



Yak Attack 2025 Edition: Race Results

Stage 4: Manang to Thorang Phedi

Total Distance: 16km

Total Ascent: 1050m

Stage 4 Category Results

Open Male

Khusiman	Gharti	m	open	01:33:12
Laxman	Malla	m	open	01:33:39
Achyut Krishna	Kharel	m	open	01:35:15
Nima	Sherpa	m	open	01:48:33
Tenzing Nuru	Sherpa	m	open	01:57:17
Sam	Button	m	open	02:03:06
Brian	Elander	m	open	02:32:19

Open Female

Usha	Khanal	f	open	02:15:04
Megan	Riepma	f	open	02:52:16
Kabita	Chitrakar	f	open	DNS

Masters 40+

Justin	Holle	m	M40+	01:42:37
Ganesh	Gurung	m	M40+	02:21:42
Anil	Maharjan	m	M40+	02:51:16
Bikash	Parajuli	m	M40+	03:28:11
Rajesh	Shrestha	m	M40+	05:40:25

Masters 50+

Harka	Lama	m	M50+	01:53:56
Amir	Matityahu	m	M50+	02:33:10
Tom Op De	Beeck	m	M50+	02:35:34
Shane Kenneth	Maher	m	M50+	05:40:25

Grand Masters 50+

Raffaele	Verzella	m	M60+	02:23:22
Ang Jangbu	Sherpa	m	M60+	03:00:26





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Overall Stage 4 Results

Khusiman	Gharti	m	open	01:33:12
Laxman	Malla	m	open	01:33:39
Achyut Krishna	Kharel	m	open	01:35:15
Justin	Holle	m	M40+	01:42:37
Nima	Sherpa	m	open	01:48:33
Harka	Lama	m	M50+	01:53:56
Tenzing Nuru	Sherpa	m	open	01:57:17
Sam	Button	m	open	02:03:06
Usha	Khanal	f	open	02:15:04
Ganesh	Gurung	m	M40+	02:21:42
Raffaele	Verzella	m	M60+	02:23:22
Brian	Elander	m	open	02:32:19
Amir	Matityahu	m	M50+	02:33:10
Tom Op De	Beeck	m	M50+	02:35:34
Anil	Maharjan	m	M40+	02:51:16
Megan	Riepma	f	open	02:52:16
Ang Jangbu	Sherpa	m	M60+	03:00:26
Bikash	Parajuli	m	M40+	03:28:11
Rajesh	Shrestha	m	M40+	05:40:25
Shane Kenneth	Maher	m	M50+	05:40:25
Kabita	Chitrakar	f	open	DNS





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Overall Stage Results as of Stage 4

Khusiman	Gharti	m	open	8:59:22
Achyut Krishna	Kharel	m	open	10:02:34
Laxman	Malla	m	open	10:04:22
Justin	Holle	m	M40+	10:53:06
Brian	Elander	m	open	11:17:05
Nima	Sherpa	m	open	11:41:03
Harka	Lama	m	M50+	11:51:39
Tenzing Nuru	Sherpa	m	open	12:25:03
Amir	Matityahu	m	M50+	13:14:40
Usha	Khanal	f	open	13:51:28
Ganesh	Gurung	m	M40+	14:02:15
Anil	Maharjan	m	M40+	14:53:28
Sam	Button	m	open	14:57:20
Tom Op De	Beeck	m	M50+	16:04:43
Megan	Riepma	f	open	16:16:30
Raffaele	Verzella	m	M60+	17:24:46
Ang Jangbu	Sherpa	m	M60+	19:48:54
Bikash	Parajuli	m	M40+	20:09:06
Shane Kenneth	Maher	m	M50+	DNF
Rajesh	Shrestha	m	M40+	DNF
Kabita	Chitrakar	f	open	DNF

