



YAK ATTACK



Yak Attack 2022 Edition: Race Results

Stage 3: Chame to Manang "Up, Up & Away"

Total Distance: 36km

Total Ascent: 1800m

Stage 3 Category Results

Open Male

| | | | | |
|----------------|----------|---|------|----------|
| Cory | Wallace | m | open | 02:20:49 |
| Suraj Rana | Magar | m | open | 02:26:04 |
| Laxman | Malla | m | open | 02:32:38 |
| Achyut Krishna | Khanel | m | open | 02:34:41 |
| Hikmat | Madan | m | open | 02:43:10 |
| Kumar | Tamang | m | open | 02:48:29 |
| Dr. Bikash | Parajuli | m | open | 07:35:45 |

Open Female

| | | | | |
|-----------|-----------|---|------|----------|
| Usha | Khanel | f | open | 03:11:33 |
| Sabrina | Filzmoser | f | open | 03:24:20 |
| Humi Buda | Magar | f | open | 03:48:56 |

Masters

| | | | | |
|----------|--------------|---|------|----------|
| Andres | Gamboa | m | M40+ | 02:46:59 |
| Harka | Lama | m | M40+ | 02:58:47 |
| Michele | Di Berardino | m | M50+ | 03:36:35 |
| Peter | Jung | m | M50+ | 03:55:11 |
| Kristof | Schrauwen | m | M40+ | 04:02:22 |
| Manuel | Neef | m | M40+ | 04:26:50 |
| Leonardo | Bortolaco | m | M40+ | 04:26:50 |
| Tomas | Ling | m | M40+ | 04:45:14 |
| Crispin | Smith | m | M50+ | 04:50:24 |
| David | Vermander | m | M40+ | 05:50:45 |
| Shane | Maher | m | M50+ | 05:58:40 |





Yak Attack 2022 Edition: Race Results

Stage 3: Chame to Manang "Up, Up & Away"

Total Distance: 26km

Total Ascent: 1800m

Overall Stage 3 Results

| | | | | |
|----------------|---------------|---|------|----------|
| Cory | Wallace | m | open | 02:20:49 |
| Suraj Rana | Magar | m | open | 02:26:04 |
| Laxman | Malla | m | open | 02:32:38 |
| Achyut Krishna | Khanel | m | open | 02:34:41 |
| Hikmat | Madan | m | open | 02:43:10 |
| Andres | Gamboa | m | M40+ | 02:46:59 |
| Kumar | Tamang | m | open | 02:48:29 |
| Harka | Lama | m | M40+ | 02:58:47 |
| Usha | Khanel | f | open | 03:11:33 |
| Sabrina | Filzmoser | f | open | 03:24:20 |
| Michele | Di Bernardino | m | M50+ | 03:36:35 |
| Humi Buda | Magar | f | open | 03:48:56 |
| Peter | Jung | m | M50+ | 03:55:11 |
| Kristof | Schrauwen | m | M40+ | 04:02:22 |
| Manuel | Neef | m | M40+ | 04:26:50 |
| Leonardo | Bortolaco | m | M40+ | 04:26:50 |
| Tomas | Ling | m | M40+ | 04:45:14 |
| Crispin | Smith | m | M50+ | 04:50:24 |
| David | Vermander | m | M40+ | 05:50:45 |
| Shane | Maher | m | M50+ | 05:58:40 |
| Dr. Bikash | Parajuli | m | open | 07:35:45 |





Yak Attack 2022 Edition: Race Results

Stage 3: Chame to Manang "Up, Up & Away"

Total Distance: 26km

Total Ascent: 1800m

Overall Category Results

Open Male

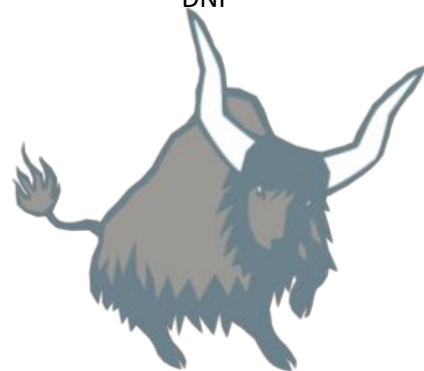
| | | | | |
|----------------|----------|---|------|----------|
| Cory | Wallace | m | open | 8:00:01 |
| Suraj Rana | Magar | m | open | 8:53:55 |
| Laxman | Malla | m | open | 8:54:14 |
| Achyut Krishna | Khanel | m | open | 9:16:44 |
| Kumar | Tamang | m | open | 9:21:40 |
| Hikmat | Madan | m | open | 10:06:42 |
| Dr. Bikash | Parajuli | m | open | 20:49:20 |

Open Female

| | | | | |
|-----------|-----------|---|------|----------|
| Sabrina | Filzmoser | f | open | 11:04:12 |
| Usha | Khanel | f | open | 11:05:16 |
| Humi Buda | Magar | f | open | 13:37:12 |

Masters

| | | | | |
|----------|--------------|---|------|----------|
| Andres | Gamboa | m | M40+ | 9:38:10 |
| Harka | Lama | m | M40+ | 10:38:13 |
| Kristof | Schrauwen | m | M40+ | 12:00:35 |
| Michele | Di Berardino | m | M50+ | 12:16:11 |
| Peter | Jung | m | M50+ | 12:57:46 |
| Crispin | Smith | m | M50+ | 14:08:13 |
| Leonardo | Bortolaco | m | M40+ | 14:12:48 |
| Manuel | Neef | m | M40+ | 14:40:37 |
| Tomas | Ling | m | M40+ | 15:32:27 |
| David | Vermander | m | M40+ | 17:32:28 |
| Shane | Maher | m | M50+ | DNF |





Yak Attack 2022 Edition: Race Results

Stage 3: Chame to Manang "Up, Up & Away"

Total Distance: 26km

Total Ascent: 1800m

Overall Stage Results

| | | | | |
|----------------|--------------|---|------|----------|
| Cory | Wallace | m | open | 8:00:01 |
| Suraj Rana | Magar | m | open | 8:53:55 |
| Laxman | Malla | m | open | 8:54:14 |
| Achyut Krishna | Khanel | m | open | 9:16:44 |
| Kumar | Tamang | m | open | 9:21:40 |
| Andres | Gamboa | m | M40+ | 9:38:10 |
| Hikmat | Madan | m | open | 10:06:42 |
| Harka | Lama | m | M40+ | 10:38:13 |
| Sabrina | Filzmoser | f | open | 11:04:12 |
| Usha | Khanel | f | open | 11:05:16 |
| Kristof | Schrauwen | m | M40+ | 12:00:35 |
| Michele | Di Berardino | m | M50+ | 12:16:11 |
| Peter | Jung | m | M50+ | 12:57:46 |
| Humi Buda | Magar | f | open | 13:37:12 |
| Crispin | Smith | m | M50+ | 14:08:13 |
| Leonardo | Bortolaco | m | M40+ | 14:12:48 |
| Manuel | Neef | m | M40+ | 14:40:37 |
| Tomas | Ling | m | M40+ | 15:32:27 |
| David | Vermander | m | M40+ | 17:32:28 |
| Dr. Bikash | Parajuli | m | open | 20:49:20 |
| Shane | Maher | m | M50+ | DNF |

