



μ 20 μ 2015

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&
9-10-11-12

_____ : 18, 19 20 μ 2015
(_____ : μ 18:00 , 09:30 - μ
17:30, 09:00 – μ 13:00) .

_____ :
(50μ., 8 μ , μ 27.0 C, μ 24.0 C)

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,

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μ , 2016 μ μ –
2016.

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_____ : μ . . . , .
_____ : μ . . . , μ μ :
2007 (9) , 2006 (10) , 2005 (11) , 2004 (12) .

- _____ : μ μ μ μ μ .
 - μ - μ μ μ 3 μ . μ μ μ
- μ μ 6 μ . μ - μ μ μ μ μ μ



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- (3) μ (OPEN), μ μ .
 - μ μ μ (3) OPEN μ μ FINA (μ) .
 - μ μ μ .
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- (3) μ , μ μ .
 - μ μ μ .

μ 2 μ 2 μ 17.10 19/12/15 μ μ

μ μ .

μ (. 6942 678431), e-mail fonkaras@hotmail.com . (. 6972894274), e-mail p.spanopoulos@gmail.com .



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&
9-10-11-12

18/12/2015

18:00

| | | |
|----------|---|----|
| 1. 800 | | |
| 2. 200 | | |
| 3. 200 | | |
| 4. 800 | | 12 |
| 5. 800 | | 12 |
| 6. 400 | . | |
| 7. 400 | . | |
| 8. 400 | . | 12 |
| 9. 400 | . | 12 |
| 10. 1500 | | |
| 11. 4 50 | | |
| 12. 4 50 | | |

19/12/2015

09.30

| | |
|---------|---|
| 1. 50 | |
| 2. 50 | |
| 3. 50 | |
| 4. 50 | |
| 5. 200 | . |
| 6. 200 | . |
| 7. 100 | |
| 8. 100 | |
| 9. 200 | |
| 10. 200 | |
| 11. 100 | |
| 12. 100 | |
| 13. 200 | |
| 14. 200 | |

19/12/2015

17.30

17.10

| | | |
|----------|----|------------|
| 1. 50 | | 9-10-11-12 |
| 2. 50 | | 9-10-11-12 |
| 3. 50 | | 9-10-11-12 |
| 4. 50 | | 9-10-11-12 |
| 5. 200 | | 10-11-12 |
| 6. 200 | | 10-11-12 |
| 7. 200 | | 11-12 |
| 8. 200 | | 11-12 |
| 9. 100M | | 10-11-12 |
| 10. 100 | | 10-11-12 |
| 11. 200 | . | 10-11-12 |
| 12. 200 | . | 10-11-12 |
| 13. 100 | | 9-10-11-12 |
| 14. 100 | | 9-10-11-12 |
| 15. 4X50 | M. | 9-10-11-12 |
| 16. 4X50 | M. | 9-10-11-12 |



20/12/2015

09.00

1. 50
2. 50
3. 5
4. 50
5. 400
6. 400
7. 100
8. 100
9. 200
10. 200
11. 100
12. 100
13. 4X50M .
14. 4 50 .

20/12/2015

13.00

| | |
|----------|------------|
| 1. 50 | 9-10-11-12 |
| 2. 50 | 9-10-11-12 |
| 3. 50 | 9-10-11-12 |
| 4. 50 | 9-10-11-12 |
| 5. 100 | 10-11-12 |
| 6. 100 | 10-11-12 |
| 7. 400 | 11-12 |
| 8. 400 | 11-12 |
| 9. 100 | 11-12 |
| 10. 100 | 11-12 |
| 11. 200 | 11-12 |
| 12. 200 | 11-12 |
| 13. 4 50 | 9-10-11-12 |
| 14. 4 50 | 9-10-11-12 |



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9-10-11-12

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