

Liggos Trail Run 2023 ΔΙΑΔΡΟΜΗ 10km

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
1	1	1	ΓΕΝΙΚΗ ΚΑΤΑΤΑΞΗ	Male	3	Greek	GIANNIS STALIKAS	-	ΣΔΙ	0:00:00.017(00:00:00)	0:42:00.904(00:42:00)
2	2	1	M50+	Male	24	Greek	ILIAS NATSIAS	-	ΣΔΙ	0:00:02.724(00:00:00)	0:44:05.884(00:44:03)
3	3	2	ΓΕΝΙΚΗ ΚΑΤΑΤΑΞΗ	Male	4	Greek	EVANGELOS ATHANASIOU	-		0:00:04.397(00:00:00)	0:44:32.714(00:44:28)
4	4	1	M18-39	Male	1	Greek	STAUROS STAMOULIS	-		0:00:02.724(00:00:00)	0:44:57.774(00:44:55)
5	5	2	M18-39	Male	30		DIMITRIS KRIARAS	-		0:00:00.017(00:00:00)	0:46:46.857(00:46:46)
6	6	3	M18-39	Male	35		IOANNIS IOANNOY	-		0:00:00.017(00:00:00)	0:47:08.884(00:47:08)
7	7	1	M40-49	Male	18	Greek	ALEXANDROS LOUKAS	-	ΣΔΙ	0:00:01.894(00:00:00)	0:48:06.297(00:48:04)
8	8	2	M40-49	Male	27	GRE	MIXALIS TSENTSERIS	-		0:00:02.287(00:00:00)	0:48:28.984(00:48:26)
9	9	2	M50+	Male	19	Greek	THEODOROS ARLETOS	-	ΣΔΙ	0:00:00.017(00:00:00)	0:48:44.070(00:48:44)
10	10	3	M50+	Male	11	French	SYLVAIN GOBEL	-	IOANNIS TRAINING	0:00:00.534(00:00:00)	0:48:49.204(00:48:48)
11	11	4	M18-39	Male	42		ELEYTHERIOS KOSMAS	-		0:00:01.894(00:00:00)	0:48:52.380(00:48:50)
12	12	5	M18-39	Male	22	Greek	PARIS KOUNGKOULIS	-	ΣΔΙ	0:00:00.017(00:00:00)	0:49:17.317(00:49:17)
13	1	1	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	36		DIMITRA TZALOKOSTA	-		0:00:02.724(00:00:00)	0:49:23.390(00:49:20)
14	13	6	M18-39	Male	31		ARIS GKOGKAS	-		0:00:02.287(00:00:00)	0:50:40.400(00:50:38)
15	14	3	M40-49	Male	34		DIMITRIOS TSODOULOS	-		0:00:03.204(00:00:00)	0:51:12.744(00:51:09)
16	15	7	M18-39	Male	8	Greek	NTANIEL HONTAI	-		0:00:02.287(00:00:00)	0:52:34.424(00:52:32)
17	16	4	M40-49	Male	6	Greek	KOSTAS KRASSAS	-		0:00:12.374(00:00:00)	0:53:45.154(00:53:32)
18	17	5	M40-49	Male	25	Greek	GEORGIOS ERGATIS	-	ΣΔΙ	0:00:04.397(00:00:00)	0:54:31.447(00:54:27)
19	18	8	M18-39	Male	14	Greek	ILIAS PINAKOULIAS	-	Σύλλογος Δρομέων Τρικάλων	0:00:05.057(00:00:00)	0:55:05.144(00:55:00)
20	19	4	M50+	Male	39		DIMITRIS MIXAHL	-		0:00:09.397(00:00:00)	0:55:29.870(00:55:20)
21	2	2	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	32		MATINA VANDOROU	-		0:00:02.850(00:00:00)	0:55:50.760(00:55:47)
22	20	6	M40-49	Male	12	Greek	PANAGIOTIS NIKOLAOU	-		0:00:06.717(00:00:00)	0:56:19.080(00:56:12)
23	21	7	M40-49	Male	16	Greek	DIMITRIOS VRANIAS	-	ΣΔΙ	0:00:11.524(00:00:00)	0:57:20.897(00:57:09)
24	22	8	M40-49	Male	40		SOTIRIS NONAS	-		0:00:05.944(00:00:00)	0:57:23.100(00:57:17)
25	23	5	M50+	Male	37		ALEXANDROS STAYROY	-		0:00:09.397(00:00:00)	0:59:33.154(00:59:23)
26	24	9	M40-49	Male	9	Greek	ELIAS KYRKOS	-		0:00:08.654(00:00:00)	0:59:39.404(00:59:30)
27	25	10	M40-49	Male	5	Greek	DIMITRIS MAVRIDIS	-		0:00:10.577(00:00:00)	1:00:07.904(00:59:57)
28	26	9	M18-39	Male	46		THOMAS KITSAKIS	-		0:00:10.040(00:00:00)	1:00:14.964(01:00:04)
29	3	3	ΚΑΤΗΓΟΡΙΑ ΓΥΝΑΙΚΩΝ	Female	33		OURANIA PAPASAVVA	-		0:00:07.080(00:00:00)	1:00:16.294(01:00:09)

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30	27	11	M40-49	Male	28		PAYLOS GKOGKOS	-		0:00:14.754(00:00:00)	1:00:45.397(01:00:30)
31	28	12	M40-49	Male	17	Greek	MOYSIS GRAMMENIATIS	-	ΣΔΙ	0:00:01.894(00:00:00)	1:01:08.157(01:01:06)
32	29	13	M40-49	Male	13	Greek	GEORGE KATSIOS	-		0:00:11.020(00:00:00)	1:01:17.244(01:01:06)
33	30	10	M18-39	Male	21	Greek	POLYCHRONIS KARALIS	-	ΣΔΙ	0:00:05.944(00:00:00)	1:02:05.624(01:01:59)
34	31	6	M50+	Male	47		VASILEIOS VRYONIS	-		0:00:03.530(00:00:00)	1:02:06.717(01:02:03)
35	4	1	W40-49	Female	23	Greek	KATERINA RAPTI	-	ΣΔΙ	0:00:00.184(00:00:00)	1:02:56.410(01:02:56)
36	32	7	M50+	Male	44		ILIAS NIKOLAIDIS	-		0:00:00.184(00:00:00)	1:03:01.194(01:03:01)
37	33	14	M40-49	Male	38		XRISTOS NTOKOS	-		0:00:09.020(00:00:00)	1:03:02.580(01:02:53)
38	34	15	M40-49	Male	20	Greek	PANAGIOTIS SIONIS	-	ΣΔΙ	0:00:06.717(00:00:00)	1:03:28.404(01:03:21)
39	35	11	M18-39	Male	10	Greek	ALEXIS DIAMANTIS	-		0:00:00.017(00:00:00)	1:05:17.494(01:05:17)
40	36	16	M40-49	Male	7	Greek	LEONIDAS EXARCHOS	-		0:00:10.040(00:00:00)	1:05:43.867(01:05:33)
41	37	8	M50+	Male	45		VASILEIOS KALAMPOKIS	-		0:00:07.080(00:00:00)	1:05:57.870(01:05:50)
42	38	9	M50+	Male	43		PANAGIOTIS PANOU	-		0:00:11.864(00:00:00)	1:05:58.197(01:05:46)
43	5	2	W40-49	Female	26	Greek	ELENI NTALAKA	-		0:00:05.944(00:00:00)	1:06:26.100(01:06:20)
44	39	17	M40-49	Male	15	Greek	NIKOLAOS PAPPAS	-	EKAB IQANNINQN	0:00:11.020(00:00:00)	1:07:20.064(01:07:09)
45	6	1	W18-39	Female	41		MARIA TSOUMANI	-		0:00:05.944(00:00:00)	1:09:22.784(01:09:16)
46	40	12	M18-39	Male	48		PETROS SPYROPOULOS	-		0:00:14.970(00:00:00)	1:10:28.630(01:10:13)
47	41	18	M40-49	Male	49		NIKOLAOS AGGELIS	-		0:00:17.984(00:00:00)	1:11:56.624(01:11:38)
48	42	13	M18-39	Male	50		MANOLIS NOUSIS	-		0:00:15.770(00:00:00)	1:11:56.734(01:11:40)
49	43	19	M40-49	Male	29		ANDREAS ZALAVRAS	-		0:00:15.067(00:00:00)	1:22:27.007(01:22:11)