



## *Yak Attack 2022 Edition: Race Results*

**Stage 4: Manang to Phedi**

**Total Distance: 16km**

**Total Ascent: 1040m**

### **Stage 4 Category Results**

#### ***Open Male***

Cory	Wallace	m	open	01:30:40
Suraj Rana	Magar	m	open	01:36:43
Laxman	Malla	m	open	01:39:30
Achyut Krishna	Kharel	m	open	01:40:48
Kumar	Tamang	m	open	01:43:49
Hikmat	B.K.	m	open	01:51:35
Dr. Bikash	Parajuli	m	open	04:30:30

#### ***Open Female***

Usha	Khanal	f	open	02:17:05
Humi Budha	Magar	f	open	02:28:22
Sabrina	Filzmoser	f	open	02:35:01

#### ***Masters***

Andres	Gamboa	m	M40+	01:57:03
Harka	Lama	m	M40+	02:06:32
Michele	Di Berardino	m	M50+	02:20:40
Kristof	Schrauwen	m	M40+	02:28:57
Peter	Jung	m	M50+	02:52:50
Leonardo	Bortolaco	m	M40+	02:52:51
Crispin	Smith	m	M50+	03:01:10
Tomas	Ling	m	M40+	03:30:54
Manuel	Neef	m	M40+	03:42:55
Shane	Maher	m	M50+	04:33:10
David	Vermander	m	M40+	04:34:35





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### **Overall Stage 4 Results**

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Laxman	Malla	m	open	01:39:30
Achyut Krishna	Kharel	m	open	01:40:48
Kumar	Tamang	m	open	01:43:49
Hikmat	B.K.	m	open	01:51:35
Andres	Gamboa	m	M40+	01:57:03
Harka	Lama	m	M40+	02:06:32
Usha	Khanal	f	open	02:17:05
Michele	Di Berardino	m	M50+	02:20:40
Humi Budha	Magar	f	open	02:28:22
Kristof	Schrauwen	m	M40+	02:28:57
Sabrina	Filzmoser	f	open	02:35:01
Peter	Jung	m	M50+	02:52:50
Leonardo	Bortolaco	m	M40+	02:52:51
Crispin	Smith	m	M50+	03:01:10
Tomas	Ling	m	M40+	03:30:54
Manuel	Neef	m	M40+	03:42:55
Dr. Bikash	Parajuli	m	open	04:30:30
Shane	Maher	m	M50+	04:33:10
David	Vermander	m	M40+	04:34:35





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### **Overall Category Results**

#### ***Open Male***

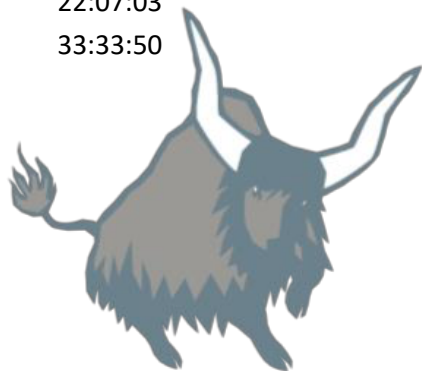
Cory	Wallace	m	open	9:30:41
Suraj Rana	Magar	m	open	10:30:38
Laxman	Malla	m	open	10:33:44
Achyut Krishna	Kharel	m	open	10:57:32
Kumar	Tamang	m	open	11:05:29
Hikmat	BK	m	open	11:58:17
Dr. Bikash	Parajuli	m	open	25:19:50

#### ***Open Female***

Usha	Khanal	f	open	13:22:21
Sabrina	Filzmoser	f	open	13:39:13
Humi Budha	Magar	f	open	16:05:34

#### ***Masters***

Andres	Gamboa	m	M40+	11:35:13
Harka	Lama	m	M40+	12:44:45
Kristof	Schrauwen	m	M40+	14:29:32
Michele	Di Berardino	m	M50+	14:36:51
Peter	Jung	m	M50+	15:50:36
Leonardo	Bortolaco	m	M40+	17:05:39
Crispin	Smith	m	M50+	17:09:23
Manuel	Neef	m	M40+	18:23:32
Tomas	Ling	m	M40+	19:03:21
David	Vermander	m	M40+	22:07:03
Shane	Maher	m	M50+	33:33:50





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Kristof	Schrauwen	m	M40+	14:29:32
Michele	Di Berardino	m	M50+	14:36:51
Peter	Jung	m	M50+	15:50:36
Humi Budha	Magar	f	open	16:05:34
Leonardo	Bortolaco	m	M40+	17:05:39
Crispin	Smith	m	M50+	17:09:23
Manuel	Neef	m	M40+	18:23:32
Tomas	Ling	m	M40+	19:03:21
David	Vermander	m	M40+	22:07:03
Dr. Bikash	Parajuli	m	open	25:19:50
Shane	Maher	m	M50+	33:33:50

