:00:00)	0:40:17.907(00:40:11)
70	22	70	ALL	Female	1065	Greek	EVRIDIKI MOURATOGLOY	-	Revolution fit	0:00:08.207(00:00:00)	0:40:59.797(00:40:51)
71	23	71	ALL	Female	1071	Greek	EFSTARATIA SIMOULI	-	Revolution fit	0:00:08.207(00:00:00)	0:41:01.220(00:40:53)
72	24	72	ALL	Female	1051	Greek	KONSTANTINA LEFA	-	Revolution fit	0:00:03.670(00:00:00)	0:41:50.434(00:41:46)
73	25	73	ALL	Female	1040	Greek	ATHINA GANI	-	Revolution fit	0:00:05.967(00:00:00)	0:41:51.750(00:41:45)
74	26	74	ALL	Female	1008	Greek	ELENI TRIANTAFYLLOU	-		0:00:03.767(00:00:00)	0:41:54.590(00:41:50)
75	27	75	ALL	Female	1020	Greek	FOIVI NIKOLAIDOU	-	Πεζοπόροι Ορειβάτες Δρομείς ΝΕΑΣ ΖΙΧΝΗΣ	0:00:07.067(00:00:00)	0:42:33.670(00:42:26)
76	28	76	ALL	Female	1038	Greek	BASILIKI TSOUNI	-	ΣΔΙ	0:00:02.754(00:00:00)	0:42:50.707(00:42:47)
77	29	77	ALL	Female	1018	Greek	EIRINI DEMERTZI	-		0:00:10.607(00:00:00)	0:43:24.610(00:43:14)
78	49	78	ALL	Male	1005	Greek	KOSTAS TZIKOPOULOS	-		0:00:11.424(00:00:00)	0:43:33.030(00:43:21)
79	30	79	ALL	Female	1052	Greek	ELEYTHERIA PALASKA	-	Revolution fit	0:00:02.894(00:00:00)	0:43:49.220(00:43:46)
80	31	80	ALL	Female	1050	Greek	KATERINA LEFA	-	Revolution fit	0:00:03.670(00:00:00)	0:43:50.530(00:43:46)
81	50	81	ALL	Male	1027	Greek	LAZAROS TSIAMATIS	-		0:09:49.744(00:00:00)	0:43:51.844(00:34:02)
82	32	82	ALL	Female	1090	Greek	ARTEMIS KARAMPINA	-		0:00:08.144(00:00:00)	0:43:56.214(00:43:48)
83	33	83	ALL	Female	1104	GREEK	THEODORA KOSTAGIANNI	-		0:00:03.607(00:00:00)	0:44:01.027(00:43:57)
84	51	84	ALL	Male	1084	Greek	AKIS NTIVANIS	-	Revolution fit	0:00:08.144(00:00:00)	0:44:07.264(00:43:59)
85	34	85	ALL	Female	1026	Greek	AGGELIKI-SOFIA FRAGKOU	-		0:09:48.584(00:00:00)	0:45:26.234(00:35:37)
86	52	86	ALL	Male	1016	Greek	TILEMACHOS TZINEROS	-		0:00:09.464(00:00:00)	0:46:22.484(00:46:13)
87	35	87	ALL	Female	1092	Greek	AMARYLLIS BISTA	-		0:00:08.414(00:00:00)	0:46:31.134(00:46:22)
88	36	88	ALL	Female	1029	Greek	VENETIA CHRISTODOULOU	-		0:09:51.414(00:00:00)	0:49:03.890(00:39:12)
89	53	89	ALL	Male	1030	Greek	MPLETSAS STATHIS	-		0:00:09.277(00:00:00)	0:52:00.094(00:51:50)
90	37	90	ALL	Female	1091	Greek	AGGELIKI SINTOU	-		0:00:08.144(00:00:00)	0:55:04.924(00:54:56)
91	54	91	ALL	Male	1108	GREEK	DIMITRIOS BARELIS	-		0:00:01.637(00:00:00)	-