



Λαϊκός Αγώνας Δρόμου 5 χλμ - 2009/5 Km Road Race - 2009

Παναθηναϊκό Στάδιο/Panathinaiko Stadium

Ημερομηνία/Date: 8/11/2009

Εκκίνηση/Start Time: 9:30

Αποτελέσματα - Γενική Κατηγορία

Results - General Division

ΠΡΩΤΑΘΛΗΜΑ ΕΝΟΠΛΩΝ ΔΥΝΑΜΕΩΝ

Κατάταξη	Αριθ. Συμμετ.	Όνομα	Έτ. Γέν.	Κατηγορία	Εθνικότητα-Σύλλογος	1 Χλμ.	1 Χλμ. (καθ.)	3,3 Χλμ.	3,3 Χλμ. (καθ.)	Τερμός	Τερμός (καθ.)
Ranking	BibNo	Name	YOB	Category	Nationality-Group	1 Km	1 Km (net)	3.3 Km	3.3 Km (net)	Finish	Finish (net)
1	60017	MEROUSIS CHRISTOFOROS	1982	Men,19-29	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:03:06	0:03:06	0:10:46	0:10:46	0:15:59	0:15:59
2	60023	PAPPAS SPYRIDON	1987	Men,19-29	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:03:13	0:03:13	0:11:03	0:11:02	0:16:34	0:16:34
3	60071	GEORGALAS ALEXIOS	1980	Men,19-29	GRE-STRATOS KSIRAS	0:03:22	0:03:19	0:11:02	0:11:00	0:16:37	0:16:35
4	60027	PALLIS NIKOLAOS	1990	Men,19-29	GRE-SMYN	0:03:16	0:03:15	0:11:08	0:11:07	0:16:41	0:16:40
5	60065	APOSTOLIDIS MARIOS	1990	Men,19-29	GRE-ETHNIKI FROURA	0:03:13	0:03:13	0:11:02	0:11:02	0:16:42	0:16:42
6	60022	MPALAGIANNIS KONSTANTINOS	1987	Men,19-29	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:03:14	0:03:13	0:11:04	0:11:03	0:16:46	0:16:45
7	60070	THERISTOPOULOS EFTHIMIOS	1980	Men,19-29	GRE-STRATOS KSIRAS	0:03:22	0:03:22	0:11:35	0:11:34	0:17:15	0:17:14
8	60074	MANIOTIS DIMITRIOS	1980	Men,19-29	GRE-STRATOS KSIRAS	0:03:23	0:03:22	0:11:38	0:11:37	0:17:23	0:17:22
9	60080	MOUSTAKAS EMMANOUIL	1987	Men,19-29	GRE-STRATOS KSIRAS	0:03:31	0:03:29	0:11:50	0:11:48	0:17:39	0:17:37
10	60081	VASILAKIS KONSTANTINOS	1980	Men,19-29	GRE-STRATOS KSIRAS	0:03:22	0:03:22	0:11:47	0:11:47	0:17:46	0:17:46
11	60064	IOANNIDIS ALEXIS	1990	Men,19-29	GRE-ETHNIKI FROURA	0:03:19	0:03:19	0:11:47	0:11:47	0:17:48	0:17:48
12	60094	DIMAKI NTENIZ	1977	Women,30-34	GRE-PYROSVESTIKO SOMA	0:03:27	0:03:27	0:11:53	0:11:53	0:17:52	0:17:51
13	60067	TOFIS GEORGIOS	1991	Men,16-18	GRE-ETHNIKI FROURA	0:03:15	0:03:14	0:11:48	0:11:47	0:17:59	0:17:58
14	60043	KAPETANOS DIMITRIOS	1978	Men,30-34	GRE-GEA	0:03:34	0:03:33	0:12:01	0:11:59	0:18:00	0:17:59
15	60019	IORDANOPOULOS ELEFThERIOS	1969	Men,40-44	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:03:30	0:03:29	0:12:04	0:12:04	0:18:11	0:18:10
16	60078	SKOULARIKIS GRIGORIOS	1981	Men,19-29	GRE-STRATOS KSIRAS	0:03:29	0:03:29	0:12:06	0:12:06	0:18:22	0:18:22
17	60024	SPYLIPOULOS ALEXIS	1984	Men,19-29	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:03:39	0:03:34	0:12:23	0:12:18	0:18:26	0:18:21
18	60020	XYDAS ELEFThERIOS	1979	Men,30-34	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:03:25	0:03:23	0:12:11	0:12:09	0:18:28	0:18:27
19	60076	GAZOS DIMITRIOS	1980	Men,19-29	GRE-STRATOS KSIRAS	0:03:32	0:03:29	0:12:15	0:12:12	0:18:37	0:18:34
20	60088	KATSIAKIORI PARASKEVI	1982	Women,19-29	GRE-GEA	0:03:50	0:03:46	0:12:48	0:12:45	0:18:50	0:18:47
21	60021	LAGOS CHRISTOFOROS	1987	Men,19-29	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:03:55	0:03:49	0:12:45	0:12:39	0:18:52	0:18:46
22	60066	DIMITRIOU KONSTANTINOS	1991	Men,16-18	GRE-ETHNIKI FROURA	0:03:22	0:03:21	0:12:12	0:12:11	0:18:53	0:18:51
23	60039	ARGYROS NIKOLAOS	1979	Men,30-34	GRE-GEA	0:03:50	0:03:49	0:12:46	0:12:45	0:18:54	0:18:53
24	60045	DAMIANAKOS ARIS	1979	Men,30-34	GRE-GEA	0:03:58	0:03:55	0:12:57	0:12:55	0:18:58	0:18:55
25	60075	KOURIS GEORGIOS	1980	Men,19-29	GRE-STRATOS KSIRAS	0:03:39	0:03:37	0:12:48	0:12:46	0:18:59	0:18:57
26	60073	KOKALIDIS STAVROS	1980	Men,19-29	GRE-STRATOS KSIRAS	0:03:33	0:03:32	0:12:40	0:12:39	0:19:03	0:19:02

Κατάταξη	Αριθ. Συμμετ.	Όνομα	Έτ. Γέν.	Κατηγορία	Εθνικότητα-Σύλλογος	1 Χλμ.	1 Χλμ. (καθ.)	3,3 Χλμ.	3,3 Χλμ. (καθ.)	Τερμ/μός	Τερμ/μός (καθ.)
Ranking	BibNo	Name	YOB	Category	Nationality-Group	1 Km	1 Km (net)	3.3 Km	3.3 Km (net)	Finish	Finish (net)
27	60057	SINTACHMENT SINTI	1984	Men,19-29	GRE-SCHOLI NAFTIKON DOKIMON	0:03:51	0:03:45	0:12:45	0:12:38	0:19:05	0:18:59
28	60004	MOUSIARIS GEORGIOS	1988	Men,19-29	GRE-SMY	0:03:44	0:03:41	0:12:30	0:12:27	0:19:14	0:19:10
29	60016	MPILIANOS SOTIRIOS	1975	Men,30-34	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:03:37	0:03:36	0:12:46	0:12:45	0:19:20	0:19:20
30	60046	MPAKAS ILIAS	1979	Men,30-34	GRE-GEA	0:03:51	0:03:47	0:13:02	0:12:59	0:19:27	0:19:24
31	60062	ATMATZIDIS DIMITRIOS	1991	Men,16-18	GRE-SCHOLI NAFTIKON DOKIMON	0:05:03	0:04:11	0:13:57	0:13:05	0:19:54	0:19:01
32	60001	GALANIKAS GEORGIOS	1989	Men,19-29	GRE-SMY	0:03:36	0:03:33	0:13:07	0:13:04	0:20:02	0:19:59
33	60038	NTAGKAS EVAGGELOS	1973	Men,35-39	GRE-GEA	0:04:01	0:03:58	0:13:24	0:13:21	0:20:03	0:20:00
34	60009	KONDYLIS NIKOLAOS	1991	Men,16-18	GRE-SMY	0:03:42	0:03:39	0:13:08	0:13:04	0:20:13	0:20:10
35	60007	TRIANTAFYLLOU ATHANASIOS	1991	Men,16-18	GRE-SMY	0:03:44	0:03:41	0:13:22	0:13:19	0:20:19	0:20:16
36	60010	KYRIAKIDIS GEORGIOS	1991	Men,16-18	GRE-SMY	0:03:53	0:03:49	0:13:34	0:13:30	0:20:22	0:20:18
37	60006	KOIS APOSTOLOS	1991	Men,16-18	GRE-SMY	0:03:59	0:03:55	0:13:57	0:13:53	0:20:33	0:20:29
38	60013	KOKKOTSIS LEONIDAS	1970	Men,35-39	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:04:09	0:04:08	0:13:49	0:13:48	0:20:43	0:20:41
39	60005	KYRIAKIDIS ARISTIDIS	1990	Men,19-29	GRE-SMY	0:04:00	0:03:57	0:14:12	0:14:09	0:20:54	0:20:51
40	60037	NTIOUF GKILE	1985	Men,19-29	GRE-SMYN	0:03:41	0:03:39	0:13:57	0:13:55	0:20:58	0:20:56
41	60095	KAZIMIROVA XENIA	1982	Women,19-29	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:04:12	0:04:11	0:14:11	0:14:10	0:21:05	0:21:03
42	60034	NTIALLO SALIOU	1984	Men,19-29	GRE-SMYN	0:04:49	0:04:13	0:14:22	0:13:47	0:21:18	0:20:43
43	60051	POSATZIS ATHANASIOS	1989	Men,19-29	GRE-SCHOLI NAFTIKON DOKIMON	0:04:55	0:04:29	0:14:36	0:14:09	0:21:20	0:20:54
44	60003	EFSTATHIADIS AIMILIOS	1988	Men,19-29	GRE-SMY	0:03:59	0:03:56	0:14:07	0:14:04	0:21:21	0:21:18
45	60077	KARAGEORGOS AGGELOS	1984	Men,19-29	GRE-STARTOS KSIRAS	0:04:22	0:04:20	0:14:29	0:14:26	0:21:29	0:21:27
46	60033	GALANOPOULOS GEORGIOS	1989	Men,19-29	GRE-SMYN	0:04:39	0:04:09	0:14:29	0:13:59	0:21:31	0:21:00
47	60032	LAZOS GEORGIOS	1990	Men,19-29	GRE-SMYN	0:04:33	0:04:03	0:14:27	0:13:57	0:21:37	0:21:07
48	60035	ASSAN NKOM	1984	Men,19-29	GRE-SMYN	0:04:57	0:04:20	0:14:49	0:14:12	0:21:37	0:21:00
49	60008	SOLOMONTOS KYRIAKOS	1990	Men,19-29	GRE-SMY	0:04:00	0:03:55	0:14:27	0:14:22	0:21:39	0:21:34
50	60040	MAVROGIANNIS MARIOS	1968	Men,40-44	GRE-GEA	0:04:17	0:04:13	0:14:29	0:14:25	0:21:54	0:21:50
51	60015	ANDRIOPOULOS PANAGIOTIS	1975	Men,30-34	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:04:23	0:04:20	0:14:58	0:14:55	0:21:56	0:21:53
52	60012	ANTONOPOULOS CHRISTOS	1969	Men,40-44	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:04:09	0:04:07	0:14:42	0:14:40	0:22:04	0:22:02
53	60036	MPITA MBENK	1988	Men,19-29	GRE-SMYN	0:04:48	0:04:12	0:14:41	0:14:06	0:22:32	0:21:56
54	60044	GKAMARIS GRIGORIOS	1978	Men,30-34	GRE-GEA	0:03:59	0:03:55	0:14:40	0:14:36	0:22:33	0:22:30
55	60014	KOURLESIS GEORGIOS	1969	Men,40-44	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:04:52	0:04:44	0:15:12	0:15:04	0:22:39	0:22:31
56	60091	TSIOMPIKA PARASKEVI	1983	Women,19-29	GRE-GEA	0:04:30	0:04:27	0:15:09	0:15:07	0:22:42	0:22:40
57	60025	LYTRAS MARINOS	1984	Men,19-29	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:04:32	0:04:31	0:15:27	0:15:26	0:22:51	0:22:50
58	60049	PALATSIDIS PANAGIOTIS	1988	Men,19-29	GRE-SCHOLI NAFTIKON DOKIMON	0:04:52	0:04:44	0:15:38	0:15:31	0:23:06	0:22:59
59	60048	VETSOPOULOS GEORGIOS	1989	Men,19-29	GRE-SCHOLI NAFTIKON DOKIMON	0:04:33	0:04:28	0:15:31	0:15:26	0:23:11	0:23:06
60	60083	PAPAKOSTOPOULOU PINELOPI	1989	Women,19-29	GRE-SMY	0:04:31	0:04:28	0:15:22	0:15:19	0:23:22	0:23:20
61	60030	GKLAVAS THEODOROS	1990	Men,19-29	GRE-SMYN	0:05:46	0:05:00	0:16:29	0:15:43	0:23:29	0:22:42
62	60098	MPAIRAMI STYLIANI	1987	Women,19-29	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:04:23	0:04:20	0:15:21	0:15:19	0:23:29	0:23:26
63	60029	MITSIONIS GEORGIOS	1990	Men,19-29	GRE-SMYN	0:04:37	0:04:04	0:15:35	0:15:01	0:23:41	0:23:08
64	60087	STAMATOPOULOU CHRYSOULA	1984	Women,19-29	GRE-GEA	0:04:39	0:04:36	0:15:49	0:15:45	0:23:46	0:23:43
65	60031	SIMITZIS EVAGGELOS	1991	Men,16-18	GRE-SMYN	0:05:46	0:05:00	0:16:29	0:15:42	0:24:37	0:23:50
66	60082	ZIRIDOU MARIA	1990	Women,19-29	GRE-SMY	0:04:31	0:04:28	0:16:07	0:16:04	0:24:49	0:24:46
67	60054	LATIF SOUFIAN	1990	Men,19-29	GRE-SCHOLI NAFTIKON DOKIMON	0:04:28	0:04:22	0:16:21	0:16:15	0:25:08	0:25:02
68	60060	LOUKAS SPYRIDON	1990	Men,19-29	GRE-SCHOLI NAFTIKON DOKIMON	0:06:16	0:05:25	0:17:39	0:16:48	0:25:25	0:24:34
69	60084	GEORGAKOPOULOU MARIA	1990	Women,19-29	GRE-SMY	0:04:31	0:04:27	0:16:04	0:16:00	0:25:28	0:25:24
70	60102	CHROUTA MARIA	1991	Women,16-18	GRE-SMY	0:04:42	0:04:38	0:16:27	0:16:23	0:25:43	0:25:39

Κατάταξη	Αριθ. Συμμετ.	Όνομα	Έτ. Γέν.	Κατηγορία	Εθνικότητα-Σύλλογος	1 Χλμ.	1 Χλμ. (καθ.)	3,3 Χλμ.	3,3 Χλμ. (καθ.)	Τερμ/μός	Τερμ/μός (καθ.)
Ranking	BibNo	Name	YOB	Category	Nationality-Group	1 Km	1 Km (net)	3.3 Km	3.3 Km (net)	Finish	Finish (net)
71	60063	PALIOKOSTAS NIKOLAOS	1982	Men,19-29	GRE-GEA	0:04:00	0:03:56	0:16:45	0:16:41	0:25:46	0:25:43
72	60055	KAPELLAS ALEXANDROS	1990	Men,19-29	GRE-SCHOLI NAFTIKON DOKIMON	0:06:04	0:05:20	0:17:18	0:16:34	0:25:58	0:25:14
73	60103	PETRIDOU SOFIA	1991	Women,16-18	GRE-SMYN	0:05:02	0:05:01	0:17:18	0:17:16	0:25:58	0:25:57
74	60089	ZAVVA ATHANASIA	1991	Women,16-18	GRE-SMY	0:04:54	0:04:50	0:17:04	0:17:00	0:26:02	0:25:58
75	60100	NTOKOU POLYXENI	1989	Women,19-29	GRE-SMY	0:04:57	0:04:53	0:17:21	0:17:17	0:26:07	0:26:03
76	60028	VATOUSIANOS GEORGIOS	1990	Men,19-29	GRE-SMYN	0:05:03	0:05:02	0:17:25	0:17:24	0:26:34	0:26:33
77	60099	ALEKOU PARASKEVI	1990	Women,19-29	GRE-SMY	0:05:00	0:04:56	0:18:06	0:18:03	0:26:34	0:26:31
78	60104	MPATSIODI CHIONIA	1991	Women,16-18	GRE-SMY	0:04:31	0:04:27	0:17:24	0:17:20	0:26:46	0:26:42
79	60058	LADIAS CHARILAOS	1991	Men,16-18	GRE-SCHOLI NAFTIKON DOKIMON	0:06:16	0:05:25	0:18:02	0:17:11	0:26:49	0:25:58
80	60092	PRAFTSIARI AIKATERINI	1991	Women,16-18	GRE-SMYN	0:04:56	0:04:53	0:18:00	0:17:57	0:26:56	0:26:53
81	60096	MPOURCHA MARIA	1990	Women,19-29	GRE-SMYN	0:04:56	0:04:54	0:18:00	0:17:58	0:26:56	0:26:54
82	60085	THANOU SOFIA	1991	Women,16-18	GRE-SMYN	0:05:08	0:05:06	0:18:13	0:18:11	0:26:56	0:26:54
83	60018	SFYROPOULOS KONSTANTINOS	1979	Men,30-34	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:04:54	0:04:49	0:17:50	0:17:45	0:27:04	0:26:59
84	60056	LESSIS KONSTANTINOS	1989	Men,19-29	GRE-SCHOLI NAFTIKON DOKIMON	0:06:05	0:05:21	0:18:07	0:17:23	0:27:17	0:26:33
85	60086	KOUMPARAKI PANAGIOTA	1990	Women,19-29	GRE-SMY	0:05:00	0:04:55	0:17:55	0:17:50	0:27:52	0:27:47
86	60090	XANA KASSIANI	1989	Women,19-29	GRE-SMY	0:04:59	0:04:56	0:18:26	0:18:22	0:28:24	0:28:20
87	60151	SAMBANIOTIS THEODOROS	1979	Men,30-34	GRE-OMADA ELLINIKIS ASTYNOMIAS	0:06:16	0:06:08	0:22:07	0:21:59	0:33:34	0:33:26