

5ª cursa de Llafranc- Pujada al Far de Sant Sebastià
Llafranc, 17 de maig de 2009
Distància.- 10300 metres

| LLOC | TEMPS | DORSAL | ATLETA | ANY | SEXE | CLUB |
|------|-------|--------|-------------------------------------|------|------|------------------------------|
| 1 | 41,36 | 37 | Rafael Cañizares Muñoz | 1981 | M | |
| 2 | 41,36 | 92 | Abdessamad Essalmi El Bacchini | 1989 | M | Gi C.B-C.A.Palafrugell |
| 3 | 41,59 | 94 | Mustapha Ahammar Boulayon | 1992 | M | Gi C.B-C.A.Palafrugell |
| 4 | 43,27 | 25 | Donaciano Olivas Parraga | 1976 | M | Gi C.B-C.A.Palafrugell |
| 5 | 43,35 | 38 | Quim Xifre Teixidor | 1974 | M | |
| 6 | 44,20 | 27 | Xevi Farras Muñoz | 1971 | M | Gi C.B-C.A.Palafrugell |
| 7 | 44,55 | 23 | Jordi Jorba Argenti | 1948 | M | C.A. Running |
| 8 | 45,18 | 60 | Andreu Olea Armada | 1984 | M | |
| 9 | 45,46 | 91 | Josep Maria Garcia Rojas | 1973 | M | C.A.Palafrugell |
| 10 | 46,24 | 93 | Rafik Toulliss Ayada | 1991 | M | Gi C.B-C.A.Palafrugell |
| 11 | 46,28 | 100 | Albert Savalls Domenech | 1959 | M | C.A.Palafrugell |
| 12 | 46,45 | 176 | Joan Buxeda i Torrent | 1960 | M | |
| 13 | 47,06 | 9 | David Elcacho Cazorla | 1966 | M | |
| 14 | 47,08 | 18 | Gerard Soler Carrio | 1973 | M | Gi C.B-C.A.Palafrugell |
| 15 | 47,26 | 101 | Albert Martinez Giro | 1976 | M | Gi C.B-C.A.Palafrugell |
| 16 | 47,28 | 96 | Alex Briega Ibañez | 1980 | M | C.A.Palafrugell |
| 17 | 47,42 | 158 | Mohamed Belhadi | 1992 | M | Gi C.B-C.A.Palafrugell |
| 18 | 48,00 | 21 | Miguel A. Lozano Sola | 1969 | M | AT. Girona |
| 19 | 48,11 | 48 | Aydin Bezek | 1974 | M | |
| 20 | 48,25 | 106 | Xevi Carreras Closas | 1984 | M | Gi C.B-C.A.Palafrugell |
| 21 | 48,29 | 36 | Jordi Reixach Fajula | 1977 | M | |
| 22 | 48,42 | 50 | Pau Rodriguez Maurici | 1977 | M | |
| 23 | 48,55 | 33 | Victor Pousa Hijos | 1975 | M | |
| 24 | 49,01 | 139 | Josep Teixidor Lloveras | 1977 | M | C.Triatló Girona Costa Brava |
| 25 | 49,03 | 160 | Jesus Asencio Garcia | 1983 | M | |
| 26 | 49,07 | 89 | Joan Baye Nadal | 1955 | M | Gi C.B-C.A.Palafrugell |
| 27 | 49,14 | 77 | Magi Ganigue Pastoret | 1982 | M | |
| 28 | 49,24 | 127 | Josep Caparrós Ramió | 1980 | M | |
| 29 | 49,44 | 49 | Albert Simon Puig | 1981 | M | |
| 30 | 49,55 | 26 | Alex Puig Pascual | 1975 | M | |
| 31 | 49,58 | 175 | Toni Mendieta i Fiter | 1968 | M | Gi C.B-C.A.Palafrugell |
| 32 | 49,59 | 22 | Joan Pere Fernandez Guerrero | 1971 | M | GEIEG |
| 33 | 50,06 | 166 | Albert Sousa Bastida | 1983 | M | |
| 34 | 50,20 | 75 | Lluc Puig Sant | 1997 | M | |
| 35 | 50,21 | 20 | Domingo Cerdan Muñoz | 1941 | M | |
| 36 | 50,22 | 114 | Jordi Freixas Vilagran | 1975 | M | C. N. Banyoles |
| 37 | 50,37 | 71 | Sergi Garcia Solana | 1967 | M | |
| 38 | 50,42 | 107 | Lluis Dispès Lloret | 1982 | M | Gi C.B-C.A.Palafrugell |
| 39 | 50,44 | 1 | Àngel Solé Clapera | 1970 | M | www.noentrenem.cat |
| 40 | 51,13 | 14 | Francesc Xavier Rodríguez Fernández | 1974 | M | |
| 41 | 51,21 | 8 | Manuel Priego Luque | 1958 | M | |
| 42 | 51,31 | 88 | Antonio Padilla Sevilla | 1970 | M | |
| 43 | 51,34 | 151 | Jordi Forcada Hom | 1977 | M | |
| 44 | 51,38 | 99 | Gerard Garrote Sayo | 1987 | M | Gi C.B-C.A.Palafrugell |
| 45 | 51,54 | 39 | Jordi Cuenca Fernandez | 1975 | M | |
| 46 | 52,02 | 6 | Albert Vilumara Perez | 1976 | M | |
| 47 | 52,13 | 153 | Xevi Bautista Garcia | 1979 | M | |
| 48 | 52,14 | 172 | David Díaz Riera | 1977 | M | |
| 49 | 52,17 | 76 | Carles Paramo Franquesa | 1970 | M | |
| 50 | 52,19 | 17 | Salvador Aixarch Gironella | 1974 | M | C.A. Palafrugell |
| 51 | 52,23 | 137 | Jordi Ventura Salabert | 1975 | M | |
| 52 | 52,31 | 28 | Joaquim Martinez | 1973 | M | C.A. Palafrugell |
| 53 | 52,46 | 159 | Albert Resclosa Coll | 1979 | M | |
| 54 | 53,08 | 105 | Raul Moreno Valera | 1986 | M | |
| 55 | 53,30 | 157 | David Isern Climent | 1981 | M | |

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|-----|---------|-----|-----------------------------|------|---|------------------------|
| 56 | 53,34 | 47 | Jaume Pujolras Illa | 1955 | M | |
| 57 | 53,39 | 70 | David Aparicio Diaz | 1978 | M | |
| 58 | 53,41 | 109 | Aniol Alabert Aldana | 1992 | M | Gi C.B-C.A.Palafrugell |
| 59 | 53,52 | 117 | Paul Temple | 1970 | M | |
| 60 | 53,52 | 130 | Pere Font Berta | 1964 | M | |
| 61 | 53,56 | 29 | Manel Barroso Adame | 1977 | M | |
| 62 | 54,01 | 57 | Mariona Moreno Agudo | 1982 | F | C.A.Palafrugell |
| 63 | 54,04 | 144 | Xevi García Gil | 1968 | M | Gi C.B-C.A.Palafrugell |
| 64 | 54,05 | 4 | Marina Cazador Casas | 1982 | F | PIKI |
| 65 | 54,12 | 15 | Dario Beksic Blazok | 1964 | M | Gi C.B-C.A.Palafrugell |
| 66 | 54,29 | 13 | Josep Lluís Azagra Benito | 1961 | M | |
| 67 | 54,30 | 83 | Montse Badosa Feixas | 1960 | F | |
| 68 | 54,43 | 68 | David Grimal López | 1976 | M | |
| 69 | 54,44 | 56 | David Soy Aumatell | 1973 | M | Olímpic Manlleu |
| 70 | 54,49 | 19 | Jordi Farras Muñoz | 1971 | M | Gi C.B-C.A.Palafrugell |
| 71 | 55,00 | 132 | Dennis Teuling | 1972 | M | |
| 72 | 55,04 | 46 | Francesc Arrayas Reixach | 1970 | M | |
| 73 | 55,13 | 152 | Julio Pedrosa Giménez | 1974 | M | |
| 74 | 55,22 | 173 | Xavier Perich Herrero | 1975 | M | |
| 75 | 55,26 | 97 | Joel Cama Prats | 1985 | M | C.A.Palafrugell |
| 76 | 55,28 | 168 | Josep Domenech Delclos | 1975 | M | |
| 77 | 55,32 | 102 | Antoni Tardio Gemar | 1974 | M | |
| 78 | 55,42 | 169 | Guillem Novellón Salvat | 1975 | M | |
| 79 | 55,43 | 116 | Gabriel Moya Lopez | 1976 | M | |
| 80 | 56,01 | 95 | Laura Carrion Cruz | 1981 | F | C.A.Palafrugell |
| 81 | 56,03 | 74 | Ferran Brunet Santos | 1968 | M | |
| 82 | 56,17 | 3 | Enric Perez i Garcia | 1969 | M | |
| 83 | 56,23 | 174 | Xavier Baig Ripoll | 1972 | M | |
| 84 | 56,29 | 61 | Roser Romaguera Matas | 1982 | F | |
| 85 | 56,30 | 62 | Ainara Larrea Idiazabal | 1981 | F | Gi C.B-C.A.Palafrugell |
| 86 | 56,37 | 84 | Josep Prados Guillen | 1950 | M | |
| 87 | 56,37 | 78 | Sergi Domingo Serrate | 1971 | M | |
| 88 | 56,50 | 5 | Felipe Santamaria Escalante | 1966 | M | |
| 89 | 56,52 | 98 | Olga Mias Esteva | 1967 | F | C.A.Palafrugell |
| 90 | 56,53 | 87 | Daniel de Campo Jimenez | 1978 | M | |
| 91 | 57,21 | 81 | Alex Batan Fernandez | 1971 | M | |
| 92 | 57,57 | 52 | Catalina Frigola Prats | 1963 | F | |
| 93 | 57,59 | 16 | Xavier Cascante Serratos | 1971 | M | |
| 94 | 58,03 | 145 | Frederic Savalls Grassot | 1963 | M | C.A. Palafrugell |
| 95 | 58,51 | 131 | Sadurní Romero Peralbo | 1960 | M | |
| 96 | 59,01 | 90 | Florenci Moreno Sanchez | 1963 | M | C.A.Palafrugell |
| 97 | 59,06 | 43 | Montse Corominas Iglesias | 1980 | F | |
| 98 | 59,11 | 42 | Ruth Grabulosa Reixach | 1977 | F | |
| 99 | 59,12 | 44 | Joan Curos Grabulosa | 1971 | M | |
| 100 | 59,14 | 138 | Toni Prieto Rodríguez | 1973 | M | |
| 101 | 59,21 | 171 | Ismael Pujol Cansado | 1991 | M | |
| 102 | 59,27 | 156 | Martí Ramírez Torrent | 1988 | M | |
| 103 | 59,28 | 86 | Joan Ripoll Lluch | 1970 | M | |
| 104 | 59,51 | 121 | Albert Barnés Quintana | 1982 | M | |
| 105 | 59,58 | 80 | Eduard Velazquez Moreno | 1975 | M | |
| 106 | 1h00,24 | 143 | Ernest Mas Giralt | 1971 | M | |
| 107 | 1h00,35 | 122 | Albert Batiste Izquierdo | 1965 | M | |
| 108 | 1h00,38 | 51 | Dolors Puig Lopez | 1979 | F | |
| 109 | 1h00,55 | 120 | Nil Garcia Sala | 1994 | M | Gi C.B-C.A.Palafrugell |
| 110 | 1h01,21 | 115 | Manoli Garcia Ruiz | 1967 | F | C. N. Banyoles |
| 111 | 1h01,23 | 69 | Juan Quintana Martinez | 1978 | M | |
| 112 | 1h01,30 | 7 | Patricia Saenger | 1982 | F | |
| 113 | 1h01,49 | 146 | Tinó Serra Massuet | 1963 | F | |
| 114 | 1h01,49 | 73 | Evarist Cobo Jimenez | 1954 | M | |
| 115 | 1h01,50 | 34 | Carles Garcia Selles | 1967 | M | |

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|-----|---------|-----|-------------------------------|------|---|------------------------|
| 116 | 1h01,54 | 125 | Sebastià Martos Ibañez | 1966 | M | C.A.Palafrugell |
| 117 | 1h02,08 | 118 | Montse Cortés | 1970 | F | |
| 118 | 1h02,14 | 55 | Jordi Soler Cassany | 1956 | M | Olímpic Manlleu |
| 119 | 1h02,30 | 32 | Frederic Marti Vidal | 1994 | M | C.A. Palafrugell |
| 120 | 1h02,40 | 30 | Frederic Marti Santanach | 1960 | M | C.A. Palafrugell |
| 121 | 1h02,45 | 12 | Ma. Angels Trinidad Gomez | 1965 | F | Fondistes Blanes |
| 122 | 1h02,46 | 11 | Javier Marin Ovejero | 1962 | M | Fondistes Blanes |
| 123 | 1h02,57 | 167 | Ivan Pujol Mateu | 1972 | M | Olímpic Manlleu |
| 124 | 1h03,17 | 170 | Daniel Pujol Cansado | 1991 | M | |
| 125 | 1h03,38 | 79 | Sagrario Martin Huertas | 1971 | F | |
| 126 | 1h03,41 | 53 | Alex Camarero Pons | 1959 | M | |
| 127 | 1h03,49 | 162 | Eduard Pujadas Sabater | 1980 | M | |
| 128 | 1h04,22 | 85 | Montserrat Carrasco Paz | 1953 | F | |
| 129 | 1h04,25 | 126 | Christophe Merkel | 1974 | M | |
| 130 | 1h04,52 | 2 | Joan Guitart Rocas | 1962 | M | |
| 131 | 1h05,45 | 59 | Josep Cuadros Vizcaino | 1980 | M | |
| 132 | 1h05,55 | 164 | Isidre Martinez Serratosa | 1976 | M | |
| 133 | 1h06,17 | 154 | Josep Cid López | 1976 | M | |
| 134 | 1h06,29 | 10 | Lluís Garcia Olive | 1955 | M | |
| 135 | 1h06,37 | 41 | Sara Trujillo | 1976 | F | |
| 136 | 1h07,52 | 124 | Monica Barnés Quintana | 1977 | F | Domingo Catalán |
| 137 | 1h07,53 | 123 | Maria Quintana Teixidor | 1956 | F | |
| 138 | 1h08,02 | 147 | Lluís Bonay Frigola | 1963 | M | |
| 139 | 1h08,49 | 149 | Paquita Suñer Hernández | 1972 | F | |
| 140 | 1h08,56 | 142 | Teia Galí Corredor | 1961 | M | C.A. Palafrugell |
| 141 | 1h09,13 | 82 | Lluís Alonso Trias | 1951 | M | |
| 142 | 1h09,18 | 141 | Cèlia Savalls Grassot | 1961 | F | C.A. Palafrugell |
| 143 | 1h09,43 | 140 | Ramón Agustí Ungé | 1958 | M | C.A. Palafrugell |
| 144 | 1h09,56 | 31 | Pilar Vidal Ribas | 1962 | F | C.A. Palafrugell |
| 145 | 1h10,49 | 72 | Antonio Baena Bernal | 1961 | M | |
| 146 | 1h10,50 | 155 | Joan Suñé Fresneda | 1976 | M | |
| 147 | 1h11,47 | 45 | Francesc Sacrest Pujolar | 1971 | M | |
| 148 | 1h12,51 | 54 | Victor Rodriguez Rosello | 1973 | M | |
| 149 | 1h13,33 | 150 | Josep Agustí Ungé | 1969 | M | |
| 150 | 1h13,48 | 128 | Carlos Mercader Blanco | 1976 | M | |
| 151 | 1h13,49 | 129 | Josep Jumilla Nova | 1975 | M | |
| 152 | 1h14,15 | 64 | Imma Ballus Vilanova | 1954 | F | |
| 153 | 1h14,17 | 65 | Bartomeu Bossoms | 1968 | M | |
| 154 | 1h16,23 | 163 | Jordi Baserba Muñoz | 1980 | M | |
| 155 | 1h16,43 | 119 | Jane Ashcroft | 1965 | F | |
| 156 | 1h17,58 | 165 | Anna Sanchez Moret | 1983 | F | |
| 157 | 1h18,44 | 58 | Meritxell Alvarez Gutierrez | 1978 | F | |
| 158 | 1h18,54 | 35 | Gloria Marti Domenech | 1967 | F | |
| 159 | 1h19,30 | 108 | Martí Alabert Aldana | 1994 | M | Gi C.B-C.A.Palafrugell |
| 160 | 1h24,08 | 111 | Narcís Massa Pires | 1995 | M | Gi C.B-C.A.Palafrugell |
| 161 | 1h25,13 | 161 | Imma Baleñà Teixidor | 1980 | F | |
| 162 | 1h25,14 | 63 | Ana Garcia de Marina Vilar | 1983 | F | |
| 163 | 1h26,19 | 133 | Anna Massa Pires | 1998 | F | Gi C.B-C.A.Palafrugell |
| 164 | 1h27,15 | 134 | Josep Massa Roura | 1959 | M | Gi C.B-C.A.Palafrugell |
| 165 | 1h27,17 | 110 | Carles Alabert Aldana | 1997 | M | Gi C.B-C.A.Palafrugell |
| 166 | 1h28,19 | 136 | Cristina Hernando Rovira | 1976 | F | |
| 167 | 1h45,05 | 148 | Xavier Papell Escola | 1961 | M | Olímpic Manlleu |
| 168 | 1h45,09 | 104 | Dolors Vilà Bellés | 1956 | F | |
| 169 | 1h45,10 | 103 | Mari Pau Alvarez del Castillo | 1959 | F | |
| 170 | 1h45,23 | 135 | Carmina Rodellar Blecua | 1960 | F | |