

**“Single Track”, 2019 Edition: Race Results**

**Stage 4: Manang to Phedi**

**Total Distance: 16km**

**Total Ascent: 1000m**

**Stage 4 Results**

**Open Male**

Cory	Wallace	m	open	01:24:25
Roan	Tamang	m	open	01:41:23
Kamlesh	Rana	m	open	01:43:26
Padam Bahadur	Ale	m	open	01:43:58
Rhys	Verner	m	open	01:44:38
Ramesh	Ale	m	open	01:48:28
Suraj	Malik	m	open	01:48:58
Giorgio	Emanuel	m	open	01:54:13
Jerome	Mussa Peretto	m	open	01:57:28
Keith	Green	m	open	02:05:08
Raj Kumar	Shrestha	m	open	02:11:13
Alex	Bewick	m	open	02:18:08

**Open Female**

Claire	Demarquet	f	open	02:20:27
Letizia	Franco	f	open	02:34:15

**40+ Male**

Harka	Lama	m	40+	01:54:12
Albert	Kircher	m	40+	02:01:40
Michael	Peters	m	40+	02:28:45
Manuel	Neef	m	40+	02:49:44
Sion	Rowlands	m	40+	03:02:15

**50+ Male**

Peter	Urld	m	50+	02:13:38
Faruk	Baer	m	50+	02:15:44
Linden	Cox	m	50+	02:20:14
Victor	Dyer	m	50+	03:24:30
Jeff	Schmerler	m	50+	03:24:31



***Overall Results of Yak Attack "Single Track" 2019 Edition at Stage 4***

***Open Male***

Cory	Wallace	m	open	9:27:11
Roan	Tamang	m	open	11:15:38
Ramesh	Ale	m	open	11:43:53
Suraj	Malik	m	open	11:51:18
Rhys	Verner	m	open	11:53:35
Kamlesh	Rana	m	open	11:58:31
Padam Bahadur	Ale	m	open	12:02:30
Jerome	Mussa Peretto	m	open	12:37:55
Giorgio	Emanuel	m	open	13:56:14
Raj Kumar	Shrestha	m	open	14:23:35
Alex	Bewick	m	open	16:43:26
Keith	Green	m	open	18:13:06

***Open Female***

Claire	Demarquet	f	open	14:07:34
Letizia	Franco	f	open	16:59:33

***40+ Male***

Harka	Lama	m	40+	12:28:11
Albert	Kircher	m	40+	13:29:04
Michael	Peters	m	40+	16:29:38
Manuel	Neef	m	40+	16:43:03
Sion	Rowlands	m	40+	20:26:05

***50+ Male***

Peter	Urđl	m	50+	12:31:40
Faruk	Baer	m	50+	14:40:28
Linden	Cox	m	50+	15:54:03
Jeff	Schmerler	m	50+	16:52:12
Victor	Dyer	m	50+	18:44:16

