



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
Men								
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	22	GARAU Pere Lluis	Men	GENERAL MASC		MALLORCADOCS	5h42:09	1h37:34
5	21	COLL Toni	Men	GENERAL MASC		MALLORCADOCS	5h42:09	1h37:34
7	15	FERRE Oriol	Men	GENERAL MASC			5h50:15	1h45:40
8	23	ESPERT Antoni	Men	GENERAL MASC		MALLORCADOCS	5h55:13	1h50:38
9	25	ELLIOT Charlie	Men	VET MASC 1			6h25:06	2h20:31
10	52	SHERPA Passang	Men	GENERAL MASC			6h37:45	2h33:10
11	35	VILLARIAS Diego	Men	GENERAL MASC			6h46:45	2h42:10
11	4	PUJOL Marc	Men	GENERAL MASC		THE ELEMENTS II	6h46:45	2h42:10
13	14	CLEMINSON Graham	Men	VET MASC 1			6h48:11	2h43:36
14	9	FERRER Miquel Angel	Men	VET MASC 1			7h02:54	2h58:19
15	43	GONZALEZ Manuel Jesus	Men	GENERAL MASC			7h12:56	3h08:21
16	17	GAJA Nil	Men	GENERAL MASC			7h16:12	3h11:37
17	27	GIL Jordi	Men	GENERAL MASC		THE ELEMENTS II	7h30:10	3h25:35
18	30	FERRERO Juan Ricardo	Men	VET MASC 1		LOS PEREGRINOS ARGENTINOS	7h38:59	3h34:24
19	46	CANET Salvador	Men	VET MASC 1			7h47:51	3h43:16
19	32	MEDINA Angel Maria	Men	GENERAL MASC			7h47:51	3h43:16
21	2	TORRENTS Oleguer	Men	GENERAL MASC		THE ELEMENTS II	8h18:03	4h13:28
22	5	SALA Esteve	Men	VET MASC 2		QBQSTM	8h29:37	4h25:02
23	38	SHEDEK Adam	Men	GENERAL MASC			8h34:31	4h29:56
23	10	HAISER Roland	Men	VET MASC 1			8h34:31	4h29:56
25	18	LARRAÑAGA Juan Jose	Men	VET MASC 1			9h25:24	5h20:49
26	49	VICQ François-Xavier	Men	GENERAL MASC			9h25:32	5h20:57

Women

1	3	COMET Anna	Women	GENERAL FEM		THE ELEMENTS I	5h17:11	
2	47	DOMINGUEZ Nuria	Women	GENERAL FEM			5h47:42	30:31
3	1	VILASECA Manuela	Women	GENERAL FEM		THE ELEMENTS I	5h50:23	33:12
4	31	LENDINEZ Ainhoa	Women	GENERAL FEM			7h16:12	1h59:01
5	55	KUMARI KRISHNA	Women	GENERAL FEM			7h49:29	2h32:18
6	45	ARQUE Eulalia	Women	VET FEM 1		QBQSTM	8h29:40	3h12:29
7	37	GATON Mercedes	Women	GENERAL FEM			8h46:42	3h29:31
8	19	DEL CID Rita Roxana	Women	GENERAL FEM			9h25:34	4h08:23
9	56	THANH VU	Women	GENERAL FEM			9h32:43	4h15:32
10	8	HOLFORD Nora	Women	VET FEM 1			10h19:02	5h01:51
11	26	HANNACHI Nihad	Women	GENERAL FEM			10h29:21	5h12:10
12	7	BAKER Katie	Women	GENERAL FEM			11h08:19	5h51:08