



TECHNICAL DETAILS

2019

	LOCATION	DISTANCE		D		DURATION				TRAIL	DIRT ROAD	ROAD	NOTES
		PARTIAL	TOTAL	+	-	FAST		SLOW					
1	NEVROKOPI – DASOTO ANTENNA	10.100	10.100	508	168	70	08:10	100	08:40	6.067	2.945	1.088	REFRESHMENT STATION
2	AKRINO	13.650	23.750	658	762	90	09:40	140	11:00	8570	4.492	588	REFRESHMENT STATION
3	HUNTER CABIN (PERSEK)	18.210	41.960	1.84 0	1.565	210	13:10	360	17:00	16.660	1.610		REFRESHMENT STATION
4	VATHITOPOS	11.540	53.500	117	613	80	14:30	115	18:45		6630	4.910	REFRESHMENT STATION 19:00
5	HUNTER CABIN (KIKLA)	10.240	63.740	709	74	150	17:00	210	22:30		9.920	320	REFRESHMENT STATION
4	PERITHORI	10.380	74.120	50	819	70	18:10	90	24:00	840	7.740	1.800	REFRESHMENT STATION
5	NEVROKOPI	10390	84.510	16	64	70	19:20	120	02:00		8160	2.230	REFRESHMENT STATION 04:00
	TOTAL		84.510	3.89 8	4.065		12:20		21	32.137 38%	41.497 49%	10.936 12%	

PANORAMA 1/3

	LOCATION	DISTANCE		D		DURATION				TRAIL	DIRT ROAD	ROAD	NOTES
		PARTIAL	TOTAL	+	-	FAST		SLOW					
1	NEVROKOPI -OCHIRO – LISSE – SANATORIO (GRANITIS)	16.250	100.820	543	233	170	21:10 Th	250	08:10 Fr	4.175	2.265	9.810	REFRESHMENT STATION
2	ST. PAUL - GRANITIS	16.560	117.380	1.28 7	1.338	275	01:45 Fr	330	12:40 Fr	15.890	670		REFRESHMENT STATION 13:00 Fr
3	PIRGOI	13.980	131.360	462	615	180	04:45 Fr	240	17:00 Fr	2.750	10.280	950	REFRESHMENT STATION 17:00 Fr
4	KARTALKA – PR. HLIAS – SKI CENTER	17.110	148.470	1.83 3	719	330	10:15 Fr	390	23:30 Fr	12.520	4.280	310	REFRESHMENT STATION 24:00 Fr
5	VOLAKAS	10.560	159.030	113	1035	110	12:10 Fr	150	02:30 Sa	7.550	900	2.110	REFRESHMENT STATION
6	NEVROKOPI	18.390	177.420	500	714	200	15:30 Fr	270	07:00 Sa	5.330	9.830	3.230	CENTRAL REFRESHMENT STATION 10:00 Sa
	TOTAL	92.850	177.360	4.73 8	4.654		22:10		30	48.215 51,92%	28.225 30,39%	16.410 17,67%	

A/ A	LOCATION	DISTANCE		D		XPONOI				TRAIL	DIRT ROAD	ROAD	NOTES
		PARTIAL	TOTAL	+	-	FAST		SLOW					
1	ST. THEODOR OI	5.910	183.33 0	679	13	60	16:30 Fr	120	12:00 Sa	4.602	420	888	REFRESHMENT STATION
2	LIVADAKI	11.070	194.40 0	327	985	12 0	18:30 Fr	180	15:00 Sa	8750	2.320		REFRESHMENT STATION
3	PAGONERI	14.550	208.95 0	537	574	21 0	22:00 Fr	300	20:00 Sa	1.100	8.660	4.790	REFRESHMENT STATION 20:30 Sa
4	ACHLADO MILIA	12.600	221.55 0	312	335	15 0	00:30 Sa	240	00:30 Su	735	11.865		REFRESHMENT STATION 01:00 Su
5	CROSSRO AD (CHARAKAS)	14.570	236.12 0	760	294	30 0	05:30 Sa	360	06:30 Su	4.860	9.710		REFRESHMENT STATION
4	LEFKOGEI A (KIOSK)	15.730	251.85 0	249	551	12 0	07:30 Sa	180	09:30 Su	7.640	7.250	840	REFRESHMENT STATION
5	NEVROKO PI	9.420	261.27 0	36	30	70	08:40 Sa	150	12:00 Su	4.650	500	4.270	CENTRAL REFRESHMENT STATION 12:00 Su
TOTAL		83.850	261.27 0	3.000	2.782		17:10		26:00	32.337 38.56 %	40.725 48.56%	10.788 12.86%	
OVER ALL TOTAL			261.21 0	11.636	11.50 1		51:40		77	112.725 43.14 %	110.447 42,27%	38.134 145%	