

# COSTABRAVA

## STAGE RUN

**STAGE 3**  
Cadaqués-Portbou  
29k | 900M+

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



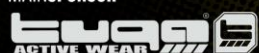
**CBSR.RUN**

ALL

Stage 3 1/2

Rank	#	Runner	Category	Total		Sector 1		Sector 2		Sector 3	
				Km 29,3	min/km	Port la Selva Km 9,7	min/km	Llança Km 8,2	min/km	Portbou Km 11,4	min/km
1	122	Cristhian Acevedo Cárdenas	MEN	3:03:39	06:16,1	4	0:59:10	2	0:44:42	1	1:19:47
							06:06,0		05:27,1		06:59,9
2	150	Carlos Antonio Lopez	MEN	3:06:32	06:22,0	5	0:59:17	1	0:44:28	2	1:22:47
							06:06,7		05:25,4		07:15,7
3	132	Carlos Casquet Sesmonde	MEN	3:06:33	06:22,0	1	0:56:49	4	0:46:02	3	1:23:42
							05:51,4		05:36,8		07:20,5
4	104	Amalie Wærum Hauqe	WOMEN	3:08:51	06:26,7	2	0:58:57	3	0:45:16	4	1:24:38
							06:04,6		05:31,2		07:25,4
5	153	Amy Streeter	WOMEN	3:15:53	06:41,1	6	0:59:58	6	0:47:39	5	1:28:16
							06:10,9		05:48,7		07:44,6
6	119	Sessel Elmstrøm	WOMEN	3:19:44	06:49,0	7	1:02:14	8	0:48:17	7	1:29:13
							06:24,9		05:53,3		07:49,5
7	107	José Manuel González Jurado	MEN	3:23:13	06:56,1	9	1:02:24	11	0:51:56	6	1:28:53
							06:26,0		06:20,0		07:47,8
8	127	Paul Antoine Vanuls	MEN	3:24:31	06:58,8	3	0:59:04	5	0:46:19	16	1:39:08
							06:05,4		05:38,9		08:41,8
9	128	Juan Perucha-Martinez	MEN	3:25:53	07:01,6	8	1:02:17	7	0:48:12	11	1:35:24
							06:25,3		05:52,7		08:22,1
10	156	Carles València Nebot	MEN	3:31:27	07:13,0	13	1:06:45	12	0:51:58	8	1:32:44
							06:52,9		06:20,2		08:08,0
11	117	Trine Stoltenborg	WOMEN	3:32:03	07:14,2	14	1:06:49	9	0:51:05	10	1:34:09
							06:53,3		06:13,8		08:15,5
12	113	Jorge Piernas Gallego	MEN	3:33:53	07:18,0	17	1:07:36	13	0:52:51	9	1:33:26
							06:58,1		06:26,7		08:11,7
13	145	Carles Armenqol Berenquer	MEN	3:36:09	07:22,6	15	1:06:52	10	0:51:12	13	1:38:05
							06:53,6		06:14,6		08:36,2
14	124	Francesc Garrido	MEN	3:38:45	07:28,0	12	1:05:57	14	0:53:56	15	1:38:52
							06:47,9		06:34,6		08:40,4
15	125	David Gubern Dominquez	MEN	3:38:45	07:28,0	11	1:05:55	15	0:54:00	14	1:38:50
							06:47,7		06:35,1		08:40,2
16	149	Carles Caparros Gibernau	MEN	3:48:30	07:47,9	19	1:15:41	18	0:56:03	12	1:36:46
							07:48,1		06:50,1		08:29,3
17	133	Sandra Vilarrubias Albiac	WOMEN	3:48:31	07:48,0	16	1:06:56	16	0:54:47	20	1:46:48
							06:54,0		06:40,9		09:22,1
18	109	Luz Perez Carbaio	WOMEN	3:55:24	08:02,0	18	1:09:37	19	0:56:04	21	1:49:43
							07:10,6		06:50,2		09:37,4
19	148	Raül Jimenez Navarrete	MEN	3:55:46	08:02,8	20	1:15:42	20	0:56:11	18	1:43:53
							07:48,2		06:51,1		09:06,8
20	121	Frank Soudan	MEN	3:56:54	08:05,1	10	1:05:21	21	0:56:16	24	1:55:17
							06:44,2		06:51,7		10:06,8
21	126	Arnaud Broaniet	MEN	3:58:01	08:07,4	22	1:16:31	17	0:55:50	19	1:45:40
							07:53,3		06:48,5		09:16,1
22	111	Michael Braun	MEN	3:58:02	08:07,4	23	1:18:22	22	0:56:43	17	1:42:57
							08:04,7		06:55,0		09:01,8
23	134	Eva Llinàs Baqudanch	WOMEN	4:09:00	08:29,9	21	1:15:45	27	1:00:20	23	1:52:55
							07:48,6		07:21,5		09:54,3
24	139	Ana Garcia Martin	WOMEN	4:09:15	08:30,4	26	1:19:13	25	0:59:47	22	1:50:15
							08:10,0		07:17,4		09:40,2
25	136	Lonneke Elzerman	WOMEN	4:18:35	08:49,5	25	1:18:52	26	1:00:14	26	1:59:29
							08:07,8		07:20,7		10:28,9

MAINSPONSOR



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ORGANIZER



INSTITUTIONAL SPONSOR



MEDIA PARTNERS



CBSR.RUN

PARTNERS



INSTITUTIONAL SUPPORT

# COSTABRAVA

## STAGE RUN

**STAGE 3**  
Cadaqués-Portbou  
29k | 900M+

**CBSR85K**  
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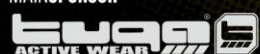
**CBSR.RUN**

ALL

Stage 3 2/2

Rank	#	Runner	Category	Total Km 29,3	Sector 1 Port la Selva Km 9,7		Sector 2 Llangà Km 8,2		Sector 3 Portbou Km 11,4	
					min/km	min/km	min/km	min/km	min/km	min/km
26	129	Conny Kiffen	WOMEN	4:18:35 08:49.5	28	1:19:31 08:11.9	23	0:58:28 07:07.8	27	2:00:36 10:34.8
27	118	Dorthe Kiær	WOMEN	4:23:23 08:59.3	27	1:19:28 08:11.5	24	0:59:40 07:16.6	28	2:04:15 10:53.9
28	30	Georg Hauget	MEN	4:29:45 09:12.4	24	1:18:23 08:04.8	28	1:03:04 07:41.5	32	2:08:18 11:15.3
29	130	Jake Schoenmakers	WOMEN	4:34:07 09:21.3	31	1:24:23 08:42.0	29	1:04:40 07:53.2	29	2:05:04 10:58.2
30	141	Achim Kohli	MEN	4:35:25 09:24.0	29	1:22:19 08:29.2	30	1:06:28 08:06.3	31	2:06:38 11:06.5
31	140	Madalena Skowronska	WOMEN	4:35:26 09:24.0	30	1:22:21 08:29.4	32	1:07:12 08:11.7	30	2:05:53 11:02.5
32	137	Rudolf Vertriest	MEN	4:42:26 09:38.4	36	1:39:51 10:17.6	31	1:06:34 08:07.1	25	1:56:01 10:10.6
33	112	Josep Gibert Puials	MEN	4:49:28 09:52.8	32	1:24:37 08:43.4	34	1:10:54 08:38.8	35	2:13:57 11:45.0
34	135	Ana Garrido Martínez	WOMEN	4:52:44 09:59.5	33	1:28:32 09:07.6	35	1:11:05 08:40.1	34	2:13:07 11:40.6
35	102	Anette Pustowka	WOMEN	4:53:25 10:00.8	34	1:35:23 09:50.0	33	1:09:09 08:26.0	33	2:08:53 11:18.3
36	147	Philippe Roussel	MEN	5:21:59 10:59.3	39	1:41:33 10:28.1	37	1:19:03 09:38.4	36	2:21:23 12:24.1
37	146	Damien Le Meur	MEN	5:22:00 10:59.4	38	1:41:28 10:27.6	38	1:19:05 09:38.7	37	2:21:27 12:24.4
38	120	Danielle Morris	WOMEN	5:22:26 11:00.3	35	1:38:24 10:08.7	36	1:17:31 09:27.2	38	2:26:31 12:51.1
39	142	Jane O'neil	WOMEN	5:36:24 11:28.9	37	1:41:16 10:26.4	40	1:20:50 09:51.5	40	2:34:18 13:32.1
40	143	Lorraine Mclean	WOMEN	5:36:25 11:28.9	40	1:41:42 10:29.1	39	1:20:44 09:50.7	39	2:33:59 13:30.5
41	151	Reika Isono	WOMEN	5:46:33 11:49.7	41	1:43:04 10:37.5	41	1:22:18 10:02.2	42	2:41:11 14:08.4
42	106	David Sánchez Haro	MEN	6:05:01 12:27.5	43	1:48:06 11:08.7	43	1:32:37 11:17.7	43	2:44:18 14:24.7
43	105	Leticia Sánchez Martín	WOMEN	6:05:02 12:27.5	42	1:48:02 11:08.2	44	1:32:38 11:17.8	44	2:44:22 14:25.1
44	108	Juan Pedro González Jurado	MEN	6:05:25 12:28.3	45	1:53:45 11:43.6	45	1:35:22 11:37.8	41	2:36:18 13:42.7
45	116	Joanna Kukawska	WOMEN	6:18:39 12:55.4	44	1:48:09 11:09.0	42	1:31:21 11:08.4	47	2:59:09 15:42.9
46	138	Laura Zenón Tecotl	WOMEN	6:32:38 13:24.0	47	2:00:48 12:27.2	46	1:40:41 12:16.7	45	2:51:09 15:00.8
47	144	Marieke Hermie	WOMEN	6:32:40 13:24.1	46	1:57:28 12:06.6	47	1:43:57 12:40.6	46	2:51:15 15:01.3

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