

			GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		GATE 3 / 20,24 Km		TOTAL	
1	ΤΟΥΛΗ ΒΑΣΙΛΙΚΗ-ΒΙΟΛΕΤΑ	22	START TIME	09:00:00		12:13:15		15:20:18		
			ARRIVAL	11:30:45		14:33:25		17:13:47		
			RIDE TIME	02:30:45		02:20:10		01:53:29		06:44:24
	IOM		LOOP SPEED	12,641		13,595		10,701		12,427
			VET IN	11:33:15		14:40:18		17:15:53		
	HAKIM	KN4	REC. TIME / HR	02:30	50	06:53	47	02:06	48	09:23
			TIME	02:33:15		02:27:03		01:55:35		06:53:47
			PHASE SPEED	12,435		12,959		10,507		12,145

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		GATE 3 / 20,24 Km		TOTAL		
2	ΠΑΤΣΙΟΥΡΑΣ ΣΩΤΗΡΙΟΣ	23	START TIME	09:00:00		12:12:19		15:22:42				
			ARRIVAL	11:31:26		14:37:23		17:13:54				
			RIDE TIME	02:31:26		02:25:04		01:51:12		06:47:42		
	ΙΟΚΙΑ		LOOP SPEED	12,584		13,136		10,921		12,327		
			VET IN	11:32:19		14:42:42		17:17:24				
	LAILAPS R		ΠΚ4	REC. TIME / HR	00:53	52	05:19	60	03:30	60	06:12	
				TIME	02:32:19		02:30:23		01:54:42		06:53:54	
				PHASE SPEED	12,511		12,672		10,588		12,142	

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		GATE 3 / 20,24 Km		TOTAL		
3	ΧΑΤΖΗΑΝΤΩΝΗΣ ΔΗΜΗΤΡΙΟΣ-ΚΥΡΙΑ	24	START TIME	09:00:00		12:12:29		15:28:17				
			ARRIVAL	11:31:46		14:47:22		17:13:56				
			RIDE TIME	02:31:46		02:34:53		01:45:39		06:52:18		
	ΙΟΚΙΑ		LOOP SPEED	12,556		12,303		11,495		12,189		
			VET IN	11:32:29		14:48:17		17:17:43				
	SAN ANTONIO		ΠΡ1	REC. TIME / HR	00:43	56	00:55	57	03:47	56	01:38	
				TIME	02:32:29		02:35:48		01:49:26		06:53:56	
				PHASE SPEED	12,497		12,231		11,097		12,141	

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		GATE 3 / 20,24 Km		TOTAL	
4	ΠΟΥΡΣΑΝΙΔΟΥ ΣΟΦΙΑ	25	START TIME	09:00:00		12:13:51		15:34:48			
			ARRIVAL	11:31:44		14:51:53		17:19:46			
			RIDE TIME	02:31:44		02:38:02		01:44:58		06:54:44	
	ΙΟΚΙΑ		LOOP SPEED	12,559		12,058		11,569		12,118	
			VET IN	11:33:51		14:54:48		17:21:39			
	VES HARRY JA		REC. TIME / HR	02:07	54	02:55	58	01:53	54	05:02	
			TIME	02:33:51		02:40:57		01:46:51		06:59:46	
			PHASE SPEED	12,386		11,840		11,365		11,972	

			GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		GATE 3 / 20,24 Km		TOTAL
Dns	ΠΟΛΛΑΤΟΥ ΣΟΦΙΑ	20	START TIME	09:00:00	09:00:00	09:00:00			
			ARRIVAL	0	0	0			
			RIDE TIME	0	0	0	00:00:00		
	ΙΠΟΑ		LOOP SPEED	0,000	0,000	0,000	0,000		
			VET IN	0	0	0			
			REC. TIME / HR	0	0	0	0	0	00:00
	ASLAN	ΞΙ9	TIME	00:00:00	00:00:00	00:00:00	00:00:00		
			PHASE SPEED	0,000	0,000	0,000	0,000		

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				GATE 1 / 20,24 Km		GATE 2 / 20,24 Km		TOTAL
1	ΚΩΝΣΤΑΝΤΙΝΙΔΟΥ ΝΙΚΟΛΕΤΤΑ	81	START TIME	10:40:00		12:26:55		
			ARRIVAL	11:55:58		13:45:11		
			RIDE TIME	01:15:58		01:18:16		02:34:14
	ΙΠΟΑ		LOOP SPEED	15,986		15,516		15,748
			VET IN	11:56:55		13:45:58		
	GA PEGASUS	ΛΣ1	REC. TIME / HR	00:57	56	00:47	52	00:57
			TIME	01:16:55		01:19:03		02:35:11
			PHASE SPEED	15,789		15,362		15,651
				GATE 1 / 20,24 Km		GATE 2 / 20,24 Km		TOTAL
2	ΜΑΜΑΗ (ΤΖΟ) ΓΕΩΡΓΙΑ	82	START TIME	10:40:00		12:29:06		
			ARRIVAL	11:57:47		13:46:52		
			RIDE TIME	01:17:47		01:17:46		02:35:33
	ΙΠΟΑ		LOOP SPEED	15,613		15,616		15,614
			VET IN	11:59:06		13:57:41		
	SAHIB	ΟΓ2	REC. TIME / HR	01:19	46	10:49	60	01:19
			TIME	01:19:06		01:28:35		02:36:52
			PHASE SPEED	15,353		13,709		15,483
				GATE 1 / 20,24 Km		GATE 2 / 20,24 Km		TOTAL
3	ΑΠΕΡΓΗ ΑΡΙΑΔΝΗ	83	START TIME	10:40:00		12:30:27		
			ARRIVAL	11:58:00		13:47:06		
			RIDE TIME	01:18:00		01:16:39		02:34:39
	ΙΠΟΑ		LOOP SPEED	15,569		15,843		15,705
			VET IN	12:00:27		13:57:35		
	IVY	NX9	REC. TIME / HR	02:27	56	10:29	56	02:27
			TIME	01:20:27		01:27:08		02:37:06
			PHASE SPEED	15,095		13,937		15,460
				GATE 1 / 20,24 Km		GATE 2 / 20,24 Km		TOTAL
4	ΧΡΥΣΑΝΘΑΚΟΠΟΥΛΟΥ ΠΑΝΑΓΙΩΤΑ	77	START TIME	10:20:00		12:16:03		
			ARRIVAL	11:39:38		13:34:25		
			RIDE TIME	01:19:38		01:18:22		02:38:00
	ΙΠΟΑ		LOOP SPEED	15,250		15,496		15,372
			VET IN	11:46:03		13:44:11		
	FARUK	ΠΙ9	REC. TIME / HR	06:25	34	09:46	56	06:25
			TIME	01:26:03		01:28:08		02:44:25
			PHASE SPEED	14,113		13,779		14,772
				GATE 1 / 20,24 Km		GATE 2 / 20,24 Km		TOTAL
5	ΚΑΒΡΟΥ ΕΙΡΗΝΗ	79	START TIME	10:20:00		12:14:59		
			ARRIVAL	11:39:40		13:34:29		
			RIDE TIME	01:19:40		01:19:30		02:39:10
	ΙΠΟΑ		LOOP SPEED	15,244		15,275		15,259
			VET IN	11:44:59		13:43:52		
	FIDEL	ΠΙ4	REC. TIME / HR	05:19	59	09:23	48	05:19
			TIME	01:24:59		01:28:53		02:44:29
			PHASE SPEED	14,29		13,663		14,766
				GATE 1 / 20,24 Km		GATE 2 / 20,24 Km		TOTAL
6	ΚΑΛΠΑΞΙΔΟΥ ΚΥΡΙΑΚΗ	84	START TIME	10:40:00		12:38:23		
			ARRIVAL	12:04:19		13:55:43		
			RIDE TIME	01:24:19		01:17:20		02:41:39
	ΙΟΚΙΑ		LOOP SPEED	14,403		15,703		15,025
			VET IN	12:08:23		14:07:55		
	ATTILAS	PP2	REC. TIME / HR	04:04	59	12:12	60	04:04
			TIME	01:28:23		01:29:32		02:45:43
			PHASE SPEED	13,74		13,564		14,656

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ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ

				GATE 1 / 20,24 Km	GATE 2 / 20,24 Km	TOTAL
7	ΦΡΑΝΣΙΣ ΓΕΩΡΓΙΟΣ	80	START TIME	10:40:00	12:30:34	
			ARRIVAL	11:57:51	13:59:29	
			RIDE TIME	01:17:51	01:28:55	02:46:46
	ΙΠΟΑ		LOOP SPEED	15,599	13,658	14,564
			VET IN	12:00:34	14:07:29	
	TAYFUN	PZ7	REC. TIME / HR	02:43	08:00	02:43
			TIME	01:20:34	01:36:55	02:49:29
			PHASE SPEED	15,073	12,530	14,331

				GATE 1 / 20,24 Km	GATE 2 / 20,24 Km	TOTAL
8	ΣΕΛΕΚΟΥ ΣΟΦΙΑ	78	START TIME	10:20:00	12:13:02	
			ARRIVAL	11:39:39	13:47:54	
			RIDE TIME	01:19:39	01:34:52	02:54:31
	ΙΠΟΑ		LOOP SPEED	15,247	12,801	13,917
			VET IN	11:43:02	13:52:17	
	ZAGORA	PE2	REC. TIME / HR	03:23	04:23	03:23
			TIME	01:23:02	01:39:15	02:57:54
			PHASE SPEED	14,625	12,236	13,653

				GATE 1 / 20,24 Km	GATE 2 / 20,24 Km	TOTAL
9	ΕΛ ΜΠΑΣΙΡ ΖΩΗ	70	START TIME	10:00:00	12:08:04	
			ARRIVAL	11:33:35	13:34:28	
			RIDE TIME	01:33:35	01:26:24	02:59:59
	ΙΠΟΑ		LOOP SPEED	12,977	14,056	13,495
			VET IN	11:38:04	13:41:23	
	ASAD	ΠΛ3	REC. TIME / HR	04:29	06:55	04:29
			TIME	01:38:04	01:33:19	03:04:28
			PHASE SPEED	12,383	13,014	13,167

				GATE 1 / 20,24 Km	GATE 2 / 20,24 Km	TOTAL
10	ΤΟΥΡΓΕΛΗΣ ΕΥΑΓΓΕΛΟΣ	74	START TIME	10:00:00	12:07:49	
			ARRIVAL	11:33:40	13:47:08	
			RIDE TIME	01:33:40	01:39:19	03:12:59
	ΙΠΟΑ		LOOP SPEED	12,965	12,228	12,586
			VET IN	11:37:49	13:53:44	
	MARCHILIZA	KH2	REC. TIME / HR	04:09	06:36	04:09
			TIME	01:37:49	01:45:55	03:17:08
			PHASE SPEED	12,415	11,466	12,321

				GATE 1 / 20,24 Km	GATE 2 / 20,24 Km	TOTAL
11	ΠΑΤΕΡΑ ΑΝΝΑ-ΧΡΙΣΤΙΝΑ	72	START TIME	10:00:00	12:07:22	
			ARRIVAL	11:33:23	13:53:26	
			RIDE TIME	01:33:23	01:46:04	03:19:27
	ΙΠΟΑ		LOOP SPEED	13,004	11,449	12,177
			VET IN	11:37:22	13:59:17	
	MORGAN	ΞΞ8	REC. TIME / HR	03:59	05:51	03:59
			TIME	01:37:22	01:51:55	03:23:26
			PHASE SPEED	12,472	10,851	11,939

				GATE 1 / 20,24 Km	GATE 2 / 20,24 Km	TOTAL
12	ΚΩΝΣΤΑΝΤΙΝΟΥ ΕΥΑΓΓΕΛΙΑ	73	START TIME	10:00:00	12:07:48	
			ARRIVAL	11:33:25	13:53:27	
			RIDE TIME	01:33:25	01:45:39	03:19:04
	ΙΠΟΑ		LOOP SPEED	13,000	11,495	12,201
			VET IN	11:37:48	13:59:11	
	RAFAELLA	ΡΔ1	REC. TIME / HR	04:23	05:44	04:23
			TIME	01:37:48	01:51:23	03:23:27
			PHASE SPEED	12,417	10,903	11,938

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ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ

				GATE 1 / 20,24 Km		GATE 2 / 20,24 Km		TOTAL
Elim FTQ - GA	ΕΛ ΜΠΑΣΙΡ ΔΑΝΑΗ	71	START TIME	10:00:00		12:07:38		
			ARRIVAL	11:33:30		13:54:45		
			RIDE TIME	01:33:30		01:47:07		03:20:37
	ΙΠΟΑ		LOOP SPEED	12,988		11,337		12,107
			VET IN	11:37:38		14:11:10		
	LENI	ΞΞ9	REC. TIME / HR	04:08	54	16:25	56	04:08
			TIME	01:37:38		02:03:32		03:24:45
			PHASE SPEED	12,438		9,831		11.862

				GATE 1 / 20,24 Km		GATE 2 / 20,24 Km		TOTAL
Elim FTQ - GA	ΡΟΥΣΣΗ ΜΑΡΙΑ - ΙΩΑΝΝΑ	76	START TIME	10:20:00		12:11:01		
			ARRIVAL	11:39:37		13:28:57		
			RIDE TIME	01:19:37		01:17:56		02:37:33
	ΙΠΟΑ		LOOP SPEED	15,253		15,583		15,416
			VET IN	11:41:01		13:30:10		
	HALIL SILVER FAME	ΛΚ7	REC. TIME / HR	01:24	48	01:13	48	01:24
			TIME	01:21:01		01:19:09		02:38:57
			PHASE SPEED	14,99		15,343		15,280

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Δ ΠΑΙΔΩΝ

ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ

			GATE 1 / 20,24 Km		GATE 2 / 20,24 Km		TOTAL	
1	TZIABAPA ΘΕΑΝΩ	87	START TIME	11:00:00		13:16:09		
			ARRIVAL	12:40:35		14:56:19		
			RIDE TIME	01:40:35		01:40:10		03:20:45
	ΙΟΥΠΙ		LOOP SPEED	12,074		12,124		12,099
			VET IN	12:46:09		15:03:26		
	MIRIAM	N08	REC. TIME / HR	05:34	56	07:07	50	05:34
			TIME	01:46:09		01:47:17		03:26:19
			PHASE SPEED	11,44		11,32		11,772

				GATE 1 / 20,24 Km		GATE 2 / 20,24 Km		TOTAL
2	ΒΛΑΓΚΟΠΟΥΛΟΥ ΜΙΚΑΕΛΑ	85	START TIME	11:00:00		13:11:45		
			ARRIVAL	12:40:33		14:56:20		
			RIDE TIME	01:40:33		01:44:35		03:25:08
	ΙΠΟΑ		LOOP SPEED	12,078		11,612		11,840
			VET IN	12:41:45		15:05:41		
	AYSE	ΠΞ3	REC. TIME / HR	01:12	62	09:21	44	01:12
			TIME	01:41:45		01:53:56		03:26:20
			PHASE SPEED	11,935		10,659		11,771

				GATE 1 / 20,24 Km		GATE 2 / 20,24 Km		TOTAL
3	ΑΠΕΡΓΗ ΝΙΚΟΛΕΤΑ	86	START TIME	11:00:00		13:11:40		
			ARRIVAL	12:40:36		14:56:32		
			RIDE TIME	01:40:36		01:44:52		03:25:28
	ΙΠΟΑ		LOOP SPEED	12,072		11,580		11,821
			VET IN	12:41:40		15:00:08		
	SISI	ΟΠ3	REC. TIME / HR	01:04	50	03:36	61	01:04
			TIME	01:41:40		01:48:28		03:26:32
			PHASE SPEED	11,945		11,196		11,760

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ΑΓΩΝΑΣ ΣΕ ΜΙΑ (1) ΦΑΣΗ

			GATE 1 / 20,24 Km		TOTAL
1	ΜΠΑΡΟΥΔΑ ΕΥΑΓΓΕΛΙΑ-ΣΟΦΙΑ	158	START TIME	09:40:00	
			ARRIVAL	11:37:05	
			RIDE TIME	01:57:05	01:57:05
	ΑΙΟΛJC		LOOP SPEED	10,372	10,372
			VET IN	11:40:51	
	AURORA	ΣΕ4	REC. TIME / HR	03:46 46	00:00
			TIME	02:00:51	01:57:05
			PHASE SPEED	10,049	10,372

			GATE 1 / 20,24 Km		TOTAL
1	ΚΟΤΤΗ ΝΕΦΕΛΗ	159	START TIME	09:40:00	
			ARRIVAL	11:37:06	
			RIDE TIME	01:57:06	01:57:06
	ΑΙΟΛJC		LOOP SPEED	10,371	10,371
			VET IN	11:40:57	
	SORAYA	ΘΘ9	REC. TIME / HR	03:51 40	00:00
			TIME	02:00:57	01:57:06
			PHASE SPEED	10,041	10,371

			GATE 1 / 20,24 Km		TOTAL
1	ΚΟΛΕΡΗΣ ΔΗΜΗΤΡΙΟΣ	150	START TIME	11:20:00	
			ARRIVAL	13:17:41	
			RIDE TIME	01:57:41	01:57:41
	ΙΠΟΑ		LOOP SPEED	10,319	10,319
			VET IN	13:34:30	
	JULIO	ΣΖ6	REC. TIME / HR	16:49 40	00:00
			TIME	02:14:30	01:57:41
			PHASE SPEED	9,029	10,319

			GATE 1 / 20,24 Km		TOTAL
1	ΜΠΕΓΚΛΙΔΗΣ ΚΩΝΣΤΑΝΤΙΝΟΣ	151	START TIME	11:20:00	
			ARRIVAL	13:17:39	
			RIDE TIME	01:57:39	01:57:39
	ΙΠΟΑ		LOOP SPEED	10,322	10,322
			VET IN	13:24:31	
	NIKE	ΞΨ1	REC. TIME / HR	06:52 48	00:00
			TIME	02:04:31	01:57:39
			PHASE SPEED	9,753	10,322

			GATE 1 / 20,24 Km		TOTAL
1	ΙΩΑΚΕΙΜ ΖΩΗ-ΣΟΦΙΑ	152	START TIME	11:20:00	
			ARRIVAL	13:17:38	
			RIDE TIME	01:57:38	01:57:38
	ΙΠΟΑ		LOOP SPEED	10,324	10,324
			VET IN	13:34:21	
	BRUNO	ΣΖ8	REC. TIME / HR	16:43 56	00:00
			TIME	02:14:21	01:57:38
			PHASE SPEED	9,039	10,324

			GATE 1 / 20,24 Km		TOTAL
1	ΑΛΑΦΡΑΓΚΗΣ ΑΛΕΞΑΝΔΡΟΣ	153	START TIME	11:20:00	
			ARRIVAL	13:17:42	
			RIDE TIME	01:57:42	01:57:42
	ΙΟΚΙΑ		LOOP SPEED	10,318	10,318
			VET IN	13:24:48	
	ARLEKINO	ΣΖ5	REC. TIME / HR	07:06 48	00:00
			TIME	02:04:48	01:57:42
			PHASE SPEED	9,731	10,318

5οι ΔΙΑΣΥΛΛΟΓΙΚΟΙ ΑΓΩΝΕΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ
ΙΠΠΙΚΟΣ ΟΜΙΛΟΣ ΑΥΛΩΝΑΣ-ΚΑΣΤΡΟ ΒΟΙΩΤΙΑΣ

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ΚΑΤΗΓΟΡΙΑ Ε

ΑΓΩΝΑΣ ΣΕ ΜΙΑ (1) ΦΑΣΗ

				GATE 1 / 20,24 Km		TOTAL
1	ΑΓΓΕΛΑΚΗΣ ΕΜΜΑΝΟΥΗΛ	154	START TIME	11:40:00		
			ARRIVAL	13:54:43		
			RIDE TIME	02:14:43		02:14:43
	ΙΠΟΑ		LOOP SPEED	9,014		9,014
			VET IN	13:58:22		
	AZAR NASER	ΣΒ9	REC. TIME / HR	03:39	52	00:00
			TIME	02:18:22		02:14:43
			PHASE SPEED	8,777		9,014

				GATE 1 / Km		TOTAL
1	ΚΟΥΡΑΚΟΥ ΕΛΛΗ	155	START TIME	11:40:00		
			ARRIVAL	13:54:46		
			RIDE TIME	02:14:46		02:14:46
	ΙΠΟΑ		LOOP SPEED	9,011		9,011
			VET IN	13:59:32		
	SUCRAN	ΠΖ4	REC. TIME / HR	04:46	48	00:00
			TIME	02:19:32		02:14:46
			PHASE SPEED	8,703		9,011

				GATE 1 / Km		TOTAL
1	ΠΟΛΥΧΡΟΝΗ ΑΜΑΛΙΑ	157	START TIME	11:40:00		
			ARRIVAL	13:54:42		
			RIDE TIME	02:14:42		02:14:42
	ΙΠΟΑ		LOOP SPEED	9,016		9,016
			VET IN	14:00:07		
	NAOMI	PY4	REC. TIME / HR	05:25	48	00:00
			TIME	02:20:07		02:14:42
			PHASE SPEED	8.667		9.016

				GATE 1 / Km		TOTAL
1	ΚΑΡΥΔΑΚΗ ΓΕΩΡΓΙΑ	160	START TIME	12:20:00		
			ARRIVAL	14:40:29		
			RIDE TIME	02:20:29		02:20:29
	ΙΠΟΑ		LOOP SPEED	8,644		8,644
			VET IN	14:42:00		
	SPORTISTAS	ΟΙ3	REC. TIME / HR	01:31	58	00:00
			TIME	02:22:00		02:20:29
			PHASE SPEED	8,552		8,644

				GATE 1 / Km		TOTAL
1	ΚΑΡΑΝΤΩΝΗ ΣΟΦΙΑ	162	START TIME	12:20:00		
			ARRIVAL	14:40:27		
			RIDE TIME	02:20:27		02:20:27
	ΙΠΟΑ		LOOP SPEED	8,646		8,646
			VET IN	14:42:24		
	ALMAZ	NM6	REC. TIME / HR	01:57	40	00:00
			TIME	02:22:24		02:20:27
			PHASE SPEED	8,528		8,646

				GATE 1 / Km		TOTAL
Elim FTQ - GA	ΓΕΩΡΓΑΚΟΠΟΥΛΟΥ ΑΝΤΩΝΙΑ-ΜΕΛΙΝΑ	156	START TIME	11:40:00		
			ARRIVAL	13:54:39		
			RIDE TIME	02:14:39		02:14:39
	ΙΠΟΑ		LOOP SPEED	9,019		9,019
			VET IN	14:01:10		
	SAYA	MB9	REC. TIME / HR	06:31	56	00:00
			TIME	02:21:10		02:14:39
			PHASE SPEED	8.603		9,019

5οι ΔΙΑΣΥΛΛΟΓΙΚΟΙ ΑΓΩΝΕΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ
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ΑΓΩΝΑΣ ΣΕ ΜΙΑ (1) ΦΑΣΗ

				GATE 1 / Km		TOTAL
Elim FTQ - FTC	ΠΑΠΑΡΗΓΑ ΙΩANNA	161	START TIME	12:20:00		
			ARRIVAL	0		
			RIDE TIME	0		00:00:00
	ΙΠΟΑ		LOOP SPEED	0,000		0,000
			VET IN	0		
	SINGING POP	NM5	REC. TIME / HR	0	0	00:00
			TIME	00:00:00		00:00:00
			PHASE SPEED	0		0,000

5οι ΔΙΑΣΥΛΛΟΓΙΚΟΙ ΑΓΩΝΕΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ
ΙΠΠΙΚΟΣ ΟΜΙΛΟΣ ΑΥΛΩΝΑΣ-ΚΑΣΤΡΟ ΒΟΙΩΤΙΑΣ

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ΚΑΤΗΓΟΡΙΑ Β

ΑΓΩΝΑΣ ΣΕ ΤΡΕΙΣ (3) ΦΑΣΕΙΣ

			GATE 1 / 31,76 Km	GATE 2 / 31,76 Km	GATE 3 / 20,24 Km	TOTAL
1	ΧΟΥΛΙΑΡΑ ΦΩΤΕΙΝΗ-ΑΡΤΕΜΙΣ	31	START TIME	09:00:00	11:48:23	14:29:48
			ARRIVAL	11:03:11	13:45:36	15:36:55
			RIDE TIME	02:03:11	01:57:13	01:07:07
	ΙΟΥΠΙ		LOOP SPEED	15,470	16,257	18,094
			VET IN	11:08:23	13:49:48	15:43:55
			REC. TIME / HR	05:12	04:12	07:00
			TIME	02:08:23	02:01:25	01:14:07
	ΚΑΛΟΣ	ΟΙ2	PHASE SPEED	14,843	15,695	16,385

			GATE 1 / 31,76 Km	GATE 2 / 31,76 Km	GATE 3 / 20,24 Km	TOTAL
2	ΚΩΝΣΤΑΝΤΙΝΟΥ ΧΡΗΣΤΟΣ	32	START TIME	09:00:00	11:48:13	14:38:11
			ARRIVAL	11:02:18	13:51:25	15:55:30
			RIDE TIME	02:02:18	02:03:12	01:17:19
	ΑΙΟΛΥC		LOOP SPEED	15,581	15,468	15,707
			VET IN	11:08:13	13:58:11	16:05:56
			REC. TIME / HR	05:55	06:46	10:26
			TIME	02:08:13	02:09:58	01:27:45
	KINDER	ΟΠ8	PHASE SPEED	14,862	14,662	13,839

			GATE 1 / 31,76 Km	GATE 2 / 31,76 Km	GATE 3 / 20,24 Km	TOTAL
3	ΛΕΚΚΑ ΧΑΡΑΛΑΜΠΙΑ	30	START TIME	09:00:00	11:49:27	14:31:27
			ARRIVAL	11:03:36	13:46:25	16:01:50
			RIDE TIME	02:03:36	01:56:58	01:30:23
	ΙΠΟΑ		LOOP SPEED	15,417	16,292	13,436
			VET IN	11:09:27	13:51:27	16:05:26
			REC. TIME / HR	05:51	05:02	03:36
			TIME	02:09:27	02:02:00	01:33:59
	HALIFA	ΠΛ1	PHASE SPEED	14,721	15,620	12,921

			GATE 1 / 31,76 Km	GATE 2 / 31,76 Km	GATE 3 / 20,24 Km	TOTAL
4	ΤΣΑΜΗ ΜΕΛΙΝΑ-ΕΛΠΙΔΑ	34	START TIME	09:00:00	11:48:08	14:35:29
			ARRIVAL	11:02:16	13:51:32	16:14:50
			RIDE TIME	02:02:16	02:03:24	01:39:21
	ΑΙΟΛΥC		LOOP SPEED	15,586	15,442	12,223
			VET IN	11:08:08	13:55:29	16:19:21
			REC. TIME / HR	05:52	03:57	04:31
			TIME	02:08:08	02:07:21	01:43:52
	LORENS	ΡΞ9	PHASE SPEED	14,872	14,963	11,692

			GATE 1 / 31,76 Km	GATE 2 / 31,76 Km	GATE 3 / 20,24 Km	TOTAL
5	ΜΑΡΤΙΡΟΣΟΒΑ ANNA	33	START TIME	09:00:00	11:46:28	14:36:16
			ARRIVAL	11:02:17	13:49:29	16:14:51
			RIDE TIME	02:02:17	02:03:01	01:38:35
	ΑΙΟΛΥC		LOOP SPEED	15,583	15,491	12,319
			VET IN	11:06:28	13:56:16	16:22:17
			REC. TIME / HR	04:11	06:47	07:26
			TIME	02:06:28	02:09:48	01:46:01
	SIROCO	ΝΛ4	PHASE SPEED	15,068	14,681	11,455

			GATE 1 / 31,76 Km	GATE 2 / 31,76 Km	GATE 3 / 20,24 Km	TOTAL
6	ΧΡΥΣΑΝΘΑΚΟΠΟΥΛΟΥ ΠΑΝΑΓΙΩΤΑ	27	START TIME	09:00:00	12:05:47	15:21:32
			ARRIVAL	11:14:11	14:32:09	16:52:55
			RIDE TIME	02:14:11	02:26:22	01:31:23
	ΙΠΟΑ		LOOP SPEED	14,201	13,019	13,289
			VET IN	11:25:47	14:41:32	17:05:00
			REC. TIME / HR	11:36	09:23	12:05
			TIME	02:25:47	02:35:45	01:43:28
	HELENA	MP5	PHASE SPEED	13,071	12,235	11,737

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		GATE 3 / 20,24 Km		TOTAL
7	ΠΟΛΛΑΤΟΥ ΣΟΦΙΑ	28	START TIME	09:00:00		12:11:39		15:30:09		
			ARRIVAL	11:30:05		14:49:04		17:20:13		
			RIDE TIME	02:30:05		02:37:25		01:50:04		06:57:34
	ΙΠΟΑ		LOOP SPEED	12,697		12,105		11,033		12,035
			VET IN	11:31:39		14:50:09		17:21:12		
	ΑΕΔΕΝ	ΝΩ7	REC. TIME / HR	01:34	40	01:05	58	00:59	52	02:39
			TIME	02:31:39		02:38:30		01:51:03		07:00:13
			PHASE SPEED	12,566		12,023		10,936		11,960

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		GATE 3 / 20,24 Km		TOTAL
Elim FTQ - ME	ΦΡΑΝΣΙΣ ΓΕΩΡΓΙΟΣ	26	START TIME	09:00:00		11:49:09		15:25:07		
			ARRIVAL	11:03:45		14:25:31		0		
			RIDE TIME	02:03:45		02:36:22		0		04:40:07
	ΙΠΟΑ		LOOP SPEED	15,399		12,187		0,000		13,606
			VET IN	11:09:09		14:45:07		0		
	ROMANOS	ΟΙ1	REC. TIME / HR	05:24	54	19:36	68	0	0	25:00
			TIME	02:09:09		02:55:58		00:00:00		05:05:07
			PHASE SPEED	14,755		10,829		0,000		12,491

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		GATE 3 / 20,24 Km		TOTAL
Elim FTQ- GA +ME	ΣΕΛΕΚΟΥ ΣΟΦΙΑ	29	START TIME	09:00:00		11:47:23		14:32:05		
			ARRIVAL	11:03:13		13:45:39		0		
			RIDE TIME	02:03:13		01:58:16		0		04:01:29
	ΙΠΟΑ		LOOP SPEED	15,465		16,113		0,000		15,782
			VET IN	11:07:23		13:52:05		16:49:37		
	ΚΗΛΕΟ	ΙΨ6	REC. TIME / HR	04:10	56	06:26	58	0	56	10:36
			TIME	02:07:23		02:04:42		00:00:00		04:12:05
			PHASE SPEED	14,960		15,281		0,000		15,119

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ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ

			GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL	
1	POKAKH EΛENH-XAPA	43	START TIME	09:30:00		11:49:53		
			ARRIVAL	11:04:56		13:45:06		
			RIDE TIME	01:34:56		01:55:13		03:35:06
	IPOA		LOOP SPEED	20,073		16,539		18,136
			VET IN	11:09:53		13:52:53		
	NIHAL	IN3	REC. TIME / HR	04:57	48	07:47	62	04:57
			TIME	01:39:53		02:03:00		03:35:06
			PHASE SPEED	19,078		15,493		17,718

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL
2	TZIABAPA ΘΕΑΝΩ	49	START TIME	09:30:00		11:49:31		
			ARRIVAL	11:05:06		13:45:08		
			RIDE TIME	01:35:06		01:55:37		03:30:43
	ΙΟΠΙ		LOOP SPEED	20,038		16,482		18,087
			VET IN	11:09:31		13:50:20		
	ASLAN	ΞΙ9	REC. TIME / HR	04:25	40	05:12	44	04:25
			TIME	01:39:31		02:00:49		03:35:08
			PHASE SPEED	19,149		15,773		17,716

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL		
3	ΦΑΦΑΛΙΟΥ ΜΑΡΙΑ-ΕΥΓΕΝΙΑ	38	START TIME	09:30:00		11:50:26				
			ARRIVAL	11:05:02		13:45:12				
			RIDE TIME	01:35:02		01:54:46		03:29:48		
	ΙΠΟΑ		LOOP SPEED	20,052		16,604		18,166		
			VET IN	11:10:26		13:52:10				
	OSIRIS		ΟΓ4	REC. TIME / HR	05:24	50	06:58	52	05:24	
				TIME	01:40:26		02:01:44		03:35:12	
				PHASE SPEED	18,974		15,654		17,710	

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL	
4	ΜΕΡΜΙΝΓΚΙΔΗ ΑΓΓΕΛΙΚΗ	39	START TIME	09:30:00		11:52:22			
			ARRIVAL	11:06:22		13:46:26			
			RIDE TIME	01:36:22		01:54:04		03:30:26	
	ΙΠΟΑ		LOOP SPEED	19,774		16,706		18,111	
			VET IN	11:12:22		13:52:21			
	ΑΦΕΤ	ΠΥ5	REC. TIME / HR	06:00	52	05:55	60	06:00	
			TIME	01:42:22		01:59:59		03:36:26	
			PHASE SPEED	18,615		15,882		17,609	

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL
5	MAMAH (ΤΖΟ) ΓΕΩΡΓΙΑ	40	START TIME	09:30:00		11:54:40		
			ARRIVAL	11:11:19		14:19:30		
			RIDE TIME	01:41:19		02:24:50		04:06:09
	ΙΠΟΑ		LOOP SPEED	18,808		13,157		15,483
			VET IN	11:14:40		14:27:43		
	FARAH	PZ9	REC. TIME / HR	03:21	56	08:13	52	03:21
			TIME	01:44:40		02:33:03		04:09:30
			PHASE SPEED	18,206		12,451		15,275

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL
6	ΠΑΠΑΘΕΟΔΩΡΟΥ ΜΑΡΙΑ	37	START TIME	09:30:00		12:13:41		
			ARRIVAL	11:28:32		14:34:43		
			RIDE TIME	01:58:32		02:21:02		04:19:34
	ΙΠΟΑ		LOOP SPEED	16,076		13,512		14,683
			VET IN	11:33:41		14:43:12		
	SAIRA	OP1	REC. TIME / HR	05:09	60	08:29	52	05:09
			TIME	02:03:41		02:29:31		04:24:43
			PHASE SPEED	15.407		12.745		14.397

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ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL
7	ΧΑΛΙΚΟΠΟΥΛΟΥ ΔΗΜΗΤΡΑ	42	START TIME	09:30:00		12:12:46		
			ARRIVAL	11:28:28		14:34:44		
			RIDE TIME	01:58:28		02:21:58		04:20:26
	ΙΠΟΑ		LOOP SPEED	16,086		13,423		14,634
			VET IN	11:32:46		14:40:51		
	KLEOPATRA 422	ΞΔ6	REC. TIME / HR	04:18	48	06:07	52	04:18
			TIME	02:02:46		02:28:05		04:24:44
PHASE SPEED			15,522		12,868		14,396	

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL
8	NTOYMH ΒΑΣΙΛΙΚΗ	48	START TIME	09:30:00		12:48:23		
			ARRIVAL	12:03:12		15:35:13		
			RIDE TIME	02:33:12		02:46:50		05:20:02
	AIOM		LOOP SPEED	12,439		11,422		11,909
			VET IN	12:08:23		15:42:53		
	JASMIN	ΟΠ4	REC. TIME / HR	05:11	40	07:40	60	05:11
			TIME	02:38:23		02:54:30		05:25:13
			PHASE SPEED	12,032		10,920		11,719

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL
9	ΛΙΑΝΟΥ ΧΡΥΣΟΥΛΑ ΙΩΑΝΝΑ	46	START TIME	09:30:00		12:48:40		
			ARRIVAL	12:03:11		15:35:14		
			RIDE TIME	02:33:11		02:46:34		05:19:45
	ΑΙΟΜ		LOOP SPEED	12,440		11,440		11,919
			VET IN	12:08:40		15:45:45		
	GA MABRUK	NZ6	REC. TIME / HR	05:29	56	10:31	52	05:29
			TIME	02:38:40		02:57:05		05:25:14
			PHASE SPEED	12,01		10,761		11,718

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL	
10	ΑΛΙΦΕΡΗ ΝΕΚΤΑΡΙΑ	47	START TIME	09:30:00		12:48:31			
			ARRIVAL	12:03:10		15:35:16			
			RIDE TIME	02:33:10		02:46:45		05:19:55	
	ΑΙΟΜ		LOOP SPEED	12,441		11,428		11,913	
			VET IN	12:08:31		15:45:39			
	GA MIREYA	MZ3	REC. TIME / HR	05:21	60	10:23	48	05:21	
			TIME	02:38:31		02:57:08		05:25:16	
			PHASE SPEED	12,021		10,758		11,717	

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL
Elim FTQ - GA	ΤΖΕΒΕΛΕΚΟΥ ΑΙΚΑΤΕΡΙΝΗ	36	START TIME	09:30:00		12:12:18		
			ARRIVAL	11:23:24		14:12:16		
			RIDE TIME	01:53:24		01:59:58		03:53:22
	ΙΠΟΑ		LOOP SPEED	16,804		15,884		16,331
			VET IN	11:32:18		14:29:56		
	ITHACA MET	ΛΟ9	REC. TIME / HR	08:54	56	17:40	56	08:54
			TIME	02:02:18		02:17:38		04:02:16
			PHASE SPEED	15,581		13,845		15,731

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL
Elim FTQ- FTC+GA +MI	ΑΠΕΡΓΗ ΑΡΙΑΔΝΗ	45	START TIME	09:30:00		12:15:06		
			ARRIVAL	11:29:54		0		
			RIDE TIME	01:59:54		0		01:59:54
	ΙΠΟΑ		LOOP SPEED	15,893		0,000		15,893
			VET IN	11:35:06		13:22:37		
	HELLENIC SPIRIT	OB9	REC. TIME / HR	05:12	48	0	44	05:12
			TIME	02:05:06		00:00:00		02:05:06
			PHASE SPEED	15,233		0,000		15,233

5οι ΔΙΑΣΥΛΛΟΓΙΚΟΙ ΑΓΩΝΕΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ
ΙΠΠΙΚΟΣ ΟΜΙΛΟΣ ΑΥΛΩΝΑΣ-ΚΑΣΤΡΟ ΒΟΙΩΤΙΑΣ

26/10/2025

ΚΑΤΗΓΟΡΙΑ Γ

ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL
Elim FTQ - GA	ΡΟΥΣΣΗ ΜΑΡΙΑ - ΙΩΑΝΝΑ	35	START TIME	09:30:00		12:20:18		
			ARRIVAL	11:27:26		0		
			RIDE TIME	01:57:26		0		01:57:26
	ΙΠΟΑ		LOOP SPEED	16,227		0,000		16,227
			VET IN	11:40:18		0		
	SADDAM	ΝΠ4	REC. TIME / HR	12:52	47	0	0	12:52
			TIME	02:10:18		00:00:00		02:10:18
			PHASE SPEED	14,625		0,000		14,625

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL
Elim FTQ - GA	ΧΡΥΣΟΥΛΑ ΛΟΥΚΙΑ-ΜΑΡΙΑ	41	START TIME	09:30:00		12:15:11		
			ARRIVAL	11:29:58		0		
			RIDE TIME	01:59:58		0		01:59:58
	ΙΠΟΑ		LOOP SPEED	15,884		0,000		15,884
			VET IN	11:35:11		0		
	MANGAET	ΛΓ6	REC. TIME / HR	05:13	44	0	0	05:13
			TIME	02:05:11		00:00:00		02:05:11
			PHASE SPEED	15,222		0,000		15,222

				GATE 1 / 31,76 Km		GATE 2 / 31,76 Km		TOTAL
Elim FTQ- FTC+GA	ΜΠΕΓΚΛΙΔΗΣ ΚΩΝΣΤΑΝΤΙΝΟΣ	44	START TIME	09:30:00		12:23:46		
			ARRIVAL	11:29:09		0		
			RIDE TIME	01:59:09		0		01:59:09
	ΙΠΟΑ		LOOP SPEED	15,993		0,000		15,993
			VET IN	11:43:46		15:40:10		
	ARIS	006	REC. TIME / HR	14:37	60	0	58	14:37
			TIME	02:13:46		00:00:00		02:13:46
			PHASE SPEED	14,246		0,000		14,246

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ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ

			GATE 1 / 20,24 Km		GATE 2 / 20,24 Km		TOTAL	
1	ΘΕΟΔΩΡΟΥ ΓΕΩΡΓΙΟΣ	88	START TIME	10:00:00		11:55:32		
			ARRIVAL	11:21:40		13:34:28		
			RIDE TIME	01:21:40		01:38:56		03:00:36
	ΑΙΟΜ		LOOP SPEED	14,870		12,275		13,449
			VET IN	11:25:32		13:41:51		
	GA ELISSEOS	PΞ2	REC. TIME / HR	03:52	59	07:23	48	03:52
			TIME	01:25:32		01:46:19		03:04:28
			PHASE SPEED	14,198		11,422		13,167

5οι ΔΙΑΣΥΛΛΟΓΙΚΟΙ ΑΓΩΝΕΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ
ΙΠΠΙΚΟΣ ΟΜΙΛΟΣ ΑΥΛΩΝΑΣ-ΚΑΣΤΡΟ ΒΟΙΩΤΙΑΣ

26/10/2025

ΚΑΤΗΓΟΡΙΑ Ε

ΑΓΩΝΑΣ ΣΕ ΜΙΑ (1) ΦΑΣΗ

			GATE 1 / 20,24 Km		TOTAL
1	ΜΑΛΙΑΚΗ ΚΑΤΕΡΙΝΑ ΣΤΕΦΑΝΙΑ	166	START TIME	10:30:00	
			ARRIVAL	12:19:45	
			RIDE TIME	01:49:45	01:49:45
	ΙΟΠΙ		LOOP SPEED	11,065	11,065
			VET IN	12:25:55	
	OMAR SARIF	PX3	REC. TIME / HR	06:10 54	00:00
			TIME	01:55:55	01:49:45
			PHASE SPEED	10,476	11,065

			GATE 1 / 20,24 Km		TOTAL
1	ΚΑΛΠΑΞΙΔΟΥ ΚΥΡΙΑΚΗ	167	START TIME	10:30:00	
			ARRIVAL	12:19:38	
			RIDE TIME	01:49:38	01:49:38
	ΙΟΚΙΑ		LOOP SPEED	11,077	11,077
			VET IN	12:23:45	
	SYPHOON MET	PA7	REC. TIME / HR	04:07 57	00:00
			TIME	01:53:45	01:49:38
			PHASE SPEED	10,676	11,077

			GATE 1 / Km		TOTAL
Dns	ΚΟΛΕΡΗΣ ΔΗΜΗΤΡΙΟΣ	164	START TIME	10:30:00	
			ARRIVAL	0	
			RIDE TIME	0	00:00:00
	ΙΠΟΑ		LOOP SPEED	0,000	0,000
			VET IN	0	
	JULIO	ΣΖ6	REC. TIME / HR	0 0	00:00
			TIME	00:00:00	00:00:00
			PHASE SPEED	0	0,000

			GATE 1 / Km		TOTAL
Dns	ΨΑΛΤΗ ΚΛΕΟΠΑΤΡΑ	165	START TIME	10:30:00	
			ARRIVAL	0	
			RIDE TIME	0	00:00:00
	ΙΠΟΑ		LOOP SPEED	0,000	0,000
			VET IN	0	
	SUDDEN HOPE	NZ8	REC. TIME / HR	0 0	00:00
			TIME	00:00:00	00:00:00
			PHASE SPEED	0	0,000