

## Ορεινές διαδρομές Βοριτσίου 2023 5Κ

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	Start 5KM	Finish 5KM
1	1	1	14-17	Male	512		ΝΑΣΟΣ ΑΛΕΞΑΝΔΡΑΚΗΣ	-	BODY BUSTERS	0:00:02.767(00:00:00)	0:24:33.997(00:24:31)
2	2	1	ALL	Male	519		ΡΙΟΣ ΓΚΙΓΕΡΜΟ	-	ΜΙΚΡΟ JIM	0:00:00.170(00:00:00)	0:24:40.777(00:24:40)
3	3	2	ALL	Male	557		ΠΑΠΑΔΟΓΙΑΝΝΑΚΗΣ	-	ΜΙΚΡΟ JIM	0:00:01.483(00:00:00)	0:24:40.900(00:24:39)
4	4	3	ALL	Male	550		ΤΑΚΗΣ ΜΕΝΕΓΗΣ	-	ANTONIS'S TEAM	0:00:00.170(00:00:00)	0:25:13.200(00:25:13)
5	5	4	ALL	Male	507		AUGUST VIGGO KEN	-	HAGER	0:00:07.170(00:00:00)	0:25:48.970(00:25:41)
6	6	5	ALL	Male	520		ΔΗΜΗΤΡΗΣ ΓΚΙΩΝΑΚΗΣ	-	ΧΟΧΛΙΟΣ TEAM	0:00:00.170(00:00:00)	0:27:22.107(00:27:21)
7	7	6	ALL	Male	532		ΠΑΝΑΓΙΩΤΗΣ ΚΟΝΤΟΕΙΔΗΣ	-		0:00:00.857(00:00:00)	0:27:22.783(00:27:21)
8	8	2	14-17	Male	574		ΣΤΑΥΡΟΣ ΦΩΤΕΙΝΑΚΗΣ	-	ΔΑΙΔΑΛΟΣ	0:00:00.170(00:00:00)	0:28:04.237(00:28:04)
9	9	7	ALL	Male	508		TOBIAS WINKEMANN	-		0:00:06.780(00:00:00)	0:28:04.580(00:27:57)
10	10	3	14-17	Male	534		ΒΑΓΓΕΛΗΣ ΚΟΥΡΟΥΠΑΚΗΣ	-	BODYBUSTERS	0:00:00.170(00:00:00)	0:29:08.043(00:29:07)
11	11	8	ALL	Male	556		ΝΙΚΟΛΑΣ ΝΟΜΙΚΟΣ	-	ΘΑ.Ν.Ο.Σ. ΗΡΑΚΛΕΙΟΥ	0:00:00.170(00:00:00)	0:29:23.483(00:29:23)
12	12	9	ALL	Male	549		ΓΙΩΡΓΟΣ ΜΕΝΕΓΗΣ	-	ANTONIS'S TEAMS	0:00:05.657(00:00:00)	0:30:54.533(00:30:48)
13	1	10	ALL	Female	501		ΑΝΝΙΚΑ ΜΑΡΚΤΛ	-		0:00:06.780(00:00:00)	0:31:02.990(00:30:56)
14	13	11	ALL	Male	533		ΣΤΑΜΑΤΗΣ ΚΟΥΝΤΑΚΗΣ	-		0:00:04.453(00:00:00)	0:31:13.450(00:31:08)
15	2	12	ALL	Female	563		ΕΛΕΝΑ ΣΟΦΟΥΛΑΚΗ	-	ΜΙΚΡΟJIM	0:00:05.657(00:00:00)	0:31:24.493(00:31:18)
16	3	13	ALL	Female	531		ΓΕΩΡΓΙΑ ΚΟΝΤΟΕΙΔΗ	-	FITNESS LAB HERAKLION	0:00:00.170(00:00:00)	0:31:57.763(00:31:57)
17	14	14	ALL	Male	526		ΑΝΤΩΝΗΣ ΚΑΛΟΥΡΗΣ	-	ΣΜΚ	0:00:01.967(00:00:00)	0:33:06.443(00:33:04)
18	15	15	ALL	Male	581		ΑΝΤΩΝΙΟΣ ΚΥΠΡΙΩΤΑΚΗΣ	-	ΧΟΧΛΙΟΣ TEAM	0:00:08.657(00:00:00)	0:33:18.057(00:33:09)
19	16	16	ALL	Male	548		ΑΝΤΩΝΗΣ ΜΑΡΚΑΚΗΣ	-		0:00:04.453(00:00:00)	0:33:30.950(00:33:26)
20	17	17	ALL	Male	551		ΧΑΡΗΣ ΜΟΥΔΑΤΣΑΚΗΣ	-		-	0:33:42.353 (-:-:-)
21	18	18	ALL	Male	524		ΔΗΜΗΤΡΗΣ ΖΕΡΒΑΚΗΣ	-		-	0:33:42.353 (-:-:-)
22	4	19	ALL	Female	543		ΜΑΡΙΑ ΜΑΘΙΟΥΔΑΚΗ	-	ΜΙΚΡΟ JIM	0:00:05.297(00:00:00)	0:33:50.790(00:33:45)
23	19	20	ALL	Male	575		ΜΑΝΟΣ ΧΑΡΙΤΑΚΗΣ	-	ΜΙΚΡΟ JIM	0:00:07.967(00:00:00)	0:33:52.233(00:33:44)
24	20	21	ALL	Male	522		ΜΑΝΟΣ ΕΡΓΑΖΑΚΗΣ	-		0:00:03.623(00:00:00)	0:33:54.313(00:33:50)
25	21	22	ALL	Male	562		ΓΙΩΡΓΟΣ ΣΗΦΑΚΗΣ	-	ΣΜΚ	0:00:04.453(00:00:00)	0:34:52.667(00:34:48)
26	22	23	ALL	Male	525		ΝΙΚΟΣ ΚΑΖΑΝΤΖΑΚΗΣ	-		0:00:06.453(00:00:00)	0:35:11.827(00:35:05)
27	23	24	ALL	Male	570		ΚΟΥΡΟΥΠΑΚΗΣ ΕΜΜΑΝΟΥΗΛ	-		0:00:01.047(00:00:00)	0:35:12.707(00:35:11)
28	24	4	14-17	Male	536		ΜΙΧΑΛΗΣ ΚΟΥΡΟΥΠΑΚΗΣ	-	BODYBUSTERS	0:00:00.170(00:00:00)	0:35:12.707(00:35:12)
29	25	25	ALL	Male	584		ΣΤΑΥΡΟΣ ΖΑΡΟΥΧΑΚΗΣ	-		0:00:08.280(00:00:00)	0:35:44.573(00:35:36)

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30	26	5	14-17	Male	561		ΜΙΚΕΛΕ ΠΙΚΑΡΝΤΙ	-		0:00:00.373(00:00:00)	0:35:45.343(00:35:44)
31	27	26	ALL	Male	523		ΜΙΧΑΛΗΣ ΖΑΧΑΡΙΑΚΗΣ	-	BODYBUSTERS	0:00:04.453(00:00:00)	0:35:46.887(00:35:42)
32	5	27	ALL	Female	502		VESNA MILENKOVIC	-		0:00:08.280(00:00:00)	0:35:48.337(00:35:40)
33	28	28	ALL	Male	529		ΓΕΩΡΓΙΟΣ ΚΑΡΠΑΘΑΚΗΣ	-		0:00:07.967(00:00:00)	0:36:44.307(00:36:36)
34	29	29	ALL	Male	513		ΕΛΕΥΘΕΡΙΟΣ ΑΡΧΟΝΤΟΥΛΑΚΗΣ	-	MARIN HOTEL	0:00:02.767(00:00:00)	0:36:49.467(00:36:46)
35	6	30	ALL	Female	535		ΑΘΗΝΑ ΦΙΛΙΠΠΑΚΗ	-	BODYBUSTERS	0:00:02.767(00:00:00)	0:37:00.063(00:36:57)
36	7	31	ALL	Female	509		ΟΛΓΑ ΑΒΡΑΑΜ	-		0:00:05.297(00:00:00)	0:37:19.610(00:37:14)
37	30	6	14-17	Male	560		ΓΙΑΝΝΗΣ ΠΙΚΑΡΝΤΙ	-		0:00:02.767(00:00:00)	0:37:31.547(00:37:28)
38	8	32	ALL	Female	517		ΕΛΠΙΔΑ ΒΑΜΒΑΚΑ	-		0:00:06.453(00:00:00)	0:37:35.280(00:37:28)
39	9	33	ALL	Female	506		RITENE RITMA	-		0:00:03.623(00:00:00)	0:37:41.543(00:37:37)
40	31	34	ALL	Male	527		ΚΡΙΤΩΝ ΚΑΝΑΚΗΣ	-		0:00:00.170(00:00:00)	0:37:43.873(00:37:43)
41	10	35	ALL	Female	545		ΚΑΤΕΡΙΝΑ ΜΑΛΙΣΣΟΒΑ	-	ANTONIS'S TEAM	0:00:06.453(00:00:00)	0:37:47.760(00:37:41)
42	32	36	ALL	Male	573		ΒΑΣΙΛΗΣ ΦΡΑΓΚΑΚΗΣ	-		0:00:09.843(00:00:00)	0:38:44.793(00:38:34)
43	11	37	ALL	Female	515		ΕΛΕΝΗ ΑΣΠΡΑΔΑΚΗ	-	FLOW868	0:00:00.373(00:00:00)	0:38:48.197(00:38:47)
44	33	38	ALL	Male	578		ΠΑΝΑΚΑΚΗΣ ΑΠΟΣΤΟΛΗΣ	-		0:00:00.170(00:00:00)	0:39:56.483(00:39:56)
45	12	39	ALL	Female	554		ΝΙΚΗ ΜΠΟΡΜΠΑΝΤΩΝΑΚΗ	-		0:00:04.453(00:00:00)	0:40:14.373(00:40:09)
46	13	40	ALL	Female	567		ΕΛΕΥΘΕΡΙΑ ΤΕΡΕΖΑΚΗ	-		0:00:05.297(00:00:00)	0:40:39.337(00:40:34)
47	34	41	ALL	Male	566		ΚΩΝΣΤΑΝΤΙΝΟΣ ΤΑΦΙΛΗΣ	-		0:00:05.297(00:00:00)	0:40:55.277(00:40:49)
48	14	42	ALL	Female	586		ΧΡΙΣΤΙΝΑ ΤΣΙΓΓΕΛΙΔΟΥ	-		0:00:06.453(00:00:00)	0:41:31.207(00:41:24)
49	35	43	ALL	Male	546		ΚΩΝΣΤΑΝΤΙΝΟΣ ΜΑΝΑΣΑΚΗΣ	-		0:00:05.657(00:00:00)	0:41:57.747(00:41:52)
50	36	44	ALL	Male	514		ΙΩΑΝΝΗΣ ΑΣΠΙΡΤΑΚΗΣ	-		0:00:04.453(00:00:00)	0:41:59.433(00:41:54)
51	37	45	ALL	Male	541		ΚΟΚΚΙΝΙΔΗΣ ΚΩΣΤΗΣ	-	-	0:00:07.967(00:00:00)	0:42:20.717(00:42:12)
52	38	46	ALL	Male	504		FABIO RICARDI	-		0:00:02.767(00:00:00)	0:42:22.607(00:42:19)
53	15	47	ALL	Female	528		ΒΑΣΩ ΚΑΝΤΖΕΛΗ	-		0:00:09.843(00:00:00)	0:42:25.217(00:42:15)
54	16	48	ALL	Female	505		SVETLANA ΡΟΡΟΒΑ	-	ΧΟΧΛΙΟΣ	0:00:06.453(00:00:00)	0:43:17.257(00:43:10)
55	17	49	ALL	Female	510		ΕΥΣΤΑΘΙΑ ΑΛΕΞΑΚΗ	-		0:00:07.967(00:00:00)	0:43:23.200(00:43:15)
56	18	50	ALL	Female	555		ΧΡΙΣΤΙΝΑ ΜΠΟΤΩΝΑΚΗ	-		0:00:07.967(00:00:00)	0:43:23.327(00:43:15)
57	19	51	ALL	Female	558		ΑΘΑΝΑΣΙΑ ΠΑΠΟΥΤΣΗ	-		0:00:05.297(00:00:00)	0:43:29.857(00:43:24)
58	20	52	ALL	Female	503		ZUZA MODZELEWSKA	-	TRIGYM	-	0:43:38.400 (-:-:-)
59	39	53	ALL	Male	565		ΓΙΩΡΓΟΣ ΣΤΑΥΡΑΚΑΚΗΣ	-		0:00:08.280(00:00:00)	0:44:02.090(00:43:53)
60	21	54	ALL	Female	552		ΑΡΤΕΜΙΣ ΜΠΑΛΛΑ	-		0:00:03.623(00:00:00)	0:44:10.147(00:44:06)
61	22	55	ALL	Female	553		ΑΙΚΑΤΕΡΙΝΗ ΜΠΕΛΙΒΑΝΑΚΗ	-	Ο.Υ.ΚΡΗΤΗΣ	0:00:04.453(00:00:00)	0:44:13.557(00:44:09)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	Start 5KM	Finish 5KM
62	23	56	ALL	Female	582		ΕΥΑ ΔΗΜΟΥΛΑ	-		0:00:02.767(00:00:00)	0:44:30.473(00:44:27)
63	40	57	ALL	Male	559		ΠΑΝΑΓΙΩΤΗΣ ΠΕΡΡΑΚΗΣ	-	ΣΜΚ	0:00:03.623(00:00:00)	0:46:22.643(00:46:19)
64	24	58	ALL	Female	572		ΙΩΑΝΝΑ ΦΡΑΓΚΑΚΗ	-	ΑΝΕΞΑΡΤΗΤΗ	0:00:03.623(00:00:00)	0:47:34.580(00:47:30)
65	25	59	ALL	Female	518		ΕΥΑ ΒΕΝΕΡΗ	-		0:00:06.453(00:00:00)	0:48:40.057(00:48:33)
66	41	7	14-17	Male	577		ΠΑΝΑΓΙΩΤΗΣ ΠΑΝΑΚΑΚΗΣ	-		0:00:00.170(00:00:00)	0:49:36.843(00:49:36)
67	42	60	ALL	Male	583		ΜΗΝΑΣ ΑΛΕΞΑΚΗΣ	-		0:00:00.857(00:00:00)	0:49:45.050(00:49:44)
68	43	61	ALL	Male	587		ΕΜΜΑΝΟΥΗΛ ΚΩΝΣΤΑΝΤΟΥΛΑΚΗΣ	-		0:00:00.170(00:00:00)	0:50:26.113(00:50:25)
69	26	62	ALL	Female	521		ΜΑΡΙΑ ΔΟΞΑΣΤΑΚΗ	-		0:00:05.297(00:00:00)	0:53:15.797(00:53:10)
70	44	63	ALL	Male	530		ΑΝΤΩΝΗΣ ΚΛΑΔΟΣ	-		-	0:53:20.907 (-:-:-)
71	45	64	ALL	Male	585		ΜΑΝΩΛΗΣ ΜΑΝΙΔΑΚΗΣ	-		0:00:09.030(00:00:00)	0:54:12.760(00:54:03)
72	27	65	ALL	Female	571		ΣΤΑΥΡΟΥΛΑ ΦΛΟΥΡΗ	-		0:00:03.623(00:00:00)	1:02:03.837(01:02:00)
73	46	66	ALL	Male	588		ΓΕΩΡΓΙΑ ΚΕΛΑΡΑΚΗ	-		-	1:03:21.883 (-:-:-)
74	47	67	ALL	Male	579		ΘΑΝΑΣΗΣ ΣΕΦΕΡΙΔΗΣ	-	ΧΟΧΛΙΟΣ TEAM	-	1:07:32.727 (-:-:-)