

Akanthus Experience 2019
2/6/2019
3K

RANK	BIB	ATHLET	TEAM/SPONSOR	CAT	TOTAL TIME
1	137	VASILEIOS DEMETIS	PANATHINAIKOS	M3 30-39	00:35'39"792
2	128	NIKOS KYRIAZOPOULOS	KYRIAZOPOYLOS TEAM	M2 19-29	00:37'39"074
3	150	GEORGE TASSOPOULOS	ILIOUPOLI SWIM TEAM	M2 19-29	00:43'38"515
4	176	VASILIKI TASSOPOULOU	ILIOUPOLIS SWIM TEAM	W2 19-29	00:43'41"916
5	153	GEORGIOS NTOUNIS	Ilioupolis swim team	M4 40-49	00:43'50"120
6	136	GEORGE ANTONOGEORGE	KYRIAZOPOYLOS TEAM	M4 40-49	00:43'54"859
7	175	IOANNA KATRANTSIOTI		W1 13-18	00:44'00"019
8	149	STEFANOS STEFANIDIS		M4 40-49	00:44'13"406
9	121	MICHALIS NIVOLIANITIS	no team	M4 40-49	00:44'26"719
10	127	GIORGOS PETROPOULOS	KYRIAZOPOYLOS TEAM	M4 40-49	00:46'16"105
11	157	PETROS PAPAGIANNOPOYLOS	OKEANOS	M3 30-39	00:46'36"875
12	229	ALEXANDROS SAKELLARIOU	SWIMMINGCLUB.Gr	M4 40-49	00:47'46"569
13	292	ΓΙΩΡΓΟΣ ΜΠΙΖΙΟΣ		M1 13-18	00:48'09"442
14	171	DANAI-ELINA MAKRIDAKI	PAO MASTERS_MPAOULA XAIDARIOU	W3 30-39	00:48'13"122
15	126	LEONIDAS SAMARAS	KYRIAZOPOYLOS TEAM	M3 30-39	00:48'15"883
16	268	KONSTANTINOS GIAOURIS		M3 30-39	00:51'34"555
17	124	CHRISTOFOROS DIMAKIS	SWIMMINGCLUB	M4 40-49	00:52'43"661
18	165	GEORGIA KALOGEROPOULOU	swimmingclubgr	W2 19-29	00:53'31"594
19	130	NASOS KOUTSOURADIS	KYRIAZOPOYLOS TEAM	M3 30-39	00:54'34"706
20	221	KONSTANTINOS BOTOPOULOS	aps miltiades marathon	M5 50-59	00:54'38"926
21	140	CHRISTOS PALAIOLGOS	Submarine ferrets	M3 30-39	00:55'33"134
22	155	PANAGIWTIS MARIOLIS	OKEANOS	M5 50-59	00:56'19"785
23	169	OLGA KORAKI		W4 40-49	00:56'20"227
24	282	ΔΗΜΗΤΡΑ ΚΑΡΤΑΛΗ		W2 19-29	00:56'47"951
25	147	IOAKEIM MARSELLOS		M6 60+	00:57'37"669
26	179	EUGENIA SCOUNTZOU	streetworkout athens	W5 50-59	00:57'42"134
27	152	DIMITRIS KOPANAS	chaidari is running	M4 40-49	00:58'33"742
28	146	VASILEIOS ROUSSAS		M3 30-39	00:58'49"377
29	156	DIMITRIS PARGANAS	OKEANOS	M5 50-59	00:58'50"203
30	173	ELENI MARSELLOU	weswim	W4 40-49	00:59'44"587
31	273	ΑΚΗΣ ΚΡΟΥΣΤΑΛΗΣ		M4 40-49	01:00'03"841
32	143	EFTHYMIOS MAKARIADIS		M3 30-39	01:00'11"308
33	174	IRO MARKANTONAKI	pao	W4 40-49	01:00'35"765
34	181	MARIA MAYRAGANI	OKEANOS	W4 40-49	01:00'37"843
35	182	ELENI FRAGGELAKI	OKEANOS	W5 50-59	01:01'30"053
36	142	IOANNIS NOTARAS	nhreas geraka	M6 60+	01:02'48"212
37	125	DIONISIS KAKARATZIS		M4 40-49	01:03'23"621
38	133	MATHAIOS BOUTGIOTIS	KYRIAZOPOYLOS TEAM	M5 50-59	01:03'24"694
39	267	ΧΡΗΣΤΟΣ ΚΟΡΟΜΗΛΑΣ	ΙΩΝΑΣ	M5 50-59	01:04'08"744
40	135	IOANNIS GARDERIS	swimming club	M4 40-49	01:04'23"478
41	154	IWSIF AVAGIANOS	OKEANOS	M6 60+	01:05'08"840
42	123	PANAGIOTIS KOUTSOFTIS		M2 19-29	01:06'31"745
43	141	PETROS KOTSIKIS	SWIMMING CLUB	M4 40-49	01:06'37"873
44	151	IOANNIS LAFAZANOS		M6 60+	01:06'44"006
45	160	GIANNIS KIRTZOGLU	RAMBO team	M4 40-49	01:07'24"247
46	158	DIMITRIOS GKIKAS	Rambo team	M3 30-39	01:07'33"628
47	40	STEPHANOS LAVDARAS		M4 40-49	01:07'40"683
48	163	NIKOLAOS CHATZIEMMANOUIL		M5 50-59	01:07'50"031
49	148	EPAMEINONDAS PALMOS		M4 40-49	01:07'59"632
50	161	KONSTANTINOS KOYNTOTYRIOTIS	corpus crosfit	M3 30-39	01:08'43"323
51	129	XRISTOS KYRIAZOPOULOS	KYRIAZOPOYLOS TEAM	M6 60+	01:09'29"797
52	159	ANTONIOS ROUGGERIS	Safans .-Top cycles .- tinioi dromis	M4 40-49	01:09'56"829
53	253	MARY MANOLOPOULOU	SWIMMINGCLUB.GR	W5 50-59	01:13'41"362
54	162	THEODOROS ATHANASOPOULOS	spe	M3 30-39	01:14'41"338
55	178	ERIETTA PAPADOGIANNI	streetworkout athens	W5 50-59	01:15'50"610

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56	120	GEORGE TSOUROPLIS	SwimmingClub.gr	M3 30-39	01:15'53"403
57	166	LENA BREGIANNI	KYRIAZOPOYLOS TEAM	W4 40-49	01:17'19"049
58	167	PINELOPI GAVRILAKI	swimming club	W4 40-49	01:17'28"327
59	164	IOANNA KALOGEROPOULOU	swimmingclubgr	W1 13-18	01:17'49"350
60	168	AGGELIKI CHOTZOGLOU		W5 50-59	01:18'19"000
61	220	GIANNIS SKEVOFILAX		M3 30-39	01:18'37"414
62	144	EMMANOUIL TRIFILLIS	torque elite workout	M3 30-39	01:21'56"348
63	138	SERGIOS GRAMMENOS		M4 40-49	01:24'17"364
DNS	131	KOSTAS KOTSIPOPOULOS	KYRIAZOPOYLOS TEAM	M4 40-49	00:00'00"000
DNS	132	ANTREAS KONSTANTINIDIS	KYRIAZOPOYLOS TEAM	M2 19-29	00:00'00"000
DNS	134	GIORGOS AVRAAM	KYRIAZOPOYLOS TEAM	M5 50-59	00:00'00"000
DNS	139	JOSEPH KOLLIAS		M5 50-59	00:00'00"000
DNS	145	MICHEL FILINIS	Swimming club ns	M4 40-49	00:00'00"000
DNS	170	LINA STATHOPOULOU		W5 50-59	00:00'00"000
DNS	177	NIKI KOTSIFA	As Palmos	W4 40-49	00:00'00"000
DNS	180	CHRISTINA PETRITSI	OKEANOS	W4 40-49	00:00'00"000
DNS	183	CHAROULA LENTZOU	ATP training seachange greek islands	W5 50-59	00:00'00"000