

3ο Kosmira Trail Run 2025 ΔΙΑΔΡΟΜΗ 14KM

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 14KM	CP 14KM	FINISH 14KM
1	1	1	ΓΕΝΙΚΗ ΚΑΤΑΤΑΞΗ	Male	6	Greek	PETROS LOLIS	-	ΕΚΑ ΔΩΔΩΝΗ ΙΩΑΝΝΙΝΩΝΣΔ Ιωαννίνων	0:00:00.223(00:00:00)	0:40:08.063(00:40:07)	1:07:53.223(01:07:53)
2	2	2	ΓΕΝΙΚΗ ΚΑΤΑΤΑΞΗ	Male	2	Greek	THEODOROS ARLETOS	-	Sdioanninon	0:00:01.830(00:00:00)	0:40:57.880(00:40:56)	1:09:11.563(01:09:09)
3	3	3	ΓΕΝΙΚΗ ΚΑΤΑΤΑΞΗ	Male	41		STAVROS STAMOULIS	-		0:00:01.290(00:00:00)	0:40:39.563(00:40:38)	1:09:48.170(01:09:46)
4	4	1	M40-49	Male	26		SPYRIDON POLITIS	-		0:00:00.836(00:00:00)	0:42:15.600(00:42:14)	1:10:30.996(01:10:30)
5	5	1	M50+	Male	28		ILIAS NATSIAS	-		0:00:00.060(00:00:00)	0:41:13.043(00:41:12)	1:11:26.266(01:11:26)
6	6	2	M50+	Male	37		CHRISTOS GIOTAKIS	-		0:00:01.290(00:00:00)	0:44:17.980(00:44:16)	1:14:34.660(01:14:33)
7	7	2	M40-49	Male	11	Greek	IOANNIS VRYSIS	-		0:00:04.680(00:00:00)	0:46:15.153(00:46:10)	1:16:11.883(01:16:07)
8	8	1	M18-39	Male	38		PANAGIOTIS TASIOULAS	-		0:00:00.223(00:00:00)	0:45:24.940(00:45:24)	1:19:29.223(01:19:29)
9	9	2	M18-39	Male	29		ALEXANDROS FOTIADIS	-		0:00:02.160(00:00:00)	0:45:42.876(00:45:40)	1:19:31.323(01:19:29)
10	10	3	M40-49	Male	35		EMMANOUIL NOUSIS	-		0:00:01.290(00:00:00)	0:45:22.886(00:45:21)	1:20:17.380(01:20:16)
11	11	4	M40-49	Male	3	Greek	NIKOLAOS KATSAPIS	-	ΑΒΥΣΣΑΛΕΟΙ ΔΡΟΜΕΙΣ	0:00:02.590(00:00:00)	0:47:45.323(00:47:42)	1:20:19.626(01:20:17)
12	12	3	M18-39	Male	32		DIMITRIOS GIAKOS	-		0:00:02.496(00:00:00)	0:50:21.496(00:50:19)	1:20:27.900(01:20:25)
13	13	3	M50+	Male	5	Greek	GEORGIOS PAPADOPOULOS	-		0:00:04.576(00:00:00)	0:46:52.683(00:46:48)	1:20:30.973(01:20:26)
14	14	4	M18-39	Male	24		EVANGELOS GKIZAS	-		0:00:02.496(00:00:00)	0:49:59.053(00:49:56)	1:22:41.953(01:22:39)
15	15	5	M18-39	Male	17	Greek	YIANNIS ALEXAKIS	-		0:00:04.250(00:00:00)	0:48:46.090(00:48:41)	1:23:43.710(01:23:39)
16	16	5	M40-49	Male	22		NIKOLAOS KAZOUKAS	-		0:00:05.146(00:00:00)	0:52:08.680(00:52:03)	1:26:02.566(01:25:57)
17	17	6	M40-49	Male	33		NTANIEL XONTAI	-		0:00:02.276(00:00:00)	0:50:01.526(00:49:59)	1:26:10.923(01:26:08)
18	18	6	M18-39	Male	7	Greek	DIMITRIS POALAS	-	ΕΟΣ Λάιστας	0:00:06.420(00:00:00)	0:50:42.686(00:50:36)	1:26:14.233(01:26:07)
19	1	1	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	13	Greek	ASPA GKOGKOU	-	Σύλλογος Δρομέων Ιωαννίνων	0:00:01.290(00:00:00)	0:51:01.510(00:51:00)	1:26:40.983(01:26:39)
20	19	7	M18-39	Male	1	Greek	DIMITRIOS KARANTZINIS	-		0:00:03.190(00:00:00)	0:51:43.303(00:51:40)	1:28:48.070(01:28:44)
21	2	2	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	18	Greek	ILIANA STERGIOULA	-	ΑΓΣΙ	0:00:04.680(00:00:00)	0:52:47.313(00:52:42)	1:29:28.506(01:29:23)
22	20	7	M40-49	Male	14	Greek	GIORGOS NTINALEXIS	-		0:00:02.160(00:00:00)	0:50:33.383(00:50:31)	1:29:32.296(01:29:30)
23	21	4	M50+	Male	9	Greek	KONSTANTINOS IOANNOU	-		0:00:02.940(00:00:00)	0:52:03.860(00:52:00)	1:29:41.856(01:29:38)

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24	22	8	M40-49	Male	25		SPYRIDON SOLDATOS	-		0:00:00.060(00:00:00)	0:52:30.486(00:52:30)	1:31:16.006(01:31:15)
25	23	5	M50+	Male	31		ILIAS NIKOLAIDIS	-		0:00:02.940(00:00:00)	0:54:28.863(00:54:25)	1:33:38.870(01:33:35)
26	3	3	KATHΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	20	Greek	ELENI NTALAKA	-		0:00:04.680(00:00:00)	0:54:24.803(00:54:20)	1:34:23.356(01:34:18)
27	24	9	M40-49	Male	34		KONSTANTINOS PICHAS	-		0:00:04.223(00:00:00)	0:54:56.206(00:54:51)	1:36:00.926(01:35:56)
28	4	1	W40-49	Female	23	POLAND	BEATA MAZURKIEWICZ	-		0:00:02.756(00:00:00)	0:57:11.563(00:57:08)	1:37:52.760(01:37:50)
29	25	6	M50+	Male	39		VASILEIOS KALAMPOKIS	-		0:00:03.190(00:00:00)	1:00:42.853(01:00:39)	1:44:47.116(01:44:43)
30	5	1	W18-39	Female	10	Greek	THEODORA SOUMALA	-		0:00:06.420(00:00:00)	1:00:00.123(00:59:53)	1:45:07.250(01:45:00)
31	6	2	W40-49	Female	21	Greek	EUGENIA ZARAGKA	-	ΑΘΛΗΤΙΚΗ ΑΚΑΔΗΜΙΑ ΙΩΑΝΝΙΝΩΝ	0:00:04.680(00:00:00)	1:02:02.280(01:01:57)	1:45:18.536(01:45:13)
32	26	7	M50+	Male	15	Greek	THEODOROS KOLIGIOTIS	-		0:00:06.420(00:00:00)	1:01:59.783(01:01:53)	1:45:21.566(01:45:15)
33	7	2	W18-39	Female	40		MARIA BALTZOI	-		0:00:04.680(00:00:00)	1:02:07.330(01:02:02)	1:45:29.940(01:45:25)
34	27	8	M50+	Male	16	Greek	ANDREAS ARAMPATZIS	-	ΜΑΧΗΤΕΣ ΙΩΑΝΝΙΝΩΝ	0:00:03.190(00:00:00)	1:05:01.576(01:04:58)	1:48:40.343(01:48:37)
35	28	10	M40-49	Male	8	Greek	GEORGIOS POLIOS	-		0:00:06.420(00:00:00)	1:01:48.290(01:01:41)	1:49:03.110(01:48:56)
36	8	3	W18-39	Female	36		CHARIKLEIA STAVROULA	-		0:00:02.940(00:00:00)	1:02:48.550(01:02:45)	1:51:46.486(01:51:43)
37	29	9	M50+	Male	27		FOTIOS KAZIANIS	-		0:00:04.680(00:00:00)	1:07:07.450(01:07:02)	1:57:58.756(01:57:54)
38	30	10	M50+	Male	30		ALEXANDROS PATOUNAS	-		0:00:02.276(00:00:00)	1:07:11.490(01:07:09)	2:00:17.386(02:00:15)
39	31	8	M18-39	Male	12	Greek	DIMITRIOS POTONOS	-	Path To Ultra	0:00:05.710(00:00:00)	1:09:36.750(01:09:31)	2:02:06.276(02:02:00)