

4οι ΔΙΑΣΥΛΛΟΓΙΚΟΙ ΑΓΩΝΕΣ ΙΠΠΙΚΗΣ ΑΝΤΟΧΗΣ
ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ **19/10/2025**

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	07:30:00		09:43:50		11:58:04		14:32:41		
			ARRIVAL	09:11:48		11:26:56		13:45:03		16:21:56		
			RIDE TIME	01:41:48		01:43:06		01:46:59		01:49:15		07:01:08
	ΚΕΙΡ		LOOP SPEED	11,876		11,726		11,301		11,066		11,483
			VET IN	09:13:50		11:28:04		13:47:41		16:23:28		
	SHAKIRA	NΩ9	REC. TIME / HR	02:02	36	01:08	48	02:38	54	01:32	48	05:48
			TIME	01:43:50		01:44:14		01:49:37		01:50:47		07:06:56
			PHASE SPEED	11,644		11,599		11,029		10,913		11,327

				GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		GATE 3 / 20,15 Km		GATE 4 / 20,15 Km		TOTAL	
2	ΠΑΠΑΝΙΚΟΛΑΟΥ ΣΤΕΛΛΑ	2	START TIME	07:30:00		09:44:43		11:59:30		14:33:13			
			ARRIVAL	09:11:45		11:26:53		13:45:06		16:21:57			
			RIDE TIME	01:41:45		01:42:10		01:45:36		01:48:44		06:58:15	
	ΚΕΙΡ		LOOP SPEED	11,882		11,834		11,449		11,119		11,562	
			VET IN	09:14:43		11:29:30		13:48:13		16:24:32			
	GA DAHAB	ΟΞ5	REC. TIME / HR	02:58	56	02:37	52	03:07	56	02:35	50	08:42	
			TIME	01:44:43		01:44:47		01:48:43		01:51:19		07:06:57	
			PHASE SPEED	11,545		11,538		11,121		10,861		11,327	

				GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		GATE 3 / 20,15 Km		GATE 4 / Km		TOTAL	
3	ΔΙΑΜΑΝΘ ΣΤΑΜΑΤΙΑ-ΜΑΡΚΕΛΛΑ	3	START TIME	07:30:00		09:45:58		11:59:14		14:33:49			
			ARRIVAL	09:11:50		11:27:02		13:45:07		16:21:58			
			RIDE TIME	01:41:50		01:41:04		01:45:53		01:48:09		06:56:56	
	KEIP		LOOP SPEED	11,872		11,962		11,418		11,179		11,599	
			VET IN	09:15:58		11:29:14		13:48:49		16:24:45			
	NASER ZLATAR AHMAT		ΞΕ8	REC. TIME / HR	04:08	54	02:12	42	03:42	58	02:47	60	10:02
				TIME	01:45:58		01:43:16		01:49:35		01:50:56		07:06:58
				PHASE SPEED	11,409		11,708		11,033		10,898		11,326

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19/10/2025

ΚΑΤΗΓΟΡΙΑ Γ

ΑΓΩΝΑΣ ΣΕ ΤΡΙΕΙΣ (3) ΦΑΣΕΙΣ

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL
1	ΠΛΑΤΗ ΣΕΡΕΝΑ ΤΟΥΛΙ ΜΑΡΙΑ	11	START TIME	08:00:00	10:09:23	12:14:12
			ARRIVAL	09:37:42	11:40:26	13:48:03
			RIDE TIME	01:37:42	01:31:03	01:33:51
	ΚΕΙΡ		LOOP SPEED	12,375	13,278	12,882
			VET IN	09:39:23	11:44:12	14:01:49
			REC. TIME / HR	01:41	46	03:46
			TIME	01:39:23	01:34:49	01:47:37
	GA KUBICA EL KALID	ΠΜ2	PHASE SPEED	12,165	12,751	11,234

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL
2	ΟΙΚΟΝΟΜΟΠΟΥΛΟΥ ΔΗΜΗΤΡΑ	12	START TIME	08:00:00	10:12:22	12:22:56
			ARRIVAL	09:37:56	11:47:13	14:04:36
			RIDE TIME	01:37:56	01:34:51	01:41:40
	ΚΕΙΡ		LOOP SPEED	12,345	12,746	11,892
			VET IN	09:42:22	11:52:56	14:18:40
			REC. TIME / HR	04:26	60	05:43
			TIME	01:42:22	01:40:34	01:55:44
	ATTILAS	ΚΣ8	PHASE SPEED	11,810	12,022	10,446

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL
3	ΓΙΑΚΟΥΜΑΚΗ ΕΜΜΑ-ΔΕΣΠΟΙΝΑ	13	START TIME	08:00:00	10:13:57	12:23:13
			ARRIVAL	09:37:51	11:47:09	14:04:37
			RIDE TIME	01:37:51	01:33:12	01:41:24
	ΚΕΙΡ		LOOP SPEED	12,356	12,972	11,923
			VET IN	09:43:57	11:53:13	14:22:46
			REC. TIME / HR	06:06	40	06:04
			TIME	01:43:57	01:39:16	01:59:33
	GA EL CAMINO	ΠΜ1	PHASE SPEED	11,631	12,179	10,113

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL
4	ΠΕΡΙΔΗ ΝΑΤΑΛΙΑ	10	START TIME	08:00:00	10:25:06	12:43:30
			ARRIVAL	09:51:17	12:09:41	14:41:37
			RIDE TIME	01:51:17	01:44:35	01:58:07
	ΚΕΙΡ		LOOP SPEED	10,864	11,560	10,236
			VET IN	09:55:06	12:13:30	14:52:32
			REC. TIME / HR	03:49	50	03:49
			TIME	01:55:06	01:48:24	02:09:02
	SALAH	ΕΚ2	PHASE SPEED	10,504	11,153	9,370

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL
5	ΚΑΡΑΓΙΑΝΝΗ ΦΩΤΕΙΝΗ	8	START TIME	08:00:00	10:26:36	12:46:45
			ARRIVAL	09:51:29	12:09:56	14:41:47
			RIDE TIME	01:51:29	01:43:20	01:55:02
	ΚΕΙΡ		LOOP SPEED	10,845	11,700	10,510
			VET IN	09:56:36	12:16:45	14:52:48
			REC. TIME / HR	05:07	46	06:49
			TIME	01:56:36	01:50:09	02:06:03
	BESS KHALIL	PB3	PHASE SPEED	10,369	10,976	9,591

			GATE 1 / 20,15 Km	GATE 2 / 20,15 Km	GATE 3 / 20,15 Km	TOTAL
6	ΠΙΛΑΤΕΡΗ ΜΑΡΙΑ	9	START TIME	08:00:00	10:13:33	12:27:09
			ARRIVAL	09:37:54	11:47:12	14:41:55
			RIDE TIME	01:37:54	01:33:39	02:14:46
	ΚΕΙΡ		LOOP SPEED	12,349	12,910	8,971
			VET IN	09:43:33	11:57:09	14:58:39
			REC. TIME / HR	05:39	56	09:57
			TIME	01:43:33	01:43:36	02:31:30
	M.M SPITHA	IN6	PHASE SPEED	11,676	11,670	7,980

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ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ 19/10/2025

ΚΑΤΗΓΟΡΙΑ Δ ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
1	ΠΑΠΠΟΥΛΗΣ ΔΗΜΗΤΡΙΟΣ	4	START TIME	08:30:00		10:36:16		
			ARRIVAL	10:04:02		11:57:53		
			RIDE TIME	01:34:02		01:21:37		02:55:39
	ΚΕΙΡ		LOOP SPEED	12,857		14,813		13,766
			VET IN	10:06:16		12:04:26		
	ΗΕΡΜΑΚΟΣ ΜΕΤ	ΘΩ4	REC. TIME / HR	02:14	42	06:33	56	02:14
			TIME	01:36:16		01:28:10		02:57:53
			PHASE SPEED	12,559		13,713		13,593
			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
2	ΣΩΤΗΡΙΟΥ ΧΡΙΣΤΙΝΑ	5	START TIME	08:30:00		10:37:07		
			ARRIVAL	10:04:19		12:09:55		
			RIDE TIME	01:34:19		01:32:48		03:07:07
	ΙΟΡΟΔ		LOOP SPEED	12,819		13,028		12,922
			VET IN	10:07:07		12:12:36		
	VICTORIA	ΠΧ8	REC. TIME / HR	02:48	48	02:41	40	02:48
			TIME	01:37:07		01:35:29		03:09:55
			PHASE SPEED	12,449		12,662		12,732
			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL	
3	ΚΑΛΑΦΑΤ ΣΑΛΗΧ	6	START TIME	08:30:00		10:39:58		
			ARRIVAL	10:04:11		12:19:54		
			RIDE TIME	01:34:11		01:39:56		03:14:07
	ΚΕΙΡ		LOOP SPEED	12,837		12,098		12,456
			VET IN	10:09:58		12:27:49		
	ΒΕSS ΗΑΒΙΒ	ΗΗ2	REC. TIME / HR	05:47	48	07:55	60	05:47
			TIME	01:39:58		01:47:51		03:19:54
			PHASE SPEED	12,094		11,210		12,096

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ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ

19/10/2025

Δ ΠΑΙΔΩΝ

ΑΓΩΝΑΣ ΣΕ ΔΥΟ (2) ΦΑΣΕΙΣ

			GATE 1 / 20,15 Km		GATE 2 / 20,15 Km		TOTAL
1	ΟΙΚΟΝΟΜΟΠΟΥΛΟΥ ΑΝΑΣΤΑΣΙΑ-ΤΣΑΜΠΙΚΑ	14	START TIME	08:30:00		10:41:15	
			ARRIVAL	10:04:22		12:19:55	
			RIDE TIME	01:34:22		01:38:40	
	ΚΕΙΡ		LOOP SPEED	12,812		12,253	
			VET IN	10:11:15		12:26:11	
			REC. TIME / HR	06:53	52	06:16	55
	ZAFIRA	ΜΘ5	TIME	01:41:15		01:44:56	
			PHASE SPEED	11,941		11,522	

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ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΣΕΩΣ ΙΠΠΑΣΙΑΣ ΡΟΔΟΥ 19/10/2025

ΚΑΤΗΓΟΡΙΑ Ε

ΑΓΩΝΑΣ ΣΕ ΜΙΑ (1) ΦΑΣΗ

			GATE 1 / 20,15 Km		TOTAL
1	ΑΤΣΑΛΑΚΗ ΧΡΥΣΑΝΘΗ	15	START TIME	09:30:00	
			ARRIVAL	11:36:08	
			RIDE TIME	02:06:08	02:06:08
	ΚΕΙΡ		LOOP SPEED	9,585	9,585
			VET IN	11:53:25	
	SHERIN	ΣΖ1	REC. TIME / HR	17:17 48	00:00
			TIME	02:23:25	02:06:08
			PHASE SPEED	8,43	9,585

			GATE 1 / 20,15 Km		TOTAL
1	ΔΡΑΚΙΟΥ ΔΕΣΠΟΙΝΑ	16	START TIME	09:30:00	
			ARRIVAL	11:36:11	
			RIDE TIME	02:06:11	02:06:11
	ΚΕΙΡ		LOOP SPEED	9,581	9,581
			VET IN	11:53:08	
	MENTOR	ΝΦ9	REC. TIME / HR	16:57 42	00:00
			TIME	02:23:08	02:06:11
			PHASE SPEED	8,447	9,581

			GATE 1 / 20,15 Km		TOTAL
1	ΧΑΤΖΗΓΕΩΡΓΙΟΥ ΜΑΡΙΑ	17	START TIME	09:30:00	
			ARRIVAL	11:36:02	
			RIDE TIME	02:06:02	02:06:02
	ΙΟΡΟΔ		LOOP SPEED	9,593	9,593
			VET IN	11:53:30	
	MERANA Ο	ΕΒ3	REC. TIME / HR	17:28 60	00:00
			TIME	02:23:30	02:06:02
			PHASE SPEED	8,425	9,593

			GATE 1 / Km		TOTAL
1	ΚΑΛΙΒΟΥΡΗ ΜΑΡΙΑ	18	START TIME	09:30:00	
			ARRIVAL	11:36:09	
			RIDE TIME	02:06:09	02:06:09
	ΚΕΙΡ		LOOP SPEED	9,584	9,584
			VET IN	11:52:12	
	VESTAVIAN	ΜΗ4	REC. TIME / HR	16:03 46	00:00
			TIME	02:22:12	02:06:09
			PHASE SPEED	8,502	9,584

			GATE 1 / Km		TOTAL
1	ΚΟΥΛΛΟΥΡΑ ΜΑΡΙΑ-ΓΡΑΜΜΑΤΙΚΗ	19	START TIME	09:30:00	
			ARRIVAL	11:36:06	
			RIDE TIME	02:06:06	02:06:06
	ΚΕΙΡ		LOOP SPEED	9,588	9,588
			VET IN	11:53:37	
	FREE WILLY	ΟΤ3	REC. TIME / HR	17:31 50	00:00
			TIME	02:23:37	02:06:06
			PHASE SPEED	8,418	9,588