

Energy Triathlon Attiki 2016



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



Female 19 and Under

| Place | Overall* | Name | Age | bib | Team / Club | Gun Time | SWIM | SWIM Time | T1 | R T1 Time | BIKE | I BIKE Time | T2 | Rn T2 Time | RUN | RUN Time | Chip Time |
|-------|----------|--------------------------|-----|-----|-------------|-----------|------|-----------|----|-----------|------|-------------|----|------------|-----|----------|-----------|
| 1 | 6 | ΜΑΡΙΑ ΑΜΑΛΙΑ ΚΑΖΑΜΑΡΙΩΤΗ | 15 | 150 | ΑΣ ΠΑΛΜΟΣ | 1:25:33.2 | 1 | 10:12.6 | 1 | 2:51.3 | 1 | 45:28.9 | 1 | 1:10.9 | 1 | 25:49.3 | 1:25:33.2 |

Female 20 to 29

| Place | Overall* | Name | Age | bib | Team / Club | Gun Time | SWIM | SWIM Time | T1 | R T1 Time | BIKE | I BIKE Time | T2 | Rn T2 Time | RUN | RUN Time | Chip Time |
|-------|----------|-----------------------------|-----|-----|-----------------------|-----------|------|-----------|----|-----------|------|-------------|----|------------|-----|----------|-----------|
| 1 | 1 | ΚΟΝΣΤΑΝΤΙΝΑ ΖΥΜΒΡΑΚΑΚΙ | 25 | 137 | ATHENS TRIATHLON TEAM | 1:13:07.6 | 1 | 10:04.0 | 1 | 1:51.6 | 1 | 36:22.8 | 2 | 1:22.3 | 1 | 23:26.7 | 1:13:07.6 |
| 2 | 4 | ΕΥΑΓΓΕΛΙΑ ΓΚΟΤΖΙΑ | 24 | 146 | NS COACHING | 1:21:10.8 | 2 | 10:09.2 | 2 | 2:32.7 | 2 | 40:59.8 | 1 | 1:16.0 | 2 | 26:12.9 | 1:21:10.8 |
| 3 | 13 | MARGARITA STAMATIOU | 22 | 134 | | 2:11:31.5 | 5 | 20:10.4 | 4 | 6:22.7 | 3 | 1:09:09.0 | 4 | 3:31.5 | 3 | 32:17.6 | 2:11:31.5 |
| 4 | 14 | ΕΥΑΓΓΕΛΙΑ-ΑΝΝΑ ΜΑΡΟΥΛΙ | 22 | 131 | | 2:11:31.7 | 4 | 20:10.3 | 5 | 6:23.1 | 4 | 1:09:29.2 | 3 | 3:10.9 | 4 | 32:17.9 | 2:11:31.7 |
| DNF | DNF | ΠΗΝΕΛΟΠΗ ΚΡΕΣΤΑ | 21 | 154 | Athens Triathlon Team | | 3 | 11:31.2 | 3 | 2:34.3 | 5 | 1:18:00.0 | | | | | |
| DNS | DNS | MIRELLA ALEXIOU | 23 | 62 | | | | | | | | | | | | | |
| DNS | DNS | ΚΟΝΔΥΛΙΑ - ΑΡΓΥ ΠΑΛΙΟΓΙΑΝΝΗ | 27 | 96 | | | | | | | | | | | | | |

Female 30 to 39

| Place | Overall* | Name | Age | bib | Team / Club | Gun Time | SWIM | SWIM Time | T1 | R T1 Time | BIKE | I BIKE Time | T2 | Rn T2 Time | RUN | RUN Time | Chip Time |
|-------|----------|---------------------|-----|-----|------------------|-----------|------|-----------|----|-----------|------|-------------|----|------------|-----|----------|-----------|
| 1 | 5 | ΚΑΤΕΡΙΝΑ ΦΙΛΙΠΠΙΔΟΥ | 31 | 121 | | 1:24:26.3 | 1 | 12:44.4 | 3 | 3:14.8 | 1 | 41:51.3 | 2 | 1:19.9 | 1 | 25:15.7 | 1:24:26.3 |
| 2 | 9 | ΙΖΑΜΠΕΛΛΑ ΚΑΨΟΥΡΟΥ | 30 | 151 | NS COACHING | 1:30:04.8 | 3 | 15:17.2 | 2 | 2:52.9 | 3 | 43:22.7 | 1 | 1:15.8 | 2 | 27:16.1 | 1:30:04.8 |
| 3 | 10 | VALENTINA VELONIDOU | 36 | 136 | CREDO S VICTORIA | 1:30:49.7 | 2 | 13:09.8 | 1 | 2:32.2 | 2 | 43:09.7 | 3 | 1:29.3 | 3 | 30:28.6 | 1:30:49.7 |

Female 40 to 49

| Place | Overall* | Name | Age | bib | Team / Club | Gun Time | SWIM | SWIM Time | T1 | R T1 Time | BIKE | I BIKE Time | T2 | Rn T2 Time | RUN | RUN Time | Chip Time |
|-------|----------|----------------------|-----|-----|-----------------------|-----------|------|-----------|----|-----------|------|-------------|----|------------|-----|----------|-----------|
| 1 | 2 | ΑΓΓΕΛΙΚΗ ΚΕΡΑΜΙΔΑ | 40 | 152 | ATHENS TRIATHLON TEAM | 1:17:42.2 | 1 | 11:27.9 | 1 | 2:12.6 | 2 | 38:14.3 | 1 | 1:01.4 | 2 | 24:45.7 | 1:17:42.2 |
| 2 | 3 | ΑΝΑΣΤΑΣΙΑ ΤΟΜΠΡΑ | 44 | 168 | | 1:19:34.9 | 3 | 14:24.9 | 3 | 3:00.0 | 1 | 37:02.6 | 2 | 1:18.9 | 1 | 23:48.2 | 1:19:34.9 |
| 3 | 7 | ALEXANDRA ALMYROUDI | 43 | 109 | Athens Triathlon Team | 1:26:06.3 | 2 | 13:57.7 | 4 | 3:07.9 | 3 | 39:21.0 | 4 | 2:04.3 | 5 | 27:35.2 | 1:26:06.3 |
| 4 | 8 | CHRISTINA CORAI | 43 | 115 | WIND | 1:29:56.8 | 4 | 15:23.3 | 2 | 2:53.1 | 4 | 42:49.8 | 3 | 1:21.2 | 4 | 27:29.2 | 1:29:56.8 |
| 5 | 12 | ΕΥΑΓΓΕΛΙΑ ΡΟΥΜΕΛΙΩΤΗ | 41 | 162 | CREDO S VICTORIA | 1:35:33.0 | 5 | 16:24.0 | 5 | 4:22.6 | 5 | 46:02.1 | 5 | 2:27.9 | 3 | 26:16.2 | 1:35:33.0 |

Female 50 to 59

| Place | Overall* | Name | Age | bib | Team / Club | Gun Time | SWIM | SWIM Time | T1 | R T1 Time | BIKE | I BIKE Time | T2 | Rn T2 Time | RUN | RUN Time | Chip Time |
|-------|----------|---------------|-----|-----|-------------------------|-----------|------|-----------|----|-----------|------|-------------|----|------------|-----|----------|-----------|
| 1 | 11 | ΝΤΑΙΑΝΝΑ ΒΑΤΗ | 50 | 76 | Red Star Triathlon Club | 1:31:12.3 | 1 | 15:10.3 | 1 | 2:53.8 | 1 | 42:28.5 | 1 | 1:25.4 | 1 | 29:14.1 | 1:31:12.3 |

Male 19 and Under

| Place | Overall* | Name | Age | bib | Team / Club | Gun Time | SWIM | SWIM Time | T1 | R T1 Time | BIKE | I BIKE Time | T2 | Rn T2 Time | RUN | RUN Time | Chip Time |
|-------|----------|-------------------|-----|-----|-------------|-----------|------|-----------|----|-----------|------|-------------|----|------------|-----|----------|-----------|
| 1 | 79 | ΑΛΕΞΑΝΔΡΟΣ ΜΠΟΙΚΟ | 18 | 157 | Σπαρτιατες | 1:38:31.4 | 1 | 16:06.4 | 1 | 3:04.4 | 1 | 50:13.1 | 1 | 1:03.5 | 1 | 28:03.7 | 1:38:31.4 |

Male 20 to 29

| Place | Overall* | Name | Age | bib | Team / Club | Gun Time | SWIM | SWIM Time | T1 | R T1 Time | BIKE | I BIKE Time | T2 | Rn T2 Time | RUN | RUN Time | Chip Time |
|-------|----------|------------------------|-----|-----|-----------------------|-----------|------|-----------|----|-----------|------|-------------|----|------------|-----|----------|-----------|
| 1 | 2 | ΡΑΝΑΓΙΟΤΙΣ ΔΙΜΟΡΟΥΛΟΣ | 27 | 63 | ATHENS TRIATHLON TEAM | 1:06:59.0 | 1 | 8:48.3 | 3 | 2:00.6 | 2 | 36:00.0 | 2 | 0:44.6 | 1 | 19:25.3 | 1:06:59.0 |
| 2 | 5 | ΑΛΚΗΣ ΚΑΦΩΡΟΣ | 23 | 84 | Nuventi Triathlon | 1:09:49.5 | 2 | 9:12.7 | 1 | 1:52.2 | 4 | 36:33.5 | 3 | 0:51.7 | 3 | 21:19.2 | 1:09:49.5 |
| 3 | 7 | ΕΥΣΤΡΑΤΙΟΣ ΜΑΡΓΑΡΩΝΗΣ | 29 | 155 | ATHENS TRIATHLON TEAM | 1:13:07.6 | 7 | 11:31.9 | 2 | 1:56.8 | 3 | 36:01.9 | 6 | 0:59.7 | 6 | 22:37.1 | 1:13:07.6 |
| 4 | 10 | ΒΑΙΟΣ ΑΓΓΕΛΑΚΟΠΟΥΛΟΣ | 26 | 74 | | 1:14:09.7 | 9 | 12:52.1 | 9 | 3:03.4 | 5 | 36:39.1 | 1 | 0:40.6 | 2 | 20:54.2 | 1:14:09.7 |
| 5 | 11 | ΜΑΡΙΝΟΣ ΚΡΕΣΤΑΣ | 25 | 180 | ATHENS TRIATHLON TEAM | 1:14:24.1 | 5 | 10:27.4 | 6 | 2:06.6 | 1 | 35:46.3 | 13 | 1:23.5 | 9 | 24:40.1 | 1:14:24.1 |
| 6 | 14 | ΜΑΡΙΟΣ ΚΑΡΑΧΑΛΙΟΣ | 26 | 83 | NS COACHING | 1:15:23.4 | 3 | 9:52.3 | 5 | 2:05.2 | 11 | 40:17.7 | 5 | 0:58.6 | 5 | 22:09.4 | 1:15:23.4 |
| 7 | 16 | ΙΩΑΝΝΗΣ ΜΠΑΡΚΑΓΙΑΝΝΗΣ | 25 | 179 | ATHENS TRIATHLON TEAM | 1:16:24.4 | 6 | 10:53.1 | 7 | 2:57.4 | 7 | 37:20.0 | 9 | 1:16.1 | 7 | 23:57.5 | 1:16:24.4 |
| 8 | 25 | ΙΩΑΝΝΗΣ ΜΠΟΙΚΟ | 26 | 93 | | 1:18:32.0 | 12 | 14:13.9 | 8 | 2:58.5 | 8 | 38:37.3 | 7 | 1:10.3 | 4 | 21:31.7 | 1:18:32.0 |
| 9 | 30 | ΑΝΔΡΕΑΣ ΠΑΠΑΪΩΑΝΝΟΥ | 26 | 98 | ΤΡΙΑΘΛΟΝ ΑΘΗΝΩΝ ΤΕΑΜ | 1:20:54.0 | 4 | 10:05.4 | 4 | 2:05.1 | 12 | 40:55.7 | 8 | 1:13.4 | 12 | 26:34.2 | 1:20:54.0 |
| 10 | 35 | ΝΙΚΟΛΑΟΣ ΛΥΜΠΕΡΑΙΟΣ | 25 | 143 | | 1:22:29.8 | 11 | 13:36.0 | 13 | 3:42.0 | 6 | 36:59.9 | 16 | 1:41.9 | 11 | 26:29.7 | 1:22:29.8 |
| 11 | 37 | ΘΕΟΦΑΝΗΣ ΚΟΛΛΙΑΣ | 29 | 85 | | 1:24:12.9 | 18 | 16:27.1 | 12 | 3:30.4 | 9 | 38:57.1 | 11 | 1:19.6 | 8 | 23:58.4 | 1:24:12.9 |
| 12 | 46 | ΚΩΝΣΤΑΝΤΙΝΟΣ ΚΡΑΝΙΩΤΗΣ | 29 | 153 | | 1:27:49.0 | 10 | 13:04.0 | 14 | 3:48.1 | 13 | 42:07.1 | 17 | 1:56.0 | 13 | 26:53.6 | 1:27:49.0 |
| 13 | 58 | ΜΑΞΙΜΟΣ ΜΠΟΙΚΟ | 29 | 158 | Σπαρτιατες | 1:31:40.6 | 17 | 15:43.1 | 10 | 3:12.3 | 16 | 47:03.6 | 4 | 0:55.7 | 10 | 24:45.6 | 1:31:40.6 |

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|----|----|--------------------------|----|-----|-----------|-----------|---------|---------|--------|--------|---------|---------|--------|--------|---------|-----------|-----------|
| 14 | 65 | ΔΗΜΗΤΡΗΣ ΝΤΟΥΡΑΚΗΣ | 28 | 159 | 1:33:56.0 | 8 | 12:09.3 | 11 | 3:18.7 | 18 | 48:24.2 | 15 | 1:39.0 | 15 | 28:24.5 | 1:33:56.0 | |
| 15 | 68 | ALEXANDROS GOLFINOPOULOS | 26 | 64 | 1:34:33.7 | 14 | 14:46.5 | 15 | 4:14.3 | 14 | 43:37.2 | 14 | 1:37.1 | 16 | 30:18.4 | 1:34:33.7 | |
| 16 | 69 | KONSTANTINOS LAMPSIAS | 28 | 68 | 0 | 1:34:34.0 | 13 | 14:40.2 | 16 | 4:52.0 | 15 | 46:07.5 | 12 | 1:22.7 | 14 | 27:31.4 | 1:34:34.0 |
| 17 | 75 | ΝΙΚΟΣ ΓΕΡΑΡΔΗΣ | 25 | 144 | 1:36:50.1 | 15 | 15:07.0 | 18 | 5:23.9 | 10 | 40:00.9 | 18 | 2:52.2 | 18 | 33:25.9 | 1:36:50.1 | |
| 18 | 85 | ΦΩΤΗΣ ΠΑΠΑΚΑΝΕΛΛΟΣ | 29 | 99 | 1:42:56.3 | 16 | 15:22.4 | 17 | 5:05.2 | 17 | 47:54.7 | 10 | 1:19.2 | 17 | 33:14.5 | 1:42:56.3 | |

Male 30 to 39

| Place | Overall* | Name | Age | | SWIM | SWIM Time | T1 | R T1 Time | BIKE | I BIKE Time | T2 | Rn T2 Time | RUN | RUN Time | Chip Time | | |
|-------|----------|---------------------------------|-----|-----|-----------------------------|-----------|----|-----------|------|-------------|----|------------|-----|----------|-----------|---------|-----------|
| 1 | 1 | GEORGIOS DANIL | 31 | 3 | ΘΗΣΕΑΣ | 1:04:41.6 | 1 | 8:39.7 | 3 | 2:03.6 | 1 | 32:39.5 | 1 | 0:43.2 | 1 | 20:35.4 | 1:04:41.6 |
| 2 | 3 | ΜΑΝΟΥΣΟΣ ΔΑΜΟΡΑΚΙΣ | 34 | 117 | | 1:08:43.8 | 7 | 11:09.1 | 1 | 1:56.6 | 2 | 33:16.6 | 14 | 1:21.6 | 2 | 20:59.7 | 1:08:43.8 |
| 3 | 8 | ALEXANDROS DRAGOUTSIS ALEXANDRO | 37 | 120 | CREDO S VICTORIA | 1:13:13.7 | 9 | 11:50.6 | 2 | 1:56.6 | 3 | 35:19.7 | 6 | 1:04.5 | 4 | 23:02.2 | 1:13:13.7 |
| 4 | 9 | SOTIRIS DAMALAS | 35 | 116 | | 1:14:09.0 | 10 | 11:55.5 | 12 | 2:46.3 | 5 | 36:26.4 | 10 | 1:17.9 | 3 | 21:42.7 | 1:14:09.0 |
| 5 | 12 | ΜΑΝΟΣ ΜΟΙΡΑΣ | 31 | 90 | Chalkida triathlon team | 1:14:37.5 | 6 | 11:06.7 | 11 | 2:37.3 | 4 | 35:45.3 | 8 | 1:10.1 | 8 | 23:57.9 | 1:14:37.5 |
| 6 | 13 | ΜΙΧΑΗΛ ΧΙΝΤΖΙΑΔΗΣ | 30 | 171 | | 1:15:07.8 | 2 | 10:11.8 | 4 | 2:07.1 | 10 | 37:28.2 | 26 | 1:42.7 | 7 | 23:37.9 | 1:15:07.8 |
| 7 | 15 | ΔΗΜΗΤΡΙΟΣ ΣΩΗΣ | 37 | 167 | | 1:15:25.8 | 5 | 10:43.1 | 7 | 2:21.9 | 8 | 36:57.6 | 2 | 0:53.5 | 10 | 24:29.6 | 1:15:25.8 |
| 8 | 19 | ΝΙΚΟΣ ΚΑΤΣΙΡΙΣ | 33 | 125 | ATHENS TRIATHLON TEAM | 1:16:48.9 | 16 | 13:01.6 | 5 | 2:10.1 | 6 | 36:35.0 | 17 | 1:24.2 | 6 | 23:37.8 | 1:16:48.9 |
| 9 | 22 | ΒΑΣΙΛΗΣ ΧΡΟΝΟΠΟΥΛΟΣ | 35 | 172 | ΑΣ ΠΑΛΜΟΣ | 1:17:48.8 | 14 | 12:12.5 | 6 | 2:10.2 | 11 | 37:32.9 | 4 | 1:01.0 | 13 | 24:52.0 | 1:17:48.8 |
| 10 | 23 | ΠΑΝΑΓΙΩΤΗΣ ΚΟΤΑΡΙΔΗΣ | 36 | 87 | NS COACHING | 1:18:08.3 | 17 | 13:10.5 | 8 | 2:26.5 | 7 | 36:46.5 | 16 | 1:22.8 | 9 | 24:21.8 | 1:18:08.3 |
| 11 | 24 | GEORGE KANAKIS | 39 | 66 | ChaidarilsRunning | 1:18:19.2 | 3 | 10:23.0 | 16 | 3:13.5 | 12 | 38:29.5 | 25 | 1:37.6 | 11 | 24:35.6 | 1:18:19.2 |
| 12 | 28 | ΠΑΝΑΓΙΩΤΗΣ ΤΣΙΑΠΑΣ | 35 | 170 | nsoaching | 1:19:09.3 | 28 | 14:33.9 | 10 | 2:33.6 | 9 | 37:06.8 | 22 | 1:33.4 | 5 | 23:21.4 | 1:19:09.3 |
| 13 | 31 | ΓΙΩΡΓΟΣ ΤΡΙΚΑΛΙΩΤΗΣ | 39 | 103 | Ανεξαρτητος | 1:20:58.3 | 13 | 12:11.3 | 9 | 2:32.1 | 18 | 40:13.1 | 3 | 1:00.3 | 14 | 25:01.3 | 1:20:58.3 |
| 14 | 32 | ΓΙΩΡΓΟΣ ΣΥΡΕΓΓΕΛΑΣ | 35 | 166 | | 1:21:06.5 | 15 | 12:22.1 | 22 | 3:34.6 | 13 | 38:30.3 | 21 | 1:31.8 | 15 | 25:07.4 | 1:21:06.5 |
| 15 | 34 | ΓΙΑΝΝΗΣ ΑΓΓΕΛΗΣ | 37 | 138 | | 1:22:24.1 | 22 | 14:05.6 | 18 | 3:22.8 | 14 | 38:55.6 | 13 | 1:19.8 | 12 | 24:40.0 | 1:22:24.1 |
| 16 | 36 | ARMANDOS LINARDOS | 36 | 70 | | 1:23:48.0 | 4 | 10:28.6 | 24 | 3:48.3 | 27 | 42:27.1 | 24 | 1:35.0 | 17 | 25:28.8 | 1:23:48.0 |
| 17 | 38 | ΣΤΥΛΙΑΝΟΣ ΒΑΣΙΛΑΣ | 32 | 75 | NS Coaching | 1:24:17.8 | 11 | 12:10.2 | 19 | 3:24.1 | 26 | 42:07.9 | 12 | 1:19.8 | 16 | 25:15.6 | 1:24:17.8 |
| 18 | 39 | THANASIS DIMITRIADIS | 33 | 119 | | 1:24:50.6 | 19 | 13:47.0 | 17 | 3:17.4 | 21 | 40:55.1 | 11 | 1:18.3 | 18 | 25:32.6 | 1:24:50.6 |
| 19 | 40 | ΑΡΙΣΤΟΤΕΛΗΣ ΤΣΑΓΚΑΡΗΣ | 37 | 169 | | 1:25:14.6 | 25 | 14:16.3 | 15 | 3:10.4 | 19 | 40:38.5 | 9 | 1:13.9 | 19 | 25:55.4 | 1:25:14.6 |
| 20 | 42 | ΜΑΡΙΟΣ ΓΚΑΤΣΙΑΣ | 39 | 79 | NS COACHING | 1:25:46.5 | 21 | 14:05.2 | 14 | 3:09.6 | 15 | 39:13.1 | 5 | 1:03.3 | 26 | 28:15.1 | 1:25:46.5 |
| 21 | 43 | ΙΩΣΗΦ ΜΠΕΙΝΤΑΡΗΣ | 37 | 92 | | 1:26:01.2 | 12 | 12:10.2 | 28 | 4:01.0 | 16 | 39:33.4 | 18 | 1:25.2 | 29 | 28:51.2 | 1:26:01.2 |
| 22 | 45 | THEODOROS SOUFIS | 36 | 73 | NS Coaching | 1:27:04.6 | 18 | 13:29.0 | 21 | 3:31.5 | 17 | 39:41.5 | 19 | 1:26.5 | 30 | 28:55.9 | 1:27:04.6 |
| 23 | 49 | GEORGE BOUZIANIS | 38 | 113 | | 1:28:50.7 | 8 | 11:24.9 | 25 | 3:48.6 | 31 | 44:54.6 | 29 | 1:53.9 | 21 | 26:48.6 | 1:28:50.7 |
| 24 | 51 | DIMITRIS KORANAS | 39 | 126 | Chaidari Is Running | 1:29:29.3 | 20 | 14:04.2 | 27 | 3:58.5 | 22 | 41:21.8 | 27 | 1:51.7 | 25 | 28:13.0 | 1:29:29.3 |
| 25 | 53 | ΑΝΤΩΝΗΣ ΡΟΥΓΓΕΡΗΣ | 39 | 100 | Top cycles / ΣΑΦΑΝΣ | 1:30:02.3 | 27 | 14:25.9 | 32 | 4:58.3 | 20 | 40:41.2 | 30 | 1:53.9 | 24 | 28:02.8 | 1:30:02.3 |
| 26 | 59 | ΣΤΕΛΙΟΣ ΠΑΓΩΝΗΣ | 34 | 95 | | 1:32:19.7 | 23 | 14:06.9 | 29 | 4:10.2 | 24 | 41:40.7 | 31 | 2:56.2 | 31 | 29:25.4 | 1:32:19.7 |
| 27 | 60 | VLASSIS KRIKOS | 35 | 127 | | 1:32:35.5 | 24 | 14:09.3 | 23 | 3:38.7 | 23 | 41:24.1 | 20 | 1:28.9 | 32 | 31:54.1 | 1:32:35.5 |
| 28 | 61 | ΚΩΝΣΤΑΝΤΙΝΟΣ ΓΚΑΝΑΤΣΙΟΣ | 33 | 78 | | 1:32:56.4 | 26 | 14:22.0 | 30 | 4:14.1 | 30 | 44:09.4 | 23 | 1:34.5 | 27 | 28:36.2 | 1:32:56.4 |
| 29 | 62 | PETROS BOSKOS | 37 | 112 | | 1:33:09.4 | 31 | 19:33.2 | 13 | 3:08.1 | 25 | 41:55.1 | 7 | 1:09.0 | 22 | 27:23.7 | 1:33:09.4 |
| 30 | 70 | ΚΩΝΣΤΑΝΤΙΝΟΣ ΒΕΛΛΩΡΑΣ | 34 | 142 | | 1:35:09.7 | 32 | 20:16.0 | 20 | 3:24.7 | 28 | 42:54.5 | 28 | 1:53.7 | 20 | 26:40.7 | 1:35:09.7 |
| 31 | 74 | ΝΙΚΟΣ ΑΡΟΣΤΟΛΟΡΟΥΛΟΣ | 39 | 111 | μπακουλας αθλητικο κεντρο π | 1:36:38.7 | 29 | 16:34.3 | 26 | 3:51.8 | 32 | 45:32.3 | 32 | 3:13.9 | 23 | 27:26.1 | 1:36:38.7 |
| 32 | 77 | ΚΛΕΩΝ ΔΑΣΚΑΛΑΚΗΣ | 30 | 147 | | 1:37:15.3 | 30 | 18:52.5 | 31 | 4:44.2 | 29 | 43:39.4 | 15 | 1:22.2 | 28 | 28:36.9 | 1:37:15.3 |
| DNS | DNS | ΝΙΚΟΛΑΟΣ ΚΟΜΕΣΣΑΡΙΟΣ | 34 | 86 | ns coaching | | | | | | | | | | | | |
| DNS | DNS | ΜΑΝΟΥΣΟΣ ΨΑΡΑΔΕΛΗΣ | 37 | 107 | | | | | | | | | | | | | |

Male 40 to 49

| Place | Overall* | Name | Age | | SWIM | SWIM Time | T1 | R T1 Time | BIKE | I BIKE Time | T2 | Rn T2 Time | RUN | RUN Time | Chip Time | | |
|-------|----------|------------------------|-----|-----|-------------------------------|-----------|----|-----------|------|-------------|----|------------|-----|----------|-----------|---------|-----------|
| 1 | 4 | ΣΤΥΛΙΑΝΟΣ ANDREADIS | 49 | 110 | Athens triathlon team/iIissos | 1:09:24.8 | 1 | 9:53.5 | 1 | 1:49.9 | 1 | 34:09.6 | 2 | 1:03.4 | 2 | 22:28.2 | 1:09:24.8 |
| 2 | 6 | ΑΛΕΞΑΝΔΡΟΣ ΑΡΓΥΡΗΣ | 40 | 141 | ATHENS TRIATHLON TEAM | 1:10:29.6 | 3 | 10:43.7 | 2 | 1:59.5 | 2 | 34:48.3 | 1 | 0:53.4 | 1 | 22:04.6 | 1:10:29.6 |
| 3 | 18 | ΓΕΩΡΓΙΟΣ ΣΙΛΙΓΑΡΔΟΣ | 41 | 101 | L'indpendente | 1:16:36.3 | 8 | 13:00.7 | 4 | 2:38.6 | 4 | 36:05.6 | 9 | 1:22.7 | 3 | 23:28.5 | 1:16:36.3 |
| 4 | 20 | ΚΩΝΣΤΑΝΤΙΝΟΣ ΚΩΣΤΙΜΠΑΣ | 43 | 88 | | 1:17:19.9 | 2 | 10:40.4 | 6 | 2:45.3 | 9 | 38:32.7 | 5 | 1:16.2 | 4 | 24:05.2 | 1:17:19.9 |
| 5 | 26 | ΘΑΝΟΣ ΜΠΑΚΑΤΣΙΑΣ | 42 | 91 | | 1:18:45.5 | 6 | 11:25.4 | 12 | 3:14.7 | 6 | 37:35.3 | 21 | 1:50.3 | 5 | 24:39.7 | 1:18:45.5 |
| 6 | 27 | ΓΙΩΡΓΟΣ ΒΕΝΕΤΟΣ | 47 | 77 | | 1:18:54.8 | 9 | 13:06.9 | 7 | 2:55.4 | 3 | 35:40.5 | 6 | 1:16.8 | 8 | 25:55.0 | 1:18:54.8 |
| 7 | 29 | ΔΗΜΗΤΡΗΣ ΣΤΑΜΑΤΙΟΥ | 41 | 165 | DHL EXPRESS | 1:20:43.3 | 4 | 11:16.7 | 11 | 3:11.6 | 12 | 40:07.0 | 7 | 1:20.7 | 6 | 24:47.2 | 1:20:43.3 |
| 8 | 33 | ΚΩΝΣΤΑΝΤΙΝΟΣ ΧΑΛΚΙΔΗΣ | 44 | 104 | Athens triathlon team | 1:21:52.5 | 7 | 11:35.6 | 9 | 2:59.6 | 10 | 38:44.3 | 11 | 1:26.6 | 9 | 27:06.3 | 1:21:52.5 |
| 9 | 47 | ΓΡΗΓΟΡΗΣ ΑΠΟΣΤΟΛΙΔΗΣ | 46 | 140 | ALL TERRAIN RUNNERS | 1:28:33.8 | 19 | 17:14.4 | 10 | 3:03.9 | 15 | 41:15.0 | 17 | 1:44.1 | 7 | 25:16.3 | 1:28:33.8 |
| 10 | 48 | ΤΟΛΗΣ ΚΩΣΤΟΠΟΥΛΟΣ | 47 | 89 | Ns coaching | 1:28:41.5 | 15 | 15:50.2 | 8 | 2:57.8 | 7 | 38:14.8 | 19 | 1:47.2 | 14 | 29:51.2 | 1:28:41.5 |
| 11 | 54 | MARINOS SYRIGOS | 42 | 135 | | 1:30:06.6 | 11 | 13:47.5 | 18 | 4:07.5 | 11 | 39:39.8 | 13 | 1:33.9 | 18 | 30:57.7 | 1:30:06.6 |
| 12 | 56 | EMMANUEL LAMPROU | 42 | 128 | | 1:30:39.3 | 16 | 15:56.8 | 17 | 4:03.6 | 16 | 41:43.4 | 14 | 1:38.4 | 10 | 27:17.0 | 1:30:39.3 |

Energy Triathlon Attiki 2016

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|-----|-----|-------------------------|----|-----|-----------------------|-----------|---------|---------|--------|--------|---------|---------|--------|--------|---------|-----------|-----------|
| 13 | 57 | ΚΩΝΣΤΑΝΤΙΝΙΔΗΣ ΔΗΜΗΤΡΗΣ | 45 | 149 | 1:31:27.5 | 13 | 14:30.5 | 5 | 2:42.5 | 5 | 37:06.1 | 18 | 1:44.2 | 24 | 35:24.2 | 1:31:27.5 | |
| 14 | 64 | ΚΩΝΣΤΑΝΤΙΝΟΣ ΣΙΑΚΑΣ | 47 | 164 | S.R.T | 1:33:40.5 | 22 | 17:50.5 | 14 | 3:19.1 | 13 | 40:10.3 | 25 | 2:36.1 | 13 | 29:44.4 | 1:33:40.5 |
| 15 | 66 | JOHN KALOGEROPOULOS | 45 | 124 | MyAthlete | 1:34:10.0 | 21 | 17:30.7 | 15 | 3:47.6 | 14 | 40:23.1 | 15 | 1:41.4 | 17 | 30:46.9 | 1:34:10.0 |
| 16 | 67 | ΠΑΝΑΓΙΩΤΗΣ ΛΙΑΡΔΑΚΙΣ | 44 | 69 | NS Coaching | 1:34:24.8 | 14 | 15:38.4 | 13 | 3:15.3 | 21 | 43:49.1 | 12 | 1:27.1 | 16 | 30:14.8 | 1:34:24.8 |
| 17 | 72 | ΝΙΚΟΛΑΟΣ ΔΕΜΕΝΕΓΑΣ | 45 | 148 | NS COACHING | 1:35:46.5 | 10 | 13:47.1 | 19 | 4:18.3 | 18 | 42:49.2 | 20 | 1:49.2 | 20 | 33:02.5 | 1:35:46.5 |
| 18 | 76 | ΣΑΚΗΣ ΜΠΑΝΟΒΙΤΣ | 43 | 156 | OPANATHLON | 1:36:54.1 | 5 | 11:23.7 | 3 | 2:07.5 | 8 | 38:23.3 | 3 | 1:08.8 | 26 | 43:50.6 | 1:36:54.1 |
| 19 | 78 | ΙΩΑΝΝΗΣ ΠΑΠΑΝΙΚΟΛΑΣ | 49 | 160 | | 1:38:21.2 | 23 | 17:53.7 | 22 | 4:45.3 | 19 | 43:03.3 | 10 | 1:22.8 | 19 | 31:16.0 | 1:38:21.2 |
| 20 | 80 | ΔΗΜΗΤΡΗΣ ΠΑΠΠΑΣ | 44 | 161 | | 1:39:06.8 | 20 | 17:27.0 | 24 | 5:02.6 | 22 | 45:46.3 | 8 | 1:22.4 | 12 | 29:28.4 | 1:39:06.8 |
| 21 | 82 | SOTIRIS MARANIS | 46 | 130 | WIND | 1:40:55.9 | 12 | 14:15.8 | 21 | 4:23.0 | 24 | 46:06.8 | 23 | 2:13.2 | 21 | 33:56.9 | 1:40:55.9 |
| 22 | 83 | STELIOS KALATZIS | 41 | 123 | | 1:41:20.0 | 27 | 19:51.2 | 25 | 5:08.7 | 23 | 46:04.9 | 24 | 2:27.1 | 11 | 27:47.9 | 1:41:20.0 |
| 23 | 84 | ΓΙΩΡΓΟΣ ΤΟΥΡΚΑΜΠΗΣ | 41 | 102 | NS COACHING | 1:42:35.0 | 25 | 19:05.2 | 16 | 4:01.6 | 17 | 42:40.2 | 22 | 1:57.0 | 23 | 34:50.8 | 1:42:35.0 |
| 24 | 86 | ΖΗΣΗΣ ΔΗΜΟΚΑΣ | 47 | 80 | | 1:43:17.5 | 26 | 19:22.9 | 23 | 4:53.2 | 20 | 43:06.9 | 4 | 1:10.6 | 22 | 34:43.8 | 1:43:17.5 |
| 25 | 87 | CHRISTOS CHARPANTIDIS | 46 | 114 | | 1:45:55.2 | 18 | 16:17.1 | 20 | 4:20.5 | 26 | 53:29.0 | 16 | 1:42.5 | 15 | 30:06.0 | 1:45:55.2 |
| 26 | 89 | ΚΩΝΣΤΑΝΤΙΝΟΣ ΡΑΝΟΣ | 40 | 132 | Nuventi | 2:00:50.6 | 24 | 19:04.6 | 26 | 5:40.6 | 25 | 51:26.1 | 26 | 3:01.6 | 25 | 41:37.5 | 2:00:50.6 |
| DNF | DNF | ΙΩΑΝΝΙΣ ΔΕΡΜΙΤΖΑΚΙΣ | 43 | 118 | | | 17 | 15:57.2 | 27 | 6:52.8 | | | | | | | |
| DNS | DNS | SPIROS RAZIS | 46 | 72 | | | | | | | | | | | | | |
| DNS | DNS | ΠΑΝΑΓΙΩΤΗΣ ΘΕΟΦΙΛΑΣ | 40 | 82 | Chaidari is Running | | | | | | | | | | | | |
| DNS | DNS | THANOS FOUNDAS | 42 | 122 | | | | | | | | | | | | | |
| DNS | DNS | GEORGE RALLIS | 46 | 133 | WIND | | | | | | | | | | | | |
| DNS | DNS | ΕΜΜΑΝΟΥΗΛ ΓΙΑΝΝΟΥΚΑΣ | 48 | 145 | Athens Triathlon Team | | | | | | | | | | | | |

Male 50 to 59

| Place | Overall* | Name | Age | | SWIM | SWIM Time | T1 | R | T1 Time | BIKE | I | BIKE Time | T2 | Rn | T2 Time | RUN | RUN Time | Chip Time |
|-------|----------|-------------------------|-----|-----|-----------------------|-----------|----|---------|---------|--------|----|-----------|----|--------|---------|---------|-----------|-----------|
| 1 | 17 | ΘΩΜΑΣ ΠΑΠΑΒΑΣΙΛΕΙΟΥ | 56 | 97 | ATP Training | 1:16:24.6 | 4 | 13:51.7 | 1 | 1:58.1 | 2 | 35:57.1 | 2 | 0:58.3 | 2 | 23:39.2 | 1:16:24.6 | |
| 2 | 21 | ΕΥΑΓΓΕΛΟΣ ΧΑΡΑΤΣΗΣ | 54 | 106 | BETA | 1:17:34.6 | 6 | 14:12.6 | 2 | 2:07.3 | 1 | 35:30.0 | 6 | 1:23.7 | 3 | 24:20.8 | 1:17:34.6 | |
| 3 | 41 | ΛΕΟΝΙΔΑΣ ΚΑΛΟΓΕΡΟΠΟΥΛΟΣ | 50 | 65 | | 1:25:41.2 | 2 | 13:11.7 | 3 | 2:19.6 | 6 | 41:13.9 | 3 | 1:15.3 | 6 | 27:40.6 | 1:25:41.2 | |
| 4 | 44 | EDDY ALEXIOU | 57 | 61 | ΑΟ ΘΗΣΕΑΣ | 1:26:26.2 | 1 | 12:23.9 | 4 | 2:24.0 | 4 | 39:44.9 | 5 | 1:19.1 | 10 | 30:34.2 | 1:26:26.2 | |
| 5 | 50 | ΚΩΝΣΤΑΝΤΙΝΟΣ ΧΑΡΑΜΗΣ | 58 | 105 | Athens Triathlon Team | 1:29:11.6 | 5 | 13:55.4 | 6 | 3:54.2 | 5 | 41:09.1 | 7 | 1:38.9 | 8 | 28:33.8 | 1:29:11.6 | |
| 6 | 52 | ΑΡΙΣΤΕΙΔΗΣ ΑΙΛΙΑΝΟΣ | 53 | 139 | | 1:29:53.6 | 8 | 15:57.3 | 5 | 3:32.6 | 8 | 43:10.8 | 9 | 2:14.1 | 4 | 24:58.7 | 1:29:53.6 | |
| 7 | 55 | ΝΙΚΟΛΑΟΣ ΝΙΚΟΛΟΥΔΗΣ | 51 | 94 | | 1:30:19.9 | 7 | 15:40.8 | 10 | 5:58.5 | 3 | 38:40.0 | 10 | 2:36.5 | 5 | 27:24.0 | 1:30:19.9 | |
| 8 | 63 | ΙΩΑΝΝΙΣ ΛΑΜΠΑΔΙΤΙΣ | 51 | 67 | 0 | 1:33:24.5 | 3 | 13:24.8 | 8 | 4:14.9 | 7 | 43:09.7 | 8 | 2:13.4 | 9 | 30:21.5 | 1:33:24.5 | |
| 9 | 71 | ΝΕΚΤΑΡΙΟΣ ΣΑΜΙΩΤΗΣ | 50 | 163 | BUDO CENTER | 1:35:43.7 | 10 | 18:20.4 | 7 | 4:12.9 | 9 | 43:52.2 | 1 | 0:57.5 | 7 | 28:20.6 | 1:35:43.7 | |
| 10 | 73 | MINOS MATSAS | 51 | 71 | ΑΝΕΞΑΡΤΗΤΟΣ | 1:36:17.7 | 9 | 16:55.8 | 9 | 4:50.9 | 10 | 50:06.7 | 4 | 1:15.9 | 1 | 23:08.2 | 1:36:17.7 | |

Male 60 and Over

| Place | Overall* | Name | Age | | SWIM | SWIM Time | T1 | R | T1 Time | BIKE | I | BIKE Time | T2 | Rn | T2 Time | RUN | RUN Time | Chip Time |
|-------|----------|-----------------------|-----|-----|-----------------------|-----------|----|---------|---------|--------|---|-----------|----|--------|---------|---------|-----------|-----------|
| 1 | 81 | ΧΕΝΟΦΟΝ ΛΟΥΡΑΝΤΟΣ | 62 | 129 | Athens Triathlon Team | 1:39:41.3 | 1 | 15:43.5 | 2 | 5:06.1 | 1 | 46:15.1 | 1 | 2:11.3 | 1 | 30:25.2 | 1:39:41.3 | |
| 2 | 88 | ΚΩΝΣΤΑΝΤΙΝΟΣ ΕΥΘΥΜΙΟΥ | 64 | 81 | | 1:50:27.8 | 2 | 22:47.7 | 1 | 4:08.1 | 2 | 47:56.0 | 2 | 2:28.1 | 2 | 33:07.6 | 1:50:27.8 | |