

**Akanthus Experience 2019**  
**2/6/2019**  
**5K**

| RANK | BIB | ATHLET                      | TEAM/SPONSOR                  | CAT      | TOTAL TIME   |   |
|------|-----|-----------------------------|-------------------------------|----------|--------------|---|
| 1    | 233 | ATHANASIOS TRIANTAFYLLOU    |                               | M2 19-29 | 01:40'53"269 | M |
| 2    | 214 | CHRISTOS TSORTANIDIS        |                               | M2 19-29 | 01:51'30"230 | M |
| DNF  | 272 | ΕΥΑΓΓΕΛΟΣ ΜΠΑΚΕΑΣ           |                               | M2 19-29 | 00:30'28"341 | M |
| 1    | 215 | GEORGE KARATHANASIS         | swimming club                 | M3 30-39 | 01:07'53"398 | M |
| 2    | 236 | STYLIANOS STRATOS           | independent                   | M3 30-39 | 01:15'21"466 | M |
| 3    | 238 | THEODOSIS LAMPROPOULOS      |                               | M3 30-39 | 01:22'07"494 | M |
| 4    | 240 | VASSILIS COSMATOS           | pureluck                      | M3 30-39 | 01:25'11"563 | M |
| 5    | 269 | ΚΩΝΣΤΑΝΤΙΝΟΣ ΠΑΝΤΟΣ         |                               | M3 30-39 | 01:31'57"540 | M |
| 6    | 217 | PANAGIOTIS NEIROS           | Swimmingclub.gr               | M3 30-39 | 01:52'01"289 | M |
| 1    | 232 | GEORGE FIRFILIONIS          | cb bikini lovers              | M4 40-49 | 01:07'53"226 | M |
| 2    | 211 | KOSTAS DAMIGOS              |                               | M4 40-49 | 01:15'16"466 | M |
| 3    | 277 | ΑΓΓΕΛΟΣ ΜΑΛΙΟΣ              |                               | M4 40-49 | 01:18'22"820 | M |
| 4    | 222 | PROKOPISAKIS PAGKRATIS      | NAOK                          | M4 40-49 | 01:23'28"659 | M |
| 5    | 237 | ALEXANDROS MERKOURIS        |                               | M4 40-49 | 01:24'26"163 | M |
| 6    | 212 | DIMITRIOS ZYGOMALAS         | SWIMMING CLUB.GR              | M4 40-49 | 01:30'32"425 | M |
| 7    | 216 | AXILLEAS POULIOS            | KYRIAZOPOYLOS TEAM            | M4 40-49 | 01:32'46"195 | M |
| 8    | 285 | ΣΤΑΥΡΟΣ ΧΡΙΣΤΟΦΥΛΛΟΠΟΥΛΟΣ   |                               | M4 40-49 | 01:35'05"923 | M |
| 9    | 241 | HERACLES MOSKOFF            |                               | M4 40-49 | 01:35'28"473 | M |
| 10   | 64  | GEORGE STAMOULIAS           | WESWIM                        | M4 40-49 | 01:38'50"107 | M |
| 11   | 231 | ALEXANDROS PANOUTSAKOPOULOS |                               | M4 40-49 | 01:54'43"849 | M |
| 12   | 227 | DIMITRIS DOUNIAS            |                               | M4 40-49 | 01:55'21"154 | M |
| 13   | 219 | STATHIS TZOUVARAS           | swimmingclub.gr - ns coaching | M4 40-49 | 02:14'33"233 | M |
| DNS  | 210 | CHRISTOS NTOURZIOTIS        | SWIMLIFE                      | M4 40-49 | 00:00'00"000 | M |
| DNS  | 225 | PANOS DDIMOU                |                               | M4 40-49 | 00:00'00"000 | M |
| DNS  | 228 | NIKOS ATHANASSIOU           | Swimmingclub                  | M4 40-49 | 00:00'00"000 | M |
| 1    | 223 | GEORGIOS KARAMOLEGKOS       |                               | M5 50-59 | 01:21'47"314 | M |
| 2    | 218 | THEODOROS KATRANTSIOTIS     | Palaimon                      | M5 50-59 | 01:22'06"441 | M |
| 3    | 213 | ARISTEIDIS KARAMPAS         | aopf                          | M5 50-59 | 01:25'41"285 | M |
| 4    | 234 | ALEXANDROS GANGADIS         |                               | M5 50-59 | 01:28'38"479 | M |
| 5    | 230 | PANOS ALEXANDROU            |                               | M5 50-59 | 01:32'06"200 | M |
| 6    | 235 | STELIOS KONSTANTINOU        | SNAILS THAT TRI               | M5 50-59 | 01:36'53"300 | M |
| 7    | 226 | ANGELO KALOGEROPOULOS       | baltiza iron - swimming club  | M5 50-59 | 01:38'40"245 | M |
| 1    | 224 | ANGELOS KOUTRAS             | MEDICAL TEEM cyclades         | M6 60+   | 01:39'00"180 | M |
| 1    | 248 | EMILY VALMA                 | NOK                           | W1 13-18 | 01:20'12"127 | W |
| 1    | 244 | ARTEMIS ZARKADOULA          |                               | W2 19-29 | 01:11'21"040 | W |
| 2    | 249 | CHRISTINA GONIDI            | KYRIAZOPOYLOS TEAM            | W2 19-29 | 01:14'37"585 | W |
| 1    | 257 | ALEX SCARLATOU              |                               | W3 30-39 | 01:28'47"786 | W |
| 2    | 247 | XRISTINA XEILA              | KYRIAZOPOYLOS TEAM            | W3 30-39 | 01:32'33"501 | W |
| 3    | 245 | IOANNA KALLIMACHOU          | rACEFINDER.GR                 | W3 30-39 | 01:35'34"164 | W |

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|     |     |                     |                      |          |               |   |
|-----|-----|---------------------|----------------------|----------|---------------|---|
| 1   | 243 | LYDIA PAPANDREOU    | OKEANOS A.O.         | W4 40-49 | 01:14'55"772  | W |
| 2   | 256 | SOFIA POLYZOU       | Ilioupolis swim team | W4 40-49 | 01:22'20"834  | W |
| 3   | 255 | AGGELIKI PAPASPYROU |                      | W4 40-49 | 01:28'57"340  | W |
| 4   | 252 | SOFIA GALIOTOU      | SWIMMING CLUB GR     | W4 40-49 | 01:45'17"793  | W |
| 5   | 254 | MARIA KITRA         | swimming club        | W4 40-49 | 01:54'44"985  | W |
|     |     |                     |                      |          |               |   |
| 1   | 242 | VASILIKI KOUVELI    | Pao                  | W5 50-59 | 01:07'09"543  | W |
| 2   | 246 | ERI MANTZOURANI     | Redstar              | W5 50-59 | 01:50'12"781  | W |
| 3   | 251 | PENELOPE OTAPASIDOU |                      | W5 50-59 | 01:54'22"099  | W |
|     |     |                     |                      |          |               |   |
| DNS | 250 | SOFIA PANOUSI       | we swim              | W6 60+   | 00:00':00"000 | W |