



# YAK ATTACK



## *Yak Attack 2023 Edition: Race Results*

**Stage 1: Besi Sahar Loop**

**Total Distance: 30km**

**Total Ascent: 950m**

### **Open Male**

Laxman	Malla	m	open	1:41:11
Achyut	Krishna Kharel	m	open	1:41:45
Arnoldas	Valiauga	m	open	1:43:31
Kumar	Tamang	m	open	1:44:57
Suraj	Rana Magar	m	open	1:50:47
Marcelo	Perim	m	open	1:51:58
Lee	Scurlock	m	open	2:01:46
Hugo	Martin	m	open	2:43:59
Bikash	Parajuli	m	open	2:48:35

### **Open Female**

Usha	Khanal	f	open	2:00:21
Tan	Tryhorn	f	open	2:15:06
Humi	Buda Magar	f	open	2:28:02
Sunita	Shrestha	f	open	2:43:56
Laura	Martin	f	open	2:43:59
Sigita	Jonaityte	f	open	3:10:00

### **Masters 40+**

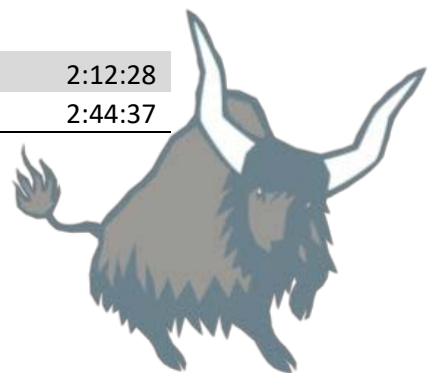
Harka	Lama	m	40+	2:04:46
Prashanta	Pandey	m	40+	2:23:06
Tomas	Ling	m	40+	2:41:38
Tara	Lal Shrestha	m	40+	4:08:29
Christian	Burdess	m	40+	4:24:01

### **Masters 50+**

Axel	Strauss	m	50+	2:12:28
Gyanendra	Sthapit	m	50+	2:38:57
Sylwester	Walasek	m	50+	2:43:10
Shane	Maher	m	50+	2:53:40
Phil	Evans	m	50+	2:56:10

### **Masters 60+**

Martin	Hornegger	m	60+	2:12:28
Werner	Brunner	m	60+	2:44:37





## Overall Stage 1 Results

Laxman	Malla	m	open	1:41:11
Achyut	Krishna Kharel	m	open	1:41:45
Arnoldas	Valiauga	m	open	1:43:31
Kumar	Tamang	m	open	1:44:57
Suraj	Rana Magar	m	open	1:50:47
Marcelo	Perim	m	open	1:51:58
Usha	Khanel	f	open	2:00:21
Lee	Scurlock	m	open	2:01:46
Harka	Lama	m	40+	2:04:46
Axel	Strauss	m	50+	2:12:28
Martin	Hornegger	m	60+	2:12:28
Tan	Tryhorn	f	open	2:15:06
Prashanta	Pandey	m	40+	2:23:06
Humi	Buda Magar	f	open	2:28:02
Ghanendra	Sthapit	m	50+	2:38:57
Tomas	Ling	m	40+	2:41:38
Sylwester	Walasek	m	50+	2:43:10
Sunita	Shrestha	f	open	2:43:56
Hugo	Martin	m	open	2:43:59
Laura	Martin	f	open	2:43:59
Werner	Brunner	m	60+	2:44:37
Bikash	Parajuli	m	open	2:48:35
Shane	Maher	m	50+	2:53:40
Phil	Evans	m	50+	2:56:10
Sigita	Jonaityte	f	open	3:10:00
Tara	Lal Shrestha	m	40+	4:08:29
Christian	Burdess	m	40+	4:24:01

