

2nd Trichonian Triathlon

Age Group Results

Age Group

Male 17 to 29

Place		Name	Bib No	Age	----- SWIM -----		T1	----- BIKE -----		T2	----- RUN -----		Total
Place	Overall				Rnk	Time		Rnk	Time		Rnk	Time	
1	2	Giannis Nomikos	7	26	1	12:02.2	0:51.3	1	37:12.9	0:22.4	1	25:15.7	1:15:44.7
2	13	ΚΡΙΑΡΑΣ ΔΗΜΗΤΡΙΟΣ	20	24	2	15:19.8	1:11.3	3	48:20.8	0:46.2	2	27:47.3	1:33:25.6
3	20	ΚΩΣΤΑΣ ΜΠΑΡΜΠΟΥΤΗΣ	15	25	3	28:20.7	1:20.6	2	42:52.2	1:03.7	3	28:32.3	1:42:09.7

Male 30 to 39

Place		Name	Bib No	Age	----- SWIM -----		T1	----- BIKE -----		T2	----- RUN -----		Total
Place	Overall				Rnk	Time		Rnk	Time		Rnk	Time	
1	1	George Alyfantis	1	36	1	9:58.5	0:26.5	1	32:16.7	0:30.2	2	25:07.4	1:08:19.5
2	3	ΙΩΑΝΝΗΣ ΓΙΑΤΑΓΑΝΑΣ	41	32	3	12:07.9	0:24.9	4	37:16.3	0:31.5	3	25:25.5	1:15:46.3
3	4	ΔΗΜΗΤΡΗΣ ΛΕΚΚΟΣ	23	36	5	15:02.2	0:42.3	2	35:13.0	0:25.2	1	24:26.0	1:15:48.8
4	5	Γιώργος Κυπριάδης	36	33	2	11:58.9	0:32.3	3	36:21.4	0:29.7	4	27:09.2	1:16:31.6
5	10	ΛΑΜΠΡΟΣ ΔΟΥΛΟΣ	18	32	6	15:08.2	1:07.0	5	38:16.4	0:55.4	5	30:02.4	1:25:29.6
6	15	Γεωργιος Γουσιας	38	38	9	22:53.3	1:34.6	6	38:49.0	0:59.1	6	30:59.2	1:35:15.4
7	18	Βλάσης Κρίκος	16	34	7	15:37.7	2:48.1	7	41:17.2	0:56.0	7	36:27.5	1:37:06.7
8	22	ΦΩΤΗΣ ΕΞΑΡΧΟΥ	39	38	8	17:56.9	1:40.0	8	46:02.2	1:24.4	8	37:01.3	1:44:05.0
DNF	DNF	Χρήστος Ραφαηλίδης	2	37	4	13:38.0	0:40.7						

Male 40 to 49

Place		Name	Bib No	Age	----- SWIM -----		T1	----- BIKE -----		T2	----- RUN -----		Total
Place	Overall				Rnk	Time		Rnk	Time		Rnk	Time	
1	6	ΣΩΤΗΡΗΣ ΔΕΔΕΣ	45	40	3	14:24.0	0:52.4	1	35:28.4	0:34.2	2	26:25.6	1:17:44.8
2	7	ΣΠΥΡΟΣ ΒΛΑΧΟΣ	22	47	1	12:52.8	0:50.8	2	38:17.5	0:34.5	4	30:38.5	1:23:14.2
3	9	ΔΙΟΝΥΣΙΟΣ ΔΗΜΟΠΟΥΛΟΣ	28	42	2	14:00.3	0:54.3	4	39:09.6	0:39.2	3	29:29.3	1:24:12.8

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Male 40 to 49

Place					----- SWIM -----		T1	----- BIKE -----		T2	----- RUN -----		Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
4	12	ΠΕΡΙΚΛΗΣ ΑΣΠΡΟΥΔΗΣ	14	46	9	22:20.5	1:19.6	3	38:48.2	0:48.2	1	25:54.0	1:29:10.6
5	16	ΝΙΚΟΛΑΟΣ ΒΛΑΧΟΣ	40	45	5	17:51.3	1:23.3	5	41:24.4	1:23.7	5	33:17.0	1:35:19.9
6	21	Θεόδωρος Ζαχαριάς	19	41	8	21:24.7	1:18.5	6	43:08.2	1:35.2	8	36:19.7	1:43:46.5
7	23	Γιώργος Σκριμπωνης	10	46	7	18:52.8	2:50.6	7	48:12.2	0:43.3	7	34:57.6	1:45:36.6
8	24	ΔΗΜΗΤΡΗΣ ΚΟΡΑΚΑΣ	44	49	6	18:33.9	1:20.9	8	50:01.9	1:28.9	6	34:28.8	1:45:54.6
DNF	DNF	ΝΙΚΟΣ ΣΙΔΕΡΗΣ	30	47	4	14:27.7	1:41.3						

Male 50 to 59

Place					----- SWIM -----		T1	----- BIKE -----		T2	----- RUN -----		Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	8	ΓΙΑΝΝΗΣ ΛΙΑΤΣΟΣ	4	52	3	16:31.9	0:58.6	1	36:46.0	0:31.3	1	29:11.1	1:23:59.1
2	14	ΦΩΤΗΣ ΒΑΛΑΤΣΟΣ	6	53	1	15:06.4	1:36.3	3	44:00.1	1:10.2	2	31:58.2	1:33:51.5
3	17	mihalis kypriotis	21	56	2	15:13.6	1:29.7	2	43:54.8	0:25.9	3	34:17.5	1:35:21.7

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Female 17 to 29

Place						SWIM			T1			BIKE			T2			RUN			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib No</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>			<u>Time</u>			<u>Rnk</u>	<u>Time</u>		<u>Time</u>			<u>Rnk</u>	<u>Time</u>		<u>Time</u>
1	11	Λαμπρινή Λιούτα	12	25	2	17:18.1			0:41.1		1	39:27.4			0:24.6		1	28:01.6			1:25:53.0
2	19	ΙΖΑΜΠΕΛΛΑ ΚΑΨΟΥΡΟΥ	5	29	1	15:17.4			1:27.3		2	48:03.9			0:48.0		2	35:49.3			1:41:26.2