



EVEREST TRAIL RACE 2019
by The Elements Pure Coconut Water
Run Ranking 5 - PHAKDING - TYANGBOCHE - 32 km
Total Climb 4.500 m.

Rank	Bib.	Name	Gender	Category	Nation	Team	Time	Gap
1	53	KULUNG RAI Suman	Men	GENERAL MASC			4h04:35	
2	50	HERAS Miguel Angel	Men	GENERAL MASC			4h27:03	22:28
3	51	SMEDSROD Hans K.	Men	GENERAL MASC			4h43:01	38:26
4	39	MORALES Gerard	Men	GENERAL MASC		THE ELEMENTS I	4h45:17	40:42
5	3	COMET Anna	Women	GENERAL FEM		THE ELEMENTS I	5h17:11	1h12:36
6	22	GARAU Pere Lluís	Men	GENERAL MASC		MALLORCADOCS	5h42:09	1h37:34
6	21	COLL Toni	Men	GENERAL MASC		MALLORCADOCS	5h42:09	1h37:34
8	47	DOMINGUEZ Nuria	Women	GENERAL FEM			5h47:42	1h43:07
9	15	FERRE Oriol	Men	GENERAL MASC			5h50:15	1h45:40
10	1	VILASECA Manuela	Women	GENERAL FEM		THE ELEMENTS I	5h50:23	1h45:48
11	23	ESPERT Antoni	Men	GENERAL MASC		MALLORCADOCS	5h55:13	1h50:38
12	25	ELLIOT Charlie	Men	VET MASC 1			6h25:06	2h20:31
13	52	SHERPA Passang	Men	GENERAL MASC			6h37:45	2h33:10
14	35	VILLARIAS Diego	Men	GENERAL MASC			6h46:45	2h42:10
14	4	PUJOL Marc	Men	GENERAL MASC		THE ELEMENTS II	6h46:45	2h42:10
16	14	CLEMINSON Graham	Men	VET MASC 1			6h48:11	2h43:36
17	9	FERRER Miquel Angel	Men	VET MASC 1			7h02:54	2h58:19
18	43	GONZALEZ Manuel Jesus	Men	GENERAL MASC			7h12:56	3h08:21
19	31	LENDINEZ Ainhoa	Women	GENERAL FEM			7h16:12	3h11:37
19	17	GAJA Nil	Men	GENERAL MASC			7h16:12	3h11:37
21	27	GIL Jordi	Men	GENERAL MASC		THE ELEMENTS II	7h30:10	3h25:35
22	30	FERRERO Juan Ricardo	Men	VET MASC 1		LOS PEREGRINOS ARGENTINOS	7h38:59	3h34:24
23	46	CANET Salvador	Men	VET MASC 1			7h47:51	3h43:16
23	32	MEDINA Angel Maria	Men	GENERAL MASC			7h47:51	3h43:16
25	55	KUMARI KRISHNA	Women	GENERAL FEM			7h49:29	3h44:54
26	2	TORRENTS Oleguer	Men	GENERAL MASC		THE ELEMENTS II	8h18:03	4h13:28
27	26	HANNACHI Nihad	Women	GENERAL FEM			8h29:21	4h24:46
28	5	SALA Esteve	Men	VET MASC 2		QBQSTM	8h29:37	4h25:02
29	45	ARQUE Eulalia	Women	VET FEM 1		QBQSTM	8h29:40	4h25:05
30	38	SHEDEK Adam	Men	GENERAL MASC			8h34:31	4h29:56
30	10	HAISER Roland	Men	VET MASC 1			8h34:31	4h29:56
32	37	GATON Mercedes	Women	GENERAL FEM			8h46:42	4h42:07
33	18	LARRAÑAGA Juan Jose	Men	VET MASC 1			9h25:24	5h20:49
34	49	VICQ François-Xavier	Men	GENERAL MASC			9h25:32	5h20:57
35	19	DEL CID Rita Roxana	Women	GENERAL FEM			9h25:34	5h20:59
36	56	THANH VU	Women	GENERAL FEM			9h32:43	5h28:08
37	8	HOLFORD Nora	Women	VET FEM 1			10h19:02	6h14:27
38	7	BAKER Katie	Women	GENERAL FEM			11h08:19	7h03:44