



## CYPRUS INDOOR ROWING CHALLENGE BEST TIMES

SINGLES EVENTS					
MEN					
AGE GROUP	NAME	TEAM	TIME	AVE/ 500m	YEAR
>10 (1minute)	ARTEMIS LOIZIDES	NIREAS ROWING CLUB	-	2:10.4	2022
>12 (500m)	NEKTARIOS DEMETRIOU	LIMASSOL ROWING CENTRE	1:49.1	1:49.1	2022
13-14	MAKRIDES KIMONAS	THESSALONIKI NAUTICAL CLUB	3:13.8	1:36.9	2016
15-16	DEMETRIOU CHRISTODOULOS	NIREAS ROWING CLUB	3:06.9	1:33.4	2019
17-18	STERGIAKAS CHRISTOS	MAVROCHORI NAUTICAL CLUB	2:48.2 <b>WR</b>	1:24.1	2016
19-26	KLEANTHOUS KLEANTHIS	LIMASSOL ROWING CENTRE	2:50.8	1:25.4	2014
27-39	GIOUPIS GIORGOS	COAST ROWING TEAM	2:52.1	1:26.1	2017
40-49	GIOUPIS GIORGOS	COAST ROWING TEAM	3:05.4	1:32.7	2022
50-59	KOUKOUVES IOANNIS	COAST ROWING TEAM	3:22.7	1:41.4	2017
60+	STANISLAV VERTAT	JISTEBNICE CZECH REPUBLIC	3:27.4	1:43.7	2019
WOMEN					
AGE GROUP	NAME	TEAM	TIME	AVE/ 500m	YEAR
>10 (1minute)	ANDREA PAPAONISIFOROU	LIMASSOL ROWING CENTRE		2:13.9	2022
>12 (500m)	TSITSIMBIKOU OURANIA	KERKINITIS ROWING CLUB	1:47.8	1:47.8	2022
13-14	CHRISTOPOULOU ELENI	MAVROCHORI NAUTICAL CLUB	3:36.8	1:48.4	2016
15-16	KIRIDOU ANNETA	THESSALONIKI NAUTICAL CLUB	3:31.7	1:45.9	2014
17-18	PERGOULI MARIA	THESSALONIKI NAUTICAL CLUB	3:31.4	1:45.7	2014
19-26	DIAMANTI LENA	NAUTICAL CLUB OF IOANNINA	3:24.4	1:42.2	2014
27-39	ZAVOUNI NICOLE	ATHENS WATERPSORT	3:36.3	1:48.2	2016
40-49	PERAMATZI GEORGIA	ATHENS WATER SPORT	3:12.7 <b>WR</b>	1:36.3	2017
50-59	HEIJDZEN NICOLE	ATHENS WATERSPORT	3:54.2	1:57.1	2015
60+	IOANNOU IVANA	LIMASSOL ROWING CENTRE	4:11.1	2:05.5	2022

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2023 3RD CYPRUS INDOOR ROWING CHALLENGE  
IN LOVING MEMORY OF  
**STEPHANOS**  
MALEKKIDES

### DOUBLES EVENTS

#### MEN

AGE GROUP	NAME	TEAM	TIME	AVE/ 500m	YEAR
13-14	MICHAELIDES TRISTAN TREMSIN DAVID	LIMASSOL ROWING CENTRE	3:10.1	1:35.0	2022
15-18	YASCHUK PHILIP GEORGIOU SAVVAS	FAMAGUSTA NAUTICAL CLUB	2.54.1	1.27.0	2022
19+	IOANNOU ARISTOTELIS SPIROS KALENTZIS	NAUTICAL CLUB OF THESSALONIKI	2.40.7	1.20.3	2019

#### WOMEN

AGE GROUP	NAME	TEAM	TIME	AVE/ 500m	YEAR
13-14	KOTSIDOU ANASTASIA TSITSIMPIKOU OURANIA	KERKINITIS ROWING CLUB	3.36.2	1.48.1	2022
15-18	ZENONOS MARIANNA ANTONIADOU STYLIANA	NIREAS ROWING CLUB	3.26.5	1.43.2	2017
19+	MARIA KIRIDOU CHRISTINA BOURBOU	GREECE ROWING TEAM	3.08.4	1.34.2	2019

### QUAD EVENTS

EVENT NAME	NAME	TEAM	TIME	AVE/ 500m	YEAR
GYM CHALLENGE MEN	GEORGE GIOUPIS KOSTAS PANTAZIS PETE VOUIROS DIMITRIS GOURIOTIS	COAST ROWING TEAM	5:34.3	1:23.5	2019
GYM CHALLENGE WOMEN	ANNA IOANNOU ANNETA KIRIDOU MARIA KIRIDOU CHRISTINA BOURBOU	LIMASSOL ROWING CENTRE & GREECE ROWING TEAM	6:24.6	1:36.1	2019

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