



EVEREST RAIL RACE 2013

Run Ranking 5 - PHAKDING - TENGBOCHE - 20 km

Total Climb 3.246 m.

Rank	Bib	Name	Sponsor	Team	Time	Gap
Men						
1	37	SUNUWAR Upendra	Annapurna Treks - Adeventura	Adeventura . Annapurna Treks	3h07:26	
2	24	SCHAMBECK Andreas	Run Wild Sports	Team Franconia Vertical	3h48:49	41:23
2	5	PUIG PUIG Lluís	Nabes Team	Cellera Mountain Runners	3h48:49	41:23
2	3	SALAS MOLINA Francisco	Trivici Team Banyeres		3h48:49	41:23
5	11	CASTRO GIRO Oriol	Diedre	Diedre	3h58:55	51:29
6	12	BALLESTA BELTRAN Ferran	Matxacuca	Raidaventura.Org	4h18:23	1h10:57
6	10	VALL VERDAGUER Adria	Campbase.Es	Raidaventura.Org	4h18:23	1h10:57
8	18	AROCAS BONACHE Carles	Uec Bagà		4h35:17	1h27:51
9	8	PRAT SUCARRAT Xavier			4h58:14	1h50:48
10	31	SATHAR SHAHUL Salim			5h04:05	1h56:39
11	29	KEMP Lynden David			5h06:59	1h59:33
12	9	CRUZ OLIVE Enric			5h49:13	2h41:47
13	14	CASTRO GIRO Jordi	Diedre	Diedre	6h01:11	2h53:45
14	21	DRIS MOHAMED Ismael			6h02:32	2h55:06
14	6	SCUOTEGUAZZA Alejandro			6h02:32	2h55:06
16	28	HERNANDO ALZAGA Luis Alberto	Adidas Trail Running	Belleza Pura	6h14:17	3h06:51
16	20	DALTVEIT Anders			6h14:17	3h06:51
18	2	GARDEÑAS LLORENTE Antoni	Emporda - Loctite	Emporda - Loctite	6h25:09	3h17:43
18	1	SALA MORDILLO Esteve	CM Coses de Muntanya	CM Coses de Muntanya	6h25:09	3h17:43
20	7	ROCA COLET Francisco Javier	Emporda - Loctite	Emporda - Loctite	7h18:11	4h10:45

Women

1	23	MACIEL Fernanda	The North Face - Compressport	Belleza Pura	3h45:09	
2	22	LEVENTHAL Shiri			4h18:23	33:14
3	36	LAMA SHERPA Yangdi	Annapurna Treks - Adeventura	Adeventura . Annapurna Treks	4h27:50	42:41
4	27	OCHOA DUARTE Liliana Teresa	Ateneas Colombia - Compresspor	Ateneas - Compressport	4h43:52	58:43
5	26	FERNANDES Katia		Ateneas - Compressport	6h06:29	2h21:20
6	25	SCHAMBECK Kathrin	Run Wild Sports	Team Franconia Vertical	6h14:17	2h29:08
7	16	PUIG PUIG Dolors	CM Coses de Muntanya	CM Coses de Muntanya	6h48:55	3h03:46
7	4	MORERA BLANCH Marta	Nabes Team	Cellera Mountain Runners	6h48:55	3h03:46

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1	9	CRUZ OLIVE Enric			5h49:13	
2	6	SCUOTEGUAZZA Alejandro			6h02:32	13:19
3	2	GARDEÑAS LLORENTE Antoni	Emporda - Loctite	Emporda - Loctite	6h25:09	35:56
3	1	SALA MORDILLO Esteve	CM Coses de Muntanya	CM Coses de Muntanya	6h25:09	35:56
5	7	ROCA COLET Francisco Javier	Emporda - Loctite	Emporda - Loctite	7h18:11	1h28:58