

Position	BIB No	First Name	Last Name	Gender	Category	Final Time	Remark
7	151	Satnam	SINGH	Male	40 - 60	0:39:23	40 - 60 Category - 1st Male
9	100	Mark	KENCROFT	Male	40 - 60	0:39:51	
10	199	Padam	KUNWAR	Male	40 - 60	0:40:34	
17	26	Baldev	KUNWOR	Male	40 - 60	0:43:10	
21	25	Badri	GAJUREL	Male	40 - 60	0:44:27	
22	171	Surya	LIMBU	Male	40 - 60	0:44:33	
24	155	Shambhu	KARKEE	Male	40 - 60	0:45:10	
26	165	Sujan	SHRESTHA	Male	40 - 60	0:45:52	
31	192	Michael	CHARLES	Male	40 - 60	0:48:28	
32	182	Tomasz	ZAWORSKI	Male	40 - 60	0:48:44	
33	31	Bhan	CHAND	Male	40 - 60	0:48:53	
35	22	Ashok	CHAPAGAIN	Male	40 - 60	0:49:44	
36	45	Damodar	ACHARYA	Male	40 - 60	0:49:48	
37	78	Khem	JOSHI	Male	40 - 60	0:49:53	
42	47	Dean	GADD	Male	40 - 60	0:50:58	
43	110	Naren	GURUNG	Male	40 - 60	0:51:01	
44	94	Malcolm	WOOLSEY	Male	40 - 60	0:51:14	
47	111	Narendra	PRADHAN	Male	40 - 60	0:51:31	
48	177	Tek Bahadur	GURUNG	Male	40 - 60	0:51:32	
50	114	Om Prakash	RAI	Male	40 - 60	0:52:02	
51	200	Nabin	GOWLLAN	Male	40 - 60	0:52:16	
54	109	Narayan	ADHIKARI	Male	40 - 60	0:52:20	
55	52	Dibya	MAHARJAN	Male	40 - 60	0:52:21	
57	116	Padam	SUNUWAR	Male	40 - 60	0:52:25	
58	156	Shekhar	BHATTARAI	Male	40 - 60	0:52:47	
59	161	Stuart	ABRAHAM	Male	40 - 60	0:52:50	
60	115	Omprasad	GURUNG	Male	40 - 60	0:52:51	
61	43	Churamani	REGMI	Male	40 - 60	0:52:54	
62	126	Rajendra	OJHA	Male	40 - 60	0:52:57	
63	157	Sher Bahadur	GURUNG	Male	40 - 60	0:53:04	
65	191	Sudhir	ADHIKARI	Male	40 - 60	0:53:47	

66	168	Suresh	THAPS	Male	40 - 60	0:53:48	
67	42	Chandrakuber	ANGBUHANG	Male	40 - 60	0:54:00	
68	92	Mahesh	NIRAULA	Male	40 - 60	0:54:15	
69	91	Mahendra	GURUNG	Male	40 - 60	0:54:30	
70	136	Rishi	KHANAL	Male	40 - 60	0:54:41	
71	167	Sunil	THAPA	Male	40 - 60	0:54:50	
73	80	Krishna	KHATIWADA	Male	40 - 60	0:55:49	
74	17	Amrit	SHRESTHA	Male	40 - 60	0:55:51	
77	153	Sesh	NARAYANAN	Male	40 - 60	0:56:08	
78	56	Dinesh	THAPA	Male	40 - 60	0:56:23	
79	189	Chetan	KHATRY	Male	40 - 60	0:56:23	
82	71	Jas	BANSAL	Male	40 - 60	0:56:28	
84	123	Puru	RAI	Male	40 - 60	0:57:37	
90	131	Ray	MITCHELL	Male	40 - 60	1:00:18	
91	160	Steven	MERLE	Male	40 - 60	1:00:20	
92	34	Bikram	GURUNG	Male	40 - 60	1:00:28	
93	143	Samir Nath	PYAKURYAL	Male	40 - 60	1:01:11	
94	146	Sanjeev	GHIMIRE	Male	40 - 60	1:01:11	
98	178	Tik Bahadur	SUNUWAR	Male	40 - 60	1:01:47	
100	66	Hari	ARYAL	Male	40 - 60	1:02:11	
105	32	Bhim	GURUNG	Male	40 - 60	1:04:39	
110	24	Avishiek	BHATTARAI	Male	40 - 60	1:06:16	
112	44	Damber	GURUNG	Male	40 - 60	1:06:25	
119	96	Man Prasad	GURUNG	Male	40 - 60	1:09:30	
125	101	Min	DARLAMI	Male	40 - 60	1:11:25	
129	169	Surya	GURUNG	Male	40 - 60	1:12:11	
131	119	Prakash	RAUT	Male	40 - 60	1:12:28	
132	38	Buddha Pun	PUN	Male	40 - 60	1:13:18	
134	132	Razn	LAMIC	Male	40 - 60	1:14:55	
135	68	Hom Raj	BISTA	Male	40 - 60	1:17:18	
143	139	Rojan	BHANDARI	Male	40 - 60	1:20:33	
148	198	Helen	MARK	Male	40 - 60	1:31:05	