

**Αποτελέσματα 1ου Παράκτιου δρόμου 10km Ηγουμενίτσας 23-10**

| <b>Rank</b> | <b>Bib</b> | <b>Όνοματεπώνυμο</b>    | <b>Χρόνος<br/>τερματισμού<br/>(h:min:s)</b> | <b>Καθαρός<br/>χρόνος<br/>(h:min:s)</b> | <b>Έτος γεν.</b> | <b>Φύλο</b> | <b>Κατ<br/>/φύλου</b> | <b>Ηλικ. κατ.</b> | <b>Κατ/ηλ.<br/>κατ</b> |
|-------------|------------|-------------------------|---|---|------------------|-------------|-----------------------|-------------------|------------------------|
| 1           | 2299       | ΣΤΕΡΓΙΟΥ ΑΝΔΡΕΑΣ        | 0:37:32,13                                  | 0:37:32,12                              | 1989             | m           | 1                     | MALE 18-30        | 1                      |
| 2           | 2300       | ΑΥΓΗΤΑΣ ΔΗΜΗΤΡΗΣ        | 0:37:33,39                                  | 0:37:31,98                              | 1978             | m           | 2                     | MALE 31-40        | 1                      |
| 3           | 767        | ΤΣΙΡΩΝΗΣ ΒΑΣΙΛΗΣ        | 0:37:39,32                                  | 0:37:38,03                              |                  | m           | 3                     |                   | 1                      |
| 4           | 627        | ΠΕΤΣΗΣ ΓΕΩΡΓΙΟΣ         | 0:38:11,35                                  | 0:38:11,28                              | 1992             | m           | 4                     | MALE 18-30        | 2                      |
| 5           | 620        | ΠΑΛΙΑΜΠΕΣ ΝΙΚΟΛΑΟΣ      | 0:38:44,60                                  | 0:38:39,62                              | 1973             | m           | 5                     | MALE 41+          | 1                      |
| 6           | 578        | ΒΑΓΓΕΛΗΣ ΒΑΣΙΛΕΙΟΣ      | 0:39:00,95                                  | 0:38:59,48                              | 1964             | m           | 6                     | MALE 41+          | 2                      |
| 7           | 763        | ΚΟΥΡΟΥΤΑΣ ΣΠΥΡΟΣ        | 0:39:06,02                                  | 0:39:01,84                              | 1984             | m           | 7                     | MALE 31-40        | 2                      |
| 8           | 605        | ΛΟΥΚΑΣ ΕΥΑΓΓΕΛΟΣ        | 0:39:08,66                                  | 0:39:04,87                              | 1988             | m           | 8                     | MALE 18-30        | 3                      |
| 9           | 501        | GOBEL SYLVAIN           | 0:39:12,13                                  | 0:39:07,07                              | 1968             | m           | 9                     | MALE 41+          | 3                      |
| 10          | 538        | ΜΠΑΤΣΟΥΛΗΣ ΑΠΟΣΤΟΛΗΣ    | 0:40:07,99                                  | 0:40:03,01                              | 1982             | m           | 10                    | MALE 31-40        | 3                      |
| 11          | 525        | ΚΟΚΙΟΠΟΥΛΟΣ ΠΑΝΤΕΛΕΗΜΩΝ | 0:40:37,97                                  | 0:40:32,32                              | 1983             | m           | 11                    | MALE 31-40        | 4                      |
| 12          | 549        | ΠΑΝΟΥ ΔΗΜΗΤΡΗΣ          | 0:40:43,05                                  | 0:40:41,30                              | 1976             | m           | 12                    | MALE 31-40        | 5                      |
| 13          | 526        | ΚΟΥΤΣΙΜΑΝΗΣ ΑΘΑΝΑΣΙΟΣ   | 0:40:49,73                                  | 0:40:47,98                              | 1973             | m           | 13                    | MALE 41+          | 4                      |
| 14          | 518        | ΘΕΡΙΑΝΟΣ ΓΕΡΑΣΙΜΟΣ      | 0:41:53,23                                  | 0:41:49,35                              | 1982             | m           | 14                    | MALE 31-40        | 6                      |
| 15          | 503        | ΑΝΑΣΤΑΣΟΠΟΥΛΟΣ ΜΙΧΑΗΛ   | 0:42:01,39                                  | 0:41:56,46                              | 1963             | m           | 15                    | MALE 41+          | 5                      |
| 16          | 504        | ΑΡΛΕΤΟΣ ΘΕΟΔΩΡΟΣ        | 0:42:01,53                                  | 0:41:53,21                              | 1969             | m           | 16                    | MALE 41+          | 6                      |
| 17          | 566        | ΣΤΥΛΙΑΝΙΔΗΣ ΝΙΚΟΛΑΟΣ    | 0:42:15,48                                  | 0:42:07,54                              | 1978             | m           | 17                    | MALE 31-40        | 7                      |
| 18          | 520        | ΙΩΑΝΝΟΥ ΙΩΑΝΝΗΣ         | 0:42:18,58                                  | 0:42:13,98                              | 1986             | m           | 18                    | MALE 18-30        | 4                      |
| 19          | 778        | ΓΕΩΡΓΙΟΥ ΑΘΑΝΑΣΙΟΣ      | 0:42:27,69                                  | 0:42:27,69                              | 1992             | m           | 19                    | MALE 18-30        | 5                      |
| 20          | 545        | ΝΙΚΟΛΑΟΥ ΑΝΤΩΝΙΟΣ       | 0:42:44,88                                  | 0:42:40,60                              | 1977             | m           | 20                    | MALE 31-40        | 8                      |
| 21          | 644        | ΧΑΜΑΛΟΓΛΟΥ ΝΙΚΟΛΑΟΣ     | 0:42:48,30                                  | 0:42:39,76                              | 1970             | m           | 21                    | MALE 41+          | 7                      |
| 22          | 768        | ΧΟΥΣΙΔΗΣ ΙΕΡΕΜΙΑΣ       | 0:43:24,84                                  | 0:43:20,16                              | 1991             | m           | 22                    | MALE 18-30        | 6                      |
| 23          | 665        | ΦΟΥΚΑΣ ΕΛΕΥΘΕΡΙΟΣ       | 0:44:00,90                                  | 0:43:49,97                              | 1977             | m           | 23                    | MALE 31-40        | 9                      |
| 24          | 639        | ΤΣΑΛΟΚΩΣΤΑ ΔΗΜΗΤΡΑ      | 0:44:06,71                                  | 0:44:02,38                              | 1976             | f           | 1                     | FEMALE 31-40      | 1                      |
| 25          | 570        | ΤΣΕΝΤΣΕΡΗΣ ΜΙΧΑΗΛΗΣ     | 0:44:15,89                                  | 0:44:09,53                              | 1977             | m           | 24                    | MALE 31-40        | 10                     |
| 26          | 537        | ΜΠΑΣΙΟΣ ΔΗΜΗΤΡΗΣ        | 0:44:16,68                                  | 0:44:12,66                              | 1979             | m           | 25                    | MALE 31-40        | 11                     |
| 27          | 587        | ΔΡΟΥΔΑΚΗΣ ΙΩΑΝΝΗΣ       | 0:44:26,80                                  | 0:44:20,53                              | 1953             | m           | 26                    | MALE 41+          | 8                      |
| 28          | 609        | ΜΠΑΡΛΗΣ ΛΕΩΝΙΔΑΣ        | 0:44:28,00                                  | 0:44:21,22                              | 1971             | m           | 27                    | MALE 41+          | 9                      |
| 29          | 604        | ΛΙΑΠΗΣ ΒΑΣΙΛΕΙΟΣ        | 0:44:37,87                                  | 0:44:32,73                              | 1956             | m           | 28                    | MALE 41+          | 10                     |
| 30          | 613        | ΜΠΟΥΖΗΣ ΣΠΥΡΙΔΩΝ        | 0:44:46,87                                  | 0:44:37,21                              | 1968             | m           | 29                    | MALE 41+          | 11                     |

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|----|-----|---------------------------|------------|------------|------|---|----|--------------|----|
| 31 | 611 | ΜΠΙΣΚΟΣ ΘΕΟΔΩΡΟΣ          | 0:45:28,63 | 0:45:21,92 | 1972 | m | 30 | MALE 41+     | 12 |
| 32 | 506 | ΒΡΥΣΗΣ ΙΩΑΝΝΗΣ            | 0:45:29,96 | 0:45:22,54 | 1976 | m | 31 | MALE 31-40   | 12 |
| 33 | 664 | ΔΟΥΜΑΣ ΙΩΑΝΝΗΣ            | 0:45:32,24 | 0:45:15,76 | 1981 | m | 32 | MALE 31-40   | 13 |
| 34 | 505 | ΒΕΝΕΤΗΣ ΚΩΝΣΤΑΝΤΙΝΟΣ      | 0:45:41,42 | 0:45:36,66 | 1973 | m | 33 | MALE 41+     | 13 |
| 35 | 572 | ΥΨΗΛΑΝΤΗΣ ΝΙΚΟΛΑΟΣ        | 0:46:04,28 | 0:45:58,83 | 1980 | m | 34 | MALE 31-40   | 14 |
| 36 | 507 | ΓΕΩΡΓΙΟΥ ΓΕΩΡΓΙΟΣ         | 0:46:26,98 | 0:46:17,12 | 1986 | m | 35 | MALE 18-30   | 7  |
| 37 | 561 | ΣΟΥΡΛΑΣ ΧΑΡΑΛΑΜΠΟΣ        | 0:46:35,52 | 0:46:26,62 | 1977 | m | 36 | MALE 31-40   | 15 |
| 38 | 655 | ΜΑΝΙΚΗΣ ΔΗΜΗΤΡΙΟΣ         | 0:46:35,60 | 0:46:30,62 | 1970 | m | 37 | MALE 41+     | 14 |
| 39 | 666 | ΣΑΒΑΝΗΣ ΓΙΑΝΝΗΣ           | 0:46:41,78 | 0:46:37,49 | 1994 | m | 38 | MALE 18-30   | 8  |
| 40 | 626 | ΠΑΤΡΙΚΙΟΣ ΙΩΑΝΝΗΣ         | 0:46:46,72 | 0:46:38,60 | 1979 | m | 39 | MALE 31-40   | 16 |
| 41 | 762 | ΧΑΤΖΗΜΕΛΕΤΙΟΥ ΜΙΧΑΗΛ      | 0:46:56,66 | 0:46:50,81 | 1990 | m | 40 | MALE 18-30   | 9  |
| 42 | 668 | ΤΣΑΡΚΟΒΙΤΣΑΣ ΧΡΗΣΤΟΣ      | 0:47:20,25 | 0:47:12,01 | 1975 | m | 41 | MALE 41+     | 1  |
| 43 | 551 | ΠΑΠΑΔΟΠΟΥΛΟΥ ΒΑΣΙΛΙΚΗ     | 0:47:20,44 | 0:47:14,12 | 1983 | f | 2  | FEMALE 31-40 | 2  |
| 44 | 534 | ΜΑΡΚΟΣ ΙΩΑΝΝΗΣ            | 0:47:21,18 | 0:47:14,54 | 1966 | m | 42 | MALE 41+     | 15 |
| 45 | 624 | ΠΑΠΑΡΟΥΝΑΣ ΚΩΝΣΤΑΝΤΙΝΟΣ   | 0:47:32,24 | 0:47:18,59 | 1983 | m | 43 | MALE 31-40   | 17 |
| 46 | 535 | ΜΙΧΑΛΟΠΟΥΛΟΣ ΒΑΓΓΕΛΗΣ     | 0:47:34,68 | 0:47:26,06 |      | m | 44 |              | 2  |
| 47 | 562 | ΣΠΑΤΟΥΛΑΣ ΣΠΥΡΟΣ          | 0:47:35,26 | 0:47:26,37 | 1984 | m | 45 | MALE 31-40   | 18 |
| 48 | 519 | ΙΩΑΝΝΙΔΗΣ ΣΤΑΥΡΟΣ         | 0:47:45,72 | 0:47:40,40 | 1969 | m | 46 | MALE 41+     | 16 |
| 49 | 547 | ΝΤΙΝΑΛΕΞΗΣ ΚΩΝΣΤΑΝΤΙΝΟΣ   | 0:47:55,52 | 0:47:48,08 | 1975 | m | 47 | MALE 41+     | 17 |
| 50 | 667 | ΝΤΟΥΤΣΗ ΛΑΜΠΡΙΝΗ          | 0:48:30,68 | 0:48:28,49 | 1988 | f | 3  | FEMALE 18-30 | 1  |
| 51 | 669 | ΤΖΟΒΑΡΑ ΝΙΚΟΛΕΤΑ          | 0:48:40,01 | 0:48:37,83 | 1984 | f | 4  | FEMALE 31-40 | 3  |
| 52 | 528 | ΛΑΒΑΣΑΣ ΚΥΡΙΑΚΟΣ          | 0:48:40,74 | 0:48:35,99 | 1977 | m | 48 | MALE 31-40   | 19 |
| 53 | 574 | ΧΡΗΣΤΟΥ ΧΡΗΣΤΟΣ           | 0:48:49,21 | 0:48:43,69 | 1967 | m | 49 | MALE 41+     | 18 |
| 54 | 592 | ΘΕΡΜΟΣ ΝΙΚΟΣ              | 0:48:57,44 | 0:48:51,17 | 1974 | m | 50 | MALE 41+     | 19 |
| 55 | 658 | ΜΠΛΙΩΝΑΣ ΒΑΣΙΛΕΙΟΣ        | 0:49:06,12 | 0:48:47,56 | 1983 | m | 51 | MALE 31-40   | 20 |
| 56 | 657 | ΔΡΟΣΟΣ ΣΤΑΜΑΤΙΟΣ-ΕΥΘΥΜΙΟΣ | 0:49:06,78 | 0:48:46,31 | 1973 | m | 52 | MALE 41+     | 20 |
| 57 | 523 | ΚΑΡΠΟΥΖΗΣ ΙΩΑΝΝΗΣ         | 0:49:10,71 | 0:49:05,26 | 1975 | m | 53 | MALE 41+     | 21 |
| 58 | 536 | ΜΟΥΣΕΛΙΝΗΣ ΔΗΜΗΤΡΙΟΣ      | 0:49:11,12 | 0:49:00,85 | 1996 | m | 54 | MALE 18-30   | 10 |
| 59 | 509 | ΓΟΓΟΛΟΣ ΑΘΑΝΑΣΙΟΣ         | 0:49:19,11 | 0:49:07,70 | 1976 | m | 55 | MALE 31-40   | 21 |
| 60 | 641 | ΤΣΟΥΜΑΝΗΣ ΧΡΙΣΤΟΔΟΥΛΟΣ    | 0:49:31,03 | 0:49:19,44 | 1971 | m | 56 | MALE 41+     | 22 |
| 61 | 564 | ΣΤΟΛΗΣ ΔΗΜΗΤΡΗΣ           | 0:49:45,67 | 0:49:38,35 | 1995 | m | 57 | MALE 18-30   | 11 |
| 62 | 638 | ΤΖΑΦΟΣ ΣΠΥΡΟΣ             | 0:49:54,88 | 0:49:48,02 | 1987 | m | 58 | MALE 18-30   | 12 |
| 63 | 510 | ΓΡΑΜΜΕΝΟΣ ΙΩΑΝΝΗΣ         | 0:50:00,86 | 0:49:52,54 | 1973 | m | 59 | MALE 41+     | 23 |

|    |     |                          |            |            |      |   |    |              |    |
|----|-----|--------------------------|------------|------------|------|---|----|--------------|----|
| 64 | 617 | ΝΙΚΟΛΑΟΥ ΧΡΗΣΤΟΣ         | 0:50:15,31 | 0:50:05,23 | 1978 | m | 60 | MALE 31-40   | 22 |
| 65 | 625 | ΠΑΠΠΑΣ ΚΩΝΣΤΑΝΤΙΝΟΣ      | 0:50:22,23 | 0:50:11,38 | 1968 | m | 61 | MALE 41+     | 24 |
| 66 | 527 | ΚΡΟΜΜΥΔΑΣ ΠΑΝΑΓΙΩΤΗΣ     | 0:50:42,94 | 0:50:32,98 | 1977 | m | 62 | MALE 31-40   | 23 |
| 67 | 607 | ΜΗΝΤΗΣ ΠΑΥΛΟΣ            | 0:50:58,33 | 0:50:46,42 | 1980 | m | 63 | MALE 31-40   | 24 |
| 68 | 576 | ΧΡΥΣΙΚΟΠΟΥΛΟΣ ΣΤΕΦΑΝΟΣ   | 0:50:58,53 | 0:50:50,00 | 1999 | m | 64 |              | 3  |
| 69 | 623 | ΠΑΠΑΙΩΑΝΝΟΥ ΑΛΙΚΗ        | 0:51:16,59 | 0:51:09,95 | 1990 | f | 5  | FEMALE 18-30 | 2  |
| 70 | 540 | ΜΠΙΛΙΟΥΣΗΣ ΣΩΤΗΡΗΣ       | 0:51:37,93 | 0:51:29,79 | 1976 | m | 65 | MALE 31-40   | 25 |
| 71 | 543 | ΜΩΚΟΣ ΠΑΝΑΓΙΩΤΗΣ         | 0:51:48,81 | 0:51:36,41 | 1971 | m | 66 | MALE 41+     | 25 |
| 72 | 541 | ΜΠΟΛΩΤΣΗΣ ΚΩΝΣΤΑΝΤΙΝΟΣ   | 0:51:49,66 | 0:51:37,15 | 1970 | m | 67 | MALE 41+     | 26 |
| 73 | 601 | ΚΩΣΤΟΥΛΑΣ ΙΩΑΝΝΗΣ        | 0:52:18,78 | 0:52:09,00 | 1964 | m | 68 | MALE 41+     | 27 |
| 74 | 608 | ΜΟΥΣΤΑΚΛΗΣ ΜΑΡΙΟΣ        | 0:52:32,71 | 0:52:22,82 | 1976 | m | 69 | MALE 31-40   | 26 |
| 75 | 584 | ΓΙΑΝΝΙΚΟΣ ΓΕΩΡΓΙΟΣ       | 0:52:32,93 | 0:52:27,22 | 1952 | m | 70 | MALE 41+     | 28 |
| 76 | 622 | ΠΑΝΤΟΥΛΗΣ ΕΛΕΥΘΕΡΙΟΣ     | 0:52:55,05 | 0:52:47,71 | 1963 | m | 71 | MALE 41+     | 29 |
| 77 | 654 | ΜΑΝΩΛΗΣ ΚΩΝ/ΝΟΣ          | 0:53:03,75 | 0:52:48,83 | 1970 | m | 72 | MALE 41+     | 30 |
| 78 | 588 | ΕΥΣΤΡΑΤΙΟΥ ΜΙΧΑΗΛ        | 0:53:07,57 | 0:53:02,33 | 1964 | m | 73 | MALE 41+     | 31 |
| 79 | 532 | ΜΑΚΡΗΣ ΣΠΥΡΙΔΩΝ          | 0:53:08,05 | 0:53:01,69 | 1972 | m | 74 | MALE 41+     | 32 |
| 80 | 610 | ΜΠΑΡΜΠΑΣ ΗΛΙΑΣ           | 0:53:29,19 | 0:53:19,69 | 1970 | m | 75 | MALE 41+     | 33 |
| 81 | 643 | ΦΡΑΤΖΕΛΑΣ ΘΕΟΔΩΡΟΣ       | 0:53:29,23 | 0:53:20,33 | 1967 | m | 76 | MALE 41+     | 34 |
| 82 | 769 | ΥΦΑΝΤΗΣ ΑΡΗΣ             | 0:53:30,26 | 0:53:14,34 | 1964 | m | 77 | MALE 41+     | 35 |
| 83 | 629 | ΣΑΡΡΑΣ ΔΟΝΑΤΟΣ           | 0:53:39,58 | 0:53:26,49 | 1988 | m | 78 | MALE 18-30   | 13 |
| 84 | 577 | SANCHEZ CARILLA BERNARDO | 0:53:40,20 | 0:53:24,49 | 1971 | m | 79 | MALE 41+     | 36 |
| 85 | 554 | ΡΙΖΑΚΗΣ ΕΥΑΓΓΕΛΟΣ        | 0:53:44,28 | 0:53:33,21 | 1971 | m | 80 | MALE 41+     | 37 |
| 86 | 599 | ΚΟΛΛΙΑΣ ΧΡΗΣΤΟΣ          | 0:53:52,89 | 0:53:45,25 | 1969 | m | 81 | MALE 41+     | 38 |
| 87 | 515 | ΔΡΑΚΟΣ ΝΙΚΟΛΑΟΣ          | 0:53:53,27 | 0:53:42,34 | 1998 | m | 82 | MALE 18-30   | 14 |
| 88 | 774 | ΖΟΡΜΠΑΣ ΠΑΝΑΓΙΩΤΗΣ       | 0:54:15,68 | 0:53:58,89 | 1969 | m | 83 | MALE 41+     | 39 |
| 89 | 553 | ΠΑΠΑΣΠΥΡΟΣ ΣΠΥΡΙΔΩΝ      | 0:54:34,22 | 0:54:27,89 | 1971 | m | 84 | MALE 41+     | 40 |
| 90 | 586 | ΔΑΚΟΥΚΗΣ ΗΛΙΑΣ           | 0:54:48,07 | 0:54:35,56 | 1979 | m | 85 | MALE 31-40   | 27 |
| 91 | 502 | ΑΓΓΕΛΗ ΑΡΕΤΗ             | 0:54:55,05 | 0:54:48,78 | 1970 | f | 6  | FEMALE 41+   | 1  |
| 92 | 777 | ΠΑΠΑΝΙΚΟΛΑΟΥ ΣΠΥΡΟΣ      | 0:55:05,96 | 0:54:49,48 | 1969 | m | 86 | MALE 41+     | 41 |
| 93 | 635 | ΣΤΟΛΗ ΜΑΡΙΑ              | 0:55:27,86 | 0:55:21,41 | 1999 | f | 7  |              | 1  |
| 94 | 558 | ΣΙΩΝΙΔΗΣ ΓΕΩΡΓΙΟΣ        | 0:55:49,67 | 0:55:33,49 | 1981 | m | 87 | MALE 31-40   | 28 |
| 95 | 776 | ΓΡΙΒΑΣ ΠΑΝΑΓΙΩΤΗΣ        | 0:55:55,72 | 0:55:40,96 | 1969 | m | 88 | MALE 41+     | 42 |
| 96 | 514 | ΔΗΜΗΤΡΙΟΥ ΑΘΗΝΑ          | 0:55:59,67 | 0:55:46,27 | 1986 | f | 8  | FEMALE 18-30 | 3  |
| 97 | 780 | ΧΡΗΣΤΟΥ ΚΩΣΤΑΣ           | 0:56:07,33 | 0:55:54,70 | 1979 | m | 89 | MALE 31-40   | 29 |
| 98 | 594 | ΚΑΡΒΟΥΝΗΣ ΔΗΜΗΤΡΙΟΣ      | 0:56:20,89 | 0:56:09,82 | 1982 | m | 90 | MALE 31-40   | 30 |

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|-----|-----|-------------------------|------------|------------|------|---|-----|--------------|----|
| 99  | 533 | ΜΑΜΑΛΗΣ ΓΕΩΡΓΙΟΣ        | 0:56:26,21 | 0:56:19,43 | 1965 | m | 91  | MALE 41+     | 43 |
| 100 | 648 | ΤΖΟΒΑΡΑΣ ΝΙΚΟΛΑΟΣ       | 0:56:26,41 | 0:56:12,15 | 1980 | m | 92  | MALE 31-40   | 31 |
| 101 | 512 | ΔΕΛΗΓΙΑΝΝΙΔΗΣ ΒΑΣΙΛΕΙΟΣ | 0:56:33,73 | 0:56:26,80 | 1987 | m | 93  | MALE 18-30   | 15 |
| 102 | 573 | ΦΑΝΑΚΗΣ ΤΟΛΗΣ           | 0:56:33,87 | 0:56:27,33 | 1978 | m | 94  | MALE 31-40   | 32 |
| 103 | 555 | ΣΑΛΑΜΟΥΡΑΣ ΝΙΚΟΣ        | 0:56:39,38 | 0:56:25,06 | 1979 | m | 95  | MALE 31-40   | 33 |
| 104 | 565 | ΣΤΟΥΡΝΑΡΑ ΒΑΣΩ          | 0:56:44,11 | 0:56:36,79 | 1970 | f | 9   | FEMALE 41+   | 2  |
| 105 | 580 | ΒΙΝΟΥ ΗΡΑ               | 0:56:50,23 | 0:56:42,51 | 1967 | f | 10  | FEMALE 41+   | 3  |
| 106 | 779 | ΛΙΑΚΟΣ ΧΡΗΣΤΟΣ          | 0:57:11,29 | 0:56:57,11 | 1964 | m | 96  | MALE 41+     | 44 |
| 107 | 653 | ΠΑΠΑΝΤΩΝΗΣ ΘΕΟΔΩΣΗΣ     | 0:57:11,75 | 0:56:58,10 | 1973 | m | 97  | MALE 41+     | 45 |
| 108 | 568 | ΤΖΟΥΦΗΣ ΓΕΩΡΓΙΟΣ        | 0:57:17,09 | 0:57:07,59 |      | m | 98  |              | 4  |
| 109 | 670 | ΜΟΥΚΑΣ ΦΩΤΗΣ            | 0:57:26,99 | 0:57:15,27 | 1975 | m | 99  | MALE 41+     | 46 |
| 110 | 615 | ΜΠΟΥΡΑΖΑΝΗ ΜΑΛΑΜΑΤΕΝΙΑ  | 0:57:29,11 | 0:57:15,64 | 1995 | f | 11  | FEMALE 18-30 | 4  |
| 111 | 593 | ΚΑΝΑΤΣΟΣ ΝΙΚΟΛΑΟΣ       | 0:57:47,79 | 0:57:32,57 | 1981 | m | 100 | MALE 31-40   | 34 |
| 112 | 761 | ΜΟΥΚΑ ΣΟΦΙΑ             | 0:57:54,15 | 0:57:41,58 | 1975 | f | 12  | FEMALE 41+   | 4  |
| 113 | 646 | ΦΑΤΣΙΟΣ ΝΙΚΟΛΑΟΣ        | 0:57:54,91 | 0:57:48,64 | 1980 | m | 101 | MALE 31-40   | 35 |
| 114 | 511 | ΓΡΑΜΜΕΝΟΥ ΛΥΔΙΑ         | 0:58:23,23 | 0:58:09,87 | 1984 | f | 13  | FEMALE 31-40 | 4  |
| 115 | 583 | ΓΙΑΝΝΑΚΟΠΟΥΛΟΣ ΙΩΑΝΝΗΣ  | 0:58:26,96 | 0:58:15,38 | 1964 | m | 102 | MALE 41+     | 47 |
| 116 | 591 | ΘΕΟΔΩΡΙΔΗΣ ΔΗΜΗΤΡΙΟΣ    | 0:58:30,58 | 0:58:15,86 | 1983 | m | 103 | MALE 31-40   | 36 |
| 117 | 633 | ΣΙΝΤΟΡΗΣ ΑΘΑΝΑΣΙΟΣ      | 0:58:39,86 | 0:58:30,77 | 1988 | m | 104 | MALE 18-30   | 16 |
| 118 | 556 | ΣΑΡΡΑΣ ΑΘΑΝΑΣΙΟΣ        | 0:58:50,34 | 0:58:40,93 | 1976 | m | 105 | MALE 31-40   | 37 |
| 119 | 621 | ΠΑΝΤΟΥΛΗ ΟΛΙΒΙΑ ΟΛΙΒΙΑ  | 0:58:53,53 | 0:58:47,20 | 1990 | f | 14  | FEMALE 18-30 | 5  |
| 120 | 550 | ΠΑΝΟΥ ΠΑΝΑΓΙΩΤΗΣ        | 0:58:57,87 | 0:58:44,03 | 1973 | m | 106 | MALE 41+     | 48 |
| 121 | 636 | ΤΑΒΛΑΡΙΔΟΥ ΒΑΡΒΑΡΑ      | 0:59:10,64 | 0:58:58,25 | 1971 | m | 107 | MALE 41+     | 49 |
| 122 | 567 | ΤΖΟΥΜΑ ΑΓΓΕΛΙΚΗ         | 0:59:12,16 | 0:59:05,48 | 1974 | f | 15  | FEMALE 41+   | 5  |
| 123 | 513 | ΔΗΜΑΣ ΝΙΚΟΣ             | 0:59:19,52 | 0:59:08,18 | 1996 | m | 108 | MALE 18-30   | 17 |
| 124 | 773 | ΣΤΑΜΟΥΛΗΣ ΣΤΑΥΡΟΣ       | 0:59:28,40 | 0:59:11,32 | 1989 | m | 109 | MALE 18-30   | 18 |
| 125 | 597 | ΚΑΤΣΙΦΑΣ ΒΑΣΙΛΕΙΟΣ      | 0:59:30,87 | 0:59:21,99 | 1996 | m | 110 | MALE 18-30   | 19 |
| 126 | 544 | ΝΕΤΗΣ ΑΝΑΣΤΑΣΙΟΣ        | 0:59:31,32 | 0:59:11,99 | 1973 | m | 111 | MALE 41+     | 50 |
| 127 | 524 | ΚΑΤΣΙΜΑΝΗΣ ΗΛΙΑΣ        | 0:59:31,68 | 0:59:11,79 | 1969 | m | 112 | MALE 41+     | 51 |
| 128 | 557 | ΣΙΝΤΟΡΗΣ ΚΩΝΣΤΑΝΤΙΝΟΣ   | 0:59:37,78 | 0:59:28,98 | 1961 | m | 113 | MALE 41+     | 52 |
| 129 | 618 | ΝΙΚΟΥ ΠΕΤΡΟΣ            | 0:59:38,24 | 0:59:21,39 | 1990 | m | 114 | MALE 18-30   | 20 |
| 130 | 614 | ΜΠΟΥΝΤΡΗΣ ΦΙΛΙΠΠΟΣ      | 0:59:38,36 | 0:59:21,01 | 1976 | m | 115 | MALE 31-40   | 38 |
| 131 | 563 | ΣΤΑΥΡΟΥ ΕΥΑΓΓΕΛΟΣ       | 0:59:42,70 | 0:59:32,03 | 1967 | m | 116 | MALE 41+     | 53 |
| 132 | 649 | ΜΗΤΣΗΣ ΣΩΤΗΡΙΟΣ         | 0:59:49,22 | 0:59:39,01 | 1972 | m | 117 | MALE 41+     | 54 |
| 133 | 770 | ΓΚΟΤΣΗ ANNA             | 1:00:10,22 | 0:59:53,78 | 1970 | f | 16  | FEMALE 41+   | 6  |

|     |     |                          |            |            |      |   |     |              |    |
|-----|-----|--------------------------|------------|------------|------|---|-----|--------------|----|
| 134 | 632 | ΣΙΝΤΟΡΗΣ ΓΕΩΡΓΙΟΣ        | 1:00:11,72 | 1:00:02,44 | 1959 | m | 118 | MALE 41+     | 55 |
| 135 | 764 | ΜΗΤΟΥΛΗΣ ΓΕΩΡΓΙΟΣ        | 1:00:12,52 | 0:59:59,43 | 1980 | m | 119 | MALE 31-40   | 39 |
| 136 | 522 | ΚΑΛΙΑΜΟΥΡΗΣ ΑΠΟΣΤΟΛΟΣ    | 1:00:18,46 | 1:00:05,83 | 1988 | m | 120 | MALE 18-30   | 21 |
| 137 | 546 | ΝΤΙΜΑΣ ΣΤΕΦΑΝΟΣ          | 1:00:29,32 | 1:00:16,41 | 1986 | m | 121 | MALE 18-30   | 22 |
| 138 | 600 | ΚΥΡΓΙΑΚΟΠΟΥΛΟΣ ΔΗΜΗΤΡΙΟΣ | 1:01:17,31 | 1:01:01,71 | 1977 | m | 122 | MALE 31-40   | 40 |
| 139 | 590 | ΖΩΤΟΥ ΒΑΣΙΛΙΚΗ           | 1:01:46,18 | 1:01:27,77 | 1972 | f | 17  | FEMALE 41+   | 7  |
| 140 | 569 | ΤΣΑΛΗΣ ΗΛΙΑΣ             | 1:01:46,22 | 1:01:29,78 | 1960 | m | 123 | MALE 41+     | 56 |
| 141 | 516 | ΔΡΑΚΟΣ ΙΩΑΝΝΗΣ           | 1:02:10,68 | 1:02:00,08 | 1960 | m | 124 | MALE 41+     | 57 |
| 142 | 652 | ΚΑΤΡΗΣ ΔΗΜΗΤΡΗΣ          | 1:02:49,80 | 1:02:40,50 | 1980 | m | 125 | MALE 31-40   | 41 |
| 143 | 659 | ΤΑΣΣΗ ΒΑΣΙΛΙΚΗ           | 1:02:51,01 | 1:02:38,30 | 1993 | f | 18  | FEMALE 18-30 | 6  |
| 144 | 571 | ΤΣΟΥΝΗ ΕΥΑΓΓΕΛΙΑ         | 1:02:54,40 | 1:02:35,88 | 1975 | f | 19  | FEMALE 41+   | 8  |
| 145 | 517 | ΖΑΡΚΑΔΑΣ ΧΡΙΣΤΟΦΟΡΟΣ     | 1:02:54,56 | 1:02:36,59 | 1973 | m | 126 | MALE 41+     | 58 |
| 146 | 602 | ΛΑΜΠΡΟΥ ΧΡΗΣΤΟΣ          | 1:02:57,34 | 1:02:45,11 | 1989 | m | 127 | MALE 18-30   | 23 |
| 147 | 589 | ΖΙΑΚΚΑ ΑΓΓΕΛΙΚΗ          | 1:03:49,87 | 1:03:44,81 | 1966 | f | 20  | FEMALE 41+   | 9  |
| 148 | 612 | ΜΠΟΖΟΥΡΗΣ ΠΟΛΥΚΑΡΠΟΣ     | 1:03:50,35 | 1:03:37,07 | 1980 | m | 128 | MALE 31-40   | 42 |
| 149 | 582 | ΓΕΩΡΓΟΥΛΑΣ ΣΩΚΡΑΤΗΣ      | 1:03:50,49 | 1:03:34,51 | 1985 | m | 129 | MALE 31-40   | 43 |
| 150 | 775 | ΤΣΟΥΝΗ ΒΙΚΥ              | 1:04:49,20 | 1:04:31,94 | 1969 | f | 21  | FEMALE 41+   | 10 |
| 151 | 765 | ΧΡΙΣΤΑΚΗ ΜΑΙΡΗ           | 1:06:15,52 | 1:06:01,48 | 1972 | f | 22  | FEMALE 41+   | 11 |
| 152 | 660 | ΤΑΣΣΗΣ ΠΕΡΙΚΛΗΣ          | 1:07:01,60 | 1:06:48,69 | 1991 | m | 130 | MALE 18-30   | 24 |
| 153 | 542 | ΜΥΛΩΝΑ ΙΦΙΓΕΝΕΙΑ         | 1:07:01,67 | 1:06:55,81 | 1975 | f | 23  | FEMALE 41+   | 12 |
| 154 | 630 | ΣΕΓΤΟΥΝΗ ΕΥΑ             | 1:07:33,25 | 1:07:24,63 | 1987 | f | 24  | FEMALE 18-30 | 7  |
| 155 | 596 | ΚΑΤΣΙΟΣ ΛΑΜΠΡΟΣ          | 1:07:37,13 | 1:07:26,90 | 1954 | m | 131 | MALE 41+     | 59 |
| 156 | 651 | ΚΑΛΛΗΣ ΙΩΑΝΝΗΣ           | 1:07:37,27 | 1:07:26,67 | 1953 |   | 1   |              | 1  |
| 157 | 771 | ΤΖΗΜΑΣ ΘΩΜΑΣ             | 1:07:50,89 | 1:07:33,54 | 1969 | m | 132 | MALE 41+     | 60 |
| 158 | 606 | ΜΗΛΙΩΤΗ ΜΑΡΙΝΑ           | 1:07:52,57 | 1:07:45,53 | 1974 | f | 25  | FEMALE 41+   | 13 |
| 159 | 766 | ΜΗΡΑΣ ΙΩΑΝΝΗΣ            | 1:08:27,57 | 1:08:13,01 | 1963 | m | 133 | MALE 41+     | 61 |
| 160 | 616 | ΝΑΣΤΟΣ ΝΙΚΟΛΑΟΣ          | 1:08:28,45 | 1:08:19,76 | 1955 | m | 134 | MALE 41+     | 62 |
| 161 | 560 | ΣΚΕΥΗ ΑΝΘΟΥΛΑ            | 1:08:39,11 | 1:08:33,25 | 1956 | f | 26  | FEMALE 41+   | 14 |
| 162 | 631 | ΣΙΑΚΟΥ ΛΑΜΠΡΙΝΗ          | 1:09:38,66 | 1:09:31,62 | 1970 | f | 27  | FEMALE 41+   | 15 |
| 163 | 579 | ΒΑΣΙΛΕΙΟΥ ΣΠΥΡΟΣ         | 1:09:38,79 | 1:09:31,37 | 1963 | m | 135 | MALE 41+     | 63 |
| 164 | 645 | ΧΑΡΑΜΨΙΔΟΥ ΧΑΡΑΛΑΜΠΙΑ    | 1:09:40,17 | 1:09:32,53 | 1996 | f | 28  | FEMALE 18-30 | 8  |
| 165 | 595 | ΚΑΤΡΗ ΕΥΑΓΓΕΛΙΑ          | 1:09:49,71 | 1:09:35,01 | 1998 | f | 29  | FEMALE 18-30 | 9  |
| 166 | 581 | ΓΕΩΡΓΟΥΛΑ ΓΕΩΡΓΙΑ        | 1:09:49,77 | 1:09:35,51 | 1987 | f | 30  | FEMALE 18-30 | 10 |
| 167 | 634 | ΣΙΩΖΙΟΥ ΓΕΩΡΓΙΑ          | 1:11:11,27 | 1:11:02,27 | 1976 | f | 31  | FEMALE 31-40 | 5  |
| 168 | 628 | ΡΗΤΑ ΣΤΕΛΛΑ              | 1:11:11,93 | 1:11:02,93 | 1978 | f | 32  | FEMALE 31-40 | 6  |

|            |     |                      |            |            |      |   |     |              |    |
|------------|-----|----------------------|------------|------------|------|---|-----|--------------|----|
| <b>169</b> | 508 | ΓΙΑΝΝΑΚΟΥ ΑΡΧΟΝΤΟΥΛΑ | 1:11:17,70 | 1:11:05,49 | 1989 | f | 33  | FEMALE 18-30 | 11 |
| <b>170</b> | 539 | ΜΠΕΡΑΤΗΣ ΑΝΤΩΝΙΟΣ    | 1:11:41,70 | 1:11:35,37 | 1962 | m | 136 | MALE 41+     | 64 |
| <b>171</b> | 656 | ΜΙΓΚΟΥ ΜΑΡΙΑ         | 1:11:41,83 | 1:11:34,41 | 1969 | f | 34  | FEMALE 41+   | 16 |
| <b>172</b> | 530 | ΛΑΠΠΑ ΕΛΙΣΣΑΒΕΤ      | 1:12:34,04 | 1:12:26,10 | 1972 | f | 35  | FEMALE 41+   | 17 |
| <b>173</b> | 521 | ΚΑΖΙΑΝΗΣ ΦΩΤΙΟΣ      | 1:17:16,30 | 1:16:57,53 | 1969 | m | 137 | MALE 41+     | 65 |

## 0-2016

| Σύλλογος                           | Ρυθμός/km | Χρόνος 0-5km | Χρόνος 5-10km |
|------------------------------------|-----------|--------------|---------------|
| ΑΓΣΙ                               | 3:45      | 0:19:28,46   | 0:18:03,67    |
| ΑΓΣΙ                               | 3:45      | 0:19:27,98   | 0:18:05,41    |
|                                    | 3:45      | 0:19:28,39   | 0:18:10,94    |
| ΟΛΥΜΠΙΑΚΗ ΑΚΑΔΗΜΙΑ<br>ΗΓΟΥΜΕΝΙΤΣΑΣ | 3:49      | 0:19:28,78   | 0:18:42,57    |
| ΛΕΡΑΝΔΟ ΝΑΥΠΙΑΚΤΟΥ                 | 3:52      | 0:19:29,58   | 0:19:15,03    |
| ΟΛΥΜΠΙΑΚΗ ΑΚΑΔΗΜΙΑ<br>ΗΓΟΥΜΕΝΙΤΣΑΣ | 3:54      | 0:19:28,20   | 0:19:32,75    |
|                                    | 3:54      | 0:19:49,46   | 0:19:16,57    |
| RUNNING TEAM IOANNINA              | 3:54      | 0:19:30,66   | 0:19:38,01    |
| PREVEZA TRAIL RUNNERS              | 3:55      | 0:19:38,70   | 0:19:33,43    |
| Σ.Δ.ΠΡΕΒΕΖΑΣ                       | 4:00      | 0:20:20,92   | 0:19:47,07    |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:03      | 0:20:19,16   | 0:20:18,81    |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:04      | 0:20:11,82   | 0:20:31,24    |
| Drepanos Running team              | 4:04      | 0:20:04,24   | 0:20:45,49    |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:11      | 0:20:53,70   | 0:20:59,54    |
| GORUN ΔΡΟΜΕΙΣ ΣΟΥΛΙΟΥ              | 4:12      | 0:20:39,22   | 0:21:22,17    |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:12      | 0:20:56,50   | 0:21:05,03    |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:13      | 0:20:39,68   | 0:21:35,80    |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:13      | 0:20:27,34   | 0:21:51,25    |
| ΠΡΩΤΕΑΣ                            | 4:14      | 0:20:20,26   | 0:22:07,43    |
| ΠΡΩΤΕΑΣ                            | 4:16      | 0:20:41,98   | 0:22:02,90    |
| ΝΑΥΤΙΚΟΣ ΟΜΙΛΟΣ ΠΑΡΓΑΣ             | 4:16      | 0:21:16,32   | 0:21:31,98    |
|                                    | 4:20      | 0:21:02,09   | 0:22:22,76    |
|                                    | 4:24      | 0:21:55,34   | 0:22:05,56    |
| ΑΝΕΞΑΡΤΗΤΗ                         | 4:24      | 0:21:57,68   | 0:22:09,03    |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:25      | 0:21:56,96   | 0:22:18,93    |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:25      | 0:21:35,38   | 0:22:41,30    |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:26      | 0:21:52,94   | 0:22:33,87    |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:26      | 0:22:09,87   | 0:22:18,14    |
| Σ.Δ.ΙΩΑΝΝΙΝΩΝ                      | 4:27      | 0:22:21,12   | 0:22:16,75    |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:28      | 0:22:45,46   | 0:22:01,41    |

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| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:32 | 0:22:41,77 | 0:22:46,87 |
| Drepanos Running team              | 4:32 | 0:22:33,11 | 0:22:56,86 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:33 | 0:23:03,26 | 0:22:28,98 |
| Drepanos Running team              | 4:34 | 0:22:49,86 | 0:22:51,56 |
| ΣΚΑ ΠΑΡΑΜΥΘΙΑΣ                     | 4:36 | 0:23:05,20 | 0:22:59,08 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:38 | 0:23:14,39 | 0:23:12,60 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:39 | 0:23:07,74 | 0:23:27,78 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:39 | 0:22:38,02 | 0:23:57,58 |
|                                    | 4:40 | 0:24:41,87 | 0:21:59,91 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:40 | 0:24:24,25 | 0:22:22,47 |
|                                    | 4:41 | 0:21:04,25 | 0:25:52,41 |
|                                    | 4:44 | 0:23:06,91 | 0:24:13,34 |
| Σ.Δ.ΠΡΕΒΕΖΑΣ                       | 4:44 | 0:24:06,81 | 0:23:13,64 |
| Σ.Δ.ΠΡΕΒΕΖΑΣ                       | 4:44 | 0:24:06,68 | 0:23:14,50 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:45 | 0:23:37,13 | 0:23:55,12 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:45 | 0:24:24,53 | 0:23:10,15 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:45 | 0:24:41,80 | 0:22:53,47 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:46 | 0:23:11,58 | 0:24:34,15 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:47 | 0:24:09,43 | 0:23:46,10 |
|                                    | 4:51 | 0:24:21,34 | 0:24:09,34 |
|                                    | 4:52 | 0:24:17,46 | 0:24:22,55 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:52 | 0:24:14,53 | 0:24:26,22 |
| ΟΛΥΜΠΙΑΚΗ ΑΚΑΔΗΜΙΑ<br>ΗΓΟΥΜΕΝΙΤΣΑΣ | 4:52 | 0:23:57,70 | 0:24:51,51 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:53 | 0:24:47,74 | 0:24:09,70 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:54 | 0:24:53,68 | 0:24:12,45 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:54 | 0:24:53,47 | 0:24:13,31 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:55 | 0:23:56,58 | 0:25:14,13 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:55 | 0:24:57,61 | 0:24:13,52 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:55 | 0:25:17,63 | 0:24:01,48 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:57 | 0:25:25,05 | 0:24:05,99 |
| ΑΝΕΞΑΡΤΗΤΟΣ                        | 4:58 | 0:24:09,10 | 0:25:36,57 |
| ΟΛΥΜΠΙΑΚΗ ΑΚΑΔΗΜΙΑ<br>ΗΓΟΥΜΕΝΙΤΣΑΣ | 4:59 | 0:26:00,17 | 0:23:54,72 |
| MUSCLEMANIA RUNNING<br>TEAM        | 5:00 | 0:24:43,96 | 0:25:16,91 |



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|--|------|------------|------------|
| Πολιτιστικός σύλλογος Ραγίου<br>Άγιος Κοσμάς | 5:01 | 0:24:19,28 | 0:25:56,03 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:02 | 0:24:47,09 | 0:25:35,15 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:04 | 0:25:48,39 | 0:24:54,56 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:05 | 0:24:21,63 | 0:26:36,71 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:05 | 0:25:17,51 | 0:25:41,03 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:07 | 0:26:00,03 | 0:25:16,56 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:09 | 0:25:29,00 | 0:26:08,93 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:10 | 0:26:20,74 | 0:25:28,07 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:10 | 0:25:09,29 | 0:26:40,37 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:13 | 0:24:59,71 | 0:27:19,07 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:15 | 0:26:29,41 | 0:26:03,30 |
| Σ.Δ.ΙΩΑΝΝΙΝΩΝ                                | 5:15 | 0:26:04,80 | 0:26:28,13 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:17 | 0:29:19,87 | 0:23:35,18 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:18 | 0:27:15,20 | 0:25:48,55 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:18 | 0:25:24,13 | 0:27:43,45 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:18 | 0:25:46,85 | 0:27:21,21 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:20 | 0:26:38,01 | 0:26:51,19 |
| Σ.Κ.Α. ΠΑΡΑΜΥΘΙΑΣ                            | 5:20 | 0:26:27,51 | 0:27:01,73 |
|  | 5:21 | 0:26:28,31 | 0:27:01,96 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:21 | 0:26:17,99 | 0:27:21,60 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:22 | 0:28:24,37 | 0:25:15,83 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:22 | 0:25:58,68 | 0:27:45,60 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:23 | 0:26:22,89 | 0:27:30,01 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:23 | 0:26:02,51 | 0:27:50,77 |
|  | 5:25 | 0:27:50,49 | 0:26:25,19 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:27 | 0:25:46,77 | 0:28:47,46 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:28 | 0:27:35,17 | 0:27:12,90 |
| ΑΝΕΞΑΡΤΗΤΗ                                   | 5:29 | 0:26:49,67 | 0:28:05,39 |
|  | 5:30 | 0:27:49,38 | 0:27:16,58 |
| ΑΝΕΞΑΡΤΗΤΗ                                   | 5:32 | 0:26:44,19 | 0:28:43,68 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:34 | 0:27:44,25 | 0:28:05,43 |
|  | 5:35 | 0:27:27,94 | 0:28:27,78 |
| ΑΝΕΞΑΡΤΗΤΗ                                   | 5:35 | 0:27:42,75 | 0:28:16,92 |
|  | 5:36 | 0:27:52,43 | 0:28:14,90 |
| ΑΝΕΞΑΡΤΗΤΟΣ                                  | 5:38 | 0:29:15,02 | 0:27:05,87 |

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|-----------------------|------|------------|------------|
| Σ.Δ.ΙΩΑΝΝΙΝΩΝ         | 5:38 | 0:27:28,99 | 0:28:57,23 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:38 | 0:29:13,63 | 0:27:12,79 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:39 | 0:28:40,59 | 0:27:53,15 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:39 | 0:28:40,51 | 0:27:53,36 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:39 | 0:27:59,15 | 0:28:40,24 |
| ΑΝΕΞΑΡΤΗΤΗ            | 5:40 | 0:27:40,78 | 0:29:03,33 |
| ΑΝΕΞΑΡΤΗΤΗ            | 5:41 | 0:29:04,27 | 0:27:45,96 |
|                       | 5:43 | 0:28:58,06 | 0:28:13,23 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:43 | 0:28:58,14 | 0:28:13,62 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:43 | 0:28:25,41 | 0:28:51,68 |
|                       | 5:44 | 0:29:45,07 | 0:27:41,93 |
| ΑΝΕΞΑΡΤΗΤΗ            | 5:44 | 0:28:54,67 | 0:28:34,45 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:46 | 0:28:03,75 | 0:29:44,05 |
|                       | 5:47 | 0:29:45,11 | 0:28:09,04 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:47 | 0:27:05,21 | 0:30:49,71 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:50 | 0:29:12,72 | 0:29:10,51 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:50 | 0:29:24,57 | 0:29:02,40 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:51 | 0:29:37,14 | 0:28:53,44 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:51 | 0:30:03,79 | 0:28:36,07 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:53 | 0:28:23,21 | 0:30:27,13 |
| ΑΝΕΞΑΡΤΗΤΗ            | 5:53 | 0:29:20,25 | 0:29:33,28 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:53 | 0:28:52,85 | 0:30:05,03 |
| ΑΝΕΞΑΡΤΗΤΗ            | 5:55 | 0:30:05,73 | 0:29:04,91 |
| ΑΝΕΞΑΡΤΗΤΗ            | 5:55 | 0:29:10,24 | 0:30:01,92 |
| Γ.Σ. ΠΡΩΤΕΑΣ ΗΓ/ΤΣΑΣ  | 5:55 | 0:28:16,01 | 0:31:03,51 |
|                       | 5:56 | 0:31:47,52 | 0:27:40,89 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:57 | 0:29:36,18 | 0:29:54,69 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:57 | 0:29:33,09 | 0:29:58,23 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:57 | 0:29:33,24 | 0:29:58,44 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:57 | 0:30:05,31 | 0:29:32,47 |
| Α.Σ.ΠΕ. ΕΡΜΗΣ ΗΓ/ΤΣΑΣ | 5:57 | 0:29:35,63 | 0:30:02,61 |
| Α.Σ.ΠΕ. ΕΡΜΗΣ ΗΓ/ΤΣΑΣ | 5:57 | 0:29:35,36 | 0:30:03,01 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:58 | 0:28:01,19 | 0:31:41,52 |
| ΑΝΕΞΑΡΤΗΤΟΣ           | 5:58 | 0:29:38,15 | 0:30:11,07 |
|                       | 6:01 | 0:29:12,28 | 0:30:57,95 |

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| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:01 | 0:30:08,93 | 0:30:02,79 |
|                      | 6:01 | 0:29:46,28 | 0:30:26,25 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:01 | 0:29:14,09 | 0:31:04,38 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:02 | 0:27:00,85 | 0:33:28,48 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:07 | 0:28:49,73 | 0:32:27,58 |
| ΑΝΕΞΑΡΤΗΤΗ           | 6:10 | 0:31:18,21 | 0:30:27,98 |
| Σ.Δ.ΙΩΑΝΝΙΝΩΝ        | 6:10 | 0:30:23,87 | 0:31:22,35 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:13 | 0:31:05,65 | 0:31:05,04 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:16 | 0:32:04,76 | 0:30:45,05 |
| ΑΝΕΞΑΡΤΗΤΗ           | 6:17 | 0:28:46,58 | 0:34:04,44 |
| ΑΝΕΞΑΡΤΗΤΗ           | 6:17 | 0:31:18,86 | 0:31:35,54 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:17 | 0:31:19,38 | 0:31:35,18 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:17 | 0:29:11,64 | 0:33:45,71 |
| ΑΝΕΞΑΡΤΗΤΗ           | 6:22 | 0:31:42,08 | 0:32:07,79 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:23 | 0:30:30,23 | 0:33:20,12 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:23 | 0:31:06,77 | 0:32:43,72 |
|                      | 6:28 | 0:32:03,53 | 0:32:45,67 |
|                      | 6:37 | 0:32:20,10 | 0:33:55,43 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:42 | 0:30:48,37 | 0:36:13,24 |
| ΑΝΕΞΑΡΤΗΤΗ           | 6:42 | 0:31:57,09 | 0:35:04,59 |
| ΑΝΕΞΑΡΤΗΤΗ           | 6:45 | 0:32:31,62 | 0:35:01,64 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:45 | 0:32:00,88 | 0:35:36,25 |
| ΣΚΑ ΠΑΡΑΜΥΘΙΑΣ       | 6:45 | 0:31:57,84 | 0:35:39,43 |
|                      | 6:47 | 0:33:40,62 | 0:34:10,28 |
| ΑΝΕΞΑΡΤΗΤΗ           | 6:47 | 0:33:21,24 | 0:34:31,33 |
|                      | 6:50 | 0:32:41,33 | 0:35:46,24 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:50 | 0:32:59,09 | 0:35:29,36 |
| ΑΝΕΞΑΡΤΗΤΗ           | 6:51 | 0:31:57,43 | 0:36:41,68 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:57 | 0:34:25,58 | 0:35:13,08 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:57 | 0:34:25,76 | 0:35:13,04 |
| ΑΝΕΞΑΡΤΗΤΗ           | 6:58 | 0:32:14,89 | 0:37:25,28 |
| Γ.Σ. ΠΡΩΤΕΑΣ ΗΓ/ΤΣΑΣ | 6:58 | 0:33:47,12 | 0:36:02,60 |
| ΑΝΕΞΑΡΤΗΤΟΣ          | 6:58 | 0:33:47,18 | 0:36:02,59 |
| ΑΝΕΞΑΡΤΗΤΗ           | 7:07 | 0:33:57,46 | 0:37:13,82 |
| Σ.Δ.ΙΩΑΝΝΙΝΩΝ        | 7:07 | 0:33:57,72 | 0:37:14,22 |

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| ΑΝΕΞΑΡΤΗΤΗ     | 7:07 | 0:34:05,28 | 0:37:12,42 |
| ΑΝΕΞΑΡΤΗΤΟΣ    | 7:10 | 0:34:12,06 | 0:37:29,65 |
| ΣΚΑ ΠΑΡΑΜΥΘΙΑΣ | 7:10 | 0:34:11,14 | 0:37:30,70 |
| ΑΝΕΞΑΡΤΗΤΗ     | 7:15 | 0:34:59,74 | 0:37:34,31 |
| ΑΝΕΞΑΡΤΗΤΟΣ    | 7:43 | 0:36:59,94 | 0:40:16,37 |