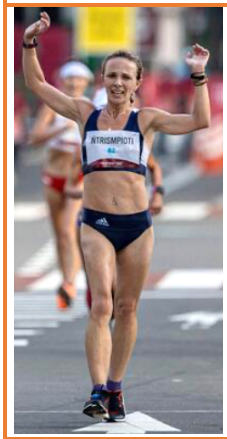
# NTRISMPIOTI ANTIGONI

**21 - 03 - 1984**



***Personal Best***

| | | | | |
|---|---|---|---|---|
| **5.000 mt.** | *(track)* | 21:06.40 | Karpenisi (Gre) | 23.06.2023 |
| **10.000 mt.** | *(track)* | 43:51.98 | Canberra (Aus) | 05.01.2023 |
| **10 km.** | *(road)* | 44:38 | Madrid (Esp) | 30.04.2023 |
| **20 km.** | *(road)* | 1:28:12 | Melbourne (Aus) | 23.02.2023 |
| **35 km.** | *(road)* | 2:41:58 | Eugene | 22.07.2022 |

***Ranking 20 km.*** (average = 1:29:52)

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 01 | ***1:28:12*** | Melbourne | 23.02.2023 | 06 | ***1:29:56*** | Antalya | 09.04.2023 |
| 02 | ***1:29:03*** | München | 20.08.2022 | 07 | ***1:30:19*** | Budapest | 20.08.2023 |
| 03 | ***1:29:16*** | Taicang | 01.03.2025 | 08 | ***1:30:25*** | Ivano-Frankivsk | 14.03.2020 |
| 04 | ***1:29:17*** | Poděbrady | 21.05.2023 | 09 | ***1:30:56*** | Alytus | 10.06.2016 |
| 05 | ***1:29:47*** | Tokyo | 20.09.2025 | 10 | ***1:31:24*** | Sapporo | 06.08.2021 |

***Career Highlights***

*20 km.*

| Olympic Games | World Championships | World Cup | European Championships | European Cup |
|---|---|---|---|---|
| 2016 = 15° | 2013 = 28° | 2016 = 39° | 2014 = 24° | 2013 = 26° |
| 2021 = 8° | 2017 = 24° | 2022 = 6° | 2018 = 12° | 2015 = 26° |
| | 2019 = 21° | | 2022 = 1° | 2017 = Dnf. |
| | 2023 = 15° | | 2024 = 16° | 2019 = 9° |
| | 2025 = 16° | | | 2023 = 1° |

| *20 km.* | *35 km.* | | | *10 km.* |
|---|---|---|---|---|
| **Mediterranean Games** | **World Championships** | **European Championships** | **European Cup** | **World U20 Cup** |
| 2013 = 3° | 2022 = 4° | 2022 = 1° | 2021 = 1° | 2003 = 16° |
| | 2023 = 3° | | | |
| | 2025 = Dnf. | | | |