

# COSTABRAVA

## STAGE 1

Blanes-Tossa de Mar  
22k | 900M+

**CBSR85K**  
15-17 OCT '21  
85k | 2800M+



### STAGE RUN

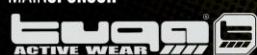
**CBSR.RUN**

ALL

Stage 1 1/3

Rank	#	Runner	Category	Total Km 22,2	Sector 1 Lloret de Mar Km 9,5		Sector 2 Cala Canyelles Km 5,1		Sector 3 Cala Llorell Km 3,0		Sector 4 Tossa de Mar Km 4,6	
					Rank	Time	Rank	Time	Rank	Time	Rank	Time
1	150	Carlos Antonio Lopez	MEN	2:34:46 min/km 06:58,3	2	0:53:41 05:39,1	4	0:32:32 06:22,7	1	0:25:39 08:33,0	1	0:42:54 09:19,5
2	132	Carlos Casquet Sesmonde	MEN	2:35:53 min/km 07:01,3	1	0:49:58 05:15,6	1	0:31:02 06:05,1	2	0:26:01 08:40,3	4	0:48:52 10:37,5
3	104	Amalie Wærum Hauge	WOMEN	2:39:46 min/km 07:11,8	6	0:55:19 05:49,4	3	0:32:29 06:22,2	4	0:27:08 09:02,7	2	0:44:50 09:44,9
4	128	Juan Perucha-Martinez	MEN	2:41:13 min/km 07:15,7	4	0:55:11 05:48,5	2	0:32:22 06:20,8	3	0:26:09 08:43,0	3	0:47:31 10:19,8
5	127	Paul Antoine Vanuls	MEN	2:54:28 min/km 07:51,6	5	0:55:13 05:48,7	8	0:36:40 07:11,4	14	0:31:11 10:23,7	7	0:51:24 11:01,5
6	107	José Manuel González Jurado	MEN	2:54:57 min/km 07:52,9	8	0:56:37 05:57,6	7	0:35:54 07:02,4	6	0:28:39 09:33,0	12	0:53:47 11:41,6
7	153	Amy Streeter	WOMEN	2:55:08 min/km 07:53,3	9	0:59:20 06:14,7	5	0:35:19 06:55,5	7	0:29:19 09:46,3	6	0:51:10 11:07,3
8	119	Sessel Elmstrøm	WOMEN	2:58:11 min/km 08:01,6	12	1:01:48 06:30,3	9	0:37:20 07:19,2	5	0:27:19 09:06,3	9	0:51:44 11:14,8
9	101	Pierre Marcon	MEN	2:59:48 min/km 08:05,9	3	0:54:00 05:41,1	6	0:35:46 07:00,8	8	0:29:24 09:48,0	19	1:00:38 13:10,8
10	113	Jorge Piernas Gallego	MEN	3:01:33 min/km 08:10,7	14	1:02:37 06:35,5	11	0:38:53 07:37,5	10	0:30:15 10:05,0	5	0:49:48 10:49,6
11	122	Cristhian Acevedo Cárdenas	MEN	3:03:34 min/km 08:16,1	7	0:56:08 05:54,5	10	0:38:12 07:29,4	12	0:31:06 10:22,0	16	0:58:08 12:38,3
12	133	Sandra Vilarrubias Albiac	WOMEN	3:08:06 min/km 08:28,4	19	1:05:14 06:52,0	12	0:39:25 07:43,7	11	0:31:04 10:21,3	11	0:52:23 11:23,3
13	109	Luz Perez Carbajo	WOMEN	3:08:57 min/km 08:30,7	20	1:06:45 07:01,6	13	0:39:32 07:45,1	13	0:31:09 10:23,0	8	0:51:31 11:12,0
14	124	Francesc Garrido	MEN	3:10:53 min/km 08:35,9	17	1:03:06 06:38,5	18	0:40:41 07:58,6	16	0:31:26 10:28,7	13	0:55:40 12:06,1
15	125	David Gubern Domínguez	MEN	3:10:53 min/km 08:35,9	16	1:02:58 06:37,7	19	0:40:45 07:59,4	15	0:31:25 10:28,3	14	0:55:45 12:07,2
16	121	Frank Soudan	MEN	3:11:35 min/km 08:37,8	11	1:01:44 06:29,9	14	0:39:32 07:45,1	17	0:32:04 10:41,3	17	0:58:15 12:39,7
17	117	Trine Stoltenberg	WOMEN	3:14:52 min/km 08:46,6	10	1:00:00 06:18,9	16	0:40:19 07:54,3	18	0:33:01 11:00,3	20	1:01:32 13:22,5
18	152	Edgar Arvizu	MEN	3:14:58 min/km 08:46,9	22	1:08:58 07:15,6	24	0:44:15 08:40,6	9	0:29:54 09:58,0	10	0:51:51 11:16,3
19	136	Lonneke Elzerman	WOMEN	3:26:00 min/km 09:16,8	24	1:10:44 07:26,7	20	0:42:31 08:20,2	20	0:33:19 11:06,3	18	0:59:26 12:55,2
20	134	Eva Llinàs Baquedanch	WOMEN	3:34:40 min/km 09:40,2	25	1:12:31 07:38,0	23	0:43:39 08:33,5	24	0:35:46 11:55,3	22	1:02:44 13:38,2
21	126	Arnaud Brogniet	MEN	3:40:03 min/km 09:54,7	18	1:03:09 06:38,8	21	0:43:10 08:27,8	30	0:37:09 12:23,0	36	1:16:35 16:38,8
22	149	Carles Caparros Gibernau	MEN	3:40:35 min/km 09:56,2	15	1:02:47 06:36,5	17	0:40:38 07:58,0	22	0:35:28 11:49,3	43	1:21:42 17:45,7
23	148	Raül Jimenez Navarrete	MEN	3:40:37 min/km 09:56,3	23	1:10:41 07:26,4	25	0:44:41 08:45,7	23	0:35:43 11:54,3	32	1:09:32 15:06,9
24	141	Achim Kohli	MEN	3:42:57 min/km 10:02,6	30	1:16:36 08:03,8	28	0:45:13 08:52,0	29	0:36:41 12:13,7	27	1:04:27 14:00,7
25	140	Madalena Skowronska	WOMEN	3:42:57 min/km 10:02,6	29	1:16:34 08:03,6	29	0:45:23 08:53,9	28	0:36:36 12:12,0	26	1:04:24 14:00,0

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INSTITUTIONAL SPONSOR



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CBSR.RUN

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INSTITUTIONAL SUPPORT



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22k | 900M+

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### STAGE RUN

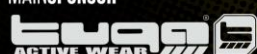
**CBSR.RUN**

ALL

Stage 1 2/3

Rank	#	Runner	Category	Total Km 22,2	Sector 1 Lloret de Mar Km 9,5		Sector 2 Gala Ganyelles Km 5,1		Sector 3 Gala Llorell Km 3,0		Sector 4 Tossa de Mar Km 4,6	
					min/km	min/km	min/km	min/km	min/km	min/km		
26	156	Carles València Nebot	MEN	3:45:20	45	1:30:05	27	0:45:06	21	0:33:55	15	0:56:14
				10:09.0		09:28.9		08:50.6		11:18.3		12:13.4
27	118	Dorthe Kiær	WOMEN	3:46:39	35	1:22:36	26	0:44:42	27	0:36:27	23	1:02:54
				10:12.6		08:41.7		08:45.9		12:09.0		13:40.5
28	111	Michael Braun	MEN	3:50:53	21	1:06:50	31	0:46:09	32	0:37:37	42	1:20:17
				10:24.0		07:02.1		09:02.9		12:32.3		17:27.1
29	137	Rudolf Vertriest	MEN	3:52:32	41	1:24:45	35	0:49:01	25	0:36:09	21	1:02:37
				10:28.5		08:55.3		09:36.7		12:03.0		13:36.8
30	102	Anette Pustowka	WOMEN	3:53:40	36	1:22:38	30	0:46:05	33	0:38:27	29	1:06:30
				10:31.5		08:41.9		09:02.2		12:49.0		14:27.4
31	112	Josep Gibert Puials	MEN	3:53:44	32	1:19:43	36	0:49:11	38	0:41:11	25	1:03:39
				10:31.7		08:23.5		09:38.6		13:43.7		13:50.2
32	131	Susanne Tengler	WOMEN	3:54:45	31	1:18:43	22	0:43:29	31	0:37:24	35	1:15:09
				10:34.5		08:17.2		08:31.6		12:28.0		16:20.3
33	155	Raki Garsaball Vilella	WOMEN	3:57:01	28	1:16:30	38	0:51:19	37	0:41:01	31	1:08:11
				10:40.6		08:03.2		10:03.7		13:40.3		14:49.3
34	154	Anelina Garsaball Vilella	WOMEN	3:57:01	27	1:16:28	39	0:51:26	36	0:40:58	30	1:08:09
				10:40.6		08:02.9		10:05.1		13:39.3		14:48.9
35	129	Conny Kiffen	WOMEN	3:58:52	26	1:16:06	32	0:47:14	39	0:41:23	34	1:14:09
				10:45.6		08:00.6		09:15.7		13:47.7		16:07.2
36	142	Jane O'neil	WOMEN	3:58:54	33	1:20:06	33	0:48:39	34	0:39:14	33	1:10:55
				10:45.7		08:25.9		09:32.4		13:04.7		15:24.9
37	139	Ana Garcia Martin	WOMEN	4:01:54	37	1:23:26	40	0:55:28	35	0:39:47	24	1:03:13
				10:53.8		08:46.9		10:52.5		13:15.7		13:44.5
38	145	Carles Armentool Berenquer	MEN	4:09:03	13	1:02:20	15	0:39:37	19	0:33:02	51	1:54:04
				11:13.1		06:33.7		07:46.1		11:00.7		24:47.9
39	108	Juan Pedro González Jurado	MEN	4:11:18	44	1:28:38	41	0:55:38	40	0:42:13	28	1:04:49
				11:19.2		09:19.8		10:54.5		14:04.3		14:05.3
40	143	Lorraine Mclean	WOMEN	4:13:10	34	1:22:21	37	0:50:24	41	0:43:03	37	1:17:22
				11:24.2		08:40.1		09:52.9		14:21.0		16:49.2
41	130	Joke Schoenmakers	WOMEN	4:17:33	42	1:24:53	46	0:56:43	26	0:36:12	41	1:19:45
				11:36.1		08:56.1		11:07.3		12:04.0		17:20.3
42	135	Ana Garrido Martínez	WOMEN	4:17:35	43	1:27:11	34	0:48:55	42	0:44:01	38	1:17:28
				11:36.2		09:10.6		09:35.5		14:40.3		16:50.4
43	120	Danielle Morris	WOMEN	4:26:17	40	1:24:17	47	0:57:10	43	0:45:09	40	1:19:41
				11:59.7		08:52.3		11:12.5		15:03.0		17:19.3
44	146	Damien Le Meur	MEN	4:33:00	38	1:23:46	48	0:57:38	45	0:48:39	45	1:22:57
				12:17.8		08:49.1		11:18.0		16:13.0		18:01.9
45	147	Philippe Roussel	MEN	4:33:00	39	1:23:59	49	0:57:40	44	0:48:26	44	1:22:55
				12:17.8		08:50.4		11:18.4		16:08.7		18:01.5
46	151	Reika Isono	WOMEN	4:48:20	46	1:33:26	45	0:56:03	50	0:50:50	47	1:28:01
				12:59.3		09:50.1		10:59.4		16:56.7		19:08.1
47	105	Leticia Sánchez Martín	WOMEN	4:48:43	48	1:34:13	43	0:55:55	47	0:50:19	49	1:28:16
				13:00.3		09:55.1		10:57.8		16:46.3		19:11.2
48	106	David Sánchez Haro	MEN	4:48:43	47	1:34:11	42	0:55:54	48	0:50:30	48	1:28:08
				13:00.3		09:54.8		10:57.6		16:50.0		19:09.5
49	144	Marieke Hermie	WOMEN	4:50:59	51	1:38:22	50	1:04:42	46	0:49:04	39	1:18:51
				13:06.4		10:21.3		12:41.2		16:21.3		17:08.4
50	138	Laura Zenón Tecotl	WOMEN	4:51:00	49	1:34:15	44	0:55:55	49	0:50:35	50	1:30:15
				13:06.5		09:55.3		10:57.8		16:51.7		19:37.2

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