

# COSTABRAVA

## STAGE RUN



ITRA POINTS  
CBSR: 3  
EXP: 2  
www.CBSR.RUN

**EXPERIENCE**  
85k/2800M+  
3-5 MAY 2019

Stage 3  
Cadaqués  
Portbou  
30K/900M+

ALL

Stage 3 1/4

Rank	#	Runner	Category	Total Km 29,3	Sector 1 Port la Selva Km 9,7	Sector 2 Llançà Km 8,2	Sector 3 Portbou Km 11,4		
1	125	Joel Payeur	MEN	2:46:33 min/km 05:41.1	2 00:51:44 05:20.0	2 00:44:51 05:28.2	1 01:09:58 06:08.2		
2	153	Javier Ordieres Torre	MEN	2:46:41 min/km 05:41.3	1 00:51:43 05:19.9	1 00:44:50 05:28.0	2 01:10:08 06:09.1		
3	110	Oscar Tato Valcarcel	MEN	2:54:02 min/km 05:56.4	4 00:53:55 05:33.5	4 00:46:31 05:40.4	3 01:13:36 06:27.4		
4	152	Eric Plana Mallen	MEN	2:54:11 min/km 05:56.7	3 00:52:07 05:22.4	5 00:47:11 05:45.2	4 01:14:53 06:34.1		
5	177	Oriol Coch	MEN	3:01:11 min/km 06:11.0	5 00:54:41 05:38.2	3 00:45:44 05:34.6	8 01:20:46 07:05.1		
6	103	Koen Willems	MEN	3:03:41 min/km 06:16.1	7 00:57:04 05:53.0	6 00:48:26 05:54.4	5 01:18:11 06:51.5		
7	101	Alain Bartolini	MEN	3:04:02 min/km 06:16.9	8 00:57:10 05:53.6	7 00:48:33 05:55.2	6 01:18:19 06:52.2		
8	158	Jordi Prats Ferrusola	MEN	3:07:06 min/km 06:23.1	6 00:55:06 05:40.8	10 00:51:51 06:19.4	7 01:20:09 07:01.8		
9	104	Elodie Tercier	WOMEN	3:08:56 min/km 06:26.9	9 00:58:31 06:02.0	9 00:49:32 06:02.4	10 01:20:53 07:05.7		
10	102	Thierry Charpiot	MEN	3:11:54 min/km 06:33.0					
11	183	Frank Soudan	MEN	3:12:44 min/km 06:34.7					
12	151	Javier Ramos Sánchez	MEN	3:12:46 min/km 06:34.7	14 01:02:31 06:26.7	8 00:49:25 06:01.6	9 01:20:50 07:05.4		
13	105	Isma Molina Escribano	MEN	3:19:19 min/km 06:48.2	10 00:59:14 06:06.4	16 00:56:12 06:51.2	11 01:23:53 07:21.5		
14	112	Cristóbal M. Macarro Cano	MEN	3:20:51 min/km 06:51.3	12 01:02:23 06:25.9	13 00:53:21 06:30.4	12 01:25:07 07:28.0		
15	107	Jose Ramon Jimenez Gonzalez	MEN	3:22:55 min/km 06:55.5	13 01:02:27 06:26.3	11 00:53:18 06:30.0	14 01:27:10 07:38.8		
16	115	Estefania Gomez Perez	WOMEN	3:22:56 min/km 06:55.6	15 01:02:32 06:26.8	12 00:53:19 06:30.1	13 01:27:05 07:38.3		
17	182	Pep Vega Camps	MEN	3:23:13 min/km 06:56.1					
18	108	David Gubern Domínguez	MEN	3:30:44 min/km 07:11.5					
19	117	Albert Ferrándiz Iserte	MEN	3:30:57 min/km 07:12.0	11 01:00:29 06:14.1	14 00:55:24 06:45.4	19 01:35:04 08:20.4		
20	106	Sandra Vilanova Tous	WOMEN	3:33:25 min/km 07:29.3	17 01:04:46 06:40.6	19 00:59:53 07:18.2	17 01:34:46 08:18.8		
21	155	Zigor Maritxalar Goñi	MEN	3:40:00 min/km 07:30.5	25 01:09:12 07:08.0	17 00:58:32 07:08.3	15 01:32:16 08:05.6		
22	186	Miquel Vacares Royo	MEN	3:40:02 min/km 07:30.6					
23	109	Dolors Marcillo López	WOMEN	3:40:53 min/km 07:32.3	19 01:06:54 06:53.8	22 01:01:29 07:29.9	16 01:32:30 08:06.8		
24	180	Miquel Roger Creus	MEN	3:41:42 min/km 07:34.0	16 01:04:40 06:40.0	15 00:55:29 06:46.0	31 01:41:33 08:54.5		
25	120	Juli Cruz Estorch	MEN	3:41:58 min/km 07:34.5					

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3-5 MAY 2019

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Cadaqués  
Portbou  
30K/900M+



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ALL

Stage 3 2/4

Rank	#	Runner	Category	Total Km 29,3	Sector 1 Port la Selva Km 9,7	Sector 2 Llançà Km 8,2	Sector 3 Portbou Km 11,4		
26	169	Mark Franey	MEN	3:43:39 min/km 07:38,0					
27	175	Lisa Howley	WOMEN	3:43:42 min/km 07:38,1			20 01:35:53 08:24,6		
28	167	Dominic O'Hanlon	MEN	3:43:44 min/km 07:38,2			21 01:35:55 08:24,8		
29	157	Esther Amaras	WOMEN	3:43:49 min/km 07:38,3			18 01:34:55 08:19,6		
30	133	Gerardo Soriano Sanz	MEN	3:44:50 min/km 07:40,4	21 01:07:43 06:58,9	20 01:00:20 07:21,5	23 01:36:47 08:29,4		
31	192	Sabine Rohner	WOMEN	3:49:09 min/km 07:49,2	27 01:10:31 07:16,2	21 01:00:54 07:25,6	25 01:37:44 08:34,4		
32	118	Jorge Piernas Gallego	MEN	3:49:42 min/km 07:50,4	24 01:09:01 07:06,9	18 00:59:52 07:18,0	30 01:40:49 08:50,6		
33	194	Olivier De Beer	MEN	3:51:15 min/km 07:53,5	20 01:06:54 06:53,8	30 01:05:24 07:58,5	27 01:38:57 08:40,8		
34	113	José Manuel González Jurado	MEN	3:51:18 min/km 07:53,7	26 01:10:23 07:15,4	27 01:02:44 07:39,0	26 01:38:11 08:36,8		
35	190	Antoni Garcia Coll	MEN	3:53:23 min/km 07:57,9	23 01:08:56 07:06,4	25 01:02:07 07:34,5	32 01:42:20 08:58,6		
36	154	Xabi Arrue Mitxelena	MEN	3:53:59 min/km 07:59,1					
37	184	Jordi Jordan Sala	MEN	3:54:48 min/km 08:00,8	18 01:05:11 06:43,2	28 01:03:49 07:47,0	35 01:45:48 09:16,8		
38	130	Carla Guallar Almazán	WOMEN	3:57:31 min/km 08:06,4	29 01:12:55 07:31,0	31 01:05:32 07:59,5	28 01:39:04 08:41,4		
39	156	David Palerm	MEN	4:02:54 min/km 08:17,4	33 01:16:37 07:53,9	24 01:01:57 07:33,3	34 01:44:20 09:09,1		
40	196	Audric Fey	MEN	4:05:07 min/km 08:21,9	22 01:08:44 07:05,2	49 01:12:54 08:53,4	33 01:43:29 09:04,6		
41	116	Daniel Alberto Senes Jiménez	MEN	4:05:33 min/km 08:22,8	32 01:16:04 07:50,5	26 01:02:21 07:36,2	37 01:47:08 09:23,9		
42	114	Juan Pedro González Jurado	MEN	4:05:56 min/km 08:23,6	37 01:18:41 08:06,7	35 01:06:47 08:08,7	29 01:40:28 08:48,8		
43	121	Jaume Arnau Albos	MEN	4:06:05 min/km 08:23,9	31 01:13:51 07:36,8	29 01:04:52 07:54,6	39 01:47:22 09:25,1		
44	122	Myriam Chanu	WOMEN	4:09:32 min/km 08:31,0	34 01:16:45 07:54,7	23 01:01:53 07:32,8	41 01:50:54 09:43,7		
45	2	Yves Cartier	MEN	4:11:56 min/km 08:35,9	53 01:25:54 08:51,3	45 01:09:43 08:30,1	22 01:36:19 08:26,9		
46	6	Harald Schraeder	MEN	4:12:32 min/km 08:37,1	36 01:17:05 07:56,8	58 01:18:40 09:35,6	24 01:36:47 08:29,4		
47	172	Georges Vouilloz	MEN	4:12:44 min/km 08:37,5	35 01:16:46 07:54,8	44 01:08:38 08:22,2	38 01:47:20 09:24,9		
48	143	Josep Amador Iglesias Molina	MEN	4:14:27 min/km 08:41,1	28 01:11:37 07:23,0	37 01:07:04 08:10,7	50 01:55:46 10:09,3		
49	162	James Cahill	MEN	4:16:13 min/km 08:44,7	38 01:18:55 08:08,1	41 01:07:35 08:14,5	40 01:49:43 09:37,5		
50	178	Toni Rodriguez Escoll	MEN	4:16:26 min/km 08:45,1	30 01:12:56 07:31,1	32 01:06:00 08:02,9	52 01:57:30 10:18,4		

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Cadaqués  
Portbou  
30K/900M+



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Stage 3 3/4

Rank	#	Runner	Category	Total		Sector 1		Sector 2		Sector 3	
				Km 29,3	min/km	Port la Selva Km 9,7	Llançà Km 8,2	Portbou Km 11,4			
51	149	Ana Garrido Martínez	WOMEN	4:19:02	08:50,4	39	01:19:19	36	01:06:50	46	01:52:53
							08:10,6		08:09,0		09:54,1
52	176	Tatiana Santos Gonzalez	WOMEN	4:19:14	08:50,9						
53	138	Simone Bergmann	WOMEN	4:20:17	08:53,0	41	01:20:21	34	01:06:30	47	01:53:26
							08:17,0		08:06,6		09:57,0
54	139	Matthias Maehli	MEN	4:20:18	08:53,0	40	01:20:08	33	01:06:20	48	01:53:50
							08:15,7		08:05,4		09:59,1
55	136	Oskar Sanz Martínez	MEN	4:20:30	08:53,4	42	01:20:22	42	01:08:05	43	01:52:03
							08:17,1		08:18,2		09:49,7
56	150	Alex Garcia Cibeira	MEN	4:20:32	08:53,5	43	01:20:23	43	01:08:14	42	01:51:55
							08:17,2		08:19,3		09:49,0
57	145	Alejandro Vico Teruel	MEN	4:22:50	08:58,2	45	01:23:07	40	01:07:24	44	01:52:19
							08:34,1		08:13,2		09:51,1
58	146	Daniel Lucena Bejarano	MEN	4:22:51	08:58,3	44	01:23:04	39	01:07:23	45	01:52:24
							08:33,8		08:13,0		09:51,6
59	111	Josep Gibert Pujals	MEN	4:31:39	09:16,3	56	01:26:06	60	01:19:25	36	01:46:08
							08:52,6		09:41,1		09:18,6
60	185	Kilian Farrés Serra	MEN	4:31:45	09:16,5	48	01:23:26	47	01:10:05	53	01:58:14
							08:36,1		08:32,8		10:22,3
61	142	Kim Bosch	MEN	4:31:53	09:16,8						
62	164	Eoin Taaffe	MEN	4:34:44	09:22,6	50	01:23:29	46	01:09:48	54	02:01:27
							08:36,4		08:30,7		10:39,2
63	179	Quim Arpí Roca	MEN	4:37:46	09:28,8	59	01:28:42	48	01:12:10	51	01:56:54
							09:08,7		08:48,0		10:15,3
64	148	Veerle Beernaert	WOMEN	4:39:21	09:32,0	60	01:29:20	38	01:07:11	56	02:02:50
							09:12,6		08:11,6		10:46,5
65	132	Daniele Hoffmann	WOMEN	4:39:57	09:33,3	52	01:25:35	62	01:19:44	49	01:54:38
							08:49,4		09:43,4		10:03,3
66	174	Anne-Catherine Vouilloz	WOMEN	4:39:58	09:33,3						
67	161	Christian Huber	MEN	4:47:19	09:48,4						
68	188	Jimmy Zöger	MEN	4:49:19	09:52,5						
69	189	Paula Vallén	WOMEN	4:49:21	09:52,5						
70	187	Amanda Dahllöf	WOMEN	4:49:23	09:52,6	54	01:25:58	52	01:13:46	58	02:09:39
							08:51,8		08:59,8		11:22,4
71	160	Rozanne Bell	WOMEN	4:49:28	09:52,8	58	01:27:51				
							09:03,4				
72	141	Andreas Nau	MEN	4:50:29	09:54,9	51	01:23:30	51	01:13:29	60	02:13:30
							08:36,5		08:57,7		11:42,6
73	140	Susanne Nau	WOMEN	4:50:31	09:54,9	49	01:23:27	50	01:13:03	61	02:14:01
							08:36,2		08:54,5		11:45,3
74	166	Ivars Piksens	MEN	4:51:46	09:57,5	62	01:31:00	59	01:18:44	55	02:02:02
							09:22,9		09:36,1		10:42,2
75	20	Xavier Gracia Lacalle	MEN	4:56:35	10:07,3	64	01:35:52	55	01:16:34	57	02:04:09
							09:53,0		09:20,2		10:53,4

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Stage 3 4/4

Rank	#	Runner	Category	Total		Sector 1		Sector 2		Sector 3	
				Km 29,3	min/km	Port la Selva Km 9,7	Llançà Km 8,2	Portbou Km 11,4			
76	10	Xavi Marina Gomez	MEN	4:59:28	10:13.2	46	01:23:13	53	01:13:51	68	02:22:24
77	197	Neus Collado	WOMEN	4:59:30	10:13.3	47	01:23:17	54	01:14:18	67	02:21:55
78	170	Pierre Reynard	MEN	5:04:00	10:22.5	61	01:29:51	63	01:20:53	59	02:13:16
79	129	Sylvie Cardoso	WOMEN	5:10:10	10:35.2	57	01:26:15	65	01:24:02	64	02:19:53
80	126	Wouter Alleqaert	MEN	5:10:12	10:35.2	55	01:26:03	66	01:24:11	65	02:19:58
81	128	Belinda Henig	WOMEN	5:17:54	10:51.0	67	01:40:30	61	01:19:26	63	02:17:58
82	171	Catherine Reynard	WOMEN	5:18:59	10:53.2	66	01:37:26	68	01:24:53	62	02:16:40
83	147	Ricard Bonastre Verdaquer	MEN	5:20:07	10:55.5	63	01:35:21	64	01:23:40	66	02:21:06
84	193	Lisa Bishop	WOMEN	5:28:51	11:13.4	65	01:36:29	69	01:26:53	72	02:25:29
85	163	Pauline Leith	WOMEN	5:28:57	11:13.6						
86	131	Anita Vosman	WOMEN	5:30:30	11:16.8	70	01:49:37	56	01:16:40	69	02:24:13
87	134	Carine Binsfeld	WOMEN	5:30:32	11:16.9	69	01:49:29	57	01:16:50	70	02:24:13
88	123	Izabela Annis	WOMEN	5:35:03	11:26.1	68	01:45:59	67	01:24:45	71	02:24:19
89	181	Daniella Figueroa	WOMEN	5:35:15	11:26.5						
90	127	Christine Charpiot	WOMEN	5:38:23	11:33.0						
91	173	Myriam Vouilloz	WOMEN	6:16:55	12:51.8						
92	165	Roberts Krusts	MEN	6:18:14	12:54.5						

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