

3ο Kosmira Trail Run 2025 ΔΙΑΔΡΟΜΗ 5KM

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 5KM	FINISH 5KM
1	1	1	ALL	Male	1025	Greek	ALEXANDROS FOUKIS	-	Agsi ioanninon	0:00:00.333(00:00:00)	0:20:05.947(00:20:05)
2	2	2	ALL	Male	1005	Greek	FOIVOS SYRMAKESIS	-	ΑΓΣΙ	0:00:01.427(00:00:00)	0:20:06.390(00:20:04)
3	3	3	ALL	Male	1024	Greek	SOTIRIS MITSIS	-	Agsi Ioanninon	0:00:00.333(00:00:00)	0:20:15.830(00:20:15)
4	4	4	ALL	Male	1003	Greek	KONSTANTINOS HARALAMPOUS	-	ΑΓΣΙ	0:00:01.787(00:00:00)	0:20:21.600(00:20:19)
5	5	5	ALL	Male	1007	Greek	EYAGGELOS NOUSIAS	-	ΑΓΣΙ	0:00:00.333(00:00:00)	0:21:50.357(00:21:50)
6	6	6	ALL	Male	1052		GEORGIOS PANTOULAS	-		0:00:02.430(00:00:00)	0:23:49.263(00:23:46)
7	7	7	ALL	Male	1059		ANGELOS SIARAMPIS	-		0:00:01.427(00:00:00)	0:24:58.877(00:24:57)
8	8	8	ALL	Male	1033	Greek	VASILEIOS ANAGNOSTOPOULOS	-		0:00:04.577(00:00:00)	0:25:04.960(00:25:00)
9	9	9	ALL	Male	1010	Greek	ATHANASIOS PAPADOPOULOS	-	ΑΓΣΙ	0:00:02.437(00:00:00)	0:25:14.807(00:25:12)
10	10	10	ALL	Male	1027	Greek	MARIOS PAPPAS	-	ΑΘΛΗΤΙΚΗ ΑΚΑΔΗΜΙΑ ΙΩΑΝΝΙΝΩΝ	0:00:04.247(00:00:00)	0:25:56.800(00:25:52)
11	11	11	ALL	Male	1075		EVANGELOS TSIMARIS	-		0:00:02.813(00:00:00)	0:26:36.617(00:26:33)
12	12	12	ALL	Male	1065		DIMITRIOS KALIARNTAS	-		0:00:08.270(00:00:00)	0:26:45.817(00:26:37)
13	1	13	ALL	Female	1009	Greek	STAUROULA PAPADOPOULOU	-	ΑΓΣΙ	0:00:02.813(00:00:00)	0:26:53.057(00:26:50)
14	13	14	ALL	Male	1051		VASILEIOS GIOTAKIS	-		0:00:03.540(00:00:00)	0:27:00.913(00:26:57)
15	14	15	ALL	Male	1041	Greek	FOTIS MEGAS	-		0:00:04.887(00:00:00)	0:27:18.123(00:27:13)
16	15	16	ALL	Male	1056		ELEFThERIOS NTOKOS	-		0:00:02.813(00:00:00)	0:27:34.457(00:27:31)
17	16	17	ALL	Male	1047		CHRISTOS ZOGAKIS	-		0:00:02.437(00:00:00)	0:27:37.253(00:27:34)
18	17	18	ALL	Male	1069		MOISIS GRAMMENIATIS	-		0:00:06.193(00:00:00)	0:27:44.137(00:27:37)
19	18	19	ALL	Male	43		DIMITRIOS SIARAMPIS	-		0:00:02.590(00:00:00)	0:28:10.590(00:28:08)
20	19	20	ALL	Male	1076		ODYSSEAS KOUKESIS	-		0:00:00.333(00:00:00)	0:28:12.453(00:28:12)
21	20	21	ALL	Male	1031	Greek	LAZAROS TSIAMATIS	-		0:00:03.540(00:00:00)	0:28:15.867(00:28:12)
22	2	22	ALL	Female	1019	Greek	KATERINA LEFA	-	REVOLUTION FIT	0:00:07.917(00:00:00)	0:28:26.183(00:28:18)
23	21	23	ALL	Male	1040	Greek	CHARALAMPOS TSIKOS	-	Revolution Fit	0:00:06.193(00:00:00)	0:29:20.637(00:29:14)
24	22	24	ALL	Male	1021	Greek	LAMPROS FRAGKOS	-		0:00:04.247(00:00:00)	0:29:29.140(00:29:24)
25	3	25	ALL	Female	1028	Greek	DANAI ZANTOPOULOU	-	Namlis Service	0:00:08.637(00:00:00)	0:30:00.027(00:29:51)
26	23	26	ALL	Male	1029	Greek	APOSTOLOS NAMLIS	-	Namlis Service	0:00:09.893(00:00:00)	0:30:00.133(00:29:50)
27	24	27	ALL	Male	1058		CHARALAMPOS THANOS	-		0:00:09.893(00:00:00)	0:30:10.623(00:30:00)
28	25	28	ALL	Male	1012	Greek	IPPOKRATIS ALEXIS	-		0:00:03.540(00:00:00)	0:30:28.023(00:30:24)
29	26	29	ALL	Male	44		THANOS DROUGIAS	-		0:00:05.590(00:00:00)	0:30:59.590(00:30:54)

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30	27	30	ALL	Male	1070		THEODOROS ANDROUTSOS	-		0:00:04.247(00:00:00)	0:31:00.680(00:30:56)
31	28	31	ALL	Male	1063		LAZAROS FOTOU	-		0:00:03.540(00:00:00)	0:32:32.127(00:32:28)
32	29	32	ALL	Male	1004	Greek	DIMITRIOS DEZOS	-	SDI	0:00:06.647(00:00:00)	0:32:38.163(00:32:31)
33	30	33	ALL	Male	1050		ANDREAS SIMOS	-		0:00:04.887(00:00:00)	0:32:50.987(00:32:46)
34	31	34	ALL	Male	1013	Greek	APOSTOLOS LEKKAS	-		0:00:12.287(00:00:00)	0:32:52.880(00:32:40)
35	32	35	ALL	Male	1038	Greek	VASILEIOS SPANOS	-	ΑΘΛΗΤΙΚΗ ΑΚΑΔΗΜΙΑ ΙΩΑΝΝΙΝΩΝ	0:00:06.590(00:00:00)	0:32:57.520(00:32:50)
36	33	36	ALL	Male	1022	Greek	GIORGOS SIOPIΣ	-		0:00:04.313(00:00:00)	0:33:00.577(00:32:56)
37	34	37	ALL	Male	42		CHRISTOS PANTOULIS	-		0:00:03.590(00:00:00)	0:33:08.590(00:33:05)
38	35	38	ALL	Male	1067		VASILEIOS TSIMOGIANNIS	-		0:00:07.643(00:00:00)	0:33:40.427(00:33:32)
39	36	39	ALL	Male	1072		PANAGIOTIS KOLIOS	-		0:00:07.643(00:00:00)	0:33:41.647(00:33:34)
40	37	40	ALL	Male	1006	Greek	CHRIS KOKKINOS	-	ΣΔΙ	0:00:06.647(00:00:00)	0:33:49.610(00:33:42)
41	4	41	ALL	Female	1064		MARIANNA SKOULARIKI	-		0:00:07.917(00:00:00)	0:33:56.960(00:33:49)
42	38	42	ALL	Male	1048		THEOFILOS KONTONASIOS	-		0:00:09.893(00:00:00)	0:33:56.960(00:33:47)
43	39	43	ALL	Male	1080		KONSTANTINOS KALAMPOKIS	-		0:00:06.647(00:00:00)	0:33:58.717(00:33:52)
44	40	44	ALL	Male	1055		MICHAIL PICHAS	-		0:00:03.643(00:00:00)	0:34:03.030(00:33:59)
45	41	45	ALL	Male	1043		PETROS PALASCHAS	-		0:00:04.313(00:00:00)	0:34:13.877(00:34:09)
46	5	46	ALL	Female	1042		DIMITRA VLACHA	-		0:00:09.037(00:00:00)	0:35:08.423(00:34:59)
47	6	47	ALL	Female	1079		DIMITRA KALAMPOKI	-		0:00:06.647(00:00:00)	0:35:12.360(00:35:05)
48	7	48	ALL	Female	1020	Greek	KONSTANTINA LEFA	-	REVOLUTION FIT	0:00:06.647(00:00:00)	0:35:14.807(00:35:08)
49	8	49	ALL	Female	1066		OURANIA ATHANASIOU	-		0:00:09.893(00:00:00)	0:35:24.843(00:35:14)
50	9	50	ALL	Female	1049		TATIANI SIOTI	-		-	0:35:24.940 (---:--)
51	42	51	ALL	Male	1078		ANDREAS MANIS	-		0:00:09.037(00:00:00)	0:36:15.927(00:36:06)
52	43	52	ALL	Male	1030	Greek	CHRISTOS TSIAMATIS	-		0:00:08.763(00:00:00)	0:36:17.503(00:36:08)
53	44	53	ALL	Male	1032	Greek	CHRISTOS THEMOS	-		0:00:06.227(00:00:00)	0:36:23.817(00:36:17)
54	45	54	ALL	Male	1053		ILIAS KYRKOS	-		0:00:06.193(00:00:00)	0:36:31.877(00:36:25)
55	10	55	ALL	Female	1008	Greek	KASSIANI ZOI	-		0:00:06.193(00:00:00)	0:36:34.887(00:36:28)
56	11	56	ALL	Female	1057		KALLIOPI ZOI	-		0:00:06.647(00:00:00)	0:36:39.073(00:36:32)
57	12	57	ALL	Female	1071		AIKATERINI ZYGOURI	-		0:00:09.893(00:00:00)	0:37:27.653(00:37:17)
58	13	58	ALL	Female	1023	Greek	DIMITRA MPOUGIA	-		0:00:04.247(00:00:00)	0:38:38.260(00:38:34)
59	14	59	ALL	Female	1018	Greek	TERRY PALASCHA	-	REVOLUTION FIT	0:00:06.193(00:00:00)	0:38:59.630(00:38:53)
60	46	60	ALL	Male	1061		GEORGIOS MAMALIS	-		0:00:07.917(00:00:00)	0:40:30.507(00:40:22)
61	47	61	ALL	Male	1002	Greek	KOSTAS TZIKOPOULOS	-	ΑΝΑΔΡΟΜΕΙΣ	0:00:11.867(00:00:00)	0:40:35.587(00:40:23)

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62	15	62	ALL	Female	1046		ALEXANDRA ALEXIOU	-		0:00:07.917(00:00:00)	0:40:36.787(00:40:28)
63	16	63	ALL	Female	1054		ILIANA KOLIAKI	-		0:00:03.540(00:00:00)	0:40:41.747(00:40:38)
64	17	64	ALL	Female	1001	Greek	EVANGELIA ZAIMI	-	Σύλλογος Δρομέων Ιωαννίνων	0:00:03.540(00:00:00)	0:40:42.860(00:40:39)
65	18	65	ALL	Female	1045		EVA KAZOUKA	-		0:00:04.247(00:00:00)	0:41:19.010(00:41:14)
66	19	66	ALL	Female	1036	Greek	THEODORA KARTSIAMPA	-	Revolution Fit	0:00:04.887(00:00:00)	0:41:25.237(00:41:20)
67	48	67	ALL	Male	1044		ARIS KAZOUKAS	-		0:00:03.540(00:00:00)	0:41:35.827(00:41:32)
68	20	68	ALL	Female	1073		EIRINI DEMERTZI	-		0:00:10.533(00:00:00)	0:41:37.470(00:41:26)
69	21	69	ALL	Female	1014	Greek	SASA DREPANA	-		0:00:04.590(00:00:00)	0:43:02.200(00:42:57)
70	49	70	ALL	Male	1074		TILEMACHOS TZINEROS	-		0:00:09.973(00:00:00)	0:43:15.237(00:43:05)
71	50	71	ALL	Male	1011	Greek	KONSTANTINOS TSIMOLOPOULOS	-		0:00:06.590(00:00:00)	0:43:32.337(00:43:25)
72	51	72	ALL	Male	1015	Greek	NIKOS PAPADOPOULOS	-		0:00:09.893(00:00:00)	0:44:02.017(00:43:52)
73	52	73	ALL	Male	1026	Greek	SOKRATIS ALEXIOU	-		0:00:11.647(00:00:00)	0:44:03.590(00:43:51)
74	53	74	ALL	Male	1037	Greek	SPYRIDON NTAKOULAS	-	ΣΔΙ ΜΕΛΙΑΝΑ ΛΑΚΚΑ ΣΟΥΛΙΟΥ	0:00:07.917(00:00:00)	0:45:28.190(00:45:20)
75	54	75	ALL	Male	1077		MICHALIS MANTELLOS	-		0:00:08.637(00:00:00)	0:47:12.703(00:47:04)
76	22	76	ALL	Female	1062		VASILIKI VALTAORA	-		0:00:07.917(00:00:00)	0:55:24.657(00:55:16)
77	23	77	ALL	Female	1039	Greek	KONSTANTINA TASSI	-		0:00:07.917(00:00:00)	0:55:25.880(00:55:17)
78	24	78	ALL	Female	1017	Greek	EFI GALANOU	-	Revolution Fit	0:00:07.917(00:00:00)	0:55:26.113(00:55:18)
79	25	79	ALL	Female	1035	Greek	GIOAN NTELAMPI	-		0:00:13.657(00:00:00)	0:55:32.007(00:55:18)
80	55	80	ALL	Male	1060		MARIOS THEMOS DNF	-		0:00:04.867(00:00:00)	0:59:42.527(00:59:37)