

Energy Triathlon Attiki 2016

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



Place	Female Finishers Name	Bib N° Team Club	Age	Time	SWIM	SWIM Tir	T1 R T1 Time	BIKE	BIKE Time	T2 F T2 Time	RUN	RUN Time	Chip Time
1	ΟΛΓΑ ΒΕΛΛΗ	39 ΑΘΗΝΣ TRIATHLON TEAM	30	3:23:12.2	1	25:22.8	1 3:06.4	2	1:39:23.6	3 2:15.4	1	1:13:03.9	3:23:12.2
1	ΒΑΝΕΣΣΑ ΚΟΥΚΟΥΤΣΗ	18 Μεσσηνιακός / 24100	42		2	26:35.8	2 4:13.0	1	1:34:05.5	4 2:17.0	2		
3	MARINETTA KATSOURA	6 RED STAR	47	3:39:06.1	3	27:28.6	4 4:35.4	4	1:45:25.3	1 1:33.4	4	1:20:03.2	3:39:06.1
4	ΙΩΑΝΝΑ ΚΑΜΑΡΑΔΟΥ	44	40	3:40:31.5	4	34:53.1	3 4:28.3	3	1:43:09.7	2 2:04.6	3	1:15:55.5	3:40:31.5
DNS	ΛΑΜΠΡΙΝΗ ΛΙΟΥΤΑ	46 Derekas endurance	26										

Place	Male Finishers Name	Bib N° Team Club	Age	Gun Time	SWIM	SWIM Tir	T1 R T1 Time	BIKE	BIKE Time	T2 F T2 Time	RUN	RUN Time	Chip Time
1	ΓΡΗΓΟΡΙΟΣ ΣΟΥΒΑΤΖΟΓΛΟΥ	1 NS COACHING / C-BEAR	28	2:26:26.3	1	17:31.0	1 1:53.5	1	1:15:01.7	7 1:01.8	1	50:58.2	2:26:26.3
2	GEORGE ALYFANTIS	2	37	2:35:30.6	2	18:19.5	3 2:00.4	4	1:21:56.0	6 1:00.0	2	52:14.5	2:35:30.6
3	ΜΑΝΟΥΣΟΣ ΒΙΖΥΡΑΚΗΣ	12	43	2:46:48.8	3	20:33.2	9 2:33.7	11	1:26:31.6	3 0:57.3	4	56:12.9	2:46:48.8
4	ΔΗΜΗΤΡΗΣ ΛΕΚΚΟΣ	20 DEREKAS ENDURANCE IOANN	37	2:49:52.5	12	24:45.4	4 2:13.1	6	1:22:34.6	2 0:53.2	9	59:26.1	2:49:52.5
5	ΓΕΩΡΓΙΟΣ ΜΙΝΤΖΙΒΙΡΗΣ	48 BikeThirty volos	34	2:51:09.5	4	20:37.0	17 3:06.9	12	1:27:03.7	14 1:16.2	7	59:05.5	2:51:09.5
6	ΠΟΛΥΔΕΥΚΗΣ ΧΑΝΤΖΙΑΡΑΣ	56 NScoaching / Wind running team	33	2:52:17.2	9	23:30.1	5 2:18.9	10	1:25:58.7	8 1:03.0	10	59:26.3	2:52:17.2
7	NESTORAS KATSIOS	5 ζωδιο	36	2:52:33.0	26	27:31.6	13 2:51.9	13	1:27:59.2	1 0:49.9	3	53:20.3	2:52:33.0
8	ΓΕΩΡΓΙΟΣ ΧΑΝΟΥΜΗΣ	54 ΠΡΟΤΥΠΟ GYM RAFINA	45	2:52:53.0	22	26:43.6	6 2:21.1	7	1:23:08.1	18 1:25.3	8	59:14.7	2:52:53.0
9	ΚΩΝΣΤΑΝΤΙΝΟΣ ΜΟΥΡΙΚΗΣ	21	48	2:52:53.2	19	26:37.2	7 2:25.5	3	1:21:01.4	20 1:26.4	16	1:01:22.5	2:52:53.2
10	ILIAS LIBERIS	7 my athlete	36	2:55:18.0	15	25:16.2	2 1:59.2	8	1:23:47.3	4 0:57.5	19	1:03:17.6	2:55:18.0
11	MINAS MALATOS	32 C F coaching	36	2:56:58.0	17	25:25.6	27 3:55.0	2	1:17:59.6	13 1:14.7	24	1:08:22.8	2:56:58.0
12	EMILIOS ZACHILAS	11 NS COACHING	31	2:59:07.0	11	24:21.1	8 2:32.1	14	1:31:30.2	10 1:06.2	11	59:37.3	2:59:07.0
13	ΓΙΩΡΓΟΣ ΚΥΡΙΑΖΙΔΗΣ	19 MYATHLETE	35	2:59:35.1	36	30:03.7	32 4:15.5	9	1:25:20.1	19 1:25.8	6	58:29.8	2:59:35.1
14	GEORGE KASTRITSEAS	28	43	3:02:59.3	10	23:53.8	14 2:52.6	25	1:37:11.3	9 1:04.7	5	57:56.6	3:02:59.3
15	ΝΙΚΟΛΑΟΣ ΓΑΛΑΝΑΚΗΣ	40	32	3:05:39.2	16	25:17.5	18 3:08.1	20	1:35:25.0	17 1:18.4	13	1:00:30.0	3:05:39.2
16	ΛΕΥΤΕΡΗΣ ΦΑΤΕΣ	52	30	3:06:38.8	20	26:39.6	11 2:43.6	21	1:35:38.9	5 0:58.2	14	1:00:38.3	3:06:38.8
17	ΓΕΩΡΓΙΟΣ ΡΑΠΤΗΣ	50 my athlete	37	3:08:26.1	21	26:39.7	30 4:05.9	5	1:22:30.0	28 1:45.7	29	1:13:24.6	3:08:26.1
18	YIANNIS KARYOFYLLIS	27	37	3:08:43.0	32	28:43.6	20 3:15.6	16	1:32:16.6	22 1:33.0	17	1:02:54.1	3:08:43.0
19	MENELAOS KOKKINOS	30 ΓΑΣ Χολαργού	33	3:08:57.9	6	22:40.8	38 5:04.9	28	1:38:54.8	37 2:25.4	12	59:51.8	3:08:57.9
20	GIORGOS DOUDALIS	26 TRIODIO	37	3:11:03.9	18	25:36.8	12 2:49.9	18	1:33:33.8	24 1:37.0	21	1:07:26.3	3:11:03.9
21	ΠΑΝΑΓΙΩΤΗΣ ΚΑΛΠΟΥΡΙΔΗΣ	15	48	3:11:40.4	31	28:38.5	26 3:48.5	19	1:33:46.9	35 2:14.2	18	1:03:12.1	3:11:40.4
22	ΗΛΙΑΣ ΖΑΡΟΚΩΣΤΑΣ	41 ΜΕΣΣΗΝΙΑΚΟΣ Γ.Σ.	23	3:12:47.3	27	27:56.6	25 3:41.4	15	1:32:08.5	21 1:30.6	22	1:07:30.0	3:12:47.3
23	GEORGE PARZIGKAS	9	42	3:14:33.1	7	22:47.9	31 4:06.5	22	1:36:01.8	27 1:40.3	26	1:09:56.3	3:14:33.1
24	ALEXANDROS RALLIS	10	36	3:17:20.8	28	28:14.0	19 3:11.1	17	1:32:47.0	23 1:35.6	27	1:11:32.9	3:17:20.8
25	ΔΗΜΗΤΡΙΟΣ ΠΑΝΤΑΖΗΣ	23	44	3:19:31.1	40	32:59.0	23 3:24.0	31	1:40:51.8	15 1:16.9	15	1:00:59.2	3:19:31.1
26	ΠΕΤΡΟΣ ΣΑΜΠΑΤΑΚΟΣ	51	41	3:22:33.5	13	25:07.5	28 3:57.6	34	1:44:05.5	32 2:10.1	20	1:07:12.7	3:22:33.5
27	CONSTANTINOS VRATSIKIDIS	37	51	3:23:44.1	24	27:13.3	33 4:23.2	23	1:36:24.7	25 1:38.5	31	1:14:04.2	3:23:44.1
28	ΑΝΔΡΕΑΣ ΚΑΛΟΓΕΡΟΠΟΥΛΟΣ	43 NeuroKinesis.gr	39	3:26:10.0	8	23:06.4	15 2:54.1	24	1:36:57.9	26 1:39.6	39	1:21:31.8	3:26:10.0
29	CHRISTOS IOANNOU	4 ΣΔΡΟΚΟΝΙΚΕΡ	45	3:27:16.4	29	28:16.8	16 2:54.8	27	1:38:51.9	16 1:18.1	32	1:15:54.6	3:27:16.4
30	ΑΛΕΞΑΝΔΡΟΣ ΜΕΓΑΡΙΩΤΗΣ	47 HolmesPlace	65	3:27:19.5	23	26:51.8	34 4:25.1	30	1:40:45.1	36 2:19.8	28	1:12:57.5	3:27:19.5
31	MARIS ΘΕΟΧΑΡΟΥΣ	14	23	3:31:13.7	5	22:04.3	10 2:34.4	43	1:57:32.1	12 1:14.1	23	1:07:48.6	3:31:13.7
32	ΣΤΑΜΑΤΙΣ ΚΑΤΣΙΑΔΡΑΜΙΣ	29 chalkida triathlon	35	3:34:27.7	14	25:15.2	29 4:03.2	29	1:40:08.3	42 4:01.7	38	1:20:59.1	3:34:27.7
33	ΣΩΤΗΡΗΣ ΧΑΝΤΖΗΣ	55	42	3:35:10.8	37	30:30.3	24 3:41.3	36	1:45:20.3	34 2:13.8	30	1:13:24.9	3:35:10.8
34	ΓΙΩΡΓΟΣ ΝΙΚΟΛΑΟΥ	49	40	3:37:28.6	25	27:19.9	36 4:44.4	38	1:45:56.1	31 2:08.0	35	1:17:20.0	3:37:28.6
35	ΝΙΚΟΛΑΟΣ ΚΩΝΣΤΑ ΦΡΑΓΚΟΥΛΗΣ	53	46	3:38:43.7	33	29:14.1	22 3:21.2	35	1:44:49.5	30 2:02.5	37	1:19:16.2	3:38:43.7

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36 ΠΑΝΑΓΙΩΤΗΣ ΓΚΟΛΕΣ	13 Α.Ο. ΚΟΥΡΟΣ ΑΙΓΙΝΑΣ	39 3:39:53.9	42 36:27.9	45 8:33.5	26 1:38:46.0	43 6:47.4	25 1:09:18.8	3:39:53.9
37 ΙΩΣΗΦ ΒΑΓΓΕΡ	38	51 3:45:14.7	34 29:21.0	40 5:39.4	32 1:42:25.8	41 3:25.4	41 1:24:22.8	3:45:14.7
38 ΘΟΜΑΣ ΤΣΑΚΑΓΙΑΝΝΙΣ	36 abbbie running team	48 3:45:23.7	30 28:36.0	37 5:01.2	41 1:51:47.8	39 2:42.8	34 1:17:15.6	3:45:23.7
39 ΓΕΩΡΓΙΟΣ ΚΟΝΤΟΓΙΑΝΝΗΣ	17 Triathlon Super Tech Team	36 3:52:30.4	41 35:56.3	41 6:01.7	37 1:45:51.3	29 1:53.9	40 1:22:47.1	3:52:30.4
40 ΔΗΜΗΤΡΗΣ ΟΙΚΟΝΟΜΟΥ	22 Triathlon Super Tech Team	43 3:54:08.7	39 31:24.0	42 6:06.2	42 1:54:31.7	40 3:12.0	36 1:18:54.7	3:54:08.7
41 ΑΛΕΞΑΝΔΡΟΣ - ΑΝ ΚΑΡΑΓΙΑΝΝΗΣ	16	22 3:57:31.1	45 42:15.3	44 7:30.4	40 1:50:03.3	11 1:12.7	33 1:16:29.2	3:57:31.1
42 ΑΝΔΡΕΑΣ ΠΑΠΑΚΛΕΟΒΟΥΛΟΥ	24 Triathlon Super Tech Team	39 4:03:32.5	43 36:30.1	39 5:15.7	39 1:48:01.7	38 2:28.4	42 1:31:16.4	4:03:32.5
43 ΕΥΘΥΜΙΟΣ ΚΥΡΙΑΖΟΠΟΥΛΟΣ	45	61 4:16:21.8	38 31:01.2	35 4:29.5	33 1:43:53.3	33 2:11.7	43 1:54:45.8	4:16:21.8
44 ΕΛΙΑΣ ΚΟΥΡΕΜΕΝΟΣ	31	54 4:43:42.4	44 39:38.6	43 7:27.7	44 2:15:43.6		44 1:40:52.4	4:43:42.4
DNF CHRISTOS TASIULAS	35 Derekas Endurance Coaching	27	35 29:37.6	21 3:19.8				
DNS SPIROS MICHALOUDIS	8 NS COACHING	46						
DNS ΠΑΝΑΓΙΩΤΗΣ ΣΑΡΡΗΣ	25 ATHENS TRIATHLON TEAM	39						
DNS GEORGIOS MICHELAKIS	33 NS coaching	46						
DNS DIMITRIOS SOIS	34 CB TEAM	37						
DNS ΘΕΟΔΩΡΟΣ ΖΑΧΑΡΙΑΣ	42	42						