

## Goulinas Trail 2023 Goulinas Trail 30k

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	Start 30km	1.5km	12500m	Finish 30km
1	1	1	ALL	Male	359	GR	ΚΩΝΣΤΑΝΤΙΝΟΣ ΚΩΝΣΤΑΝΤΟΠΟΥΛΟΣ	-		0:00:00.220(00:00:00)	0:11:06.287(00:11:06)	1:53:03.757(01:53:03)	4:06:42.220(04:06:42)
2	2	1	M 60+	Male	357	GR	ΔΗΜΗΤΡΙΟΣ ΒΕΝΕΤΙΚΙΔΗΣ	-		0:00:00.220(00:00:00)	0:10:42.737(00:10:42)	1:52:59.757(01:52:59)	4:07:49.220(04:07:49)
3	1	2	ALL	Female	343	GR	ΛΕΜΟΝΙΑ ΠΑΝΑΓΙΩΤΟΥ	-	CHALANDRI FITNESSBOX	0:00:00.220(00:00:00)	0:10:29.463(00:10:29)	1:52:55.120(01:52:54)	4:07:55.220(04:07:55)
4	3	3	ALL	Male	320	GR	ΔΗΜΗΤΡΗΣ ΚΑΡΑΛΗΣ	-	THEFOGBAR	0:00:00.220(00:00:00)	0:09:49.210(00:09:48)	1:58:55.467(01:58:55)	4:21:49.220(04:21:49)
5	4	4	ALL	Male	313	GR	ΝΙΚΟΛΑΟΣ ΑΝΤΩΝΙΟΥ	-		0:00:01.220(00:00:00)	0:12:56.607(00:12:55)	2:03:52.977(02:03:51)	4:26:49.220(04:26:48)
6	5	5	ALL	Male	311	GR	ΠΑΝΑΓΙΩΤΗΣ ΑΛΑΤΑΣ	-	PITSI TEAM-GOULINAS ADVENTURE	0:00:00.220(00:00:00)	0:11:23.320(00:11:23)	2:03:40.317(02:03:40)	4:28:00.220(04:28:00)
7	6	6	ALL	Male	309	GR	SPYROS TROUMPOULOS	-	PITSI TEAM	0:00:00.220(00:00:00)	0:11:47.193(00:11:46)	2:02:55.253(02:02:55)	4:28:00.220(04:28:00)
8	7	7	ALL	Male	331	GR	ΠΕΤΡΟΣ ΜΑΡΚΟΥ	-	ΤΕΛΜΗΣΣΟΣ	0:00:00.220(00:00:00)	0:09:51.063(00:09:50)	1:54:39.407(01:54:39)	4:30:55.220(04:30:55)
9	8	8	ALL	Male	349	GR	ΓΙΑΝΝΗΣ ΣΤΑΜΟΥΚΩΣΤΑΣ	-	7Η ΕΜΑΚ	0:00:00.120(00:00:00)	0:11:45.147(00:11:45)	2:02:50.143(02:02:50)	4:31:01.220(04:31:01)
10	9	9	ALL	Male	302	GR	ΕΦΤΗΥΜΙΟΣ ΑΝΑΓΝΟΥ	-	ΤΡΑΧΙΝΑ-ΛΥΚΟΙ ΚΕΗΑΓΙΟΓΛΟΥ	0:00:00.313(00:00:00)	0:13:08.140(00:13:07)	2:03:57.167(02:03:56)	4:36:46.803(04:36:46)
11	10	10	ALL	Male	314	GR	ΣΤΕΦΑΝΟΣ ΓΚΙΝΗΣ	-		0:00:02.877(00:00:00)	0:11:28.740(00:11:25)	2:03:49.047(02:03:46)	4:37:04.303(04:37:01)
12	11	11	ALL	Male	358	GR	ΓΙΩΡΓΟΣ ΠΑΠΑΧΑΡΑΛΑΜΠΟΣ	-		0:00:01.220(00:00:00)	0:12:50.283(00:12:49)	2:04:01.247(02:04:00)	4:37:57.220(04:37:56)
13	12	12	ALL	Male	321	GR	ΝΙΚΟΛΑΟΣ ΚΑΡΑΜΠΕΡΑΣ	-		0:00:00.220(00:00:00)	0:11:42.307(00:11:42)	2:05:36.503(02:05:36)	4:40:36.220(04:40:36)
14	13	13	ALL	Male	317	GR	ΔΙΟΝΥΣΗΣ ΘΕΟΔΟΣΗΣ	-	ΣΥΝΕΧΙΖΩ...	0:00:03.310(00:00:00)	0:11:18.323(00:11:15)	2:03:31.747(02:03:28)	4:40:37.787(04:40:34)
15	14	14	ALL	Male	376	GR	ΜΙΧΑΗΛ ΔΕΛΗΓΙΑΝΝΗΣ	-	ΑΓΝΟΣΤΩΣ ΔΡΟΜΕΑΣ	0:00:01.220(00:00:00)	0:12:47.913(00:12:46)	2:09:19.607(02:09:18)	4:41:36.220(04:41:35)
16	15	15	ALL	Male	301	GR	PARTHENIS ALEXANDROS	-	ΣΔΥ ΘΗΒΑΣ	0:00:02.167(00:00:00)	0:11:50.657(00:11:48)	1:57:48.163(01:57:45)	4:46:36.250(04:46:34)
17	2	16	ALL	Female	338	GR	ΓΚΑΜΠΙ ΝΑΕΓΚΕΛΕ	-	PATH RUNNERS	0:00:00.310(00:00:00)	0:13:26.530(00:13:26)	2:11:12.510(02:11:12)	4:49:08.477(04:49:08)
18	16	17	ALL	Male	353	GR	ΔΗΜΗΤΡΗΣ ΧΑΤΖΗΑΝΑΣΤΑΣΙΟΥ	-	KINISIS TEAM	0:00:00.220(00:00:00)	0:11:59.150(00:11:58)	2:05:40.653(02:05:40)	4:52:32.220(04:52:32)
19	3	18	ALL	Female	332	GR	ΡΑΝΙΑ ΜΑΡΚΟΥ	-	ΤΕΛΜΗΣΣΟΣ	0:00:00.297(00:00:00)	0:12:01.890(00:12:01)	2:10:14.947(02:10:14)	4:55:38.917(04:55:38)
20	17	19	ALL	Male	310	GR	ALEXANDROS	-		0:00:01.037(00:00:00)	0:11:56.690(00:11:55)	2:07:01.837(02:07:00)	4:55:49.183(04:55:48)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	Start 30km	1.5km	12500m	Finish 30km
							VLACHOS						
21	18	20	ALL	Male	335	GR	ΜΙΧΑΛΗΣ ΜΕΝΤΖΟΣ	-	ΚΑΣΙΜΙΣ	0:00:01.710(00:00:00)	0:13:09.820(00:13:08)	2:10:20.330(02:10:18)	4:55:53.680(04:55:51)
22	19	21	ALL	Male	354	GR	ΧΡΗΣΤΟΣ ΧΡΙΣΤΟΔΟΥΛΟΥ	-	ΤΕΛΜΗΣΣΟΣ	0:00:00.220(00:00:00)	0:11:38.603(00:11:38)	2:10:30.297(02:10:30)	4:59:28.220(04:59:28)
23	20	2	M 60+	Male	315	GR	ΑΡΙΣΤΟΤΕΛΗΣ ΔΙΛΙΝΤΑΣ	-	ΣΔΥ ΡΕΘΥΜΝΟΥ	0:00:01.220(00:00:00)	0:13:35.540(00:13:34)	2:11:08.347(02:11:07)	5:10:54.220(05:10:53)
24	21	22	ALL	Male	377	GR	ΙΩΑΝΝΗΣ ΚΟΥΤΣΟΥΜΠΑΣ	-	Α.Κ.Ο. ΛΙΒΑΔΕΙΑΣ	0:00:07.797(00:00:00)	0:14:30.327(00:14:22)	2:31:28.420(02:31:20)	5:19:11.783(05:19:03)
25	22	23	ALL	Male	364	GR	ΕΥΑΓΓΕΛΟΣ ΔΗΜΗΤΡΙΟΥ	-		0:00:00.713(00:00:00)	0:12:53.227(00:12:52)	2:31:24.393(02:31:23)	5:21:41.017(05:21:40)
26	23	24	ALL	Male	379	GR	ΣΤΕΦΑΝΟΣ ΦΑΡΜΑΚΗΣ	-		0:00:00.220(00:00:00)	0:12:12.270(00:12:12)	2:11:37.957(02:11:37)	5:22:01.220(05:22:01)
27	24	25	ALL	Male	307	GR	ΣΙΦΑΚΙΣ ΜΙΧΑΗΛ	-	ΣΑΦΑΝΣ	0:00:01.287(00:00:00)	0:12:44.347(00:12:43)	2:15:02.703(02:15:01)	5:27:53.727(05:27:52)
28	25	26	ALL	Male	324	GR	ΓΙΑΝΝΗΣ ΚΩΝΣΤΑΝΤΙΝΙΔΗΣ	-	ΝΕΑ ΕΡΥΘΡΑΙΑ	0:00:01.077(00:00:00)	0:12:36.100(00:12:35)	2:14:58.500(02:14:57)	5:27:54.233(05:27:53)
29	26	27	ALL	Male	323	GR	ΑΠΟΣΤΟΛΗΣ ΚΥΡΑΝΑΣ	-	MARATHON TEAM BY MARIA POLYZOU/ΑΠΣ ΔΡΟΜΕΩΝ ΕΥΒΟΙΑΣ	0:00:04.053(00:00:00)	0:12:40.840(00:12:36)	2:17:45.807(02:17:41)	5:30:20.960(05:30:16)
30	27	28	ALL	Male	361	GR	ΧΡΗΣΤΟΣ ΠΑΛΑΙΟΛΟΓΟΣ	-		0:00:00.220(00:00:00)	0:12:26.243(00:12:26)	2:10:24.257(02:10:24)	5:36:26.220(05:36:26)
31	28	29	ALL	Male	334	GR	ΒΑΣΙΛΗΣ ΜΕΝΕΚΛΗΣ	-	RUN RUN RUN JUMP	0:00:02.853(00:00:00)	0:13:19.677(00:13:16)	2:31:36.447(02:31:33)	5:38:41.157(05:38:38)
32	29	30	ALL	Male	305	GR	GEORGE ΚΙΝΙΑΚΟΣ	-	VASKOS TRAINING	0:00:00.323(00:00:00)	0:13:12.213(00:13:11)	2:35:02.763(02:35:02)	5:41:50.887(05:41:50)
33	30	31	ALL	Male	344	GR	ΠΑΝΑΓΙΩΤΗΣ ΠΑΠΑΝΙΚΟΛΑΟΥ	-		0:00:00.550(00:00:00)	0:12:42.940(00:12:42)	2:34:59.343(02:34:58)	5:42:25.893(05:42:25)
34	31	32	ALL	Male	336	GR	ΓΙΩΡΓΟΣ ΜΟΥΣΤΑΝΗΣ	-	ΑΝΕΞΑΡΤΗΤΟΣ	0:00:00.557(00:00:00)	0:12:39.207(00:12:38)	2:34:51.250(02:34:50)	5:42:25.900(05:42:25)
35	32	33	ALL	Male	339	GR	ΔΗΜΗΤΡΙΟΣ ΝΙΚΟΠΟΥΛΟΣ	-		0:00:00.220(00:00:00)	0:11:52.787(00:11:52)	2:15:05.693(02:15:05)	5:43:15.220(05:43:15)
36	33	34	ALL	Male	333	GR	ΠΑΝΑΓΙΩΤΗΣ ΜΑΣΤΡΑΠΑΣ	-	ΚΕΡΑΥΝΟΣ ΚΡΙΚΕΛΛΟΥ	0:00:02.307(00:00:00)	0:13:17.540(00:13:15)	2:08:16.930(02:08:14)	5:43:22.127(05:43:19)
37	34	35	ALL	Male	328	GR	ΔΗΜΗΤΡΗΣ ΛΙΑΣΚΑΚΗΣ	-	Σ.Δ.Υ.ΚΟΖΑΝΗΣ	0:00:01.220(00:00:00)	0:12:34.153(00:12:32)	2:17:42.107(02:17:40)	5:43:28.220(05:43:27)
38	35	36	ALL	Male	360	GR	ΚΩΝΣΤΑΝΤΙΝΟΣ ΚΑΡΑΘΑΝΟΣ	-		0:00:01.220(00:00:00)	0:12:31.277(00:12:30)	2:10:27.297(02:10:26)	5:43:32.220(05:43:31)
39	36	3	M 60+	Male	346	GR	ΝΙΚΟΣ ΠΑΡΘΕΝΗΣ	-	ΣΔΥΜ ΘΗΒΑΣ	0:00:01.220(00:00:00)	0:13:33.000(00:13:31)	2:31:39.480(02:31:38)	5:45:12.220(05:45:11)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	Start 30km	1.5km	12500m	Finish 30km
40	37	37	ALL	Male	362	GR	ΗΛΙΑΣ ΚΩΤΣΗΣ	-		0:00:05.037(00:00:00)	-	2:34:33.240(02:34:28)	5:48:22.220(05:48:17)
41	38	4	M 60+	Male	337	GR	ΣΤΕΦΑΝΟΣ ΜΠΑΛΑΝΟΣ	-	ΠΑΛΛΗΝΙΟΙ ΔΡΟΜΕΙΣ	0:00:04.297(00:00:00)	0:14:32.503(00:14:28)	2:34:55.017(02:34:50)	5:48:23.350(05:48:19)
42	39	5	M 60+	Male	351	GR	ΓΙΩΡΓΟΣ ΤΡΙΑΝΤΑΦΥΛΛΟΥ	-	ΣΠΕΡΧΕΙΑΔΑ	0:00:00.220(00:00:00)	0:12:22.220(00:12:22)	2:21:21.337(02:21:21)	5:49:53.220(05:49:53)
43	40	38	ALL	Male	342	GR	ΤΡΙΜΠΟΝΙΑΣ ΠΑΝΑΓΙΩΤΗΣ	-	ΤΡΕΧΩ ΜΕ ΤΟΝ ΔΗΜΗΤΡΑΚΗ	0:00:01.220(00:00:00)	0:14:12.147(00:14:10)	2:39:48.880(02:39:47)	5:55:31.220(05:55:30)
44	4	39	ALL	Female	356		ΜΑΡΙΑ ΣΤΑΜΟΥΛΗ	-		0:00:03.297(00:00:00)	0:14:18.493(00:14:15)	2:39:45.000(02:39:41)	5:55:32.800(05:55:29)
45	5	40	ALL	Female	350	GR	ΕΛΕΝΗ ΤΖΙΜΑ	-	ΛΥΚΟΙ ΚΕΧΑΓΙΟΓΛΟΥ	0:00:01.220(00:00:00)	0:14:10.443(00:14:09)	2:48:09.920(02:48:08)	5:57:22.220(05:57:21)
46	41	41	ALL	Male	318	GR	ΝΙΚΟΛΑΟΣ ΘΩΜΑΙΔΗΣ	-	Α.Π.Σ. ΤΕΛΜΗΣΣΟΣ	0:00:03.587(00:00:00)	0:13:57.140(00:13:53)	2:43:53.383(02:43:49)	5:57:33.287(05:57:29)
47	42	42	ALL	Male	340	GR	ΔΙΟΝΥΣΙΟΣ ΝΤΑΜΠΑΚΗΣ	-		0:00:02.427(00:00:00)	0:14:53.573(00:14:51)	2:37:12.680(02:37:10)	5:57:33.537(05:57:31)
48	43	6	M 60+	Male	347	GR	ΠΑΝΑΓΙΩΤΗΣ ΠΑΥΛΙΩΤΗΣ	-	ΔΡΟΜΕΙΣ ΑΚΡΑΙΦΝΙΟΥ	0:00:01.707(00:00:00)	0:14:13.747(00:14:12)	2:50:26.653(02:50:24)	5:57:33.790(05:57:32)
49	44	43	ALL	Male	303	GR	ΡΑΝΑΓΙΟΤΙΣ ΦΕΚΑΣ	-		0:00:06.053(00:00:00)	0:14:40.180(00:14:34)	2:40:00.203(02:39:54)	6:03:18.500(06:03:12)
50	6	44	ALL	Female	363	GR	ΑΓΓΕΛΙΚΗ ΖΑΧΑΡΑΚΗ	-		0:00:00.727(00:00:00)	0:14:23.233(00:14:22)	2:48:14.130(02:48:13)	6:07:05.723(06:07:04)
51	45	45	ALL	Male	378	GR	ΓΙΑΝΝΗΣ ΓΑΛΑΝΟΠΟΥΛΟΣ	-	ΚΟΙΝΟΤΗΤΑ ΔΙΛΟΦΟΥ	0:00:01.747(00:00:00)	0:14:06.837(00:14:05)	2:48:06.187(02:48:04)	6:07:06.977(06:07:05)
52	46	46	ALL	Male	316	GR	ΑΡΗΣ ΔΡΑΓΑΤΑΚΗΣ	-		0:00:03.580(00:00:00)	0:13:01.970(00:12:58)	2:27:31.213(02:27:27)	6:16:53.160(06:16:49)
53	47	47	ALL	Male	355	GR	ΙΩΑΝΝΗΣ ΨΑΡΟΥΛΗΣ	-		0:00:00.707(00:00:00)	0:14:37.873(00:14:37)	2:39:56.570(02:39:55)	6:17:15.657(06:17:14)
54	48	48	ALL	Male	352	GR	ΑΝΤΩΝΙΟΣ ΤΣΙΓΚΡΕΛΗΣ	-	ALLTERRAINRUNNERS	0:00:00.337(00:00:00)	0:13:49.343(00:13:49)	2:41:15.470(02:41:15)	6:20:49.637(06:20:49)
55	49	49	ALL	Male	325	GR	ΓΙΑΝΝΗΣ ΚΩΣΤΑΚΗΣ	-	ΡΑΤΗ RUNNERS	0:00:01.290(00:00:00)	0:13:14.747(00:13:13)	2:28:50.000(02:28:48)	6:29:54.577(06:29:53)
56	50	50	ALL	Male	330	GR	ΜΑΝΘΟΣ ΜΑΡΓΩΝΗΣ	-	ΑΘΗΝΑ	0:00:02.833(00:00:00)	-	2:42:42.503(02:42:39)	6:36:57.027(06:36:54)
57	51	51	ALL	Male	348	GR	ΚΩΣΤΑΣ ΠΑΦΙΛΗΣ	-		0:00:02.840(00:00:00)	0:14:35.800(00:14:32)	2:42:47.643(02:42:44)	6:36:57.277(06:36:54)
58	52	52	ALL	Male	329	GR	ΓΙΑΝΝΗΣ ΛΙΑΤΣΟΣ	-	ΤΡΑΧΙΝΑ	0:00:01.253(00:00:00)	0:14:03.083(00:14:01)	2:31:33.327(02:31:32)	6:36:57.283(06:36:56)
59	53	53	ALL	Male	327	GR	ΓΕΩΡΓΙΟΣ ΛΑΜΠΡΙΝΟΣ	-	ΣΔΥΠ	0:00:00.800(00:00:00)	0:14:15.860(00:14:15)	2:48:17.830(02:48:17)	6:44:25.480(06:44:24)
60	54	54	ALL	Male	322	GR	ΧΡΗΣΤΟΣ ΚΑΡΒΟΥΝΗΣ	-		0:00:03.597(00:00:00)	0:15:51.070(00:15:47)	-	6:55:06.660(06:55:03)
61	55	55	ALL	Male	319	GR	ΑΘΑΝΑΣΙΟΣ ΚΑΓΚΑΛΟΣ	-	ΔΙΟΝΥΣΟΣ ΑΜΦΙΚΛΕΙΑΣ	0:00:00.317(00:00:00)	0:13:23.857(00:13:23)	2:50:34.170(02:50:33)	6:55:15.407(06:55:15)
62	56	56	ALL	Male	306	GR	DIMITRIS LAIOS	DNF	GOULINASTRAIL	0:00:00.220(00:00:00)	0:11:25.850(00:11:25)	2:03:19.593(02:03:19)	-