



KONSTANTINOS PARADEISOPOULOS

Mountain runner and coach

Results

1st MIUT 50K
2025

5th Lavaredo Ultra Trail 50K
2025

1st Greek Championship
2024

6th Chiang Mai by UTMB
2024

I race mountain ultras around the world, with an emphasis on 50 km. I'm an adidas athlete and a graduate of the Department of Physical Education and Sport Science at the Aristotle University of Thessaloniki. I apply science to my own training and to the athletes I coach.

Key facts

Discipline mountain running, focus on 50 km

ITRA performance index 882

Education Sport Science, Aristotle University of Thessaloniki

Coaching Monthly coaching for mountain and road runners

Contact

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