

**2ος ΔΙΑΣΥΛΛΟΓΙΚΟΣ ΑΓΩΝΑΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ**  
**ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ** 01/03/2026

(80-99)

**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	3	START TIME	08:00:00	10:21:19	12:45:26	15:17:05							
			ARRIVAL	09:49:18	12:03:18	14:23:57	16:59:27							
			RIDE TIME	01:49:18	01:41:59	01:38:31	01:42:22	<b>06:52:10</b>						
	ΚΕΙΡ		LOOP SPEED	11,061	11,855	12,272	11,810	<b>11,733</b>						
			VET IN	09:51:19	12:05:26	14:27:05	17:01:06							
	GA DAHAB		OΞ5		REC. TIME / HR	02:01	48	02:08	48	03:08	44	01:39	48	<b>07:17</b>
			TIME	01:51:19	01:44:07	01:41:39	01:44:01	<b>06:59:27</b>						
			PHASE SPEED	10,861	11,612	11,894	11,623	<b>11,529</b>						

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	GATE 4 / 20,15 Km	TOTAL							
2	ΓΙΑΚΟΥΜΑΚΗ ΕΜΜΑ-ΔΕΣΠΟΙΝΑ	1	START TIME	08:00:00	10:21:26	12:45:22	15:16:57							
			ARRIVAL	09:49:24	12:03:21	14:23:59	16:59:29							
			RIDE TIME	01:49:24	01:41:55	01:38:37	01:42:32	<b>06:52:28</b>						
	ΚΕΙΡ		LOOP SPEED	11,051	11,863	12,260	11,791	<b>11,725</b>						
			VET IN	09:51:26	12:05:22	14:26:57	17:03:45							
	GA EL CAMINO		ΠΜ1		REC. TIME / HR	02:02	60	02:01	45	02:58	42	04:16	58	<b>07:01</b>
			TIME	01:51:26	01:43:56	01:41:35	01:46:48	<b>06:59:29</b>						
			PHASE SPEED	10,85	11,632	11,902	11,320	<b>11,528</b>						

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	GATE 4 / Km	TOTAL							
3	ΠΛΑΤΗ ΣΕΡΕΝΑ ΤΟΥΛΙ ΜΑΡΙΑ	2	START TIME	08:00:00	10:21:14	12:45:02	15:15:40							
			ARRIVAL	09:49:27	12:03:23	14:23:53	16:59:31							
			RIDE TIME	01:49:27	01:42:09	01:38:51	01:43:51	<b>06:54:18</b>						
	ΚΕΙΡ		LOOP SPEED	11,046	11,836	12,231	11,642	<b>11,673</b>						
			VET IN	09:51:14	12:05:02	14:25:40	17:01:24							
	GA KUBICA EL KALID		ΠΜ2		REC. TIME / HR	01:47	49	01:39	42	01:47	48	01:53	48	<b>05:13</b>
			TIME	01:51:14	01:43:48	01:40:38	01:45:44	<b>06:59:31</b>						
			PHASE SPEED	10,869	11,647	12,014	11,434	<b>11,528</b>						

2ος ΔΙΑΣΥΛΛΟΓΙΚΟΣ ΑΓΩΝΑΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ  
ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ

01/03/2026

(60-79)

ΑΓΩΝΑΣ ΣΕ ΤΡΕΙΣ (3) ΦΑΣΕΙΣ

				GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL			
1	ΧΑΤΖΗΜΙΧΑΛΗ ΑΙΚΑΤΕΡΙΝΗ-ΙΑΚΩΒΙΝΗ	6	START TIME	08:30:00	11:09:44	13:31:20				
			ARRIVAL	10:38:00	12:49:51	15:17:34				
			RIDE TIME	02:08:00	01:40:07	01:46:14	<b>05:34:21</b>			
	ΚΕΙΡ		LOOP SPEED	9,445	12,076	11,381	<b>10,848</b>			
			VET IN	10:39:44	12:51:20	15:21:50				
	SNAKIRA	NΩ9	REC. TIME / HR	01:44	56	01:29	50	04:16	56	<b>03:13</b>
			TIME	02:09:44	01:41:36	01:50:30	05:37:34			
PHASE SPEED			9,319	11,900	10,941	<b>10,745</b>				

				GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL			
2	ΣΩΤΗΡΙΟΥ ΧΡΙΣΤΙΝΑ	4	START TIME	08:30:00	11:09:19	13:31:43				
			ARRIVAL	10:38:01	12:49:50	15:17:35				
			RIDE TIME	02:08:01	01:40:31	01:45:52	<b>05:34:24</b>			
	ΙΟΡΟΔ		LOOP SPEED	9,444	12,028	11,420	<b>10,846</b>			
			VET IN	10:39:19	12:51:43	15:21:51				
	VICTORIA	ΠΧ8	REC. TIME / HR	01:18	60	01:53	49	04:16	48	<b>03:11</b>
			TIME	02:09:19	01:42:24	01:50:08	05:37:35			
PHASE SPEED			9,349	11,807	10,978	<b>10,744</b>				

				GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL		
Elim FTQ - GA	ΠΙΤΣΗΣ ΓΕΩΡΓΙΟΣ	5	START TIME	08:30:00	08:30:00	08:30:00			
			ARRIVAL	0	0	0			
			RIDE TIME	0	0	0	<b>00:00:00</b>		
	ΚΕΙΡ		LOOP SPEED	0,000	0,000	0,000	<b>0,000</b>		
			VET IN	0	0	0			
	SIX DEGREES	IN5	REC. TIME / HR	0	0	0	0	0	<b>00:00</b>
			TIME	00:00:00	00:00:00	00:00:00	00:00:00		
PHASE SPEED			0,000	0,000	0,000	<b>0,000</b>			

**2ος ΔΙΑΣΥΛΛΟΓΙΚΟΣ ΑΓΩΝΑΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ**  
**ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ**

01/03/2026

(40-59)

**ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ**

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
1	ΔΙΑΜΑΝΤΗ ΣΤΑΜΑΤΙΑ-ΜΑΡΚΕΛΛΑ	11	START TIME	09:00:00		11:18:15		
			ARRIVAL	10:45:54		13:09:21		
			RIDE TIME	01:45:54		01:51:06		<b>03:37:00</b>
	KEIP		LOOP SPEED	11,416		10,882		<b>11,143</b>
			VET IN	10:48:15		13:11:24		
			REC. TIME / HR	02:21	42	02:03	46	<b>02:21</b>
	NASER ZLATAR ΑΗΜΑΤ	ΞΕ8	TIME	01:48:15		01:53:09		<b>03:39:21</b>
			PHASE SPEED	11,169		10,685		<b>11,023</b>

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
2	ΑΤΣΑΛΑΚΗ ΧΡΥΣΑΝΘΗ	9	START TIME	09:00:00		11:27:22		
			ARRIVAL	10:45:51		13:09:30		
			RIDE TIME	01:45:51		01:42:08		<b>03:27:59</b>
	KEIP		LOOP SPEED	11,422		11,837		<b>11,626</b>
			VET IN	10:57:22		13:23:36		
			REC. TIME / HR	11:31	59	14:06	60	<b>11:31</b>
	SHERIN	ΣΖ1	TIME	01:57:22		01:56:14		<b>03:39:30</b>
			PHASE SPEED	10,301		10,401		<b>11,016</b>

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
3	ΚΑΛΑΦΑΤ ΣΑΛΗΧ	10	START TIME	09:30:00		12:05:52		
			ARRIVAL	11:33:43		13:52:38		
			RIDE TIME	02:03:43		01:46:46		<b>03:50:29</b>
	KEIP		LOOP SPEED	9,772		11,324		<b>10,491</b>
			VET IN	11:35:52		13:57:35		
			REC. TIME / HR	02:09	55	04:57	54	<b>02:09</b>
	BESS HABIB	ΗΗ2	TIME	02:05:52		01:51:43		<b>03:52:38</b>
			PHASE SPEED	9,605		10,822		<b>10,394</b>

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
4	ΠΕΡΙΔΗ ΝΑΤΑΛΙΑ	14	START TIME	09:30:00		12:09:47		
			ARRIVAL	11:37:36		13:52:46		
			RIDE TIME	02:07:36		01:42:59		<b>03:50:35</b>
	KEIP		LOOP SPEED	9,475		11,740		<b>10,486</b>
			VET IN	11:39:47		13:58:44		
			REC. TIME / HR	02:11	50	05:58	58	<b>02:11</b>
	SALAH	ΞΚ2	TIME	02:09:47		01:48:57		<b>03:52:46</b>
			PHASE SPEED	9,316		11,097		<b>10,388</b>

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
5	ΧΑΤΖΗΓΕΩΡΓΙΟΥ ΜΑΡΙΑ	15	START TIME	09:30:00		12:10:40		
			ARRIVAL	11:33:47		13:53:15		
			RIDE TIME	02:03:47		01:42:35		<b>03:46:22</b>
	KEIP		LOOP SPEED	9,767		11,786		<b>10,682</b>
			VET IN	11:40:40		13:57:08		
			REC. TIME / HR	06:53	57	03:53	60	<b>06:53</b>
	GA EVINIA	ΝΦ7	TIME	02:10:40		01:46:28		<b>03:53:15</b>
			PHASE SPEED	9,253		11,356		<b>10,367</b>

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
6	ΣΤΕΦΑΝΑΚΗ ΕΥΓΕΝΙΑ	13	START TIME	09:15:00		11:53:31		
			ARRIVAL	11:20:27		13:53:55		
			RIDE TIME	02:05:27		02:00:24		<b>04:05:51</b>
	KEIP		LOOP SPEED	9,637		10,042		<b>9,835</b>
			VET IN	11:23:31		13:56:31		
			REC. TIME / HR	03:04	50	02:36	48	<b>03:04</b>
	ATTILAS	ΚΣ8	TIME	02:08:31		02:03:00		<b>04:08:55</b>
			PHASE SPEED	9,407		9,829		<b>9,714</b>

**2ος ΔΙΑΣΥΛΛΟΓΙΚΟΣ ΑΓΩΝΑΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ**  
**ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ** 01/03/2026

(40-59)

**ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ**

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
7	ΟΙΚΟΝΟΜΟΠΟΥΛΟΥ ΑΝΑΣΤΑΣΙΑ-ΤΣ	16	START TIME	09:15:00		11:54:01		
			ARRIVAL	11:20:28		13:54:00		
			RIDE TIME	02:05:28		01:59:59		<b>04:05:27</b>
	ΚΕΙΡ		LOOP SPEED	9,636		10,076		<b>9,851</b>
			VET IN	11:24:01		13:57:03		
	ΖΑΦΙΡΑ	ΜΘ5	REC. TIME / HR	03:33	46	03:03	55	<b>03:33</b>
			TIME	02:09:01		02:03:02		<b>04:09:00</b>
PHASE SPEED			9,371		9,827		<b>9,711</b>	

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
Elim FTQ - GA	ΠΙΛΑΤΕΡΗ ΜΑΡΙΑ	12	START TIME	09:15:00		11:53:13		
			ARRIVAL	11:20:21		13:53:46		
			RIDE TIME	02:05:21		02:00:33		<b>04:05:54</b>
	ΚΕΙΡ		LOOP SPEED	9,645		10,029		<b>9,833</b>
			VET IN	11:23:13		13:58:34		
	Μ.Μ ΣΠΙΘΑ	ΙΝ6	REC. TIME / HR	02:52	53	04:48	62	<b>02:52</b>
			TIME	02:08:13		02:05:21		<b>04:08:46</b>
PHASE SPEED			9,429		9,645		<b>9,720</b>	

**2ος ΔΙΑΣΥΛΛΟΓΙΚΟΣ ΑΓΩΝΑΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ**  
**ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ**

01/03/2026

(20-39)

**ΑΓΩΝΑΣ ΣΕ ΜΙΑ (1) ΦΑΣΗ**

			GATE 1 / 20,15 Km		TOTAL	
1	ΜΟΥΖΟΥΡΑΚΗΣ ΝΙΚΟΛΑΟΣ	18	START TIME	10:00:00		
			ARRIVAL	12:17:43		
			RIDE TIME	02:17:43		<b>02:17:43</b>
	ΚΕΙΡ		LOOP SPEED	8,779		<b>8,779</b>
			VET IN	12:22:50		
	SARAH	ΔΣ9	REC. TIME / HR	05:07	48	<b>00:00</b>
			TIME	02:22:50		<b>02:17:43</b>
			PHASE SPEED	8,464		<b>8,779</b>

			GATE 1 / 20,15 Km		TOTAL	
2	ΠΕΡΙΔΗ ΜΑΡΙΑΝΝΑ	19	START TIME	10:00:00		
			ARRIVAL	12:17:44		
			RIDE TIME	02:17:44		<b>02:17:44</b>
	ΚΕΙΡ		LOOP SPEED	8,778		<b>8,778</b>
			VET IN	12:20:51		
	MENTOR	ΝΦ9	REC. TIME / HR	03:07	48	<b>00:00</b>
			TIME	02:20:51		<b>02:17:44</b>
			PHASE SPEED	8,584		<b>8,778</b>

			GATE 1 / Km		TOTAL	
3	ΧΑΤΖΗΓΕΩΡΓΙΟΥ ΠΑΡΑΣΚΕΥΗ	17	START TIME	10:00:00		
			ARRIVAL	12:17:45		
			RIDE TIME	02:17:45		<b>02:17:45</b>
	ΚΕΙΡ		LOOP SPEED	8,777		<b>8,777</b>
			VET IN	12:25:18		
	NEFELI 321	ΞΔ3	REC. TIME / HR	07:33	56	<b>00:00</b>
			TIME	02:25:18		<b>02:17:45</b>
			PHASE SPEED	8,321		<b>8,777</b>