35k M

| Place | Bib | Name | Laps | 1km | 2km/Lap2 | 3km/Lap3 | 4km/Lap4 | 5km/Lap5 | 6km/Lap6 | 7km/Lap7 | 8km/Lap8 | 9km/Lap9 | 10km/Lap 10 | 11km/Lap1 1 | 12km/Lap1 2 | 13km/Lap1 3 | 14km/Lap1 4 | 15km/Lap1 5 | 16km/Lap1 6 | 17km/Lap1 7 | 18km/Lap1 8 | 19km/Lap1 9 | 20km/Lap2 0 | 21km/Lap2 1 | 22km/Lap2 2 | 23km/Lap2 3 | 24km/Lap2 4 | 25km/Lap2 5 | 26km/Lap2 6 | 27km/Lap2 7 | 28km/Lap2 8 | 29km/Lap2 9 | 30km/Lap3 0 | 31km/Lap3 1 | 32km/Lap3 2 | 33km/Lap33 | 34km/Lap3 4 | Finish/Lap 35 | Pace | Club |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | 358 | ΠΑΠΑΜΙΧΑΗΛ ΑΛΕΞΑΝΔΡΟΣ | 35 | 04:29.09 | 09:00.77/ 04:31.68 | 13:33.17/ 04:32.41 | 18:04.13/ 04:30.97 | 22:33.83/ 04:29.70 | 27:02.06/ 04:28.24 | 31:31.92/ 04:29.86 | 36:04.37/ 04:32.46 | 40:35.94/ 04:31.57 | 45:05.00/ 04:29.07 | 49:34.53/ 04:29.53 | 54:03.72/ 04:29.19 | 58:32.52/ 04:28.81 | 1:03:02.79/ 04:30.27 | 1:07:31.85/ 04:29.07 | 1:12:02.01/ 04:30.16 | 1:16:29.57/ 04:27.57 | 1:20:59.78/ 04:30.21 | 1:25:29.49/ 04:29.71 | 1:29:57.14/ 04:27.66 | 1:34:27.06/ 04:29.92 | 1:38:57.47/ 04:30.42 | 1:43:28.44/ 04:30.97 | 1:47:58.38/ 04:29.94 | 1:52:27.75/ 04:29.38 | 1:56:57.90/ 04:30.15 | 2:01:29.34/ 04:31.45 | 2:06:00.06/ 04:30.73 | 2:10:33.33/ 04:33.28 | 2:15:04.65/ 04:31.32 | 2:19:34.98/ 04:30.34 | 2:24:03.03/ 04:28.05 | 2:28:28.35/ 04:25.32 | 2:32:53.37/ 04:25.03 | 2:37:06.18/ 04:12.81 | 4:29 | ΠΑΜΜΗΛΙΑΚΟΣ ΑΣ |
| 2. | 359 | ΠΑΠΑΣΤΕΡΓΙΟΥ ΑΝΔΡΕΑΣ | 35 | 05:01.61 | 09:57.17/ 04:55.56 | 14:51.92/ 04:54.76 | 19:46.40/ 04:54.48 | 24:40.22/ 04:53.83 | 29:32.81/ 04:52.60 | 34:27.08/ 04:54.27 | 39:20.40/ 04:53.32 | 44:13.47/ 04:53.07 | 49:03.89/ 04:50.43 | 53:57.44/ 04:53.55 | 58:49.35/ 04:51.91 | 1:03:42.35/ 04:53.01 | 1:08:35.60/ 04:53.26 | 1:13:27.21/ 04:51.61 | 1:18:17.76/ 04:50.55 | 1:23:06.26/ 04:48.51 | 1:27:56.42/ 04:50.16 | 1:32:49.43/ 04:53.01 | 1:37:41.88/ 04:52.45 | 1:42:32.46/ 04:50.59 | 1:47:25.92/ 04:53.47 | 1:52:20.52/ 04:54.60 | 1:57:18.90/ 04:58.39 | 2:02:19.29/ 05:00.39 | 2:07:15.97/ 04:56.68 | 2:11:48.63/ 04:32.67 | 2:16:26.13/ 04:37.51 | 2:21:04.89/ 04:38.76 | 2:25:45.24/ 04:40.35 | 2:30:21.33/ 04:36.09 | 2:35:00.30/ 04:38.97 | 2:39:40.44/ 04:40.15 | 2:44:25.35/ 04:44.92 | 2:49:02.49/ 04:37.14 | 4:49 | ΣΟΑ ΚΑΡΔΙΤΣΑΣ Ο ΦΩΚΙΑΝΟΣ |
| 3. | 354 | ΚΡΙΤΟΥΛΗΣ ΓΕΩΡΓΙΟΣ | 35 | 05:01.58 | 09:57.02/ 04:55.45 | 14:51.86/ 04:54.84 | 19:46.04/ 04:54.19 | 24:39.83/ 04:53.80 | 29:32.96/ 04:53.13 | 34:26.96/ 04:54.00 | 39:20.43/ 04:53.47 | 44:13.25/ 04:52.83 | 49:03.92/ 04:50.67 | 53:57.33/ 04:53.41 | 58:49.23/ 04:51.90 | 1:03:42.35/ 04:53.13 | 1:08:35.70/ 04:53.35 | 1:13:26.94/ 04:51.25 | 1:18:17.69/ 04:50.76 | 1:23:06.17/ 04:48.49 | 1:27:56.51/ 04:50.34 | 1:32:49.31/ 04:52.81 | 1:37:41.82/ 04:52.51 | 1:42:32.43/ 04:50.62 | 1:47:25.62/ 04:53.19 | 1:52:20.37/ 04:54.75 | 1:57:18.60/ 04:58.24 | 2:02:19.17/ 05:00.58 | 2:07:17.91/ 04:58.75 | 2:12:07.82/ 04:49.92 | 2:17:05.96/ 04:58.14 | 2:22:10.41/ 05:04.46 | 2:27:13.41/ 05:03.00 | 2:32:14.43/ 05:01.02 | 2:37:25.53/ 05:11.11 | 2:42:46.35/ 05:20.83 | 2:48:07.65/ 05:21.31 | 2:53:25.53/ 05:17.88 | 4:57 | ΑΓΕΣ ΚΑΜΕΙΡΟΣ 2009 |
| 4. | 353 | ΚΕΛΕΠΟΥΡΗΣ ΓΕΩΡΓΙΟΣ | 35 | 05:02.06 | 10:00.95/ 04:58.89 | 14:57.80/ 04:56.85 | 19:55.01/ 04:57.22 | 24:51.98/ 04:56.97 | 29:49.22/ 04:57.25 | 34:47.15/ 04:57.93 | 39:45.03/ 04:57.88 | 44:40.97/ 04:55.95 | 49:38.99/ 04:58.02 | 54:34.44/ 04:55.45 | 59:30.99/ 04:56.55 | 1:04:30.17/ 04:59.19 | 1:09:26.61/ 04:56.44 | 1:14:26.37/ 04:59.76 | 1:19:25.52/ 04:59.16 | 1:24:24.41/ 04:58.89 | 1:29:20.42/ 04:56.01 | 1:34:17.36/ 04:56.95 | 1:39:12.77/ 04:55.41 | 1:44:11.76/ 04:58.99 | 1:49:11.79/ 05:00.03 | 1:54:14.40/ 05:02.61 | 1:59:19.02/ 05:04.63 | 2:04:23.34/ 05:04.33 | 2:09:28.92/ 05:05.59 | 2:14:35.82/ 05:06.90 | 2:19:37.75/ 05:01.93 | 2:24:39.60/ 05:01.86 | 2:29:44.67/ 05:05.07 | 2:34:50.01/ 05:05.34 | 2:39:49.05/ 04:59.05 | 2:44:46.29/ 04:57.25 | 2:49:43.29/ 04:57.01 | 4:59 | ΟΚΑ ΒΙΚΕΛΑΣ ΒΕΡΟΙΑΣ |
| 5. | 357 | ΝΤΕΝΤΟΠΟΥΛΟΣ ΚΩΝΣΤΑΝΤΙΝΟΣ-ΑΛ | 35 | 05:01.97 | 09:57.26/ 04:55.29 | 14:51.95/ 04:54.69 | 19:46.32/ 04:54.37 | 24:40.25/ 04:53.94 | 29:32.96/ 04:52.72 | 34:27.15/ 04:54.19 | 39:20.45/ 04:53.31 | 44:13.46/ 04:53.02 | 49:03.89/ 04:50.43 | 53:57.57/ 04:53.68 | 58:49.50/ 04:51.93 | 1:03:42.34/ 04:52.85 | 1:08:35.61/ 04:53.27 | 1:13:27.36/ 04:51.76 | 1:18:17.79/ 04:50.43 | 1:23:06.38/ 04:48.60 | 1:27:56.72/ 04:50.35 | 1:32:49.34/ 04:52.63 | 1:37:41.94/ 04:52.60 | 1:42:32.12/ 04:50.19 | 1:47:26.04/ 04:53.92 | 1:52:20.40/ 04:54.36 | 1:57:18.96/ 04:58.57 | 2:02:19.68/ 05:00.72 | 2:07:18.06/ 04:58.39 | 2:12:08.13/ 04:50.08 | 2:17:06.21/ 04:58.08 | 2:22:10.98/ 05:04.78 | 2:27:25.05/ 05:14.07 | 2:33:02.91/ 05:37.87 | 2:38:59.49/ 05:56.59 | 2:45:29.67/ 06:30.19 | 2:52:05.22/ 06:35.56 | 2:58:27.24/ 06:22.02 | 5:05 | ΑΕ ΟΛΥΜΠΙΑΣ ΠΑΤΡΩΝ |
| 6. | 360 | TOKODI DAVID | 35 | 04:36.05 | 09:21.08/ 04:45.04 | 14:07.28/ 04:46.20 | 18:51.65/ 04:44.38 | 23:33.44/ 04:41.79 | 28:17.93/ 04:44.50 | 33:06.17/ 04:48.24 | 37:53.21/ 04:47.04 | 42:39.17/ 04:45.96 | 47:31.26/ 04:52.09 | 52:28.14/ 04:56.88 | 57:21.84/ 04:53.71 | 1:02:19.29/ 04:57.45 | 1:07:13.35/ 04:54.06 | 1:12:09.66/ 04:56.31 | 1:17:09.09/ 04:59.43 | 1:22:13.35/ 05:04.26 | 1:27:14.81/ 05:01.47 | 1:32:18.98/ 05:04.17 | 1:37:24.80/ 05:05.83 | 1:42:32.28/ 05:07.48 | 1:47:38.28/ 05:06.01 | 1:53:06.03/ 05:27.76 | 1:58:45.10/ 05:39.07 | 2:04:34.65/ 05:49.56 | 2:10:26.40/ 05:51.76 | 2:16:27.36/ 06:00.96 | 2:22:40.23/ 06:12.87 | 2:28:57.72/ 06:17.49 | 2:35:15.06/ 06:17.34 | 2:41:43.80/ 06:28.75 | 2:48:19.78/ 06:35.98 | 2:55:00.72/ 06:40.95 | 3:01:28.92/ 06:28.21 | 3:07:51.43/ 06:22.51 | 5:22 | |
| 7. | 355 | ΛΥΤΡΑΣ ΜΑΡΙΝΟΣ | 35 | 05:34.34 | 11:18.05/ 05:43.71 | 16:59.51/ 05:41.47 | 22:34.37/ 05:34.86 | 28:08.27/ 05:33.90 | 33:40.25/ 05:31.98 | 39:12.81/ 05:32.56 | 44:44.22/ 05:31.42 | 50:14.97/ 05:30.75 | 55:48.12/ 05:33.15 | 1:01:20.97/ 05:32.86 | 1:06:51.95/ 05:30.99 | 1:12:29.78/ 05:37.83 | 1:18:04.97/ 05:35.19 | 1:23:39.09/ 05:34.12 | 1:29:11.69/ 05:32.61 | 1:34:47.15/ 05:35.47 | 1:40:20.30/ 05:33.15 | 1:45:54.24/ 05:33.94 | 1:51:25.98/ 05:31.75 | 1:57:01.50/ 05:35.52 | 2:02:36.00/ 05:34.51 | 2:08:11.91/ 05:35.92 | 2:13:51.06/ 05:39.15 | 2:19:25.92/ 05:34.86 | 2:25:02.76/ 05:36.84 | 2:30:40.47/ 05:37.72 | 2:36:20.82/ 05:40.35 | 2:41:55.56/ 05:34.75 | 2:47:32.44/ 05:36.88 | 2:53:17.43/ 05:45.00 | 2:59:02.26/ 05:44.83 | 3:04:46.21/ 05:43.96 | 3:10:29.71/ 05:43.50 | 3:16:09.25/ 05:39.55 | 5:36 | ΑΣ ΗΝΙΟΧΟΣ |
| DNS | 351 | ΚΑΡΑΓΙΑΝΝΗΣ ΑΝΔΡΕΑΣ | 0 | | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | | ΓΑΣ Ο ΙΛΙΣΣΟΣ |
| DNS | 352 | ΚΑΥΚΑΣ ΙΩΑΝΝΗΣ | 0 | | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | | ΑΣ ΑΚΡΟΣ |
| DNS | 356 | ΜΠΟΥΣΔΑΣ ΑΡΙΣΤΟΤΕΛΗΣ | 0 | | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | | ΣΟΑ ΚΑΡΔΙΤΣΑΣ Ο ΦΩΚΙΑΝΟΣ |

35k F

| Place | Bib | Name | Laps | 1km | 2km/Lap2 | 3km/Lap3 | 4km/Lap4 | 5km/Lap5 | 6km/Lap6 | 7km/Lap7 | 8km/Lap8 | 9km/Lap9 | 10km/Lap 10 | 11km/Lap1 1 | 12km/Lap1 2 | 13km/Lap1 3 | 14km/Lap1 4 | 15km/Lap1 5 | 16km/Lap1 6 | 17km/Lap1 7 | 18km/Lap1 8 | 19km/Lap1 9 | 20km/Lap2 0 | 21km/Lap2 1 | 22km/Lap2 2 | 23km/Lap2 3 | 24km/Lap2 4 | 25km/Lap2 5 | 26km/Lap26 | 27km/Lap2 7 | 28km/Lap28 | 29km/Lap29 | 30km/Lap3 0 | 31km/Lap31 | 32km/Lap32 | 33km/Lap33 | 34km/Lap34 | Finish/Lap3 5 | Pace | Club |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | 367 | ΦΙΑΣΚΑ ΟΛΓΑ | 35 | 05:17.33 | 10:22.43/ 05:05.11 | 15:30.23/ 05:07.80 | 20:39.32/ 05:09.10 | 25:48.05/ 05:08.73 | 30:55.77/ 05:07.72 | 36:02.96/ 05:07.20 | 41:10.31/ 05:07.35 | 46:18.24/ 05:07.93 | 51:24.50/ 05:06.27 | 56:30.12/ 05:05.62 | 1:01:37.50/ 05:07.39 | 1:06:43.37/ 05:05.88 | 1:11:50.66/ 05:07.29 | 1:16:59.40/ 05:08.74 | 1:22:08.57/ 05:09.18 | 1:27:15.02/ 05:06.45 | 1:32:19.29/ 05:04.27 | 1:37:24.89/ 05:05.61 | 1:42:34.53/ 05:09.64 | 1:47:34.98/ 05:00.45 | 1:52:35.04/ 05:00.07 | 1:57:37.35/ 05:02.31 | 2:02:41.64/ 05:04.30 | 2:07:54.36/ 05:12.73 | 2:13:13.17/ 05:18.81 | 2:18:39.54/ 05:26.37 | 2:24:12.24/ 05:32.71 | 2:29:42.93/ 05:30.69 | 2:35:20.52/ 05:37.59 | 2:40:51.78/ 05:31.27 | 2:46:29.31/ 05:37.53 | 2:52:01.98/ 05:32.67 | 2:57:13.92/ 05:11.94 | 3:02:47.04/ 05:33.12 | 5:13 | ΑΘΛΟΚΙΝΗΣΗ ΑΣ ΜΥΤΙΛΗΝΗΣ |
| 2. | 362 | ΑΛΙΚΑΝΙΩΤΗ ΣΟΦΙΑ | 35 | 05:33.17 | 11:10.52/ 05:37.36 | 16:35.33/ 05:24.82 | 22:05.51/ 05:30.18 | 27:32.72/ 05:27.21 | 33:03.68/ 05:30.97 | 38:35.01/ 05:31.33 | 44:06.35/ 05:31.35 | 49:40.70/ 05:34.36 | 55:17.79/ 05:37.09 | 1:00:51.87/ 05:34.09 | 1:06:17.15/ 05:25.29 | 1:11:42.18/ 05:25.03 | 1:17:02.57/ 05:20.40 | 1:22:29.09/ 05:26.52 | 1:27:57.83/ 05:28.74 | 1:33:25.43/ 05:27.61 | 1:38:55.44/ 05:30.01 | 1:44:30.99/ 05:35.55 | 1:50:05.85/ 05:34.86 | 1:55:36.54/ 05:30.70 | 2:01:15.33/ 05:38.80 | 2:06:52.26/ 05:36.94 | 2:12:29.37/ 05:37.11 | 2:18:14.64/ 05:45.28 | 2:24:05.67/ 05:51.03 | 2:29:53.91/ 05:48.24 | 2:35:45.09/ 05:51.19 | 2:41:31.71/ 05:46.63 | 2:47:23.22/ 05:51.52 | 2:53:20.85/ 05:57.63 | 2:59:38.17/ 06:17.32 | 3:05:50.02/ 06:11.86 | 3:11:51.97/ 06:01.95 | 3:17:32.98/ 05:41.02 | 5:38 | ΠΑΝΑΞΙΑΚΟΣ ΑΟ |
| DSQ | 361 | ΑΔΑΜΗ ΑΝΝΑ | 22 | 05:58.73 | 12:02.48/ 06:03.75 | 18:13.35/ 06:10.87 | 24:26.33/ 06:12.99 | 30:37.37/ 06:11.04 | 36:53.00/ 06:15.64 | 43:10.38/ 06:17.38 | 49:24.14/ 06:13.77 | 55:32.67/ 06:08.53 | 1:01:40.89 / 06:08.23 | 1:07:52.89/ 06:12.00 | 1:13:58.73/ 06:05.85 | 1:20:07.05/ 06:08.32 | 1:26:12.44/ 06:05.40 | 1:32:16.74/ 06:04.30 | 1:38:14.34/ 05:57.60 | 1:44:10.95/ 05:56.62 | 1:50:08.37/ 05:57.43 | 1:56:01.83/ 05:53.46 | 2:01:54.36/ 05:52.54 | 2:07:42.46/ 05:48.10 | 2:17:56.97/ 10:14.52 | / | / | / | / | / | / | / | / | / | / | / | / | / | 3:56 | ΓΑΣ Ο ΙΛΙΣΣΟΣ |
| DNF | 364 | ΚΟΥΡΚΟΥΤΣΑΚΗ ΕΥΣΤΑΘΙΑ | 21 | 05:31.88 | 11:10.10/ 05:38.23 | 16:35.39/ 05:25.29 | 22:05.57/ 05:30.18 | 27:32.84/ 05:27.28 | 33:03.62/ 05:30.78 | 38:34.55/ 05:30.93 | 44:05.96/ 05:31.42 | 49:40.52/ 05:34.56 | 55:17.70/ 05:37.18 | 1:00:54.05/ 05:36.36 | 1:06:50.01/ 05:55.96 | 1:12:28.70/ 05:38.70 | 1:18:09.33/ 05:40.63 | 1:23:51.05/ 05:41.73 | 1:29:31.07/ 05:40.03 | 1:35:17.87/ 05:46.80 | 1:41:01.38/ 05:43.51 | 1:46:50.88/ 05:49.51 | 1:52:39.42/ 05:48.55 | 2:00:10.08/ 07:30.66 | / | / | / | / | / | / | / | / | / | / | / | / | / | 3:26 | ΓΑΣ Ο ΙΛΙΣΣΟΣ |
| DNF | 366 | ΤΣΙΝΟΠΟΥΛΟΥ ΠΑΝΑΓΙΩΤΑ | 24 | 05:17.24 | 10:22.37/ 05:05.14 | 15:29.42/ 05:07.05 | 20:39.26/ 05:09.85 | 25:48.20/ 05:08.94 | 30:55.58/ 05:07.38 | 36:02.72/ 05:07.14 | 41:10.19/ 05:07.48 | 46:17.85/ 05:07.66 | 51:24.33/ 05:06.48 | 56:29.93/ 05:05.61 | 1:01:37.38/ 05:07.45 | 1:06:43.22/ 05:05.85 | 1:11:50.36/ 05:07.15 | 1:16:59.33/ 05:08.97 | 1:22:08.63/ 05:09.30 | 1:27:14.78/ 05:06.16 | 1:32:19.26/ 05:04.48 | 1:37:24.57/ 05:05.32 | 1:42:34.29/ 05:09.72 | 1:47:41.64/ 05:07.36 | 1:52:53.88/ 05:12.24 | 1:58:21.60/ 05:27.73 | 2:03:41.82/ 05:20.23 | / | / | / | / | / | / | / | / | / | / | / | / | 3:32 | ΣΟΑ ΚΑΡΔΙΤΣΑΣ Ο ΦΩΚΙΑΝΟΣ |
| DNS | 363 | ΑΡΒΑΝΙΤΑΚΟΥ ΧΡΥΣΑΝΘΗ | 0 | | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | | ΣΟΑ ΚΑΡΔΙΤΣΑΣ Ο ΦΩΚΙΑΝΟΣ |
| DNS | 365 | ΠΑΠΑΔΟΠΟΥΛΟΥ ΧΡΙΣΤΙΝΑ | 0 | | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | / | | ΠΑΝΕΛΛΗΝΙΟΣ ΓΣ |

20k U23F

| Place | bib | Name | Laps | 1km | 2km/Lap2 | 3km/Lap3 | 4km/Lap4 | 5km/Lap5 | 6km/Lap6 | 7km/Lap7 | 8km/Lap8 | 9km/Lap9 | 10km/Lap 10 | 11km/Lap1 1 | 12km/Lap1 2 | 13km/Lap1 3 | 14km/Lap1 4 | 15km/Lap1 5 | 16km/Lap1 6 | 17km/Lap1 7 | 18km/Lap1 8 | 19km/Lap1 9 | Finish/Lap2 0 | Pace | Club |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | 201 | ΑΝΤΩΝΟΠΟΥΛΟΥ ΑΝΑΣΤΑΣΙΑ | 20 | 05:02.00 | 09:59.60/ 04:57.60 | 14:58.43/ 04:58.84 | 19:58.28/ 04:59.85 | 24:57.77/ 04:59.49 | 29:59.69/ 05:01.93 | 35:10.25/ 05:10.56 | 40:13.61/ 05:03.37 | 45:24.80/ 05:11.19 | 50:34.56/ 05:09.76 | 55:39.57/ 05:05.01 | 1:00:46.50/ 05:06.93 | 1:05:57.74/ 05:11.25 | 1:11:12.09/ 05:14.35 | 1:16:24.48/ 05:12.40 | 1:21:28.91/ 05:04.44 | 1:26:35.24/ 05:06.34 | 1:31:40.49/ 05:05.25 | 1:36:43.85/ 05:03.37 | 1:41:41.40/ 04:57.55 | 5:05 | ΓΣ ΙΚΑΡΟΣ Ν.ΙΩΝΙΑΣ |

10k M

| Place | Bib | Name | Laps | 1km | 2km/Lap2 | 3km/Lap3 | 4km/Lap4 | 5km/Lap5 | 6km/Lap6 | 7km/Lap7 | 8km/Lap8 | 9km/Lap9 | Finish/Lap 10 | Pace | Club |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | 102 | ΜΠΟΥΣΔΑΣ ΑΡΙΣΤΟΤΕΛΗΣ | 10 | 04:43.75 | 09:17.25/ 04:33.51 | 13:46.47/ 04:29.22 | 18:10.45/ 04:23.98 | 22:35.20/ 04:24.76 | 26:59.95/ 04:24.76 | 31:25.00/ 04:25.05 | 35:57.04/ 04:32.05 | 40:31.96/ 04:34.93 | 44:57.79/ 04:25.83 | 4:29 | ΣΟΑ ΚΑΡΔΙΤΣΑΣ Ο ΦΩΚΙΑΝΟΣ |
| DSQ | 103 | ΣΑΛΤΗΣ ΠΑΝΑΓΙΩΤΗΣ | 9 | 04:43.77 | 09:17.28/ 04:33.52 | 13:46.71/ 04:29.43 | 18:11.07/ 04:24.36 | 22:35.32/ 04:24.25 | 26:59.98/ 04:24.67 | 31:23.47/ 04:23.49 | 35:46.21/ 04:22.74 | 40:18.73/ 04:32.53 | / | 4:01 | ΣΟΑ ΚΑΡΔΙΤΣΑΣ Ο ΦΩΚΙΑΝΟΣ |

10k F

| Place | Bib | Name | Laps | 1km | 2km/Lap2 | 3km/Lap3 | 4km/Lap4 | 5km/Lap5 | 6km/Lap6 | 7km/Lap7 | 8km/Lap8 | 9km/Lap9 | Finish/Lap 10 | Pace | Club |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | 105 | ΑΡΒΑΝΙΤΑΚΟΥ ΧΡΥΣΑΝΘΗ | 10 | 05:00.87 | 10:00.21/ 04:59.34 | 15:05.98/ 05:05.77 | 20:20.56/ 05:14.58 | 25:37.78/ 05:17.22 | 30:59.44/ 05:21.67 | 36:27.58/ 05:28.14 | 41:58.45/ 05:30.88 | 47:27.04/ 05:28.59 | 52:48.10/ 05:21.06 | 5:16 | ΣΟΑ ΚΑΡΔΙΤΣΑΣ Ο ΦΩΚΙΑΝΟΣ |
| 2. | 106 | ΖΑΧΑΡΟΠΟΥΛΟΥ ΧΑΡΑΛΑΜΠΙΑ | 10 | 05:14.34 | 11:04.27/ 05:49.93 | 17:07.51/ 06:03.24 | 23:09.94/ 06:02.44 | 29:12.61/ 06:02.67 | 35:12.61/ 06:00.01 | 41:06.97/ 05:54.37 | 47:05.23/ 05:58.26 | 52:51.64/ 05:46.42 | 58:21.07/ 05:29.43 | 5:50 | ΑΕ ΟΛΥΜΠΙΑΣ ΠΑΤΡΩΝ |
| 3. | 107 | ΧΑΤΖΗΑΝΔΡΕΟΥ ΑΡΕΤΗ-ΜΑΡΙΑ | 10 | 05:43.86 | 11:46.17/ 06:02.31 | 17:52.60/ 06:06.43 | 24:03.46/ 06:10.87 | 30:17.83/ 06:14.37 | 36:33.04/ 06:15.22 | 42:43.78/ 06:10.75 | 48:58.78/ 06:15.01 | 55:20.95/ 06:22.17 | 1:01:33.91 / 06:12.96 | 6:09 | ΑΓΕΣ ΚΑΜΕΙΡΟΣ 2009 |

5k U18M

| Place | Bib | Name | Laps | 1km | 2km/Lap2 | 3km/Lap3 | 4km/Lap4 | Finish/Lap 5 | Pace | Club |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | 501 | ΑΚΡΙΒΟΠΟΥΛΟΣ ΓΕΩΡΓΙΟΣ | 5 | 04:37.60 | 09:15.88/ 04:38.28 | 14:01.39/ 04:45.52 | 18:49.57/ 04:48.18 | 23:30.85/ 04:41.28 | 4:42 | ΟΚΑ ΒΙΚΕΛΑΣ ΒΕΡΟΙΑΣ |
| 2. | 503 | ΜΑΡΤΟΣ ΝΙΚΟΛΑΟΣ | 5 | 04:37.00 | 09:15.40/ 04:38.41 | 14:00.88/ 04:45.48 | 18:50.83/ 04:49.96 | 23:37.39/ 04:46.57 | 4:43 | ΟΚΑ ΒΙΚΕΛΑΣ ΒΕΡΟΙΑΣ |
| 3. | 504 | ΤΣΙΑΤΣΟΣ ΓΡΗΓΟΡΗΣ | 5 | 04:57.13 | 10:01.66/ 05:04.53 | 15:11.41/ 05:09.75 | 20:24.67/ 05:13.26 | 25:28.96/ 05:04.29 | 5:05 | ΓΕ ΝΑΟΥΣΑΣ |
| 4. | 502 | ΔΗΜΗΤΡΙΟΥ ΔΗΜΗΤΡΙΟΣ | 5 | 06:51.94 | 13:52.42/ 07:00.48 | 20:36.97/ 06:44.55 | 27:13.51/ 06:36.55 | 33:39.68/ 06:26.17 | 6:43 | ΑΕ ΟΛΥΜΠΙΑΣ ΠΑΤΡΩΝ |

5k U18F

| Place | Bib | Name | Laps | 1km | 2km/Lap2 | 3km/Lap3 | 4km/Lap4 | Finish/Lap 5 | Pace | Club |
|---|---|---|---|---|---|---|---|---|---|---|
| 1. | 505 | ΓΕΡΟΥ ΧΑΡΑ | 5 | 05:03.19 | 10:11.29/ 05:08.10 | 15:19.48/ 05:08.19 | 20:32.98/ 05:13.50 | 25:43.30/ 05:10.32 | 5:08 | ΑΟ ΠΡΕΒΕΖΑΣ "ΚΟΤΙΝΟΣ" |
| 2. | 511 | ΚΟΥΤΣΙΔΟΥ ΔΕΣΠΟΙΝΑ | 5 | 05:11.50 | 10:25.33/ 05:13.83 | 15:41.98/ 05:16.65 | 20:59.80/ 05:17.82 | 26:16.75/ 05:16.95 | 5:15 | ΟΚΑ ΒΙΚΕΛΑΣ ΒΕΡΟΙΑΣ |
| 3. | 513 | ΤΣΙΑΝΑΒΑ ΜΑΡΙΑ | 5 | 05:06.35 | 10:26.20/ 05:19.86 | 16:02.44/ 05:36.24 | 21:38.59/ 05:36.15 | 27:17.62/ 05:39.03 | 5:27 | ΓΑΣ Ο ΙΛΙΣΣΟΣ |
| 4. | 514 | ΚΡΙΚΕΛΗ ΟΥΡΑΝΙΑ | 5 | 05:25.66 | 11:23.95/ 05:58.29 | 17:26.35/ 06:02.41 | 23:28.12/ 06:01.77 | 29:24.25/ 05:56.13 | 5:52 | ΑΣ ΟΛΥΜΠΙΑΚΗ ΔΟΜΗ 2004 |

| Place | Bib | Name | Laps | 1km | 2km/Lap2 | 3km/Lap3 | 4km/Lap4 | 5km/Lap5 | 6km/Lap6 | 7km/Lap7 | 8km/Lap8 | 9km/Lap9 | 10km/Lap10 | 11km/Lap11 | 12km/Lap12 | 13km/Lap13 | 14km/Lap14 | 15km/Lap15 | 16km/Lap16 | 17km/Lap17 | 18km/Lap18 | 19km/Lap19 | 20km/Lap20 | 21km/Lap21 | 22km/Lap22 | 23km/Lap23 | 24km/Lap24 | 25km/Lap25 | 26km/Lap26 | 27km/Lap27 | 28km/Lap28 | 29km/Lap29 | 30km/Lap30 | 31km/Lap31 | 32km/Lap32 | 33km/Lap33 | 34km/Lap34 | Finish/Lap35 | Pace | Club |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 5. | 507 | ΓΕΡΑΚΟΥ ΜΑΡΙΑΝΝΑ | 5 | 06:01.18 | 12:27.79/ 06:26.62 | 18:54.79/ 06:27.00 | 25:14.47/ 06:19.68 | 31:27.94/ 06:13.47 | 6:17 | ΦΣ ΚΑΛΛΙΘΕΑΣ-ΤΑΥΡΟΥ-ΜΟΣΧΑ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6. | 510 | ΚΟΣΜΟΠΟΥΛΟΥ ΒΑΣΙΛΙΚΗ | 5 | 06:13.21 | 12:53.56/ 06:40.35 | 19:42.94/ 06:49.39 | 26:35.32/ 06:52.38 | 33:01.57/ 06:26.26 | 6:36 | ΑΕ ΟΛΥΜΠΙΑΣ ΠΑΤΡΩΝ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

3k U16F

| Place | Bib | Name | Laps | 1km | 2km/Lap2 | Finish/Lap3 | Pace | Club |
|---|---|---|---|---|---|---|---|---|
| 1. | 306 | ΛΟΥΚΑ ΠΑΡΑΣΚΕΥΗ-ΜΕΛΙΝ | 3 | 05:24.46 | 10:47.89/ 05:23.43 | 16:06.94/ 05:19.05 | 5:22 | ΑΟ ΠΡΕΒΕΖΑΣ "ΚΟΤΙΝΟΣ" |
| 2. | 305 | ΛΑΔΟΠΟΥΛΟΥ ΑΝΤΡΙΑΝΑ | 3 | 05:56.36 | 11:52.84/ 05:56.49 | 17:49.96/ 05:57.12 | 5:56 | ΓΑΣ ΟΙΛΙΣΣΟΣ |
| 3. | 303 | ΚΑΤΣΑΦΛΙΑΚΑ ΔΗΜΗΤΡΑ | 3 | 06:51.49 | 13:43.03/ 06:51.54 | 19:48.37/ 06:05.35 | 6:36 | ΑΕ ΟΛΥΜΠΙΑΣ ΠΑΤΡΩΝ |
| 4. | 302 | ΔΑΝΙΗΛ ΜΑΡΙΑ | 3 | 06:52.24 | 13:46.81/ 06:54.57 | 20:10.78/ 06:23.97 | 6:43 | ΑΕ ΟΛΥΜΠΙΑΣ ΠΑΤΡΩΝ |
| 5. | 301 | ΑΔΑΜΟΠΟΥΛΟΥ ΑΛΕΞΑΝΔΡΑ-ΓΑΒΡΙ | 3 | 06:51.58 | 13:40.30/ 06:48.72 | 20:13.30/ 06:33.00 | 6:44 | ΓΑΣ ΗΡΑΚΛΗΣ ΘΗΒΩΝ |