



## Yak Attack 2023 Edition: Race Results

**Stage 4: Manang XC**

**Total Distance: 14km**

**Total Ascent: 480m**

### **Stage 4 Category Results**

#### **Open Male**

Suraj	Rana Magar	m	open	01:05:30
Laxman	Malla	m	open	01:09:28
Achyut	Krishna Kharel	m	open	01:11:36
Arnoldas	Valiauga	m	open	01:12:55
Kumar	Tamang	m	open	01:19:46
Marcelo	Perim	m	open	01:23:28
Lee	Scurlock	m	open	01:26:57
Hugo	Martin	m	open	01:28:14
Bikash	Parajuli	m	open	02:15:19

#### **Open Female**

Usha	Khanal	f	open	01:34:23
Humi	Buda Magar	f	open	01:37:12
Sunita	Shrestha	f	open	01:38:18
Laura	Martin	f	open	02:01:26
Tan	Tryhorn	f	open	02:01:26
Sigita	Jonaityte	f	open	02:28:38

#### **Masters 40+**

Harka	Lama	m	40+	01:20:08
Christian	Burdess	m	40+	01:44:53
Prashanta	Pandey	m	40+	01:49:39
Tomas	Ling	m	40+	01:52:14

#### **Masters 50+**

Axel	Strauss	m	50+	01:14:04
Shane	Maher	m	50+	02:06:00
Gyanendra	Sthapit	m	50+	02:17:52

#### **Masters 60+**

Martin	Hornegger	m	60+	01:38:23
Werner	Brunner	m	60+	02:11:17





# YAK ATTACK



## *Yak Attack 2023 Edition: Race Results*

**Stage 4: Manang XCO**

**Total Distance: 14km**

**Total Ascent: 480m**

### **Overall Stage 4 Results**

Suraj	Rana Magar	m	open	01:05:30
Laxman	Malla	m	open	01:09:28
Achyut	Krishna Kharel	m	open	01:11:36
Arnoldas	Valiauga	m	open	01:12:55
Axel	Strauss	m	50+	01:14:04
Kumar	Tamang	m	open	01:19:46
Harka	Lama	m	40+	01:20:08
Marcelo	Perim	m	open	01:23:28
Lee	Scurlock	m	open	01:26:57
Hugo	Martin	m	open	01:28:14
Usha	Khanal	f	open	01:34:23
Humi	Buda Magar	f	open	01:37:12
Sunita	Shrestha	f	open	01:38:18
Martin	Hornegger	m	60+	01:38:23
Christian	Burdess	m	40+	01:44:53
Prashanta	Pandey	m	40+	01:49:39
Tomas	Ling	m	40+	01:52:14
Laura	Martin	f	open	02:01:26
Tan	Tryhorn	f	open	02:01:26
Shane	Maher	m	50+	02:06:00
Werner	Brunner	m	60+	02:11:17
Bikash	Parajuli	m	open	02:15:19
Gyanendra	Sthapit	m	50+	02:17:52
Sigita	Jonaityte	f	open	02:28:38





## *Yak Attack 2023 Edition: Race Results*

### **Overall Results (Day 4)**

Laxman	Malla	m	open	9:39:50
Arnoldas	Valiauga	m	open	10:05:59
Achyut	Krishna Kharel	m	open	10:06:51
Suraj	Rana Magar	m	open	10:35:34
Kumar	Tamang	m	open	10:54:34
Axel	Strauss	m	50+	11:43:46
Lee	Scurlock	m	open	11:54:37
Marcelo	Perim	m	open	12:09:06
Harka	Lama	m	40+	12:17:08
Usha	Khanal	f	open	12:23:54
Martin	Hornegger	m	60+	14:10:00
Humi	Buda Magar	f	open	14:30:23
Prashanta	Pandey	m	40+	14:38:15
Tan	Tryhorn	f	open	14:56:41
Sunita	Shrestha	f	open	17:05:24
Werner	Brunner	m	60+	17:06:43
Tomas	Ling	m	40+	17:52:39
Gyanendra	Sthapit	m	50+	18:03:22
Hugo	Martin	m	open	18:09:14
Shane	Maher	m	50+	18:23:21
Laura	Martin	f	open	18:26:09
Sigita	Jonaityte	f	open	19:21:19
Christian	Burdess	m	40+	19:25:47
Bikash	Parajuli	m	open	19:33:33

