

8o Grammos Mountain Run GMR 21km

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 21KM	CP1 21KM	CP2 21KM	FINISH 21KM
1	1	1	M39-	Male	123	Greek	SPYROS GRAIKOS	-	ΑΟ Κερκυρα 2015ΒΛΑΧΕΡΑΙΝΑ ΚΑΝΟΝΙΟΥ	0:00:04.257(00:00:00)	0:30:14.270(00:30:10)	1:54:45.554(01:54:41)	2:29:14.024(02:29:09)
2	2	2	M39-	Male	33	Greek	VASILIS DELIGIANNIS	-	Ursa Team Paths of Greece ΣΜΝΛ	0:00:04.247(00:00:00)	0:32:31.537(00:32:27)	1:56:12.650(01:56:08)	2:31:14.814(02:31:10)
3	3	3	M39-	Male	177	Greek	XENOFON SARIGIANNIS	-	ΣΔΙ / MOUNTAIN TRAINING SOLUTIONS	0:00:00.144(00:00:00)	0:31:21.950(00:31:21)	1:59:17.180(01:59:17)	2:36:43.604(02:36:43)
4	4	1	M40-49	Male	74	Greek	IOANNIS EDESSAIOS	-	DRC ATHENS	0:00:00.207(00:00:00)	0:35:00.887(00:35:00)	2:04:54.574(02:04:54)	2:42:28.820(02:42:28)
5	5	2	M40-49	Male	180	Greek	GEORGIOS GOGIANNOS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:01.044(00:00:00)	0:33:30.357(00:33:29)	2:05:32.090(02:05:31)	2:45:59.127(02:45:58)
6	1	1	W39-	Female	82	Greek	MARIA PAPAPOSTOULOU	-	Ursa team	0:00:04.257(00:00:00)	0:33:21.857(00:33:17)	2:09:36.047(02:09:31)	2:49:19.764(02:49:15)
7	6	4	M39-	Male	73	Greek	NIKOLAOS PAPAVASILEIOU	-	KONITSA TEAM	0:00:04.354(00:00:00)	0:37:39.234(00:37:34)	2:09:40.980(02:09:36)	2:51:04.870(02:51:00)
8	7	3	M40-49	Male	122	Greek	SPYROS KOUROUTIS	-	Δρομείς σουλιου	0:00:04.690(00:00:00)	0:35:11.987(00:35:07)	2:09:12.864(02:09:08)	2:52:52.864(02:52:48)
9	8	5	M39-	Male	193	Greek	STAVROS GKINIS	-		0:00:00.144(00:00:00)	0:30:24.987(00:30:24)	2:08:05.667(02:08:05)	2:53:13.840(02:53:13)
10	9	6	M39-	Male	128	Greek	ANARGYROS ROUSSOS	-	ΣΑΝΤΟΠΙΝΗ	0:00:00.207(00:00:00)	0:31:54.537(00:31:54)	2:10:51.107(02:10:50)	2:55:14.840(02:55:14)
11	10	4	M40-49	Male	58	Greek	KONSTANTINOS GIANNAROS	-		0:00:05.657(00:00:00)	0:38:11.654(00:38:05)	2:14:40.790(02:14:35)	2:56:00.544(02:55:54)
12	2	2	W39-	Female	95	Greek	XRISTINA TZIMPA	-	Geo Dialektos	0:00:04.247(00:00:00)	0:37:27.677(00:37:23)	2:14:19.220(02:14:14)	2:56:03.307(02:55:59)
13	11	7	M39-	Male	20	Greek	DIMITRTIS LYTIS	-		0:00:16.014(00:00:00)	0:35:24.014(00:35:08)	2:14:58.610(02:14:42)	2:58:28.810(02:58:12)
14	12	5	M40-49	Male	131	Greek	MICHAEL BITOS	-	-	0:00:04.267(00:00:00)	0:38:43.364(00:38:39)	2:18:15.837(02:18:11)	2:59:52.457(02:59:48)
15	3	3	W39-	Female	101	Greek	MINI GEORGIA	-		0:00:14.894(00:00:00)	0:38:47.860(00:38:32)	2:19:17.087(02:19:02)	3:01:08.444(03:00:53)
16	13	1	M50+	Male	191	Greek	DIMITRIOS ZIAMPIRIS	-		0:00:05.590(00:00:00)	0:34:41.124(00:34:35)	2:15:15.494(02:15:09)	3:04:32.344(03:04:26)
17	14	8	M39-	Male	66	Greek	BASILIS KALLINIOTIS	-		0:00:06.694(00:00:00)	0:37:08.597(00:37:01)	2:22:48.310(02:22:41)	3:08:46.620(03:08:39)
18	15	6	M40-49	Male	112	Greek	DIMITRIOS TSODOULOS	-		0:00:11.447(00:00:00)	0:39:47.427(00:39:35)	2:22:54.524(02:22:43)	3:08:52.030(03:08:40)
19	4	1	W40-49	Female	113	Greek	NIKOLETA TZAVARA	-	Kasimis training	0:00:13.080(00:00:00)	0:39:45.720(00:39:32)	2:23:19.117(02:23:06)	3:08:56.157(03:08:43)
20	16	2	M50+	Male	161	Greek	BASILEIOS SIOCHOS	-	ΔΡΟΜΕΙΣ ΣΟΥΛΙΟΥ	0:00:05.657(00:00:00)	0:39:30.650(00:39:24)	2:23:29.620(02:23:23)	3:09:00.480(03:08:54)
21	17	7	M40-49	Male	5	Greek	KONSTANTINOS	-	Σύλλογος Δρομεων	0:00:05.657(00:00:00)	0:37:49.864(00:37:44)	2:22:09.804(02:22:04)	3:09:01.267(03:08:55)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 21KM	CP1 21KM	CP2 21KM	FINISH 21KM
							MASTORAS		Ηγουμενίτσας				
22	18	9	M39-	Male	135	Greek	LAMPROS PAPASIS	-		0:00:10.360(00:00:00)	0:35:36.880(00:35:26)	2:17:37.430(02:17:27)	3:09:21.964(03:09:11)
23	19	8	M40-49	Male	173	Greek	DANIEL HODAJ	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:08.010(00:00:00)	0:39:34.234(00:39:26)	2:23:26.864(02:23:18)	3:10:38.334(03:10:30)
24	20	3	M50+	Male	174	Greek	DIMITRIOS ANDROUTSOS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:04.257(00:00:00)	0:39:26.370(00:39:22)	2:24:39.164(02:24:34)	3:11:45.134(03:11:40)
25	21	10	M39-	Male	178	Greek	ANDREAS PIRIA	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:07.064(00:00:00)	0:38:51.130(00:38:44)	2:26:10.624(02:26:03)	3:13:07.954(03:13:00)
26	22	4	M50+	Male	76	Greek	KONSTANTINOS VENETIS	-	ΣΔ ΗΓΟΥΜΕΝΙΤΣΑΣ	0:00:13.774(00:00:00)	0:39:49.654(00:39:35)	2:26:25.290(02:26:11)	3:15:09.500(03:14:55)
27	23	9	M40-49	Male	96	Greek	SPIROS EMMANOUILIDIS	-	Geo Dialektos	0:00:04.577(00:00:00)	0:39:55.724(00:39:51)	2:30:46.550(02:30:41)	3:16:51.157(03:16:46)
28	5	4	W39-	Female	107	Greek	MATINA VANDOROU	-	THE FUNCTIONAL DEPARTMENT	0:00:04.257(00:00:00)	0:40:31.434(00:40:27)	2:31:15.144(02:31:10)	3:17:48.270(03:17:44)
29	6	5	W39-	Female	90	Greek	GRETI MANESI	-		0:00:13.247(00:00:00)	0:40:32.997(00:40:19)	2:33:23.264(02:33:10)	3:19:36.890(03:19:23)
30	24	11	M39-	Male	37	Greek	NIKOLAOS SOURLAS	-	La climbing	0:00:19.764(00:00:00)	-	2:33:07.184(02:32:47)	3:20:45.380(03:20:25)
31	25	12	M39-	Male	49	Greek	GEORGIOS BOUTSIKAS	-		0:00:07.707(00:00:00)	0:40:34.134(00:40:26)	2:32:26.497(02:32:18)	3:21:43.244(03:21:35)
32	7	6	W39-	Female	194	Greek	LAMPRINI LIOUTA	-		0:00:05.657(00:00:00)	0:41:34.307(00:41:28)	2:36:50.497(02:36:44)	3:22:02.140(03:21:56)
33	26	13	M39-	Male	75	Greek	GIWRGOS KATSOULIDIS	-		0:00:16.860(00:00:00)	0:40:05.537(00:39:48)	2:31:01.707(02:30:44)	3:22:32.010(03:22:15)
34	8	2	W40-49	Female	114	Greek	EUGENIA PORIAZOGLOU	-		0:00:07.267(00:00:00)	0:42:30.744(00:42:23)	2:34:33.840(02:34:26)	3:22:46.237(03:22:38)
35	27	10	M40-49	Male	144	Greek	IOANNIS TSOLIS	-	ΣΔΥΚ ΚΟΖΑΝΗΣ	0:00:06.364(00:00:00)	0:40:02.137(00:39:55)	2:32:35.067(02:32:28)	3:22:58.094(03:22:51)
36	28	11	M40-49	Male	127	Greek	IOANNIS TSOLIS	-	Ιωάννινα	0:00:05.657(00:00:00)	-	2:36:53.404(02:36:47)	3:23:47.674(03:23:42)
37	29	12	M40-49	Male	6	Greek	VASILIS PISPAS	-	Sillogos dromeon igoumenitsas	0:00:08.810(00:00:00)	0:41:23.990(00:41:15)	2:34:50.804(02:34:41)	3:23:56.180(03:23:47)
38	30	13	M40-49	Male	83	Greek	DIMITRIOS SPANOS	-	MINAS COACHING TEAMKONITSA TEAM	0:00:08.810(00:00:00)	0:41:04.884(00:40:56)	2:30:19.837(02:30:11)	3:24:53.080(03:24:44)
39	31	14	M40-49	Male	115	Greek	PETROS ZACHOS	-		0:00:06.364(00:00:00)	0:41:01.510(00:40:55)	2:33:45.034(02:33:38)	3:26:57.037(03:26:50)
40	32	15	M40-49	Male	77	Greek	AGGELOS ARMENIS	-	Ηλε	0:00:08.010(00:00:00)	0:47:15.424(00:47:07)	-	3:27:14.704(03:27:06)
41	33	14	M39-	Male	168	Greek	VASILEIOS PETRIS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:11.367(00:00:00)	0:42:01.417(00:41:50)	2:38:09.364(02:37:57)	3:27:29.590(03:27:18)
42	34	5	M50+	Male	136	Greek	STAVROS IOANNIDIS	-	Σύλλογος δρομέων Ηγουμενίτσας	0:00:05.657(00:00:00)	0:40:29.827(00:40:24)	2:37:05.667(02:37:00)	3:27:40.217(03:27:34)
43	35	1	ALL	Male	200	Greek	VASILEIOS BAMPAS	-		0:00:06.804(00:00:00)	0:43:24.017(00:43:17)	2:39:29.444(02:39:22)	3:28:27.454(03:28:20)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 21KM	CP1 21KM	CP2 21KM	FINISH 21KM
44	36	15	M39-	Male	21	Greek	PANAGIOTIS PANOU	-		0:00:11.447(00:00:00)	0:39:02.364(00:38:50)	2:31:52.890(02:31:41)	3:28:36.584(03:28:25)
45	37	6	M50+	Male	119	Greek	MICHAEL ANASTASOPOULOS	-	Dromeis souliou	0:00:05.657(00:00:00)	0:41:35.764(00:41:30)	2:35:10.424(02:35:04)	3:28:53.784(03:28:48)
46	38	16	M39-	Male	102	Greek	KONSTANTINOS HAIYAN	-		0:00:08.857(00:00:00)	0:40:13.677(00:40:04)	-	3:28:59.040(03:28:50)
47	39	16	M40-49	Male	72	Greek	GRIGORIOS MOULALIDIS	-	KONITSA TEAM	0:00:08.810(00:00:00)	-	2:38:06.390(02:37:57)	3:31:53.137(03:31:44)
48	40	17	M39-	Male	105	Greek	ORESTIS LIATSISS DOUVITSAS	-	DRC Athens	0:00:16.230(00:00:00)	0:44:55.377(00:44:39)	-	3:32:06.277(03:31:50)
49	41	18	M39-	Male	10	Greek	ANDREAS SKENTZOS	-	AllTerrainRunners	0:00:10.140(00:00:00)	0:43:49.524(00:43:39)	-	3:32:21.944(03:32:11)
50	42	19	M39-	Male	156	Greek	KONSTANTINOS BOZIOS	-	VIKOS RUNNING TEAM	0:00:16.334(00:00:00)	0:42:37.190(00:42:20)	-	3:35:51.437(03:35:35)
51	43	7	M50+	Male	152	Greek	THEOFYLAKTOS KATOPODIS	-	ASL FILANDROS	0:00:04.257(00:00:00)	0:48:00.040(00:47:55)	2:48:23.294(02:48:19)	3:36:43.187(03:36:38)
52	44	20	M39-	Male	118	Greek	VASILIS MANAKOUDAS	-	Fifth Element Running Team	0:00:13.897(00:00:00)	0:44:23.444(00:44:09)	2:48:25.660(02:48:11)	3:38:09.684(03:37:55)
53	45	21	M39-	Male	24	Greek	PANAGIOTIS MOURELATOS	-		0:00:11.447(00:00:00)	0:42:41.620(00:42:30)	2:48:39.214(02:48:27)	3:38:25.490(03:38:14)
54	46	8	M50+	Male	41	Greek	VASSILIS PROTOPAPPAS	-	Ostracon LevelX	0:00:13.080(00:00:00)	0:41:54.760(00:41:41)	2:35:38.104(02:35:25)	3:40:54.757(03:40:41)
55	47	9	M50+	Male	62	Greek	NIKOLAOS THEOCHARIS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΗΓΟΥΜΕΝΙΤΣΑΣ	0:00:06.364(00:00:00)	0:43:02.327(00:42:55)	2:50:17.244(02:50:10)	3:41:30.000(03:41:23)
56	48	22	M39-	Male	22	Greek	ARMANDOS KYRIAKIS	-		0:00:12.134(00:00:00)	0:42:38.780(00:42:26)	-	3:41:53.457(03:41:41)
57	9	1	W50+	Female	79	Greek	DAMASKINI CHEILI	-	ANATASIS	0:00:13.897(00:00:00)	0:46:22.880(00:46:08)	-	3:42:36.437(03:42:22)
58	49	17	M40-49	Male	146	Greek	ANASTASIOS DRAGANIDIS	-	ΣΔΥ ΚΙΑΚΙΣ	0:00:11.367(00:00:00)	0:46:16.780(00:46:05)	2:51:09.934(02:50:58)	3:43:03.037(03:42:51)
59	50	10	M50+	Male	153	Greek	KONSTANTINOS BOCHTIS	-	FAMILY4EVER ΑΘΗΝΑΙΟΙ ΔΡΟΜΕΙΣ	0:00:22.437(00:00:00)	0:48:30.290(00:48:07)	-	3:43:04.250(03:42:41)
60	51	11	M50+	Male	71	Greek	IOANNIS SCHOINAS	-		0:00:18.314(00:00:00)	0:48:32.014(00:48:13)	2:51:37.720(02:51:19)	3:44:52.417(03:44:34)
61	52	12	M50+	Male	158	Greek	VASILIOS ANAGNOSTOPOULOS	-	Melissa Kikizas	0:00:06.364(00:00:00)	0:44:21.114(00:44:14)	2:50:22.170(02:50:15)	3:45:05.374(03:44:59)
62	53	18	M40-49	Male	120	Greek	ANTONIS TSALLOS	-		0:00:17.467(00:00:00)	0:42:47.077(00:42:29)	-	3:45:49.184(03:45:31)
63	54	23	M39-	Male	162	Greek	EVANGELOS OKKAS	-		0:00:09.267(00:00:00)	0:44:33.067(00:44:23)	2:51:33.644(02:51:24)	3:46:06.717(03:45:57)
64	55	13	M50+	Male	188	Greek	PETROS TZOUMAKAS	-	FIFTH ELEMENT RUNNING TEAM	0:00:10.140(00:00:00)	0:44:50.407(00:44:40)	2:48:35.607(02:48:25)	3:47:45.534(03:47:35)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 21KM	CP1 21KM	CP2 21KM	FINISH 21KM
65	56	19	M40-49	Male	92	Greek	NIKOLAOS KAZOUKAS	-	Οικοτοπία	0:00:14.780(00:00:00)	0:48:27.634(00:48:12)	-	3:47:51.014(03:47:36)
66	57	24	M39-	Male	121	Greek	DIMITRIOS IOANNOU	-		0:00:13.080(00:00:00)	0:48:44.104(00:48:31)	-	3:48:33.190(03:48:20)
67	58	25	M39-	Male	68	Greek	EYAGGELOS GKIZAS	-	ALLTERRAINRUNNERS	0:00:06.267(00:00:00)	0:44:38.924(00:44:32)	-	3:48:40.700(03:48:34)
68	59	26	M39-	Male	19	Greek	ALEXANDROS KALKAVOURAS	-	Naoussa Vermio Trail	0:00:20.870(00:00:00)	0:46:26.457(00:46:05)	-	3:49:18.384(03:48:57)
69	60	27	M39-	Male	45	Greek	NIKOLAOS KOSMATOS	-	sciencetraining	0:00:19.644(00:00:00)	0:46:27.374(00:46:07)	-	3:49:18.384(03:48:58)
70	61	20	M40-49	Male	143	Greek	GEORGIOS KOSTARAS	-	Ursa Team	0:00:16.410(00:00:00)	0:45:54.644(00:45:38)	-	3:49:34.074(03:49:17)
71	62	21	M40-49	Male	17	Greek	GEORGE KATSIOS	-		0:00:11.447(00:00:00)	0:45:34.630(00:45:23)	2:49:07.240(02:48:55)	3:50:43.797(03:50:32)
72	10	2	W50+	Female	110	Australian	ROBYN CHARLTON	-	The Functional Department	0:00:04.464(00:00:00)	0:45:38.487(00:45:34)	-	3:50:57.794(03:50:53)
73	63	22	M40-49	Male	147	Greek	IOANNIS TSAVOS	-	BELTSISTA RANING	0:00:08.584(00:00:00)	0:44:47.140(00:44:38)	-	3:51:24.904(03:51:16)
74	64	23	M40-49	Male	132	Greek	EFSTATHIOS PAPPAS	-	Race Factory Derekas Endurance coaching	0:00:08.010(00:00:00)	0:44:45.054(00:44:37)	-	3:51:26.037(03:51:18)
75	65	28	M39-	Male	18	Greek	KONSTANTINOS LELOUDAS	-		0:00:11.447(00:00:00)	0:46:18.234(00:46:06)	-	3:54:44.454(03:54:33)
76	66	14	M50+	Male	106	Greek	DIMITRIS MICHAEL	-		0:00:10.140(00:00:00)	-	-	3:59:07.324(03:58:57)
77	67	29	M39-	Male	164	Greek	GIORGOS ZIGOS	-		0:00:07.707(00:00:00)	0:44:40.980(00:44:33)	-	3:59:35.204(03:59:27)
78	68	30	M39-	Male	38	Greek	EFTHIMIS TROMPOUKIS	-		0:00:17.994(00:00:00)	0:49:07.147(00:48:49)	-	3:59:51.700(03:59:33)
79	69	24	M40-49	Male	59	Greek	DIMITRIS KAPETANIOS	-		0:00:09.917(00:00:00)	0:44:48.697(00:44:38)	-	4:03:28.400(04:03:18)
80	70	31	M39-	Male	35	Greek	STEFANOS LEVIDIS	-	ΟΞΥΑ	0:00:14.894(00:00:00)	0:46:07.540(00:45:52)	-	4:06:05.304(04:05:50)
81	71	15	M50+	Male	46	Greek	BASILIS KARALIS	-	ΣΜΝΛ	0:00:11.754(00:00:00)	0:44:42.757(00:44:31)	-	4:06:31.984(04:06:20)
82	72	25	M40-49	Male	154	Greek	DIMITRIOS VRANIAS	-	VIKOS RUNNING TEAM	0:00:08.857(00:00:00)	0:44:36.564(00:44:27)	-	4:07:12.247(04:07:03)
83	73	16	M50+	Male	87	Greek	GIORGOS KALLIMANIS	-	My way	0:00:14.130(00:00:00)	0:46:10.677(00:45:56)	-	4:07:28.444(04:07:14)
84	74	17	M50+	Male	187		VASILEIOS TZOUMAKAS	-	FIFTH ELEMENT RUNNING TEAM	0:00:11.447(00:00:00)	0:55:03.610(00:54:52)	-	4:08:47.267(04:08:35)
85	75	32	M39-	Male	192	Greek	KONSTANTINOS TZOUMAKAS	-	FIFTH ELEMENT RUNNING TEAM	0:00:10.140(00:00:00)	0:54:17.687(00:54:07)	-	4:08:47.267(04:08:37)
86	76	26	M40-49	Male	57	Greek	CHRISTOS CHANTZARAS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΗΓΟΥΜΕΝΙΤΣΑΣ	0:00:12.240(00:00:00)	0:47:25.340(00:47:13)	-	4:09:18.154(04:09:05)
87	77	27	M40-49	Male	163	Greek	PETROS PEPONIS	-		0:00:23.220(00:00:00)	0:46:47.804(00:46:24)	-	4:10:08.190(04:09:44)
88	78	33	M39-	Male	150	Greek	DIMITRIS POALAS	-	ΕΟΣ ΛΑΙΣΤΑΣ	0:00:17.467(00:00:00)	0:46:05.977(00:45:48)	-	4:10:34.834(04:10:17)
89	79	18	M50+	Male	145	Greek	KONSTANTINOS SAKKAS	-		0:00:13.247(00:00:00)	0:45:57.794(00:45:44)	-	4:11:28.847(04:11:15)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 21KM	CP1 21KM	CP2 21KM	FINISH 21KM
90	11	3	W50+	Female	159	Greek	MARY KATSANOU	-	Αθηναίοι δρομείςfamily for ever	0:00:21.964(00:00:00)	0:49:05.384(00:48:43)	-	4:13:02.447(04:12:40)
91	80	19	M50+	Male	148	Greek	VAGGELIS MAKRIS	-		0:00:16.334(00:00:00)	0:50:55.797(00:50:39)	-	4:13:04.444(04:12:48)
92	81	20	M50+	Male	149	Greek	PANAGIOTIS LAIMODETIS	-		0:00:17.344(00:00:00)	0:49:53.004(00:49:35)	-	4:13:04.777(04:12:47)
93	82	28	M40-49	Male	190	Greek	CHARALAMPOS TEGOS	-		0:00:20.314(00:00:00)	0:52:06.674(00:51:46)	-	4:13:17.177(04:12:56)
94	83	21	M50+	Male	151	Greek	GIANNIS FRAGOULIS	-	ASL FILANDROS	0:00:13.080(00:00:00)	0:51:11.394(00:50:58)	-	4:13:28.824(04:13:15)
95	84	34	M39-	Male	117	Greek	FOTIS KYRANAS	-	Png	0:00:22.437(00:00:00)	0:50:54.020(00:50:31)	-	4:13:43.344(04:13:20)
96	12	7	W39-	Female	52	Greek	MARY GEROGIANNOPOULOU	-	KAZA FITNESS PROJECT	0:00:11.267(00:00:00)	0:54:48.137(00:54:36)	-	4:14:01.244(04:13:49)
97	85	35	M39-	Male	182	Greek	NIKOLAOS AVGOUSTAKIS	-	SAINT MITSOU	0:00:11.267(00:00:00)	0:50:44.454(00:50:33)	-	4:14:21.267(04:14:10)
98	86	36	M39-	Male	181	Greek	EVANGELOS CHATZIMPYROS	-	SAINT MITSOU	0:00:10.360(00:00:00)	0:50:41.004(00:50:30)	-	4:14:22.454(04:14:12)
99	87	29	M40-49	Male	7	Greek	AKIS PAPADELIS	-	SDY KOZANIS	0:00:15.724(00:00:00)	0:50:17.970(00:50:02)	-	4:15:38.914(04:15:23)
100	88	30	M40-49	Male	31	Greek	STATHIS KALAΪTZIDIS	-	solo	0:00:17.467(00:00:00)	0:50:45.657(00:50:28)	-	4:16:09.054(04:15:51)
101	89	22	M50+	Male	80	Greek	TAKIS CHRISTOFORIDIS	-		0:00:18.314(00:00:00)	0:50:16.277(00:49:57)	-	4:16:29.384(04:16:11)
102	90	23	M50+	Male	94	Greek	CHARALAMPOS PRIPORAS	-		0:00:23.220(00:00:00)	0:52:34.397(00:52:11)	-	4:17:41.814(04:17:18)
103	13	8	W39-	Female	139	Greek	ANTIGONIVARVARA LAZAROU	-		0:00:11.367(00:00:00)	0:54:19.644(00:54:08)	-	4:18:18.550(04:18:07)
104	91	24	M50+	Male	56	Greek	ANTONIS FORTATOS	-	εκδρομέας Αμφίκλειας	0:00:19.157(00:00:00)	0:50:51.620(00:50:32)	-	4:18:47.177(04:18:28)
105	92	31	M40-49	Male	67	Greek	FILIPPOS BOURNTENAS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΥΓΕΙΑΣ ΑΓΙΑΣ	0:00:13.080(00:00:00)	0:47:48.324(00:47:35)	-	4:20:39.514(04:20:26)
106	93	32	M40-49	Male	60	Greek	ALEXANDROS NIKOPOULOS	-		0:00:21.644(00:00:00)	0:49:27.500(00:49:05)	-	4:20:42.400(04:20:20)
107	94	37	M39-	Male	138	Greek	STEF STEFANOU	-		0:00:07.707(00:00:00)	0:49:57.574(00:49:49)	-	4:21:00.240(04:20:52)
108	14	3	W40-49	Female	170	Greek	NATASA RINA	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:08.857(00:00:00)	0:47:47.174(00:47:38)	-	4:21:25.324(04:21:16)
109	95	33	M40-49	Male	171	Greek	LAZAROS GIAKATIS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:09.267(00:00:00)	0:47:52.897(00:47:43)	-	4:21:26.107(04:21:16)
110	15	4	W50+	Female	157	Greek	ANDRONIKI GEORGIΟΥ	-	Melissa kizias	0:00:08.010(00:00:00)	0:50:38.214(00:50:30)	-	4:21:34.037(04:21:26)
111	96	25	M50+	Male	48	Greek	KONSTANTINOS	-	Ο Κύκλος Των	0:00:12.584(00:00:00)	0:50:30.640(00:50:18)	-	4:22:47.500(04:22:34)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 21KM	CP1 21KM	CP2 21KM	FINISH 21KM
							IOANNOU		Χαμένων Δρομικών				
112	97	38	M39-	Male	195	Greek	PASCHALIS STREMPENIS	-		0:00:13.774(00:00:00)	0:49:08.807(00:48:55)	-	4:23:44.987(04:23:31)
113	98	39	M39-	Male	126	Greek	KOSTAS BRIKOS	-	Syrrako running team	0:00:11.447(00:00:00)	0:46:24.854(00:46:13)	-	4:26:10.467(04:25:59)
114	99	40	M39-	Male	199	Greek	ACHILLEAS TSAGKOS	-		0:00:11.367(00:00:00)	0:46:13.940(00:46:02)	-	4:26:33.387(04:26:22)
115	100	34	M40-49	Male	198	Greek	ILIAS TSAGKOS	-		0:00:11.447(00:00:00)	-	-	4:26:34.267(04:26:22)
116	101	41	M39-	Male	53	Greek	VANGELIS MOUZAKIS	-		0:00:18.314(00:00:00)	0:54:44.580(00:54:26)	-	4:27:18.984(04:27:00)
117	102	26	M50+	Male	137	Greek	PRODROMOS HATZIEFRAIMIDIS	-		-	-	-	4:27:27.444 (-:-:-)
118	103	42	M39-	Male	51	Greek	ANESTIS POLITIS	-	KOURKOURIKIS TRAINING GROUP	0:00:21.644(00:00:00)	0:50:58.194(00:50:36)	-	4:27:38.457(04:27:16)
119	104	43	M39-	Male	47	Greek	PANAGIOTIS BAKAS	-		0:00:15.724(00:00:00)	-	-	4:29:16.440(04:29:00)
120	105	35	M40-49	Male	91	Greek	KONSTANTINOS TSIVOLAS	-		0:00:11.754(00:00:00)	0:50:12.034(00:50:00)	-	4:32:49.850(04:32:38)
121	106	44	M39-	Male	124	Greek	VASILIS TARTORAS	-		0:00:21.964(00:00:00)	0:41:52.114(00:41:30)	-	4:34:49.184(04:34:27)
122	16	9	W39-	Female	108	Greek	MARIA VOTTI	-		0:00:07.707(00:00:00)	0:53:41.190(00:53:33)	-	4:35:08.567(04:35:00)
123	107	36	M40-49	Male	116	Greek	PANTELIS ZARKADAS	-	Diogenis Lavazza running	0:00:13.247(00:00:00)	0:48:55.834(00:48:42)	-	4:35:13.900(04:35:00)
124	108	27	M50+	Male	103	Greek	DIMITRIS MALFAS	-		0:00:14.780(00:00:00)	0:51:19.500(00:51:04)	-	4:37:54.074(04:37:39)
125	109	28	M50+	Male	97	Greek	COSTAS ATHANASIOU	-	ΠΕΤΡΟΒΙΤΣΑ	0:00:12.267(00:00:00)	0:48:13.204(00:48:00)	-	4:38:37.250(04:38:24)
126	17	5	W50+	Female	111	British	MANDY TRUSLER	-	The Functional Department	0:00:13.897(00:00:00)	0:54:02.994(00:53:49)	-	4:38:53.340(04:38:39)
127	110	37	M40-49	Male	93	Greek	THEODOROS KATSEKOS	-		0:00:18.664(00:00:00)	0:45:02.727(00:44:44)	-	4:39:16.590(04:38:57)
128	111	38	M40-49	Male	39	Greek	THOMAS CHALMANTZIS	-	WOLF TEAM	0:00:07.707(00:00:00)	0:49:43.547(00:49:35)	-	4:40:25.850(04:40:18)
129	112	45	M39-	Male	61	Greek	KONSTANTINOS KOUBARELOS	-	ΛΥΚΟΔΟΝΤΙΑ TEAM	0:00:23.220(00:00:00)	0:51:21.597(00:50:58)	-	4:42:32.124(04:42:08)
130	113	29	M50+	Male	172	Greek	CHRISTOS ZOGAKIS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:06.267(00:00:00)	0:42:34.730(00:42:28)	-	4:43:49.117(04:43:42)
131	18	4	W40-49	Female	78	Albanian	ELONA NOTE	-	Marathon Albania	0:00:23.724(00:00:00)	0:56:02.714(00:55:38)	-	4:44:31.357(04:44:07)
132	114	30	M50+	Male	155	Greek	KONSTANTINOS KOSTAS	-	VIKOS RUNNING TEAM	0:00:23.724(00:00:00)	0:42:28.247(00:42:04)	-	4:45:14.840(04:44:51)
133	115	39	M40-49	Male	104	Greek	APOSTOLOS VOGKLIS	-		0:00:19.094(00:00:00)	0:48:25.217(00:48:06)	-	4:45:32.257(04:45:13)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 21KM	CP1 21KM	CP2 21KM	FINISH 21KM
134	19	10	W39-	Female	189	Greek	SOFIA GALANOU	-		0:00:15.724(00:00:00)	0:55:28.117(00:55:12)	-	4:46:43.460(04:46:27)
135	116	40	M40-49	Male	100	Greek	STEFANOS CHIRAS	-		0:00:15.724(00:00:00)	0:56:57.090(00:56:41)	-	4:50:07.477(04:49:51)
136	117	41	M40-49	Male	109	Greek	STEFANOS KRITSIMAS	-		0:00:11.797(00:00:00)	0:52:10.974(00:51:59)	-	4:51:52.540(04:51:40)
137	118	42	M40-49	Male	141	Greek	DIMITRIOS KOLOKAS	-	Melissa Kikizas	0:00:07.370(00:00:00)	0:54:09.627(00:54:02)	-	4:55:46.160(04:55:38)
138	119	43	M40-49	Male	142	Greek	MIXALIS NTOVAS	-	Melissa Kikizas	0:00:07.064(00:00:00)	0:54:05.727(00:53:58)	-	4:55:46.400(04:55:39)
139	120	31	M50+	Male	9	Greek	NIKOLAOS SIAKOS	-		0:00:20.870(00:00:00)	1:00:02.030(00:59:41)	-	4:57:26.264(04:57:05)
140	121	32	M50+	Male	98	Greek	CHRISTOS GEORGATOS	-	aenos	0:00:26.004(00:00:00)	0:56:20.470(00:55:54)	-	4:57:37.914(04:57:11)
141	20	11	W39-	Female	25	Greek	REA GALANOU	-		0:00:21.644(00:00:00)	0:59:04.427(00:58:42)	-	5:02:22.697(05:02:01)
142	122	33	M50+	Male	11	Greek	ANTONIOS ATHANASIOU	-	AYPA	0:00:21.787(00:00:00)	0:59:05.704(00:58:43)	-	5:02:23.824(05:02:02)
143	21	12	W39-	Female	99	Greek	IOANNA SPYROPOULOU	-		0:00:13.247(00:00:00)	0:59:27.997(00:59:14)	-	5:03:19.337(05:03:06)
144	123	2	ALL	Male	196	Greek	LAZAROS EVANGELOU	-		0:00:13.080(00:00:00)	0:45:43.724(00:45:30)	-	5:09:30.944(05:09:17)
145	22	13	W39-	Female	54	Greek	ELLI GEROGIANNOPOULOU	-		0:00:18.664(00:00:00)	1:00:52.177(01:00:33)	-	5:09:31.174(05:09:12)
146	124	34	M50+	Male	140	Greek	NIKOLAOS MPOUHOUTSOS	-		0:00:14.130(00:00:00)	1:01:09.757(01:00:55)	-	5:14:56.377(05:14:42)
147	125	35	M50+	Male	27	Greek	KYRIAKOS KYRIAKOPOULOS	-	OYK	-	-	-	5:15:35.100 (---:--)
148	23	14	W39-	Female	55	Greek	STAVROULA BALASKA	-		0:00:23.724(00:00:00)	0:58:11.494(00:57:47)	-	5:15:35.440(05:15:11)
149	126	46	M39-	Male	201	Greek	DIMITRIOS CHOULIARAS	-	OYK	-	-	-	5:15:38.370 (---:--)
150	127	44	M40-49	Male	183	Greek	SAKIS XAIDOS	-	ΙΠΤΑΜΕΝΑ ΜΟΣΧΑΡΙΑ	0:00:22.187(00:00:00)	0:56:10.554(00:55:48)	-	5:17:55.880(05:17:33)
151	128	45	M40-49	Male	184	Greek	GIOVAN KORROS	-	ΙΠΤΑΜΕΝΑ ΜΟΣΧΑΡΙΑ	0:00:21.644(00:00:00)	0:56:13.514(00:55:51)	-	5:17:56.554(05:17:34)
152	24	5	W40-49	Female	14	Hungarian	KATA OROSZ	-		0:00:19.764(00:00:00)	1:02:47.500(01:02:27)	-	5:24:31.000(05:24:11)
153	129	47	M39-	Male	13	Hungarian	TAMÁS HONOS	-		0:00:21.644(00:00:00)	1:02:55.894(01:02:34)	-	5:24:31.100(05:24:09)
154	25	15	W39-	Female	88	Greek	PARASKEVI MAMI	-		0:00:05.704(00:00:00)	0:56:26.270(00:56:20)	-	5:25:41.347(05:25:35)
155	130	48	M39-	Male	89	Greek	KONSTANTINOS OIKONOMOU	-		0:00:05.824(00:00:00)	0:56:27.607(00:56:21)	-	5:25:42.554(05:25:36)
156	26	6	W40-49	Female	84	Greek	THALIA KAPETANAKI	-	NäakdeDocks	0:00:05.657(00:00:00)	1:08:32.397(01:08:26)	-	5:27:15.210(05:27:09)
157	131	46	M40-49	Male	85	Greek	GIORGOS AGGELOU	-	NäakdeDocks	0:00:07.707(00:00:00)	1:08:34.960(01:08:27)	-	5:27:16.107(05:27:08)
158	132	36	M50+	Male	30	Greek	THEOCHARIS MANOUSARIDIS	-	TIMELESS	0:00:27.234(00:00:00)	1:01:59.437(01:01:32)	-	5:30:22.794(05:29:55)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 21KM	CP1 21KM	CP2 21KM	FINISH 21KM
159	133	37	M50+	Male	15	Greek	GEORGIOS LIOLIOS	-		0:00:18.664(00:00:00)	1:02:51.534(01:02:32)	-	5:32:44.750(05:32:26)
160	27	16	W39-	Female	2	Greek	ALEKSANDRA DALAKA	-		0:00:16.014(00:00:00)	1:08:58.147(01:08:42)	-	5:33:32.707(05:33:16)
161	134	38	M50+	Male	44	Greek	SOTIRIS PETROPOULOS	-	AllterrainRunners by Theodorakakos Dimitris	0:00:04.257(00:00:00)	1:14:11.150(01:14:06)	-	6:00:57.087(06:00:52)
162	28	7	W40-49	Female	43	Greek	DESPOINA PAPADOPOULOU	-	AllterrainRunners by Theodorakakos Dimitris	0:00:05.657(00:00:00)	1:14:09.777(01:14:04)	-	6:00:58.300(06:00:52)
163	29	17	W39-	Female	134	Greek	STAVROULA PRISKA	-		0:00:26.004(00:00:00)	0:54:41.974(00:54:15)	-	6:20:48.640(06:20:22)
164	135	47	M40-49	Male	36	Greek	VASILEIOS PARASKEYAS	-		-	-	-	6:21:20.057 (-:-:-)
165	136	49	M39-	Male	129	Greek	PANAGIOTIS KOUTSOLIAKOS	-	URSA	0:00:16.860(00:00:00)	-	2:27:47.014(02:27:30)	-
166	137	48	M40-49	Male	133	Greek	PARASKEVAS CHRYSOVITSANOS DNF	-	The functional department	0:00:04.257(00:00:00)	0:32:22.807(00:32:18)	-	-
167	138	39	M50+	Male	197		MICHAIL SIRAGOPOULOS	-		0:00:12.267(00:00:00)	0:51:56.024(00:51:43)	-	-

8o Grammos Mountain Run GMR 10km

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
1	1	1	M39-	Male	1080	Greek	VASILIS MOURECHIDIS	-		0:00:01.663(00:00:00)	0:52:45.430(00:52:43)
2	2	2	M39-	Male	1098	Greek	GERASIMOS GOGOLOS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΗΓΟΥΜΕΝΙΤΣΑΣ	0:00:04.566(00:00:00)	0:53:01.556(00:52:56)
3	3	3	M39-	Male	1155	Greek	KONSTANTINOS ROUSTA	-		0:00:00.110(00:00:00)	0:54:15.880(00:54:15)
4	4	1	M50+	Male	1136	Greek	ILIAS NATSIAS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:00.756(00:00:00)	0:54:58.123(00:54:57)
5	5	1	M40-49	Male	1143	Greek	CHRISTOS KYRIAZAKOS	-	energygymmykonos	0:00:03.776(00:00:00)	0:55:54.590(00:55:50)
6	6	4	M39-	Male	1089	Greek	EVANGELOS ATHANASIOU	-		0:00:03.100(00:00:00)	0:56:20.560(00:56:17)
7	7	5	M39-	Male	1082	Greek	XARHS VLAXOS	-	KONITSA	0:00:03.100(00:00:00)	0:58:13.863(00:58:10)
8	1	1	W39-	Female	1029	Greek	FANI AVRAMOGLU	-	Kourkourikis training group	0:00:02.673(00:00:00)	0:59:10.793(00:59:08)
9	8	6	M39-	Male	1079	Greek	PANAGIOTIS BLAHOS	-		0:00:04.566(00:00:00)	1:01:28.050(01:01:23)
10	9	7	M39-	Male	1064	Greek	GEORGIOS PETSIS	-		0:00:09.043(00:00:00)	1:01:28.146(01:01:19)
11	2	2	W39-	Female	1140	Greek	DESPOINA GIOTOPOULOU	-		0:00:03.783(00:00:00)	1:02:16.263(01:02:12)
12	3	1	W40-49	Female	1095	Greek	PANAGIOTA PATSI	-	Endurance training solutions	0:00:01.663(00:00:00)	1:03:00.763(01:02:59)
13	10	2	M40-49	Male	1010	Greek	ARISTOTELIS GEORGITSIS	-		0:00:05.100(00:00:00)	1:03:19.380(01:03:14)
14	11	2	M50+	Male	1083	Greek	VASILEIOS ANAGNOSTOPOULOS	-		0:00:07.420(00:00:00)	1:03:22.880(01:03:15)
15	12	8	M39-	Male	1091	Greek	FOTIS MEGAS	-		0:00:07.420(00:00:00)	1:03:32.203(01:03:24)
16	13	3	M50+	Male	1070	Greek	CHRISTOS GKOURAS	-	Kasimis Training	0:00:07.263(00:00:00)	1:04:08.696(01:04:01)
17	14	9	M39-	Male	1086	Greek	FOTIS KITSIOS	-		0:00:00.110(00:00:00)	1:06:00.080(01:05:59)
18	15	3	M40-49	Male	1107	Greek	BAGGELIS TSARAOSIS	-	ΤΑ ΑΓΡΙΜΙΑ ΑΠΣΙ ΠΙΝΔΟΣ	0:00:05.600(00:00:00)	1:06:01.206(01:05:55)
19	16	4	M40-49	Male	1027	Greek	BELISARIOS PETROULIS	-		0:00:05.390(00:00:00)	1:06:02.990(01:05:57)
20	17	10	M39-	Male	1134	Greek	ANDREAS KARAIKAKIS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:18.850(00:00:00)	1:06:14.200(01:05:55)
21	18	11	M39-	Male	1039	Greek	MARIOS KOURIS	-		0:00:06.350(00:00:00)	1:06:22.516(01:06:16)
22	19	12	M39-	Male	1177	Greek	SPYRIDON ROUSTAS	-		0:00:16.963(00:00:00)	1:06:30.463(01:06:13)
23	20	13	M39-	Male	1076	Greek	GEORGIOS KARALIOLIOS	-		0:00:13.120(00:00:00)	1:08:12.853(01:07:59)
24	21	14	M39-	Male	1159	Greek	LAMRPOS NTAKAS	-		0:00:07.420(00:00:00)	1:08:29.100(01:08:21)
25	22	15	M39-	Male	1145	Greek	GEORGIOS SIATRAS	-	ΤΑ ΑΓΡΙΜΙΑ DEREKAS ENDURANCE COACHING	0:00:08.373(00:00:00)	1:08:54.313(01:08:45)
26	23	5	M40-49	Male	1074	Greek	SOTIRIOS STAMOULIS	-	STAMOULIS EPIPLO	0:00:11.313(00:00:00)	1:08:58.803(01:08:47)
27	24	16	M39-	Male	1002	Greek	IASONAS LEONTIOU	-	PRC	0:00:04.320(00:00:00)	1:09:01.036(01:08:56)
28	25	17	M39-	Male	1077	Greek	SARANTIS KOUTALIS	-		0:00:13.120(00:00:00)	1:09:04.180(01:08:51)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
29	26	18	M39-	Male	1028	Greek	ANGELOS VASAKOS	-	GRAMMOS MOUNTAIN RUN	0:00:03.783(00:00:00)	1:09:47.796(01:09:44)
30	27	19	M39-	Male	1103	Greek	SOKRATIS KOURLIS	-	Ιπταμενες χελωνες	0:00:05.200(00:00:00)	1:10:15.493(01:10:10)
31	28	6	M40-49	Male	1127	Greek	DIMITRIOS VAKATSAS	-	TA AΓPIMIA	0:00:07.420(00:00:00)	1:10:18.066(01:10:10)
32	4	2	W40-49	Female	1057	Greek	THEODORA PAPANIKOLAOU	-		0:00:04.566(00:00:00)	1:10:36.513(01:10:31)
33	29	20	M39-	Male	1106	Greek	PANAGIOTIS KARALIS	-		0:00:04.566(00:00:00)	1:10:45.150(01:10:40)
34	30	4	M50+	Male	1078	South African	BRAD TRUSLER	-	The Functional Department	0:00:17.293(00:00:00)	1:10:54.213(01:10:36)
35	31	21	M39-	Male	1043	Greek	GEORGIOS CHATZIS	-		0:00:13.850(00:00:00)	1:11:49.270(01:11:35)
36	5	3	W39-	Female	1066	Greek	STAMATIA MPESIRI	-		0:00:05.980(00:00:00)	1:12:15.696(01:12:09)
37	32	7	M40-49	Male	1067	Greek	ANASTASIOS DRAGATIS	-		0:00:05.543(00:00:00)	1:12:20.300(01:12:14)
38	33	22	M39-	Male	1055	Greek	THEODOROS BISAS	-		0:00:10.036(00:00:00)	1:12:38.000(01:12:27)
39	34	5	M50+	Male	1021	Greek	DIMITRIS METAXIOTIS	-	ARIS RUNNERS ΑΣ ΑΡΗΣ ΘΕΣΣΑΛΟΝΙΚΗΣ	0:00:10.920(00:00:00)	1:13:46.230(01:13:35)
40	35	8	M40-49	Male	1011	Greek	PANAGIOTIS MPOTSOGLOU	-		0:00:01.663(00:00:00)	1:13:46.343(01:13:44)
41	36	23	M39-	Male	1167	Greek	MICHAIL ILIAS	-		0:00:03.783(00:00:00)	1:14:01.330(01:13:57)
42	37	24	M39-	Male	1038	Greek	GEORGIOS ZELAS	-		0:00:18.850(00:00:00)	1:14:22.376(01:14:03)
43	6	3	W40-49	Female	1133	Polish	BEATA MAZURKIEWICZ	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:05.390(00:00:00)	1:14:32.723(01:14:27)
44	38	9	M40-49	Male	1094	Greek	GIORGOS PAPAPOSTOΛΟΥ	-		0:00:00.550(00:00:00)	1:14:52.020(01:14:51)
45	39	25	M39-	Male	1047	Greek	IOANNIS NTALAKAS	-		0:00:13.120(00:00:00)	1:14:54.340(01:14:41)
46	40	6	M50+	Male	1174	Greek	ANASTASIOS ANESTIS	-		0:00:07.263(00:00:00)	1:15:47.466(01:15:40)
47	41	7	M50+	Male	1099	Greek	THEODOROS GOGOLOS	-		0:00:18.850(00:00:00)	1:15:51.570(01:15:32)
48	42	26	M39-	Male	1046	Greek	GIANNIS PAGIATIS	-		0:00:21.736(00:00:00)	1:15:53.830(01:15:32)
49	43	8	M50+	Male	1149	Greek	EVANGELOS PEPONIS	-	KANALAKI RUN	0:00:10.970(00:00:00)	1:16:07.853(01:15:56)
50	7	4	W39-	Female	1175	Greek	ANASTASIA ANESTI	-		0:00:09.043(00:00:00)	1:16:26.163(01:16:17)
51	8	5	W39-	Female	1162	Greek	MARIA SAVA	-		0:00:14.970(00:00:00)	1:16:55.960(01:16:40)
52	44	27	M39-	Male	1173	Greek	KONSTANTINOS ANESTIS	-		0:00:07.263(00:00:00)	1:17:02.133(01:16:54)
53	45	28	M39-	Male	1105	Greek	SPYRIDON IOANNOU	-		0:00:04.566(00:00:00)	1:17:05.913(01:17:01)
54	46	10	M40-49	Male	1015	Greek	STAVROS VLACHOS	-		0:00:09.043(00:00:00)	1:17:11.433(01:17:02)
55	9	6	W39-	Female	1052	Greek	ELENI FILI	-	Team Kouris	0:00:19.826(00:00:00)	1:17:35.760(01:17:15)
56	10	7	W39-	Female	1129	Greek	VERA ANTONOPOULOU	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:05.200(00:00:00)	1:18:25.526(01:18:20)
57	47	29	M39-	Male	1037	Greek	PETROS CHEIRDARIS	-		0:00:19.826(00:00:00)	1:18:50.003(01:18:30)
58	48	9	M50+	Male	1044	Greek	KONSTANTINOS GEORGIADIS	-		0:00:14.970(00:00:00)	1:19:26.630(01:19:11)
59	49	30	M39-	Male	1122	Greek	VASSILIOS POLICHRONIOU	-		0:00:06.350(00:00:00)	1:19:49.726(01:19:43)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
60	50	31	M39-	Male	1100	Greek	ANASTASIOS MALAMOS	-	ΕΛΕΥΘΕΡΑ ΒΟΥΝΑ	0:00:18.713(00:00:00)	1:19:59.093(01:19:40)
61	51	10	M50+	Male	1025	Greek	ANDREAS ARAMPATZIS	-	ΜΑΧΗΤΕΣ ΙΩΑΝΝΙΝΩΝ	0:00:11.313(00:00:00)	1:20:19.850(01:20:08)
62	52	11	M50+	Male	1026	Greek	VASILEIOS XESFINGIS	-	Oxia run	0:00:05.100(00:00:00)	1:20:37.896(01:20:32)
63	11	4	W40-49	Female	1062	Greek	MARIANNA STAVROPOULOU	-		0:00:09.043(00:00:00)	1:20:45.103(01:20:36)
64	53	12	M50+	Male	1157	Greek	PANAGIOTIS PANOU	-		0:00:20.026(00:00:00)	1:22:11.890(01:21:51)
65	54	32	M39-	Male	1118	Greek	KONSTANTINOS MIKES	-	Wood Deco	0:00:11.313(00:00:00)	1:22:42.553(01:22:31)
66	55	11	M40-49	Male	1101	Greek	CHARALAMPOS MIKES	-	Wood Deco	0:00:12.190(00:00:00)	1:22:50.283(01:22:38)
67	56	1	ALL	Male	1073	Greek	VASILIS VASILOPOULOS	-		0:00:13.120(00:00:00)	1:23:26.130(01:23:13)
68	57	33	M39-	Male	1120	Greek	IOANNIS ANDRIOTIS	-		0:00:15.336(00:00:00)	1:23:31.090(01:23:15)
69	12	8	W39-	Female	1040	Greek	KONSTANTINA KOMINOU	-		0:00:08.640(00:00:00)	1:23:46.913(01:23:38)
70	13	9	W39-	Female	1007	Greek	IOANNA MARIA NIKITΟPOULOU	-	ανεξάρτητη	0:00:12.496(00:00:00)	1:24:25.546(01:24:13)
71	58	12	M40-49	Male	1056	Greek	DIMITRIS STEFANOU	-		0:00:14.396(00:00:00)	1:24:28.440(01:24:14)
72	14	10	W39-	Female	1113	Greek	XARA PAPPA	-	RACE FACTORY DEREKAS ENDURANCE COACHING	0:00:05.200(00:00:00)	1:24:30.590(01:24:25)
73	15	11	W39-	Female	1051	Greek	ALEXANDRA PANDI	-	Team Kouris	0:00:18.850(00:00:00)	1:24:38.513(01:24:19)
74	59	13	M50+	Male	1093	Greek	CHRISTOS NANOS	-		0:00:15.510(00:00:00)	1:24:52.676(01:24:37)
75	60	34	M39-	Male	1138	Greek	KONSTANTINOS CHILIARCHOS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:10.486(00:00:00)	1:25:07.620(01:24:57)
76	61	13	M40-49	Male	1049	Greek	DIMITRIS PΑPAPETROS	-		0:00:14.970(00:00:00)	1:25:50.406(01:25:35)
77	62	14	M50+	Male	1121	Greek	DIMITRIOS NATSIS	-	Grammos mountain run	0:00:03.106(00:00:00)	1:26:30.860(01:26:27)
78	16	12	W39-	Female	1163	Greek	XARA STAVROULA	-		0:00:19.203(00:00:00)	1:26:31.203(01:26:12)
79	17	13	W39-	Female	1130	Greek	MELINA PSAROΓIANNAKOPOULOU	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:06.350(00:00:00)	1:26:32.870(01:26:26)
80	63	35	M39-	Male	1164	Greek	EVANGELOS BISAS	-		0:00:09.633(00:00:00)	1:26:51.343(01:26:41)
81	64	36	M39-	Male	1012	Greek	XRISTOS KOTSIΑFTIS	-	ΓΣ ΜΑΚΕΔΩΝ	0:00:11.080(00:00:00)	1:27:17.756(01:27:06)
82	65	15	M50+	Male	1036	Greek	SOKRATIS GIAKIS	-	Δρομείς Σουλίου	0:00:14.880(00:00:00)	1:27:34.456(01:27:19)
83	18	14	W39-	Female	1068	Greek	ELENI SAKKA	-		0:00:09.043(00:00:00)	1:27:40.836(01:27:31)
84	19	5	W40-49	Female	1034	Greek	FANI LIONTOU	-		0:00:14.880(00:00:00)	1:27:49.690(01:27:34)
85	66	16	M50+	Male	1033	Greek	LEFTERIS KABLETSAS	-		0:00:15.336(00:00:00)	1:27:51.916(01:27:36)
86	67	17	M50+	Male	1128	Greek	DIMITRIOS DEZOS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:09.746(00:00:00)	1:27:52.470(01:27:42)
87	68	14	M40-49	Male	1131	Greek	CHRISTOS KOKKINOS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:19.203(00:00:00)	1:27:53.130(01:27:33)
88	69	15	M40-49	Male	1102	Greek	EPAMEINONDAS SAKELLIΟΥ	-		0:00:12.496(00:00:00)	1:27:55.173(01:27:42)
89	70	37	M39-	Male	1154	Greek	PANAGIOTIS PΑPAPETROS	-		0:00:16.063(00:00:00)	1:28:17.413(01:28:01)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
90	20	15	W39-	Female	1006	Greek	EVAGGELIA PAPPA	-	PRC	0:00:09.633(00:00:00)	1:28:22.210(01:28:12)
91	71	16	M40-49	Male	1048	Greek	GIORGOS SEVIS	-		0:00:16.493(00:00:00)	1:28:23.353(01:28:06)
92	21	16	W39-	Female	1042	Greek	MARIA GALANOU	-	Brigata Alpina Pindus	0:00:14.396(00:00:00)	1:28:33.726(01:28:19)
93	72	18	M50+	Male	1104	Greek	KOSTAS MOKOS	-	Δρομείς Σουλίου	0:00:15.336(00:00:00)	1:28:39.103(01:28:23)
94	73	38	M39-	Male	1126	Greek	THOMAS ATHANASIOU	-		0:00:07.526(00:00:00)	1:29:03.573(01:28:56)
95	22	6	W40-49	Female	1092	Greek	CHRISTINA AMANATIADOU	-		0:00:14.880(00:00:00)	1:29:06.613(01:28:51)
96	74	19	M50+	Male	1148	Greek	ADAM VASILAKIS	-	KANALAKI RUN	0:00:10.410(00:00:00)	1:29:11.453(01:29:01)
97	75	20	M50+	Male	1156	Greek	THEODOROS KOLIGIOTIS	-		0:00:09.043(00:00:00)	1:29:18.796(01:29:09)
98	23	17	W39-	Female	1053	Greek	TATIANA MANTZIOU	-	L Crew	0:00:14.396(00:00:00)	1:29:40.506(01:29:26)
99	76	17	M40-49	Male	1059	Greek	EFSTATHIOS CHOLEVAS	-		0:00:09.043(00:00:00)	1:30:18.496(01:30:09)
100	77	21	M50+	Male	1072	Greek	KOSTAS SYNDREVELIS	-	SHORT COFFEE	0:00:10.920(00:00:00)	1:30:18.716(01:30:07)
101	78	22	M50+	Male	1141	Greek	NIKOLAOS CHARISIS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:18.850(00:00:00)	1:31:28.416(01:31:09)
102	79	23	M50+	Male	1151	Greek	KONSTANTINOS LIOUGKOS	-		0:00:14.396(00:00:00)	1:31:35.713(01:31:21)
103	80	24	M50+	Male	1132	Greek	KONSTANTINOS KALAMPOKIS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:21.066(00:00:00)	1:31:46.826(01:31:25)
104	81	25	M50+	Male	1085	Greek	STAVROS STAVROPOULOS	-		0:00:20.026(00:00:00)	1:31:59.643(01:31:39)
105	82	26	M50+	Male	1065	Greek	ANGELOS CHEIRDARIS	-	SBIKES KERKYRA	0:00:07.420(00:00:00)	1:32:29.156(01:32:21)
106	83	27	M50+	Male	1137	Greek	DIMITRIOS CHILIARCHOS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:10.486(00:00:00)	1:32:52.533(01:32:42)
107	84	18	M40-49	Male	1035	Greek	IOANNIS GIOTIS	-	ΑΕΠΛΑΤΑΝΙΑΣ	0:00:17.826(00:00:00)	1:33:14.020(01:32:56)
108	24	18	W39-	Female	1158	Greek	MALVINA SOULELE	-		0:00:12.190(00:00:00)	1:34:02.926(01:33:50)
109	25	1	W50+	Female	1160	Greek	EFI TZIMA	-		0:00:09.746(00:00:00)	1:34:06.310(01:33:56)
110	85	28	M50+	Male	1071	Greek	GERASIMOS ZAPANTIS	-	Aenos	0:00:04.320(00:00:00)	1:34:16.316(01:34:11)
111	26	7	W40-49	Female	1150	Greek	ELENI MOKOU	-		0:00:16.176(00:00:00)	1:34:25.096(01:34:08)
112	86	39	M39-	Male	1030	Greek	MARKOS TSOKANOS	-		0:00:08.080(00:00:00)	1:34:29.810(01:34:21)
113	87	19	M40-49	Male	1060	Greek	VASILEIOS MICHOS	-		0:00:07.420(00:00:00)	1:34:39.063(01:34:31)
114	27	2	ALL	Female	1114	Greek		-		0:00:04.543(00:00:00)	1:34:47.180(01:34:42)
115	28	8	W40-49	Female	1112	Greek	ALEXIA LOLI	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΗΓΟΥΜΕΝΙΤΣΑΣ	0:00:18.850(00:00:00)	1:34:53.433(01:34:34)
116	29	2	W50+	Female	1050	Greek	ATHINA LYKA	-		0:00:18.513(00:00:00)	1:35:08.166(01:34:49)
117	30	9	W40-49	Female	1063	Greek	KATERINA VARLAMOU	-		0:00:11.133(00:00:00)	1:36:15.963(01:36:04)
118	31	19	W39-	Female	1001	Greek	VASILIKI XITOU	-	Grammosmountainrun	0:00:07.526(00:00:00)	1:36:35.040(01:36:27)
119	32	10	W40-49	Female	1088	Greek	POLINA PASCHOU	-		0:00:14.396(00:00:00)	1:36:39.093(01:36:24)
120	33	3	W50+	Female	1166	Greek	GEORGIA KOLETA	-		0:00:05.833(00:00:00)	1:36:43.066(01:36:37)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
121	88	29	M50+	Male	1041	Greek	ZISIS DEDES	-		0:00:00.110(00:00:00)	1:38:30.856(01:38:30)
122	89	20	M40-49	Male	1018	Greek	NIKOLAOS TSIGKAS	-	ΚΟΥΡΣΑΡΟΣ ΦΟΥΡΝΩΝ	0:00:10.920(00:00:00)	1:38:38.176(01:38:27)
123	90	40	M39-	Male	1009	Greek	SPYRIDON GKORLAS	-		0:00:19.826(00:00:00)	1:38:49.630(01:38:29)
124	34	4	W50+	Female	1081	Greek	TZENI TSAVALIA	-	Primefit	0:00:15.623(00:00:00)	1:39:06.710(01:38:51)
125	91	41	M39-	Male	1069	Greek	DIMITRIOS GOUTSIOS	-		0:00:14.396(00:00:00)	1:39:09.726(01:38:55)
126	92	42	M39-	Male	1125	Greek	STEFI FOTIOU	-		0:00:16.963(00:00:00)	1:39:46.470(01:39:29)
127	35	43	M39-	Female	1178	Greek	MARIA FEDOROVA	-		0:00:16.176(00:00:00)	1:39:46.470(01:39:30)
128	36	20	W39-	Female	1008	Greek	LAMBRINI MARIA XIARCHI	-	ανεξάρτητη	0:00:12.973(00:00:00)	1:40:14.223(01:40:01)
129	93	30	M50+	Male	1135	Greek	SPIROS TRACHANAS	-	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:16.420(00:00:00)	1:41:22.756(01:41:06)
130	37	11	W40-49	Female	1090	Greek	ROZA OUSTA	-	ΣΔ ΗΓΟΥΜΕΝΙΤΣΑΣ	0:00:09.043(00:00:00)	1:41:26.676(01:41:17)
131	94	31	M50+	Male	1054	Greek	VASSILIS LIARIKOS	-		0:00:18.270(00:00:00)	1:41:32.983(01:41:14)
132	38	44	M39-	Female	1165	Greek	XARA PAPACHRISTOU	-		0:00:14.396(00:00:00)	1:41:55.590(01:41:41)
133	39	21	W39-	Female	1013	Greek	KATERINA ANDRIOTI	-		0:00:18.383(00:00:00)	1:45:45.606(01:45:27)
134	40	22	W39-	Female	1058	Greek	CHRISTINA KARAIIDOU	-		0:00:24.420(00:00:00)	1:46:44.493(01:46:20)
135	41	5	W50+	Female	1117	Greek	IOANNA CHATZIOAKEIMIDOU	-		0:00:08.193(00:00:00)	1:47:18.130(01:47:09)
136	42	6	W50+	Female	1119	Greek	AGGELIKI KONSTANTINOU	-	Δρομείς φαναριού καναλακι	0:00:12.190(00:00:00)	1:47:38.186(01:47:25)
137	43	12	W40-49	Female	1023	Greek	ELISAVET DIMITROPOULOU	-		0:00:07.526(00:00:00)	1:49:54.626(01:49:47)
138	95	45	M39-	Male	1161	Greek	KYRIAKOS KOSMAS	-		0:00:21.070(00:00:00)	1:49:56.423(01:49:35)
139	96	21	M40-49	Male	1124	Greek	GEORGE APOSTOLIKAS	-		0:00:24.403(00:00:00)	1:49:56.863(01:49:32)
140	44	7	W50+	Female	1153	Greek	KONSTANTINA MPEZA	-		0:00:09.746(00:00:00)	1:50:28.990(01:50:19)
141	97	22	M40-49	Male	1096	Greek	ANTONIS STYLIOS	-		0:00:22.950(00:00:00)	1:50:56.300(01:50:33)
142	45	8	W50+	Female	1169	Greek	DIMITRA KOSMOPOULOU	-		0:00:22.073(00:00:00)	1:51:47.183(01:51:25)
143	46	9	W50+	Female	1171	Greek	DIONYSIA MOURTOU	-		0:00:21.070(00:00:00)	1:51:47.610(01:51:26)
144	98	32	M50+	Male	1170	Greek	ILIAS STAVROPOULOS	-		0:00:21.450(00:00:00)	1:51:48.390(01:51:26)
145	99	46	M39-	Male	1176	Greek	ATHANASIOS PAPADOPOULOS	-		0:00:23.296(00:00:00)	1:51:49.190(01:51:25)
146	100	33	M50+	Male	1111	Greek	GRIGORIOS TZOUMAKAS	-	FIFTH ELEMENT RUNNING TEAM	0:00:15.936(00:00:00)	1:53:30.993(01:53:15)
147	47	10	W50+	Female	1109	Greek	ELISABET LAPPΑ	-		0:00:05.100(00:00:00)	1:59:25.610(01:59:20)
148	48	11	W50+	Female	1004	Greek	ANGELIKI CHANDRINOU	-		0:00:18.383(00:00:00)	2:04:26.016(02:04:07)
149	101	47	M39-	Male	1142	Greek	CHARALAMPOS PAPANOTIS	-	GRAMMOS MOUNTAIN RUN	0:00:11.133(00:00:00)	2:04:47.986(02:04:36)
150	102	48	M39-	Male	1152	Greek	IOANNIS DOUKAS	-		0:00:13.120(00:00:00)	2:04:47.986(02:04:34)
151	103	34	M50+	Male	1168	Greek	MEMOS MOURTOS	-		0:00:21.960(00:00:00)	2:09:25.490(02:09:03)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
152	49	13	W40-49	Female	1019	Greek	ATHANASIA TSITOURA	-		0:00:19.203(00:00:00)	2:24:53.350(02:24:34)
153	104	23	M40-49	Male	1147	Greek	CHRISTOS GIOTIS	-	Agrimia	0:00:09.043(00:00:00)	2:24:54.476(02:24:45)
154	50	14	W40-49	Female	1172	Greek	PARASKEVI KARAMPALI	-		0:00:21.673(00:00:00)	2:40:03.410(02:39:41)
155	51	15	W40-49	Female	1075	Greek	STEFANIA PAPAGEORGIU	-	STAMOULIS EPIPLO	0:00:21.853(00:00:00)	2:40:04.536(02:39:42)
156	105	35	M50+	Male	1108	Greek	IOANNIS FILIPPOU	-	ΣΑΦΑΝΣ	-	4:41:22.433 (--:--:--)
157	52	23	W39-	Female	1031	Greek	ANASTASIA TZANI DNF	-	Prime Fit	0:00:09.043(00:00:00)	-
158	106	49	M39-	Male	1097	Greek	GIORGOS LIOUGKOS DNF	-	Grammosmountainrun	0:00:13.120(00:00:00)	-