

GOULINAS TRAIL 2025 Goulinas Trail 12k

| Rank | By Gen. | By Cat. | Cat. | Gender | BIB | Country | Name                             | YOB | Club                              | Start 12km        | 1.5km             | Prefinish12k      | Finish 12km       |
|------|---------|---------|------|--------|-----|---------|----------------------------------|-----|-----------------------------------|-------------------|-------------------|-------------------|-------------------|
| 1    | 1       | 1       | ALL  | Male   | 368 | GR      | ΘΑΝΑΣΗΣ ΧΑΔΟΣ                    | -   | ΣΔΥ ΒΟΛΟΥ                         | 0:00:03(00:00:00) | 0:09:04(00:09:01) | 1:05:31(01:05:28) | 1:12:42(01:12:38) |
| 2    | 2       | 2       | ALL  | Male   | 348 | GR      | ΣΑΚΗΣ ΝΙΚΟΒΙΩΤΗΣ                 | -   | PITSI TEAM                        | 0:00:00(00:00:00) | 0:09:36(00:09:35) | 1:07:45(01:07:45) | 1:14:53(01:14:52) |
| 3    | 3       | 3       | ALL  | Male   | 311 | GR      | ΧΡΗΣΤΟΣ ΑΔΑΜΟΠΟΥΛΟΣ              | -   | KARDITSA ADC TRAIL RUNNERS        | 0:00:00(00:00:00) | 0:09:03(00:09:02) | 1:07:36(01:07:36) | 1:15:48(01:15:47) |
| 4    | 4       | 4       | ALL  | Male   | 362 | GR      | ΣΠΥΡΟΣ ΤΡΟΥΜΠΟΥΛΟΣ               | -   | ΕΠΟΣ ΜΑΚΡΑΚΩΜΗΣ                   | 0:00:02(00:00:00) | 0:09:55(00:09:53) | 1:10:24(01:10:22) | 1:18:32(01:18:30) |
| 5    | 5       | 5       | ALL  | Male   | 363 | GR      | ΑΡΙΣΤΟΤΕΛΗΣ ΤΣΟΓΚΑΣ              | -   |                                   | 0:00:00(00:00:00) | 0:09:22(00:09:21) | 1:11:54(01:11:53) | 1:20:30(01:20:29) |
| 6    | 6       | 6       | ALL  | Male   | 314 | GR      | ΑΛΕΞΑΝΔΡΟΣ ΑΡΤΑΒΑΝΗΣ ΤΣΑΠΑΤΣΑΡΗΣ | -   | GIORGOS DIALEKTOS                 | 0:00:00(00:00:00) | 0:09:22(00:09:22) | 1:11:52(01:11:52) | 1:21:10(01:21:10) |
| 7    | 7       | 7       | ALL  | Male   | 361 | GR      | ΧΡΥΣΟΒΑΛΑΝΤΗΣ ΤΡΙΑΝΤΑΦΥΛΛΟΠΟΥΛΟΣ | -   | ETS / ΤΡΑΧΙΝΑ                     | 0:00:00(00:00:00) | 0:09:34(00:09:33) | 1:14:16(01:14:16) | 1:22:25(01:22:25) |
| 8    | 8       | 8       | ALL  | Male   | 373 |         | ΝΙΚΟΛΑΟΣ ΝΙΚΟΒΙΩΤΗΣ              | -   |                                   | 0:00:03(00:00:00) | 0:10:13(00:10:10) | 1:15:19(01:15:16) | 1:24:10(01:24:06) |
| 9    | 9       | 9       | ALL  | Male   | 316 | GR      | ΣΠΥΡΙΔΩΝ ΒΑΜΒΑΤΣΙΚΟΣ             | -   | ΤΡΑΧΙΝΑ                           | 0:00:04(00:00:00) | 0:10:56(00:10:52) | 1:18:36(01:18:32) | 1:25:52(01:25:47) |
| 10   | 10      | 10      | ALL  | Male   | 346 | GR      | ΑΛΕΞΑΝΔΡΟΣ ΜΥΡΙΟΥΝΗΣ             | -   |                                   | 0:00:04(00:00:00) | 0:11:26(00:11:22) | 1:18:43(01:18:39) | 1:27:08(01:27:04) |
| 11   | 11      | 11      | ALL  | Male   | 340 | GR      | ΧΑΡΗΣ ΛΑΠΠΑΣ                     | -   | ΣΥΛΛΟΓΟΣ ΔΡΟΜΕΩΝ ΚΑΡΔΙΤΣΑΣ        | 0:00:03(00:00:00) | 0:10:46(00:10:42) | 1:18:50(01:18:46) | 1:27:39(01:27:36) |
| 12   | 1       | 12      | ALL  | Female | 371 |         | ΜΑΡΙΝΑ ΜΟΤΟΝΑΚΗ                  | -   |                                   | 0:00:05(00:00:00) | 0:11:24(00:11:19) | 1:21:44(01:21:39) | 1:30:35(01:30:30) |
| 13   | 12      | 13      | ALL  | Male   | 349 | GR      | ΑΛΕΞΑΝΔΡΟΣ ΝΤΖΟΥΝΑΣ              | -   |                                   | 0:00:03(00:00:00) | 0:11:33(00:11:29) | 1:24:57(01:24:53) | 1:34:19(01:34:15) |
| 14   | 13      | 14      | ALL  | Male   | 306 | GR      | ANDREAS KOUTSIKOS                | -   |                                   | 0:00:03(00:00:00) | 0:11:15(00:11:11) | 1:25:59(01:25:56) | 1:35:27(01:35:23) |
| 15   | 14      | 15      | ALL  | Male   | 320 | GR      | ΘΑΝΟΣ ΓΚΟΒΑΡΗΣ                   | -   | LEVADEIA RUNNERS TEAM             | 0:00:00(00:00:00) | 0:12:28(00:12:28) | 1:27:21(01:27:21) | 1:37:00(01:37:00) |
| 16   | 15      | 16      | ALL  | Male   | 354 | GR      | ΧΑΡΗΣ ΠΙΤΣΙΚΑΣ                   | -   |                                   | 0:00:08(00:00:00) | 0:11:42(00:11:34) | 1:27:28(01:27:20) | 1:37:41(01:37:33) |
| 17   | 16      | 17      | ALL  | Male   | 343 | GR      | ΓΙΩΡΓΟΣ ΜΑΡΡΟΣ                   | -   |                                   | 0:00:06(00:00:00) | 0:11:52(00:11:45) | 1:28:09(01:28:02) | 1:38:03(01:37:57) |
| 18   | 17      | 18      | ALL  | Male   | 359 | GR      | ΣΟΦΙΑΝΟΣ ΣΤΑΘΟΠΟΥΛΟΣ             | -   | HERBALIFE 24                      | 0:00:11(00:00:00) | 0:11:47(00:11:35) | 1:28:42(01:28:31) | 1:39:08(01:38:56) |
| 19   | 18      | 19      | ALL  | Male   | 305 | GR      | GEORGE KINIAKOS                  | -   | VASKOS TRAINING                   | 0:00:07(00:00:00) | 0:12:38(00:12:30) | 1:29:51(01:29:43) | 1:39:36(01:39:28) |
| 20   | 19      | 20      | ALL  | Male   | 342 | GR      | ΧΑΡΗΣ ΜΑΝΟΥΣΗΣ                   | -   | RUNNTRAIL / BALIOTIS NATURE TRAIL | 0:00:06(00:00:00) | 0:12:18(00:12:11) | 1:29:18(01:29:11) | 1:39:41(01:39:35) |
| 21   | 20      | 21      | ALL  | Male   | 358 | GR      | ΚΗΡΥΚΟΣ ΣΠΙΘΑΣ                   | -   |                                   | 0:00:08(00:00:00) | 0:12:38(00:12:30) | 1:29:55(01:29:46) | 1:39:46(01:39:38) |
| 22   | 21      | 22      | ALL  | Male   | 322 | GR      | ΚΩΝΣΤΑΝΤΙΝΟΣ ΔΗΜΟΠΟΥΛΟΣ          | -   | VASKOS TRAINING                   | 0:00:08(00:00:00) | 0:12:41(00:12:33) | 1:31:56(01:31:48) | 1:41:52(01:41:44) |
| 23   | 22      | 23      | ALL  | Male   | 326 | GR      | ΑΘΑΝΑΣΙΟΣ ΖΕΡΒΑΣ                 | -   |                                   | 0:00:10(00:00:00) | 0:12:39(00:12:29) | 1:31:06(01:30:56) | 1:42:23(01:42:12) |
| 24   | 23      | 24      | ALL  | Male   | 319 | GR      | ΠΑΝΑΓΙΩΤΗΣ ΓΕΩΡΓΑΝΤΑΣ            | -   |                                   | 0:00:03(00:00:00) | 0:11:39(00:11:36) | 1:31:47(01:31:43) | 1:42:40(01:42:37) |
| 25   | 24      | 25      | ALL  | Male   | 309 | GR      | KOSTAS TSIRMPAS                  | -   |                                   | 0:00:04(00:00:00) | 0:11:44(00:11:40) | 1:32:36(01:32:32) | 1:43:26(01:43:22) |

| Rank | By<br>Gen. | By<br>Cat. | Cat. | Gender | BIB | Country | Name                              | YOB | Club                            | Start 12km        | 1.5km             | Prefinish12k      | Finish 12km       |
|------|------------|------------|------|--------|-----|---------|-----------------------------------|-----|---------------------------------|-------------------|-------------------|-------------------|-------------------|
| 26   | 25         | 26         | ALL  | Male   | 332 | GR      | ΠΑΝΑΓΙΩΤΗΣ ΚΑΡΑΛΙΑΣ               | -   |                                 | 0:00:09(00:00:00) | 0:12:55(00:12:46) | 1:34:27(01:34:18) | 1:43:55(01:43:46) |
| 27   | 2          | 27         | ALL  | Female | 307 | GR      | CHRISTIANA MICHAΙΛΟΥ              | -   |                                 | 0:00:07(00:00:00) | 0:13:55(00:13:48) | 1:32:05(01:31:58) | 1:44:44(01:44:37) |
| 28   | 26         | 28         | ALL  | Male   | 329 | GR      | ΠΑΝΑΓΙΩΤΗΣ ΚΑΚΟΓΙΑΝΝΗΣ            | -   | ΣΔΥ ΒΟΛΟΥ                       | 0:00:05(00:00:00) | 0:11:48(00:11:42) | 1:34:14(01:34:08) | 1:44:47(01:44:41) |
| 29   | 3          | 29         | ALL  | Female | 328 | GR      | ΑΓΓΕΛΙΚΗ ΚΑΓΚΑΡΑ                  | -   | ΛΥΚΟΙ ΚΕΧΑΓΙΟΓΛΟΥ               | 0:00:04(00:00:00) | 0:13:22(00:13:17) | 1:34:04(01:33:59) | 1:44:58(01:44:53) |
| 30   | 27         | 30         | ALL  | Male   | 336 | GR      | ΓΙΩΡΓΟΣ ΚΟΝΤΟΚΩΣΤΑΣ               | -   | ΛΥΚΟΙ ΚΕΧΑΓΙΟΓΛΟΥ               | 0:00:05(00:00:00) | 0:13:24(00:13:19) | 1:34:05(01:34:00) | 1:44:58(01:44:52) |
| 31   | 4          | 31         | ALL  | Female | 370 | Greece  | ΚΩΝΣΤΑΝΤΙΝΑ ΦΟΥΝΤΑ                | -   |                                 | 0:00:06(00:00:00) | 0:13:23(00:13:17) | 1:34:05(01:33:59) | 1:45:00(01:44:54) |
| 32   | 28         | 32         | ALL  | Male   | 317 | GR      | ΚΩΝΣΤΑΝΤΙΝΟΣ ΓΑΛΑΝΟΣ              | -   | LEVADEIA RUNNER TEAM            | 0:00:00(00:00:00) | 0:12:30(00:12:29) | 1:37:57(01:37:57) | 1:46:40(01:46:40) |
| 33   | 29         | 33         | ALL  | Male   | 318 | GR      | ΓΕΩΡΓΙΟΣ ΓΕΩΡΓΑΚΟΠΟΥΛΟΣ           | -   | ΤΡΑΧΙΝΑ                         | 0:00:05(00:00:00) | 0:12:07(00:12:02) | 1:38:24(01:38:19) | 1:47:32(01:47:27) |
| 34   | 30         | 34         | ALL  | Male   | 324 | GR      | ΧΡΗΣΤΟΣ ΔΡΑΚΟΣ                    | -   | IRREPLACEABLE                   | 0:00:04(00:00:00) | 0:14:37(00:14:33) | 1:38:01(01:37:57) | 1:48:00(01:47:56) |
| 35   | 31         | 35         | ALL  | Male   | 353 | GR      | ΒΑΣΙΛΕΙΟΣ ΠΙΠΙΚΟΣ                 | -   |                                 | 0:00:07(00:00:00) | 0:13:42(00:13:34) | 1:38:34(01:38:27) | 1:49:30(01:49:23) |
| 36   | 32         | 36         | ALL  | Male   | 331 | GR      | ΧΡΗΣΤΟΣ ΚΑΛΟΠΗΤΑΣ                 | -   |                                 | 0:00:03(00:00:00) | 0:13:08(00:13:04) | -                 | 1:52:55(01:52:52) |
| 37   | 33         | 37         | ALL  | Male   | 338 | GR      | ΚΩΝΣΤΑΝΤΙΝΟΣ ΚΟΥΤΣΟΓΙΑΝΝΗΣ        | -   | Ε.Ο.Σ. ΛΑΜΙΑΣ                   | 0:00:08(00:00:00) | 0:14:40(00:14:32) | -                 | 1:54:32(01:54:23) |
| 38   | 34         | 38         | ALL  | Male   | 333 | GR      | ΔΗΜΗΤΡΗΣ ΚΑΡΛΟΣ                   | -   |                                 | 0:00:07(00:00:00) | 0:13:20(00:13:13) | -                 | 1:55:24(01:55:17) |
| 39   | 35         | 39         | ALL  | Male   | 330 | GR      | ΘΕΟΔΩΡΟΣ ΚΑΛΑΓΚΙΑΣ                | -   |                                 | 0:00:06(00:00:00) | 0:13:14(00:13:08) | -                 | 1:56:07(01:56:01) |
| 40   | 36         | 40         | ALL  | Male   | 302 | GR      | GIANNIS DIMITRIOY                 | -   |                                 | 0:00:07(00:00:00) | 0:13:56(00:13:48) | -                 | 1:58:23(01:58:16) |
| 41   | 37         | 41         | ALL  | Male   | 364 | GR      | ΕΥΑΓΓΕΛΟΣ ΤΣΟΥΜΑΣ                 | -   |                                 | 0:00:03(00:00:00) | 0:14:29(00:14:26) | -                 | 2:01:58(02:01:55) |
| 42   | 38         | 42         | ALL  | Male   | 355 | GR      | ΔΗΜΗΤΡΗΣ ΡΕΠΠΑΣ                   | -   |                                 | 0:00:07(00:00:00) | 0:14:57(00:14:50) | -                 | 2:02:01(02:01:54) |
| 43   | 39         | 43         | ALL  | Male   | 352 | GR      | ΚΩΝΣΤΑΝΤΙΝΟΣ<br>ΠΑΠΑΔΗΜΗΤΡΟΠΟΥΛΟΣ | -   | ΕΟΣ ΛΙΒΑΔΕΙΑΣ-PARPOUS<br>ENDURO | 0:00:04(00:00:00) | 0:15:29(00:15:25) | -                 | 2:02:45(02:02:41) |
| 44   | 5          | 44         | ALL  | Female | 365 | GR      | ΦΑΙΔΡΑ ΦΙΛΙΠΠΙΔΟΥ                 | -   |                                 | 0:00:09(00:00:00) | 0:14:37(00:14:28) | -                 | 2:07:14(02:07:05) |
| 45   | 6          | 45         | ALL  | Female | 369 | GR      | ANNA ΧΟΡΕΒΑ                       | -   |                                 | 0:00:06(00:00:00) | 0:15:24(00:15:18) | -                 | 2:07:22(02:07:16) |
| 46   | 7          | 46         | ALL  | Female | 351 | GR      | ΙΩΑΝΝΑ ΞΑΝΤΙΝΙΔΟΥ                 | -   | OPTIMUM RUNNING TEAM            | 0:00:07(00:00:00) | 0:15:46(00:15:39) | -                 | 2:08:53(02:08:46) |
| 47   | 8          | 47         | ALL  | Female | 339 | GR      | ΕΥΑΓΓΕΛΙΑ ΛΑΒΑΝΤ                  | -   |                                 | 0:00:07(00:00:00) | 0:13:58(00:13:51) | -                 | 2:10:02(02:09:55) |
| 48   | 9          | 48         | ALL  | Female | 350 | GR      | ΘΑΛΕΙΑ ΝΤΟΚΑ                      | -   | ΤΡΙΚΑΛΑ                         | 0:00:07(00:00:00) | 0:16:02(00:15:54) | -                 | 2:10:02(02:09:54) |
| 49   | 40         | 49         | ALL  | Male   | 360 | GR      | ΣΤΕΦΑΝΟΣ ΣΤΑΜΕΛΛΟΣ                | -   | ΤΡΑΧΙΝΑ                         | 0:00:08(00:00:00) | 0:15:35(00:15:27) | -                 | 2:11:34(02:11:26) |
| 50   | 41         | 50         | ALL  | Male   | 374 |         | ΓΕΩΡΓΙΟΣ ΑΘΑΝΑΣΙΟΥ                | -   |                                 | 0:00:10(00:00:00) | 0:15:23(00:15:13) | -                 | 2:11:46(02:11:36) |
| 51   | 42         | 51         | ALL  | Male   | 321 | GR      | ΔΙΟΝΥΣΗΣ ΓΡΗΓΟΡΟΠΟΥΛΟΣ            | -   |                                 | 0:00:08(00:00:00) | 0:14:45(00:14:36) | -                 | 2:12:56(02:12:47) |
| 52   | 43         | 52         | ALL  | Male   | 308 | GR      | PANOS THALLAS                     | -   |                                 | 0:00:04(00:00:00) | 0:15:28(00:15:23) | -                 | 2:15:06(02:15:01) |
| 53   | 44         | 53         | ALL  | Male   | 337 | GR      | ΙΩΑΝΝΗΣ ΚΟΥΚΟΥΡΑΚΗΣ               | -   |                                 | 0:00:11(00:00:00) | 0:13:58(00:13:47) | -                 | 2:15:12(02:15:00) |
| 54   | 10         | 54         | ALL  | Female | 344 | GR      | ΧΡΥΣΑ ΜΕΛΙΣΣΑΡΗ                   | -   |                                 | 0:00:05(00:00:00) | 0:13:50(00:13:44) | -                 | 2:15:21(02:15:16) |
| 55   | 45         | 55         | ALL  | Male   | 335 | GR      | ΝΙΚΟΛΑΟΣ ΚΑΤΣΙΜΠΡΑΣ               | -   |                                 | 0:00:12(00:00:00) | 0:14:24(00:14:12) | -                 | 2:15:23(02:15:11) |
| 56   | 11         | 56         | ALL  | Female | 357 | GR      | ΜΑΡΙΑ ΣΚΑΡΛΑΤΟΥ                   | -   |                                 | 0:00:07(00:00:00) | 0:14:00(00:13:53) | -                 | 2:15:53(02:15:46) |

| Rank | By<br>Gen. | By<br>Cat. | Cat. | Gender | BIB | Country | Name                      | YOB | Club | Start 12km        | 1.5km             | Prefinish12k | Finish 12km       |
|------|------------|------------|------|--------|-----|---------|---------------------------|-----|------|-------------------|-------------------|--------------|-------------------|
| 57   | 12         | 57         | ALL  | Female | 345 | GR      | ΕΥΘΥΜΙΑ ΜΠΟΛΟΚΟΥΤΑ        | -   |      | 0:00:04(00:00:00) | 0:15:38(00:15:33) | -            | 2:19:24(02:19:19) |
| 58   | 46         | 58         | ALL  | Male   | 327 | GR      | ΝΑΣΟΣ ΘΕΟΔΩΡΟΠΟΥΛΟΣ       | -   |      | 0:00:09(00:00:00) | 0:18:24(00:18:14) | -            | 2:43:38(02:43:28) |
| 59   | 13         | 59         | ALL  | Female | 341 | GR      | ΗΛΙΑΝΑ ΜΑΜΠΛΕΚΟΥ          | -   |      | 0:00:10(00:00:00) | 0:18:36(00:18:26) | -            | 2:43:39(02:43:29) |
| 60   | 47         | 60         | ALL  | Male   | 310 | GR      | ΔΗΜΗΤΡΗΣ ΑΓΓΕΛΟΠΟΥΛΟΣ DNF | -   |      | 0:00:07(00:00:00) | 0:17:12(00:17:05) | -            | -                 |