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The staging of **ΔΕΗ IRONMAN® 70.3® Costa Navarino, Peloponnese, Greece 2025** once again confirms that the Peloponnese can stand out internationally in major, high-quality sporting events. This year's success shows that the Peloponnese is becoming a steady point of reference for sports tourism, attracting visitors, athletes, and supporters from all over the world. The collaboration of everyone who supports the event is the foundation for its future growth.

DIMITRIS PTOCHOS

GOVERNOR OF THE PELOPONNESE REGION



ΔΕΗ IRONMAN 70.3 Costa Navarino, Peloponnese, Greece, 2025 set a new standard for what we can achieve together. With record-high athlete satisfaction of 88.31% and a 67.5% NPS, this edition stands as a testament to our team's dedication, our partners' trust, and our athletes' passion. But the true success of this event lies in the energy felt along the course, the smiles at the finish line, and the belief that Greece can host world-class sporting experiences that inspire global audiences. We move forward motivated, committed, and proud, driven by the momentum you helped us create

THANASIS PAPANIMITRIOU

PRESIDENT & FOUNDER euZHN feelosophy



This book celebrates a dream shaped between sea and stone in Costa Navarino, where athletes from around the world raced through Greece's natural and historic landscape in pursuit of challenge, connection, and personal victory. Behind every image stands the dedication of our organizing team, the unwavering spirit of our volunteers, and the support of our sponsors and partners, whose trust turned an idea into an unforgettable event that honors the land and its community. To the athletes, these moments are yours. Each frame reflects your effort, resilience, and the emotion of crossing the finish line, reminding you of what it means to be IRONMAN®.

VASIA BIRLIRAKI

CEO euZHN feelosophy



As President of the Hellenic Triathlon Federation, and as an athlete who had the pleasure of participating in the **ΔΕΗ IRONMAN® 70.3® Costa Navarino, Peloponnese, Greece 2025**, I feel deep emotion and pride. This year's event once again proved that triathlon in Greece is on a steady path of growth, attracting athletes of all ages and levels from both Greece and abroad.

CHRISTOS GEITONAS

PRESIDENT HELLENIC TRIATHLON FEDERATION



The **ΔΕΗ IRONMAN® 70.3® Costa Navarino, Peloponnese Greece 2025** was more than a race -it marked a new chapter in Greece's sporting story, bringing athletes from around the world together to test their limits and inspire us all. This milestone was made possible thanks to the unwavering support of our sponsors and partners, whose belief, dedication, and energy transformed a vision into a celebration of endurance and unity. Your impact was felt in every moment along the course, and we are truly grateful. Thank you for helping make this historic beginning a reality. Together, we are IRONMAN® and together, we made history.

ZACHARIAS ANTONIADIS

RACE DIRECTOR



ΔΕΗ IRONMAN® 70.3® COSTA NAVARINO, PELOPONNESE, GREECE 2025

A CELEBRATION OF ENDURANCE, UNITY, AND TRIUMPH

The ΔΕΗ IRONMAN® 70.3® Costa Navarino, Peloponnese, Greece 2025 was more than a race and more than a medal -it was a global celebration of life, unity, and human possibility.

Over **1,500 athletes** from **65 countries** conquered the waters, hills, and coastline of Messinia, powered by an extraordinary crowd of **4,000 spectators** and **500 volunteers** whose energy turned every moment into history.

For the **6th year**, Greece hosted this world-class event, and in 2025 the Peloponnese once again became the beating heart of endurance sport—alive with emotion, determination, and unforgettable stories. Exceptional performances, powerful comebacks, and shared triumphs illuminated Costa Navarino, proving that when athletes, communities, sponsors, and partners come together **#AnythingIsPossible**



26 October 2025

1.500
Athletes

500
Volunteers

4.000
Spectators

41
Sponsors & Supporters



1.500

Athletes

54%

International Athletes

65

Countries








Top 15 Countries





Athlete Profile

-  **100k** Average Household Income
-  **79%** Men
-  **21%** Women
-  **40 yrs.** Average Age
-  **80%** Higher Educational Attainment



Event Impact

3m

Total Income

3.5 Nights

Average Overnight Stays

2 Supporters

Non-Competing Supporters
Per Athlete



Athletes Satisfaction

88,31% Overall Satisfaction Rate

97%
Swim Experience

83%
Bike Experience

88%
Run Experience

93%
Transition Zone
Experience

88%
Finish Line
Experience



IRONMAN®

Global Channels

14.100.000
Web Users

5.500.000
Spectators

1.500.000
Athletes

150 Races
in more than 50 countries

14.500.000
Global Digital
Engagements

90%
Global Long Distance
Triathlon Market Share



IRONMAN® 70.3® Greece

Channels

WEBSITE
76.278
Users

FACEBOOK
11k
Followers

INSTAGRAM
13,8k
Followers

215.287
Page Views

2,1m
Views

2,9m
Views

02:49
Average Time on Site

20k
Engagement

27k
Engagement



Media Exposure

MEDIA VALUE

780.000€



Press

42 PUBLICATIONS

TO BHMA

SHAPE

DAILY FAX



ΧΡΗΣΤΟΣ ΓΑΡΕΦΗΣ Ο ΓΕΛΛΗΝΑΣ IRONMAN

Ο Χρήστος Γαρέφης είναι ο πρώτος Έλληνας που ολοκλήρωσε τον Ironman triathlon. Ο αγώνας αποτελείται από 3 διαδρομές: 180 χιλιόμετρα ποδήλατο, 90 χιλιόμετρα τρέξιμο και 2,4 χιλιόμετρα κολύμβηση. Ο Χρήστος Γαρέφης ολοκλήρωσε τον αγώνα με χρόνο 17 ώρες, 10 λεπτά και 54 δευτερόλεπτα.

Ο Χρήστος Γαρέφης είναι ο πρώτος Έλληνας που ολοκλήρωσε τον Ironman triathlon. Ο αγώνας αποτελείται από 3 διαδρομές: 180 χιλιόμετρα ποδήλατο, 90 χιλιόμετρα τρέξιμο και 2,4 χιλιόμετρα κολύμβηση. Ο Χρήστος Γαρέφης ολοκλήρωσε τον αγώνα με χρόνο 17 ώρες, 10 λεπτά και 54 δευτερόλεπτα.



RUNNING EVENTS

Όσο κι αν είμαστε στις 27-28 Σεπτεμβρίου, οι αγώνες Ironman 70.3 Costa Navarino είναι οι καλύτεροι που μπορούμε να πραγματοποιήσουμε τον Σεπτέμβριο.

Δεδομένα 70.3: 180 χιλιόμετρα ποδήλατο, 90 χιλιόμετρα τρέξιμο, 2,4 χιλιόμετρα κολύμβηση.

Κυριακή 18/10: Ποδηλασία 180 χιλιόμετρα, 10:00 π.μ. - 12:00 π.μ.

Δευτέρα 19/10: Κολύμβηση 2,4 χιλιόμετρα, 7:00 π.μ. - 8:00 π.μ.

Τρίτη 20/10: Τρέξιμο 90 χιλιόμετρα, 6:00 π.μ. - 10:00 π.μ.

Τετάρτη 21/10: Κολύμβηση 2,4 χιλιόμετρα, 7:00 π.μ. - 8:00 π.μ.

Πέμπτη 22/10: Τρέξιμο 90 χιλιόμετρα, 6:00 π.μ. - 10:00 π.μ.

Παρασκευή 23/10: Ποδηλασία 180 χιλιόμετρα, 10:00 π.μ. - 12:00 π.μ.

Σάββατο 24/10: Κολύμβηση 2,4 χιλιόμετρα, 7:00 π.μ. - 8:00 π.μ.

Κυριακή 25/10: Τρέξιμο 90 χιλιόμετρα, 6:00 π.μ. - 10:00 π.μ.

Δευτέρα 26/10: Κολύμβηση 2,4 χιλιόμετρα, 7:00 π.μ. - 8:00 π.μ.

Τρίτη 27/10: Τρέξιμο 90 χιλιόμετρα, 6:00 π.μ. - 10:00 π.μ.

Τετάρτη 28/10: Ποδηλασία 180 χιλιόμετρα, 10:00 π.μ. - 12:00 π.μ.

Πέμπτη 29/10: Κολύμβηση 2,4 χιλιόμετρα, 7:00 π.μ. - 8:00 π.μ.

Παρασκευή 30/10: Τρέξιμο 90 χιλιόμετρα, 6:00 π.μ. - 10:00 π.μ.

Σάββατο 1/11: Ποδηλασία 180 χιλιόμετρα, 10:00 π.μ. - 12:00 π.μ.

Κυριακή 2/11: Κολύμβηση 2,4 χιλιόμετρα, 7:00 π.μ. - 8:00 π.μ.

Ολοκληρώθηκε το ΔΕΗ Ironman 70.3 Costa Navarino 2025

Με τη συμμετοχή 1.500 αθλητών πραγματοποιήθηκε το τρίήμερο 24-26 Οκτωβρίου, με τη συμμετοχή 1.500 αθλητών από 65 χώρες. Ο αγώνας τριθέλου που πραγματοποιήθηκε για 6^η φορά, διοργανώθηκε από την ευΖΗΝ feel&soyph και την Περιφέρεια Πελοποννήσου, υπό την αιγίδα του Ελληνικού Οργανισμού Τουρισμού και της Τριθέλικης Ομοσπονδίας Ελλάδας, με την ενέργεια της ΔΕΗ ως ονομαστικού χορηγού, και την Costa Navarino ως επίσημο χορηγό φιλοξενίας με το W Costa Navarino. Στη Γραμμή Εκκίνησης, μαζί με τους ερασιτέχνες τριαθλητές, ξεχώρισαν οι πρωταθλητές Ευρώπης, Παναγιώτης Μπηπάδος και Louis Woodgate, που αγωνίστηκαν εκτός συναγωνισμού, καθώς και οι Olympians, Κέλλυ Αρασούζου και Κωνσταντίνος Στάμου στην κολύμβηση και ο Γιώργος Μπούγλας στην ποδηλασία. Πρώτος στη γενική κατάταξη, που περιλάμβανε 1,9 χιλμ. κολύμπι, 90 χιλμ. ποδήλατο και 21,1 χιλμ. τρέξιμο στα τοπία της Μεσσηνίας, ήρθε για 2^η συνεχή χρονιά ο Παναγιώτης Πολύζος.



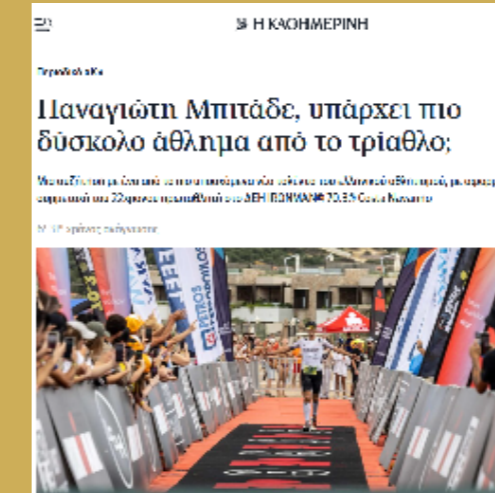
Το ΔΕΗ Ironman 70.3 Costa Navarino, Πελοπόννησος, Greece 2025,



Web

336 PUBLICATIONS

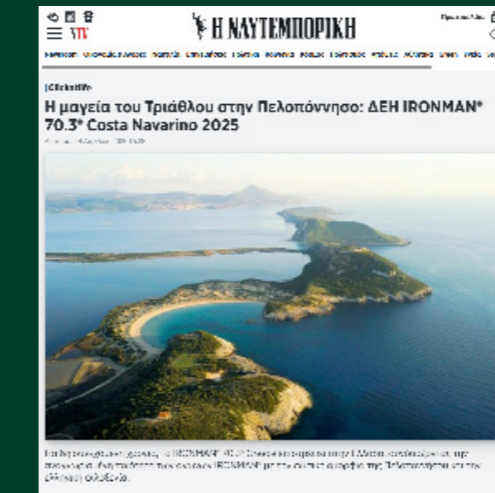
ΚΑΘΗΜΕΡΙΝΗ



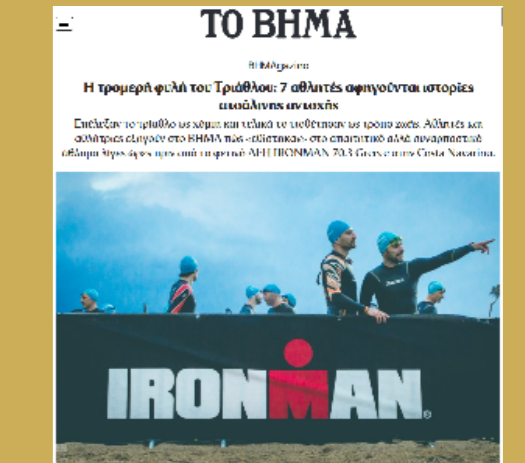
ΤΟ ΒΗΜΑ

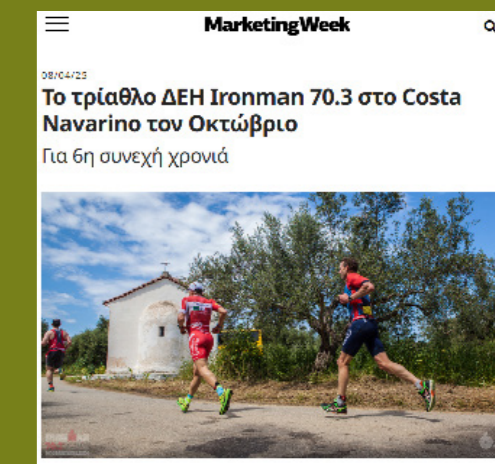
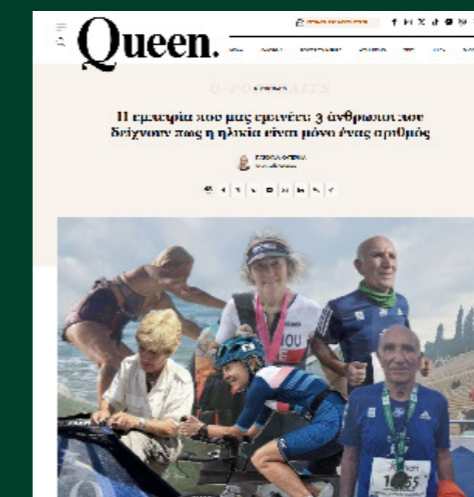
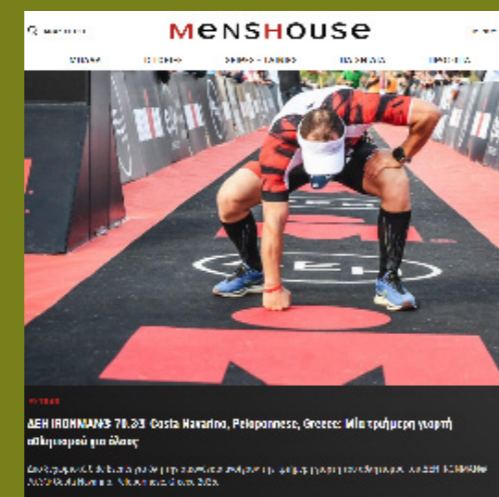
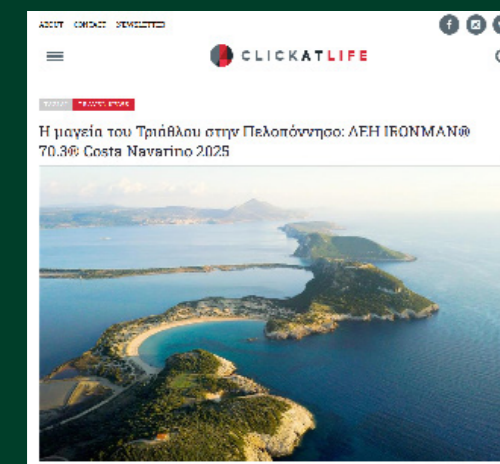
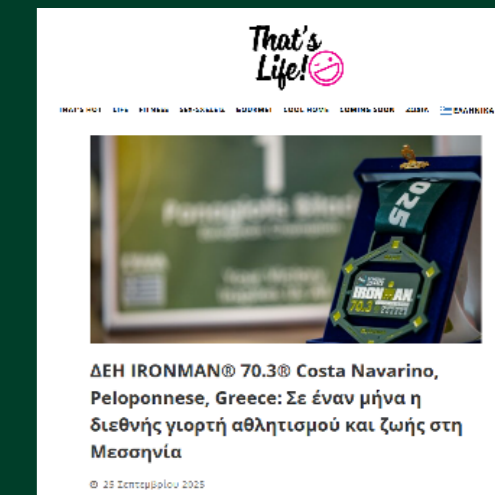


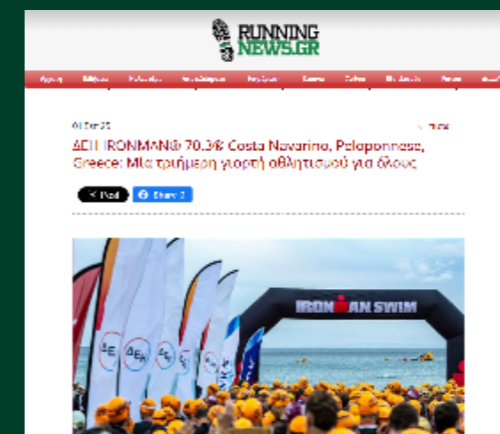
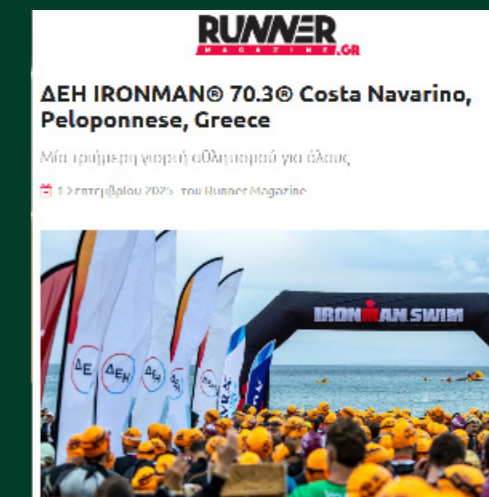
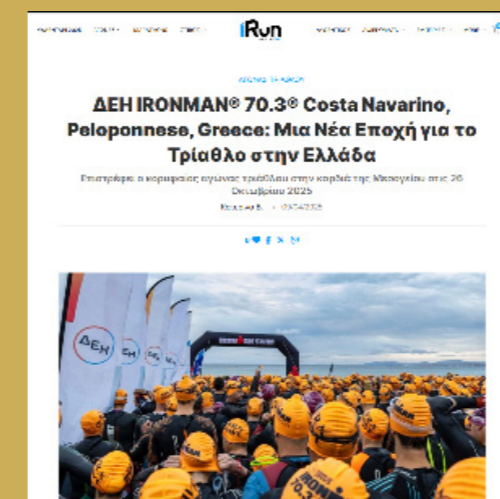
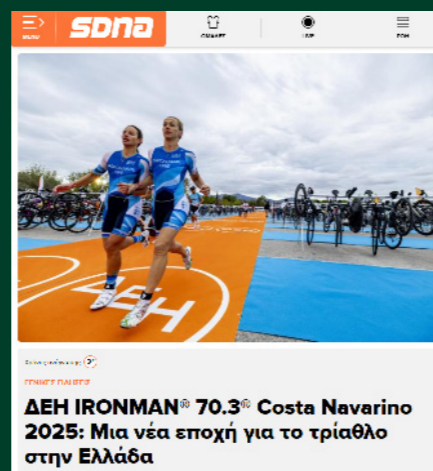
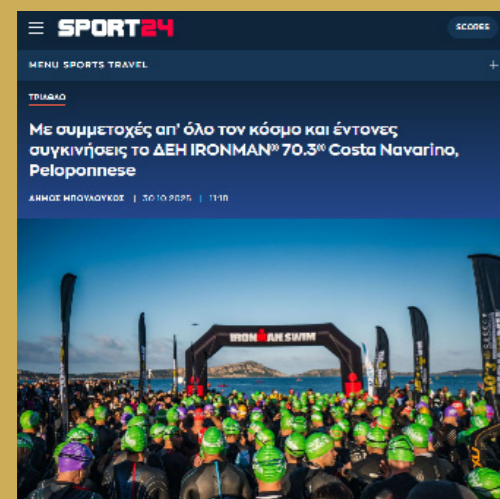
ΝΑΥΤΕΜΠΟΡΙΚΗ



ΤΟ ΒΗΜΑ









TV

8 PUBLICATIONS



ANTI NEWS · ANTI



Action Sports · Action 24



Action Τώρα · Action 24



Πρωινή Ζώνη · Action 24



📺 Action Sports · Action 24



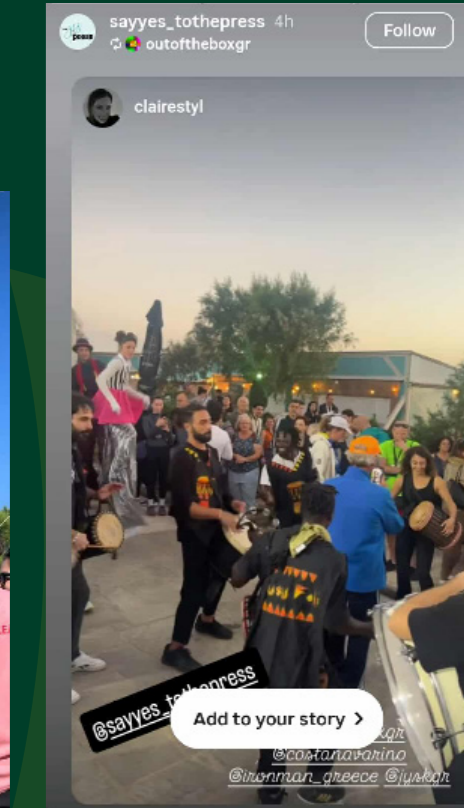
📺 Απομεσήμερα · TV100



Radio
360 MENTIONS

Social Media

2.900.000 VIEWS





Comments

Dear IM70,3 Greece organizers,

As a participant of the recent race, i wish to express my feelings and impressions..

This was one of the best experiences -probably THE best from all the Im70,3 i have lived..



gordongram We are an IRON Family ! An amazing day at @ironman_greece and always knew the Greeks had it right 😊 Thanks to all the athletes and volunteers who made today so great. And @tanaramsay and @tillyramsay I'm so proud of you both, even if you kicked the old man's butt !! Thx to @nirvana_europe & @ironmaneurope & @coachchrisdom as well

Hi Ironman Greece Team

Wanted to send you an email with a huge thank you for the fantastic organisation.

I had an issue with my delayed luggage - my bike only arrived to the hotel at 10pm on Saturday before the race. The team was super helpful and clear with the alternatives I had and fortunately I could use my bike for the race.

Special thanks to Adelaide and Greta.

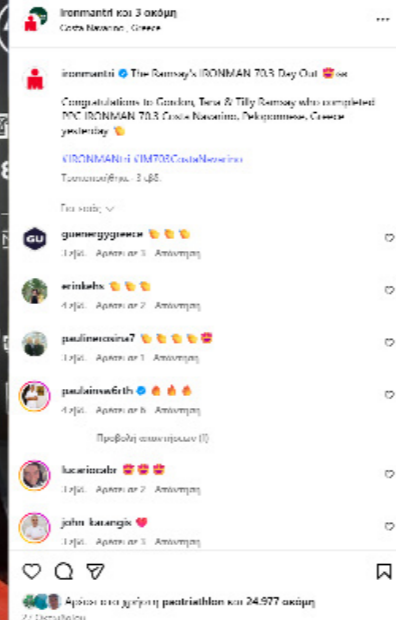
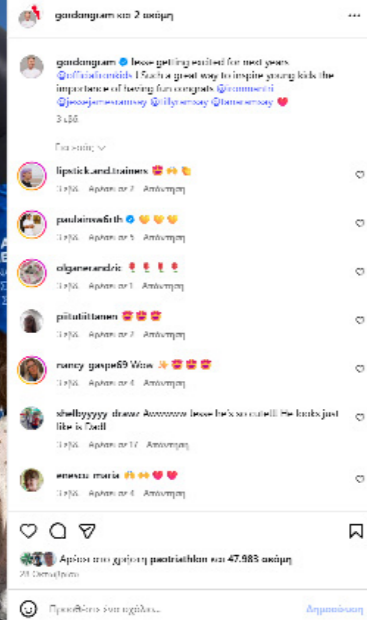
This is my 6th Ironman 70.3 and I am really positively surprised by how well everything was organised.

Δεν θέλω να ακουστώ cheesy 😊😁 αλλά το vibe που πήρα από όλους εσάς σήμερα ήταν κάτι μοναδικό. 🙏

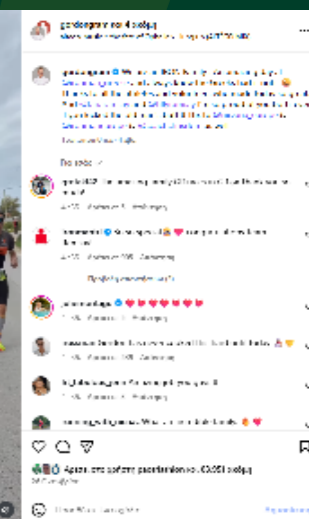
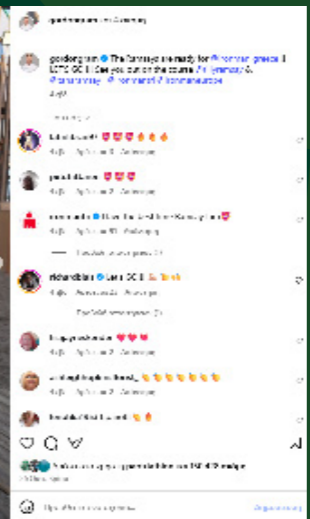
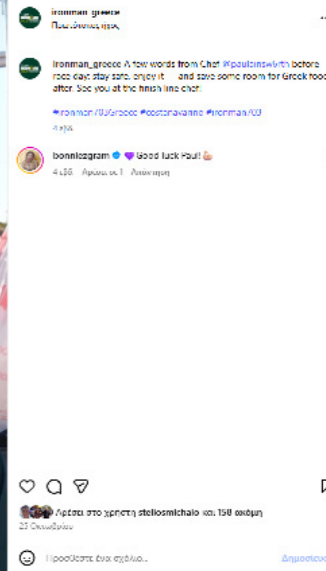
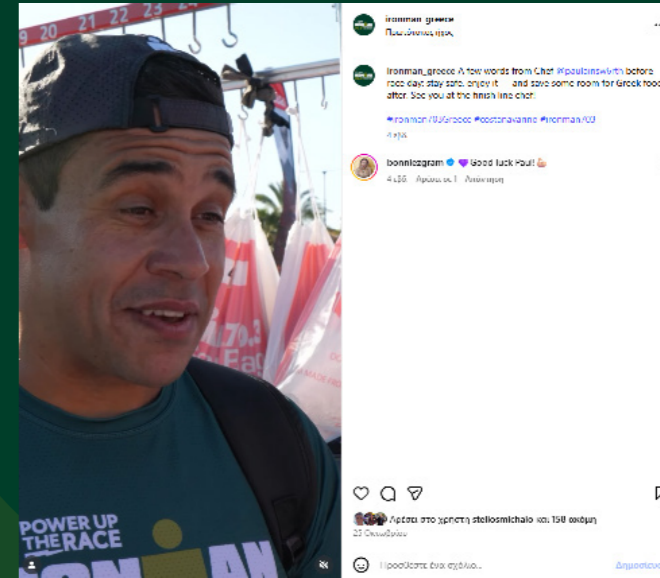
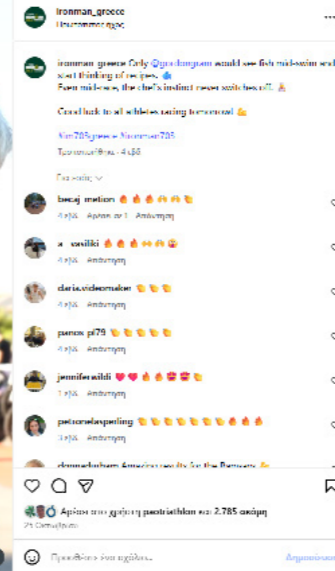
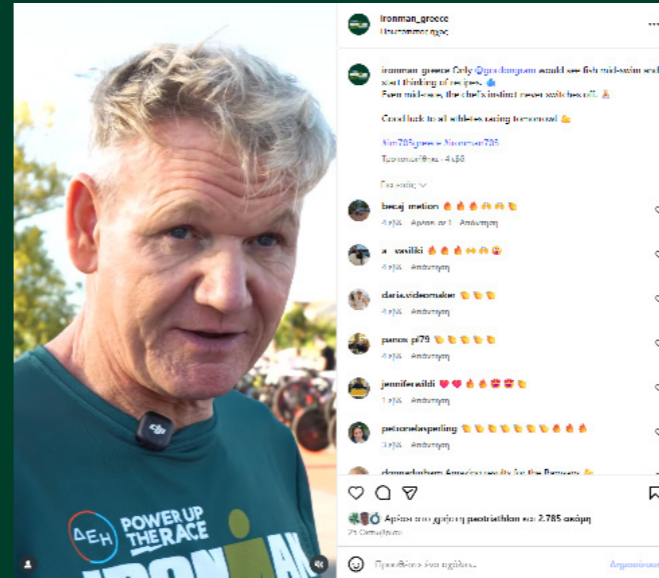
Και ένιωθα αυτή την ενέργεια να με σπρώχνει μπροστά. 🥰❤

Ευχαριστώ από καρδιάς για όλη την αγάπη, τη φωνή, το χαμόγελο.

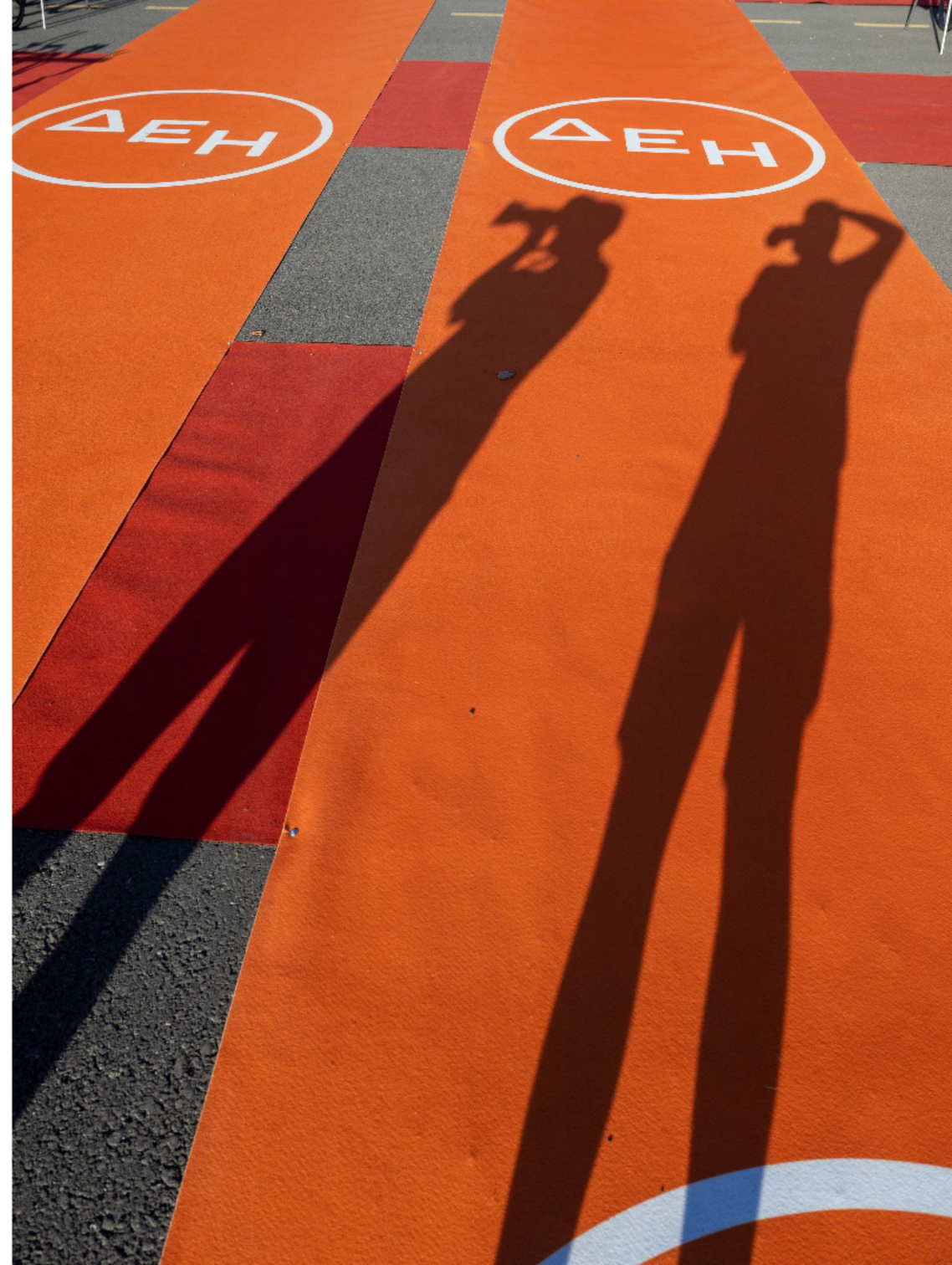
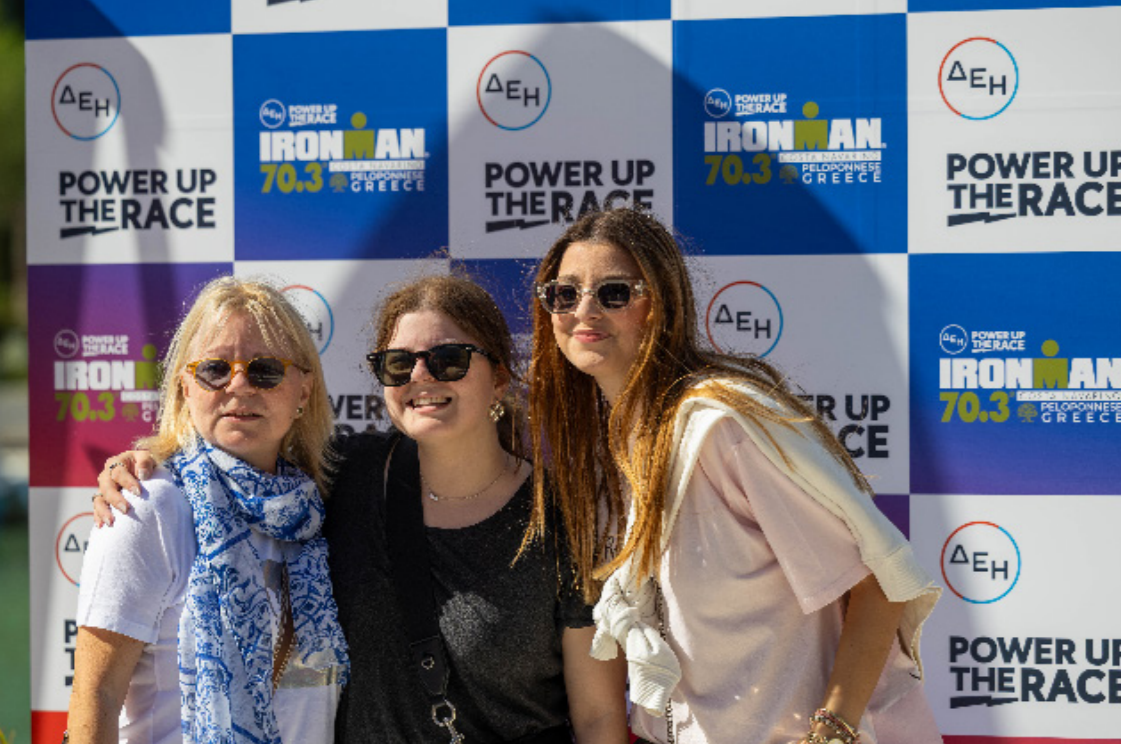
Ήταν μια μέρα που θα θυμάμαι για πολύ. ❤



Συγχαρητήρια λοιπόν, σε όλους τους συντελεστές του μεγαλύτερου τριαθλητικού γεγονότος της χώρας. Από τις μαρτυρίες αθλητών & συνοδών και από τη δική μου προσωπική εμπειρία (Ελλάδα + εξωτερικό ως αθλητής αλλά και ως θεατής) τολμώ να πω ότι ήταν η καλύτερη διοργάνωση στην Ελλάδα μέχρι τώρα. Ο πήχης τοποθετήθηκε ψηλά, συνεπώς οι απαιτήσεις/προσδοκίες για την επόμενη διοργάνωση μεγαλώνουν.











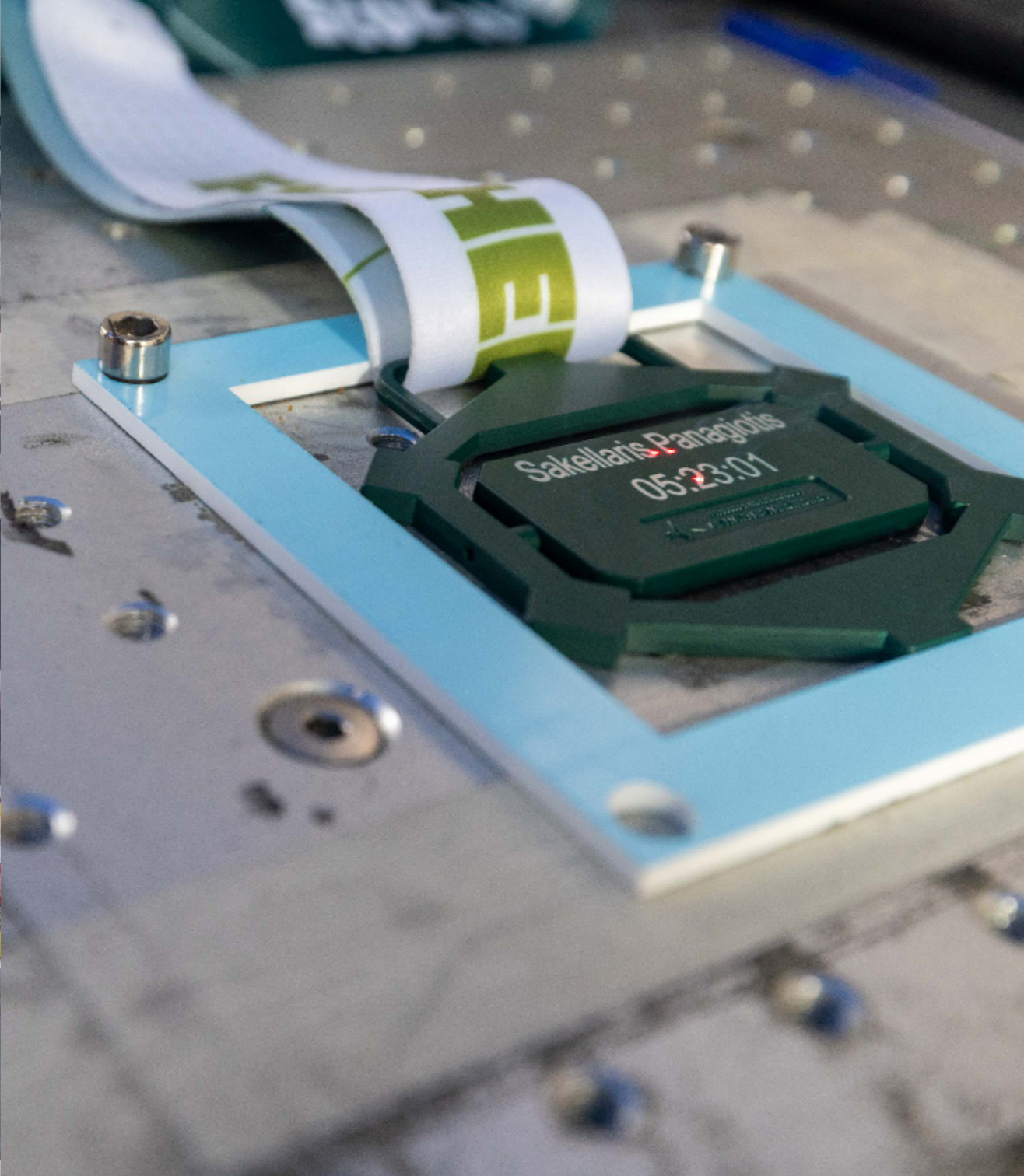












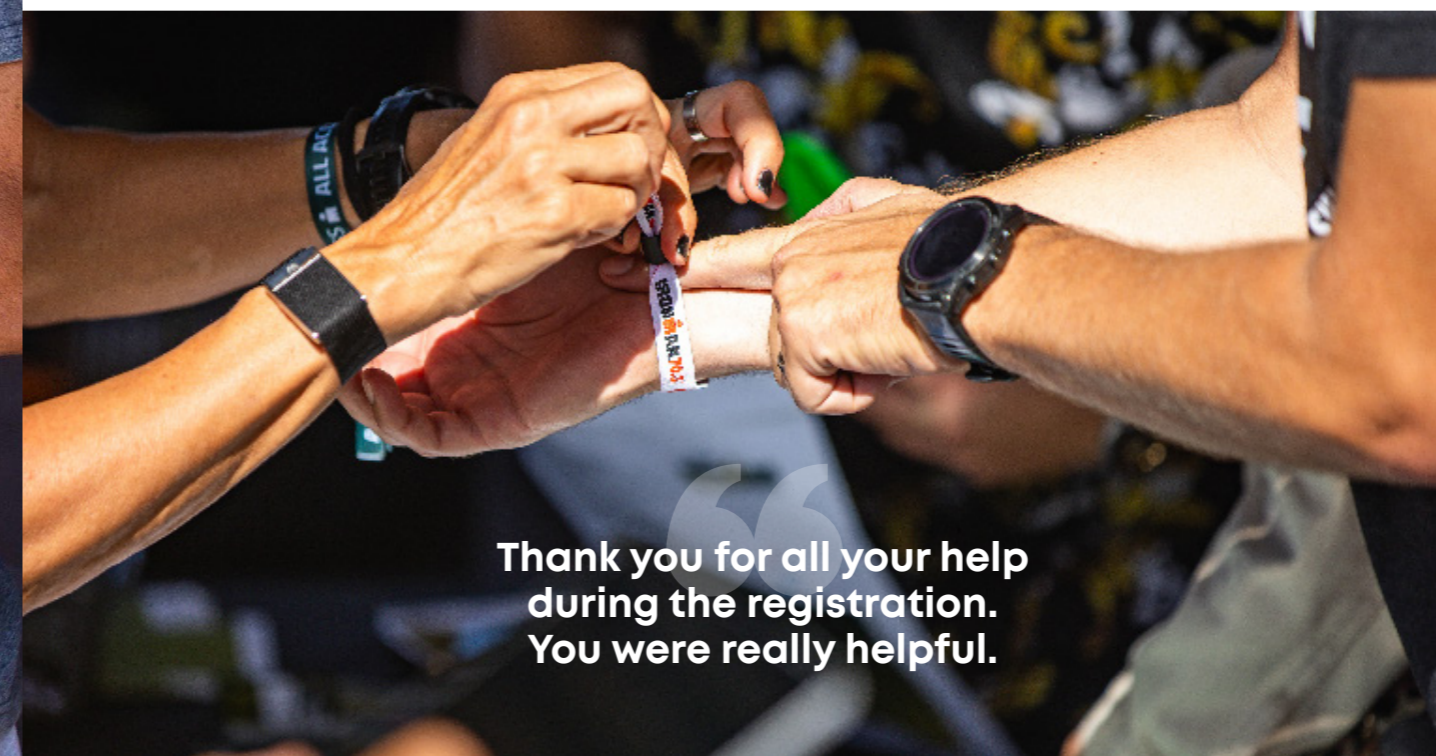








Registration Area



Thank you for all your help during the registration. You were really helpful.





Race Briefing



I wish for you to continue promoting the sport of triathlon with ever more enthusiasm and selflessness, because we truly deserve, as Greeks, to be proud that we have one of the best IRONMAN® 70.3® events in our country.












JYSK
BUSINESS TO BUSINESS
NIGHT RUN
PELOPONNESE Presented by IRONMAN

JYSK
BUSINESS TO BUSINESS
NIGHT RUN
PELOPONNESE Presented by IRONMAN

24 OCTOBER 2025

-  **5k** Night Run
-  **300** Night Runners
-  **21** Countries
-  **18 yrs.** Youngest
-  **65 yrs.** Oldest
-  **55%** Women
-  **45%** Men









ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΕΙΑ
ΔΕΙΟΠΟΙΗΣΗΣ
ΑΝΑΚΥΚΛΩΣΗΣ

IRONKIDS[®] PELOPONNESE

25 OCTOBER 2025



100

IRONKIDS



14

Countries



6-15 yrs.

Years Old



30%

Girls



70%

Boys











Race Day

26 OCTOBER 2025



Transition Zone





ΔΕΗ

ΔΕΗ

ΔΕΗ

ΔΕΗ

ΔΕΗ

ΔΕΗ

ΔΕΗ

ΔΕΗ

ΔΕΗ

ΔΕΗ

Highly recommended destination.
Till next year!





This was one of the best experiences
- probably the best from all the **IRONMAN® 70.3®**
I have lived in all aspects

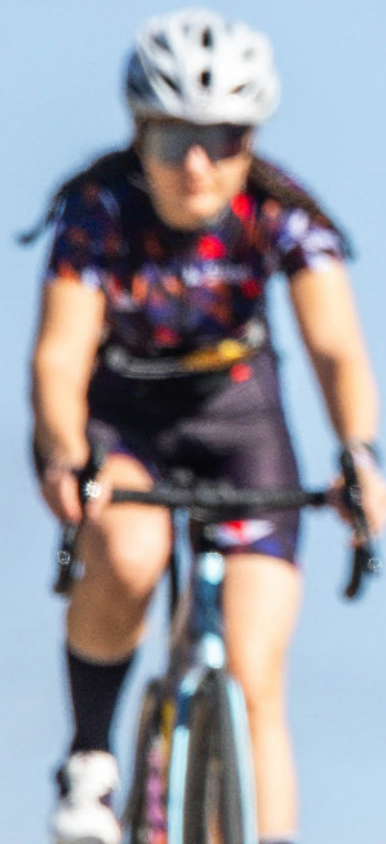




Bike



This is my 6th
IRONMAN® 70.3®
and I am really positively
surprised **by how well
everything was organised**





Run



Thank you
[@ironman_greece](#)
for this amazing
experience!



*Finish
Line*





Simply perfect location, venue,
sea, courses, organisation,
medal, trophy and atmosphere





Women Winners

1

Jenny Boulmeti (GR)

4:40:29

2

Lea Vieljeuf (FR)

4:42:28

3

Ioanna Mitropoulou (GR)

4:45:55

Men Winners

1

Panagiotis Polyzos (GR)

4:02:23

2

Lucas Herzog (FR)

4:05:12

3

Filippos Vokos (GR)

4:09:49







The volunteers



were a great support!





Awards Ceremony

Having this race in Greece made it truly special, seeing so many familiar faces and sharing the experience with our triathlon community gave it a warm and positive vibe throughout the weekend.



Communication Materials



Finish Arch



Finish Line



M Dot



Awards



Swim Cap



Finisher Medal



Signage



Participant's T-Shirt



Sling Bag



Athlete Guide



BIB Number



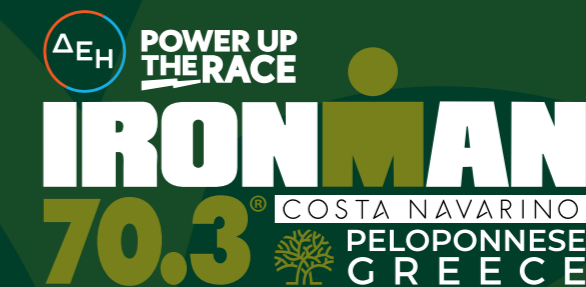
Banners





The Official Race Movie

Relive every moment, every cheer, and every finish line!



New Race Date
25 October 2026

#TurnYourStoryIntoHistory

www.ironman.com/races/im703-greece

Facebook: Ironman 70.3 Greece
Instagram: ironman_greece



POWER UP THE RACE

IRONMAN®

70.3® COSTA NAVARINO
PELOPONNESE GREECE



ΕΥΖΗΝ
feelosophy

ΕΥΖΗΝ
feelosophy

COSTA
NAVARINO®

COSTA
NAVARINO®

AVRA.
WAVE

AVRA.
WAVE

GENERALI

PETROS
PETROPOULOS GROUP



GREECE
GREEK NATIONAL
TOURISM
ORGANISATION
www.visitgreece.gr

RAFAIL FILIPPOU		ODIV	5:31:52
TIM VAN DEN BERGH		N45:49	5:31:32
ILIAS KALOPIIAS		N45:49	5:37:46

Thank You

