

COSTABRAVA

STAGE RUN

CBSR
125k|4300M+
3-5 MAY 2019

Stage 1
Blanes
Tossa de Mar
23K|900M+



www.CBSR.RUN

ALL

Stage 1 1/3

Rank	#	Runner	Category	Total Km 23,1	Sector 1 Lloret de Mar Km 10,4		Sector 2 Cala Canyelles Km 5,1		Sector 3 Cala Llorell Km 3,1		Sector 4 Tossa de Mar Km 4,5	
1	31	Marc Solé Ametller	MEN	2:04:28 min/km 05:23,3	3	00:46:52 04:30,4					1	00:33:47 07:30,4
2	1	Stephane Vinot	MEN	2:05:48 min/km 05:26,8	1	00:45:10 04:20,6	1	00:26:29 05:11,6	1	00:18:30 05:58,1	2	00:35:39 07:55,4
3	14	Cyril Chanu	MEN	2:11:29 min/km 05:41,5	2	00:46:51 04:30,3					4	00:38:37 08:34,8
4	2	Yves Cartier	MEN	2:18:21 min/km 05:59,4	5	00:49:49 04:47,4	2	00:28:07 05:30,8	2	00:21:12 06:50,3	5	00:39:13 08:42,9
5	15	Rafael Durán Castañeda	MEN	2:21:51 min/km 06:08,4	4	00:48:31 04:39,9	3	00:29:20 05:45,1	3	00:21:43 07:00,3	10	00:42:17 09:23,7
6	56	Albert Solina Bundo	MEN	2:22:28 min/km 06:10,0	6	00:51:22 04:56,3	6	00:30:49 06:02,5	4	00:22:11 07:09,4	3	00:38:06 08:28,0
7	33	Martí Forest Títos	MEN	2:25:57 min/km 06:19,1	8	00:52:34 05:03,3	5	00:30:38 06:00,4	6	00:23:07 07:27,4	7	00:39:38 08:48,6
8	54	Joan Bru Casteràs	MEN	2:25:59 min/km 06:19,2	9	00:52:53 05:05,1	4	00:30:11 05:55,1	7	00:23:19 07:31,3	6	00:39:36 08:48,1
9	42	Ramon Corrales Valls	MEN	2:27:21 min/km 06:22,7	7	00:51:58 04:59,8	7	00:31:02 06:05,1	9	00:23:52 07:41,9	8	00:40:29 08:59,7
10	11	Carles Teruel Castelló	MEN	2:31:27 min/km 06:33,4	10	00:53:07 05:06,4	8	00:31:10 06:06,7				
11	17	Jeremy Tandy	MEN	2:35:02 min/km 06:42,7								
12	38	Vivien Quema	MEN	2:35:44 min/km 06:44,5	12	00:55:09 05:18,2	10	00:32:52 06:26,7	5	00:22:42 07:19,4	15	00:45:01 10:00,1
13	18	Nicola Picasso	MEN	2:37:36 min/km 06:49,4	11	00:53:37 05:09,3	19	00:34:45 06:48,8	8	00:23:31 07:35,2	18	00:45:43 10:09,6
14	60	Alfonsina Peppia	WOMEN	2:38:13 min/km 06:50,9	19	00:58:46 05:39,0	9	00:32:00 06:16,5	15	00:25:00 08:03,9	11	00:42:27 09:25,9
15	43	Josue Déniz Peñate	MEN	2:38:45 min/km 06:52,3	18	00:57:51 05:33,7	12	00:33:07 06:29,6	11	00:24:39 07:57,1	12	00:43:08 09:35,0
16	52	Carles València Nebot	MEN	2:39:56 min/km 06:55,4	20	00:58:49 05:39,3	11	00:33:01 06:28,4	10	00:24:14 07:49,0	13	00:43:52 09:44,9
17	51	Joan Rosich Llorach	MEN	2:40:33 min/km 06:57,0	16	00:57:43 05:33,0	23	00:35:56 07:02,7	18	00:25:59 08:22,9	9	00:40:55 09:05,6
18	5	Gabriel Parra Galan	MEN	2:42:23 min/km 07:01,8	13	00:56:02 05:23,3	15	00:34:03 06:40,6	13	00:24:49 08:00,3	21	00:47:29 10:33,2
19	36	Jon Salaberri Coronado	MEN	2:43:23 min/km 07:04,4	15	00:57:38 05:32,5	17	00:34:27 06:45,3	12	00:24:46 07:59,4	19	00:46:32 10:20,5
20	16	Alexis Segarra Urios	MEN	2:46:29 min/km 07:12,4	14	00:57:29 05:31,6	16	00:34:12 06:42,4	14	00:24:58 08:03,2	23	00:49:50 11:04,5
21	55	Manuel López Requejo	MEN	2:47:10 min/km 07:14,2	22	01:01:09 05:52,8	18	00:34:31 06:46,1	17	00:25:57 08:22,3	17	00:45:33 10:07,4
22	29	Heather Whitlock	WOMEN	2:47:26 min/km 07:14,9	27	01:01:48 05:56,5	14	00:33:54 06:38,8	21	00:26:27 08:31,9	16	00:45:17 10:03,7
23	64	Georg Hauger	MEN	2:50:33 min/km 07:23,0	26	01:01:47 05:56,4	21	00:35:17 06:55,1	20	00:26:26 08:31,6	20	00:47:03 10:27,3
24	37	Toni Ortiz	MEN	2:50:34 min/km 07:23,0	23	01:01:18 05:53,7	35	00:38:06 07:28,2	23	00:26:59 08:42,3	14	00:44:11 09:49,1
25	62	Jens Michalke	MEN	2:51:08 min/km 07:24,5	17	00:57:46 05:33,3	13	00:33:12 06:30,6	19	00:26:02 08:23,9	38	00:54:08 12:01,8

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Stage 1 2/3

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					min/km	min/km	min/km	min/km	min/km	min/km		
26	40	Brianna Sacks	WOMEN	2:55:42 07:36,3								
27	7	Troy Forslund	MEN	2:56:21 07:38,1	36	01:05:16 06:16,5	20	00:35:14 06:54,5	16	00:25:48 08:19,4	24	00:50:03 11:07,4
28	61	Manel Mena Cepe	MEN	2:56:37 07:38,7	25	01:01:37 05:55,5	32	00:37:59 07:26,9	22	00:26:53 08:40,3	25	00:50:08 11:08,5
29	6	Harald Schraeder	MEN	2:59:43 07:46,8	32	01:02:39 06:01,4	30	00:37:54 07:25,9	24	00:27:41 08:55,8	29	00:51:29 11:26,5
30	25	Jorge Garcia-Coca Castro	MEN	2:59:53 07:47,2	37	01:05:31 06:18,0	29	00:37:47 07:24,5	26	00:28:17 09:07,4	22	00:48:18 10:44,0
31	65	Cong Ma	WOMEN	3:00:26 07:48,6	34	01:04:11 06:10,3	27	00:37:14 07:18,0	25	00:28:05 09:03,5	28	00:50:56 11:19,1
32	28	Steve Grout	MEN	3:00:57 07:50,0	28	01:02:00 05:57,7	24	00:36:06 07:04,7	27	00:28:33 09:12,6	39	00:54:18 12:03,9
33	26	Joao Carlos Da Costa Mendes	MEN	3:00:58 07:50,0	35	01:04:24 06:11,5	26	00:37:12 07:17,6	29	00:28:56 09:20,0	27	00:50:26 11:12,4
34	45	Patrick Raimond	MEN	3:01:05 07:50,3	33	01:03:08 06:04,2	28	00:37:23 07:19,8	28	00:28:39 09:14,5	31	00:51:55 11:32,2
35	8	Jèss Garcia Casadevall	WOMEN	3:02:21 07:53,6	30	01:02:29 06:00,5	33	00:38:00 07:27,1	31	00:28:59 09:21,0	35	00:52:53 11:45,0
36	9	Victor Joana Calavia	MEN	3:02:21 07:53,6	31	01:02:34 06:01,0	31	00:37:56 07:26,3	32	00:29:07 09:23,5	34	00:52:44 11:43,2
37	41	Alvaro Puertas Puñal	MEN	3:02:24 07:53,8	29	01:02:06 05:58,3	22	00:35:51 07:01,8	35	00:29:51 09:37,7	40	00:54:36 12:08,0
38	59	Francesc Garrido Zapata	MEN	3:02:41 07:54,5	21	01:00:20 05:48,1	25	00:36:35 07:10,4	30	00:28:58 09:20,6	44	00:56:48 12:37,3
39	27	Stefan Heynes	MEN	3:05:11 08:01,0	24	01:01:20 05:53,8	34	00:38:05 07:28,0	33	00:29:22 09:28,4	42	00:56:24 12:32,0
40	48	Bernhard Häft	MEN	3:06:38 08:04,8	38	01:05:48 06:19,6	38	00:39:13 07:41,4	37	00:30:07 09:42,9	30	00:51:30 11:26,7
41	44	Peter Pfeleger	MEN	3:06:39 08:04,8	39	01:05:54 06:20,2	37	00:39:04 07:39,6	34	00:29:41 09:34,5	32	00:52:00 11:33,3
42	32	Julio Pedrosa Gimenez	MEN	3:12:12 08:19,2	43	01:08:54 06:37,5	42	00:40:41 07:58,6	43	00:32:25 10:27,4	26	00:50:12 11:09,3
43	30	Carles Criville Pedrero	MEN	3:14:21 08:24,8	44	01:09:07 06:38,8	41	00:40:31 07:56,7	40	00:32:09 10:22,3	33	00:52:34 11:40,8
44	58	Zoe Pye	WOMEN	3:15:18 08:27,3	41	01:06:47 06:25,3	36	00:38:46 07:36,1	39	00:31:12 10:03,9	49	00:58:33 13:00,7
45	53	Jordi Vila Punti	MEN	3:16:06 08:29,4	40	01:06:44 06:25,0	39	00:39:54 07:49,4	42	00:32:20 10:25,8	45	00:57:08 12:41,9
46	34	Vanessa Delgado	WOMEN	3:20:26 08:40,6	46	01:09:31 06:41,1	40	00:40:18 07:54,1	44	00:32:34 10:30,3	48	00:58:03 12:54,1
47	46	Laetitia Montant	WOMEN	3:20:38 08:41,1	47	01:10:29 06:46,6	44	00:41:56 08:13,3	38	00:31:00 10:00,0	46	00:57:13 12:43,0
48	47	Pieter Palmans	MEN	3:23:19 08:48,1	42	01:08:38 06:36,0	43	00:41:00 08:02,4	41	00:32:16 10:24,5	50	01:01:25 13:38,8
49	12	Erwin Van Broekhoven	MEN	3:23:31 08:48,6	51	01:13:10 07:02,1	46	00:42:56 08:25,1	47	00:34:05 10:59,7	36	00:53:20 11:51,1
50	13	Eva Simonse	WOMEN	3:23:32 08:48,6	50	01:13:01 07:01,3	45	00:42:53 08:24,5	45	00:32:55 10:37,1	41	00:54:43 12:09,5

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				Km 23,1	min/km	Lloret de Mar Km 10,4	Cala Canyelles Km 5,1	Cala Llorell Km 3,1	Tossa de Mar Km 4,5				
51	39	Eimanne El Zein	WOMEN	3:25:50	08:54.6	52	01:18:16	47	00:43:48	36	00:29:55	37	00:53:51
							07:31.5		08:35.3		09:39.0		11:57.9
52	50	Jose Serrano Otero	MEN	3:27:49	08:59.8	48	01:11:15	48	00:44:17	48	00:34:43	47	00:57:34
							06:51.1		08:41.0		11:11.9		12:47.5
53	49	Elske Van Der Putten	WOMEN	3:27:56	09:00.1	49	01:12:53	50	00:44:54	46	00:33:35	43	00:56:34
							07:00.5		08:48.2		10:50.0		12:34.1
54	57	Alexander Rykov	MEN	3:36:50	09:23.2	45	01:09:12	49	00:44:29	50	00:36:03	51	01:07:06
							06:39.2		08:43.3		11:37.7		14:54.6
55	4	Petra Wendt-Maisch	WOMEN	3:52:48	10:04.7	57	01:19:36	51	00:48:22	51	00:36:15	52	01:08:35
							07:39.2		09:29.0		11:41.6		15:14.5
56	3	Michael Maisch	MEN	3:52:49	10:04.7	58	01:20:07	53	00:48:33	49	00:35:15	53	01:08:54
							07:42.2		09:31.2		11:22.3		15:18.7
57	19	Joaquin Calsina	MEN	4:00:33	10:24.8	54	01:19:03	56	00:48:39	54	00:39:03	57	01:13:48
							07:36.1		09:32.4		12:35.8		16:24.0
58	20	Xavier Gracia Lacalle	MEN	4:00:34	10:24.8	55	01:19:08	55	00:48:38	55	00:39:15	55	01:13:33
							07:36.5		09:32.2		12:39.7		16:20.7
59	22	Santi Torres Jordi	MEN	4:00:35	10:24.9	53	01:19:02	54	00:48:38	52	00:37:58	58	01:14:57
							07:36.0		09:32.2		12:14.8		16:39.3
60	23	Oriol Gifra	MEN	4:00:36	10:24.9	56	01:19:09	52	00:48:32	56	00:39:17	56	01:13:38
							07:36.6		09:31.0		12:40.3		16:21.8
61	63	David Blázquez Villaret	MEN	4:01:09	10:26.4	59	01:20:58	57	00:49:04	53	00:38:43	54	01:12:24
							07:47.1		09:37.3		12:29.4		16:05.3

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