

Energy Triathlon Attiki 2016



Energy Triathlon Attiki 2016 Semi Long Triathlon
Age Group Results
April 10, 2016
Results by Hellenic Triathlon Federation HTF



Female 20 to 29

Place	Overall' Name	bib no	TEAM	Age	Time	SWIM R	SWIM Time	T1 Rn	T1 Time	BIKE	BIKE Time	T2 R	T2 Time	RUN	RUN Time	Chip Time
DNS	DNS ΛΑΜΠΡΙΝΗ ΛΙΟΥΤΑ	46	Derekas endurance	26												

Female 30 to 39

Place	Overall' Name	bib no	TEAM	Age	Time	SWIM R	SWIM Time	T1 Rn	T1 Time	BIKE	BIKE Time	T2 R	T2 Time	RUN	RUN Time	Chip Time
1	2 ΟΛΓΑ ΒΕΛΛΗ	39	ATHENS TRIATHLON TEAM	30	3:23:12	1	25:22.8	1	3:06.4	1	1:39:23.6	1	2:15.4	1	1:13:03.9	3:23:12.2

Female 40 to 49

Place	Overall' Name	bib no	TEAM	Age	Time	SWIM R	SWIM Time	T1 Rn	T1 Time	BIKE	BIKE Time	T2 R	T2 Time	RUN	RUN Time	Chip Time
	1 ΒΑΝΕΣΣΑ ΚΟΥΚΟΥΤΣΗ	18	Μεσσηνιακός / 24100	42	3:09:3ε	1	26:35.8	1	4:13.0	1	1:34:05.5	3	2:17.0	1	1:14:23.5	3:21:35.1
2	3 ΜΑΡΙΝΕΤΤΑ ΚΑΤΣΟΥΡΑ	6	RED STAR	47	3:39:0ε	2	27:28.6	3	4:35.4	3	1:45:25.3	1	1:33.4	3	1:20:03.2	3:39:06.1
3	4 ΙΩΑΝΝΑ ΚΑΜΑΡΑΔΟΥ	44		40	3:40:31	3	34:53.1	2	4:28.3	2	1:43:09.7	2	2:04.6	2	1:15:55.5	3:40:31.5

Male 20 to 29

Place	Overall' Name	bib no	TEAM	Age	Time	SWIM R	SWIM Time	T1 Rn	T1 Time	BIKE	BIKE Time	T2 R	T2 Time	RUN	RUN Time	Chip Time
1	1 ΓΡΗΓΟΡΙΟΣ ΣΟΥΒΑΤΖΟΓΛΟΥ	1	NS COACHING / C-BEAR	28	2:26:2ε	1	17:31.0	1	1:53.5	1	1:15:01.7	1	1:01.8	1	50:58.2	2:26:26.3
2	22 ΗΛΙΑΣ ΖΑΡΟΚΩΣΤΑΣ	41	ΜΕΣΣΗΝΙΑΚΟΣ Γ.Σ.	23	3:12:47	3	27:56.6	4	3:41.4	2	1:32:08.5	4	1:30.6	2	1:07:30.0	3:12:47.3
3	31 ΜΑΡΙΟΣ ΘΕΟΧΑΡΟΥΣ	14		23	3:31:1ε	2	22:04.3	2	2:34.4	4	1:57:32.1	3	1:14.1	3	1:07:48.6	3:31:13.7
4	41 ΑΛΕΞΑΝΔΡΟΣ - ΑΝ ΚΑΡΑΓΙΑΝΝΗΣ	16		22	3:57:31	5	42:15.3	5	7:30.4	3	1:50:03.3	2	1:12.7	4	1:16:29.2	3:57:31.1
DNF	DNF CHRISTOS TASIIOULAS	35	Derekas Endurance Coaching	27		4	29:37.6	3	3:19.8							

Male 30 to 39

Place	Overall' Name	bib no	TEAM	Age	Time	SWIM R	SWIM Time	T1 Rn	T1 Time	BIKE	BIKE Time	T2 R	T2 Time	RUN	RUN Time	Chip Time
1	2 GEORGE ALYFANTIS	2		37	2:35:3ε	1	18:19.5	2	2:00.4	2	1:21:56.0	5	1:00.0	1	52:14.5	2:35:30.6
2	4 ΔΗΜΗΤΡΗΣ ΛΕΚΚΟΣ	20	DEREKAS ENDURANCE IOANNII	37	2:49:52	7	24:45.4	3	2:13.1	4	1:22:34.6	2	0:53.2	5	59:26.1	2:49:52.5
3	5 ΓΕΩΡΓΙΟΣ ΜΙΝΤΖΙΒΙΡΗΣ	48	BikeThirty volos	34	2:51:0ε	2	20:37.0	10	3:06.9	8	1:27:03.7	9	1:16.2	4	59:05.5	2:51:09.5
4	6 ΠΟΛΥΔΕΥΚΗΣ ΧΑΝΤΖΙΑΡΑΣ	56	NScoaching / Wind running team	33	2:52:17	5	23:30.1	4	2:18.9	7	1:25:58.7	6	1:03.0	6	59:26.3	2:52:17.2
5	7 NESTORAS KATSIOS	5	3ωδιο	36	2:52:3ε	15	27:31.6	8	2:51.9	9	1:27:59.2	1	0:49.9	2	53:20.3	2:52:33.0
6	10 ILIAS LIBERIS	7	my athlete	36	2:55:1ε	9	25:16.2	1	1:59.2	5	1:23:47.3	3	0:57.5	12	1:03:17.6	2:55:18.0
7	11 MINAS MALATOS	32	C F coaching	36	2:56:5ε	11	25:25.6	14	3:55.0	1	1:17:59.6	8	1:14.7	14	1:08:22.8	2:56:58.0
8	12 ΕΜΙΛΙΟΣ ΖΑΧΙΛΑΣ	11	NS COACHING	31	2:59:07	6	24:21.1	5	2:32.1	10	1:31:30.2	7	1:06.2	7	59:37.3	2:59:07.0
9	13 ΓΙΩΡΓΟΣ ΚΥΡΙΑΖΙΔΗΣ	19	MYATHLETE	35	2:59:3ε	18	30:03.7	17	4:15.6	6	1:25:20.1	11	1:25.8	3	58:29.8	2:59:35.1
10	15 ΝΙΚΟΛΑΟΣ ΓΑΛΑΝΑΚΗΣ	40		32	3:05:3ε	10	25:17.5	11	3:08.1	14	1:35:25.0	10	1:18.4	9	1:00:30.0	3:05:39.2
11	16 ΛΕΥΤΕΡΗΣ ΦΑΤΕΣ	52		30	3:06:3ε	13	26:39.6	6	2:43.6	15	1:35:38.9	4	0:58.2	10	1:00:38.3	3:06:38.8
12	17 ΓΕΩΡΓΙΟΣ ΡΑΠΤΗΣ	50	my athlete	37	3:08:2ε	14	26:39.7	16	4:05.9	3	1:22:30.0	16	1:45.7	17	1:13:24.6	3:08:26.1
13	18 ΥΙΑΝΝΙΣ ΚΑΡΥΟΦΥΛΛΙΣ	27		37	3:08:4ε	17	28:43.6	13	3:15.6	11	1:32:16.6	12	1:33.0	11	1:02:54.1	3:08:43.0
14	19 ΜΕΝΕΛΑΟΣ ΚΟΚΚΙΝΟΣ	30	ΓΑΣ Χολαργού	33	3:08:57	3	22:40.8	18	5:04.9	18	1:38:54.8	18	2:25.4	8	59:51.8	3:08:57.9
15	20 ΓΙΩΡΓΟΣ ΔΟΥΔΑΛΙΣ	26	TRIODIO	37	3:11:0ε	12	25:36.8	7	2:49.3	13	1:33:33.8	14	1:37.0	13	1:07:26.3	3:11:03.9
16	24 ΑΛΕΞΑΝΔΡΟΣ ΡΑΛΛΙΣ	10		36	3:17:2ε	16	28:14.0	12	3:11.1	12	1:32:47.0	13	1:35.6	16	1:11:32.9	3:17:20.8
17	28 ΑΝΔΡΕΑΣ ΚΑΛΟΓΕΡΟΠΟΥΛΟΣ	43	NeuroKinisis.gr	39	3:26:1ε	4	23:06.4	9	2:54.1	16	1:36:57.9	15	1:39.6	19	1:21:31.8	3:26:10.0
18	32 ΣΤΑΜΑΤΙΣ ΚΑΤΣΙΑΔΡΑΜΙΣ	29	chalkida triathlon	35	3:34:27	8	25:15.2	15	4:03.2	19	1:40:08.3	20	4:01.7	18	1:20:59.1	3:34:27.7
19	36 ΠΑΝΑΓΙΩΤΗΣ ΓΚΟΛΕΣ	13	A.O. ΚΟΥΡΟΣ ΑΙΓΙΝΑΣ	39	3:39:5ε	20	36:27.9	21	8:33.5	17	1:38:46.0	21	6:47.4	15	1:09:18.8	3:39:53.9
20	39 ΓΕΩΡΓΙΟΣ ΚΟΝΤΟΓΙΑΝΝΗΣ	17	Triathlon Super Tech Team	36	3:52:3ε	19	35:56.3	20	6:01.7	20	1:45:51.3	17	1:53.9	20	1:22:47.1	3:52:30.4
21	42 ΑΝΔΡΕΑΣ ΠΑΠΑΚΛΕΟΒΟΥΛΟΥ	24	Triathlon Super Tech Team	39	4:03:3ε	21	36:30.1	19	5:15.7	21	1:48:01.7	19	2:28.4	21	1:31:16.4	4:03:32.5
DNS	DNS ΠΑΝΑΓΙΩΤΗΣ ΣΑΡΡΗΣ	25	ATHENS TRIATHLON TEAM	39												
DNS	DNS ΔΙΜΙΤΡΙΟΣ ΣΟΙΣ	34	CB TEAM	37												

Male 40 to 49

Place	Overall' Name	bib no	TEAM	Age	Time	SWIM R	SWIM Time	T1 Rn	T1 Time	BIKE	BIKE Time	T2 R	T2 Time	RUN	RUN Time	Chip Time
1	3 ΜΑΝΟΥΣΟΣ ΒΙΖΥΡΑΚΗΣ	12		43	2:46:4ε	1	20:33.2	3	2:33.7	3	1:26:31.6	1	0:57.3	1	56:12.9	2:46:48.8

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2	8	ΓΕΩΡΓΙΟΣ ΧΑΝΟΥΜΗΣ	54	PROTYPO GYM RAFINA	45	2:52:56	26:43.6	1	2:21.1	2	1:23:08.1	5	1:25.3	3	59:14.7	2:52:53.0
3	9	ΚΩΝΣΤΑΝΤΙΝΟΣ ΜΟΥΡΙΚΗΣ	21		48	2:52:53.5	26:37.2	2	2:25.5	1	1:21:01.4	6	1:26.4	5	1:01:22.5	2:52:53.2
4	14	GEORGE KASTRITSEAS	28		43	3:02:53.3	23:53.8	4	2:52.6	6	1:37:11.3	2	1:04.7	2	57:56.6	3:02:59.3
5	21	ΠΑΝΑΓΙΩΤΗΣ ΚΑΛΠΟΥΡΙΔΗΣ	15		48	3:11:40.10	28:38.5	9	3:48.5	4	1:33:46.9	12	2:14.2	6	1:03:12.1	3:11:40.4
6	23	GEORGE PARZIGKAS	9		42	3:14:32.2	22:47.9	11	4:06.5	5	1:36:01.8	7	1:40.3	8	1:09:56.3	3:14:33.1
7	25	ΔΗΜΗΤΡΙΟΣ ΠΑΝΤΑΖΗΣ	23		44	3:19:31.14	32:59.0	7	3:24.0	8	1:40:51.8	3	1:16.9	4	1:00:59.2	3:19:31.1
8	26	ΠΕΤΡΟΣ ΣΑΜΠΑΤΑΚΟΣ	51		41	3:22:33.4	25:07.5	10	3:57.6	9	1:44:05.5	10	2:10.1	7	1:07:12.7	3:22:33.5
9	29	CHRISTOS IOANNOU	4	ΣΔΡΟΚΟΝΙΚΕΡ	45	3:27:16.8	28:16.8	5	2:54.8	7	1:38:51.9	4	1:18.1	10	1:15:54.6	3:27:16.4
10	33	ΣΩΤΗΡΗΣ ΧΑΝΤΖΗΣ	55		42	3:35:10.12	30:30.3	8	3:41.3	11	1:45:20.3	11	2:13.8	9	1:13:24.9	3:35:10.8
11	34	ΓΙΩΡΓΟΣ ΝΙΚΟΛΑΟΥ	49		40	3:37:28.7	27:19.9	12	4:44.4	12	1:45:56.1	9	2:08.0	12	1:17:20.0	3:37:28.6
12	35	ΝΙΚΟΛΑΟΣ ΚΩΝΣΤΑ ΦΡΑΓΚΟΥΛΗΣ	53		46	3:38:43.11	29:14.1	6	3:21.2	10	1:44:49.5	8	2:02.5	14	1:19:16.2	3:38:43.7
13	38	THOMAS TSAKAGIANNIS	36	abbvie running team	48	3:45:23.9	28:36.0	13	5:01.2	13	1:51:47.8	13	2:42.8	11	1:17:15.6	3:45:23.7
14	40	ΔΗΜΗΤΡΗΣ ΟΙΚΟΝΟΜΟΥ	22	Triathlon Super Tech Team	43	3:54:08.13	31:24.0	14	6:06.2	14	1:54:31.7	14	3:12.0	13	1:18:54.7	3:54:08.7
DNS	DNS	SPIROS MICHALOUDIS	8	NS COACHING	46											
DNS	DNS	GEORGIOS MICHELAKIS	33	NS coaching	46											
DNS	DNS	ΘΕΟΔΩΡΟΣ ΖΑΧΑΡΙΑΣ	42		42											

Male 50 to 59

Place	Overall#	Name	Age	SWIM R	SWIM Time	T1 Rn	T1 Time	BIKE	BIKE Time	T2 R	T2 Time	RUN	RUN Time	Chip Time	
1	27	CONSTANTINOS VRATSIKIDIS	37	51	3:23:44.1	27:13.3	1	4:23.2	1	1:36:24.7	1	1:38.5	1	1:14:04.2	3:23:44.1
2	37	ΙΩΣΗΦ ΒΑΓΓΕΡ	38	51	3:45:14.2	29:21.0	2	5:39.4	2	1:42:25.8	2	3:25.4	2	1:24:22.8	3:45:14.7
3	44	ELIAS KOUREMENOS	31	54	4:43:42.3	39:38.6	3	7:27.7	3	2:15:43.6			3	1:40:52.4	4:43:42.4

Male 60 and Over

Place	Overall#	Name	Age	SWIM R	SWIM Time	T1 Rn	T1 Time	BIKE	BIKE Time	T2 R	T2 Time	RUN	RUN Time	Chip Time	
1	30	ΑΛΕΞΑΝΔΡΟΣ ΜΕΓΑΡΙΩΤΗΣ	47	65	3:27:19.1	26:51.8	1	4:25.1	1	1:40:45.1	2	2:19.8	1	1:12:57.5	3:27:19.5
2	43	ΕΥΘΥΜΙΟΣ ΚΥΡΙΑΖΟΠΟΥΛΟΣ	45	61	4:16:21.2	31:01.2	2	4:29.5	2	1:43:53.3	1	2:11.7	2	1:54:45.8	4:16:21.8