

## Results 100km

Bib	Name	F/M	Nationality	Final results 100 km				Final results 50 km, 70 km	Birethanti	Sudame	Banthanti	Ghorepani	Tadapani	Ghandruk	Landruk	Dhampus
				Pokhara	Naudanda	Lumle										
1	Sudip Kulung Rai	M	Nepali	12:05	17:45	15:52	14:40		13:44	13:13	12:38	12:05	10:41	9:39	09:02	07:37
8	Upendra Sunwar	M	Nepali	13:02	18:42	16:18	15:15		13:57	13:28	13:10	12:24	10:48	9:41	09:00	07:35
9	Uttar Kumar Rai	M	Nepali	15:35	21:15	18:31	17:05		15:56	15:17	14:55	13:58	12:01	10:39	09:32	07:48
72	Lizzy Hawker	F	British	15:36	21:16	18:34	17:17		15:59	15:15	14:37	13:39	11:47	10:28	09:30	07:47
30	Krishna Karki	M	Nepali	15:36	21:16	17:18	16:10		14:38	14:10	13:35	12:55	11:09	9:45	08:55	07:29
43	Shysam Parajuli	M	Nepali	disqualified		16:17	15:20		13:59	13:23	13:00	12:17	10:40	9:38	08:55	07:29
34	Bed Bahadur Sunwar	M	Nepali	disqualified		16:15	15:25		14:39	14:10	13:40	12:56	10:56	9:38	08:56	07:29
36	Bigyan Shrestha	M	Nepali	disqualified		17:39	16:30		15:45	15:06	14:45	13:46	11:46	10:17	09:25	07:38
33	Raj Kumar Basnet	M	Nepali	stopped at Naudanda (85k)		18:33	16:45		15:31	14:55	14:07	13:21	11:17	9:49	08:55	07:29
49	Sanju Gaha Magar	M	Nepali	stopped at Naudanda (85k)		18:32	16:50		15:52	15:13	14:30	13:36	11:47	10:25	09:35	07:49

## Results 70km

29	Bikash Shahi	M	Nepali					08:12	13:52	13:20	12:44	12:15	10:35	9:31	08:45	07:28
42	Garba Rai	M	Nepali					08:57	14:37	13:55	13:15	12:37	10:57	9:48	09:10	07:37
32	Aite Tamang	M	Nepali					09:07	14:47	14:11	13:25	12:43	10:57	9:43	08:55	07:32
44	Chandra Mahato	M	Nepali					09:39	15:19	14:42	14:00	13:22	11:25	9:54	09:11	07:34
35	Sonam Lama	M	Nepali					09:48	15:28	14:45	14:05	13:23	11:25	9:59	09:05	07:30
7	Bim Bahadur Gurung	M	Nepali					10:28	16:08	15:29	14:48	13:40	11:40	10:20	09:26	07:39
4	Phu Dorje Lama Sherpa	M	Nepali					10:34	16:14	15:34	15:10	13:59	11:57	10:37	09:48	07:50
74	Roger Henke	M	Dutch					13:08	18:48	17:38	16:22	15:28	13:02	11:19	10:08	08:08
13	Mahendra Bajracharya	M	Nepali					13:08	18:48	17:29	16:20	15:27	12:37	10:54	09:38	07:37
39	Ramesh Kunwar	M	Nepali					13:09	18:49	17:53	16:51	15:50	13:22	11:37	10:38	08:28
84	Peter Gijssels	M	Belgian					13:20	19:00	18:05	16:50	16:00	13:27	11:39	10:30	08:24
94	Jenny Grainger	F	British					13:40	19:20	18:23	17:00	16:01	13:30	11:58	10:51	08:33
100	Richard Bull	M	British					13:40	19:20	18:23	17:00	16:01	13:30	11:46	10:42	08:24
73	Nitish Zuidema	M	Dutch					14:38	20:18	18:39	17:22	16:15	13:34	11:49	10:38	08:30
75	Ryoichi Sato	M	Japanese					14:38	20:18	18:38	17:22	16:18	13:37	11:48	10:36	08:21
83	Robert Spence	M	British					17:10	22:50	21:24	19:15	17:44	14:18	12:11	10:53	08:23

## Results 50

52	Hom Lal Shrestha	M	Nepali					4:30	10:10					9:24	08:36	07:26
31	Mahendra Shahi	M	Nepali					4:30	10:10					9:30	08:38	07:26
45	Purna Tamang	M	Nepali					4:30	10:10					9:24	08:36	07:25
48	Man Bdr Thapa Magar	M	Nepali					5:05	10:45					9:50	09:00	07:26
2	Chhitiz Kulung Rai	M	Nepali					5:24	11:04					9:52	09:07	07:36
99	Michael Maddess	M	Canadian					6:10	11:50					10:57	10:00	08:12
91	Claire Price	F	British					6:14	11:54					10:58	09:59	08:13
11	Raju Pariyar	M	Nepali					6:26	12:06					10:56	09:45	07:51
17	Krishna Gurung	M	Nepali					6:41	12:21					11:07	09:56	07:37
38	Panu Hyvonen	M	Finnish					6:48	12:28					11:11	10:11	08:14
14	Shiva BK	M	Nepali					7:03	12:43					11:31	10:30	08:26
88	John Cuthbertson	M	Australian					7:03	12:43					11:21	10:11	08:05
5	Ritesh Khatiwada	M	Nepali					7:10	12:50					11:25	10:19	08:15
26	Til Bdr Rana	M	Nepali					7:11	12:51					11:37	10:38	08:28
16	Ramesh Sunar	M	Nepali					7:13	12:53					11:22	10:03	08:28

