

# Akanthus Experience 2019

2/6/2019

1K

| RANK | BIB | ATHLET                         | TEAM/SPONSOR                                    | CAT      | TOTAL TIME   |
|------|-----|--------------------------------|-------------------------------------------------|----------|--------------|
| 1    | 63  | ANTONIS STAFYLAS               |                                                 | M1 13-18 | 00:13'56"458 |
| 2    | 46  | LEYTERIS STAFYLAS              |                                                 | M1 13-18 | 00:14'26"865 |
| 3    | 295 | ΗΛΙΑΣ ΑΔΑΜΟΠΟΥΛΟΣ              |                                                 | M1 13-18 | 00:15'17"920 |
| 4    | 275 | ΝΙΚΟΛΑΟΣ ΧΑΒΕΛΑΣ               |                                                 | M1 13-18 | 00:20'01"299 |
| 1    | 296 | ΑΝΔΡΕΑΣ ΚΩΝΣΤΑΝΤΙΝΟΥ           |                                                 | M2 19-29 | 00:14'34"778 |
| 2    | 18  | LEONIDAS INSAKOULOV            | KYRIAZOPOYLOS TEAM                              | M2 19-29 | 00:15'38"042 |
| 3    | 11  | SPYROS TSIGOS                  | KYRIAZOPOYLOS TEAM                              | M2 19-29 | 00:18'30"152 |
| 4    | 17  | STEFANOS KAFETZIS              | KYRIAZOPOYLOS TEAM                              | M2 19-29 | 00:18'58"274 |
| 5    | 4   | KONSTANTINOS ALEXIS            | protypo rafina fitness club                     | M2 19-29 | 00:21'19"785 |
| DNS  | 49  | VASILIS KARRAS                 |                                                 | M2 19-29 | 00:00'00"000 |
| 1    | 57  | LEYTERIS PANETIS               | OKEANOS                                         | M3 30-39 | 00:12'14"117 |
| 2    | 29  | SPIRIDON BELLOS                | KYRIAZOPOYLOS TEAM                              | M3 30-39 | 00:12'53"372 |
| 3    | 20  | ARTEMIS DARZENTAS              | KYRIAZOPOYLOS TEAM                              | M3 30-39 | 00:13'34"013 |
| 4    | 58  | ILIAS PANETIS                  | OKEANOS                                         | M3 30-39 | 00:13'37"753 |
| 5    | 30  | GEORGE BOBOLIS                 | KYRIAZOPOYLOS TEAM                              | M3 30-39 | 00:14'31"106 |
| 6    | 19  | PETROS VLANTIS                 | KYRIAZOPOYLOS TEAM                              | M3 30-39 | 00:15'52"131 |
| 7    | 28  | DIMITRIS CHATZILIAS            | KYRIAZOPOYLOS TEAM                              | M3 30-39 | 00:15'52"582 |
| 8    | 55  | PANAGIOTIS PANAGOPOULOS        |                                                 | M3 30-39 | 00:16'26"925 |
| 9    | 16  | PANAGIOTIS KARAMPAPIS          | KYRIAZOPOYLOS TEAM                              | M3 30-39 | 00:21'02"734 |
| 10   | 59  | SEVASTIANOS KINIGOPOULOS       |                                                 | M3 30-39 | 00:21'09"363 |
| 11   | 14  | PAULOS SOUTAS                  | KYRIAZOPOYLOS TEAM                              | M3 30-39 | 00:22'02"687 |
| 12   | 51  | CHRISTOS GAITANIS              |                                                 | M3 30-39 | 00:22'53"029 |
| 13   | 23  | NIKOLAOS DIMITRAKAKIS          | KYRIAZOPOYLOS TEAM                              | M3 30-39 | 00:23'31"883 |
| 14   | 2   | VASILIS VASILOPOULOS           |                                                 | M3 30-39 | 00:25'49"389 |
| 15   | 26  | NIKOS ZAFEIRATOS               | KYRIAZOPOYLOS TEAM                              | M3 30-39 | 00:27'31"469 |
| 16   | 41  | CHRISTOS FTOLIS                | Torque elite workout                            | M3 30-39 | 00:27'38"349 |
| 17   | 9   | LAERTIS METSIS                 | SWIMMINGCLUB                                    | M3 30-39 | 00:33'46"610 |
| DNS  | 24  | ANDREAS KRAVVARITIS            | KYRIAZOPOYLOS TEAM                              | M3 30-39 | 00:00'00"000 |
| DNS  | 56  | CHARALAMBOS FYSEROS            | OKEANOS                                         | M3 30-39 | 00:00'00"000 |
| 1    | 7   | KONSTANTINOS HALKIDIS          |                                                 | M4 40-49 | 00:15'09"308 |
| 2    | 27  | NIFON PAPOYRTZIS               | KYRIAZOPOYLOS TEAM                              | M4 40-49 | 00:15'36"062 |
| 3    | 12  | ALEXANDROS LOLIS               | KYRIAZOPOYLOS TEAM                              | M4 40-49 | 00:15'40"492 |
| 4    | 6   | GEORGE PARZIGKAS               | panathinaikos masters swimming                  | M4 40-49 | 00:15'41"014 |
| 5    | 22  | GIORGOS FOUGIAS                |                                                 | M4 40-49 | 00:15'49"882 |
| 6    | 21  | GEORGE SERAFINGOS              |                                                 | M4 40-49 | 00:15'51"101 |
| 7    | 43  | MANOLIS PIGOUNAKIS             | OPANATHLON                                      | M4 40-49 | 00:15'53"931 |
| 8    | 37  | MICHALIS MOURTZIS              | 4M TRI CLUB                                     | M4 40-49 | 00:17'12"196 |
| 9    | 45  | YIANNIS PANAGIOTARAKOS         |                                                 | M4 40-49 | 00:18'27"072 |
| 10   | 36  | IOANNIS TSIRKAS                | ANASA TEAM STUDIO FITNESS PILATES               | M4 40-49 | 00:19'42"686 |
| 11   | 8   | XRISTOS GOYSIOS                |                                                 | M4 40-49 | 00:20'02"709 |
| 12   | 47  | VASILIS STAFYLAS               |                                                 | M4 40-49 | 00:20'24"910 |
| 13   | 122 | APOSTOLOS SGOUROUS             | swimlife                                        | M4 40-49 | 00:20'28"321 |
| 14   | 3   | MARIOS RIGAS                   |                                                 | M4 40-49 | 00:20'34"081 |
| 15   | 15  | PANAGIOTIS KITSINELIS          | KYRIAZOPOYLOS TEAM                              | M4 40-49 | 00:22'33"297 |
| 16   | 52  | CHRISTOS ZACHOS                |                                                 | M4 40-49 | 00:22'36"149 |
| 17   | 294 | ΔΗΜΗΤΡΗΣ ΚΟΥΖΟΥΠΗΣ             |                                                 | M4 40-49 | 00:23'37"471 |
| 18   | 25  | NIKOLAOS YFANTIS               | KYRIAZOPOYLOS TEAM                              | M4 40-49 | 00:26'03"064 |
| 19   | 271 | ΧΡΗΣΤΟΣ ΚΟΝΤΟΣ                 |                                                 | M4 40-49 | 00:27'08"954 |
| 20   | 39  | EYGENIOS MOSHOPOULOS           |                                                 | M4 40-49 | 00:27'52"951 |
| 21   | 10  | ARISTOTELIS NASTOS             | KYRIAZOPOYLOS TEAM                              | M4 40-49 | 00:29'51"558 |
| 22   | 35  | ANTONIO STAVRIDIS              |                                                 | M4 40-49 | 00:38'26"334 |
| DNS  | 44  | ALEXANDROS PAPADOPOULOS        |                                                 | M4 40-49 | 00:00'00"000 |
| 1    | 5   | KONSTANTINOS CHATZIDAKIS       | RACEFINDER.GR                                   | M5 50-59 | 00:16'31"147 |
| 2    | 38  | ATHANASIOS GIANNOPOULOS        | OPANATHLON                                      | M5 50-59 | 00:18'48"073 |
| 3    | 297 | ΓΙΑΝΝΗΣ ΠΑΠΑΝΙΚΟΛΑΟΣ           |                                                 | M5 50-59 | 00:19'07"883 |
| 4    | 54  | VASILEIOS BOURLAKIS            |                                                 | M5 50-59 | 00:22'25"528 |
| 5    | 34  | THEMISTOKLIS MARTEKAS          |                                                 | M5 50-59 | 00:22'51"450 |
| 6    | 62  | LEONARDOS GOULANDRIS           |                                                 | M5 50-59 | 00:24'55"737 |
| 7    | 13  | THODORIS LIANOS                | KYRIAZOPOYLOS TEAM                              | M5 50-59 | 00:25'52"002 |
| 8    | 32  | GEORGIOS KONTOKOSTAS           |                                                 | M5 50-59 | 00:27'20"167 |
| 9    | 31  | HARRIS APOSTOLOU               | SWIMMING CLUB                                   | M5 50-59 | 00:30'03"776 |
| 10   | 42  | VASILEIOS SOUSANIS             |                                                 | M5 50-59 | 00:30'05"339 |
| DNS  | 48  | ILIAS SAKKAS                   |                                                 | M5 50-59 | 00:00'00"000 |
| DNS  | 50  | KOSTAS MANTZAVINATOS           |                                                 | M5 50-59 | 00:00'00"000 |
| 1    | 60  | JOHNNY MODIANO                 | Swimming club                                   | M6 60+   | 00:23'25"800 |
| 2    | 61  | KONSTANTINOS ALEXIOU           |                                                 | M6 60+   | 00:23'29"080 |
| 1    | 79  | ATHANASIA ROUMANA              |                                                 | W1 13-18 | 00:12'58"801 |
| 2    | 86  | KONSTANTINA MAVROMMATI         |                                                 | W1 13-18 | 00:15'10"163 |
| 1    | 74  | EVELINA VARELA                 | KYRIAZOPOYLOS TEAM                              | W2 19-29 | 00:15'06"589 |
| 2    | 75  | KORINA KASSI                   | KYRIAZOPOYLOS TEAM                              | W2 19-29 | 00:16'59"396 |
| 3    | 88  | DIMITRA KALOMOIRI              | OPANATHLON                                      | W2 19-29 | 00:17'13"208 |
| 4    | 66  | ELEANNA KOFITSA                | Opanathlon                                      | W2 19-29 | 00:18'06"179 |
| 5    | 87  | CHRISTINA MEIMARIDI            | Kuriazopoulos team                              | W2 19-29 | 00:19'00"357 |
| DNS  | 72  | STELLA MAZIANI                 | KYRIAZOPOYLOS TEAM                              | W2 19-29 | 00:00'00"000 |
| DNS  | 84  | FOTEINI KARAMITSOU             | swimming club                                   | W2 19-29 | 00:00'00"000 |
| 1    | 69  | IOANNA SERVOU                  | RACER X                                         | W3 30-39 | 00:13'56"524 |
| 2    | 291 | ΕΦΗ ΠΛΑΚΟΓΙΑΝΝΗ                |                                                 | W3 30-39 | 00:19'13"424 |
| 3    | 92  | MARINA TSAHAGEA                | Ilioupoli swimming TEAM -sky women RUNNING team | W3 30-39 | 00:19'53"111 |
| 4    | 73  | VRETTOULA PLOUMIDOU            | KYRIAZOPOYLOS TEAM                              | W3 30-39 | 00:21'03"111 |
| 5    | 80  | MARIA SIDERA                   | SWIMMINGCLUB.GR                                 | W3 30-39 | 00:27'48"591 |
| 6    | 65  | ANTIGONI DIMITROULEA           | Aok                                             | W3 30-39 | 00:40'40"319 |
| DNS  | 81  | VASSILIKI PATERAKI             |                                                 | W3 30-39 | 00:00'00"000 |
| 1    | 266 | STELLA ALEXOPOULOU             |                                                 | W4 40-49 | 00:16'53"554 |
| 2    | 71  | SOFIA VOUTSINA                 | KYRIAZOPOYLOS TEAM                              | W4 40-49 | 00:21'06"703 |
| 3    | 89  | KATERINA NIKOLAIDI             | OKEANOS                                         | W4 40-49 | 00:21'08"051 |
| 4    | 85  | ANNA PAPANATHALIOU             | desfa                                           | W4 40-49 | 00:23'41"780 |
| 5    | 83  | KATERINAGAVRIELA TSALIGOPOULOU | Swimmingclub                                    | W4 40-49 | 00:28'08"550 |
| 6    | 78  | RITA OIKONOMIDU                |                                                 | W4 40-49 | 00:29'08"723 |
| 7    | 90  | STELLA KOLETTI                 | The runners project                             | W4 40-49 | 00:30'23"167 |
| 8    | 82  | EIRINI FAKINOI                 | Swimmingclub.gr                                 | W4 40-49 | 00:39'43"684 |
| 1    | 76  | DIANNE VATIS                   |                                                 | W5 50-59 | 00:22'07"266 |
| 2    | 70  | DRAGANA CEJOVIC                | Swimmingclub.gr                                 | W5 50-59 | 00:22'27"137 |
| 3    | 68  | SOFIA ANASTASIOU               | Holmesplace                                     | W5 50-59 | 00:25'38"160 |
| 4    | 91  | MARY LEVANTI                   | optichain race chains                           | W5 50-59 | 00:26'14"761 |
| 5    | 93  | HILDE VEKEMAN                  | SWIMMINGCLUB.GR                                 | W5 50-59 | 00:27'36"257 |
| 6    | 77  | VANA NIKOLAOU                  |                                                 | W5 50-59 | 00:28'19"740 |
| 7    | 67  | MARIA TSANAKA                  | ilioupolis swim team                            | W5 50-59 | 00:28'39"880 |