



Yak Attack 2025 Edition: Race Results

Stage 3: Chame to Manang

Total Distance: 34km

Total Ascent: 1400m

Stage 3 Category Results

Open Male

Khusiman	Gharti	m	open	02:00:00
Brian	Elander	m	open	02:13:40
Achyut Krishna	Kharel	m	open	02:16:27
Laxman	Malla	m	open	02:16:30
Tenzing Nuru	Sherpa	m	open	02:46:46
Nima	Sherpa	m	open	02:56:28
Sam	Button	m	open	03:32:14

Open Female

Usha	Khanal	f	open	03:25:55
Megan	Riepma	f	open	03:37:36
Kabita	Chitrakar	f	open	DNS

Masters 40+

Justin	Holle	m	M40+	02:34:16
Ganesh	Gurung	m	M40+	03:18:32
Anil	Maharjan	m	M40+	03:18:50
Bikash	Parajuli	m	M40+	04:47:31
Rajesh	Shrestha	m	M40+	06:52:55

Masters 50+

Harka	Lama	m	M50+	02:44:32
Amir	Matityahu	m	M50+	02:54:09
Tom Op De	Beeck	m	M50+	03:47:27
Shane Kenneth	Maher	m	M50+	05:56:15

Grand Masters 50+

Raffaele	Verzella	m	M60+	04:32:32
Ang Jangbu	Sherpa	m	M60+	04:37:35





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Overall Stage 3 Results

Khusiman	Gharti	m	open	02:00:00
Brian	Elander	m	open	02:13:40
Achyut Krishna	Kharel	m	open	02:16:27
Laxman	Malla	m	open	02:16:30
Justin	Holle	m	M40+	02:34:16
Harka	Lama	m	M50+	02:44:32
Tenzing Nuru	Sherpa	m	open	02:46:46
Amir	Matityahu	m	M50+	02:54:09
Nima	Sherpa	m	open	02:56:28
Ganesh	Gurung	m	M40+	03:18:32
Anil	Maharjan	m	M40+	03:18:50
Usha	Khanal	f	open	03:25:55
Sam	Button	m	open	03:32:14
Megan	Riepma	f	open	03:37:36
Tom Op De	Beeck	m	M50+	03:47:27
Raffaele	Verzella	m	M60+	04:32:32
Ang Jangbu	Sherpa	m	M60+	04:37:35
Bikash	Parajuli	m	M40+	04:47:31
Shane Kenneth	Maher	m	M50+	05:56:15
Rajesh	Shrestha	m	M40+	06:52:55
Kabita	Chitrakar	f	open	DNS





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Overall Stage Results as of Stage 3

Khusiman	Gharti	m	open	7:26:10
Achyut Krishna	Kharel	m	open	8:27:19
Laxman	Malla	m	open	8:30:43
Brian	Elander	m	open	8:44:46
Justin	Holle	m	M40+	9:10:29
Nima	Sherpa	m	open	9:52:30
Harka	Lama	m	M50+	9:57:43
Tenzing Nuru	Sherpa	m	open	10:27:46
Amir	Matityahu	m	M50+	10:41:30
Usha	Khanal	f	open	11:36:24
Ganesh	Gurung	m	M40+	11:40:33
Anil	Maharjan	m	M40+	12:02:12
Sam	Button	m	open	12:54:14
Megan	Riepma	f	open	13:24:14
Tom Op De	Beeck	m	M50+	13:29:09
Raffaele	Verzella	m	M60+	15:01:24
Bikash	Parajuli	m	M40+	16:40:55
Ang Jangbu	Sherpa	m	M60+	16:48:28
Shane Kenneth	Maher	m	M50+	DNF
Rajesh	Shrestha	m	M40+	DNF
Kabita	Chitrakar	f	open	DNF

