



Yak Attack 2025 Edition: Race Results

Stage 1: Besi Sahar Loop

Total Distance: 30km

Total Ascent: 950m

Stage 1 Results

Open Male

Khusiman	Gharti	m	open	1:29:37
Brian	Elander	m	open	1:39:07
Achyut K.	Kharel	m	open	1:42:28
Laxman	Malla	m	open	1:43:19
Sam	Button	m	open	1:59:40
Nima	Sherpa	m	open	2:00:37
Tenzing	Nuru Sherpa	m	open	2:02:59

Open Female

Usha	Khanal	f	open	2:07:57
Megan	Riepma	f	open	2:28:17
Kabita	Chitrakar	f	open	5:55:27

Masters 40+

Justin	Holle	m	M40+	1:47:57
Ganesh	Gurung	m	M40+	2:08:16
Anil	Maharjan	m	M40+	2:18:00
Bikash	Parajuli	m	M40+	3:00:57
Rajesh	Shrestha	m	M40+	5:55:27

Masters 50+

Harka	Lama	m	M50+	1:54:11
Amir	Matityahu	m	M50+	1:57:18
Tom	Op De Beeck	m	M50+	2:47:48
Shane				
Kenneth	Maher	m	M50+	3:33:38

Grand Masters 60+

Raffaele	Verzella	m	M60+	2:34:24
Ang J.	Sherpa	m	M60+	3:18:26





Overall Stage 1 Results

Rank	Name	Last Name	Gender	Category	Actual Time
1	Khusiman	Gharti	m	open	1:29:37
2	Brian	Elander	m	open	1:39:07
3	Achyut K.	Kharel	m	open	1:42:28
4	Laxman	Malla	m	open	1:43:19
5	Justin	Holle	m	M40+	1:47:57
6	Harka	Lama	m	M50+	1:54:11
7	Amir	Matityahu	m	M50+	1:57:18
8	Sam	Button	m	open	1:59:40
9	Nima	Sherpa	m	open	2:00:37
10	Tenzing	Nuru Sherpa	m	open	2:02:59
11	Usha	Khanal	f	open	2:07:57
12	Ganesh	Gurung	m	M40+	2:08:16
13	Anil	Maharjan	m	M40+	2:18:00
14	Megan	Riepma	f	open	2:28:17
15	Raffaele	Verzella	m	M60+	2:34:24
16	Tom	Op De Beeck	m	M50+	2:47:48
17	Bikash	Parajuli	m	M40+	3:00:57
18	Ang J.	Sherpa	m	M60+	3:18:26
19	Shane Kenneth	Maher	m	M50+	3:33:38
20	Kabita	Chitrakar	f	open	5:55:27
21	Rajesh	Shrestha	m	M40+	5:55:27

