

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



Female														
Place	Name	Age	Bib Nun	Team / Club	Gun Time	SWIM	SWIM Time	T1 R T1 Time	BIK BIKE Time	T2 R T2 Time	RUN I RUN Time	Chip Time		
1	ΚONSTANTINA ZYMVRAKAKI	25	137	ATHENS TRIATHLON TEAM	1:13:07.6	1	10:04.0	1 1:51.6	1 36:22.8	8 1:22.3	1 23:26.7	1:13:07.6		
2	ΑΓΓΕΛΙΚΗ ΚΕΡΑΜΙΔΑ	40	152	ATHENS TRIATHLON TEAM	1:17:42.2	4	11:27.9	2 2:12.6	3 38:14.3	1 1:01.4	3 24:45.7	1:17:42.2		
3	ΑΝΑΣΤΑΣΙΑ ΤΟΜΠΡΑ	44	168		1:19:34.9	9	14:24.9	10 3:00.0	2 37:02.6	5 1:18.9	2 23:48.2	1:19:34.9		
4	ΕΥΑΓΓΕΛΙΑ ΓΚΟΤΣΙΑ	24	146	NS COACHING	1:21:10.8	2	10:09.2	4 2:32.7	5 40:59.8	4 1:16.0	6 26:12.9	1:21:10.8		
5	ΚΑΤΕΡΙΝΑ ΦΙΛΙΠΠΙΔΟΥ	31	121		1:24:26.3	6	12:44.4	12 3:14.8	6 41:51.3	6 1:19.9	4 25:15.7	1:24:26.3		
6	ΜΑΡΙΑ ΑΜΑΛΙΑ ΚΑΖΑΜΑΡΙΩΤΗ	15	150	ΑΣ ΠΑΛΜΟΣ	1:25:33.2	3	10:12.6	6 2:51.3	11 45:28.9	2 1:10.9	5 25:49.3	1:25:33.2		
7	ALEXANDRA ALMYROUDI	43	109	Athens Triathlon Team	1:26:06.3	8	13:57.7	11 3:07.9	4 39:21.0	11 2:04.3	10 27:35.2	1:26:06.3		
8	CHRISTINA CORAI	43	115	WIND	1:29:56.8	12	15:23.3	8 2:53.1	8 42:49.8	7 1:21.2	9 27:29.2	1:29:56.8		
9	ΙΖΑΜΠΕΛΛΑ ΚΑΦΟΥΡΟΥ	30	151	NS COACHING	1:30:04.8	11	15:17.2	7 2:52.9	10 43:22.7	3 1:15.8	8 27:16.1	1:30:04.8		
10	VALENTINA VEΛONIDOU	36	136	CREDO S VICTORIA	1:30:49.7	7	13:09.8	3 2:32.2	9 43:09.7	10 1:29.3	12 30:28.6	1:30:49.7		
11	ΝΤΑΙΑΝΝΑ ΒΑΤΗ	50	76	Red Star Triathlon Club	1:31:12.3	10	15:10.3	9 2:53.8	7 42:28.5	9 1:25.4	11 29:14.1	1:31:12.3		
12	ΕΥΑΓΓΕΛΙΑ ΡΟΥΜΕΛΙΩΤΗ	41	162	CREDO S VICTORIA	1:35:33.0	13	16:24.0	13 4:22.6	12 46:02.1	12 2:27.9	7 26:16.2	1:35:33.0		
13	MARGARITA STAMATIΟΥ	22	134		2:11:31.5	15	20:10.4	14 6:22.7	13 1:09:09.0	14 3:31.5	13 32:17.6	2:11:31.5		
14	ΕΥΑΝΓΕΛΙΑ-ΑΝΝΑ ΜΑΡΟΥΛΙ	22	131		2:11:31.7	14	20:10.3	15 6:23.1	14 1:09:29.2	13 3:10.9	14 32:17.9	2:11:31.7		
DNF	ΠΗΝΕΛΟΠΗ ΚΡΕΣΤΑ	21	154	Athens Triathlon Team		5	11:31.2	5 2:34.3	15 1:18:00.0					
DNS	MIRELLA ALEXIΟΥ	23	62											
DNS	ΚΟΝΔΥΛΙΑ - ΑΡΓΥ ΠΑΛΙΟΓΙΑΝΝΗ	27	96											
Male Fir														
Place	Name	Age	Bib Nun	Team / Club	Gun Time	SWIM	SWIM Time	T1 R T1 Time	BIK BIKE Time	T2 R T2 Time	RUN I RUN Time	Chip Time		
1	GEORGIOS DANIL	31	3	ΘΗΣΕΑΣ	1:04:41.6	1	8:39.7	9 2:03.6	1 32:39.5	2 0:43.2	2 20:35.4	1:04:41.6		
2	ΠΑΝΑΓΙΟΤΗΣ ΔΙΜΟΡΟΥΛΟΣ	27	63	ATHENS TRIATHLON TEAM	1:06:59.0	2	8:48.3	8 2:00.6	11 36:00.0	3 0:44.6	1 19:25.3	1:06:59.0		
3	ΜΑΝΟΥΣΟΣ ΔΑΜΟΡΑΚΙΣ	34	117		1:08:43.8	16	11:09.1	3 1:56.6	2 33:16.6	38 1:21.6	4 20:59.7	1:08:43.8		
4	ΣΤΥΛΙΑΝΟΣ ANDREADIS	49	110	Athens triathlon team/ilissos	1:09:24.8	5	9:53.5	1 1:49.9	3 34:09.6	15 1:03.4	10 22:28.2	1:09:24.8		
5	ΑΛΚΗΣ ΚΑΦΩΡΟΣ	23	84	Nuventi Triathlon	1:09:49.5	3	9:12.7	2 1:52.2	15 36:33.5	4 0:51.7	5 21:19.2	1:09:49.5		
6	ΑΛΕΞΑΝΔΡΟΣ ΑΡΓΥΡΗΣ	40	141	ATHENS TRIATHLON TEAM	1:10:29.6	13	10:43.7	7 1:59.5	4 34:48.3	5 0:53.4	8 22:04.6	1:10:29.6		
7	ΕΥΣΤΡΑΤΙΟΣ ΜΑΡΓΑΡΩΝΗΣ	29	155	ATHENS TRIATHLON TEAM	1:13:07.6	21	11:31.9	5 1:56.8	12 36:01.9	11 0:59.7	11 22:37.1	1:13:07.6		
8	ALEXANDROS DRAGOUTSIS ALEXANDRO	37	120	CREDO S VICTORIA	1:13:13.7	23	11:50.6	4 1:56.6	5 35:19.7	17 1:04.5	12 23:02.2	1:13:13.7		
9	SOTIRIS DAMALAS	35	116		1:14:09.0	24	11:55.5	28 2:46.3	14 36:26.4	30 1:17.9	7 21:42.7	1:14:09.0		
10	ΒΑΙΟΣ ΑΓΓΕΛΑΚΟΠΟΥΛΟΣ	26	74		1:14:09.7	32	12:52.1	34 3:03.4	17 36:39.1	1 0:40.6	3 20:54.2	1:14:09.7		
11	ΜΑΡΙΝΟΣ ΚΡΕΣΤΑΣ	25	180	ATHENS TRIATHLON TEAM	1:14:24.1	9	10:27.4	12 2:06.6	9 35:46.3	45 1:23.5	29 24:40.1	1:14:24.1		
12	ΜΑΝΟΣ ΜΟΙΡΑΣ	31	90	Chalkida triathlon team	1:14:37.5	15	11:06.7	24 2:37.3	8 35:45.3	20 1:10.2	20 23:57.9	1:14:37.5		
13	ΜΙΧΑΗΛ ΧΙΝΤΖΙΑΔΗΣ	30	171		1:15:07.8	7	10:11.8	13 2:07.1	24 37:28.2	66 1:42.7	17 23:37.9	1:15:07.8		
14	ΜΑΡΙΟΣ ΚΑΡΑΧΑΛΙΟΣ	26	83	NS COACHING	1:15:23.4	4	9:52.3	11 2:05.2	46 40:17.7	10 0:58.6	9 22:09.4	1:15:23.4		
15	ΔΗΜΗΤΡΙΟΣ ΣΩΗΣ	37	167		1:15:25.8	12	10:43.1	19 2:21.9	19 36:57.6	6 0:53.5	25 24:29.6	1:15:25.8		
16	ΙΩΑΝΝΗΣ ΜΠΑΡΚΑΓΙΑΝΝΗΣ	25	179	ATHENS TRIATHLON TEAM	1:16:24.4	14	10:53.1	30 2:57.4	23 37:20.0	27 1:16.1	19 23:57.5	1:16:24.4		
17	ΘΩΜΑΣ ΠΑΠΑΒΑΣΙΛΕΙΟΥ	56	97	ATP Training	1:16:24.6	45	13:51.7	6 1:58.1	10 35:57.1	9 0:58.3	18 23:39.2	1:16:24.6		
18	ΓΕΩΡΓΙΟΣ ΣΙΛΙΓΑΡΔΟΣ	41	101	L'indipendente	1:16:36.3	33	13:00.7	25 2:38.6	13 36:05.6	42 1:22.7	15 23:28.5	1:16:36.3		
19	ΝΙΚΟΣ ΚΑΤΣΙΡΙΣ	33	125	ATHENS TRIATHLON TEAM	1:16:48.9	34	13:01.6	16 2:10.1	16 36:35.0	47 1:24.2	16 23:37.8	1:16:48.9		
20	ΚΩΝΣΤΑΝΤΙΝΟΣ ΚΩΣΤΙΜΠΑΣ	43	88		1:17:19.9	11	10:40.4	27 2:45.3	31 38:32.7	28 1:16.2	22 24:05.2	1:17:19.9		
21	ΕΥΑΓΓΕΛΟΣ ΧΑΡΑΤΣΗΣ	54	106	ΒΕΤΑ	1:17:34.6	52	14:12.6	14 2:07.3	6 35:30.0	46 1:23.7	23 24:20.8	1:17:34.6		
22	ΒΑΣΙΛΗΣ ΧΡΟΝΟΠΟΥΛΟΣ	35	172	ΑΣ ΠΑΛΜΟΣ	1:17:48.8	29	12:12.5	17 2:10.2	25 37:32.9	13 1:01.0	32 24:52.0	1:17:48.8		
23	ΠΑΝΑΓΙΩΤΗΣ ΚΟΤΑΡΙΔΗΣ	36	87	NS COACHING	1:18:08.3	37	13:10.5	21 2:26.5	18 36:46.5	44 1:22.8	24 24:21.8	1:18:08.3		
24	GEORGE ΚΑΝΑΚΙΣ	39	66	ChaidarilsRunning	1:18:19.2	8	10:23.0	42 3:13.5	29 38:29.5	59 1:37.6	26 24:35.6	1:18:19.2		
25	ΙΩΑΝΝΗΣ ΜΠΟΪΚΟ	26	93		1:18:32.0	53	14:13.9	32 2:58.5	32 38:37.3	21 1:10.3	6 21:31.7	1:18:32.0		

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80	ΔΗΜΗΤΡΗΣ ΠΑΠΠΑΣ	44	161		1:39:06.8	78	17:27.0	83	5:02.6	77	45:46.3	40	1:22.4	67	29:28.4	1:39:06.8
81	ΧΕΝΟΦΟΝ ΛΟΥΡΑΝΤΟΣ	62	129	Athens Triathlon Team	1:39:41.3	67	15:43.5	85	5:06.1	81	46:15.1	78	2:11.3	74	30:25.2	1:39:41.3
82	SOTIRIS MARANIS	46	130	WIND	1:40:55.9	54	14:15.8	76	4:23.0	79	46:06.8	79	2:13.2	84	33:56.9	1:40:55.9
83	STELIOS KALATZIS	41	123		1:41:20.0	88	19:51.2	86	5:08.7	78	46:04.9	82	2:27.1	54	27:47.9	1:41:20.0
84	ΓΙΩΡΓΟΣ ΤΟΥΡΚΑΜΠΗΣ	41	102	NS COACHING	1:42:35.0	85	19:05.2	65	4:01.6	63	42:40.2	77	1:57.0	86	34:50.8	1:42:35.0
85	ΦΩΤΗΣ ΠΑΠΑΚΑΝΕΛΛΟΣ	29	99		1:42:56.3	63	15:22.4	84	5:05.2	83	47:54.7	33	1:19.2	82	33:14.5	1:42:56.3
86	ΖΗΣΗΣ ΔΗΜΟΚΑΣ	47	80		1:43:17.5	86	19:22.9	81	4:53.2	67	43:06.9	22	1:10.6	85	34:43.8	1:43:17.5
87	CHRISTOS CHARPANTIDIS	46	114		1:45:55.2	73	16:17.1	75	4:20.5	89	53:29.0	65	1:42.5	70	30:06.0	1:45:55.2
88	ΚΩΝΣΤΑΝΤΙΝΟΣ ΕΥΘΥΜΙΟΥ	64	81		1:50:27.8	90	22:47.7	68	4:08.1	84	47:56.0	83	2:28.1	81	33:07.6	1:50:27.8
89	ΚΩΝΣΤΑΝΤΙΝΟΣ ΡΑΝΟΣ	40	132	Nuventi	2:00:50.6	84	19:04.6	88	5:40.6	88	51:26.1	88	3:01.6	88	41:37.5	2:00:50.6
DNF	ΙΩΑΝΝΙΣ ΔΕΡΜΙΤΖΑΚΙΣ	43	118			70	15:57.2	90	6:52.8							
DNS	SPIROS RAZIS	46	72													
DNS	ΠΑΝΑΓΙΩΤΗΣ ΘΕΟΦΙΛΑΣ	40	82	Chaidari is Running												
DNS	ΝΙΚΟΛΑΟΣ ΚΟΜΕΣΣΑΡΙΟΣ	34	86	ns coaching												
DNS	ΜΑΝΟΥΣΟΣ ΨΑΡΑΔΕΛΗΣ	37	107													
DNS	ΘΗΑΝΟΣ FOUNDAS	42	122													
DNS	GEORGE RALLIS	46	133	WIND												
DNS	ΕΜΜΑΝΟΥΗΛ ΓΙΑΝΝΟΥΚΑΣ	48	145	Athens Triathlon Team												