

## ΛΑΦΟΝΗΣΙΟΣ ΔΡΟΜΟΣ 2023 10km

| Rank | By Gen. | By Cat. | Cat.       | Gender | BIB | Country | Name                                | YOB | Club                          | In 10km     | Finish 10km |
|------|---------|---------|------------|--------|-----|---------|-------------------------------------|-----|-------------------------------|-------------|-------------|
| 1    | 1       | 1       | 30-39 ΕΤΩΝ | Male   | 133 | GR      | ΒΑΣΙΛΗΣ ΔΗΜΗΤΡΕΛΟΣ                  | -   | NSCOACHING                    | 0:32:09.747 | 0:40:42.440 |
| 2    | 2       | 2       | 30-39 ΕΤΩΝ | Male   | 199 |         | ΔΙΟΝΥΣΙΟΣ ΚΟΥΤΡΟΥΛΗΣ                | -   |                               | 0:32:31.357 | 0:41:34.847 |
| 3    | 3       | 3       | 30-39 ΕΤΩΝ | Male   | 164 | GR      | ΧΑΡΑΛΑΜΠΟΣ ΜΠΑΛΩΜΕΝΑΚΗΣ             | -   | ΚΥΔΩΝ                         | 0:32:46.334 | 0:41:40.910 |
| 4    | 4       | 1       | 40-49 ΕΤΩΝ | Male   | 126 | GR      | ΣΤΡΑΤΟΣ ΒΙΟΛΑΚΗΣ                    | -   | ΟΜΑΔΑ ΔΡΟΜΕΩΝ ΥΓΕΙΑΣ ΚΙΣΣΑΜΟΥ | 0:33:15.854 | 0:42:04.014 |
| 5    | 5       | 1       | 60+ ΕΤΩΝ   | Male   | 176 | GR      | ΙΩΑΝΝΗΣ ΣΑΡΙΔΑΚΗΣ                   | -   | ΟΦΗ - ΣΔΥ ΜΕΓΑΛΟΝΗΣΟΣ         | 0:34:39.054 | 0:43:52.630 |
| 6    | 6       | 4       | 30-39 ΕΤΩΝ | Male   | 154 | GR      | ΓΡΗΓΟΡΙΟΣ ΜΑΝΙΤΗΣ                   | -   | NEVER GIVE UP TEAM CHANIA     | 0:35:30.574 | 0:45:21.297 |
| 7    | 7       | 2       | 40-49 ΕΤΩΝ | Male   | 129 | GR      | ΑΝΤΩΝΗΣ ΓΡΗΓΟΡΟΜΙΧΕΛΑΚΗΣ            | -   | ΔΡΥΣ                          | 0:35:47.420 | 0:45:51.017 |
| 8    | 1       | 3       | 40-49 ΕΤΩΝ | Female | 175 | GR      | ΕΛΕΝΗ ΠΟΛΥΧΡΟΝΑΚΗ                   | -   | Α.Ο.ΚΥΔΩΝ ΚΑΙ ΣΔΥΧ ΧΑΝΙΩΝ     | 0:36:25.134 | 0:45:52.940 |
| 9    | 8       | 1       | 50-59 ΕΤΩΝ | Male   | 127 | GR      | ΕΜΜΑΝΟΥΗΛ ΓΙΑΚΟΥΜΑΚΗΣ               | -   | Σ.Δ.Υ.Χ                       | 0:36:19.450 | 0:46:11.970 |
| 10   | 9       | 4       | 40-49 ΕΤΩΝ | Male   | 122 | GR      | ΣΤΥΛΙΑΝΟΣ ΑΚΡΩΤΗΡΙΑΝΑΚΗΣ            | -   | ΣΔΥΧ                          | 0:36:06.004 | 0:46:17.854 |
| 11   | 10      | 5       | 40-49 ΕΤΩΝ | Male   | 155 | GR      | ΕΜΜΑΝΟΥΗΛ ΜΑΝΟΥΣΟΓΙΑΝΝΑΚΗΣ          | -   | ΣΥΝΤΡΕΧΑΛΑΚΙΑ/ΟΡΙΖΟΝΤΑΣ       | -           | 0:47:08.254 |
| 12   | 11      | 2       | 50-59 ΕΤΩΝ | Male   | 105 | GR      | ΙΟΑΝΝΙΣ FLOROS                      | -   | ΣΔΥΜ                          | 0:37:31.674 | 0:47:20.537 |
| 13   | 12      | 1       | 16-29 ΕΤΩΝ | Male   | 143 | GR      | ΧΡΗΣΤΟΣ ΚΟΡΟΜΠΙΛΗΣ                  | -   | KENYATIS TEAM                 | 0:37:00.964 | 0:47:20.537 |
| 14   | 13      | 5       | 30-39 ΕΤΩΝ | Male   | 110 | GR      | ΝΙΚΟΛΑΟΣ CRYSTOSTOMOS KERAMEIANAKIS | -   | ΡΝΟΕ ARCHITECTS               | 0:37:29.190 | 0:47:22.687 |
| 15   | 14      | 6       | 40-49 ΕΤΩΝ | Male   | 150 | GR      | ΛΕΥΤΕΡΗΣ ΛΙΟΔΑΚΗΣ                   | -   |                               | 0:37:37.690 | 0:47:57.984 |
| 16   | 15      | 6       | 30-39 ΕΤΩΝ | Male   | 146 | GR      | ΛΕΥΤΕΡΗΣ ΚΡΙΑΡΗΣ                    | -   | PALEOCHORA TRT                | 0:38:28.460 | 0:49:03.557 |
| 17   | 16      | 7       | 40-49 ΕΤΩΝ | Male   | 148 | GR      | ΑΝΤΩΝΗΣ ΛΑΪΝΑΚΗΣ                    | -   |                               | 0:38:24.904 | 0:49:07.997 |
| 18   | 17      | 2       | 16-29 ΕΤΩΝ | Male   | 123 | GR      | ΝΙΚΟΣ ΑΝΤΩΝΑΚΑΚΗΣ                   | -   | ΧΟΧΛΙΟΣ TEAM                  | 0:39:06.774 | 0:49:33.987 |
| 19   | 18      | 8       | 40-49 ΕΤΩΝ | Male   | 186 | GR      | ΔΗΜΗΤΡΙΟΣ ΤΣΙΤΟΝΑΚΗΣ                | -   | ΣΔΥΧ                          | 0:39:38.304 | 0:50:02.390 |
| 20   | 19      | 9       | 40-49 ΕΤΩΝ | Male   | 158 | GR      | ΠΑΥΛΟΣ ΜΑΥΡΟΜΟΥΣΤΑΚΑΚΗΣ             | -   | ΣΥΝΤΡΕΧΑΛΑΚΙΑ                 | 0:39:04.160 | 0:50:27.620 |
| 21   | 20      | 3       | 16-29 ΕΤΩΝ | Male   | 117 | GR      | MANOS VARDAKIS                      | -   |                               | 0:40:57.517 | 0:50:36.300 |
| 22   | 2       | 4       | 16-29 ΕΤΩΝ | Female | 189 | GR      | ANNA KONKINA                        | -   |                               | 0:39:57.430 | 0:50:45.687 |
| 23   | 3       | 10      | 40-49 ΕΤΩΝ | Female | 109 | GR      | TRACY HARRINGTON                    | -   |                               | 0:40:19.114 | 0:51:05.617 |
| 24   | 21      | 2       | 60+ ΕΤΩΝ   | Male   | 165 | GR      | ΔΗΜΗΤΡΗΣ ΜΠΑΡΙΚΟΣ                   | -   | ΣΔΥΧ                          | 0:40:04.474 | 0:51:20.960 |
| 25   | 22      | 3       | 50-59 ΕΤΩΝ | Male   | 188 | GR      | ΜΑΝΟΛΗΣ ΦΡΑΔΕΛΑΚΗΣ                  | -   |                               | 0:41:01.244 | 0:51:37.817 |
| 26   | 23      | 5       | 16-29 ΕΤΩΝ | Male   | 121 | GR      | ΙΩΑΝΝΗΣ ΑΚΡΩΤΗΡΙΑΝΑΚΗΣ              | -   |                               | 0:42:05.124 | 0:53:39.190 |
| 27   | 24      | 3       | 60+ ΕΤΩΝ   | Male   | 141 | GR      | ΕΜΜΑΝΟΥΗΛ ΚΛΗΡΟΝΟΜΑΚΗΣ              | -   | ΠΑΛΑΙΟΧΩΡΑ ΤΡΤ                | 0:42:14.647 | 0:53:41.730 |
| 28   | 25      | 6       | 16-29 ΕΤΩΝ | Male   | 102 | GR      | ΑΡΟΣΤΟΛΟΣ ΑΡΧΟΝΤΑΚΙΣ                | -   |                               | 0:42:31.894 | 0:53:51.270 |
| 29   | 26      | 11      | 40-49 ΕΤΩΝ | Male   | 162 | GR      | ΒΑΣΙΛΕΙΟΣ ΜΟΥΡΤΖΑΝΟΣ                | -   |                               | 0:41:59.054 | 0:54:22.844 |

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|------|---------|---------|------------|--------|-----|---------|-------------------------|-----|-----------------------------------|-------------|-------------|
| 30   | 27      | 7       | 30-39 ΕΤΩΝ | Male   | 198 |         | ΜΠΑΜΠΗΣ ΧΑΙΔΕΜΕΝΑΚΗΣ    | -   |                                   | 0:42:41.184 | 0:54:40.804 |
| 31   | 28      | 7       | 16-29 ΕΤΩΝ | Male   | 187 | GR      | ΜΙΧΑΛΗΣ ΦΑΝΟΥΡΑΚΗΣ      | -   | ΜΕΓΑΛΟΝΗΣΟΣ                       | 0:42:10.064 | 0:55:11.180 |
| 32   | 29      | 8       | 16-29 ΕΤΩΝ | Male   | 174 | GR      | ΔΗΜΗΤΡΗΣ ΠΕΤΣΑΣ         | -   |                                   | 0:42:38.527 | 0:55:28.484 |
| 33   | 30      | 12      | 40-49 ΕΤΩΝ | Male   | 183 | GR      | ΚΩΝΣΤΑΝΤΙΝΟΣ ΤΣΑΚΑΝΙΚΑΣ | -   | ΟΜΑΔΑ ΔΡΟΜΕΩΝ ΥΓΕΙΑΣ ΚΙΣΣΑΜΟΥ     | 0:43:29.537 | 0:55:31.924 |
| 34   | 31      | 4       | 50-59 ΕΤΩΝ | Male   | 195 |         | ΑΝΤΩΝΗΣ ΒΛΑΧΟΣ          | -   |                                   | 0:43:15.574 | 0:56:25.787 |
| 35   | 32      | 8       | 30-39 ΕΤΩΝ | Male   | 101 | GR      | ΕΥΑΝΓΕΛΟΣ ΑΛΕΒΙΖΟΣ      | -   |                                   | 0:44:24.947 | 0:57:01.420 |
| 36   | 33      | 13      | 40-49 ΕΤΩΝ | Male   | 190 | GR      | ΣΤΕΦΑΝΟΣ ΧΑΖΗΡΑΚΗΣ      | -   |                                   | 0:44:47.100 | 0:57:01.514 |
| 37   | 34      | 9       | 30-39 ΕΤΩΝ | Male   | 115 | PL      | MACIEJ TOMELA           | -   | TEAM GOSZKA                       | 0:45:27.357 | 0:57:43.387 |
| 38   | 35      | 4       | 60+ ΕΤΩΝ   | Male   | 161 | GR      | ΑΝΤΩΝΗΣ ΜΟΥΝΤΡΑΚΗΣ      | -   | ΙΑΤΡΙΚΟΣ ΣΥΛΛΟΓΟΣ ΧΑΝΙΩΝ          | 0:45:40.264 | 0:58:08.667 |
| 39   | 36      | 5       | 50-59 ΕΤΩΝ | Male   | 171 | GR      | ΒΑΣΙΛΕΙΟΣ ΟΙΚΟΝΟΜΙΔΗΣ   | -   | Σ.Δ.Υ. ΧΑΝΙΩΝ                     | 0:46:11.860 | 0:59:02.267 |
| 40   | 37      | 10      | 30-39 ΕΤΩΝ | Male   | 172 | GR      | ΜΕΝΕΛΑΟΣ ΠΑΠΑΔΗΜΗΤΡΑΚΗΣ | -   | ΟΜΑΔΑ ΔΡΟΜΕΩΝ ΥΓΕΙΑΣ ΚΙΣΑΜΟΥ      | 0:46:00.480 | 0:59:10.884 |
| 41   | 38      | 6       | 50-59 ΕΤΩΝ | Male   | 125 | GR      | ΑΝΤΩΝΗΣ ΒΕΣΤΑΚΗΣ        | -   | ORIZONTAS                         | 0:47:00.184 | 0:59:11.537 |
| 42   | 39      | 5       | 60+ ΕΤΩΝ   | Male   | 152 | GR      | ΜΑΝΟΣ ΛΥΝΑΡΑΚΗΣ         | -   | ΣΔΥΧ                              | 0:47:06.880 | 0:59:22.344 |
| 43   | 4       | 14      | 40-49 ΕΤΩΝ | Female | 108 | GR      | TANJA GÜNTHER           | -   |                                   | 0:46:52.864 | 0:59:30.597 |
| 44   | 40      | 7       | 50-59 ΕΤΩΝ | Male   | 114 | GR      | HORST SCHMITZ           | -   | PCR                               | 0:47:34.250 | 1:00:08.327 |
| 45   | 5       | 8       | 50-59 ΕΤΩΝ | Female | 103 | US      | JEANNE BOUWENS          | -   |                                   | 0:47:09.390 | 1:00:28.357 |
| 46   | 41      | 6       | 60+ ΕΤΩΝ   | Male   | 182 | GR      | ΠΑΝΤΕΛΗΣ ΤΡΙΠΟΛΙΤΑΚΗΣ   | -   | CRETTA RUNNING                    | 0:47:47.124 | 1:01:30.214 |
| 47   | 42      | 7       | 60+ ΕΤΩΝ   | Male   | 193 | GR      | ΙΩΑΝΝΗΣ ΧΡΙΣΤΟΔΟΥΛΑΚΟΣ  | -   | ΙΩΑΝΝΗΣ ΧΡΙΣΤΟΔΟΥΛΑΚΟΣ            | 0:48:27.897 | 1:01:57.370 |
| 48   | 43      | 11      | 30-39 ΕΤΩΝ | Male   | 166 | GR      | ΕΛΕΥΘΕΡΙΟΣ ΜΠΕΝΙΣΗΣ     | -   |                                   | 0:50:03.217 | 1:05:25.547 |
| 49   | 6       | 8       | 60+ ΕΤΩΝ   | Female | 179 | GR      | ΡΑΝΙΑ ΤΕΛΕΙΟΠΟΥΛΟΥ      | -   | ΜΕΓΑΛΟΝΗΣΟΣ                       | 0:51:22.004 | 1:05:29.557 |
| 50   | 44      | 9       | 60+ ΕΤΩΝ   | Male   | 159 | GR      | ΚΩΣΤΑΣ ΜΗΓΙΑΚΗΣ         | -   | ΜΙΥΙΑΚΙ PERSONAL TRAINING PROJECT | 0:48:49.244 | 1:05:33.297 |
| 51   | 45      | 15      | 40-49 ΕΤΩΝ | Male   | 151 | GR      | ΜΙΛΤΙΑΔΗΣ ΛΟΥΠΑΚΗΣ      | -   | ΑΝΕΞΑΡΤΗΤΟΣ                       | 0:51:47.467 | 1:06:11.797 |
| 52   | 7       | 9       | 50-59 ΕΤΩΝ | Female | 149 | GR      | ΒΑΣΙΛΙΚΗ ΛΑΝΑΡΙΔΟΥ      | -   | ΣΔΥΡ                              | 0:51:52.524 | 1:06:37.274 |
| 53   | 46      | 10      | 50-59 ΕΤΩΝ | Male   | 135 | GR      | ΝΙΚΟΛΑΟΣ ΔΡΟΥΜΠΑΚΗΣ     | -   | ΣΔΥΧ                              | 0:52:50.374 | 1:07:23.984 |
| 54   | 47      | 11      | 50-59 ΕΤΩΝ | Male   | 112 | GR      | ZORAN MATIC             | -   |                                   | 0:53:11.484 | 1:07:41.944 |
| 55   | 48      | 12      | 50-59 ΕΤΩΝ | Male   | 178 | GR      | ΓΙΑΝΝΗΣ ΣΤΕΦΑΝΟΓΙΑΝΝΗΣ  | -   | ΟΡΕΙΒΑΤΙΚΟΣ ΣΥΛΛΟΓΟΣ ΧΑΝΙΩΝ       | 0:52:45.910 | 1:07:47.604 |
| 56   | 49      | 13      | 50-59 ΕΤΩΝ | Male   | 197 |         | ΑΝΑΣΤΑΣΙΟΣ ΧΡΥΝΑΝΦΙΔΗΣ  | -   |                                   | 0:54:50.640 | 1:10:07.560 |
| 57   | 8       | 12      | 30-39 ΕΤΩΝ | Female | 134 | GR      | ΑΦΡΟΔΙΤΗ ΔΟΥΛΚΕΡΙΔΟΥ    | -   | CRETE RUNNING                     | 0:56:09.584 | 1:11:02.154 |
| 58   | 9       | 9       | 16-29 ΕΤΩΝ | Female | 111 | GR      | ΣΤΕΦΗ ΦΩΤΙΟΥ            | -   | L-CREW                            | 0:57:21.504 | 1:14:07.444 |
| 59   | 10      | 14      | 50-59 ΕΤΩΝ | Female | 145 | GR      | ΘΩΜΗ ΚΟΥΤΣΟΥΚΛΑΚΗ       | -   | CRETE RUNNING                     | 1:02:12.154 | 1:19:41.100 |
| 60   | 50      | 10      | 60+ ΕΤΩΝ   | Male   | 196 |         | ΠΑΝΤΕΛΗΣ ΜΩΡΑΙΤΑΚΗΣ     | -   |                                   | -           | 1:23:09.507 |
| 61   | 51      | 11      | 60+ ΕΤΩΝ   | Male   | 128 | GR      | ΜΙΧΑΛΗΣ ΓΙΑΝΝΟΥΛΑΚΗΣ    | -   | ΓΕΡΟΝΤΩΝ                          | -           | 1:36:55.130 |

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|------|---------|---------|----------|--------|-----|---------|------------------------|-----|--------|---------|-------------|
| 62   | 52      | 12      | 60+ ΕΤΩΝ | Male   | 156 | GR      | ΙΩΣΗΦ ΜΑΝΟΥΣΟΓΙΑΝΝΑΚΗΣ | -   | ΕΥΚΛΗΣ | -       | 1:36:57.944 |
| 63   | 11      | 13      | 60+ ΕΤΩΝ | Female | 180 | GR      | ΒΑΝΑ ΤΖΑΓΚΑΡΑΚΗ        | -   | ΣΔΥΧ   | -       | 1:40:33.894 |