

FIS Metsovo UPHILL Women 5KM 5.9.20 **

Individual Start

Official ranking

COMPETITION JURY

TECHNICAL DELEGATE	Tsourekas Timoleon	(GRE)
T.D. ASSISTANT	Xanthis Kyriakos	(GRE)
CHIEF OF RACE	Tsourekas Apostolos	(GRE)

TECHNICAL DATA

COURSE	UPHILL Course Metsovo
HIGHEST POINT	1620 m
LOWEST POINT	1277 m
HEIGHT DIFFERENCE (HD)	343 m
TOTAL CLIMB (TC)	343 m
MAXIMUM CLIMB (MC)	434 m
LENGTH OF LAP	5000 m
NUMBER OF LAPS	1
RACE DISTANCE	5,000 km

LOCATION : Metsovo

STYLE : FREE Style

WEATHER : Sunny SNOW : -

TEMPERATURE: SNOW : 0,0°C AIR : 25,0°C

LIST n°121 APPLIED PENALTY: 106,88

CALCULATED PENALTY: 106,88

F = 800

Records : 8

At Start : 8 Did Not Finish : 0 Disqualified : 0

At Finish : 8

Rank	Bib	Κωδικός	Όνομα	Year	Σύλλογος	Time	Gap	Points
1	48	20920034	ΛΑΔΟΠΟΥΛΟΥ Παρασκευή	1979	ΑΟΦ	21:43.2		106,88
2	43	11020134	ΝΤΑΝΟΥ Μαρία	1990	ΝΑΟ	22:47.8	1:04.6	146,54
3	46	20920025	ΤΙΤΑ Νεφέλη	2003	ΑΟΦ	24:09.6	2:26.4	196,75
4	47	13520108	ΚΩΤΣΑΛΟΥ Ιωάννα	2003	ΔΡΑ	24:35.9	2:52.7	212,90
5	44	13520104	ΧΑΡΑΛΑΜΠΙΔΟΥ Κωνσταντίνα	2002	ΔΡΑ	25:32.0	3:48.8	247,33
6	45	20920024	ΙΩΑΝΝΟΥ Ελένη	2002	ΑΟΦ	27:07.7	5:24.5	306,08
7	41	20920032	ΣΑΡΑΚΙΝΗ Ελευθερία	2005	ΑΟΦ	29:56.6	8:13.4	409,77
8	42	12820123	ΣΤΑΝΙΔΟΥ Ελευθερία	2001	ΦΛΩ	32:17.2	10:34.0	496,08

Technical Delegate