

Akanthus Experience 2019
2/6/2019
3K

RANK	BIB	ATHLET	TEAM/SPONSOR	CAT	TOTAL TIME	
1	292	ΓΙΩΡΓΟΣ ΜΠΙΖΙΟΣ		M1 13-18	00:48'09"442	M
1	128	NIKOS KYRIAZOPOULOS	KYRIAZOPOYLOS TEAM	M2 19-29	00:37'39"074	M
2	150	GEORGE TASSOPOULOS	ILIOUPOLI SWIM TEAM	M2 19-29	00:43'38"515	M
3	123	PANAGIOTIS KOUTSOFTIS		M2 19-29	01:06'31"745	M
DNS	132	ANTREAS KONSTANTINIDIS	KYRIAZOPOYLOS TEAM	M2 19-29	00:00'00"000	M
1	137	VASILEIOS DEMETIS	PANATHINAIKOS	M3 30-39	00:35'39"792	M
2	157	PETROS PAPAGIANNPOYLOS	OKEANOS	M3 30-39	00:46'36"875	M
3	126	LEONIDAS SAMARAS	KYRIAZOPOYLOS TEAM	M3 30-39	00:48'15"883	M
4	268	KONSTANTINOS GIAOURIS		M3 30-39	00:51'34"555	M
5	130	NASOS KOUTSOURADIS	KYRIAZOPOYLOS TEAM	M3 30-39	00:54'34"706	M
6	140	CHRISTOS PALAIOLGOS	Submarine ferrets	M3 30-39	00:55'33"134	M
7	146	VASILEIOS ROUSSAS		M3 30-39	00:58'49"377	M
8	143	EFTHYMIOS MAKARIADIS		M3 30-39	01:00'11"308	M
9	158	DIMITRIOS GKIKAS	Rambo team	M3 30-39	01:07'33"628	M
10	161	KONSTANTINOS KOYNTOTYRIOTIS	corpus crosfit	M3 30-39	01:08'43"323	M
11	162	THEODOROS ATHANASOPOULOS	spe	M3 30-39	01:14'41"338	M
12	120	GEORGE TSOUROPLIS	SwimmingClub.gr	M3 30-39	01:15'53"403	M
13	220	GIANNIS SKEVOFILAX		M3 30-39	01:18'37"414	M
14	144	EMMANOUIL TRIFILLIS	torque elite workout	M3 30-39	01:21'56"348	M
1	153	GEORGIOS NTOUNIS	Ilioupolis swim team	M4 40-49	00:43'50"120	M
2	136	GEORGE ANTONOGEORGE	KYRIAZOPOYLOS TEAM	M4 40-49	00:43'54"859	M
3	149	STEFANOS STEFANIDIS		M4 40-49	00:44'13"406	M
4	121	MICHALIS NIVOLIANITIS	no team	M4 40-49	00:44'26"719	M
5	127	GIORGOS PETROPOULOS	KYRIAZOPOYLOS TEAM	M4 40-49	00:46'16"105	M
6	229	ALEXANDROS SAKELLARIOU	SWIMMINGCLUB.Gr	M4 40-49	00:47'46"569	M
7	124	CHRISTOFOROS DIMAKIS	SWIMMINGCLUB	M4 40-49	00:52'43"661	M
8	152	DIMITRIS KOPANAS	chaidari is running	M4 40-49	00:58'33"742	M
9	273	ΑΚΗΣ ΚΡΟΥΣΤΑΛΗΣ		M4 40-49	01:00'03"841	M
10	125	DIONISIS KAKARATZIS		M4 40-49	01:03'23"621	M
11	135	IOANNIS GARDERIS	swimming club	M4 40-49	01:04'23"478	M
12	141	PETROS KOTSIKIS	SWIMMING CLUB	M4 40-49	01:06'37"873	M
13	160	GIANNIS KIRTZOGLU	RAMBO team	M4 40-49	01:07'24"247	M
14	40	STEPHANOS LAVDARAS		M4 40-49	01:07'40"683	M
15	148	EPAMEINONDAS PALMOS		M4 40-49	01:07'59"632	M
16	159	ANTONIOS ROUGGERIS	Safans .-Top cycles .- tinioi dromis	M4 40-49	01:09'56"829	M
17	138	SERGIOS GRAMMENOS		M4 40-49	01:24'17"364	M
DNS	131	KOSTAS KOTSIPOPOULOS	KYRIAZOPOYLOS TEAM	M4 40-49	00:00'00"000	M
DNS	145	MICHEL FILINIS	Swimming club ns	M4 40-49	00:00'00"000	M
1	221	KONSTANTINOS BOTOPOULOS	aps miltiades marathon	M5 50-59	00:54'38"926	M
2	155	PANAGIOTIS MARIOLIS	OKEANOS	M5 50-59	00:56'19"785	M
3	156	DIMITRIS PARGANAS	OKEANOS	M5 50-59	00:58'50"203	M
4	133	MATHAIOS BOUTGIOTIS	KYRIAZOPOYLOS TEAM	M5 50-59	01:03'24"694	M
5	267	ΧΡΗΣΤΟΣ ΚΟΠΟΜΗΛΑΣ	ΙΩΝΑΣ	M5 50-59	01:04'08"744	M
6	163	NIKOLAOS CHATZIEMMANOUIL		M5 50-59	01:07'50"031	M
DNS	134	GIORGOS AVRAAM	KYRIAZOPOYLOS TEAM	M5 50-59	00:00'00"000	M
DNS	139	JOSEPH KOLLIAS		M5 50-59	00:00'00"000	M

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1	147	IOAKEIM MARSELLOS		M6 60+	00:57'37"669	M
2	142	IOANNIS NOTARAS	nhreas geraka	M6 60+	01:02'48"212	M
3	154	IWSIF AVAGIANOS	OKEANOS	M6 60+	01:05'08"840	M
4	151	IOANNIS LAFAZANOS		M6 60+	01:06'44"006	M
5	129	XRISTOS KYRIAZOPOULOS	KYRIAZOPOYLOS TEAM	M6 60+	01:09'29"797	M
1	175	IOANNA KATRANTSIOTI		W1 13-18	00:44'00"019	W
2	164	IOANNA KALOGEROPOULOU	swimmingclubgr	W1 13-18	01:17'49"350	W
1	176	VASILIKI TASSOPOULOU	ILIOUPOLIS SWIM TEAM	W2 19-29	00:43'41"916	W
2	165	GEORGIA KALOGEROPOULOU	swimmingclubgr	W2 19-29	00:53'31"594	W
3	282	ΔΗΜΗΤΡΑ ΚΑΡΤΑΛΗ		W2 19-29	00:56'47"951	W
1	171	DANAI-ELINA MAKRIDAKI	PAO MASTERS_MPAOULA XAIDARIOU	W3 30-39	00:48'13"122	W
1	169	OLGA KORAKI		W4 40-49	00:56'20"227	W
2	173	ELENI MARSELLOU	weswim	W4 40-49	00:59'44"587	W
3	174	IRO MARKANTONAKI	pao	W4 40-49	01:00'35"765	W
4	181	MARIA MAYRAGANI	OKEANOS	W4 40-49	01:00'37"843	W
5	166	LENA BREGIANNI	KYRIAZOPOYLOS TEAM	W4 40-49	01:17'19"049	W
6	167	PINELOPI GAVRILAKI	swimming club	W4 40-49	01:17'28"327	W
DNS	177	NIKI KOTSIFA	As Palmos	W4 40-49	00:00'00"000	W
DNS	180	CHRISTINA PETRITSI	OKEANOS	W4 40-49	00:00'00"000	W
1	179	EUGENIA SCOUNTZOU	streetworkout athens	W5 50-59	00:57'42"134	W
2	182	ELENI FRAGGELAKI	OKEANOS	W5 50-59	01:01'30"053	W
3	253	MARY MANOLOPOULOU	SWIMMINGCLUB.GR	W5 50-59	01:13'41"362	W
4	178	ERIETTA PAPADOGIANNI	streetworkout athens	W5 50-59	01:15'50"610	W
5	168	AGGELIKI CHOTZOGLOU		W5 50-59	01:18'19"000	W
DNS	170	LINA STATHOPOULOU		W5 50-59	00:00'00"000	W
DNS	183	CHAROULA LENTZOU	ATP training seachange greek islands	W5 50-59	00:00'00"000	W