

ΚΑΤΗΓΟΡΙΑ Β

ΑΓΩΝΑΣ ΣΕ ΤΕΣΣΕΡΕΙΣ (4) ΦΑΣΕΙΣ

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	GATE 4 / 20,15 Km	TOTAL					
1	ΠΕΡΙΔΗ ΜΑΡΘΑ	1	START TIME	08:00:00	10:17:14	12:32:27	15:12:49					
			ARRIVAL	09:44:56	12:00:20	14:25:12	17:00:55					
			RIDE TIME	01:44:56	01:43:06	01:52:45	01:48:06	<b>07:15:55</b>				
	ΚΕΙΡ		LOOP SPEED	11,522	11,726	10,723	11,184	<b>11,276</b>				
			VET IN	09:47:14	12:02:27	14:27:49	17:02:45					
	SALAH	ΕΚ2	REC. TIME / HR	02:18	48	02:07	48	02:37	58	01:50	52	<b>07:02</b>
			TIME	01:47:14		01:45:13		01:55:22		01:49:56		
			PHASE SPEED	11,274		11,491		10,48		10,998		<b>11,094</b>

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	GATE 4 / Km	TOTAL					
2	ΒΑΡΕΛΗ ΣΤΕΛΛΑ	2	START TIME	08:00:00	10:17:35	12:32:46	15:12:47					
			ARRIVAL	09:44:55	12:00:21	14:25:11	17:00:56					
			RIDE TIME	01:44:55	01:42:46	01:52:25	01:48:09	<b>07:15:56</b>				
	ΚΕΙΡ		LOOP SPEED	11,523	11,765	10,755	11,179	<b>11,292</b>				
			VET IN	09:47:35	12:02:46	14:27:47	17:02:31					
	BESS HABIB	HH2	REC. TIME / HR	02:40	44	02:25	48	02:36	48	01:35	40	<b>07:41</b>
			TIME	01:47:35		01:45:11		01:55:01		01:49:44		
			PHASE SPEED	11,238		11,494		10,512		11,018		<b>11,093</b>

ΚΑΤΗΓΟΡΙΑ Γ

ΑΓΩΝΑΣ ΣΕ ΤΡΕΙΣ (3) ΦΑΣΕΙΣ

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL				
1	ΠΑΠΑΝΙΚΟΛΑΟΥ ΣΤΕΛΛΑ	12	START TIME	08:30:00	10:56:50	13:03:39				
			ARRIVAL	10:24:03	12:30:30	14:45:58				
			RIDE TIME	01:54:03	01:33:40	01:42:19	<b>05:15:58</b>			
	ΚΕΙΡ		LOOP SPEED	10,601	12,907	11,816	<b>11,699</b>			
			VET IN	10:26:50	12:33:39	14:51:13				
	GA EVINIA	NΦ7	REC. TIME / HR	02:47	44	03:09	54	05:15	48	<b>05:56</b>
			TIME	01:56:50	01:36:49	01:47:34				
PHASE SPEED			10,348	12,488	11,240	<b>11,479</b>				

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL				
2	BENIZEΛΟΥ ΑΡΕΤΗ-ANNA	9	START TIME	08:30:00	10:56:52	13:04:25				
			ARRIVAL	10:23:58	12:30:29	14:45:59				
			RIDE TIME	01:53:58	01:33:37	01:41:34	<b>05:15:59</b>			
	ΙΟΒ		LOOP SPEED	10,608	12,914	11,904	<b>11,732</b>			
			VET IN	10:26:52	12:34:25	14:52:03				
	GA DAHAB	ΟΞ5	REC. TIME / HR	02:54	50	03:56	60	06:04	52	<b>06:50</b>
			TIME	01:56:52	01:37:33	01:47:38				
PHASE SPEED			10,345	12,394	11,233	<b>11,478</b>				

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL				
3	ΔΙΑΜΑΝΤΗ ΣΤΑΜΑΤΙΑ-ΜΑΡΚΕΛΛΑ	11	START TIME	08:30:00	10:58:01	13:03:27				
			ARRIVAL	10:24:04	12:30:28	14:46:02				
			RIDE TIME	01:54:04	01:32:27	01:42:35	<b>05:16:02</b>			
	ΚΕΙΡ		LOOP SPEED	10,599	13,077	11,786	<b>11,734</b>			
			VET IN	10:28:01	12:33:27	14:50:47				
	NASER ZLATAR ΑΗΜΑΤ	ΞΕ8	REC. TIME / HR	03:57	40	02:59	44	04:45	48	<b>06:56</b>
			TIME	01:58:01	01:35:26	01:47:20				
PHASE SPEED			10,244	12,669	11,264	<b>11,477</b>				

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL				
Elim FTQ - GA	ΠΑΠΠΟΥΛΗΣ ΔΗΜΗΤΡΙΟΣ	10	START TIME	08:30:00	10:58:25	12:56:45				
			ARRIVAL	10:20:37	12:17:37	14:57:48				
			RIDE TIME	01:50:37	01:19:12	02:01:03	<b>05:27:48</b>			
	ΚΕΙΡ		LOOP SPEED	10,930	15,265	9,988	<b>11,667</b>			
			VET IN	10:28:25	12:26:45	15:05:12				
	FREE WILLY	ΟΤ3	REC. TIME / HR	07:48	50	09:08	58	07:24	58	<b>16:56</b>
			TIME	01:58:25	01:28:20	02:08:27				
PHASE SPEED			10,210	13,687	9,412	<b>11,065</b>				

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL				
Elim FTQ - FTC	ΣΤΕΦΑΝΑΚΗ ΕΥΓΕΝΙΑ	7	START TIME	08:30:00	10:58:20	11:52:59				
			ARRIVAL	10:23:57	0	0				
			RIDE TIME	01:53:57	0	0	<b>01:58:20</b>			
	ΚΕΙΡ		LOOP SPEED	10,610	0,000	0,000	<b>10,610</b>			
			VET IN	10:28:20	11:22:59	0				
	HERMAKOS ΜΕΤ	ΘΩ4	REC. TIME / HR	04:23	52	0	48	0	0	<b>04:23</b>
			TIME	01:58:20	00:00:00	00:00:00				
PHASE SPEED			10,217	0,000	0,000	<b>10,217</b>				

ΚΑΤΗΓΟΡΙΑ Δ

ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
1	ΓΙΑΚΟΥΜΑΚΗ ΕΜΜΑ-ΔΕΣΠΟΙΝΑ	4	START TIME	09:00:00		11:08:36		
			ARRIVAL	10:36:19		12:39:40		
			RIDE TIME	01:36:19		01:31:04		<b>03:09:40</b>
	ΚΕΙΡ		LOOP SPEED	12,552		13,276		<b>12,904</b>
			VET IN	10:38:36		12:45:27		
	GA EL CAMINO	ΠΜ1	REC. TIME / HR	02:17	48	05:47	44	<b>02:17</b>
			TIME	01:38:36		01:36:51		
PHASE SPEED			12,262		12,483		<b>12,749</b>	

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
2	ΠΛΑΤΗ ΣΕΡΕΝΑ ΤΟΥΛΙ ΜΑΡΙΑ	5	START TIME	09:00:00		11:08:14		
			ARRIVAL	10:36:26		12:39:41		
			RIDE TIME	01:36:26		01:31:27		<b>03:09:41</b>
	ΚΕΙΡ		LOOP SPEED	12,537		13,220		<b>12,870</b>
			VET IN	10:38:14		12:43:58		
	GA KUBICA EL KALID	ΠΜ2	REC. TIME / HR	01:48	50	04:17	56	<b>01:48</b>
			TIME	01:38:14		01:35:44		
PHASE SPEED			12,307		12,629		<b>12,748</b>	

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
3	ΠΟΥΛΟΠΟΥΛΟΥ ΕΛΕΑΝΑ	6	START TIME	09:00:00		11:20:29		
			ARRIVAL	10:47:17		13:11:22		
			RIDE TIME	01:47:17		01:50:53		<b>03:41:22</b>
	ΙΟΜ		LOOP SPEED	11,269		10,903		<b>11,083</b>
			VET IN	10:50:29		13:17:07		
	ATTILAS	ΚΣ8	REC. TIME / HR	03:12	48	05:45	52	<b>03:12</b>
			TIME	01:50:29		01:56:38		
PHASE SPEED			10,943		10,366		<b>10,923</b>	

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
4	ΚΑΛΑΦΑΤ ΣΑΛΗΧ	3	START TIME	09:00:00		11:21:53		
			ARRIVAL	10:47:18		13:14:42		
			RIDE TIME	01:47:18		01:52:49		<b>03:44:42</b>
	ΚΕΙΡ		LOOP SPEED	11,267		10,717		<b>10,985</b>
			VET IN	10:51:53		13:19:18		
	MENTOR	ΝΦ9	REC. TIME / HR	04:35	58	04:36	52	<b>04:35</b>
			TIME	01:51:53		01:57:25		
PHASE SPEED			10,806		10,297		<b>10,761</b>	

**1οι ΔΙΑΣΥΛΛΟΓΙΚΟΙ ΑΓΩΝΕΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ**  
**ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ**

09/03/2025

09/03/2025

**Δ ΠΑΙΔΩΝ**

**ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ**

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
1	ΟΙΚΟΝΟΜΟΠΟΥΛΟΥ ΔΗΜΗΤΡΑ	15	START TIME	09:30:00		11:50:06		
			ARRIVAL	11:18:15		13:31:38		
			RIDE TIME	01:48:15		01:41:32		<b>03:31:38</b>
	ΚΕΙΡ		LOOP SPEED	11,169		11,907		<b>11,526</b>
			VET IN	11:20:06		13:39:59		
	SARAH	ΔΣ9	REC. TIME / HR	01:51	48	08:21	56	<b>01:51</b>
			TIME	01:50:06		01:49:53		
PHASE SPEED			10,981		11,003		<b>11,425</b>	

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
2	ΠΙΛΑΤΕΡΗ ΜΑΡΙΑ	16	START TIME	09:30:00		11:50:07		
			ARRIVAL	11:18:14		13:31:50		
			RIDE TIME	01:48:14		01:41:43		<b>03:31:50</b>
	ΚΕΙΡ		LOOP SPEED	11,170		11,886		<b>11,517</b>
			VET IN	11:20:07		13:38:58		
	ΖΑΦΙΡΑ	ΜΘ5	REC. TIME / HR	01:53	44	07:08	40	<b>01:53</b>
			TIME	01:50:07		01:48:51		
PHASE SPEED			10,979		11,107		<b>11,415</b>	

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
3	ΚΑΡΑΓΙΑΝΝΗ ΦΩΤΕΙΝΗ	14	START TIME	09:30:00		11:49:21		
			ARRIVAL	11:15:55		13:33:07		
			RIDE TIME	01:45:55		01:43:46		<b>03:33:07</b>
	ΚΕΙΡ		LOOP SPEED	11,415		11,651		<b>11,532</b>
			VET IN	11:19:21		13:39:07		
	BESS KHALIL	PB3	REC. TIME / HR	03:26	56	06:00	46	<b>03:26</b>
			TIME	01:49:21		01:49:46		
PHASE SPEED			11,056		11,014		<b>11,346</b>	

**1οι ΔΙΑΣΥΛΛΟΓΙΚΟΙ ΑΓΩΝΕΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ**  
**ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ**

09/03/2025 09/03/2025

**ΚΑΤΗΓΟΡΙΑ Ε**

**ΑΓΩΝΑΣ ΣΕ ΜΙΑ (1) ΦΑΣΗ**

		<b>GATE 1 / 20,15 Km</b>		<b>TOTAL</b>	
1	ΣΩΤΗΡΙΟΥ ΧΡΙΣΤΙΝΑ	17	START TIME	10:00:00	
			ARRIVAL	12:01:28	
			RIDE TIME	02:01:28	<b>02:01:28</b>
	ΙΟΡΟΔ		LOOP SPEED	9,953	<b>9,953</b>
			VET IN	12:07:28	
	VICTORIA	ΠΧ8	REC. TIME / HR	06:00	56
TIME			02:07:28		
PHASE SPEED			9,485	<b>9,953</b>	

		<b>GATE 1 / Km</b>		<b>TOTAL</b>	
1	ΟΙΚΟΝΟΜΟΠΟΥΛΟΥ ΑΝΑΣΤΑΣΙΑ-ΤΣΑΜΠ	18	START TIME	10:00:00	
			ARRIVAL	12:01:32	
			RIDE TIME	02:01:32	<b>02:01:32</b>
	ΚΕΙΡ		LOOP SPEED	9,948	<b>9,948</b>
			VET IN	12:08:44	
	DIEGO	ΟΘ2	REC. TIME / HR	07:12	42
TIME			02:08:44		
PHASE SPEED			9,392	<b>9,948</b>	