



# YAK ATTACK



## *Yak Attack 2023 Edition: Race Results*

**Stage 5: Manang to Phedi**

**Total Distance: 16km**

**Total Ascent: 1040m**

### ***Stage 5 Category Results***

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

Laxman	Malla	m	open	01:34:38
Achyut	Krishna Kharel	m	open	01:41:52
Suraj	Rana Magar	m	open	01:43:19
Kumar	Tamang	m	open	01:50:23
Arnoldas	Valiauga	m	open	02:01:23
Marcelo	Perim	m	open	02:13:55
Lee	Scurlock	m	open	02:50:22
Bikash	Parajuli	m	open	03:38:25
Hugo	Martin	m	open	03:50:52

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

Usha	Khanal	f	open	02:20:03
Humi	Buda Magar	f	open	02:22:55
Sunita	Shrestha	f	open	02:50:55
Tan	Tryhorn	f	open	03:07:30
Sigita	Jonaityte	f	open	03:37:00
Laura	Martin	f	open	03:51:00

#### ***Masters 40+***

Harka	Lama	m	40+	01:56:39
Prashanta	Pandey	m	40+	02:37:00
Christian	Burdess	m	40+	02:57:58
Tomas	Ling	m	40+	03:22:53

#### ***Masters 50+***

Axel	Strauss	m	50+	01:59:06
Shane	Maher	m	50+	03:50:19
Gyanendra	Sthapit	m	50+	03:53:43

#### ***Masters 60+***

Martin	Hornegger	m	60+	02:18:18
Werner	Brunner	m	60+	03:12:03





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***Total Ascent: 1040m***

### **Overall Stage 5 Results**

Laxman	Malla	m	open	01:34:38
Achyut	Krishna Kharel	m	open	01:41:52
Suraj	Rana Magar	m	open	01:43:19
Kumar	Tamang	m	open	01:50:23
Harka	Lama	m	40+	01:56:39
Axel	Strauss	m	50+	01:59:06
Arnoldas	Valiauga	m	open	02:01:23
Marcelo	Perim	m	open	02:13:55
Martin	Hornegger	m	60+	02:18:18
Usha	Khanal	f	open	02:20:03
Humi	Buda Magar	f	open	02:22:55
Prashanta	Pandey	m	40+	02:37:00
Lee	Scurlock	m	open	02:50:22
Sunita	Shrestha	f	open	02:50:55
Christian	Burdess	m	40+	02:57:58
Tan	Tryhorn	f	open	03:07:30
Werner	Brunner	m	60+	03:12:03
Tomas	Ling	m	40+	03:22:53
Sigita	Jonaityte	f	open	03:37:00
Bikash	Parajuli	m	open	03:38:25
Shane	Maher	m	50+	03:50:19
Hugo	Martin	m	open	03:50:52
Laura	Martin	f	open	03:51:00
Gyanendra	Sthapit	m	50+	03:53:43





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## *Yak Attack 2023 Edition: Race Results*

### **Overall Results (as of Stage 5)**

Laxman	Malla	m	open	11:14:28
Achyut	Krishna Kharel	m	open	11:48:43
Arnoldas	Valiauga	m	open	12:07:22
Suraj	Rana Magar	m	open	12:18:53
Kumar	Tamang	m	open	12:44:57
Axel	Strauss	m	50+	13:42:52
Harka	Lama	m	40+	14:13:47
Marcelo	Perim	m	open	14:23:01
Usha	Khanal	f	open	14:43:57
Lee	Scurlock	m	open	14:44:59
Martin	Hornegger	m	60+	16:28:18
Humi	Buda Magar	f	open	16:53:18
Prashanta	Pandey	m	40+	17:15:15
Tan	Tryhorn	f	open	18:04:11
Sunita	Shrestha	f	open	19:56:19
Werner	Brunner	m	60+	20:18:46
Tomas	Ling	m	40+	21:15:32
Gyanendra	Sthapit	m	50+	21:57:05
Hugo	Martin	m	open	22:00:06
Shane	Maher	m	50+	22:13:40
Laura	Martin	f	open	22:17:09
Christian	Burdess	m	40+	22:23:45
Sigita	Jonaityte	f	open	22:58:19
Bikash	Parajuli	m	open	23:11:58

