

## 1o Pamvotis View Trail 2022 21KM RACE

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 21KM	FINISH 21KM
1	1	1	ΓΕΝΙΚΗ	Male	12		ANASTASIOS TOMARAS	1979	ZNTILA RUNNING TEAM	0:00:02.547(00:00:00)	2:03:27.497(02:03:24)
2	2	2	ΓΕΝΙΚΗ	Male	13		ARCHIEMEDES KAVAKIDIS	1992	LEVEL X - IOANNINA running team	0:00:00.367(00:00:00)	2:07:45.547(02:07:45)
3	3	3	ΓΕΝΙΚΗ	Male	57		IOANNIS PAPAILIAS	1973		0:00:02.437(00:00:00)	2:16:24.013(02:16:21)
4	4	1	MEN50+	Male	42		SYLVAIN GOBEL	1968	BIKESYLVAIN SHOP PREVEZA	0:00:02.327(00:00:00)	2:18:22.890(02:18:20)
5	5	1	MEN16-34	Male	4		KONSTANTINOS PAPAKOSTAS	1997	All Terrain Runners	0:00:01.123(00:00:00)	2:24:31.420(02:24:30)
6	6	2	MEN50+	Male	35		DIMITRIOS ANDROUTSOS	1969	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:02.437(00:00:00)	2:25:21.157(02:25:18)
7	7	2	MEN16-34	Male	49		ALEXANDROS KOSTAS	1994		0:00:11.100(00:00:00)	2:27:13.437(02:27:02)
8	8	1	MEN35-49	Male	8		CHRISTOS KOSTAS	1987		0:00:10.763(00:00:00)	2:30:56.370(02:30:45)
9	9	2	MEN35-49	Male	40		EVANGELOS MPALATSOS	1973	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:03.750(00:00:00)	2:31:45.777(02:31:42)
10	10	3	MEN35-49	Male	10		KOSMAS MAZIANITIS	1979	Level x running edition	0:00:00.790(00:00:00)	2:35:25.143(02:35:24)
11	11	4	MEN35-49	Male	48		DIMITRIOS SIARAMPIS	1981		0:00:06.707(00:00:00)	2:36:11.473(02:36:04)
12	12	3	MEN50+	Male	6		MICHAIL DIONYSOPOULOS	1963	ΟΜΓ	0:00:00.730(00:00:00)	2:36:56.440(02:36:55)
13	13	3	MEN16-34	Male	17		LABROS KALLOS	1990		0:00:00.730(00:00:00)	2:40:56.077(02:40:55)
14	1	1	ΓΕΝΙΚΗ ΓΥΝΑΙΚΩΝ	Female	52		LAMPRI NI LIOUTA	1990		0:00:02.547(00:00:00)	2:42:24.657(02:42:22)
15	14	5	MEN35-49	Male	53		DIMITRIOS ZIAMPISIS	1976		0:00:01.560(00:00:00)	2:42:25.313(02:42:23)
16	15	6	MEN35-49	Male	25		DIMITRIOS TSODOULOS	1977	Ursa fututa running team	0:00:00.907(00:00:00)	2:42:45.587(02:42:44)
17	16	7	MEN35-49	Male	58		VASILEIOS MPAMPAS	1980		0:00:07.360(00:00:00)	2:43:01.147(02:42:53)
18	17	8	MEN35-49	Male	15		DIMITRIOS MANETAS	1980	ΜΠΑΡΟΥΤΟΚΑΠΝΙΣΜΕΝΟΙ ΠΑΤΡΑΣ	0:00:05.507(00:00:00)	2:45:02.940(02:44:57)
19	18	4	MEN50+	Male	19		ALEXANDROS ALEXANDROU	1972		0:00:00.730(00:00:00)	2:45:28.777(02:45:28)
20	19	5	MEN50+	Male	2		YANNIS GONGAKIS	1970	CorfuDNA	0:00:07.473(00:00:00)	2:45:47.837(02:45:40)
21	20	9	MEN35-49	Male	11		HRISTOS RIZOS	1978	Mountain Training Solutions	0:00:02.107(00:00:00)	2:46:04.503(02:46:02)
22	2	2	ΓΕΝΙΚΗ ΓΥΝΑΙΚΩΝ	Female	39		ASPA GKOGKOU	1973	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:00.903(00:00:00)	2:48:22.843(02:48:21)
23	21	10	MEN35-49	Male	54		GEORGIOS ATHANASIOU	1975		0:00:01.893(00:00:00)	2:53:02.447(02:53:00)
24	3	3	ΓΕΝΙΚΗ ΓΥΝΑΙΚΩΝ	Female	44		THEODORA ANASTASIADI	1973	3Π SKY WOMEN RUNNING TEAM	0:00:06.927(00:00:00)	2:54:07.743(02:54:00)
25	22	6	MEN50+	Male	45		ALEXANDROS GIOTIS	1972	3Π	0:00:06.817(00:00:00)	2:54:22.140(02:54:15)
26	23	11	MEN35-49	Male	18		DIMITRIS VAKATSAS	1982		0:00:11.093(00:00:00)	2:54:41.450(02:54:30)
27	24	7	MEN50+	Male	37		ILIAS SIAMALEKAS	1972	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:07.473(00:00:00)	2:55:31.157(02:55:23)
28	25	8	MEN50+	Male	56		PETROS TZOUMAKAS	1961	FIFTH ELEMENT RUNNING TEAM	0:00:07.590(00:00:00)	2:55:31.813(02:55:24)
29	4	1	WOMEN35-49	Female	30		ANDRIANA PAPPA	1980	Kassimis training	0:00:06.817(00:00:00)	2:59:51.037(02:59:44)

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30	26	9	MEN50+	Male	46		ATHANASIOS MATSOULIS	1966		0:00:01.730(00:00:00)	3:03:13.740(03:03:12)
31	27	12	MEN35-49	Male	43		ANTONIOS VAKAROS	1975		0:00:01.730(00:00:00)	3:04:18.287(03:04:16)
32	28	4	MEN16-34	Male	9		ILIAS PINAKOULIAS	1988	Σύλλογος Δρομέων Τρικάλων	0:00:10.437(00:00:00)	3:04:56.720(03:04:46)
33	29	13	MEN35-49	Male	7		ALEXIOS DIAMANTHS	1985		0:00:00.693(00:00:00)	3:05:24.913(03:05:24)
34	5	1	WOMEN50+	Female	38		LAMPRI NI NTOUTSI	1968	ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ	0:00:00.033(00:00:00)	3:05:31.617(03:05:31)
35	30	5	MEN16-34	Male	14		ILIAS MANTHOS	1998	ΜΠΑΡΟΥΤΟΚΑΠΝΙΣΜΕΝΟΙ ΠΑΤΡΩΝ	0:00:04.080(00:00:00)	3:07:05.503(03:07:01)
36	6	2	WOMEN35-49	Female	31		MEROPI SKANDALI	1978	Ioannina	0:00:00.147(00:00:00)	3:07:27.217(03:07:27)
37	31	14	MEN35-49	Male	60		MENI GKENTIAN	1973		0:00:08.797(00:00:00)	3:07:29.950(03:07:21)
38	7	1	WOMEN16-34	Female	22		MARIA SOLAKIDOU	1991	MPAGIA RUNNERS	0:00:01.730(00:00:00)	3:08:10.433(03:08:08)
39	32	15	MEN35-49	Male	23		APOSTOLOS MPARKAS	1979	MPAGIA RUNNERS	0:00:01.730(00:00:00)	3:08:15.023(03:08:13)
40	33	10	MEN50+	Male	27		NIKOS VASSIS	1968		0:00:02.227(00:00:00)	3:08:32.087(03:08:29)
41	34	11	MEN50+	Male	28		ALEXANDROS STAVROU	1970		0:00:06.747(00:00:00)	3:12:56.557(03:12:49)
42	8	2	WOMEN50+	Female	41		OURANIA PAPASAVVA	1966	BIKESYLVAIN SHOP PREVEZA	0:00:05.507(00:00:00)	3:14:13.223(03:14:07)
43	35	12	MEN50+	Male	59		NIKOLAOS CHARISIS	1951		0:00:10.217(00:00:00)	3:19:23.030(03:19:12)
44	36	13	MEN50+	Male	51		THEODOROS KOLIGIOTIS	1970		0:00:03.420(00:00:00)	3:21:19.187(03:21:15)
45	37	16	MEN35-49	Male	24		CHRISTOS NOUSIS	1975	villagypharmacy	0:00:10.667(00:00:00)	3:23:09.730(03:22:59)
46	38	14	MEN50+	Male	26		MANOLIS LYKOUDIS	1971		0:00:07.700(00:00:00)	3:25:59.263(03:25:51)
47	9	3	WOMEN35-49	Female	1		EIRINI VARTZIOTI	1975		0:00:06.747(00:00:00)	3:27:43.030(03:27:36)
48	39	15	MEN50+	Male	55		KONSTANTINOS DELFAS	1969		0:00:01.807(00:00:00)	3:31:39.027(03:31:37)
49	10	3	WOMEN50+	Female	29		NIKOLETTA GIATRAKOU	1970	470ACE/SKYWOMEN RUNNING TEAM	0:00:05.610(00:00:00)	3:34:00.730(03:33:55)
50	40	17	MEN35-49	Male	21		CHRISTOS NTOKOS	1977		0:00:05.610(00:00:00)	3:36:08.890(03:36:03)
51	41	16	MEN50+	Male	20		DIMITRIS MICHAIL	1970		0:00:06.747(00:00:00)	3:36:10.210(03:36:03)
52	42	17	MEN50+	Male	5		PETROS EYAGGELOU	1957	AO POSEIDON ALTERGYM	0:00:03.730(00:00:00)	3:40:19.757(03:40:16)
53	11	4	WOMEN35-49	Female	47		GIANNA LIONTOU	1974		0:00:07.730(00:00:00)	3:44:51.100(03:44:43)
54	43	18	MEN50+	Male	50		GEORGIOS GIANNIKOS	1952		0:00:07.253(00:00:00)	3:54:18.633(03:54:11)
55	44	19	MEN50+	Male	16		SPYRIDON NTAKOULAS	1960	LAKKA SOULI MELIANA	0:00:05.937(00:00:00)	4:25:59.973(04:25:54)
56	12	4	WOMEN50+	Female	33		ANASTASIA TOULI DNF	1971		0:00:06.927(00:00:00)	-