COSTABRAVA STAGE RUN

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

Stage2 Palamós La Fosca L'Escala Cala Montgó 51K|1900M+

QUALIFYING RACE 2019 — ITRA POINTS CBSR: 3 EXP: 2 — MEMBER — WWW.CBSR.RUN

ALL — Stage 2 — 1/3

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

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ALL — Stage 2 2/3

Rank	#	Runner	Category	Total Km 50,7		Sector 1 Llafranc Km 9,3		Sector 2 Aiguablava Km 9,8		Sector 3 Sa Riera Km 9,7		Sector 4 L'Estartit Km 10,6		Sector 5 L'Escala Km 11,3	
26	65	Cong Ma	WOMEN	8:39:35	10:14,9 min/km	24	01:14:44	17	01:42:03	34	02:03:12	21	01:31:52	16	02:07:44
							08:02,2		10:24,8		12:42,1		08:40,0		11:18,2
27	59	Francesc Garrido Zapata	MEN	8:41:52	10:17,6 min/km	16	01:07:35	21	01:47:50	29	01:58:06				
							07:16,0		11:00,2		12:10,5				
28	25	Jorge Garcia-Coca Castro	MEN	8:41:54	10:17,6 min/km	23	01:11:48	20	01:46:02	27	01:55:10	30	01:37:35	18	02:11:19
							07:43,2		10:49,2		11:52,4		09:12,4		11:37,2
29	9	Victor Joana Calavia	MEN	8:47:47	10:24,6 min/km	18	01:09:08	22	01:50:42	32	02:01:39	18	01:31:04	20	02:15:14
							07:26,0		11:17,8		12:32,5		08:35,5		11:58,0
30	8	Jêss García Casadevall	WOMEN	8:47:47	10:24,6 min/km	17	01:09:01	23	01:50:48	31	02:01:25	19	01:31:10	22	02:15:23
							07:25,3		11:18,4		12:31,0		08:36,0		11:58,9
31	58	Zoe Pye	WOMEN	8:57:51	10:36,5 min/km	30	01:18:26	40	02:04:27	43	02:08:22	14	01:27:02	11	01:59:34
							08:26,0		12:41,9		13:14,0		08:12,6		10:34,8
32	39	Eimanne El Zein	WOMEN	8:58:33	10:37,3 min/km	45	01:25:14	29	01:57:12	22	01:50:16				
							09:09,9		11:57,6		11:22,1				
33	48	Bernhard Höft	MEN	9:02:47	10:42,4 min/km	34	01:18:50	31	01:57:41	38	02:05:58	27	01:35:49	14	02:04:29
							08:28,6		12:00,5		12:59,2		09:02,4		11:01,0
34	30	Carles Criville Pedrero	MEN	9:09:55	10:50,8 min/km	28	01:16:02	30	01:57:37	24	01:52:55	35	01:43:52	27	02:19:29
							08:10,5		12:00,1		11:38,5		09:47,9		12:20,6
35	26	Joao Carlos Da Costa Mendes	MEN	9:10:36	10:51,6 min/km	29	01:18:12	27	01:55:12	33	02:02:30	26	01:35:28	26	02:19:14
							08:24,5		11:45,3		12:37,7		09:00,4		12:19,3
36	28	Steve Grout	MEN	9:10:39	10:51,7 min/km	35	01:20:35								
							08:39,9								
37	61	Manel Mena Cepe	MEN	9:11:28	10:52,6 min/km	31	01:18:30	25	01:51:41	30	01:59:04	38	01:46:41	23	02:15:32
							08:26,5		11:23,8		12:16,5		10:03,9		11:59,6
38	49	Elske Van Der Putten	WOMEN	9:15:08	10:57,0 min/km	37	01:21:09	36	02:01:14	35	02:04:42	24	01:32:45		
							08:43,5		12:22,2		12:51,3		08:45,0		
39	12	Erwin Van Broekhoven	MEN	9:15:10	10:57,0 min/km	41	01:24:00	33	01:58:08	37	02:05:48	22	01:31:56	21	02:15:18
							09:01,9		12:03,3		12:58,1		08:40,4		11:58,4
40	13	Eva Simonse	WOMEN	9:15:13	10:57,1 min/km	39	01:23:53	34	01:58:10	36	02:05:39	20	01:31:41	24	02:15:50
							09:01,2		12:03,5		12:57,2		08:39,0		12:01,3
41	7	Troy Forslund	MEN	9:15:52	10:57,8 min/km	25	01:15:01	28	01:56:57	44	02:08:57				
							08:04,0		11:56,0		13:17,6				
42	44	Peter Pfleger	MEN	9:17:34	10:59,8 min/km	33	01:18:48	32	01:57:47	42	02:06:35	29	01:36:40	25	02:17:44
							08:28,4		12:01,1		13:03,0		09:07,2		12:11,3
43	47	Pieter Palmans	MEN	9:18:11	11:00,6 min/km										
44	41	Alvaro Puertas Puñal	MEN	9:23:23	11:06,7 min/km	26	01:15:06	44	02:07:54	39	02:06:12	17	01:30:10	30	02:24:01
							08:04,5		13:03,1		13:00,6		08:30,4		12:44,7
45	53	Jordi Vila Punti	MEN	9:30:02	11:14,6 min/km	32	01:18:46	39	02:04:02	41	02:06:26	33	01:40:24	28	02:20:24
							08:28,2		12:39,4		13:02,1		09:28,3		12:25,5
46	45	Patrick Raimond	MEN	9:50:16	11:38,5 min/km	21	01:10:30	26	01:53:53	50	02:20:48	36	01:44:40	38	02:40:25
							07:34,8		11:37,2		14:30,9		09:52,5		14:11,8
47	6	Harald Schraeder	MEN	9:51:05	11:39,5 min/km	40	01:23:56	35	01:58:29	49	02:20:10	40	01:48:06	29	02:20:24
							09:01,5		12:05,4		14:27,0		10:11,9		12:25,5
48	46	Laetitia Montant	WOMEN	9:51:36	11:40,1 min/km	36	01:21:01	37	02:01:22	40	02:06:12	37	01:46:31	37	02:36:30
							08:42,7		12:23,1		13:00,6		10:02,9		13:51,0
49	27	Stefan Heynes	MEN	9:56:28	11:45,9 min/km	38	01:21:28	38	02:03:40	48	02:18:43	39	01:46:41	31	02:25:56
							08:45,6		12:37,1		14:18,0		10:03,9		12:54,9
50	22	Santi Torres Jordi	MEN	10:08:10	11:59,7 min/km	42	01:24:30	46	02:07:58	46	02:12:47	41	01:49:36	35	02:33:19
							09:05,2		13:03,5		13:41,3		10:20,4		13:34,1

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ALL

Stage 2 3/3

Rank	#	Runner	Category	Total Km 50,7		Sector 1 Llafranc Km 9,3		Sector 2 Aiguablava Km 9,8		Sector 3 Sa Riera Km 9,7		Sector 4 L'Estartit Km 10,6		Sector 5 L'Escala Km 11,3	
51	23	Oriol Gifra	MEN	10:08:12	min/km 11:59,8	44	01:24:40 09:06,2	43	02:07:47 13:02,3	45	02:12:39 13:40,5	42	01:49:43 10:21,0	36	02:33:23 13:34,4
52	19	Joaquin Calsina	MEN	10:08:12	min/km 11:59,8	43	01:24:32 09:05,4	45	02:07:57 13:03,4	47	02:13:05 13:43,2	43	01:50:50 10:27,4	32	02:31:48 13:26,0
53	50	Jose Serrano Otero	MEN	10:27:40	min/km 12:22,8	46	01:25:28 09:11,4	47	02:08:44 13:08,2	51	02:25:13 14:58,2	31	01:38:44 09:18,9	39	02:49:31 15:00,1
54	4	Petra Wendt-Maisch	WOMEN	10:30:54	min/km 12:26,6	48	01:29:42 09:38,7	41	02:06:23 12:53,8	52	02:28:39 15:19,5	45	01:53:31 10:42,5	33	02:32:39 13:30,5
55	3	Michael Maisch	MEN	10:30:55	min/km 12:26,6	47	01:29:40 09:38,5	42	02:06:23 12:53,8	53	02:28:57 15:21,3	44	01:52:51 10:38,8	34	02:33:04 13:32,7

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_MEDIAPARTNERS
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ALL

Stage 2 4/4

Rank	#	Runner	Category	Total Km 50,7	Sector 1 Llafranc Km 9,3	Sector 2 Aiguablava Km 9,8	Sector 3 Sa Riera Km 9,7	Sector 4 L'Estartit Km 10,6	Sector 5 L'Escala Km 11,3

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_PARTNERS
_VEHICLESPONSOR
_MEDIAPARTNERS
_INSTITUTIONALSUPPORT

ALL

Stage 2 5/5

Rank	#	Runner	Category	Total Km 50,7	Sector 1 Llafranc Km 9,3	Sector 2 Aiguablava Km 9,8	Sector 3 Sa Riera Km 9,7	Sector 4 L'Estartit Km 10,6	Sector 5 L'Escala Km 11,3

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_ORGANIZER
_QUALIFYINGRACE
_PARTNERS
_VEHICLESPONSOR
_MEDIAPARTNERS
_INSTITUTIONALSUPPORT