

ARKOYDILAS TRAIL 2026

Participants

Bib	Name	Nat.	YoB	Gender	AG	Club
Arkoudilas Trail 22km						
Female						
Female 18-39						
124	Dalampira, Sofia		1987	F	Female 18-39	
153	Donta, Michaela		1994	F	Female 18-39	
139	Paktiti, Areti Louiza		1993	F	Female 18-39	
106	Sandu, Olivia		1994	F	Female 18-39	
Female 40+						
130	Carter, Sophie		1970	F	Female 40+	
167	DIMITRA, MARIA		1965	F	Female 40+	
157	Gkinaki, Kostantina		1967	F	Female 40+	
155	HAVLOVA, PETRA		1976	F	Female 40+	
120	Kolokotsa, Chrysavgi		1978	F	Female 40+	
160	Leyshon, Kirsty		1969	F	Female 40+	
131	Osburg, Christina		1971	F	Female 40+	
110	Panic, Tijana		1982	F	Female 40+	
103	Plaskasoviti, Maria		1969	F	Female 40+	
127	VINOUE, IRA		1968	F	Female 40+	
Male						
Male 18-39						
123	Christou, Georgios		1991	M	Male 18-39	
145	Delikouras, Spyridon		1996	M	Male 18-39	
112	GIANNOPOULOS, NIKOLAOS		1989	M	Male 18-39	
119	KATSAROS, STEFANOS		1998	M	Male 18-39	
113	Krasakis, Anastasios		2005	M	Male 18-39	
107	Ndrehilaj, Klodian		1991	M	Male 18-39	
138	NIKOLAOU, MARGARITIS-DIMITRIOS		1994	M	Male 18-39	
137	NIKOLAOU, SPYROS		1991	M	Male 18-39	
116	NIKOLOUZOS, SPYROS		1987	M	Male 18-39	
151	REVIS, SPYROS		1993	M	Male 18-39	
148	RINA, GEORGIOS		2001	M	Male 18-39	
104	Stefanis, Vasilis		1991	M	Male 18-39	
125	VASILAKIS, STAMATIOS		1988	M	Male 18-39	
Male 40+						
156	ANDROUTSOS, DIMITRIOS		1969	M	Male 40+	
150	Aspiotis, Alexandros		1977	M	Male 40+	
165	BANOS, STAMATIS		1974	M	Male 40+	
140	Botsis, Leonidas		1982	M	Male 40+	
159	Chamaloglou, Nikos		1970	M	Male 40+	
161	Dimitrakopoulos, Andreas		1976	M	Male 40+	
122	FAITAS, EFSTATHIOS		1981	M	Male 40+	
154	Gerochristos, Christos		1983	M	Male 40+	

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147	GKEGKAS, Nikolaos		1979	M	Male 40+	
132	Grammenos, Ioannis		1973	M	Male 40+	
117	IONAS, SPYRIDON		1975	M	Male 40+	
144	KANELLOS, IOANNIS		1979	M	Male 40+	
118	Kefallinos, Spyros		1979	M	Male 40+	
121	Komianos, Georgios Odysseas		1978	M	Male 40+	
128	Lamprou, Karolos		1984	M	Male 40+	
133	Lasthiotakis, Giannis		1981	M	Male 40+	
126	LOUKANARIS, VASILEIOS		1974	M	Male 40+	
135	MILIOTIS, ANTONIS		1984	M	Male 40+	
149	NIKOPOULOS, ALEXANDROS		1986	M	Male 40+	
141	PANARETOS, ALEXANDROS		1979	M	Male 40+	
105	PAPADIMITRIOU, NIKOS		1986	M	Male 40+	
134	PAPAIOANNOU, DIMITRIOS		1965	M	Male 40+	
102	POLITIS, SPYROS		1982	M	Male 40+	
142	POULIASIS, DIMITRIS		1976	M	Male 40+	
129	POULIASIS, MICHALIS		1971	M	Male 40+	
136	RENGIOS, ANDREAS		1978	M	Male 40+	
152	RENGIS, Iosif		1985	M	Male 40+	
143	SPINOULAS, GOULIELMOS		1980	M	Male 40+	
162	STOGIANNOS, SPYRIDON		1978	M	Male 40+	
101	Tasoulas, Apostolos		1986	M	Male 40+	
108	TOKAS, SOTIRIOS		1974	M	Male 40+	
164	Tranakas, Konstantinos		1973	M	Male 40+	
163	Tsafouros, Dionyssis		1981	M	Male 40+	
146	Tsagkarakis, Alexandros		1986	M	Male 40+	
166	TSARAKTSIDIS, CHRISTOS		1977	M	Male 40+	
111	Tsirimiagkos, Athanasios		1979	M	Male 40+	

Monastery Run 10 km

Male 40-54

115	,				Male 40-54	
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Female 40-54

114	,				Female 40-54	
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Female

Female

413	Agious, Eliza		1987	F	Female	
319	Andrioti, Katerina		1991	F	Female	
417	BOUZI, ELPIDA		2009	F	Female	
324	Chytiri, Nikoleta		2001	F	Female	
378	Katsarou, Chrysa		1998	F	Female	
414	KOLLIA, EIRINI		2012	F	Female	

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Participants

Bib	Name	Nat.	YoB	Gender	AG	Club
397	KYPRIOTI, ISAVELLA		1998	F	Female	
431	LEFTERIOTI, MARIANNA		2000	F	Female	
345	Mavropoulou, Eirini		1987	F	Female	
375	Pandi, Alexandra		1999	F	Female	
314	POULIASI, ANTZELA		1989	F	Female	
316	Rouva, Natasa		1989	F	Female	
374	Ruiz Domínguez, Covadonga		2000	F	Female	
303	Samoli, Karolina		1991	F	Female	
322	TOMPROU, ANGELIKI		1989	F	Female	
380	Trentou, Nerantzia		2001	F	Female	
385	Tsaroucha, Konstantina		1989	F	Female	
308	Vareli, Asimina Eleni		2003	F	Female	
325	VITSOU, NEFELI		2009	F	Female	
354	Vlachou, Katerina		1994	F	Female	
424	VRADI, IRO		2004	F	Female	

Female 40-54

437	ARMENIAKOU, CHRISTINA		1982	F	Female 40-54	
372	AVLONITI, TZENI		1979	F	Female 40-54	
355	Bali, Konstantina		1980	F	Female 40-54	
320	CHANDRINO, ANGELIKI		1972	F	Female 40-54	
407	Drakou, Katerina		1973	F	Female 40-54	
408	Flower, Katie		1981	F	Female 40-54	
439	GASTERATOU, MARINA		1980	F	Female 40-54	
356	Ginargyrou, Eleni		1976	F	Female 40-54	
348	Hutchinson, Nicola		1972	F	Female 40-54	
350	Kaziani, Marianna		1977	F	Female 40-54	
442	KONTOGIORGI, RODOTHEA		1986	F	Female 40-54	
382	Koskina, Sofia		1973	F	Female 40-54	
426	KOSTOPOULOU, VASILIKI		1974	F	Female 40-54	
443	KOURI, ROULA		1975	F	Female 40-54	
410	Kyprioti Beldova, Kateřina		1985	F	Female 40-54	
330	MAKRIDOU, DIMITRA		1977	F	Female 40-54	
429	MARTON, PETRA		1981	F	Female 40-54	
404	Metallinou, Elvira		1975	F	Female 40-54	
368	Novakou, Eleni		1981	F	Female 40-54	
400	Ntatsi, Mary		1975	F	Female 40-54	
341	Ntigkou, Aristeia		1974	F	Female 40-54	
419	PASCHALIDOU, THEODORA		1976	F	Female 40-54	
307	Petrova, Galina		1980	F	Female 40-54	
396	Petsi, Zoi		1979	F	Female 40-54	
432	TSIRINGAKI, VASILIKI		1983	F	Female 40-54	
318	VITOULADITI, ANGELIKI		1982	F	Female 40-54	
436	VLASSI, GEORGIA		1972	F	Female 40-54	
427	VOULGARI, DORA		1976	F	Female 40-54	
362	Zouli, Athina		1980	F	Female 40-54	

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Participants

Bib	Name	Nat.	YoB	Gender	AG	Club
55+ Female						
347	Katapodi, Maria		1965	F	55+ Female	
329	Papa, Tatiana		1970	F	55+ Female	
377	Pouliasi, Maria		1971	F	55+ Female	
Male						
Male						
342	ANDRIOTIS, ANGELOS		1987	M	Male	
406	Andriotis, Konstantinos		1997	M	Male	
357	ANTONIADIS, GIORGOS		1991	M	Male	
444	APERGIS, GIANNIS		1992	M	Male	
305	ATHANASIOU, EVANS C.		1992	M	Male	
381	Chrysikopoulos, Ioannis		1990	M	Male	
391	DELLIS, KONSTANTINOS		1990	M	Male	
430	DIMITRELOS, PANAGIOTIS		2005	M	Male	
428	FOTEINATOS, GERASIMOS		1988	M	Male	
395	Grigoriadis, Georgios		1987	M	Male	
332	KALYVAS, SPYRIDON		1995	M	Male	
376	Kavvadias, Konstantinos		1996	M	Male	
433	KOLLIAS, THEODOROS		2011	M	Male	
390	Kontinis, Aris		1999	M	Male	
359	Koskinas, Marios		2009	M	Male	
435	KOULOURI, EFI		1988	M	Male	
323	Kyrkos, Fotis		1989	M	Male	
337	Latsas, Marios		2008	M	Male	
373	Lyrakis, Georgios		2005	M	Male	
445	MYRILAS, THEODOROS		1989	M	Male	
388	Nikolouzos, Manos		1995	M	Male	
398	NIKOMANIS, CHRISTOS		1992	M	Male	
336	PAIPETIS, ANTONIS		1992	M	Male	
335	PAIPETIS, DIONYSIS		1990	M	Male	
384	Palikyras, Gerasimos		2011	M	Male	
416	PAPPAS, CHRISTOS		1992	M	Male	
315	POULIASIS, FILIPPOS		1991	M	Male	
425	VAVAKAS, FRAGKISKOS		1988	M	Male	
344	Vlachos, Alexandros		1987	M	Male	
367	VRADIS, ANASTASIOS		1990	M	Male	
Male 40-54						
338	ANGOS, DIMITRIS		1982	M	Male 40-54	
393	Balatsinos, Fontas		1982	M	Male 40-54	
331	Banos, Kostas		1975	M	Male 40-54	
352	Banos, Stathis		1985	M	Male 40-54	
334	Boikos, Dimitrios		1984	M	Male 40-54	
392	Chiotis, Theodoros		1980	M	Male 40-54	

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Participants

Bib	Name	Nat.	YoB	Gender	AG	Club
415	CHONTAI, NTANIEL		1984	M	Male 40-54	
309	Chrisikopoulos, Filippos		1980	M	Male 40-54	
311	CHRISTODOULOU, CHRISTOS		1980	M	Male 40-54	
339	Chrysikopoulos, Filippos		1980	M	Male 40-54	
302	Dolianitis, Anastasios		1982	M	Male 40-54	
343	Doulis, Georgios		1986	M	Male 40-54	
371	GEROGIANNIS, ANDREAS		1983	M	Male 40-54	
304	Giochalias, Giorgos		1973	M	Male 40-54	
423	GNESOULIS, GIORGOS		1979	M	Male 40-54	
313	KALOGEROPOULOS, SPYROS		1986	M	Male 40-54	
411	Kaloudis, Vangelis		1986	M	Male 40-54	
401	Kapouranis, Dimitrios		1982	M	Male 40-54	
420	KARDAMIS, SPYROS		1972	M	Male 40-54	
399	Kavvadias, Ioannis		1982	M	Male 40-54	
321	Kazianis, Thodoris		1984	M	Male 40-54	
438	KOKKINOS, MICHALIS		1981	M	Male 40-54	
358	Koskinas, Akis		1980	M	Male 40-54	
328	KOURKOULOS, CHRISTOS		1985	M	Male 40-54	
370	Koutsiaftis, Kostantinos		1985	M	Male 40-54	
441	LEPESIS, PANAGIOTIS		1977	M	Male 40-54	
333	Louvros, Andreas		1984	M	Male 40-54	
361	MIKROULIS, SPYROS		1976	M	Male 40-54	
349	MOUZAKITIS, STEFANOS		1976	M	Male 40-54	
317	Nikokavouras, Spyros		1980	M	Male 40-54	
369	PAPOUTSIS, CHARIS		1972	M	Male 40-54	
421	PAPPAS, MICHALIS		1973	M	Male 40-54	
387	PEPONIS, PETROS		1978	M	Male 40-54	
326	PEPONIS, VAGGELIS		1975	M	Male 40-54	
403	Raftopoulos, Aggelos		1984	M	Male 40-54	
379	SALVANOS, GIORGOS		1979	M	Male 40-54	
360	Sgouros, Anastasios		1983	M	Male 40-54	
346	Skevoulis, Thanasis		1985	M	Male 40-54	
312	Soueref, Konstantinos		1982	M	Male 40-54	
363	Stergiatos, Christos		1974	M	Male 40-54	
394	Tryfonas, Giannis		1975	M	Male 40-54	
306	Tsirigotis, Dimitris		1973	M	Male 40-54	
364	VEKIOS, DIMITRIOS		1977	M	Male 40-54	
412	Vlachos, Charalampos		1972	M	Male 40-54	

55+ Male

447	ARKOUDIS, PROKOPIS		1966	M	55+ Male	
310	Arletos, Theodoros		1969	M	55+ Male	
446	BATSOULIS, THANASIS		1966	M	55+ Male	
365	BOUZIS, SPYROS		1968	M	55+ Male	
386	Desyllas, Spyridon		1965	M	55+ Male	
418	GITSAS, KONSTANTINOS		1955	M	55+ Male	

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Participants

Bib	Name	Nat.	YoB	Gender	AG	Club
389	Gongakis, Yannis		1970	M	55+ Male	
366	MALTEZOS, PANAGIOTIS		1968	M	55+ Male	
301	POULIS, NIKOLAOS		1965	M	55+ Male	
405	SORDINAS, THEODOROS		1967	M	55+ Male	
422	STAVROS, IOANNIS		1966	M	55+ Male	
434	TERZIS, ANTONIS		1969	M	55+ Male	
440	TSATSOPOULOS, MICHALIS		1968	M	55+ Male	
383	VARZAKAKOS, DIMITRIS		1966	M	55+ Male	
327	VASILAKIS, ADAM		1963	M	55+ Male	
353	Wise, Richard		1963	M	55+ Male	
340	XANTHOPOULOS, IORDANIS		1965	M	55+ Male	

Arkoudilas kids

Female

852	KANTA, Xara		2022	F		
851	MATHIOU, Margarita		2022	F		

GIRLS

803	ANGOUE, ANGELIKI		2017	F	GIRLS	
824	BESIRI, KONSTANTINA		2016	F	GIRLS	
834	CHIOTI, CHRISTINA		2016	F	GIRLS	
832	Chrisikopoulou, Makrina		2017	F	GIRLS	
806	GEROGIANNI, DANAI		2017	F	GIRLS	
843	KASTRINOU, FOTEINI		2017	F	GIRLS	
848	KASTRINOU, ZOI		2017	F	GIRLS	
808	Kouri, Ioanneta		2016	F	GIRLS	
850	MAKANTANI, Eleutheria		2017	F	GIRLS	
839	MATHIOU, VARVARA		2018	F	GIRLS	
805	MIKROULI, SILIA		2018	F	GIRLS	
835	NIKOMANI, STEFANIA		2018	F	GIRLS	
841	PANDI, FAI		2018	F	GIRLS	
816	Papavlasopoulou, Katerina		2014	F	GIRLS	
831	Simpert, Mira		2014	F	GIRLS	
810	Skordili, Vasiliki Antonia		2015	F	GIRLS	
828	VLACHOU, KONSTANTINA		2021	F	GIRLS	
836	VLASSI, FOIVI ELENA		2014	F	GIRLS	
812	Vlassi, Martha		2014	F	GIRLS	

Male

BOYS

802	ANGOS, THANOS		2019	M	BOYS	
847	Charalampis, Cristoforos		2018	M	BOYS	
822	CHRISTODOULOU, ACHILLEAS		2017	M	BOYS	
823	CHRISTODOULOU, ALEXANDROS		2019	M	BOYS	

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Bib	Name	Nat.	YoB	Gender	AG	Club
830	Gasteratos, Panagiotis		2018	M	BOYS	
809	GASTERATOS, PAVLOS		2015	M	BOYS	
826	GOUNARIS, IOANNIS		2019	M	BOYS	
825	GOUNARIS, SPYRIDON		2017	M	BOYS	
821	GOURDOUKIS, ALEXANDROS		2015	M	BOYS	
842	JOVICIC, NICOLA		2018	M	BOYS	
833	KARDAMIS, GIANNIS		2015	M	BOYS	
837	KAVVADIAS, AUGOUSTINOS		2017	M	BOYS	
838	KAVVADIAS, IONAS		2021	M	BOYS	
845	KOULOURIS, NIKOS		2016	M	BOYS	
818	Kouris, Aristeidis		2018	M	BOYS	
844	KOURIS, DIMOSTHENIS		2015	M	BOYS	
807	Kouris, Georgios		2016	M	BOYS	
849	Koustas, Nikos		2014	M	BOYS	
801	Lamprou, Vasileios Marios		2020	M	BOYS	
820	MANGIOROS, ANDREAS		2021	M	BOYS	
819	MANGIOROS, KONSTANTINOS PANAGIOTIS		2017	M	BOYS	
829	Miaris, Stamatis		2014	M	BOYS	
804	MIKROULIS, PANAGIOTIS		2016	M	BOYS	
840	PANDIS, MICHALIS		2021	M	BOYS	
817	PAPAVLASOPOULOS, THEODOROS		2015	M	BOYS	
846	SAMOILIS, EKTORAS		2020	M	BOYS	
811	Terzis, Michael		2016	M	BOYS	
827	VLACHOS, VASILEIOS		2018	M	BOYS	
815	Vlassis, Alexandros		2015	M	BOYS	
813	Vlassis, Eleftherios		2017	M	BOYS	
814	Vlassis, Promitheas		2018	M	BOYS	