



## 43. Arena European Junior Swimming Championships

06.07.-10.07.2016



### Continue Event 1 - 50m Breaststroke Women Preliminary

#### Juniors

50.	Kontogeorgou, Eleni	2000	GRE	Greece	00:34,21	+02.21	639
	RT +0.67						

### Continue Event 2 - 50m Butterfly Men Preliminary

#### Juniors

44.	Malamas, Efsthathios	1998	GRE	Greece	00:25,58	+02.01	674
	RT +0.68						

### Continue Event 3 - 100m Freestyle Women Preliminary

#### Juniors

31.	Pavlopoulou, Nikoletta	2001	GRE	Greece	00:57,45	+02.46	744
	RT +0.71 50m: 00:28,03, 100m: 00:57,45 (00:29,42)						
62.	Raftopoulou, Filio	1999	GRE	Greece	00:58,85	+03.86	692
	RT +0.70 50m: 00:28,24, 100m: 00:58,85 (00:30,61)						

### Continue Event 4 - 400m Freestyle Men Preliminary

#### Juniors

14.	Negriz, Dimitrios	1998	GRE	Greece	03:56,80	+06.21	802
	RT +0.73 50m: 00:27,31, 100m: 00:56,70 (00:29,39), 150m: 01:26,56 (00:29,86), 200m: 01:56,50 (00:29,94) 250m: 02:26,25 (00:29,75), 300m: 02:56,38 (00:30,13), 350m: 03:26,73 (00:30,35), 400m: 03:56,80 (00:30,07)						

### Continue Event 6 - 100m Backstroke Men Preliminary

#### Juniors

10.	Sofianidis, Nikolaos	1998	GRE	Greece	00:56,16	q +01.54	791
	RT +0.60 100m: 00:56,16						
56.	Bolanos, Panagiotis	2000	GRE	Greece	00:59,54	+04.92	663
	RT +0.64 50m: 00:28,19, 100m: 00:59,54 (00:31,35)						

### Continue Event 7 - 400m Ind. Medley Women Preliminary

#### Juniors

11.	Lebl, Ilektra Varvara	1999	GRE	Greece	04:54,66	R +10.11	756
	RT +0.67 100m: 01:05,70, 200m: 02:21,61 (01:15,91), 300m: 03:47,89 (01:26,28), 400m: 04:54,66 (01:06,77)						





## 43. Arena European Junior Swimming Championships

06.07.-10.07.2016



### Continue Event 8 - 200m Breaststroke Men Preliminary

#### Juniors

14. Meretsolias, Konstantinos 1998 GRE Greece 02:17,34 q +04.54 790  
 RT +0.69 100m: 01:06,44, 200m: 02:17,34 (01:10,90)

### Continue Event 9 - 200m Backstroke Women Preliminary

#### Juniors

15. Sacha, Ioanna 1999 GRE Greece 02:16,89 q +05.07 744  
 RT +0.70 100m: 01:06,19, 200m: 02:16,89 (01:10,70)

#### --- 2. Session ---

### Continue Event 208 - 200m Breaststroke Men Semi-Final

#### Juniors

16. Meretsolias, Konstantinos 1998 GRE Greece 02:17,94 +06.10 780  
 RT +0.65 50m: 00:31,15, 100m: 01:06,75 (00:35,60), 150m: 01:42,38 (00:35,63), 200m: 02:17,94 (00:35,56)

### Event 206 - 100m Backstroke Men Semi-Final

CR	10.07.2014	Christou, Apostolos	GRE	00:54.03	Dordrecht (NED)
WJR	06.04.2016	Acevedo, Javier	CAN	00:53,67	Toronto (CAN)
EJR				00:54.03	

#### Juniors

1. Sofianidis, Nikolaos 1998 GRE Greece 00:54,43 Q 868  
 RT +0.59 50m: 00:26,46, 100m: 00:54,43 (00:27,97)

### Continue Event 209 - 200m Backstroke Women Semi-Final

#### Juniors

12. Sacha, Ioanna 1999 GRE Greece 02:16,20 +04.06 755  
 RT +0.71 50m: 00:31,68, 100m: 01:05,66 (00:33,98), 150m: 01:40,77 (00:35,11), 200m: 02:16,20 (00:35,43)

#### --- 3. Session ---





## 43. Arena European Junior Swimming Championships

06.07.-10.07.2016



### Continue Event 13 - 100m Freestyle Men Preliminary

#### Juniors

65. Malamas, Efstathios	1998 GRE Greece	00:52,42	+02.53	716
RT +0.65 50m: 00:24,94, 100m: 00:52,42 (00:27,48)				

### Continue Event 14 - 400m Freestyle Women Preliminary

#### Juniors

51. Raftopoulou, Filio	1999 GRE Greece	04:28,60	+16.45	698
RT +0.70 50m: 00:30,54, 100m: 01:03,84 (00:33,30), 150m: 01:37,37 (00:33,53), 200m: 02:11,29 (00:33,92) 250m: 02:45,32 (00:34,03), 300m: 03:20,04 (00:34,72), 350m: 03:54,60 (00:34,56), 400m: 04:28,60 (00:34,00)				

### Continue Event 15 - 200m Butterfly Men Preliminary

#### Juniors

9. Benechoutsos, Theodoros	1998 GRE Greece	02:00,36	q +02.26	795
RT +0.74 50m: 00:26,86, 100m: 00:57,40 (00:30,54), 150m: 01:28,42 (00:31,02), 200m: 02:00,36 (00:31,94)				
10. Kynigakis, Athanasios-Charalamp	1998 GRE Greece	02:00,64	q +02.54	789
RT +0.67 50m: 00:26,78, 100m: 00:57,66 (00:30,88), 150m: 01:29,10 (00:31,44), 200m: 02:00,64 (00:31,54)				

### Continue Event 16 - 200m Breaststroke Women Preliminary

#### Juniors

29. Kontogeorgou, Eleni	2000 GRE Greece	02:36,27	+05.27	705
RT +0.67 50m: 00:35,01, 100m: 01:14,56 (00:39,55), 150m: 01:55,20 (00:40,64), 200m: 02:36,27 (00:41,07)				
40. Pavlopoulou, Nikoletta	2001 GRE Greece	02:37,79	+06.79	685
RT +0.74 50m: 00:35,84, 100m: 01:15,37 (00:39,53), 150m: 01:55,95 (00:40,58), 200m: 02:37,79 (00:41,84)				

### Continue Event 17 - 200m Ind. Medley Men Preliminary

#### Juniors

16. Papastamos, Apostolos	2001 GRE Greece	02:05,55	q +03.44	748
RT +0.72 50m: 00:28,11, 100m: 00:59,82 (00:31,71), 150m: 01:35,92 (00:36,10), 200m: 02:05,55 (00:29,63)				
25. Benechoutsos, Theodoros	1998 GRE Greece	02:07,18	+05.07	720
RT +0.77 50m: 00:26,59, 100m: 00:59,79 (00:33,20), 150m: 01:37,82 (00:38,03), 200m: 02:07,18 (00:29,36)				

--- 4. Session ---





## 43. Arena European Junior Swimming Championships

06.07.-10.07.2016



### Continue Event 106 - 100m Backstroke Men Final

#### Juniors

3. Sofianidis, Nikolaos 1998 GRE Greece 00:54,57 +00.92 862  
RT +0.58 50m: 00:26,32, 100m: 00:54,57 (00:28,25)

### Continue Event 217 - 200m Ind. Medley Men Semi-Final

#### Juniors

16. Papastamos, Apostolos 2001 GRE Greece 02:07,46 +05.91 715  
RT +0.71 50m: 00:27,75, 100m: 00:59,50 (00:31,75), 150m: 01:37,03 (00:37,53), 200m: 02:07,46 (00:30,43)

### Event 215 - 200m Butterfly Men Semi-Final

CR	16.07.2010	Biczo, Bence	HUN	01:55.82	Helsinki (FIN)
WJR	27.08.2014	Seliskar, Andrew	USA	01:55,92	Kihei, Maui (USA)
EJR				01:54.79	

#### Juniors

1. Kynigakis, Athanasios-Charalamp 1998 GRE Greece 01:58,29 Q 837  
RT +0.66 50m: 00:26,44, 100m: 00:56,64 (00:30,20), 150m: 01:27,40 (00:30,76), 200m: 01:58,29 (00:30,89)  
9. Benechoutsos, Theodoros 1998 GRE Greece 02:00,61 R +02.32 790  
RT +0.75 50m: 00:26,79, 100m: 00:57,33 (00:30,54), 150m: 01:28,73 (00:31,40), 200m: 02:00,61 (00:31,88)

### Continue Event 19 - 1500m Freestyle Men fastest heat

#### Juniors

12. Negris, Dimitrios 1998 GRE Greece 15:44,72 +36.41 783  
RT +0.58 50m: 00:28,69, 100m: 00:59,41 (00:30,72), 150m: 01:30,54 (00:31,13), 200m: 02:01,59 (00:31,05)  
250m: 02:32,64 (00:31,05), 300m: 03:03,72 (00:31,08), 350m: 03:34,81 (00:31,09), 400m: 04:06,00 (00:31,19)  
450m: 04:37,21 (00:31,21), 500m: 05:08,38 (00:31,17), 550m: 05:39,35 (00:30,97), 600m: 06:10,39 (00:31,04)  
650m: 06:41,37 (00:30,98), 700m: 07:12,59 (00:31,22), 750m: 07:43,81 (00:31,22), 800m: 08:15,63 (00:31,82)  
850m: 08:47,26 (00:31,63), 900m: 09:18,99 (00:31,73), 950m: 09:50,47 (00:31,48), 1000m: 10:22,61 (00:32,14)  
1050m: 10:54,74 (00:32,13), 1100m: 11:27,06 (00:32,32), 1150m: 11:59,29 (00:32,23), 1200m: 12:31,05 (00:31,76)  
1250m: 13:03,62 (00:32,57), 1300m: 13:36,20 (00:32,58), 1350m: 14:08,57 (00:32,37), 1400m: 14:40,84 (00:32,27)  
1450m: 15:13,08 (00:32,24), 1500m: 15:44,72 (00:31,64)

#### --- 5. Session ---

### Continue Event 20 - 50m Backstroke Women Preliminary

#### Juniors

45. Sacha, Ioanna 1999 GRE Greece 00:30,64 +01.88 688  
RT +0.72





## 43. Arena European Junior Swimming Championships

06.07.-10.07.2016



### Continue Event 21 - 50m Breaststroke Men Preliminary

#### Juniors

30.	Meretsolias, Konstantinos	1998	GRE	Greece	00:29,59	+01.72	711
	RT +0.67						

### Continue Event 22 - 200m Freestyle Women Preliminary

#### Juniors

53.	Raftopoulou, Filio	1999	GRE	Greece	02:07,35	+06.92	698
	RT +0.71 50m: 00:29,85, 100m: 01:01,35 (00:31,50), 150m: 01:34,84 (00:32,49), 200m: 02:07,35 (00:33,51)						

### Continue Event 23 - 200m Backstroke Men Preliminary

#### Juniors

39.	Bolanos, Panagiotis	2000	GRE	Greece	02:07,94	+09.07	669
	RT +0.57 50m: 00:29,05, 100m: 01:01,65 (00:32,60), 150m: 01:34,86 (00:33,21), 200m: 02:07,94 (00:33,08)						

### Continue Event 24 - 100m Butterfly Women Preliminary

#### Juniors

14.	Lebl, Ilektra Varvara	1999	GRE	Greece	01:01,28	q +01.60	748
	RT +0.63 50m: 00:28,58, 100m: 01:01,28 (00:32,70)						

### Continue Event 26 - 4x100m Medley Women Preliminary

#### Juniors

21.	1. Team		GRE	Greece	04:19,09	+08.69	718
	Sacha Ioanna (1999), RT +0.69 50m: 00:31,24, 100m: 01:04,91 (00:33,67)						
	Kontogeorgou Eleni (2000), RT +0.34 150m: 01:38,70 (00:33,79), 200m: 02:17,46 (00:38,76)						
	Lebl Ilektra Varvara (1999), RT +0.27 250m: 02:46,89 (00:29,43), 300m: 03:21,15 (00:34,26)						
	Pavlopoulou Nikoletta (2001), RT +0.32 350m: 03:48,79 (00:27,64), 400m: 04:19,09 (00:30,30)						

--- 6. Session ---

### Continue Event 115 - 200m Butterfly Men Final

#### Juniors

6.	Kynigakis, Athanasios-Charalamp	1998	GRE	Greece	01:59,33	+02.56	816
	RT +0.68 50m: 00:26,05, 100m: 00:55,83 (00:29,78), 150m: 01:26,43 (00:30,60), 200m: 01:59,33 (00:32,90)						





## 43. Arena European Junior Swimming Championships

06.07.-10.07.2016



### Continue Event 224 - 100m Butterfly Women Semi-Final

#### Juniors

7.	Lebl, Ilektra Varvara	1999	GRE	Greece	01:00,56	q +01.61	775
	RT +0.65 50m: 00:28,26, 100m: 01:00,56 (00:32,30)						

--- 7. Session ---

### Continue Event 29 - 50m Backstroke Men Preliminary

#### Juniors

2.	Sofianidis, Nikolaos	1998	GRE	Greece	00:25,68	q +00.63	820
	RT +0.58						
35.	Bolanos, Panagiotis	2000	GRE	Greece	00:27,09	+02.04	698
	RT +0.59						

### Continue Event 30 - 100m Backstroke Women Preliminary

#### Juniors

29.	Sacha, Ioanna	1999	GRE	Greece	01:04,71	+02.82	724
	RT +0.72 50m: 00:31,26, 100m: 01:04,71 (00:33,45)						

### Continue Event 31 - 200m Freestyle Men Preliminary

#### Juniors

19.	Benechoutsos, Theodoros	1998	GRE	Greece	01:51,83	R +01.72	758
	RT +0.74 50m: 00:26,98, 100m: 00:55,50 (00:28,52), 150m: 01:24,43 (00:28,93), 200m: 01:51,83 (00:27,40)						

### Continue Event 32 - 200m Ind. Medley Women Preliminary

#### Juniors

15.	Pavlopoulou, Nikoletta	2001	GRE	Greece	02:19,16	q +03.87	744
	RT +0.60 50m: 00:29,61, 100m: 01:05,77 (00:36,16), 150m: 01:45,63 (00:39,86), 200m: 02:19,16 (00:33,53)						
19.	Lebl, Ilektra Varvara	1999	GRE	Greece	02:19,87	R +04.58	733
	RT +0.63 50m: 00:28,81, 100m: 01:03,93 (00:35,12), 150m: 01:47,01 (00:43,08), 200m: 02:19,87 (00:32,86)						

### Continue Event 33 - 100m Butterfly Men Preliminary

#### Juniors

19.	Benechoutsos, Theodoros	1998	GRE	Greece	00:54,55	R +01.73	761
	RT +0.72 50m: 00:25,99, 100m: 00:54,55 (00:28,56)						





## 43. Arena European Junior Swimming Championships

06.07.-10.07.2016



### Continue Event 34 - 100m Breaststroke Women Preliminary

#### Juniors

37.	Kontogeorgou, Eleni	2000	GRE	Greece	01:13,11	+03.76	681
	RT +0.53 50m: 00:34,31, 100m: 01:13,11 (00:38,80)						

### Continue Event 35 - 100m Breaststroke Men Preliminary

#### Juniors

31.	Meretsolias, Konstantinos	1998	GRE	Greece	01:04,77	+03.20	715
	RT +0.68 50m: 00:30,24, 100m: 01:04,77 (00:34,53)						

### Continue Event 36 - 4x100m Medley Mixed Preliminary

#### Juniors

13.	1. Team		GRE	Greece	04:05,52	+11.36	
	Bolanos Panagiotis (2000), RT +0.68 50m: 00:27,65, 100m: 00:57,83 (00:30,18) Kontogeorgou Eleni (2000), RT +0.34 150m: 01:32,49 (00:34,66), 200m: 02:11,53 (00:39,04) Malamas Efstathios (1998), RT +0.33 250m: 02:37,45 (00:25,92), 300m: 03:07,24 (00:29,79) Raftopoulou Filio (1999), RT +0.52 350m: 03:35,06 (00:27,82), 400m: 04:05,52 (00:30,46)						

--- 8. Session ---

### Continue Event 229 - 50m Backstroke Men Semi-Final

#### Juniors

2.	Sofianidis, Nikolaos	1998	GRE	Greece	00:25,50	Q +00.48	837
	RT +0.57						

### Continue Event 232 - 200m Ind. Medley Women Semi-Final

#### Juniors

13.	Pavlopoulou, Nikoletta	2001	GRE	Greece	02:18,74	+04.32	751
	RT +0.77 50m: 00:29,94, 100m: 01:06,66 (00:36,72), 150m: 01:45,94 (00:39,28), 200m: 02:18,74 (00:32,80)						

### Continue Event 124 - 100m Butterfly Women Final

#### Juniors

8.	Lebl, Ilektra Varvara	1999	GRE	Greece	01:00,82	+01.82	765
	RT +0.64 50m: 00:28,38, 100m: 01:00,82 (00:32,44)						





## 43. Arena European Junior Swimming Championships

06.07.-10.07.2016



### Continue Event 37 - 800m Freestyle Men fastest heat

#### Juniors

7. Negrís, Dimitrios	1998 GRE Greece	08:07,48	+10.84	797
RT +0.75 50m: 00:27,56, 100m: 00:57,26 (00:29,70), 150m: 01:27,57 (00:30,31), 200m: 01:58,07 (00:30,50) 250m: 02:28,53 (00:30,46), 300m: 02:59,21 (00:30,68), 350m: 03:29,76 (00:30,55), 400m: 04:00,43 (00:30,67) 450m: 04:30,91 (00:30,48), 500m: 05:01,63 (00:30,72), 550m: 05:32,57 (00:30,94), 600m: 06:03,75 (00:31,18) 650m: 06:34,67 (00:30,92), 700m: 07:06,03 (00:31,36), 750m: 07:37,21 (00:31,18), 800m: 08:07,48 (00:30,27)				

### Continue Event 129 - 50m Backstroke Men Final

#### Juniors

3. Sofianidis, Nikolaos	1998 GRE Greece	00:25,44	+00.50	843
RT +0.58				

#### --- 9. Session ---

### Continue Event 39 - 50m Butterfly Women Preliminary

#### Juniors

45. Lebl, Ilektra Varvara	1999 GRE Greece	00:28,52	+01.58	628
RT +0.64				

### Continue Event 40 - 400m Ind. Medley Men Preliminary

#### Juniors

11. Kynigakis, Athanasios-Charalamp	1998 GRE Greece	04:25,92	R +06.16	771
RT +0.69 50m: 00:26,61, 100m: 00:57,22 (00:30,61), 150m: 01:30,74 (00:33,52), 200m: 02:04,53 (00:33,79) 250m: 02:44,05 (00:39,52), 300m: 03:23,75 (00:39,70), 350m: 03:55,80 (00:32,05), 400m: 04:25,92 (00:30,12)				
14. Benechoutsos, Theodoros	1998 GRE Greece	04:26,45	+06.69	766
RT +0.75 50m: 00:27,15, 100m: 00:58,44 (00:31,29), 150m: 01:33,11 (00:34,67), 200m: 02:07,20 (00:34,09) 250m: 02:45,87 (00:38,67), 300m: 03:25,70 (00:39,83), 350m: 03:56,64 (00:30,94), 400m: 04:26,45 (00:29,81)				
17. Papastamos, Apostolos	2001 GRE Greece	04:26,74	+06.98	763
RT +0.67 50m: 00:29,32, 100m: 01:01,82 (00:32,50), 150m: 01:36,11 (00:34,29), 200m: 02:09,39 (00:33,28) 250m: 02:46,62 (00:37,23), 300m: 03:24,38 (00:37,76), 350m: 03:55,99 (00:31,61), 400m: 04:26,74 (00:30,75)				

### Continue Event 42 - 4x100m Medley Men Preliminary

#### Juniors

5. 1. Team	GRE Greece	03:44,04	Q +02.88	791
Sofianidis Nikolaos (1998), RT +0.58 50m: 00:26,84, 100m: 00:55,61 (00:28,77) Meretsolias Konstantinos (1998), RT +0.30 150m: 01:24,96 (00:29,35), 200m: 01:58,28 (00:33,32) Benechoutsos Theodoros (1998), RT +0.45 250m: 02:23,89 (00:25,61), 300m: 02:52,73 (00:28,84) Malamas Efstathios (1998), RT +0.50 350m: 03:17,47 (00:24,74), 400m: 03:44,04 (00:26,57)				

#### --- 10. Session ---







## 43. Arena European Junior Swimming Championships

06.07.-10.07.2016



### Continue Event 142 - 4x100m Medley Men Final

#### Juniors

5. 1. Team	GRE Greece	03:43,11	+06.05	801
Sofianidis Nikolaos (1998), RT +0.58 50m: 00:26,53, 100m: 00:54,57 (00:28,04)				
Meretsolias Konstantinos (1998), RT +0.29 150m: 01:24,26 (00:29,69), 200m: 01:57,64 (00:33,38)				
Benechoutsos Theodoros (1998), RT +0.43 250m: 02:23,20 (00:25,56), 300m: 02:51,88 (00:28,68)				
Malamas Efstathios (1998), RT +0.31 350m: 03:16,32 (00:24,44), 400m: 03:43,11 (00:26,79)				

