

6o Grammos Mountain Run 2024 GMR 10km

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
1	1	1	MEN18-49	Male	1017	Greek	STAVROS GKINIS 46:14	-		0:00:00.080(00:00:00)	0:50:02.510(00:50:02)
2	2	2	MEN18-49	Male	1047	Greek	NIKOS RADOS	-	470ACE	0:00:00.080(00:00:00)	0:52:56.833(00:52:56)
3	3	1	MEN50+	Male	1042	Greek	THEODOROS ARLETOS	-	SDIOANNINON	0:00:04.573(00:00:00)	0:53:06.970(00:53:02)
4	4	3	MEN18-49	Male	1012	Greek	SEBASTIAN KALOUIAN	-	Περιβαλλοντικός ναυτικός όμιλος Ιωαννίνων	0:00:03.206(00:00:00)	0:53:39.150(00:53:35)
5	5	4	MEN18-49	Male	1035	Greek	GEORGE TSAGKAS	-	CHOUVARDAS MC	0:00:03.903(00:00:00)	0:54:37.476(00:54:33)
6	6	5	MEN18-49	Male	1043	Greek	NIKOLAOS PANATSAS	-		0:00:03.636(00:00:00)	0:56:10.836(00:56:07)
7	7	2	MEN50+	Male	1041	Greek	MICHAEL ANASTASOPOULOS	-	ΔΡΟΜΕΙΣ ΣΟΥΛΙΟΥ	0:00:03.730(00:00:00)	0:56:36.180(00:56:32)
8	8	6	MEN18-49	Male	1021	Greek	FILIPPOS GEORGIU	-		0:00:09.266(00:00:00)	0:56:37.390(00:56:28)
9	9	7	MEN18-49	Male	1052		DANI HONTAI	-		0:00:05.406(00:00:00)	0:57:37.363(00:57:31)
10	10	8	MEN18-49	Male	1063		THEODOROS NONAS	-		0:00:03.206(00:00:00)	0:57:53.503(00:57:50)
11	11	9	MEN18-49	Male	1067		VANGELIS GKAGKAS	-		0:00:04.010(00:00:00)	0:59:42.436(00:59:38)
12	12	10	MEN18-49	Male	1023	Greek	ANTONIS TASSOS	-		0:00:07.993(00:00:00)	0:59:46.500(00:59:38)
13	13	11	MEN18-49	Male	1060		MANOLIS DASKALOS	-		0:00:07.963(00:00:00)	1:01:23.300(01:01:15)
14	14	12	MEN18-49	Male	1059		EVANGELOS MAVROUDIS	-		0:00:01.740(00:00:00)	1:02:31.523(01:02:29)
15	1	1	WOMEN18-49	Female	1022	Greek	CHRISTINA TZIMPA	-	MAMALIS TEAM	0:00:02.923(00:00:00)	1:03:24.173(01:03:21)
16	15	3	MEN50+	Male	1044	Greek	KONSTANTINOS PANATSAS	-		0:00:00.080(00:00:00)	1:03:35.210(01:03:35)
17	16	13	MEN18-49	Male	1001	Greek	ILIAS TRENTOU	-	ΜΑΡΑΘΩΝΟΔΡΟΜΟΙ ΣΕΡΡΩΝ	0:00:05.406(00:00:00)	1:03:55.196(01:03:49)
18	17	4	MEN50+	Male	1057		VASILIS ANAGNOSTOPOULOS	-		0:00:04.610(00:00:00)	1:04:28.930(01:04:24)
19	18	5	MEN50+	Male	1033	Greek	ANESTIS TASSIOS	-		0:00:05.613(00:00:00)	1:08:18.936(01:08:13)
20	2	2	WOMEN18-49	Female	1040	Greek	PANAGIOTA MANOPOULOU	-	EKA DODONI IOANNINA	0:00:03.903(00:00:00)	1:09:19.703(01:09:15)
21	3	3	WOMEN18-49	Female	1007	Polish	BEATA MAZURKIEWICZ	-	Syllogos Dromeon Ioanninon	0:00:04.573(00:00:00)	1:09:42.886(01:09:38)
22	19	14	MEN18-49	Male	1034	Greek	BAGGELIS TSARAOSIS	-		0:00:11.930(00:00:00)	1:10:04.803(01:09:52)
23	4	1	WOMEN50+	Female	1058	Greek	ANDRONIKI GEORGIU	-		0:00:05.280(00:00:00)	1:10:17.036(01:10:11)
24	20	6	MEN50+	Male	1025	Greek	ALEXANDROS STAVROU	-	ΠΑΝΕΠΙΣΤΗΜΙΟ ΙΩΑΝΝΙΝΩΝ	0:00:07.963(00:00:00)	1:10:57.343(01:10:49)
25	21	15	MEN18-49	Male	1075		LAZAROS EVANGELOU	-		0:00:03.393(00:00:00)	1:12:54.083(01:12:50)
26	22	16	MEN18-49	Male	1064	Greek	ALEX VERDIOTIS	-		0:00:10.256(00:00:00)	1:13:10.460(01:13:00)
27	23	7	MEN50+	Male	1069		NIKOLAOS TANAS	-		0:00:00.080(00:00:00)	1:13:38.863(01:13:38)
28	5	4	WOMEN18-49	Female	1018	Greek	MARIA TZOVARA	-		0:00:04.353(00:00:00)	1:15:25.236(01:15:20)
29	6	5	WOMEN18-49	Female	1045	Greek	KRISTI MOUSTAMPELLI	-		0:00:05.406(00:00:00)	1:16:02.666(01:15:57)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
30	24	17	MEN18-49	Male	1061		ATHAN CHAIDOS	-		0:00:05.406(00:00:00)	1:16:10.593(01:16:05)
31	25	8	MEN50+	Male	1016	Greek	THANOS TAKIS	-		0:00:04.230(00:00:00)	1:16:16.820(01:16:12)
32	26	18	MEN18-49	Male	1062		GIOVAN KOROS	-		0:00:04.573(00:00:00)	1:17:41.093(01:17:36)
33	27	9	MEN50+	Male	1011	Greek	STAVROS PANAGIOTOU	-		0:00:09.173(00:00:00)	1:18:04.096(01:17:54)
34	7	6	WOMEN18-49	Female	1049	Greek	DIONYSIA VELISSAROPOULOU	-	ΑΝΕΞΑΡΤΗΤΑ	0:00:07.963(00:00:00)	1:18:27.980(01:18:20)
35	28	19	MEN18-49	Male	1027	Greek	SOTIRIOS STAMOULIS	-		0:00:10.256(00:00:00)	1:18:30.003(01:18:19)
36	8	7	WOMEN18-49	Female	1024	Greek	IO GIANNOPOULOU	-	PROTYPOS AGS	0:00:06.876(00:00:00)	1:22:10.883(01:22:04)
37	9	8	WOMEN18-49	Female	1037	Greek	KONSTANTINA ZARDA	-		0:00:00.080(00:00:00)	1:23:42.676(01:23:42)
38	29	20	MEN18-49	Male	1020	Greek	GRHGORHS KAVELIDHS	-		0:00:09.126(00:00:00)	1:23:54.396(01:23:45)
39	30	10	MEN50+	Male	1019	Greek	APOSTOLOS KIRIDIS	-		0:00:03.636(00:00:00)	1:24:20.013(01:24:16)
40	10	9	WOMEN18-49	Female	1068		VASSO CHATZI	-		0:00:06.303(00:00:00)	1:24:40.003(01:24:33)
41	31	21	MEN18-49	Male	1009	Greek	FOTIS STERIADIS	-	NOT FAST JUST FURIOUS	0:00:09.973(00:00:00)	1:25:13.663(01:25:03)
42	32	22	MEN18-49	Male	1008	Greek	KONSTANTINOS PAPPAS	-	Not fast but just furious	0:00:10.900(00:00:00)	1:25:14.860(01:25:03)
43	33	23	MEN18-49	Male	1054		ILIAS KYRKOS	-		0:00:11.470(00:00:00)	1:27:15.650(01:27:04)
44	34	11	MEN50+	Male	1053		DIMITRIS CHILIAROS	-		0:00:10.256(00:00:00)	1:27:20.546(01:27:10)
45	35	24	MEN18-49	Male	1072		DIMITRIOS KARALIOTIS	-		0:00:05.690(00:00:00)	1:28:49.150(01:28:43)
46	36	12	MEN50+	Male	1013	Greek	GERASIMOS ZAPANTIS	-	Ainos Marathon	0:00:00.080(00:00:00)	1:29:00.970(01:29:00)
47	37	13	MEN50+	Male	1005	Greek	PHILIMON MOUL Aidis	-		0:00:06.020(00:00:00)	1:29:01.580(01:28:55)
48	11	10	WOMEN18-49	Female	1002	Greek	ELENI ANASTASIADOU	-	ΜΑΡΑΘΩΝΟΔΡΟΜΟΙ ΣΕΡΡΩΝ	0:00:04.716(00:00:00)	1:29:10.303(01:29:05)
49	12	2	WOMEN50+	Female	1066		EFI TZIMA	-		0:00:05.690(00:00:00)	1:30:43.856(01:30:38)
50	38	25	MEN18-49	Male	1030	Greek	IOANNIS GIOTIS	-	Φλόγα	0:00:08.123(00:00:00)	1:30:56.056(01:30:47)
51	39	26	MEN18-49	Male	1048	Greek	PETROS PETRIDIS	-		0:00:08.003(00:00:00)	1:31:13.290(01:31:05)
52	40	14	MEN50+	Male	1003	Greek	VASILEIOS VAGENAS	-		0:00:06.020(00:00:00)	1:34:31.236(01:34:25)
53	13	3	WOMEN50+	Female	1010	Greek	KONSTANTINA FOUNTOUKI	-		0:00:10.256(00:00:00)	1:35:13.900(01:35:03)
54	14	4	WOMEN50+	Female	1055		NIKKI WALKER	-		0:00:09.173(00:00:00)	1:35:24.620(01:35:15)
55	41	15	MEN50+	Male	1028	Greek	THEODOROS VERGOS	-		0:00:11.346(00:00:00)	1:35:26.520(01:35:15)
56	42	16	MEN50+	Male	1029	Greek	GEORGIOS TASKASAPLIDIS	-		0:00:10.523(00:00:00)	1:35:26.820(01:35:16)
57	15	11	WOMEN18-49	Female	1039	Greek	ALIKI FATOUROU	-	The functional department	0:00:07.963(00:00:00)	1:36:18.796(01:36:10)
58	43	17	MEN50+	Male	1006	Greek	SPYROS TRACHANAS	-	Syllogos Dromeon Ioanninon	0:00:08.926(00:00:00)	1:38:47.516(01:38:38)
59	44	27	MEN18-49	Male	1065	Greek	AGGELOS KASIOUMIS	-		0:00:11.723(00:00:00)	1:41:01.090(01:40:49)
60	45	28	MEN18-49	Male	1032	Greek	THOMAS GOULAS	-		0:00:11.246(00:00:00)	1:49:24.963(01:49:13)
61	46	18	MEN50+	Male	1050	Greek	NASOS KRIMPAS	-	ΑΝΕΞΑΡΤΗΤΑ	0:00:09.630(00:00:00)	1:50:17.760(01:50:08)

Rank	By Gen.	By Cat.	Cat.	Gender	BIB	Country	Name	YOB	Club	START 10KM	FINISH 10KM
62	47	29	MEN18-49	Male	1074		ATHANASIOS PAPADOPOULOS	-		0:00:05.690(00:00:00)	1:52:22.120(01:52:16)
63	48	19	MEN50+	Male	1070		ARISTOM STAVROPOULOS	-		0:00:06.020(00:00:00)	1:52:22.830(01:52:16)
64	16	5	WOMEN50+	Female	1051	Greek	VASILIKI TSOUNI	-		0:00:06.020(00:00:00)	1:57:06.146(01:57:00)
65	49	30	MEN18-49	Male	1014	Greek	IOANNIS KONTOGIANNIS	-		0:00:13.673(00:00:00)	1:58:08.160(01:57:54)
66	50	20	MEN50+	Male	1004	Greek	PLOUTARHOS POURLIAKAS	-		0:00:00.080(00:00:00)	1:58:12.366(01:58:12)
67	51	31	MEN18-49	Male	1026	Greek	TASOS STAMOULIS	-		0:00:07.963(00:00:00)	2:00:47.956(02:00:39)
68	17	12	WOMEN18-49	Female	1046	Greek	AFRODITI ILIOPOULOU	-		0:03:15.166(00:00:00)	2:00:58.960(01:57:43)
69	18	13	WOMEN18-49	Female	1015	Greek	THEODWRA TRAIANOU	-		0:00:14.320(00:00:00)	2:02:17.016(02:02:02)
70	19	14	WOMEN18-49	Female	1038	Greek	KATERINA ILIAKOPOULOU	-		0:00:03.393(00:00:00)	2:03:38.003(02:03:34)
71	20	6	WOMEN50+	Female	1036	Greek	GEORGIA MITSOPOULOU	-		0:00:02.170(00:00:00)	2:03:38.516(02:03:36)
72	52	21	MEN50+	Male	1071		HLIAS STAVROPOULOS	-		0:00:03.636(00:00:00)	2:05:18.150(02:05:14)
73	53	32	MEN18-49	Male	1073		ATHANASIOS PAPADOGIANNIS	-		0:00:04.573(00:00:00)	2:05:19.370(02:05:14)
74	21	15	WOMEN18-49	Female	1056		KONSTANTINA MPEZA	-		0:00:05.406(00:00:00)	2:49:21.750(02:49:16)