



YAK ATTACK



Yak Attack 2023 Edition: Race Results

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

Total Distance: 36km

Total Ascent: 1800m

Stage 3 Category Results

Open Male

Laxman	Malla	m	open	02:28:45
Suraj	Rana Magar	m	open	02:28:45
Achyut	Krishna Kharel	m	open	02:29:22
Arnoldas	Valiauga	m	open	02:32:16
Kumar	Tamang	m	open	02:42:54
Lee	Scurlock	m	open	03:08:28
Marcelo	Perim	m	open	03:23:47
Hugo	Martin	m	open	05:18:47
Bikash	Parajuli	m	open	05:42:59

Open Female

Usha	Khanal	f	open	03:15:40
Humi	Buda Magar	f	open	03:29:03
Tan	Tryhorn	f	open	04:05:21
Sunita	Shrestha	f	open	04:44:41
Laura	Martin	f	open	05:02:26
Sigita	Jonaityte	f	open	05:11:50

Masters 40+

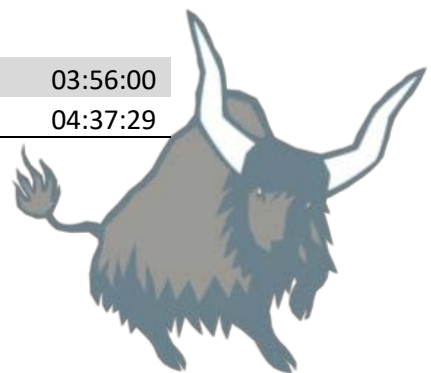
Harka	Lama	m	40+	02:56:04
Prashanta	Pandey	m	40+	03:43:10
Christian	Burdess	m	40+	04:53:12
Tomas	Ling	m	40+	05:00:14
Tara	Lal Shrestha	m	40+	06:06:55

Masters 50+

Axel	Strauss	m	50+	02:48:44
Sylwester	Walasek	m	50+	04:44:41
Shane	Maher	m	50+	04:45:29
Gyanendra	Sthapit	m	50+	04:56:45

Masters 60+

Martin	Hornegger	m	60+	03:56:00
Werner	Brunner	m	60+	04:37:29





YAK ATTACK



Yak Attack 2023 Edition: Race Results

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

Total Distance: 26km

Total Ascent: 1800m

Overall Stage 3 Results

Laxman	Malla	m	open	02:28:45
Suraj	Rana Magar	m	open	02:28:45
Achyut	Krishna Kharel	m	open	02:29:22
Arnoldas	Valiauga	m	open	02:32:16
Kumar	Tamang	m	open	02:42:54
Axel	Strauss	m	50+	02:48:44
Harka	Lama	m	40+	02:56:04
Lee	Scurlock	m	open	03:08:28
Usha	Khanal	f	open	03:15:40
Marcelo	Perim	m	open	03:23:47
Humi	Buda Magar	f	open	03:29:03
Prashanta	Pandey	m	40+	03:43:10
Martin	Hornegger	m	60+	03:56:00
Tan	Tryhorn	f	open	04:05:21
Werner	Brunner	m	60+	04:37:29
Sunita	Shrestha	f	open	04:44:41
Sylwester	Walasek	m	50+	04:44:41
Shane	Maher	m	50+	04:45:29
Christian	Burdess	m	40+	04:53:12
Gyanendra	Sthapit	m	50+	04:56:45
Tomas	Ling	m	40+	05:00:14
Laura	Martin	f	open	05:02:26
Sigita	Jonaityte	f	open	05:11:50
Hugo	Martin	m	open	05:18:47
Bikash	Parajuli	m	open	05:42:59
Tara	Lal Shrestha	m	40+	06:06:55





YAK ATTACK



Yak Attack 2023 Edition: Race Results

Overall Stage Results (Day 3)

Laxman	Malla	m	open	8:30:22
Arnoldas	Valiauga	m	open	8:53:04
Achyut	Krishna Kharel	m	open	8:55:15
Suraj	Rana Magar	m	open	9:30:04
Kumar	Tamang	m	open	9:34:48
Lee	Scurlock	m	open	10:27:40
Axel	Strauss	m	50+	10:29:42
Marcelo	Perim	m	open	10:45:38
Usha	Khanal	f	open	10:49:31
Harka	Lama	m	40+	10:57:00
Martin	Hornegger	m	60+	12:31:37
Prashanta	Pandey	m	40+	12:48:36
Humi	Buda Magar	f	open	12:53:11
Tan	Tryhorn	f	open	12:55:15
Werner	Brunner	m	60+	14:55:26
Sunita	Shrestha	f	open	15:27:06
Sylwester	Walasek	m	50+	15:40:05
Gyanendra	Sthapit	m	50+	15:45:30
Tomas	Ling	m	40+	16:00:25
Shane	Maher	m	50+	16:17:21
Laura	Martin	f	open	16:24:43
Hugo	Martin	m	open	16:41:00
Sigita	Jonaityte	f	open	16:52:41
Bikash	Parajuli	m	open	17:18:14
Christian	Burdess	m	40+	17:40:54

