

## ΤΡΟΦΟΝΙΟΣ 2023 10ΧΛΜ

| Rank | By Gen. | By Cat. | Cat. | Gender | BIB | Country | Name                      | YOB | Club                             | Start                 | 5km                   | Finish 10km           |
|------|---------|---------|------|--------|-----|---------|---------------------------|-----|----------------------------------|-----------------------|-----------------------|-----------------------|
| 1    | 1       | 1       | ALL  | Male   | 122 | GR      | ΔΗΜΗΤΡΗΣ ΚΟΤΣΟΛΑΡΗΣ       | -   | ΣΧΟΠ ΘΗΒΑΣ                       | 0:00:03.363(00:00:00) | 0:18:29.320(00:18:25) | 0:37:19.700(00:37:16) |
| 2    | 2       | 2       | ALL  | Male   | 114 | GR      | ΚΩΝΣΤΑΝΤΙΝΟΣ ΖΗΝΔΡΟΣ      | -   | Α.Κ.Ο.Λ.                         | 0:00:03.390(00:00:00) | 0:22:15.803(00:22:12) | 0:43:25.650(00:43:22) |
| 3    | 3       | 3       | ALL  | Male   | 143 |         | ΙΟΡΔΑΝΗΣ ΜΑΚΡΟΠΟΥΛΟΣ      | -   | ΔΡΟΜΕΙΣ ΕΥΒΟΙΑΣ                  | 0:00:00.940(00:00:00) | 0:22:06.546(00:22:05) | 0:44:05.146(00:44:04) |
| 4    | 4       | 4       | ALL  | Male   | 139 | GR      | ΣΤΥΛΙΑΝΟΣ ΤΣΟΠΑΝΑΚΗΣ      | -   | Α.Π.Σ ΔΡΟΜΕΩΝ ΕΥΒΟΙΑΣ / PANDAFIT | 0:00:00.470(00:00:00) | 0:21:52.306(00:21:51) | 0:45:28.133(00:45:27) |
| 5    | 5       | 5       | ALL  | Male   | 133 | GR      | ΔΗΜΗΤΡΗΣ ΠΟΛΥΤΑΡΧΟΥ       | -   |                                  | 0:00:05.616(00:00:00) | 0:22:35.290(00:22:29) | 0:45:43.383(00:45:37) |
| 6    | 6       | 6       | ALL  | Male   | 134 | GR      | ΘΑΝΑΣΗΣ ΣΙΔΕΡΗΣ           | -   | ΑΚΟΛ                             | 0:00:00.990(00:00:00) | 0:23:20.536(00:23:19) | 0:46:53.376(00:46:52) |
| 7    | 1       | 7       | ALL  | Female | 129 | GR      | ΕΛΕΝΗ ΜΩΡΑΪΤΗ             | -   | ΑΛΙΑΡΤΙΣΤΑΣ                      | 0:00:01.173(00:00:00) | 0:23:36.033(00:23:34) | 0:48:46.173(00:48:45) |
| 8    | 7       | 8       | ALL  | Male   | 109 | GR      | ΛΟΥΚΑΣ ΓΙΑΝΝΑΚΟΠΟΥΛΟΣ     | -   |                                  | 0:00:11.140(00:00:00) | 0:24:53.286(00:24:42) | 0:50:54.846(00:50:43) |
| 9    | 8       | 9       | ALL  | Male   | 140 | GR      | ΧΡΗΣΤΟΣ ΚΟΚΚΑΛΗΣ          | -   | ΑΛΙΑΡΤΙΣΤΑΣ                      | 0:00:05.606(00:00:00) | 0:25:26.773(00:25:21) | 0:51:57.590(00:51:51) |
| 10   | 9       | 10      | ALL  | Male   | 116 | GR      | ΒΑΓΓΕΛΗΣ ΚΑΛΛΙΑΝΤΑΣΗΣ     | -   |                                  | 0:00:05.726(00:00:00) | 0:25:16.023(00:25:10) | 0:51:57.600(00:51:51) |
| 11   | 10      | 11      | ALL  | Male   | 108 | GR      | ΓΙΑΝΝΗΣ ΓΙΑΝΝΑΚΟΠΟΥΛΟΣ    | -   |                                  | 0:00:11.316(00:00:00) | 0:25:14.023(00:25:02) | 0:52:27.336(00:52:16) |
| 12   | 2       | 12      | ALL  | Female | 105 | GR      | ΚΩΝΣΤΑΝΤΙΝΑ ΑΝΔΡΙΚΟΠΟΥΛΟΥ | -   | SANTA RUNNING TEAM               | 0:00:05.910(00:00:00) | 0:26:31.516(00:26:25) | 0:52:53.333(00:52:47) |
| 13   | 11      | 13      | ALL  | Male   | 126 | GR      | ΑΚΗΣ ΜΑΝΩΛΑΡΟΣ            | -   | ΣΔΥΜ ΘΗΒΑΣ                       | 0:00:08.696(00:00:00) | 0:25:43.023(00:25:34) | 0:53:00.833(00:52:52) |
| 14   | 12      | 14      | ALL  | Male   | 117 | GR      | ΓΕΩΡΓΙΟΣ ΚΑΛΟΠΗΤΑΣ        | -   |                                  | 0:00:07.616(00:00:00) | 0:25:42.280(00:25:34) | 0:53:10.583(00:53:02) |
| 15   | 13      | 15      | ALL  | Male   | 104 | GR      | ΠΛΑΤΩΝΑΣ ΑΝΑΣΤΑΣΙΟΥ       | -   | ΑΚΟ ΛΙΒΑΔΕΙΑΣ                    | 0:00:08.930(00:00:00) | 0:25:59.270(00:25:50) | 0:53:21.050(00:53:12) |
| 16   | 14      | 16      | ALL  | Male   | 124 | GR      | ΔΗΜΗΤΡΗΣ ΚΡΟΜΜΥΔΑΣ        | -   | DESFINA RUNNERS                  | 0:00:06.113(00:00:00) | 0:26:57.523(00:26:51) | 0:53:59.576(00:53:53) |
| 17   | 15      | 17      | ALL  | Male   | 120 | GR      | ΓΙΑΝΝΗΣ ΚΟΡΟΓΙΑΝΝΟΣ       | -   | Α.Κ.Ο ΛΙΒΑΔΕΙΑΣ                  | 0:00:02.916(00:00:00) | 0:25:51.020(00:25:48) | 0:54:55.573(00:54:52) |
| 18   | 16      | 18      | ALL  | Male   | 111 | GR      | ΧΡΟΝΗΣ ΔΕΡΜΑΤΗΣ           | -   |                                  | 0:00:13.453(00:00:00) | 0:28:02.743(00:27:49) | 0:56:50.556(00:56:37) |
| 19   | 17      | 19      | ALL  | Male   | 123 | GR      | ΙΩΑΝΝΗΣ ΚΟΥΤΣΑΜΠΑΣΗΣ      | -   |                                  | 0:00:08.280(00:00:00) | 0:28:41.013(00:28:32) | 0:56:51.050(00:56:42) |
| 20   | 3       | 20      | ALL  | Female | 135 | GR      | ΧΑΡΟΥΛΑ ΣΤΑΜΟΥΛΑ          | -   | Α.Κ.Ο.Λ.                         | 0:00:00.953(00:00:00) | 0:27:29.030(00:27:28) | 0:56:54.316(00:56:53) |
| 21   | 18      | 21      | ALL  | Male   | 127 | GR      | ΚΩΣΤΑΣ ΜΠΕΖΑΪΤΗΣ          | -   | ΑΛΙΑΡΤΙΣΤΑΣ                      | 0:00:06.483(00:00:00) | 0:29:05.520(00:28:59) | 0:58:22.796(00:58:16) |
| 22   | 19      | 22      | ALL  | Male   | 137 | GR      | ΑΝΑΣΤΑΣΙΟΣ ΤΡΙΑΝΤΑΦΥΛΛΟΥ  | -   |                                  | 0:00:06.916(00:00:00) | 0:28:40.510(00:28:33) | 0:58:25.296(00:58:18) |
| 23   | 20      | 23      | ALL  | Male   | 118 | GR      | ΠΑΝΑΓΙΩΤΗΣ ΚΑΤΣΑΡΕΛΗΣ     | -   | Α.Ο.ΔΡΟΜΕΩΝ ΛΙΒΑΔΕΙΑΣ            | 0:00:04.940(00:00:00) | 0:28:17.503(00:28:12) | 0:58:33.543(00:58:28) |
| 24   | 21      | 24      | ALL  | Male   | 138 | GR      | ΝΙΚΟΣ ΤΣΙΑΤΗΣ             | -   |                                  | 0:00:07.216(00:00:00) | 0:28:32.500(00:28:25) | 0:59:10.293(00:59:03) |
| 25   | 22      | 25      | ALL  | Male   | 110 | GR      | ΔΗΜΗΤΡΗΣ ΓΟΥΓΟΥΣΗΣ        | -   | ΕΡΓΟ ΚΑΙ ΠΑΙΔΙ                   | 0:00:07.230(00:00:00) | 0:29:46.993(00:29:39) | 0:59:21.540(00:59:14) |
| 26   | 23      | 26      | ALL  | Male   | 102 | GR      | ΒΑΓΓΕΛΗΣ ΑΓΡΑΦΙΩΤΗΣ       | -   | ΑΚΟΛ                             | 0:00:04.976(00:00:00) | 0:29:03.000(00:28:58) | 0:59:55.800(00:59:50) |
| 27   | 24      | 27      | ALL  | Male   | 144 |         | ΘΑΝΑΣΗΣ ΣΠΥΡΟΥ            | -   | ΔΡΟΜΕΙΣ ΕΥΒΟΙΑΣ                  | 0:00:00.946(00:00:00) | 0:28:20.253(00:28:19) | 1:02:29.270(01:02:28) |

| Rank | By Gen. | By Cat. | Cat. | Gender | BIB | Country | Name                  | YOB | Club           | Start                 | 5km                    | Finish 10km            |
|------|---------|---------|------|--------|-----|---------|-----------------------|-----|----------------|-----------------------|------------------------|------------------------|
| 28   | 25      | 28      | ALL  | Male   | 106 | GR      | ΒΑΣΙΛΗΣ ΑΝΕΣΤΗΣ       | -   | ΕΡΓΟ ΚΑΙ ΠΑΙΔΙ | 0:00:06.946(00:00:00) | 0:30:25.750(00:30:18)  | 1:04:05.980(01:03:59)  |
| 29   | 4       | 29      | ALL  | Female | 131 | GR      | ΧΡΥΣΑ ΠΑΝΑΓΙΩΤΟΠΟΥΛΟΥ | -   | ΑΚΟΛ           | 0:00:04.283(00:00:00) | 0:31:02.493(00:30:58)  | 1:04:50.753(01:04:46)  |
| 30   | 5       | 30      | ALL  | Female | 119 | GR      | ΘΕΟΔΩΡΑ ΚΑΤΣΙΜΠΑ      | -   | HAPPY RUNNERS  | 0:00:06.963(00:00:00) | 0:31:25.490(00:31:18)  | 1:06:22.990(01:06:16)  |
| 31   | 26      | 31      | ALL  | Male   | 112 | GR      | ΑΡΙΣΤΕΙΔΗΣ ΔΡΑΓΑΝΙΓΟΣ | -   |                | 0:00:07.430(00:00:00) | 0:31:24.240(00:31:16)  | 1:06:23.250(01:06:15)  |
| 32   | 27      | 32      | ALL  | Male   | 142 |         | ΓΙΑΝΝΗΣ ΛΙΤΣΑΣ        | -   |                | 0:00:10.946(00:00:00) | 0:33:49.970(00:33:39)  | 1:08:41.226(01:08:30)  |
| 33   | 6       | 33      | ALL  | Female | 121 | GR      | ΠΑΡΑΣΚΕΥΗ ΚΟΤΣΙΝΑ     | -   |                | 0:00:10.670(00:00:00) | 0:33:50.756(00:33:40)  | 1:08:43.476(01:08:32)  |
| 34   | 7       | 34      | ALL  | Female | 136 | GR      | ΓΕΩΡΓΙΑ ΤΖΑΒΑΡΑ       | -   |                | 0:00:10.156(00:00:00) | 0:33:51.213(00:33:41)  | 1:08:47.473(01:08:37)  |
| 35   | 28      | 35      | ALL  | Male   | 141 |         | ΛΑΜΠΡΟΣ ΚΟΥΤΑΛΑΣ      | -   | ΑΚΟ ΛΙΒΑΔΕΙΑΣ  | 0:00:08.673(00:00:00) | 0:36:17.210(00:36:08)  | 1:17:56.413(01:17:47)  |
| 36   | 29      | 36      | ALL  | Male   | 103 | GR      | ΘΕΟΧΑΡΗΣ ΑΝΑΣΤΑΣΙΟΥ   | -   | ΑΚΟ ΛΙΒΑΔΕΙΑΣ  | 0:00:14.193(00:00:00) | 0:38:56.680(00:38:42)  | 1:18:02.660(01:17:48)  |
| 37   | 8       | 37      | ALL  | Female | 101 | GR      | MARIA GKIKΑ           | -   |                | -                     | 0:42:33.403 (--:--:--) | 1:26:31.103 (--:--:--) |