

# Ηράκλειος Άθλος 2025 ΗΡΑΚΛΕΙΟΣ ΑΘΛΟΣ 21Km

| Rank | By Gen. | By Cat. | Cat.   | Gender | BIB | Country | Name                       | YOB | Club                                     | START 21KM            | FINISH 21KM           |
|------|---------|---------|--------|--------|-----|---------|----------------------------|-----|------------------------------------------|-----------------------|-----------------------|
| 1    | 1       | 1       | ALL    | Male   | 149 | GR      | ΑΘΑΝΑΣΙΟΣ ΠΑΓΟΥΝΑΔΗΣ       | -   | SALOMON HELLAS                           | 0:00:00.066(00:00:00) | 2:40:02.620(02:40:02) |
| 2    | 2       | 2       | ALL    | Male   | 173 | GR      | ΑΝΔΡΕΑΣ ΑΝΔΡΙΟΠΟΥΛΟΣ       | -   |                                          | 0:00:00.190(00:00:00) | 2:49:33.560(02:49:33) |
| 3    | 3       | 3       | ALL    | Male   | 167 | GR      | ΠΕΤΡΟΣ ΤΥΡΟΛΟΓΟΣ           | -   | TYROLOGOS MULTISPORT TEAM                | 0:00:00.190(00:00:00) | 2:53:26.486(02:53:26) |
| 4    | 4       | 1       | 35-50M | Male   | 107 | GR      | MAKIS FORTIS               | -   | UPHILLOVERS                              | 0:00:00.190(00:00:00) | 2:58:25.480(02:58:25) |
| 5    | 5       | 2       | 35-50M | Male   | 136 | GR      | ΑΡΗΣ ΚΟΥΤΣΟΥΜΠΕΛΙΤΗΣ       | -   |                                          | 0:00:00.066(00:00:00) | 3:05:50.420(03:05:50) |
| 6    | 6       | 3       | 35-50M | Male   | 124 | GR      | ΓΙΩΡΓΟΣ ΔΡΟΣΟΣ             | -   |                                          | 0:00:00.190(00:00:00) | 3:13:58.173(03:13:57) |
| 7    | 7       | 1       | 18-34M | Male   | 144 | GR      | ΚΥΡΙΑΚΟΣ ΜΙΚΕΛΟΠΟΥΛΟΣ      | -   | AKROREIA-CORE TRAINING                   | 0:00:03.520(00:00:00) | 3:19:39.120(03:19:35) |
| 8    | 8       | 4       | 35-50M | Male   | 121 | GR      | ΚΩΝΣΤΑΝΤΙΝΟΣ ΓΡΕΒΕΝΙΩΤΗΣ   | -   |                                          | 0:00:00.066(00:00:00) | 3:22:43.690(03:22:43) |
| 9    | 9       | 5       | 35-50M | Male   | 122 | GR      | ΚΩΝΣΤΑΝΤΙΝΟΣ ΔΟΥΒΟΣ        | -   | ALLTERRAINRANNERS ΕΑΟΣ ΧΕΛΜΟΥ ΚΛΕΙΤΟΡΙΑΣ | 0:00:05.440(00:00:00) | 3:44:53.030(03:44:47) |
| 10   | 10      | 6       | 35-50M | Male   | 147 | GR      | ΔΗΜΗΤΡΗΣ ΝΙΚΟΛΑΟΥ          | -   |                                          | 0:00:07.720(00:00:00) | 3:47:06.710(03:46:58) |
| 11   | 11      | 7       | 35-50M | Male   | 150 | GR      | ΦΙΛΗΜΩΝ ΠΑΝΑΓΙΩΤΟΠΟΥΛΟΣ    | -   |                                          | 0:00:05.440(00:00:00) | 3:49:15.380(03:49:09) |
| 12   | 12      | 2       | 18-34M | Male   | 127 | GR      | ΟΔΥΣΣΕΑΣ ΖΑΧΑΡΟΠΟΥΛΟΣ      | -   |                                          | 0:00:10.150(00:00:00) | 3:50:53.223(03:50:43) |
| 13   | 13      | 8       | 35-50M | Male   | 153 | GR      | ΑΝΔΡΕΑΣ ΠΑΤΣΗΣ             | -   | ΑΝΕΞΑΡΤΗΤΟΣ                              | 0:00:07.720(00:00:00) | 3:55:46.523(03:55:38) |
| 14   | 14      | 9       | 35-50M | Male   | 172 | GR      | ΕΝΤΥ ΤΑΛΛΟ                 | -   |                                          | 0:00:00.190(00:00:00) | 3:58:59.856(03:58:59) |
| 15   | 15      | 10      | 35-50M | Male   | 123 | GR      | ΝΙΚΟΣ ΔΟΥΛΟΣ               | -   |                                          | 0:00:10.150(00:00:00) | 3:59:55.840(03:59:45) |
| 16   | 1       | 4       | ALL    | Female | 142 | GR      | ΑΡΤΕΜΙΣΙΑ ΜΑΡΤΖΟΥΚΟΥ       | -   | GEO DIALEKTOS TEAM                       | 0:00:00.190(00:00:00) | 4:01:08.596(04:01:08) |
| 17   | 16      | 11      | 35-50M | Male   | 101 | GR      | KONSTANTINOS ALYMARAS      | -   | RFE                                      | 0:00:04.603(00:00:00) | 4:03:23.243(04:03:18) |
| 18   | 17      | 12      | 35-50M | Male   | 137 | GR      | ΣΤΑΘΟΠΟΥΛΟΣ ΚΩΝΣΤΑΝΤΙΝΟΣ   | -   | ΣΜΑΧ ΦΕΙΔΙΠΠΙΔΗΣ                         | 0:00:03.820(00:00:00) | 4:08:33.133(04:08:29) |
| 19   | 18      | 3       | 18-34M | Male   | 155 | GR      | ΔΗΜΗΤΡΗΣ ΡΑΓΙΑΔΑΚΟΣ        | -   |                                          | 0:00:08.300(00:00:00) | 4:10:35.046(04:10:26) |
| 20   | 19      | 13      | 35-50M | Male   | 130 | GR      | ΠΑΝΑΓΙΩΤΗΣ ΚΑΠΩΝΗΣ         | -   | ΑΚΕΣΤΩΡ                                  | 0:00:04.190(00:00:00) | 4:10:41.506(04:10:37) |
| 21   | 20      | 14      | 35-50M | Male   | 104 | GR      | CHRISTOS BALDARIS          | -   | NG RADIO RUNNERS                         | 0:00:11.206(00:00:00) | 4:11:03.523(04:10:52) |
| 22   | 21      | 15      | 35-50M | Male   | 108 | GR      | ANDREAS MIKELOPOULOS       | -   | ΔΙΒΡΙΣ HARD TRAIL RACE                   | 0:00:05.440(00:00:00) | 4:13:12.426(04:13:06) |
| 23   | 22      | 16      | 35-50M | Male   | 166 | GR      | ΑΛΕΞΑΝΔΡΟΣ ΤΥΡΟΛΟΓΟΣ       | -   | TYROLOGOS MULTISPORT TEAM                | 0:00:07.720(00:00:00) | 4:13:39.790(04:13:32) |
| 24   | 23      | 1       | 51+M   | Male   | 163 | GR      | ΔΗΜΗΤΡΙΟΣ ΤΡΟΥΠΗΣ          | -   | ADVENDURE                                | 0:00:04.190(00:00:00) | 4:14:05.926(04:14:01) |
| 25   | 2       | 5       | ALL    | Female | 112 | GR      | MARIA VOULGARI             | -   |                                          | 0:00:00.190(00:00:00) | 4:14:33.040(04:14:32) |
| 26   | 3       | 6       | ALL    | Female | 116 | GR      | ΜΑΡΙΑ ΑΡΓΥΡΟΠΟΥΛΟΥ         | -   | ΣΜΑΧ ΦΕΙΔΙΠΠΙΔΗΣ                         | 0:00:02.956(00:00:00) | 4:14:42.923(04:14:39) |
| 27   | 24      | 2       | 51+M   | Male   | 125 | GR      | ΔΗΜΗΤΡΙΟΣ ΖΑΦΕΙΡΟΠΟΥΛΟΣ    | -   | ΦΑΛΛΑΝΘΙΟΙ                               | 0:00:03.820(00:00:00) | 4:17:46.226(04:17:42) |
| 28   | 25      | 17      | 35-50M | Male   | 140 | GR      | ΚΩΝΣΤΑΝΤΙΝΟΣ ΛΥΜΠΕΡΟΠΟΥΛΟΣ | -   | ALLTERRAINRUNNERS                        | 0:00:05.440(00:00:00) | 4:19:44.060(04:19:38) |
| 29   | 26      | 18      | 35-50M | Male   | 161 | GR      | ΘΕΟΔΩΡΟΣ ΤΟΓΑΝΤΖΗΣ         | -   | ΣΔΥ ΠΑΤΡΩΝ                               | 0:00:05.440(00:00:00) | 4:31:22.593(04:31:17) |

| Rank | By Gen. | By Cat. | Cat.   | Gender | BIB | Country | Name                      | YOB | Club                              | START 21KM            | FINISH 21KM           |
|------|---------|---------|--------|--------|-----|---------|---------------------------|-----|-----------------------------------|-----------------------|-----------------------|
| 30   | 27      | 19      | 35-50M | Male   | 129 | GR      | ΓΙΩΡΓΟΣ ΚΑΛΛΙΜΑΝΗΣ        | -   | FOLOI TRAIL RUN                   | 0:00:07.720(00:00:00) | 4:32:08.193(04:32:00) |
| 31   | 28      | 20      | 35-50M | Male   | 139 | GR      | ΜΑΡΙΟΣ ΛΥΜΠΕΡΗΣ           | -   |                                   | 0:00:07.720(00:00:00) | 4:33:20.380(04:33:12) |
| 32   | 29      | 21      | 35-50M | Male   | 162 | GR      | ΘΕΟΔΩΡΟΣ ΤΟΥΛΟΥΠΗΣ        | -   | ΑΝΕΞΑΡΤΗΤΩΣ                       | 0:00:00.190(00:00:00) | 4:35:13.826(04:35:13) |
| 33   | 30      | 22      | 35-50M | Male   | 111 | GR      | ERMIS THEODOROPOULOS      | -   | THEMILESTONEBARBERSHOP            | 0:00:11.846(00:00:00) | 4:39:26.963(04:39:15) |
| 34   | 31      | 23      | 35-50M | Male   | 168 | GR      | ΓΙΩΡΓΟΣ ΦΛΑΜΗΣ            | -   |                                   | 0:00:10.150(00:00:00) | 4:41:08.830(04:40:58) |
| 35   | 32      | 3       | 51+M   | Male   | 171 | GR      | ΧΡΗΣΤΟΣ ΧΡΥΣΑΝΘΑΚΟΠΟΥΛΟΣ  | -   |                                   | 0:00:03.210(00:00:00) | 4:41:20.140(04:41:16) |
| 36   | 4       | 1       | 35+W   | Female | 159 | GR      | ΕΙΡΗΝΗ ΣΤΕΡΓΙΟΠΟΥΛΟΥ      | -   | UPHILLOVERS                       | 0:00:05.770(00:00:00) | 4:41:21.300(04:41:15) |
| 37   | 5       | 2       | 35+W   | Female | 110 | GR      | DIMITRA STERGIOPOULOU     | -   | ΑΣ ΑΚΡΟΣ                          | 0:00:00.673(00:00:00) | 4:41:21.300(04:41:20) |
| 38   | 33      | 4       | 51+M   | Male   | 158 | GR      | ΓΕΩΡΓΙΟΣ ΣΤΕΙΑΚΑΚΗΣ       | -   | ΣΕΟ ΠΑΤΡΑΣ ΩΛΕΝΟΣ                 | 0:00:11.206(00:00:00) | 4:46:42.390(04:46:31) |
| 39   | 34      | 24      | 35-50M | Male   | 138 | GR      | ΛΟΥΚΑΣ ΛΥΜΠΕΡΗΣ           | -   | T.T.RUNNERS                       | 0:00:08.300(00:00:00) | 4:48:28.256(04:48:19) |
| 40   | 6       | 3       | 35+W   | Female | 154 | GR      | ΚΩΝΣΤΑΝΤΙΝΑ ΠΙΕΡΡΟΥΤΣΑΚΟΥ | -   |                                   | 0:00:07.720(00:00:00) | 4:48:29.373(04:48:21) |
| 41   | 35      | 5       | 51+M   | Male   | 119 | GR      | ΧΡΗΣΤΟΣ ΓΕΩΡΓΑΤΟΣ         | -   | ΑΙΝΟΣ MARATHON                    | 0:00:10.150(00:00:00) | 4:54:31.320(04:54:21) |
| 42   | 36      | 6       | 51+M   | Male   | 117 | GR      | ΙΩΑΝΝΗΣ ΒΑΡΔΙΚΟΣ          | -   | ΣΔΥΠΑΤΡΑΣ                         | 0:00:04.603(00:00:00) | 4:58:22.936(04:58:18) |
| 43   | 37      | 25      | 35-50M | Male   | 134 | GR      | ΣΠΥΡΙΔΩΝ ΚΟΥΝΑΒΗΣ         | -   | ΜΠΑΡΟΥΤΟΚΑΠΝΙΣΜΕΝΟΙ               | 0:00:07.720(00:00:00) | 4:58:27.423(04:58:19) |
| 44   | 38      | 7       | 51+M   | Male   | 131 | GR      | ΔΙΟΝΥΣΗΣ ΚΑΡΑΙΣΚΑΚΗΣ      | -   | ΣΕΟ ΠΑΤΡΑΣ ΩΛΕΝΟΣ                 | 0:00:05.770(00:00:00) | 5:03:02.690(05:02:56) |
| 45   | 39      | 26      | 35-50M | Male   | 113 | GR      | ΚΩΝΣΤΑΝΤΙΝΟΣ ΑΒΡΑΜΟΠΟΥΛΟΣ | -   | ΠΑΝΑΘΗΝΑΙΚΟΣ Α.Ο                  | 0:00:00.673(00:00:00) | 5:04:23.456(05:04:22) |
| 46   | 40      | 8       | 51+M   | Male   | 143 | GR      | ΧΑΡΑΛΑΜΠΟΣ ΜΑΥΡΙΚΑΣ       | -   |                                   | 0:00:07.720(00:00:00) | 5:07:33.003(05:07:25) |
| 47   | 41      | 27      | 35-50M | Male   | 135 | GR      | ΦΩΤΗΣ ΚΟΥΡΤΖΗΣ            | -   | BRT-KPN® PATRAS                   | 0:00:17.920(00:00:00) | 5:07:34.240(05:07:16) |
| 48   | 42      | 28      | 35-50M | Male   | 114 | GR      | ΚΩΝΣΤΑΝΤΙΝΟΣ ΑΛΕΞΟΠΟΥΛΟΣ  | -   |                                   | 0:00:05.770(00:00:00) | 5:08:41.753(05:08:35) |
| 49   | 7       | 4       | 35+W   | Female | 156 | GR      | ΚΑΤΕΡΙΝΑ ΡΑΠΤΗ            | -   | DIMITRIOGLOU SPORTS /SDYPATRAS    | 0:00:04.190(00:00:00) | 5:09:48.503(05:09:44) |
| 50   | 43      | 29      | 35-50M | Male   | 157 | GR      | ΓΙΩΡΓΟΣ ΣΠΗΛΙΩΤΟΠΟΥΛΟΣ    | -   | ΧΑΛΑΝΔΡΙΤΣΑ RUNNERS               | 0:00:10.150(00:00:00) | 5:13:56.503(05:13:46) |
| 51   | 44      | 4       | 18-34M | Male   | 174 | GR      | ΕΥΑΓΓΕΛΟΣ ΟΙΚΟΝΟΜΟΠΟΥΛΟΣ  | -   |                                   | 0:00:05.770(00:00:00) | 5:14:34.163(05:14:28) |
| 52   | 45      | 30      | 35-50M | Male   | 152 | GR      | ΑΘΑΝΑΣΙΟΣ ΠΑΠΑΜΙΧΑΗΛ      | -   | ΣΜΑΧ ΦΕΙΔΙΠΠΙΔΗΣ                  | 0:00:00.066(00:00:00) | 5:21:14.766(05:21:14) |
| 53   | 46      | 9       | 51+M   | Male   | 148 | GR      | ΒΑΣΙΛΗΣ ΟΡΦΑΝΟΣ           | -   |                                   | 0:00:07.720(00:00:00) | 5:23:06.610(05:22:58) |
| 54   | 47      | 10      | 51+M   | Male   | 132 | GR      | ΧΡΗΣΤΟΣ ΚΑΡΑΦΛΟΣ          | -   |                                   | 0:00:00.190(00:00:00) | 5:23:29.410(05:23:29) |
| 55   | 8       | 1       | 18-34W | Female | 115 | GR      | ΗΡΩ ΑΠΟΣΤΟΛΟΠΟΥΛΟΥ        | -   |                                   | 0:00:06.150(00:00:00) | 5:25:30.770(05:25:24) |
| 56   | 48      | 11      | 51+M   | Male   | 118 | GR      | ΘΕΟΔΩΡΟΣ ΒΛΑΧΟΣ           | -   | ΣΜΑΧ ΦΕΙΔΙΠΠΙΔΗΣ                  | 0:00:03.820(00:00:00) | 5:29:57.953(05:29:54) |
| 57   | 49      | 31      | 35-50M | Male   | 170 | GR      | ΚΩΝΣΤΑΝΤΙΝΟΣ ΧΡΙΣΤΟΠΟΥΛΟΣ | -   |                                   | 0:00:11.206(00:00:00) | 5:40:42.690(05:40:31) |
| 58   | 50      | 32      | 35-50M | Male   | 128 | GR      | ΔΙΟΝΥΣΗΣ ΚΑΛΑΜΑΚΗΣ        | -   | TTRUNNERS                         | 0:00:10.150(00:00:00) | 6:10:40.563(06:10:30) |
| 59   | 9       | 5       | 35+W   | Female | 133 | GR      | ΓΕΩΡΓΙΑ ΚΛΗΡΟΝΟΜΟΥ        | -   | ΦΕΙΔΙΠΙΔΗΣ                        | 0:00:05.440(00:00:00) | 6:10:42.473(06:10:37) |
| 60   | 10      | 6       | 35+W   | Female | 145 | GR      | ΚΩΝΣΤΑΝΤΙΝΑ ΜΠΑΤΖΑΚΑ      | -   | SKY WOMEN RUNNING TEAM/ TTRUNNERS | 0:00:07.720(00:00:00) | 6:12:00.626(06:11:52) |
| 61   | 51      | 33      | 35-50M | Male   | 169 | GR      | ΒΑΣΙΛΗΣ ΧΟΥΛΙΑΡΑΣ         | -   |                                   | 0:00:11.206(00:00:00) | 6:13:15.600(06:13:04) |

| Rank | By Gen. | By Cat. | Cat.   | Gender | BIB | Country | Name                       | YOB | Club         | START 21KM            | FINISH 21KM           |
|------|---------|---------|--------|--------|-----|---------|----------------------------|-----|--------------|-----------------------|-----------------------|
| 62   | 52      | 34      | 35-50M | Male   | 102 | GR      | ATHANASIOS ANAGNOSTOPOULOS | -   |              | 0:00:11.206(00:00:00) | 6:18:32.910(06:18:21) |
| 63   | 53      | 35      | 35-50M | Male   | 146 | GR      | ΠΑΥΛΟΣ ΜΠΟΥΖΙΩΤΗΣ          | -   | FORREST GUMP | 0:00:07.720(00:00:00) | 6:18:38.486(06:18:30) |