

“Single Track”, 2019 Edition: Race Results

Stage 3: Chame to Manang via Ghyaru

Total Distance: 34km

Total Ascent: 1350m

Stage 3 Results

Open Male

Cory	Wallace	m	open	02:14:26
Roan	Tamang	m	open	02:44:32
Padam	Ale	m	open	02:44:59
Bahadur				
Ramesh	Ale	m	open	02:48:12
Kamlesh	Rana	m	open	02:53:34
Rhys	Verner	m	open	02:56:09
Suraj	Malik	m	open	03:04:17
Jerome	Mussa	m	open	03:05:49
	Peretto			
Raj	Shrestha	m	open	03:15:46
Kumar				
Giorgio	Emanuel	m	open	03:16:50
Keith	Green	m	open	03:20:00
Alex	Bewick	m	open	05:41:15

Open Female

Claire	Demarquet	f	open	03:31:13
Letizia	Franco	f	open	04:18:37

40+ Male

Harka	Lama	m	40+	02:47:32
Albert	Kircher	m	40+	03:03:39
Manuel	Neef	m	40+	04:00:28
Michael	Peters	m	40+	04:17:23
Sion	Rowlands	m	40+	05:15:30
Andreas	Weigelt	m	40+	05:46:32

50+ Male

Peter	Urdl	m	50+	03:05:40
Linden	Cox	m	50+	03:31:00
Jeff	Schmerler	m	50+	03:53:45
Faruk	Baer	m	50+	03:53:45
Victor	Dyer	m	50+	04:57:40



Overall Results of Yak Attack "Single Track" 2019 Edition

Open Male

Cory	Wallace	m	open	8:02:46
Roan	Tamang	m	open	9:34:15
Ramesh	Ale	m	open	9:55:25
Suraj	Malik	m	open	10:02:20
Rhys	Verner	m	open	10:08:57
Kamlesh	Rana	m	open	10:15:05
Padam Bahadur	Ale	m	open	10:18:32
Jerome	Mussa Peretto	m	open	10:40:27
Giorgio	Emanuel	m	open	12:02:01
Raj Kumar	Shrestha	m	open	12:12:22
Alex	Bewick	m	open	14:25:18
Keith	Green	m	open	16:07:58

Open Female

Claire	Demarquet	f	open	11:47:07
Letizia	Franco	f	open	14:25:18

40+ Male

Harka	Lama	m	40+	10:33:59
Albert	Kircher	m	40+	11:27:24
Manuel	Neef	m	40+	13:53:19
Michael	Peters	m	40+	14:00:53
Sion	Rowlands	m	40+	17:23:50

50+ Male

Peter	Urdl	m	50+	10:18:02
Faruk	Baer	m	50+	12:24:44
Jeff	Schmerler	m	50+	13:27:41
Linden	Cox	m	50+	13:33:49
Victor	Dyer	m	50+	15:19:46

