

Foloi Trail 2023 Foloi Trail Run 20km

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	Start 20km	FINISH 20KM
1	1	1	ALL	Male	566	GR	ΕΜΜΑΝΟΥΗΛ ΠΟΥΡΙΚΑΣ	-	SAUCONY / DRC	0:00:00.530(00:00:00)	1:30:47.483(01:30:46)
2	2	2	ALL	Male	570	GR	ΝΙΚΟΣ ΣΙΩΠΑΣ	-		0:00:02.960(00:00:00)	1:37:18.603(01:37:15)
3	3	3	ALL	Male	502	GR	ΜΑΡΙΟΣ ΒΛΑΝΤΖΟΝΙΣ	-	DRC ATHENS	0:00:01.760(00:00:00)	1:46:12.213(01:46:10)
4	4	1	A41-50	Male	583		ΑΡΗΣ ΚΟΥΤΣΑΜΠΕΛΙΤΗΣ	-		0:00:02.540(00:00:00)	1:47:11.540(01:47:09)
5	5	2	A41-50	Male	523	GR	ΔΙΟΝΥΣΗΣ ΑΥΓΕΡΙΝΟΣ	-	ZANTE TRAIL RUNNERS	0:00:02.960(00:00:00)	1:55:19.460(01:55:16)
6	6	1	A30-40	Male	553	GR	ΓΕΩΡΓΙΟΣ ΜΟΣΧΟΝΑΣ	-	MAD GOATS	0:00:00.420(00:00:00)	1:58:02.553(01:58:02)
7	7	2	A30-40	Male	564	GR	ΚΩΝΣΤΑΝΤΙΝΟΣ ΠΑΠΑΠΟΥΛΙΔΗΣ	-	ΣΧΟΛΕΙΟ ΟΠΛΩΝ ΤΑΚΤΙΚΗΣ	0:00:05.270(00:00:00)	1:58:02.873(01:57:57)
8	8	3	A30-40	Male	542	GR	ΠΑΝΑΓΙΩΤΗΣ ΚΑΡΥΓΙΑΝΝΗΣ	-	ΚΑΛΑΜΑΤΑ	0:00:00.530(00:00:00)	1:58:51.130(01:58:50)
9	9	1	A51+	Male	540	GR	ΓΙΩΡΓΟΣ ΚΑΡΑΚΙΤΣΟΣ	-	TRAIL RUNNERS PATRAS	0:00:00.530(00:00:00)	2:06:41.600(02:06:41)
10	10	4	A30-40	Male	520	GR	ΜΙΧΑΛΗΣ ΑΝΑΣΤΟΠΟΥΛΟΣ	-	RUN365	0:00:07.260(00:00:00)	2:07:23.170(02:07:15)
11	11	3	A41-50	Male	525	GR	ΓΕΩΡΓΙΟΣ ΒΛΑΧΟΣ	-	ΑΜΑΛΙΑΔΑ	0:00:02.960(00:00:00)	2:07:41.217(02:07:38)
12	12	2	A51+	Male	574	GR	ΤΡΥΦΩΝΑΣ ΣΦΕΝΔΥΛΗΣ	-	Σ Δ Υ ΠΕΙΡΑΙΑ	0:00:02.960(00:00:00)	2:08:47.833(02:08:44)
13	13	4	A41-50	Male	516	GR	GEORGE TSOUMAS	-	PATRA	0:00:04.030(00:00:00)	2:11:29.773(02:11:25)
14	14	5	A41-50	Male	569	GR	ΒΛΑΣΙΟΣ ΡΟΥΤΣΗΣ	-		0:00:01.760(00:00:00)	2:13:56.903(02:13:55)
15	15	3	A51+	Male	562	GR	ΠΑΝΑΓΙΩΤΗΣ ΠΑΝΑΓΟΠΟΥΛΟΣ	-	ΣΔΥΠ	0:00:01.620(00:00:00)	2:15:00.787(02:14:59)
16	16	4	A51+	Male	561	GR	ΑΛΕΞΑΝΔΡΟΣ ΠΑΝΑΓΟΠΟΥΛΟΣ	-	VASKOS TRAINNING	0:00:04.030(00:00:00)	2:15:15.840(02:15:11)
17	17	4	ALL	Male	581		ΧΡΗΣΤΟΣ ΜΗΛΙΤΣΟΠΟΥΛΟΣ	-		0:00:04.030(00:00:00)	2:15:37.477(02:15:33)
18	18	1	A18-29	Male	594		ΟΡΕΣΤΗΣ ΓΕΩΡΓΟΠΟΥΛΟΣ	-		0:00:04.030(00:00:00)	2:18:49.000(02:18:44)
19	19	6	A41-50	Male	580	GR	ΓΕΩΡΓΙΟΣ ΧΟΥΛΗΣ	-		0:00:07.260(00:00:00)	2:18:54.387(02:18:47)
20	20	7	A41-50	Male	506	GR	ΑΝΑΣΤΑΣΙΟΣ ΓΚΙΓΚΙΛΑΣ	-	ATHENS	0:00:01.520(00:00:00)	2:19:05.207(02:19:03)
21	21	8	A41-50	Male	534	GR	ΔΗΜΗΤΡΙΟΣ ΖΑΦΕΙΡΟΠΟΥΛΟΣ	-	ΦΑΛΑΝΘΙΟΙ	0:00:00.710(00:00:00)	2:19:14.513(02:19:13)
22	22	9	A41-50	Male	576	GR	ΠΑΝΑΓΙΩΤΗΣ ΤΖΟΥΡΑΜΑΝΗΣ	-	BRT-KPN® PATRAS-ΦΛΟΓΑ	0:00:08.010(00:00:00)	2:19:25.780(02:19:17)
23	23	10	A41-50	Male	557	GR	ΔΗΜΗΤΡΗΣ ΜΠΙΝΑΡΔΟΠΟΥΛΟΣ	-		0:00:01.520(00:00:00)	2:20:11.927(02:20:10)
24	1	5	ALL	Female	565	GR	ΚΑΛΛΙΟΠΗ ΠΑΠΑΣΙΜΗΝΟΥ	-		0:00:04.030(00:00:00)	2:21:34.940(02:21:30)
25	24	5	A30-40	Male	518	GR	ΚΩΝΣΤΑΝΤΙΝΟΣ ΑΛΕΞΟΠΟΥΛΟΣ	-		0:00:07.260(00:00:00)	2:24:03.013(02:23:55)
26	25	6	A30-40	Male	533	GR	ΓΙΩΡΓΟΣ ΔΙΑΛΥΝΑΣ	-		0:00:09.840(00:00:00)	2:28:02.710(02:27:52)
27	26	7	A30-40	Male	554	GR	ΠΑΝΑΓΙΩΤΗΣ ΜΟΣΧΟΝΑΣ	-	MAD GOATS	0:00:02.720(00:00:00)	2:28:12.053(02:28:09)
28	27	2	A18-29	Male	531	GR	ΔΗΜΗΤΡΗΣ ΔΗΜΟΠΟΥΛΟΣ	-		0:00:07.260(00:00:00)	2:32:01.797(02:31:54)
29	28	5	A51+	Male	529	GR	ΑΘΑΝΑΣΙΟΣ ΓΡΗΓΟΡΟΠΟΥΛΟΣ	-		0:00:08.780(00:00:00)	2:32:25.777(02:32:16)

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30	2	6	ALL	Female	543	GR	ΤΖΕΝΗ ΚΕΚΑΤΟΥ	-		0:00:07.260(00:00:00)	2:32:39.333(02:32:32)
31	29	11	A41-50	Male	515	GR	POLYDOROS TSIANIKAS	-	ΤΣΙΑΝΙΚΑΣ TEAM	0:00:02.960(00:00:00)	2:36:10.040(02:36:07)
32	30	8	A30-40	Male	545	GR	ΑΛΕΞΑΝΔΡΟΣ ΚΟΥΤΡΟΣ	-	ΑΝΕΞΑΡΤΗΤΟΣ	0:00:08.780(00:00:00)	2:36:20.980(02:36:12)
33	31	12	A41-50	Male	546	GR	ΠΑΝΟΣ ΚΟΥΤΡΟΣ	-	ΑΝΕΞΑΡΤΗΤΟΣ	0:00:09.840(00:00:00)	2:36:21.090(02:36:11)
34	32	13	A41-50	Male	544	GR	ΘΕΟΔΩΡΟΣ ΚΟΥΛΗΣ	-	ΣΔΥ ΠΑΤΡΑΣ	0:00:05.270(00:00:00)	2:36:59.280(02:36:54)
35	3	7	ALL	Female	575	GR	ΒΑΣΙΛΙΚΗ ΤΖΟΥΡΑΜΑΝΗ	-	DIMITRIOGLOU SPORT TEAM-ΦΛΟΓΑ ΠΑΤΡΑΣ	0:00:06.770(00:00:00)	2:37:26.290(02:37:19)
36	33	14	A41-50	Male	563	GR	ΠΑΝΑΓΙΩΤΗΣ ΠΑΝΤΑΖΟΠΟΥΛΟΣ	-	SMART RUN	0:00:07.260(00:00:00)	2:38:34.980(02:38:27)
37	34	15	A41-50	Male	568	GR	ΔΗΜΗΤΡΙΟΣ ΡΕΓΓΟΣ	-	ΣΥΛΛΟΓΟΣ ΑΘΛΟΥΜΕΝΩΝ ΜΕΣΣΗΝΗΣ	0:00:08.780(00:00:00)	2:41:15.113(02:41:06)
38	35	9	A30-40	Male	514	GR	ANDREAS PAPACHARALAMPOUS	-		0:00:00.890(00:00:00)	2:43:02.960(02:43:02)
39	36	16	A41-50	Male	558	GR	ΠΑΥΛΟΣ ΜΠΟΥΖΙΩΤΗΣ	-	FORREST GUMP	0:00:02.960(00:00:00)	2:46:13.370(02:46:10)
40	37	6	A51+	Male	505	GR	ALEX GKELIS	-		0:00:07.260(00:00:00)	2:46:27.483(02:46:20)
41	4	1	W41-50	Female	578	GR	ΜΑΡΙΑ ΤΣΙ	-	GALLATSI RUNNERS	0:00:01.760(00:00:00)	2:46:52.973(02:46:51)
42	38	7	A51+	Male	501	GR	SOTIRIS AGKANIS	-		0:00:22.467(00:00:00)	2:46:55.423(02:46:32)
43	5	1	W30-40	Female	508	GR	ILIANA ILIOPOULOU	-		0:00:04.030(00:00:00)	2:47:58.637(02:47:54)
44	39	10	A30-40	Male	555	GR	ΔΗΜΗΤΡΗΣ ΜΟΥΖΑΚΗΣ	-	AMALIAS	0:00:04.540(00:00:00)	2:48:00.540(02:47:56)
45	40	17	A41-50	Male	538	GR	ΚΩΣΤΑΣ ΚΑΝΕΤΣΗΣ	-		0:00:07.260(00:00:00)	2:48:15.923(02:48:08)
46	41	8	A51+	Male	556	GR	ΔΗΜΗΤΡΗΣ ΜΠΕΛΙΑΣ	-	ΑΓΕΠ	0:00:02.960(00:00:00)	2:49:01.097(02:48:58)
47	42	9	A51+	Male	598		ΘΟΔΩΡΗΣ ΘΕΟΔΩΡΟΠΟΥΛΟΣ	-		0:00:07.260(00:00:00)	2:50:10.230(02:50:02)
48	6	2	W41-50	Female	511	GR	ΚΑΤΕΡΙΝΑ ΜΕΤΑΧΑ	-		0:00:04.030(00:00:00)	2:50:47.310(02:50:43)
49	43	18	A41-50	Male	530	GR	ΓΙΑΝΝΗΣ ΔΗΜΗΣΙΑΝΟΣ	-	Σ.Δ.Υ. ΠΑΤΡΑΣ	0:00:04.030(00:00:00)	2:51:03.270(02:50:59)
50	44	8	ALL	Male	595		ΓΕΩΡΓΙΟΣ ΒΛΑΣΗΣ	-		0:00:09.840(00:00:00)	2:54:14.697(02:54:04)
51	45	11	A30-40	Male	519	GR	ΧΡΗΣΤΟΣ ΑΝΑΓΝΩΣΤΗΣ	-	ΚΙΑΤΟ	0:00:07.260(00:00:00)	2:55:36.077(02:55:28)
52	7	1	W51+	Female	551	GR	ΜΑΡΙΑΧΡΙΣΤΙΝΑ ΜΑΡΓΕΛΗ	-	SKY WOMEN RUNNNING TEAM	0:00:05.270(00:00:00)	2:56:34.153(02:56:28)
53	46	12	A30-40	Male	579	GR	ΝΙΚΟΛΑΟΣ ΦΟΥΤΑΚΗΣ	-		0:00:07.260(00:00:00)	2:57:14.973(02:57:07)
54	8	2	W30-40	Female	517	GR	ANASTASIA VLASSI	-	SETARCOS	0:00:09.840(00:00:00)	2:58:42.827(02:58:32)
55	9	3	W41-50	Female	510	GR	SEVI KOUTRAKI	-		0:00:04.030(00:00:00)	3:00:55.170(03:00:51)
56	47	19	A41-50	Male	513	GR	ANTONIS NTASIOS	-		0:00:04.030(00:00:00)	3:00:55.170(03:00:51)
57	10	4	W41-50	Female	573	GR	ΚΑΤΕΡΙΝΑ ΣΤΕΦΑΝΟΠΟΥΛΟΥ	-		0:00:06.770(00:00:00)	3:03:36.150(03:03:29)
58	48	20	A41-50	Male	572	GR	ΒΑΣΙΛΕΙΟΣ ΣΤΕΦΑΝΟΠΟΥΛΟΣ	-	ΕΟΣ ΚΛΕΙΤΟΡΙΑΣ	0:00:07.260(00:00:00)	3:03:37.263(03:03:30)
59	11	3	W30-40	Female	521	GR	ΗΡΩ ΑΠΟΣΤΟΛΟΠΟΥΛΟΥ	-		0:00:06.770(00:00:00)	3:03:44.917(03:03:38)
60	49	10	A51+	Male	547	GR	ΒΑΣΙΛΕΙΟΣ ΛΑΓΙΟΣ	-	VO2 MAX EXERCISE CENTER	0:00:07.260(00:00:00)	3:04:01.437(03:03:54)
61	50	9	ALL	Male	582		ΦΩΤΗΣ ΔΟΥΒΡΗΣ	-		0:00:04.030(00:00:00)	3:05:32.003(03:05:27)

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62	51	10	ALL	Male	559	GR	ΧΡΗΣΤΟΣ ΚΑΡΑΦΛΟΣ	-	ΛΕΧΑΙΝΑ	0:00:00.530(00:00:00)	3:05:32.347(03:05:31)
63	52	11	A51+	Male	597		ΔΙΟΝΥΣΗΣ ΚΑΡΑΪΣΚΑΚΗΣ	-		0:00:07.260(00:00:00)	3:05:37.467(03:05:30)
64	53	11	ALL	Male	596		ΘΩΜΑΣ ΚΑΡΑΪΣΚΑΚΗΣ	-		0:00:08.780(00:00:00)	3:05:37.923(03:05:29)
65	12	4	W30-40	Female	549	GR	ΣΑΝΤΡΑ ΛΗΛΟΥ	-		0:22:24.220(00:00:00)	3:09:45.250(02:47:21)
66	54	21	A41-50	Male	577	GR	ΜΕΝΕΛΛΟΣ ΤΖΟΥΡΗΣ	-		0:00:04.030(00:00:00)	3:10:13.443(03:10:09)
67	13	5	W41-50	Female	567	GR	ΚΑΤΕΡΙΝΑ ΡΑΥΤΟΠΟΥΛΟΥ	-	HAPPY RUNNERS	0:00:08.780(00:00:00)	3:13:44.027(03:13:35)
68	55	12	ALL	Male	600		ΜΑΤΘΑΙΟΣ ΚΑΝΟΥΠΑΚΗΣ	-		0:00:07.260(00:00:00)	3:14:55.000(03:14:47)
69	56	22	A41-50	Male	548	GR	ΜΑΡΙΟΣ ΛΕΓΚΑΣ	-		0:00:07.260(00:00:00)	3:23:32.583(03:23:25)
70	14	5	W30-40	Female	536	GR	ΑΓΑΘΗ ΚΑΛΑΝΤΖΗ	-		0:00:08.780(00:00:00)	3:23:33.713(03:23:24)
71	57	23	A41-50	Male	526	GR	ΧΑΡΗΣ ΒΟΣΤΑΝΤΖΟΓΛΟΥ	-	ΑΘΗΝΑ	0:00:04.030(00:00:00)	3:25:07.637(03:25:03)
72	58	24	A41-50	Male	524	GR	ΓΕΩΡΓΙΟΣ ΒΙΤΣΙΛΑΚΗΣ	-	ΑΘΗΝΑ	0:00:06.850(00:00:00)	3:38:27.437(03:38:20)
73	59	12	A51+	Male	584		ΔΗΜΗΤΡΗΣ ΑΓΓΕΛΟΠΟΥΛΟΣ	-		0:00:08.780(00:00:00)	4:20:58.907(04:20:50)
74	15	2	W51+	Female	507	GR	JIANPING GONG	-	SKY WOMEN RUNNING TEAM	0:00:06.770(00:00:00)	4:41:24.953(04:41:18)