

**KOUMARIA TRAIL 2024 21km**

Rank	By	Gen	By	Cat	Cat.	Gender	BIB	Name	YOB	Club	START	21km
1	1	1	18-39	Male	21126	MANOLIS POURIKAS	2000				0:00:02	1:56:35
2	2	2	18-39	Male	21117	SOTIRIOS PAPAPOSTOLOU	1996				0:00:03	2:01:30
3	3	3	18-39	Male	21007	ANDREAS ANDRIOPOULOS	1990	ON RUNNING			0:00:02	2:10:23
4	4	4	18-39	Male	21166	PANAGIOTIS PLOTAS					0:00:03	2:15:03
5	5	1	40-49	Male	21155	PETROS TZENERALIS	1983	MAD GOATS			0:00:06	2:17:19
6	6	2	40-49	Male	21091	PANAGIOTIS MOSCHONAS	1983	MAD GOATS			0:00:06	2:25:46
7	7	5	18-39	Male	21098	IOANNIS FILIPPOS NIKOPOULOS	1985	FREE SOLO			0:00:05	2:25:46
8	8	6	18-39	Male	21033	DIMITRIS FLYTZANIS	1991				0:00:08	2:26:48
9	9	7	18-39	Male	21019	PARASKEVAS CHRYSOVIITSANOS	1986	THE FUNCTIONAL DEPARTMENT			0:00:08	2:27:17
10	10	8	18-39	Male	21073	DIMITRIOS KRIARAS	1991				0:00:08	2:28:09
11	11	3	40-49	Male	21010	ΗΛΙΑΣ ARGITHS	1980	Σ.Δ.Υ.ΠΑΤΡΑΣ			0:00:03	2:30:19
12	12	4	40-49	Male	21138	CHRISTOS STAVRAKIS	1984				0:00:04	2:31:46
13	13	5	40-49	Male	21154	ATHANASIOS TSIRIMIAGKOS	1979	KASSIOS DIAS			0:00:04	2:33:08
14	1	6	40-49	Female	21150	DIMITRA TSALOKOSTA	1976				0:00:06	2:33:18
15	14	1	>50	Male	21043	SAIMON GOUL	-1966				0:00:07	2:33:31
16	15	9	18-39	Male	21059	IOANNIS KARALIAS	1990	DIMOPOULOS COACHING			0:00:11	2:34:17
17	16	10	18-39	Male	21169	DIMITRIS KARAKASILIS	-2024				0:00:09	2:35:51
18	17	7	40-49	Male	21140	NIKOLAOS STRATIKIS	1983				0:00:11	2:36:02
19	18	11	18-39	Male	21036	MICHALIS GAVALAS	1988	AMORGOS RUNNING TEAM (ART)			0:00:08	2:37:43
20	19	12	18-39	Male	21081	NIKOLAOS MAOUNIS	1992	ALL TERRAIN RUNNERS			0:00:06	2:38:03
21	20	13	18-39	Male	21041	GEORGIOS GKOGKOS	1995	ALL-IN RUNNING TEAM			0:00:04	2:38:07
22	21	8	40-49	Male	21084	ALEXANDROS MAVRONAS	1978	KASSIOS DIAS			0:00:06	2:38:35
23	22	14	18-39	Male	21020	LIAKOS DERMATAS	1985	DRC ATHENS			0:00:04	2:38:38
24	23	9	40-49	Male	21160	PANAGIOTIS VASILOPOULOS	1978				0:00:04	2:40:15
25	24	2	>50	Male	21135	SPYROS SPYROPOULOS	1972				0:00:04	2:41:57
26	25	15	18-39	Male	21038	ΓΕΩΡΓΙΟΣ GKANTZOS	1993	DRC			0:00:07	2:42:16
27	26	3	>50	Male	21065	DHIMITER KONOMI	1971	ΣΜΑΧ ΦΕΙΔΙΠΠΙΔΗΣ			0:00:05	2:42:30
28	27	4	>50	Male	21058	GEORGE KARAKITSOS	1972	TRAIL RUNNERS PATRAS			0:00:03	2:42:45
29	28	16	18-39	Male	21046	SPYROS GRAIKOS	1989				0:00:09	2:43:08
30	29	10	40-49	Male	21070	ALEXANDROS KOURIS	1977	SOUTH CORFU RUNNERS			0:00:06	2:43:28
31	30	17	18-39	Male	21094	MIXALHΣ MPONELIS	1985	Σ.Δ.Υ.ΠΑΤΡΑΣ			0:00:08	2:45:28
32	2	18	18-39	Female	21023	PANAGIOTA DIMAKAKOU	1985	MAD GOATS			0:00:06	2:46:47
33	31	19	18-39	Male	21021	GEORGIOS DESYLLAS	1986				0:00:19	2:47:02
34	32	20	18-39	Male	21017	KONSTANTINOS CHEIMONIDIS	1993	SDYP			0:00:03	2:47:15
35	3	11	40-49	Female	21109	TIJANA PANIC	1982	KASSIOS DIAS/MYATHLETE			0:00:04	2:47:20
36	33	21	18-39	Male	21089	DIMITRIOS MITAKOS	1995				0:00:12	2:47:41
37	4	22	18-39	Female	21158	MATINA VANDOROU	1993	THE FUNCTIONAL DEPARTMENT			0:00:06	2:48:36
38	34	12	40-49	Male	21080	MARIOS MANOLOPOULOS	1980				0:00:12	2:49:18
39	35	13	40-49	Male	21088	PAVLOS MICHALOPOULOS	1980	PHYSIO-MICHALOPOULOS.GR			0:00:06	2:50:31
40	5	23	18-39	Female	21136	ΒΑΣΙΛΙΚΗ STAMOU	1990	Σ.Δ.Υ.ΠΑΤΡΑΣ			0:00:12	2:50:35
41	36	24	18-39	Male	21044	THEODOROS GOULAS	1993				0:00:12	2:53:40
42	37	14	40-49	Male	21063	KOSTIS KITAGIAS	1982	DROMIS MESOLOGIOU			0:00:06	2:54:04
43	38	15	40-49	Male	21051	GEORGIOS KALAPODAS	1981				0:00:15	2:54:56
44	39	25	18-39	Male	21008	ΓΙΑΝΝΗΣ APERGHS	1992	SOUTH CORFU RUNNERS			0:00:06	2:54:57
45	6	26	18-39	Female	21157	DANIILIDA TZOVOLOU	1989				0:00:11	2:57:26
46	40	27	18-39	Male	21129	STAVROS RIGALOS	1988				0:00:17	2:58:15
47	41	16	40-49	Male	21004	KONSTANTINOS ALYMARAS	1980				0:00:07	2:58:23
48	42	1	ALL	Male	21024	EVANGELOS DIMITRIOU	-				0:00:11	2:58:28
49	43	2	ALL	Male	21069	EVANGELOS KOTOULAS	-				0:00:13	2:58:31
50	44	28	18-39	Male	21035	DIMITRIS GALANOPOULOS	1987	BRT-KPN PATRAS			0:00:10	2:59:00
51	45	29	18-39	Male	21026	NIKOLAOS DOULOS	1988	ΣΜΑΧ ΦΕΙΔΙΠΠΙΔΗΣ			0:00:20	2:59:05
52	46	17	40-49	Male	21076	KOSTAS LIMPEROPOULOS	1983	GYM TONIC			0:00:08	2:59:11
53	47	30	18-39	Male	21159	IOANNIS VASILAS	1990				0:00:12	2:59:53
54	48	18	40-49	Male	21125	SPIROS POLITIS	1982				0:00:17	3:00:23
55	49	31	18-39	Male	21050	DIMITRIS KAKOTARITIS	1989				0:00:11	3:00:39
56	50	19	40-49	Male	21012	ALEXANDROS ASPIOTIS	1977				0:00:07	3:00:41
57	51	20	40-49	Male	21096	ΝΙΚΟΣ ΝΙΚΟΛΑΟΥ	1980	Σ.Δ.Υ.ΠΑΤΡΑΣ			0:00:24	3:01:00
58	52	32	18-39	Male	21141	IOANNIS SYKARIS	1994	KLEIO ANTONOPOULOU			0:00:13	3:01:09
59	53	5	>50	Male	21108	PANAGIOTIS PANAGOPOULOS	1965				0:00:04	3:01:11
60	54	21	40-49	Male	21128	DIMITRIOS RADOS	1983	MOUNTAIN TRAINING SOLUTIONS			0:00:10	3:01:54
61	55	22	40-49	Male	21123	ALEXANDROS PETROPOULOS	1978	ICON FITNESS			0:00:15	3:02:05
62	56	23	40-49	Male	21168	GIANNIS GALANOPOULOS	-1976				0:00:08	3:02:54
63	57	24	40-49	Male	21061	ANDREAS KARATZAS	1978				0:00:20	3:03:28
64	58	33	18-39	Male	21042	LAMPROS GKOURAS	1989				0:00:05	3:05:44
65	7	25	40-49	Female	21101	NADIA NTAOUTOVA	1978	POSEIDON LOUTRAKIOU			0:00:07	3:06:08
66	59	34	18-39	Male	21116	CONSTANTINOS PAPAGEORGIOU	1993				0:00:12	3:06:12
67	60	35	18-39	Male	21078	GEORGIOS LYSSEAS	1988				0:00:08	3:08:25
68	61	6	>50	Male	21049	SOTIRIOS KAKKAVAS	1967	KYPARISSIA			0:00:05	3:08:33
69	8	7	>50	Female	21016	ROBYN CHARLTON	1960	THE FUNCTIONAL DEPARTMENT			0:00:06	3:09:01
70	62	26	40-49	Male	21068	THEODOROS KONTOS	1984				0:00:11	3:09:54
71	63	8	>50	Male	21095	ΝΙΚΟΛΑΟΣ ΝΑΟΥΜ	1969				0:00:18	3:10:37
72	64	27	40-49	Male	21134	THODORIS SPILIOPOULOS	1981	KRI KRI RUNNING TEAM			0:00:12	3:11:07
73	65	9	>50	Male	21037	ALEXANDROS GIOTIS	1974				0:00:10	3:12:59
74	66	28	40-49	Male	21127	CHARALAMPOS PREVENTAS	1976	SYLLOGOS DROMEON TRIKALON			0:00:15	3:13:30

75	67	29	40-49	Male	21115	DIMITRIS PAPAPOPOULOS	1976		0:00:10	3:13:39
76	68	36	18-39	Male	21092	IRAKLIS MPARLAMAS	1986		0:00:20	3:13:40
77	9	37	18-39	Female	21055	KONSTANTINA KARAGIANNI	1991		0:00:12	3:13:56
78	69	30	40-49	Male	21107	FILIMON PANAGIOTOPOULOS	1978		0:00:13	3:16:12
79	10	10	>50	Female	21006	ARISTEA NTIGKOU	-1974		0:00:04	3:16:25
80	70	31	40-49	Male	21165	XRISTOS ZANNIS	1979	SMART RUN	0:00:03	3:16:52
81	71	11	>50	Male	21053	CHARALAMPOS KAPNISTIS	1970	ATHINEOI DROMEIS	0:00:09	3:17:15
82	72	38	18-39	Male	21077	DIONYSIOS LYMPEROPOULOS	1994	DRC ATHENS	0:00:08	3:17:33
83	73	39	18-39	Male	21048	STEFANOS KAFETZIS	1989	THE FUNCTIONAL DEPARTMENT	0:00:15	3:17:37
84	74	12	>50	Male	21118	THOMAS PAPAVALASSILOU	1960	ATP TRAINING- ΑΘΗΝΑΙΟΙ ΔΡΟΜΕΙΣ	0:00:08	3:18:19
85	75	32	40-49	Male	21122	STAMATIS PETROPOULOS	1978	CHUCK NORRIS TEAM	0:00:12	3:18:19
86	76	40	18-39	Male	21025	DIMITRIS DIMOPOULOS	2007		0:00:10	3:18:53
87	11	3	ALL	Female	21156	ΒΑΣΙΛΙΚΗ ΤΖΟΥΡΑΜΑΝΗ	-	DIMITRIOGLOU SPORT TEAM	0:00:09	3:18:55
88	77	33	40-49	Male	21001	PANOS AGOROS	1975	NEXI GREECE RUNNING TEAM	0:00:07	3:19:20
89	78	41	18-39	Male	21018	KONSTANTINOS CHRISTIDIS	1996		0:00:08	3:19:33
90	79	13	>50	Male	21114	CHARALAMPOS PAPAPOGEORGOS	1963	SDI AGRINIOU I'M	0:00:07	3:19:51
91	12	34	40-49	Female	21013	NIKI BOUKOUVALA	1982	ΣΔΥ ΑΓΡΙΝΙΟΥ	0:00:07	3:19:51
92	80	35	40-49	Male	21039	IOANNIS GKELOS	1980	ELXIS FITNESS CLUB XYLOKASTRO	0:00:17	3:21:11
93	81	36	40-49	Male	21071	ALEXANDROS KOUTROS	1984		0:00:10	3:21:19
94	82	37	40-49	Male	21137	KONSTANTINOS STATHOPOULOS	1983	ΣΜΑΧ ΦΕΙΔΙΠΠΙΔΗΣ	0:00:15	3:22:12
95	83	42	18-39	Male	21009	GIANNIS APOSTOLOPOYLOS	1994		0:00:03	3:22:27
96	84	38	40-49	Male	21029	DIMITRIS ELLINIADIS	1984		0:00:07	3:26:56
97	85	14	>50	Male	21087	SIFAKIS MICHAIL	1964	SAFANS	0:00:08	3:28:22
98	86	43	18-39	Male	21124	MICHAIL PILICHOS	1986	AS AKROS/PROJECT 1440	0:00:11	3:28:22
99	87	44	18-39	Male	21167	IOANNIS SYKARIS	-1994		0:00:12	3:28:48
100	88	45	18-39	Male	21083	ΠΑΝΑΓΙΩΤΗΣ MASTORIS	1998		0:00:12	3:28:53
101	89	15	>50	Male	21027	ΦΩΤΗΣ ΔΟΥΒΡΙΣ	1967	Σ.Δ.Υ.ΠΑΤΡΑΣ	0:00:15	3:29:03
102	90	39	40-49	Male	21003	KONSTANTINOS ALEXOPOULOS	1984		0:00:15	3:30:20
103	91	40	40-49	Male	21072	PANOS KOUTROS	1978		0:00:10	3:30:45
104	92	46	18-39	Male	21086	PANAGIOTIS MICHAIL	1992		0:00:18	3:32:05
105	93	41	40-49	Male	21161	KONSTANTINOS VELAORAS	1982		0:00:10	3:33:55
106	13	47	18-39	Female	21066	GEORGIA KONSTANTARA	1989		0:00:15	3:33:57
107	14	16	>50	Female	21028	MARIA DRITSA	1974	KOURKOURIKIS TRAINING GROUP	0:00:08	3:37:40
108	94	17	>50	Male	21045	ANDREAS GOURNELOS	1974	ΡΑΣ	0:00:12	3:38:13
109	95	42	40-49	Male	21152	CHRISTOS TSARAKTSIDIS	1977	MOUNTAIN TRAINING SOLUTIONS	0:00:17	3:38:13
110	96	18	>50	Male	21056	DIONYSIS KARAIKAKIS	1967	SEO PATRAS OLENOS	0:00:17	3:38:20
111	97	48	18-39	Male	21106	ΠΑΝΑΓΙΩΤΗΣ PANAGIOTOPOULOS	1986		0:00:31	3:40:00
112	98	19	>50	Male	21148	EMMANOUIL TSAGKLIS	1974		0:00:13	3:41:42
113	99	20	>50	Male	21030	TZANIS EVAGELLATOS	1973		0:00:15	3:41:42
114	100	49	18-39	Male	21121	GGEORGIOW PETRAKIS	1987	ATHLOKINISI TRAIL RUNNING	0:00:12	3:42:59
115	101	21	>50	Male	21054	PANTELIS KAPSIS	1955	FLOGA	0:00:15	3:43:53
116	102	43	40-49	Male	21164	KARAKASILIS DIMITRIS	-1984		0:00:12	3:44:56
117	103	50	18-39	Male	21143	NIKOLAOS THEODOSOPOULOS	2001	THE ADRENALINE JUNKIES	0:00:22	3:47:40
118	104	44	40-49	Male	21144	THEODOROS TOGANTZIS	1978		0:00:05	3:48:25
119	15	45	40-49	Female	21093	LINA MPIOZOY	1981		0:00:30	3:49:48
120	105	22	>50	Male	21142	GEORGIOS THEODORIS	1974		0:00:16	3:49:48
121	16	46	40-49	Female	21047	PETRA HAVLOVA	1976	SOUTH CORFU RUNNERS	0:00:17	3:50:02
122	17	47	40-49	Female	21052	ASIMINA KAPLANI	1983	OUTDOOR TRAINERS	0:00:10	3:50:42
123	18	23	>50	Female	21133	SIA SARANTOU	1972	L-CREW	0:00:10	3:54:13
124	106	24	>50	Male	21113	ABRAAM PAPAΔIMITRIOU	1971		0:00:16	3:56:15
125	107	25	>50	Male	21097	ΘΕΟΔΩΡΟΣ ΝΙΚΟΜΑΝΗΣ	1971	SOUTH CORFU RUNNERS	0:00:17	3:56:49
126	108	26	>50	Male	21149	GEORGE TSAKIRIS	1974		0:00:12	3:59:06
127	109	48	40-49	Male	21104	GEORGIOS PAGKOU	1975	PKF HELLAS RUNNING TEAM	0:00:13	4:01:17
128	110	51	18-39	Male	21034	ILIAS NIKOLAOS FRAGKOUΔAKIS	1991		0:00:15	4:02:59
129	111	49	40-49	Male	21110	DIONYSIOS PANTAZIS	1984		0:00:21	4:17:48
130	19	52	18-39	Female	21064	ΕΥΑΓΓΕΛΙΑ ΚΟΛΙΑΚΗ	1991		0:00:20	4:25:37
131	112	27	>50	Male	21132	ΓΕΩΡΓΙΟΣ ROUGGERHS	1944	ΣΥΛΛΟΓΟΣ ΣΑΦΑΝΑΣ	0:00:04	4:27:38
132	113	50	40-49	Male	21131	ΑΝΤΩΝΗΣ ROUGGERHS	1977	ΣΥΛΛΟΓΟΣ ΣΑΦΑΝΣ/ΤΟΡ CYCLES /ΑΠΣ ΤΡΟΪΑΣ	0:00:05	4:27:43
133	20	53	18-39	Female	21119	CHRISTIANNΑ PΑPPA	1998		0:00:18	4:38:57
134	114	54	18-39	Male	21120	ELEFTHERIOS PASTOS	1992		0:00:19	4:38:57
135	115	55	18-39	Male	21002	DIMITRIOS ALEXIOU	2001	THE ADRENALINE JUNKIES	0:00:21	4:44:08
136	21	28	>50	Female	21005	VICKY ANAGNOSTOPOULOU	1972	ALEX ENDURANCE GANG	0:00:17	5:25:44