

6o Grammos Mountain Run 2024 GMR 21km

| Rank | By Gen. | By Cat. | Cat. | Gender | BIB | Country | Name | YOB | Club | START 21KM | FINISH 21KM |
|------|---------|---------|------------|--------|-----|---------|---------------------------|-----|-----------------------------------|-----------------------|------------------------|
| 1 | 1 | 1 | MEN50+ | Male | 8 | Greek | PANAGIOTIS KLIKIS | - | Tzatziki | - | 1:09:58.406 (--:--:--) |
| 2 | 2 | 1 | MEN18-49 | Male | 13 | Greek | LAMPROS FAKITSAS | - | | - | 1:09:59.196 (--:--:--) |
| 3 | 3 | 2 | MEN18-49 | Male | 2 | Greek | ALEXANDROS TZOUMAKAS | - | THE NORTH FACE/FIFTH ELEMENT | 0:00:00.086(00:00:00) | 2:15:46.500(02:15:46) |
| 4 | 4 | 3 | MEN18-49 | Male | 53 | Greek | PARASKEVAS CHRYSOVITSANOS | - | The functional department | 0:00:01.866(00:00:00) | 2:39:26.690(02:39:24) |
| 5 | 5 | 4 | MEN18-49 | Male | 50 | Greek | THEOHARIS LADIAS | - | Zagori Team | 0:00:00.086(00:00:00) | 2:41:06.350(02:41:06) |
| 6 | 6 | 5 | MEN18-49 | Male | 33 | Greek | MILTADIS TOSKAS | - | Xeskouriazo Runners | 0:00:00.086(00:00:00) | 2:41:06.650(02:41:06) |
| 7 | 1 | 1 | WOMEN18-49 | Female | 1 | Greek | CHRISTINA GIAZITZIDOU | - | SALOMON HELLAS | 0:00:00.086(00:00:00) | 2:44:23.330(02:44:23) |
| 8 | 7 | 6 | MEN18-49 | Male | 73 | | KAROLOS LAMPROU | - | | 0:00:01.866(00:00:00) | 2:48:09.200(02:48:07) |
| 9 | 8 | 7 | MEN18-49 | Male | 42 | Greek | SPYROS KROKIDAS | - | | 0:00:01.866(00:00:00) | 2:49:26.140(02:49:24) |
| 10 | 9 | 2 | MEN50+ | Male | 40 | Greek | GEORGIOS NTEMKAS | - | ΔΡΟΜΕΙΣ ΥΓΕΙΑΣ ΓΡΕΒΕΝΩΝ | 0:00:01.570(00:00:00) | 2:51:33.573(02:51:32) |
| 11 | 10 | 8 | MEN18-49 | Male | 45 | Greek | DIMITRIS KARAKOULAKIS | - | COFFEE LAB IOANNINA | 0:00:00.086(00:00:00) | 2:53:15.870(02:53:15) |
| 12 | 11 | 9 | MEN18-49 | Male | 74 | | EMMANOUIL NOUSIS | - | | 0:00:03.000(00:00:00) | 2:56:41.343(02:56:38) |
| 13 | 12 | 3 | MEN50+ | Male | 78 | | VICTOR TYPOY | - | | 0:00:00.086(00:00:00) | 2:58:49.496(02:58:49) |
| 14 | 13 | 10 | MEN18-49 | Male | 23 | Greek | BASILEIOS TSIONTZIOS | - | | 0:00:04.316(00:00:00) | 2:59:07.790(02:59:03) |
| 15 | 2 | 2 | WOMEN18-49 | Female | 46 | Greek | ELEFThERIA PALIOPOULOU | - | | 0:00:03.280(00:00:00) | 3:01:15.983(03:01:12) |
| 16 | 14 | 11 | MEN18-49 | Male | 16 | Greek | NIKOLAOS PAPABASILEIOU | - | KONITSA TEAM | 0:00:06.830(00:00:00) | 3:01:18.876(03:01:12) |
| 17 | 15 | 12 | MEN18-49 | Male | 22 | Greek | KONSTANTINOS GIANNAROS | - | | 0:00:03.986(00:00:00) | 3:05:00.673(03:04:56) |
| 18 | 16 | 13 | MEN18-49 | Male | 30 | Greek | KONSTANTINOS ZIAKOS | - | Peakstore x DRC Athens | 0:00:04.663(00:00:00) | 3:06:31.863(03:06:27) |
| 19 | 3 | 3 | WOMEN18-49 | Female | 66 | Dutch | MARCELLA VAN HEMERT | - | APERGHITRAVELTRAILGR TEAM | 0:00:02.006(00:00:00) | 3:06:51.053(03:06:49) |
| 20 | 17 | 14 | MEN18-49 | Male | 41 | Greek | APOLLONAS SINAPIDIS | - | | 0:00:03.230(00:00:00) | 3:10:44.943(03:10:41) |
| 21 | 18 | 15 | MEN18-49 | Male | 56 | Greek | DIMITRIOS KRIARAS DNF | - | The Functional department | 0:00:01.866(00:00:00) | 3:12:28.150(03:12:26) |
| 22 | 19 | 16 | MEN18-49 | Male | 65 | Greek | GIORGOS TAGTELENIDIS | - | ΑΓΣ ΠΡΟΤΥΠΟΣ | 0:00:06.893(00:00:00) | 3:13:43.566(03:13:36) |
| 23 | 20 | 17 | MEN18-49 | Male | 15 | Greek | IOANNIS TSOLIS | - | | 0:00:05.026(00:00:00) | 3:19:41.610(03:19:36) |
| 24 | 4 | 4 | WOMEN18-49 | Female | 4 | Greek | DIMITRA CHAIROPOULOU | - | GRAMMOS MOUNTAIN RUN | 0:00:00.086(00:00:00) | 3:19:48.286(03:19:48) |
| 25 | 21 | 18 | MEN18-49 | Male | 79 | | VASILEIOS MPAMPAS | - | | 0:00:01.866(00:00:00) | 3:20:14.576(03:20:12) |
| 26 | 5 | 5 | WOMEN18-49 | Female | 54 | Greek | MATINA VANDOROU | - | The Functional Department Lefkada | 0:00:02.513(00:00:00) | 3:20:47.583(03:20:45) |
| 27 | 22 | 19 | MEN18-49 | Male | 48 | Greek | MICHAEL TEMELKOS | - | | 0:00:08.900(00:00:00) | 3:21:08.166(03:20:59) |
| 28 | 23 | 4 | MEN50+ | Male | 10 | Greek | PANAGIOTIS LIONTOS | - | | 0:00:03.956(00:00:00) | 3:22:36.400(03:22:32) |
| 29 | 24 | 20 | MEN18-49 | Male | 70 | | KONSTANTINOS NTOLKAS | - | | 0:00:00.086(00:00:00) | 3:24:30.150(03:24:30) |

| Rank | By Gen. | By Cat. | Cat. | Gender | BIB | Country | Name | YOB | Club | START 21KM | FINISH 21KM |
|------|---------|---------|------------|--------|-----|------------|--------------------------|-----|------------------------------------|-----------------------|-----------------------|
| 30 | 25 | 21 | MEN18-49 | Male | 17 | Greek | ILIAS ALEXANDRAKIS | - | Protypos | 0:00:04.316(00:00:00) | 3:24:44.626(03:24:40) |
| 31 | 26 | 22 | MEN18-49 | Male | 58 | Greek | FOTIS LIONTOS | - | | 0:00:01.410(00:00:00) | 3:28:38.153(03:28:36) |
| 32 | 27 | 23 | MEN18-49 | Male | 12 | Greek | GEORGE KATSIOS | - | | 0:00:06.830(00:00:00) | 3:29:42.940(03:29:36) |
| 33 | 28 | 24 | MEN18-49 | Male | 3 | Greek | SPYROS BAZIOS | - | | 0:00:06.830(00:00:00) | 3:31:29.250(03:31:22) |
| 34 | 6 | 6 | WOMEN18-49 | Female | 43 | Greek | ATHINA MOISIDOU | - | | 0:00:02.420(00:00:00) | 3:31:53.750(03:31:51) |
| 35 | 29 | 5 | MEN50+ | Male | 57 | Greek | ST. EVANGELOU | - | | 0:00:06.830(00:00:00) | 3:31:54.563(03:31:47) |
| 36 | 30 | 6 | MEN50+ | Male | 76 | | GIORGOS DALAKIOURIS | - | | 0:00:05.983(00:00:00) | 3:33:14.416(03:33:08) |
| 37 | 31 | 25 | MEN18-49 | Male | 59 | Greek | PETROS ILIOPOULOS | - | | 0:00:07.710(00:00:00) | 3:38:27.240(03:38:19) |
| 38 | 32 | 7 | MEN50+ | Male | 19 | Greek | NIKOLAOS BAGENAS | - | konitsa team | 0:00:07.363(00:00:00) | 3:40:34.176(03:40:26) |
| 39 | 33 | 26 | MEN18-49 | Male | 69 | | SPYROS KOUROUTIS | - | | 0:00:06.983(00:00:00) | 3:43:38.150(03:43:31) |
| 40 | 34 | 27 | MEN18-49 | Male | 32 | Greek | ELIAS TOSKAS | - | Xeskouriaz0 Runners Natural Flow | 0:00:03.136(00:00:00) | 3:44:48.216(03:44:45) |
| 41 | 35 | 28 | MEN18-49 | Male | 67 | | LEONIDAS TSIOURIS | - | ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΙΩΑΝΝΙΝΩΝ | 0:00:04.646(00:00:00) | 3:45:03.010(03:44:58) |
| 42 | 36 | 29 | MEN18-49 | Male | 68 | Greek | IOANNIS KOTSIS | - | | 0:00:04.800(00:00:00) | 3:46:25.850(03:46:21) |
| 43 | 7 | 1 | WOMEN50+ | Female | 7 | Australian | ROBYN CHARLTON | - | Tha Functional Department | 0:00:04.443(00:00:00) | 3:46:52.513(03:46:48) |
| 44 | 37 | 8 | MEN50+ | Male | 75 | | MENI GENTIAN | - | | 0:00:06.480(00:00:00) | 3:46:53.923(03:46:47) |
| 45 | 38 | 9 | MEN50+ | Male | 29 | Greek | DIMITRIS MICHAEL | - | | 0:00:04.316(00:00:00) | 3:47:31.810(03:47:27) |
| 46 | 39 | 10 | MEN50+ | Male | 35 | Greek | VASILIS DIMZAS | - | north adventure kastoria | 0:00:03.136(00:00:00) | 3:54:56.520(03:54:53) |
| 47 | 40 | 30 | MEN18-49 | Male | 44 | Greek | DIONYSSIS TSAFOUROS | - | | 0:00:03.770(00:00:00) | 3:55:21.426(03:55:17) |
| 48 | 41 | 31 | MEN18-49 | Male | 62 | Greek | ALEXANDROS KOUTSOHRISTOS | - | | 0:00:04.316(00:00:00) | 3:56:20.486(03:56:16) |
| 49 | 8 | 7 | WOMEN18-49 | Female | 14 | Greek | PARASKEVI GESOULI | - | Allterrainrunners | 0:00:03.956(00:00:00) | 3:56:20.486(03:56:16) |
| 50 | 42 | 32 | MEN18-49 | Male | 24 | Greek | NIKOLAOS METSIKAS | - | | 0:00:08.963(00:00:00) | 4:03:40.160(04:03:31) |
| 51 | 43 | 11 | MEN50+ | Male | 77 | | IOANNIS VLACHODIMOS | - | | 0:00:03.596(00:00:00) | 4:04:27.413(04:04:23) |
| 52 | 44 | 33 | MEN18-49 | Male | 21 | Greek | THEODOROS PANAGOPOULOS | - | Methoni | 0:00:09.153(00:00:00) | 4:08:12.770(04:08:03) |
| 53 | 9 | 8 | WOMEN18-49 | Female | 36 | Greek | E. NTALAKA | - | | 0:00:01.866(00:00:00) | 4:15:25.483(04:15:23) |
| 54 | 45 | 12 | MEN50+ | Male | 28 | Greek | KOSTANTINOS MOKOS | - | ΔΡΟΜΕΙΣ ΣΟΥΛΙΟΥ | 0:00:07.350(00:00:00) | 4:15:37.570(04:15:30) |
| 55 | 46 | 13 | MEN50+ | Male | 18 | Greek | CHRISTOS GEORGATOS | - | Ainos Marathon | 0:00:09.953(00:00:00) | 4:17:35.156(04:17:25) |
| 56 | 10 | 9 | WOMEN18-49 | Female | 5 | Greek | CHARA KARAKOSTA | - | NIGHT FOXES | 0:00:03.846(00:00:00) | 4:18:13.640(04:18:09) |
| 57 | 47 | 34 | MEN18-49 | Male | 27 | Greek | G. GOUSIAS | - | | 0:00:03.956(00:00:00) | 4:20:16.606(04:20:12) |
| 58 | 48 | 35 | MEN18-49 | Male | 49 | Greek | DIMITRIS LALOS | - | | 0:00:00.086(00:00:00) | 4:20:31.553(04:20:31) |
| 59 | 49 | 36 | MEN18-49 | Male | 34 | Greek | NIKITAS TZOUNIS | - | | 0:00:07.100(00:00:00) | 4:20:33.110(04:20:26) |
| 60 | 50 | 37 | MEN18-49 | Male | 38 | Greek | KOSTIS KANDYLAS | - | ΠΟΛΙΤΙΣΤΙΚΟΣ ΣΥΛΛΟΓΟΣ ΚΑΤΩ ΤΟΥΜΠΑΣ | 0:00:04.316(00:00:00) | 4:21:51.010(04:21:46) |
| 61 | 51 | 38 | MEN18-49 | Male | 61 | Greek | STAVROS VLACHOS | - | NIGHT FOXES | 0:00:03.956(00:00:00) | 4:23:13.826(04:23:09) |

| Rank | By Gen. | By Cat. | Cat. | Gender | BIB | Country | Name | YOB | Club | START 21KM | FINISH 21KM |
|------|---------|---------|----------|--------|-----|---------|---------------------------|-----|---------------------|-----------------------|-----------------------|
| 62 | 52 | 39 | MEN18-49 | Male | 11 | Greek | ARIS LIAPATIS | - | Zero Lake Run | 0:00:03.136(00:00:00) | 4:23:34.186(04:23:31) |
| 63 | 53 | 40 | MEN18-49 | Male | 52 | Greek | ALEXANDROS KONSTANTINIDIS | - | | 0:00:01.203(00:00:00) | 4:24:35.853(04:24:34) |
| 64 | 54 | 14 | MEN50+ | Male | 51 | Greek | SOKRATIS GIAKIS | - | Δρομείς Σουλίου | 0:00:07.633(00:00:00) | 4:25:23.136(04:25:15) |
| 65 | 55 | 15 | MEN50+ | Male | 64 | Greek | GEORGIOS CHASKIS | - | FIFTH ELEMENT | 0:00:05.026(00:00:00) | 4:27:21.920(04:27:16) |
| 66 | 56 | 41 | MEN18-49 | Male | 72 | | JOHN DOUKAS | - | | 0:00:08.900(00:00:00) | 4:31:43.880(04:31:34) |
| 67 | 57 | 42 | MEN18-49 | Male | 71 | | KLEANTHIS GKORGKOULIS | - | | 0:00:08.900(00:00:00) | 4:32:23.323(04:32:14) |
| 68 | 58 | 16 | MEN50+ | Male | 55 | Greek | GIORGOS TSIRTSIS | - | Χιλιομόδι Κορινθίας | 0:00:08.900(00:00:00) | 4:33:59.630(04:33:50) |
| 69 | 59 | 17 | MEN50+ | Male | 80 | | KONSTANTINOS VLACHODIMOS | - | | 0:00:07.983(00:00:00) | 4:40:57.250(04:40:49) |
| 70 | 11 | 2 | WOMEN50+ | Female | 37 | Greek | VASSILIKI KARAGEORGIU | - | ABS plus | 0:00:04.783(00:00:00) | 4:45:09.790(04:45:05) |
| 71 | 60 | 18 | MEN50+ | Male | 39 | Greek | STYLIANOS SKLIVANAKIS | - | ABS plus | 0:00:05.766(00:00:00) | 4:54:09.083(04:54:03) |
| 72 | 61 | 43 | MEN18-49 | Male | 31 | Greek | GRIGORIOS MOULADIS | - | KONITSA TEAM | 0:00:07.990(00:00:00) | 5:09:53.863(05:09:45) |
| 73 | 62 | 44 | MEN18-49 | Male | 9 | Greek | SPYROS NIKOLAOU | - | | 0:00:04.113(00:00:00) | 5:14:03.273(05:13:59) |
| 74 | 63 | 19 | MEN50+ | Male | 20 | Greek | GEORGIOS KARYPIDIS | - | | 0:00:06.720(00:00:00) | 5:18:14.256(05:18:07) |
| 75 | 64 | 45 | MEN18-49 | Male | 25 | Greek | BASILEIOS MICHAILEDIS | - | Anexartitos | 0:00:09.763(00:00:00) | 5:30:54.753(05:30:44) |
| 76 | 65 | 20 | MEN50+ | Male | 60 | Greek | GEORGIOS LIOLIOS | - | AIA | 0:00:05.986(00:00:00) | 5:30:56.556(05:30:50) |
| 77 | 66 | 46 | MEN18-49 | Male | 26 | Greek | CHARALAMBOS MICHALOPOULOS | - | | 0:00:09.183(00:00:00) | 5:37:27.170(05:37:17) |
| 78 | 67 | 21 | MEN50+ | Male | 81 | | SPYRIDON NATOULAS | - | | 0:00:07.896(00:00:00) | - |