

Volkswagen Duathlon 3.3.2013 Results							
	First Name	Last Name	Club	Run-1	Bike	Run-2	Total
<b>Duathlon-Federation Licensed Athletes</b>							
<b>F20-39</b>							
1	Carmen	Macheriotou	Nireas Triathlon Club	00:21:14	00:39:24	00:23:30	01:24:08
2	Yiota	Chapoupi	Nireas Triathlon Club	00:20:50	00:47:25	00:23:54	01:32:09
<b>F40+</b>							
1	Andri	Poyiatzi	Nireas Triathlon Club	00:25:00	00:49:05	00:27:35	01:41:40
<b>M20-39</b>							
1	Stavros	Antoniou	Famagusta Nautical Club	00:17:30	00:34:28	00:18:29	01:10:27
2	Demetris	Kafouris	Famagusta Nautical Club	00:19:04	00:37:18	00:20:14	01:16:36
3	Kyriacos	Skettos	Bikin Cyprus	00:21:17	00:35:09	00:23:19	01:19:46
4	George	Pengas	Nireas Triathlon Club	00:19:49	00:39:35	00:21:37	01:21:01
5	Kypros	Nicolaou	Nireas Triathlon Club	00:22:14	00:41:47	00:24:04	01:28:06
6	Christos	Tsiailis	Nireas Triathlon Club	00:22:10	00:42:29	00:24:59	01:29:39
7	Alexandros	Kounounis	Nireas Triathlon Club	00:31:44	01:07:08	00:39:48	02:18:40
<b>M40+</b>							
1	Christos	Christou	Famagusta Nautical Club	00:19:46	00:36:34	00:21:11	01:17:31
2	Constantinos	Neophytou	Nireas Triathlon Club	00:22:06	00:42:26	00:25:40	01:30:13
3	Kypros	Tsouloupas	Famagusta Nautical Club	00:26:52	00:52:17	00:33:02	01:52:12
<b>Duathlon-Open</b>							
<b>F40+</b>							
1	Claire	Philpott	Nireas Triathlon Club	00:28:15	00:48:32	00:30:19	01:47:06
2	Janet	Anderson	Nireas Triathlon Club	00:23:01	01:00:00	00:24:51	01:47:53
<b>M14-16</b>							
1	Ioannis	Panayiotou	Famagusta Nautical Club	00:20:59	00:43:29	00:25:13	01:29:42
<b>M17-19</b>							
1	Pasxalis	Frangou	Famagusta Nautical Club	00:18:36	00:39:28	00:22:41	01:20:45
2	Giorgos	Christoforidis	Famagusta Nautical Club	00:19:41	00:42:56	00:22:18	01:24:55
<b>M20-39</b>							
1	Constantinos	Constantinidis	---	00:18:31	00:39:23	00:19:09	01:17:04
2	Sotiris	Charalambous	Famagusta Nautical Club	00:18:55	00:38:52	00:20:32	01:18:19
3	Jean-Philippe	Cros	Famagusta Nautical Club	00:18:39	00:39:19	00:20:59	01:18:57
4	Andreas	Efstathiou	Nireas Triathlon Club	00:19:25	00:40:07	00:20:33	01:20:05
5	Charalambos	Georgiou	---	00:19:00	00:42:09	00:19:41	01:20:50
6	Marios	Ioannides	Famagusta Nautical Club	00:19:57	00:40:49	00:23:42	01:24:28
7	Tasos	Tseronis	Nireas Triathlon Club	00:19:44	00:45:04	00:20:23	01:25:12
8	Nektarios	Pettemerides	---	00:22:36	00:39:24	00:24:04	01:26:04
9	Giorgos	Papastylianou	---	00:20:32	00:42:57	00:23:19	01:26:47
10	Aristo	Irzenski	Nireas Triathlon Club	00:21:15	00:43:22	00:25:09	01:29:45
11	Iosif	Andreas	Nireas Triathlon Club	00:24:05	00:50:05	00:27:23	01:41:33
12	Laurentiu	Alexandrescu	Nireas Triathlon Club	00:29:50	00:59:12	00:36:38	02:05:40

<b>M40+</b>							
1	Constantinos	Ioannou	Nireas Triathlon Club	00:22:55	00:44:17	00:26:42	01:33:54
2	Achilleas	Achilleos	Bikin Cyprus	00:26:27	00:53:34	00:29:55	01:49:56
3	Antonis	Zacharopoulos	---	00:23:23	01:06:10	00:25:15	01:54:49
4	Vassilis	Vasiloudes	---	00:29:34	00:48:31	00:37:47	01:55:52
5	Yiannis	Hadjisoteriou	---	00:28:17	00:58:13	00:36:41	02:03:10
<b>Sprint Duathlon-Federation Licensed Athletes</b>							
<b>F40+</b>							
1	Rea	Georgiou	Nireas Triathlon Club	00:13:32	00:27:14	00:14:36	00:55:21
<b>M40+</b>							
1	Dan	Hayes	Nireas Triathlon Club	00:09:06	00:22:21	00:09:39	00:41:06
2	Joseph	Shailos	Nireas Triathlon Club	00:13:59	00:26:03	00:15:52	00:55:55
<b>Sprint Duathlon-Open</b>							
<b>F20-39</b>							
1	Vaso	Michael	---	00:14:14	00:26:13	00:11:42	00:52:09
2	Stavroula	Ioannou	Nireas Triathlon Club	00:14:11	00:29:44	00:14:57	00:58:52
3	Christodoula	Evagorou	Nireas Triathlon Club	00:13:16	00:31:44	00:15:03	01:00:03
<b>F40+</b>							
1	Maria	Kyriacou	Bikin Cyprus	00:13:11	00:34:20	00:15:36	01:03:06
<b>M14-16</b>							
1	Alexandros	Agrotis	---	00:10:16	00:21:59	00:12:19	00:44:33
<b>M17-19</b>							
1	Panagiotis	Kokkinos	---	00:10:51	00:27:48	00:13:07	00:51:47
<b>M20-39</b>							
1	Giannis	Papageorgiou	Bikin Cyprus	00:10:31	00:22:45	00:11:27	00:44:42
2	Christos	Ioannou	---	00:11:04	00:25:40	00:11:32	00:48:16
3	Christoforos	Christofi	Famagusta Nautical Club	00:11:33	00:23:51	00:14:01	00:49:25
4	Gabriel	Georgiades	---	00:11:01	00:27:11	00:11:22	00:49:34
5	Armando	Costa	---	00:12:15	00:23:20	00:14:24	00:49:59
6	Constantinos	Charalambous	---	00:14:16	00:26:04	00:15:09	00:55:30
7	Demetris	Vatyliotis	---	00:12:12	00:31:01	00:13:02	00:56:15
<b>M40+</b>							
1	Koullis	Damalas	---	00:12:08	00:22:26	00:12:36	00:47:10
2	Petros	Kokkinos	---	00:11:36	00:28:33	00:12:27	00:52:36
3	Fivos	Kontemeniotis	---	00:14:06	00:30:20	00:14:32	00:58:59
4	Kyriacos	Antoniou	---	00:13:26	00:38:30	00:15:07	01:07:03
<b>Team/Corporate Duathlon</b>							
1	Nikos	Choulis	Asklipios Triathlon Club	00:20:05	00:42:13	00:20:21	01:22:40
	Michalis	Theocharides	Health Runners				
2	Mahi	Solomou	---	00:29:47	00:43:58	00:31:26	01:45:11
	Panayiotis	Kouzis					
<b>Team/Corporate Sprint Duathlon</b>							
1	Maria	Polycarpou	Nireas Triathlon Club	00:12:30	00:30:32	00:12:48	00:55:50
	Ioanna	Kekkou	Nireas Triathlon Club				