

Assopichos 2026 5k

Place	Bib	gender	gender	age	Name	AG	CP2.6k	CP4.3k	Time	Chip	Time	Cl
		rank	rank	rank								
1	111	1	M	1	ΒΟΥΡΛΟΣ, ΚΩΝΣΤΑΝΤΙΝΟΣ	M35-39			0:17:12,0	0:20:05,0	0:19:54,0	ΕΝΩΣΗ ΑΣΤΥΝΟΜΙΚΩΝ ΥΠΑΛΛΗΛΩΝ ΒΟΙΩΤΙΑΣ
2	199	2	M	1	ΤΟΛΙΑΣ, ΗΛΙΑΣ	M16-19			0:17:50,0	0:20:28,0	0:20:16,0	ΓΣ ΠΙΝΔΑΣ
3	176	3	M	1	ΠΑΠΑΛΟΥΚΑΣ, ΑΓΓΕΛΟΣ	M55-59			0:18:35,0	0:21:06,0	0:20:54,0	Λιβαδεια
4	214	4	M	2	ΜΕΧΜΕΤΛΑΡΙ, ΓΙΩΡΓΟΣ	M16-19			0:18:29,0	0:21:15,0	0:21:04,0	
5	207	1	F	1	ΦΡΑΓΚΟΠΟΥΛΟΥ, ΚΛΕΟΠΑΤΡΑ	F35-39			0:18:34,0	0:21:16,0	0:21:05,0	Πανελλήνια
6	120	5	M	1	ΓΚΟΒΑΡΗΣ, ΘΑΝΟΣ	M20-29			0:19:43,0	0:22:40,0	0:22:38,0	Levadeia Team
7	213	6	M	2	ΧΡΙΣΤΟΔΟΥΛΟΥ, ΝΙΚΟΛΑΣ	M20-29			0:20:04,0	0:22:55,0	0:22:43,0	ΑΜΒΡΥΣΣΟΣ ΔΙΣΤΟΜΟΣ
8	169	7	M	2	ΝΕΟΦΩΤΙΣΤΟΣ, ΜΧΑΗΛ	M35-39			0:20:30,0	0:23:33,0	0:23:22,0	Levadia running team
9	127	2	F	1	ΚΑΒΒΑΔΑ, ΣΜΑΡΑΓΔΑ	F12-15			0:21:09,0	0:24:22,0	0:24:13,0	Ανεξάρτητη
10	128	8	M	1	ΚΑΒΒΑΔΑΣ, ΘΕΜΙΣΤΟΚΛΗΣ	M60-64			0:21:03,0	0:24:24,0	0:24:13,0	ΑΝΕΞΑΡΤΗΤΗΣ
11	179	3	F	1	ΠΑΤΣΟΥΛΑΚΗ, ΕΥΑΓΓΕΛΙΑ	F55-59			0:21:15,0	0:24:28,0	0:24:17,0	ΑΠΣ ΑΘΗΝΑΣ ΔΡΟΜΕΙΣ
12	116	4	F	1	ΓΙΑΓΗ, ΙΩΑΝΝΑ	F45-49			0:21:15,0	0:24:28,0	0:24:16,0	THIVA NIKOS RUNNERS
13	129	9	M	3	ΚΑΚΟΣΑΙΟΣ, ΚΩΝΣΤΑΝΤΙΝΟΣ	M20-29			0:21:43,0	0:25:01,0	0:24:48,0	ΑΝΕΞΑΡΤΗΤΗΣ
14	136	10	M	1	ΚΑΡΥΟΦΙΛΗΣ, ΔΗΜΗΤΡΙΟΣ	M30-34			0:23:33,0	0:26:27,0	0:26:16,0	LEVADIA TEAM
15	195	11	M	2	ΤΑΤΣΗΣ, ΓΙΩΡΓΟΣ	M60-64			0:23:20,0	0:26:50,0	0:26:35,0	Δρομείς Καρπάθου
16	184	12	M	1	ΣΑΝΔΑΛΗΣ, ΝΙΚΟΛΑΟΣ	M40-44			0:23:51,0	0:27:24,0	0:27:11,0	PAPANI
17	168	5	F	2	ΝΑΟΥΜ, ΒΙΚΥ	F45-49			0:24:02,0	0:27:42,0	0:27:30,0	ΑΝΕΞΑΡΤΗΤΗΣ
18	209	13	M	3	ΦΩΛΙΑΣ, ΔΗΜΗΤΡΙΟΣ	M60-64			0:24:14,0	0:27:53,0	0:27:41,0	Ανεξαρτητής
19	121	14	M	2	ΔΗΜΗΤΡΕΛΟΣ, ΠΑΝΑΓΙΩΤΗΣ	M40-44			0:24:35,0	0:28:07,0	0:27:53,0	ΕΟΣ ΛΙΒΑδι
20	147	15	M	3	ΚΡΑΒΑΡΙΤΗΣ, ΔΗΜΗΤΡΙΟΣ	M40-44			0:24:56,0	0:28:42,0	0:28:30,0	Ανεξαρτητής
21	198	6	F	1	ΤΟΛΙΑ, ΚΑΤΕΡΙΝΑ	F20-29			0:25:07,0	0:28:51,0	0:28:39,0	72 fitness
22	137	7	F	1	ΚΑΤΣΑΜΑΚΗ, ΧΡΥΣΑ				0:25:37,0	0:29:22,0	0:29:09,0	Bodyshape xalkida
23	229	16	M	1	ΓΟΥΛΑΣ, ΓΙΩΡΓΟΣ				0:26:11,0	0:29:43,0	0:29:32,0	
24	133	17	M	4	ΚΑΛΟΥΔΗΣ, ΣΠΥΡΙΔΩΝ	M20-29			0:25:53,0	0:29:46,0	0:29:33,0	ΑΝΕΞΑΡΤΗΤΗΣ
25	204	18	M	1	ΤΣΙΜΠΟΣ, ΚΩΝΣΤΑΝΤΙΝΟΣ	M50-54			0:26:00,0	0:29:49,0	0:29:36,0	ΑΝΕΞΑΡΤΗΤΗΣ
26	226	19	M	2	ΣΦΥΡΛΑΣ, ΚΩΝ/ΝΟΣ				0:25:50,0	0:30:00,0	0:29:49,0	
27	118	20	M	2	ΓΙΑΝΝΑΚΟΠΟΥΛΟΣ	M55-59			0:25:24,0	0:30:04,0	0:29:52,0	THIVA NI

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					ΒΑΓΓΈΛΗΣ						RUNNERS
28	125	21	M	2	ΖΑΝΝΙΑΣ, ΑΘΑΝΑΣΙΟΣ	M30-34	0:26:36,0	0:30:05,0	0:29:49,0	ΑΝΕΞΑΡΤ	
29	106	8	F	3	ΒΑΚΑΡΙΟΥ, ΓΚΑΒΡΙΕΛΑ	F45-49	0:26:25,0	0:30:19,0	0:30:05,0	ΘΗΒΑ	
30	132	22	M	3	ΚΑΛΛΙΑΚΜΑΝΗΣ, ΚΩΝΣΤΑΝΤΙΝΟΣ		0:26:06,0	0:30:21,0	0:30:09,0	Levadia's	
31	219	23	M	2	ΚΙΑΦΑΣ, ΛΑΜΠΡΟΣ	M50-54	0:26:06,0	0:30:23,0	0:30:09,0		
32	220	9	F	2	ΓΙΟΒΑΝΑΚΗ, ΠΑΝΑΓΙΩΤΑ	F12-15	0:27:13,0	0:30:45,0	0:30:34,0		
33	181	24	M	4	ΠΛΑΤΙΤΣΑΣ, ΠΑΝΑΓΙΩΤΗΣ	M40-44	0:26:34,0	0:30:46,0	0:30:30,0	Papani ru team	
34	225	25	M	1	ΓΑΡΔΙΚΙΩΤΗΣ, ΠΑΝΑΓΙΩΤΗΣ	M12-15	0:26:27,0	0:31:23,0	0:31:12,0		
35	222	26	M	4	ΣΓΟΥΡΔΑΣ, ΑΛΕΞΑΝΔΡΟΣ		0:27:26,0	0:31:45,0	0:31:35,0		
36	221	10	F	2	ΚΟΥΤΑ, ΑΡΤΕΜΗΣ		0:27:33,0	0:31:45,0	0:31:33,0		
37	170	11	F	1	ΝΙΚΑ, ΑΘΑΝΑΣΙΑ	F50-54	0:28:01,0	0:32:27,0	0:32:14,0	THIVA NIC RUNNERS	
38	217	27	M	5	ΞΗΡΟΓΙΑΝΝΗΣ, ΚΩΝ/ΝΟΣ		0:28:27,0	0:32:37,0	0:32:25,0		
39	164	28	M	1	ΜΠΟΥΡΑΣ, ΑΝΑΣΤΑΣΙΟΣ	M65-69	0:29:00,0	0:33:07,0	0:32:52,0	ΑΝΕΞΑΡΤ	
40	131	12	F	2	ΚΑΛΛΙΑΚΜΑΝΗ, ΠΑΝΙΑ	F35-39	0:29:00,0	0:33:24,0	0:33:11,0	Levadia's	
41	230	13	F	3	ΓΟΥΛΑ, ΑΝΝΑ		0:28:07,0	0:33:27,0	0:33:17,0		
42	231	29	M	2	ΓΟΥΛΑΣ, ΑΠΟΣΤΟΛΗΣ	M12-15	0:28:08,0	0:33:27,0	0:33:16,0		
43	200	30	M	5	ΤΟΥΜΠΟΥΛΙΔΗΣ, ΑΝΔΡΕΑΣ	M40-44	0:30:09,0	0:34:25,0	0:34:11,0	ΑΝΕΞΑΡΤ	
44	138	31	M	5	ΚΑΤΣΑΝΤΩΝΗΣ, ΑΓΓΕΛΟΣ	M20-29	0:29:24,0	0:34:26,0	0:34:15,0	ΑΝΕΞΑΡΤ	
45	194	14	F	1	ΤΑΡΕ, ΑΛΜΠΑΝΑ	F30-34	0:30:10,0	0:34:27,0	0:34:13,0	ΑΝΕΞΑΡΤ	
46	211	32	M	4	ΧΡΙΣΤΑΚΑΚΗΣ, ΣΤΑΥΡΟΣ	M60-64	0:30:22,0	0:34:41,0	0:34:29,0	ΑΝΕΞΑΡΤ	
47	201	33	M	1	ΤΡΙΑΝΤΟΣ, ΔΗΜΗΤΡΙΟΣ	M45-49	0:30:22,0	0:34:42,0	0:34:28,0	ΠΑΟ ΑΡΧ ΛΕΤΡΙΝΩ	
48	216	34	M	1	ΞΗΡΟΓΙΑΝΝΗΣ, ΚΩΣΤΑΣ	M70+	0:29:00,0	0:35:21,0	0:35:09,0		
49	218	15	F	4	ΞΗΡΟΓΙΑΝΝΗ, ΜΑΡΙΑΛΕΝΑ		0:30:26,0	0:35:21,0	0:35:10,0		
50	190	35	M	6	ΣΤΑΝ, ΦΛΟΡΙΝ	M40-44	0:30:45,0	0:35:43,0	0:35:29,0	ΑΝΕΞΑΡΤ	
51	224	16	F	5	ΠΑΝΑΓΩΤΑ, ΕΛΠΙΔΑ		0:30:14,0	0:35:54,0	0:35:44,0		
52	107	36	M	6	ΒΑΚΑΡΙΟΥ, ΝΤΑΒΙΝΤ		0:31:49,0	0:36:58,0	0:36:44,0	ΘΗΒΑ	
53	105	37	M	2	ΒΑΚΑΡΙΟΥ, ΝΤΟΡΙΝ	M45-49	0:31:49,0	0:36:58,0	0:36:45,0	ΘΗΒΑ	
54	223	17	F	6	ΟΖΟΥΝΗ, ΜΑΡΙΑ		0:32:19,0	0:37:54,0	0:37:45,0		
55	233	38	M	7	ΠΕΤΡΙΣΟΛ, ΗΛΙΑΣ		0:32:56,0	0:39:54,0	0:39:43,0		
56	208	18	F	2	ΦΥΤΙΛΗ, ΓΙΟΥΛΗ	F55-59	0:36:41,0	0:41:35,0	0:41:24,0	ΛΑΜΙΑ	
57	156	19	F	7	ΜΑΝΔΑΛΟΥ, ΔΗΜΗΤΡΑ		0:38:16,0	0:44:02,0	0:43:46,0	ΑΝΕΞΑΡΤ	

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58	154	39	M	8	ΜΑΝΔΑΛΟΣ, ΑΛΕΞΑΝΔΡΟΣ				0:38:05,0	0:44:16,0	0:44:00,0 ANΕΞΑΡΤ
59	155	40	M	3	ΜΑΝΔΑΛΟΣ, ΓΙΩΡΓΟΣ	M50-54			0:38:04,0	0:44:22,0	0:44:05,0 ANΕΞΑΡΤ
60	110	41	M	2	ΒΟΥΔΡΗΣ, ΜΙΛΤΙΑΔΗΣ	M70+			0:37:59,0	0:44:52,0	0:44:36,0 ΑΠΣ ΤΕΛ ΜΑΡΑΘΩ
61	167	20	F	2	ΝΑΝΟΥ, ΟΛΓΑ	F50-54			0:37:58,0	0:44:52,0	0:44:36,0 ΑΠΣ ΤΕΛ ΜΑΡΑΘΩ
62	141	21	F	1	ΚΙΟΥΣΗ, ΕΛΕΝΗ	F40-44			0:38:14,0	0:44:52,0	0:44:36,0 ANΕΞΑΡΤ
999.998	227	-1	F	-1	ΔΗΜΟΠΟΥΛΟΥ, ΜΑΡΙΑ	F12-15			0:22:36,0	0:22:27,0	