5ος ΔΙΑΣΥΛΛΟΓΙΚΟΣ ΑΓΩΝΑΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ
ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ **01/11/2026**

(20-39) **ΑΓΩΝΑΣ ΣΕ ΜΙΑ (1) ΦΑΣΗ**

				GATE 1 / 20,15 Km		TOTAL
1	ΑΤΣΑΛΑΚΗ ΧΡΥΣΑΝΘΗ	20	START TIME	09:30:00		
			ARRIVAL	11:56:42		
			RIDE TIME	02:26:42		**02:26:42**
	ΚΕΙΡ		LOOP SPEED	8,241		**8,241**
			VET IN	12:07:16		
	GA ELAIRA	ΤΚ4	REC. TIME / HR	10:34	44	**00:00**
			TIME	8,241 (02:37:16)		**02:26:42**
			PHASE SPEED	8,241		**8,241**

				GATE 1 / 20,15 Km		TOTAL
2	ΠΙΠΑΚΗΣ ΕΜΜΑΝΟΥΗΛ	18	START TIME	09:30:00		
			ARRIVAL	11:56:43		
			RIDE TIME	02:26:43		**02:26:43**
	ΚΕΙΡ		LOOP SPEED	8,240		**8,240**
			VET IN	12:09:14		
	SHERIN	ΣΖ1	REC. TIME / HR	12:31	60	**00:00**
			TIME	02:26:43 (02:39:14)		**02:26:43**
			PHASE SPEED	8,240		**8,240**

				GATE 1 / Km		TOTAL
3	ΦΥΛΛΗ ΕΛΕΝΗ	19	START TIME	09:30:00		
			ARRIVAL	11:56:44		
			RIDE TIME	02:26:44		**02:26:44**
	ΚΕΙΡ		LOOP SPEED	8,239		**8,239**
			VET IN	11:59:06		
	ZAFIRA	ΜΘ5	REC. TIME / HR	02:22	44	**00:00**
			TIME	02:26:44 (02:29:06)		**02:26:44**
			PHASE SPEED	8,239		**8,239**

5ος ΔΙΑΣΥΛΛΟΓΙΚΟΣ ΑΓΩΝΑΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ

ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ **01/11/2026**

ΠΑΙΔΩΝ (40-59) **ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ**

				GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL
1	ΠΙΛΑΤΕΡΗ ΜΑΡΙΑ	15	START TIME	09:00:00		11:27:46		
			ARRIVAL	10:52:12		13:26:21		
			RIDE TIME	01:52:12		01:58:35		**03:50:47**
	ΚΕΙΡ		LOOP SPEED	10,775		10,195		**10,477**
			VET IN	10:57:46		13:42:07		
	M.M SPITHA	IN6	REC. TIME / HR	05:34	48	15:46	60	**05:34**
			TIME	01:57:46		01:58:35 (02:14:21)		**03:56:21**
			PHASE SPEED	10,266		10,195		**10,231**

				GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL
2	ΠΕΡΙΔΗ ΜΑΡΙΑΝΝΑ	17	START TIME	09:00:00		11:27:23		
			ARRIVAL	10:52:08		13:26:22		
			RIDE TIME	01:52:08		01:58:59		**03:51:07**
	ΚΕΙΡ		LOOP SPEED	10,782		10,161		**10,462**
			VET IN	10:57:23		13:42:27		
	SARAH	ΔΣ9	REC. TIME / HR	05:15	40	16:05	48	**05:15**
			TIME	01:57:23		01:58:59 (02:15:04)		**03:56:22**
			PHASE SPEED	10,3		10,161		**10,230**

				GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL
3	ΔΡΑΚΙΟΥ ΔΕΣΠΟΙΝΑ	16	START TIME	09:00:00		11:26:26		
			ARRIVAL	10:52:10		13:26:24		
			RIDE TIME	01:52:10		01:59:58		**03:52:08**
	ΚΕΙΡ		LOOP SPEED	10,779		10,078		**10,416**
			VET IN	10:56:26		13:40:31		
	ATTILAS	ΚΣ8	REC. TIME / HR	04:16	44	14:07	39	**04:16**
			TIME	01:56:26		01:59:58 (02:14:05)		**03:56:24**
			PHASE SPEED	10,384		10,078		**10,228**

5ος ΔΙΑΣΥΛΛΟΓΙΚΟΣ ΑΓΩΝΑΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ

ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ **01/11/2026**

(40-59) **ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ**

				GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL
1	ΣΑΛΟΝΙΚΙΟΥ ΡΑΦΑΕΛΑ-ΜΠΕΤΤΙΝΑ	9	START TIME	08:30:00		10:53:48		
			ARRIVAL	10:14:07		12:38:39		
			RIDE TIME	01:44:07		01:44:51		**03:28:58**
	ΙΟΡΟΔ		LOOP SPEED	11,612		11,531		**11,571**
			VET IN	10:23:48		12:40:14		
	GA DAHAB	ΟΞ5	REC. TIME / HR	09:41	47	01:35	52	**09:41**
			TIME	01:53:48		01:44:51 (01:46:26)		**03:38:39**
			PHASE SPEED	10,624		11,531		**11,059**

				GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL
2	ΔΙΑΜΑΝΤΗ ΣΤΑΜΑΤΙΑ-ΜΑΡΚΕΛΛΑ	10	START TIME	08:30:00		10:49:15		
			ARRIVAL	10:14:09		12:38:40		
			RIDE TIME	01:44:09		01:49:25		**03:33:34**
	ΚΕΙΡ		LOOP SPEED	11,608		11,050		**11,322**
			VET IN	10:19:15		12:40:38		
	NASER ZLATAR AHMAT	ΞΕ8	REC. TIME / HR	05:06	59	01:58	36	**05:06**
			TIME	01:49:15		01:49:25 (01:51:23)		**03:38:40**
			PHASE SPEED	11,066		11,050		**11,058**

				GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL
Elim FTQ - MI	ΧΑΤΖΗΓΕΩΡΓΙΟΥ ΠΑΡΑΣΚΕΥΗ	11	START TIME	08:50:00		11:24:09		
			ARRIVAL	10:47:48		0		
			RIDE TIME	01:57:48		0		**01:57:48**
	ΚΕΙΡ		LOOP SPEED	10,263		0,000		**10,263**
			VET IN	10:54:09		0		
	NEFELI 321	ΞΔ3	REC. TIME / HR	06:21	48	0	0	**06:21**
			TIME	02:04:09		0 (00:00:00)		**02:04:09**
			PHASE SPEED	9,738		0,000		**9,738**

				GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL
Elim FTQ - GA	ΚΑΛΑΦΑΤ ΣΑΛΗΧ	13	START TIME	08:30:00		10:54:59		
			ARRIVAL	10:20:06		0		
			RIDE TIME	01:50:06		0		**01:50:06**
	ΚΕΙΡ		LOOP SPEED	10,981		0,000		**10,981**
			VET IN	10:24:59		0		
	BESS HABIB	ΗΗ2	REC. TIME / HR	04:53	40	0	0	**04:53**
			TIME	01:54:59		0 (00:00:00)		**01:54:59**
			PHASE SPEED	10,515		0,000		**10,515**

				GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL
Elim FTQ - CI + ME	ΜΟΥΖΟΥΡΑΚΗΣ ΝΙΚΟΛΑΟΣ	14	START TIME	08:50:00		08:50:00		
			ARRIVAL	0		0		
			RIDE TIME	0		0		**00:00:00**
	ΚΕΙΡ		LOOP SPEED	0,000		0,000		**0,000**
			VET IN	0		0		
	SIX DEGREES	ΙΝ5	REC. TIME / HR	0	0	0	0	**00:00**
			TIME	00:00:00		0 (00:00:00)		**00:00:00**
			PHASE SPEED	0		0,000		**0,000**

				GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL
Ret RET	ΠΛΑΤΗ ΣΕΡΕΝΑ ΤΟΥΛΙ ΜΑΡΙΑ	12	START TIME	08:50:00		11:23:10		
			ARRIVAL	10:47:52		0		
			RIDE TIME	01:57:52		0		**01:57:52**
	ΚΕΙΡ		LOOP SPEED	10,257		0,000		**10,257**
			VET IN	10:53:10		0		
	GA KUBICA EL KALID	ΠΜ2	REC. TIME / HR	05:18	44	0	0	**05:18**
			TIME	02:03:10		0 (00:00:00)		**02:03:10**
			PHASE SPEED	9,816		0,000		**9,816**

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ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ **01/11/2026**

(60-79) **ΑΓΩΝΑΣ ΣΕ ΤΡΕΙΣ (3) ΦΑΣΕΙΣ**

				GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL
Ret RET	ΟΙΚΟΝΟΜΟΠΟΥΛΟΥ ΑΝΑΣΤΑΣΙΑ-ΤΣ.	5	START TIME	08:00:00	10:53:01	14:28:10	
			ARRIVAL	10:15:47	13:37:18	0	
			RIDE TIME	02:15:47	02:44:17	0	**05:00:04**
	ΚΕΙΡ		LOOP SPEED	8,904	7,359	0,000	**8,058**
			VET IN	10:23:01	13:48:10	0	
	GA EVINIA	ΝΦ7	REC. TIME / HR	07:14 47	10:52 37	0 0	**18:06**
			TIME	02:23:01	02:55:09	0 (00:00:00)	05:18:10
			PHASE SPEED	8,454	6,903	0,000	**7,600**

				GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL
Ret RET	ΧΑΤΖΗΓΕΩΡΓΙΟΥ ΜΑΡΙΑ	6	START TIME	08:00:00	10:54:29	14:26:17	
			ARRIVAL	10:15:46	13:37:17	0	
			RIDE TIME	02:15:46	02:42:48	0	**04:58:34**
	ΚΕΙΡ		LOOP SPEED	8,905	7,426	0,000	**8,099**
			VET IN	10:24:29	13:46:17	0	
	SHAKIRA	ΝΩ9	REC. TIME / HR	08:43 40	09:00 33	0 0	**17:43**
			TIME	02:24:29	02:51:48	0 (00:00:00)	**05:16:17**
			PHASE SPEED	8,368	7,037	0,000	**7,645**

				GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL
Ret RET	ΧΑΤΖΗΜΙΧΑΛΗ ΑΙΚΑΤΕΡΙΝΗ-ΙΑΚΩΒΙ	8	START TIME	08:00:00	10:51:30	14:27:10	
			ARRIVAL	10:15:48	13:37:26	0	
			RIDE TIME	02:15:48	02:45:56	0	**05:01:44**
	ΚΕΙΡ		LOOP SPEED	8,903	7,286	0,000	**8,014**
			VET IN	10:21:30	13:47:10	0	
	MENTOR	ΝΦ9	REC. TIME / HR	05:42 48	09:44 37	0 0	**15:26**
			TIME	02:21:30	02:55:40	0 (00:00:00)	**05:17:10**
			PHASE SPEED	8,544	6,882	0,000	**7,624**

5ος ΔΙΑΣΥΛΛΟΓΙΚΟΣ ΑΓΩΝΑΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ

ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ **01/11/2026**

(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
Elim FTQ - FTC	ΓΙΑΚΟΥΜΑΚΗ ΕΜΜΑ-ΔΕΣΠΟΙΝΑ	1	START TIME	07:30:00	09:49:01	12:14:22	13:47:04	
			ARRIVAL	09:17:50	11:30:54	0	0	
			RIDE TIME	01:47:50	01:41:53	0	0	**03:29:43**
	ΚΕΙΡ		LOOP SPEED	11,212	11,867	0,000	0,000	**11,530**
			VET IN	09:19:01	11:34:22	13:07:04	0	
	GA EL CAMINO	ΠΜ1	REC. TIME / HR	01:11 56	03:28 60	0 44	0 0	**04:39**
			TIME	01:49:01	01:45:21	00:00:00	0 (00:00:00)	**03:34:22**
			PHASE SPEED	11,090	11,476	0	0	**11,280**

				GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	GATE 4 / 20,15 Km	TOTAL
Elim FTQ - FTC	ΣΩΤΗΡΙΟΥ ΧΡΙΣΤΙΝΑ	2	START TIME	07:30:00	09:49:59	12:13:43	13:47:19	
			ARRIVAL	09:17:54	11:30:55	0	0	
			RIDE TIME	01:47:54	01:40:56	0	0	**03:28:50**
	ΙΟΡΟΔ		LOOP SPEED	11,205	11,978	0,000	0,000	**11,579**
			VET IN	09:19:59	11:33:43	13:07:19	0	
	VICTORIA	ΠΧ8	REC. TIME / HR	02:05 59	02:48 48	0 40	0 0	**04:53**
			TIME	01:49:59	01:43:44	00:00:00	0 (00:00:00)	**03:33:43**
			PHASE SPEED	10,993	11,655	0,000	0,000	**11,314**

				GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	GATE 4 / 20,15 Km	TOTAL
Elim FTQ - FTC	ΠΕΡΙΔΗ ΝΑΤΑΛΙΑ	3	START TIME	07:30:00	09:49:50	12:38:34	14:07:40	
			ARRIVAL	09:17:58	11:56:45	0	0	
			RIDE TIME	01:47:58	02:06:55	0	0	**03:54:53**
	ΚΕΙΡ		LOOP SPEED	11,198	9,526	0,000	0,000	**10,294**
			VET IN	09:19:50	11:58:34	13:27:40	0	
	SALAH	ΞΚ2	REC. TIME / HR	01:52 51	01:49 36	0 44	0 0	**03:41**
			TIME	01:49:50	02:08:44	00:00:00	0 (00:00:00)	**03:58:34**
			PHASE SPEED	11,008	9,392	0,000	0,000	**10,136**

				GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	GATE 4 / Km	TOTAL
Elim FTQ - FTC	ΚΑΡΑΓΙΑΝΝΗ ΦΩΤΕΙΝΗ	4	START TIME	07:30:00	09:50:56	12:14:56	13:47:45	
			ARRIVAL	09:18:02	11:30:56	0	0	
			RIDE TIME	01:48:02	01:40:00	0	0	**03:28:02**
	ΚΕΙΡ		LOOP SPEED	11,191	12,090	0,000	0,000	**11,623**
			VET IN	09:20:56	11:34:56	13:07:45	0	
	BESS KHALIL	PB3	REC. TIME / HR	02:54 52	04:00 48	0 52	0 0	**06:54**
			TIME	01:50:56	01:44:00	00:00:00	0 (00:00:00)	**03:34:56**
			PHASE SPEED	10,898	11,625	0,000	0,000	**11,250**