



Yak Attack 2025 Edition: Race Results

Stage 5: Thorang Phedi to Kagbeni

Total Distance: 28km

Total Ascent: 1050m

Stage 5 Category Results

Open Male

Achyut Krishna	Kharel	m	open	02:24:00
Laxman	Malla	m	open	02:28:05
Khusiman	Gharti	m	open	02:36:14
Nima	Sherpa	m	open	02:42:50
Brian	Elander	m	open	02:51:30
Sam	Button	m	open	03:09:45
Tenzing Nuru	Sherpa	m	open	03:58:00

Open Female

Usha	Khanal	f	open	03:29:35
Megan	Riepma	f	open	04:15:28
Kabita	Chitrakar	f	open	DNS

Masters 40+

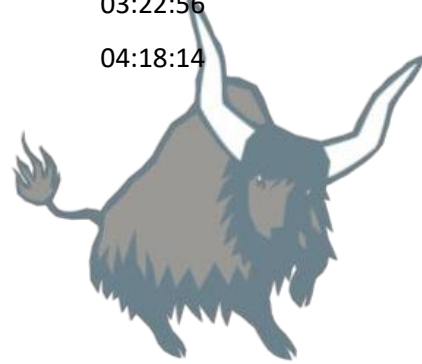
Justin	Holle	m	M40+	02:36:00
Ganesh	Gurung	m	M40+	03:41:00
Bikash	Parajuli	m	M40+	04:47:33
Anil	Maharjan	m	M40+	05:08:55
Rajesh	Shrestha	m	M40+	08:31:44

Masters 50+

Harka	Lama	m	M50+	03:22:57
Amir	Matityahu	m	M50+	03:41:39
Tom Op De	Beeck	m	M50+	04:21:11
Shane Kenneth	Maher	m	M50+	07:52:15

Grand Masters 50+

Raffaele	Verzella	m	M60+	03:22:56
Ang Jangbu	Sherpa	m	M60+	04:18:14





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Overall Stage 5 Results

Achyut Krishna	Kharel	m	open	02:24:00
Laxman	Malla	m	open	02:28:05
Justin	Holle	m	M40+	02:36:00
Khusiman	Gharti	m	open	02:36:14
Nima	Sherpa	m	open	02:42:50
Brian	Elander	m	open	02:51:30
Sam	Button	m	open	03:09:45
Raffaele	Verzella	m	M60+	03:22:56
Harka	Lama	m	M50+	03:22:57
Usha	Khanal	f	open	03:29:35
Ganesh	Gurung	m	M40+	03:41:00
Amir	Matityahu	m	M50+	03:41:39
Tenzing Nuru	Sherpa	m	open	03:58:00
Megan	Riepma	f	open	04:15:28
Ang Jangbu	Sherpa	m	M60+	04:18:14
Tom Op De	Beeck	m	M50+	04:21:11
Bikash	Parajuli	m	M40+	04:47:33
Anil	Maharjan	m	M40+	05:08:55
Shane Kenneth	Maher	m	M50+	07:52:15
Rajesh	Shrestha	m	M40+	08:31:44
Kabita	Chitrakar	f	open	DNS





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Overall Stage Results as of Stage 5

Khusiman	Gharti	m	open	11:35:36
Achyut Krishna	Kharel	m	open	12:26:34
Laxman	Malla	m	open	12:32:27
Justin	Holle	m	M40+	13:29:06
Brian	Elander	m	open	14:08:35
Nima	Sherpa	m	open	14:23:53
Harka	Lama	m	M50+	15:14:36
Tenzing Nuru	Sherpa	m	open	16:23:03
Amir	Matityahu	m	M50+	16:56:19
Usha	Khanal	f	open	17:21:03
Ganesh	Gurung	m	M40+	17:43:15
Sam	Button	m	open	18:07:05
Anil	Maharjan	m	M40+	20:02:23
Tom Op De	Beeck	m	M50+	20:25:54
Megan	Riepma	f	open	20:31:58
Raffaele	Verzella	m	M60+	20:47:42
Ang Jangbu	Sherpa	m	M60+	24:07:08
Bikash	Parajuli	m	M40+	24:56:39
Shane Kenneth	Maher	m	M50+	DNF
Rajesh	Shrestha	m	M40+	DNF
Kabita	Chitrakar	f	open	DNF

