
































Rank Gen-Sex-Cat	Category	Gender	BIB	Country	Name	YOB	Club	SWIM	T1	BIKE	T2	RUN
1, 1, 1	ALL	Male	129		ΠΑΝΑΓΙΩΤΗΣ ΜΠΙΤΑΔΟΣ	2003	ΑΕΚ ΚΟΚΚΙΝΙΑΣ	08:45,0	0:09:32.876 (00:00:47)	-	0:40:30.133 (---:---)	1:00:25.610 (00:19:55)
2, 2, 2	ALL	Male	160		ΚΩΝΣΤΑΝΤΙΝΟΣ ΚΩΣΤΙΜΠΑΣ	1973		10:18,2	0:11:13.580 (00:00:55)	0:43:35.646 (00:32:22)	0:44:28.970 (00:00:53)	1:03:52.850 (00:19:23)
3, 3, 3	ALL	Male	127		ΚΩΣΤΑΣ ΜΟΥΡΙΚΗΣ	1968		11:56,6	0:12:20.133 (00:00:23)	0:43:55.596 (00:31:35)	0:44:53.170 (00:00:57)	1:05:30.760 (00:20:37)
4, 4, 1	M18-39	Male	118		ΓΕΩΡΓΙΟΣ ΚΑΡΑΓΙΑΝΝΗΣ	1983	RPT	10:06,4	0:10:49.726 (00:00:43)	0:44:14.926 (00:33:25)	0:44:56.646 (00:00:41)	1:06:19.640 (00:21:22)
5, 5, 2	M18-39	Male	154		ΚΩΝΣΤΑΝΤΙΝΟΣ ΣΤΑΜΑΤΟΠΟΥΛΟΣ	1993		11:42,0	0:12:35.630 (00:00:53)	0:45:14.456 (00:32:38)	0:46:04.990 (00:00:50)	1:07:36.210 (00:21:31)
6, 6, 1	M40-49	Male	105		ΔΙΜΙΤΡΙΣ ΝΙΖΑΜΙΣ	1974		12:23,8	0:13:38.126 (00:01:14)	0:46:02.970 (00:32:24)	0:46:39.360 (00:00:36)	1:07:52.830 (00:21:13)
7, 7, 2	M40-49	Male	150		ΚΩΝΣΤΑΝΤΙΝΟΣ ΤΣΟΥΜΑΣ	1974		11:48,4	0:12:40.010 (00:00:51)	0:45:15.300 (00:32:35)	0:46:06.830 (00:00:51)	1:08:19.943 (00:22:13)
8, 8, 3	M18-39	Male	155		ΑΝΔΡΕΑΣ ΜΠΕΓΚΟΣ	1997		11:03,9	0:12:03.723 (00:00:59)	0:46:19.250 (00:34:15)	0:47:04.293 (00:00:45)	1:08:29.940 (00:21:25)
9, 9, 4	M18-39	Male	135		ΠΑΝΟΣ ΠΑΠΑΓΓΕΛΗΣ	1983		12:11,1	0:13:20.220 (00:01:09)	0:47:56.580 (00:34:36)	0:48:41.503 (00:00:44)	1:09:39.133 (00:20:57)
10, 10, 5	M18-39	Male	164		ΝΙΚΟΣ ΠΕΤΡΑΚΗΣ	1979		12:06,5	0:13:09.140 (00:01:02)	0:47:53.563 (00:34:44)	0:48:36.876 (00:00:43)	1:09:54.126 (00:21:17)
11, 11, 3	M40-49	Male	116		ΜΑΡΙΟΣ ΚΑΓΙΟΠΟΥΛΣ	1969	ΚΡΟΝΟΣ ΝΙΚΕΑΣ - SOLO BARS	12:33,1	0:13:39.946 (00:01:06)	0:49:04.316 (00:35:24)	0:49:54.880 (00:00:50)	1:10:14.243 (00:20:19)
12, 12, 4	M40-49	Male	144		ΝΙΚΟΣ ΦΥΤΕΡΛΕΣ	1976	ΦΥΤΕΡΛΕΣ FYSIOTHERSPY	12:12,1	0:13:04.423 (00:00:52)	0:47:22.443 (00:34:18)	0:48:04.783 (00:00:42)	1:10:52.350 (00:22:47)
13, 13, 6	M18-39	Male	156		ΕΛΛΗΝΑΣ ΑΝΔΡΕΟΥ	2002		10:28,5	0:11:21.363 (00:00:52)	0:46:22.630 (00:35:01)	0:47:12.823 (00:00:50)	1:11:07.193 (00:23:54)
14, 14, 7	M18-39	Male	161		ΓΙΩΡΓΟΣ ΜΠΕΓΝΗΣ	1985		10:40,3	0:11:46.600 (00:01:06)	0:45:24.220 (00:33:37)	0:46:31.306 (00:01:07)	1:11:56.133 (00:25:24)
15, 1, 4	ALL	Female	157		ΝΙΚΗ ΣΚΛΑΒΟΥΝΟΥ	2002		10:22,3	0:10:53.990 (00:00:31)	0:48:29.890 (00:37:35)	0:49:03.846 (00:00:33)	1:12:06.126 (00:23:02)
16, 15, 8	M18-39	Male	138		ΠΑΣΧΑΛΗΣ ΡΑΔΟΠΟΥΛΟΣ	1986	-	11:53,3	0:12:38.826 (00:00:45)	0:48:50.626 (00:36:11)	0:49:35.896 (00:00:45)	1:12:48.126 (00:23:12)
17, 16, 5	M40-49	Male	109		ΙΩΑΝΝΗΣ ΓΚΙΟΚΑΣ	1975	SNAILS	12:21,7	0:13:30.783 (00:01:09)	0:49:53.656 (00:36:22)	0:50:41.253 (00:00:47)	1:12:50.846 (00:22:09)
18, 17, 6	M40-49	Male	107		ΙΩΑΝΝΗΣ ΑΓΓΕΛΗΣ	1978		11:42,7	0:12:49.443 (00:01:06)	0:50:03.220 (00:37:13)	0:50:37.176 (00:00:33)	1:13:27.990 (00:22:50)
19, 18, 9	M18-39	Male	142		ΑΡΙΣΤΟΤΕΛΗΣ ΤΣΑΓΚΑΡΗΣ	1979		10:46,1	0:11:52.786 (00:01:06)	0:49:39.173 (00:37:46)	0:50:29.116 (00:00:49)	1:13:45.703 (00:23:16)
20, 19, 7	M40-49	Male	140		ΠΑΝΑΓΙΩΤΗΣ ΣΟΥΚΙΟΥΡΟΓΛΟΥ	1971		11:48,0	0:12:51.293 (00:01:03)	0:48:25.920 (00:35:34)	0:49:35.373 (00:01:09)	1:14:18.443 (00:24:43)
21, 20, 1	M50+	Male	163		ΑΝΔΡΕΑΣ ΣΑΚΕΛΑΡΙΟΥ	1959		13:57,3	0:15:10.200 (00:01:12)	0:47:35.660 (00:32:25)	0:48:33.816 (00:00:58)	1:14:21.143 (00:25:47)
22, 21, 10	M18-39	Male	124		ΑΝΔΡΕΑΣ ΜΑΓΙΑΤΗΣ	1983	SAL-TRI	13:10,4	0:14:26.690 (00:01:16)	0:49:58.033 (00:35:31)	0:50:35.860 (00:00:37)	1:15:22.480 (00:24:46)
23, 22, 8	M40-49	Male	151		ΑΝΔΡΕΑΣ ΝΙΝΗΣ	1977	ΟΛΥΜΠΙΟΙ ΝΕΑΣ ΙΩΝΙΑΣ	15:44,3	0:17:15.506 (00:01:31)	0:54:15.916 (00:37:00)	0:55:09.406 (00:00:53)	1:15:59.220 (00:20:49)
24, 23, 11	M18-39	Male	114		ΚΩΝΣΤΑΝΤΙΝΟΣ ΖΗΣΗΣ	2001		11:33,2	0:13:23.476 (00:01:50)	0:55:36.440 (00:42:12)	0:56:06.570 (00:00:30)	1:16:00.596 (00:19:54)
25, 24, 9	M40-49	Male	134		ΗΛΙΑΣ ΠΑΝΑΓΙΩΤΟΠΟΥΛΟΣ	1975		13:00,7	0:14:17.336 (00:01:16)	0:51:16.333 (00:36:58)	0:52:37.613 (00:01:21)	1:16:10.040 (00:23:32)
26, 2, 5	ALL	Female	132		ΦΩΤΕΙΝΗ ΜΠΟΥΤΟΥΡΗ	1971		12:58,3	0:14:32.100 (00:01:33)	0:49:56.820 (00:35:24)	0:50:56.130 (00:00:59)	1:16:33.473 (00:25:37)
27, 25, 10	M40-49	Male	128		ΘΕΟΔΩΡΟΣ ΜΠΕΡΗΣ	1970		14:16,4	0:15:52.590 (00:01:36)	0:53:23.016 (00:37:30)	0:54:30.976 (00:01:07)	1:17:40.706 (00:23:09)
28, 26, 11	M40-49	Male	121		ΖΑΧΑΡΙΑΣ ΚΟΥΛΟΥΡΙΩΤΗΣ	1978		13:08,4	0:14:25.720 (00:01:17)	0:52:51.366 (00:38:25)	0:54:11.570 (00:01:20)	1:18:34.113 (00:24:22)
29, 27, 12	M18-39	Male	158		ΣΤΕΛΙΟΣ ΜΠΟΥΜΠΟΥΡΑΣ	1980		13:28,2	0:14:23.816 (00:00:55)	0:52:17.070 (00:37:53)	0:52:52.550 (00:00:35)	1:19:06.460 (00:26:13)

30, 3, 6	ALL	Female	137		ΚΑΤΕΡΙΝΑ ΠΑΠΑΪΩΑΝΝΟΥ	1981	ATHENS TRIATHLON TEAM	12:43,2	0:13:36.723 (00:00:53)	0:53:06.183 (00:39:29)	0:53:52.603 (00:00:46)	1:19:12.216 (00:25:19)
31, 28, 2	M50+	Male	125		ΣΠΥΡΙΔΩΝ ΜΕΓΑΚΛΗΣ	1964		13:43,3	0:15:11.313 (00:01:28)	0:54:01.190 (00:38:49)	0:54:56.530 (00:00:55)	1:19:52.786 (00:24:56)
32, 29, 12	M40-49	Male	106		ΚΩΣΤΑΣ ΑΓΓΕΛΑΚΟΠΟΥΛΟΣ	1977		14:16,9	0:16:00.173 (00:01:43)	0:53:51.133 (00:37:50)	0:54:44.453 (00:00:53)	1:20:20.286 (00:25:35)
33, 30, 13	M18-39	Male	130		ΣΠΥΡΟΣ ΜΠΟΥΡΑΣ	1993	Γ.Π.Σ ΑΓΡΙΝΙΟΥ	15:09,5	0:15:35.133 (00:00:25)	0:55:12.660 (00:39:37)	0:55:56.703 (00:00:44)	1:20:30.670 (00:24:33)
34, 31, 14	M18-39	Male	101		ΧΑΡΑΛΑΜΠΟΣ ΓΡΙΓΟΡΟΠΟΥΛΟΣ	1979		12:22,6	0:13:21.976 (00:00:59)	0:55:07.160 (00:41:45)	0:56:12.663 (00:01:05)	1:20:32.583 (00:24:19)
35, 32, 15	M18-39	Male	159		ΠΑΥΛΟΣ ΓΑΤΣΑΚΟΣ	1982		14:32,1	0:15:48.160 (00:01:16)	0:53:52.570 (00:38:04)	0:55:27.340 (00:01:34)	1:21:30.860 (00:26:03)
36, 33, 16	M18-39	Male	165		ΜΙΧΑΛΗΣ ΓΚΙΚΑΣ	1982		13:11,2	0:14:33.226 (00:01:22)	0:55:03.250 (00:40:30)	0:56:04.360 (00:01:01)	1:21:37.116 (00:25:32)
37, 34, 3	M50+	Male	152		ΝΙΚΟΛΑΟΣ ΡΙΤΣΩΝΗΣ	1950		14:32,8	0:17:17.610 (00:02:44)	0:56:29.060 (00:39:11)	0:57:56.113 (00:01:27)	1:21:48.663 (00:23:52)
38, 4, 1	F18-39	Female	147		ΛΙΑΝΑ ΧΑΣΙΩΤΗ	1986	RPT	12:08,8	0:13:14.226 (00:01:05)	0:57:23.280 (00:44:09)	0:58:14.050 (00:00:50)	1:22:25.470 (00:24:11)
39, 35, 17	M18-39	Male	126		ΚΩΣΤΑΣ ΜΙΛΤΙΑΔΗΣ	2000	ΓΣ ΣΑΛΑΜΙΝΑΣ	12:19,5	0:14:53.283 (00:02:33)	0:56:54.226 (00:42:00)	0:58:35.600 (00:01:41)	1:22:35.426 (00:23:59)
40, 5, 1	F40-49	Female	162		ΜΑΡΙΑΝΕΤΑ ΚΑΤΣΟΥΠΑ	1969		12:29,6	0:14:29.130 (00:01:59)	0:54:25.703 (00:39:56)	0:55:40.256 (00:01:14)	1:23:19.536 (00:27:39)
41, 36, 13	M40-49	Male	136		ΕΥΘΥΜΙΟΣ ΠΑΠΑΔΟΠΟΥΛΟΣ	1977		14:35,0	0:17:01.976 (00:02:27)	0:55:12.253 (00:38:10)	0:56:50.563 (00:01:38)	1:23:30.813 (00:26:40)
42, 37, 14	M40-49	Male	133		ΧΡΗΣΤΟΣ ΠΑΛΑΣΚΑΣ	1969	FREE RUNNERS	15:55,2	0:17:48.313 (00:01:53)	0:55:26.273 (00:37:37)	0:56:22.986 (00:00:56)	1:23:43.786 (00:27:20)
43, 38, 18	M18-39	Male	143		ΝΑΣΟΣ ΤΣΑΚΩΝΑΣ	1980		15:49,2	0:16:25.133 (00:00:35)	0:56:26.206 (00:40:01)	0:57:34.203 (00:01:07)	1:24:59.126 (00:27:24)
44, 6, 2	F40-49	Female	111		ΚΑΤΡΑΝΤΖΗ ΕΥΘΥΜΙΑ	1976		13:02,3	0:14:44.533 (00:01:42)	0:56:19.510 (00:41:34)	0:57:29.740 (00:01:10)	1:25:54.410 (00:28:24)
45, 39, 4	M50+	Male	108		ΔΗΜΗΤΡΗΣ ΑΚΡΙΩΤΗΣ	1958	ARHS	11:49,9	0:13:27.730 (00:01:37)	0:51:35.976 (00:38:08)	0:52:27.170 (00:00:51)	1:26:10.493 (00:33:43)
46, 40, 5	M50+	Male	139		ΝΕΚΤΑΡΙΟΣ ΣΑΜΙΩΤΗΣ	1966	NUVENTI	14:33,7	0:16:19.206 (00:01:45)	0:57:01.743 (00:40:42)	0:57:55.550 (00:00:53)	1:26:27.503 (00:28:31)
47, 41, 15	M40-49	Male	153		ΤΖΑΝΗΣ ΜΠΟΥΓΙΟΡΗΣ	1969		15:27,1	0:17:04.256 (00:01:37)	0:56:57.780 (00:39:53)	0:57:12.520 (00:00:14)	1:27:02.430 (00:29:49)
48, 7, 3	F40-49	Female	113		ΚΕΛΛΥ ΖΑΡΑΝΗ	1975	ROMASPRO TRAINING	15:33,9	0:17:14.253 (00:01:40)	0:57:22.180 (00:40:07)	0:58:25.536 (00:01:03)	1:27:08.333 (00:28:42)
49, 42, 19	M18-39	Male	104		ΓΙΜΜΙΣ ΝΙΚΟΛΑΟΥ	1981		15:35,4	0:17:03.033 (00:01:27)	1:01:06.863 (00:44:03)	1:01:30.466 (00:00:23)	1:28:18.280 (00:26:47)
50, 8, 4	F40-49	Female	117		ΜΑΙΡΗ ΚΑΝΑΚΗ	1975	TSIMOURAS FULL ON TRAINING	17:14,8	0:19:13.270 (00:01:58)	1:04:30.040 (00:45:16)	1:05:23.980 (00:00:53)	1:29:28.100 (00:24:04)
51, 43, 16	M40-49	Male	145		ΒΑΓΓΕΛΗΣ ΧΑΡΑΛΑΜΑΚΗΣ	1971	MERENDA TEAM	14:20,7	0:16:15.506 (00:01:54)	0:58:18.470 (00:42:02)	0:59:49.476 (00:01:31)	1:29:28.960 (00:29:39)
52, 44, 17	M40-49	Male	146		ΔΗΜΗΤΡΗΣ ΧΑΡΑΛΑΜΠΑΚΗΣ	1976	MERENDA TEAM	14:53,8	0:17:11.343 (00:02:17)	0:58:20.346 (00:41:09)	1:00:10.816 (00:01:50)	1:29:28.990 (00:29:18)
53, 45, 20	M18-39	Male	120		ΓΙΩΡΓΟΣ ΚΛΑΔΑΚΗΣ	1986		13:38,6	0:16:28.006 (00:02:49)	1:04:35.353 (00:48:07)	1:05:27.163 (00:00:51)	1:31:58.753 (00:26:31)
54, 9, 2	F18-39	Female	115		ΦΩΤΕΙΝΗ ΘΕΟΔΩΡΟΥ	1980		12:52,2	0:15:18.036 (00:02:25)	1:00:37.710 (00:45:19)	1:01:42.320 (00:01:04)	1:32:37.443 (00:30:55)
55, 10, 3	F18-39	Female	122		ΧΡΙΣΤΙΝΑ ΛΕΜΠΕΣΗ	1982	ΑΝΕΞΑΡΤΗΤΗ	15:44,3	0:17:21.666 (00:01:37)	1:00:16.540 (00:42:54)	1:01:48.126 (00:01:31)	1:33:12.126 (00:31:24)
56, 46, 18	M40-49	Male	141		ΔΗΜΗΤΡΗΣ ΤΖΑΛΙΓΟΠΟΥΛΟΣ	1973	IRONUTS	15:51,6	0:18:54.570 (00:03:02)	1:04:36.760 (00:45:42)	1:06:18.243 (00:01:41)	1:36:26.270 (00:30:08)
57, 47, 6	M50+	Male	131		ΜΑΤΘΑΙΟΣ ΜΠΟΥΡΓΙΩΤΗΣ	1968	IRONAUTS	13:59,0	0:18:22.050 (00:04:23)	1:01:11.286 (00:42:49)	1:02:04.943 (00:00:53)	1:38:37.363 (00:36:32)
58, 48, 7	M50+	Male	112		ΚΩΝΣΤΑΝΤΙΝΟΣ ΕΥΘΥΜΙΟΥ	1952		20:17,7	0:22:29.786 (00:02:12)	1:10:34.856 (00:48:05)	1:12:13.130 (00:01:38)	1:45:38.540 (00:33:25)
59, 49, 21	M18-39	Male	110		ΧΡΗΣΤΟΣ ΕΛΕΥΘΕΡΙΟΥ	1989		15:23,9	0:20:12.253 (00:04:48)	1:09:36.820 (00:49:24)	1:10:43.783 (00:01:06)	1:47:02.256 (00:36:18)
60, 11, 4	F18-39	Female	103		ΚΟΝΣΤΑΝΤΙΝΑ ΝΑΝΝΟΥ	1985		19:14,9	0:21:20.126 (00:02:05)	1:22:45.460 (01:01:25)	1:23:28.733 (00:00:43)	1:59:03.470 (00:35:34)