



**THE BEDROCK GRAVEL RACE 2023  
RESULTS**

<b>A/A</b>	<b>BIB</b>	<b>NAME</b>	<b>SURNAME</b>	<b>COUNTRY</b>	<b>TOTAL TIME</b>	<b>GAP</b>	<b>DIFF</b>
<b>MEN 18-29</b>							
1	47	George	Kouzis	Cyprus	<b>4:19:13</b>		
2	45	Alexandros	Colombos	Cyprus	<b>4:27:23</b>	+0:08:10	+0:08:10
3	46	Denis	Krasenkov	Cyprus	<b>5:00:22</b>	+0:41:09	+0:32:59
<b>MEN 30-39</b>							
1	3	Chrysoulis	Constantinou	Cyprus	<b>4:17:02</b>		
2	1	Armando	Archimandrites	Cyprus	<b>4:19:13</b>	+0:02:11	+0:02:11
3	5	Kev	Finchett	United Kingdom	<b>4:21:48</b>	+0:04:46	+0:02:35
4	2	Andrei	Bushkov	Cyprus	<b>4:23:26</b>	+0:06:24	+0:01:38
5	4	Constantinos	Demosthenous	Cyprus	<b>4:27:23</b>	+0:10:21	+0:03:57
DNF	6	Kyriacos	Laccotripes	Cyprus	<b>DNF</b>		
DNS	7	Marios	Loizou	Cyprus	<b>DNS</b>		
DNS	8	Michael	Herold	Germany	<b>DNS</b>		
<b>MEN 40-49</b>							
1	13	Yossi	Kotliar	Israel	<b>5:06:04</b>		
2	12	Michalis	Poumpouris	Cyprus	<b>5:30:09</b>	+0:24:05	+0:24:05
3	10	Antonis	Savva	Cyprus	<b>5:36:00</b>	+0:29:56	+0:05:51
4	11	Michalis	Karatzis	Cyprus	<b>5:36:00</b>	+0:29:56	+0:00:00
<b>MEN 50-59</b>							
1	22	Nimrod	Cohen	Israel	<b>4:38:11</b>		
2	21	Amitai	Tafla	Israel	<b>5:01:34</b>	+0:23:23	+0:23:23
3	20	Mike	Hadjoannou	Cyprus	<b>5:01:35</b>	+0:23:24	+0:00:01
<b>MEN 60+</b>							
1	31	Eran	Kali	Israel	<b>5:03:11</b>		
2	32	Paul	Brindley	United Kingdom	<b>5:16:10</b>	+0:12:59	+0:12:59
3	33	Thomas	Schulze	Germany	<b>5:16:10</b>	+0:12:59	+0:00:00
4	30	Dov	Nachshon	Israel	<b>6:20:46</b>	+1:17:35	+1:04:36
5	34	Yoav	Hoffenbartel	Israel	<b>6:20:46</b>	+1:17:35	+0:00:00

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**WOMEN 19-29**

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1	<b>40</b>	Constantina	Georgiou	Cyprus	<b>4:38:11</b>
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**WOMEN 30-39**

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1	<b>42</b>	Lucy	Constantinou	Cyprus	<b>6:20:46</b>
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DNF	<b>41</b>	Emmie	Collinge	Italy	<b>DNF</b>
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**WOMEN 40-49**

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1	<b>43</b>	Donna	Alderton	United States	<b>5:43:37</b>
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