

**Nepal Action Asia 3 day Ultra Marathon 2013 , NOV 1-3
100KM**

Overall Position	Race Number	Team/ Sponsor/ Charity	First Name	Last Name	Day 1	Day 2	Day 1 +2 Total Time	Day 3	3 Day Overall Timing	Cat Position	Category
1	31		Arnaud	Picut	05:20:19	04:16:50	9:37:09	03:09:41	12:46:50	1	100km M40-49
2	10		Nicolas	Maes	05:58:58	04:41:54	10:40:52	03:29:50	14:10:42	1	100km M30-39
3	18	Geordie Wanderer	Paul	Smith	05:58:00	04:51:27	10:49:27	03:32:03	14:21:30	2	100km M30-39
4	61	North Face	Kami	Semick	06:07:03	04:23:51	10:30:54	04:08:01	14:38:55	1	100km W40-49
5	6		Nic	Bornman	06:23:47	04:59:50	11:23:37	03:35:35	14:59:12	3	100km M30-39
6	26		Tim	Hallworth	06:38:58	05:25:17	12:04:15	03:49:20	15:53:35	2	100km M40-49
7	8		Mark	Holdich	06:48:15	05:12:12	12:00:27	04:16:15	16:16:42	4	100km M30-39
8	62	Sherrin Loh	Sherrin	Loh	06:46:12	05:36:35	12:22:47	04:09:44	16:32:31	2	100km W40-49
9	33		Thor	Ranthe	07:28:11	05:31:20	12:59:31	03:52:40	16:52:11	3	100km M40-49
10	11		Reik	Mueller	07:28:11	05:21:05	12:49:16	04:21:45	17:11:01	5	100km M30-39
11	9	Ben Lai	Ben	Lai	07:12:10	06:01:39	13:13:49	04:47:12	18:01:01	6	100km M30-39
12	50	Rachel Jacqueline	Rachel	Jacqueline	07:42:32	06:02:15	13:44:47	04:16:50	18:01:37	1	100km W30-39
13	34	TEAM SBCF	Antony	Shaw	08:48:21	04:28:38	13:16:59	04:46:45	18:03:44	4	100km M40-49
14	3	Al is my hero	Alistair	Sargeant	07:16:55	06:37:18	13:54:13	04:10:00	18:04:13	1	100km M18-29
15	36	00Flash	James	Parsons	07:43:16	06:23:31	14:06:47	04:41:40	18:48:27	5	100km M40-49
16	27	Michel Lowy	Michel	Lowy	07:44:50	06:40:15	14:25:05	04:33:00	18:58:05	6	100km M40-49
17	12		Diarmuid	O'Shea	06:12:12	05:10:28	11:22:40	08:23:15	19:45:55	7	100km M30-39
18	46		Nadine	Bubner	08:21:20	06:28:05	14:49:25	05:00:41	19:50:06	2	100km W30-39
19	55	Jeanette Blanks	Jeanette	Blanks	08:21:20	06:28:05	14:49:25	05:00:41	19:50:06	3	100km W40-49
20	30	Wim	Wim	Michiels	08:34:51	06:25:35	15:00:26	04:51:10	19:51:36	7	100km M40-49
21	88		Jonathan	James	08:51:01	06:05:59	14:57:00	04:55:06	19:52:06	1	100km M50-59
22	47		Denise	Fair	08:26:17	06:39:50	15:06:07	04:52:00	19:58:07	3	100km W30-39
23	43		JUSTINA	KOZICKI	07:44:50	07:34:52	15:19:42	04:39:23	19:59:05	1	100km W18-29
24	57		Wendy	Cooper	08:28:14	06:59:40	15:27:54	05:52:59	21:20:53	4	100km W40-49
25	28	Steve Lyons	Steve	Lyons	08:42:09	07:34:52	16:17:01	05:22:10	21:39:11	8	100km M40-49
26	4	Dima	Dima	Apelbaum	08:42:09	07:34:52	16:17:01	05:22:10	21:39:11	8	100km M30-39
27	35		Ray	Wepener	09:22:10	06:19:50	15:42:00	06:00:36	21:42:36	9	100km M40-49
28	13	The Dude	Sebastian	Schlenker	08:30:45	07:25:50	15:56:35	06:12:48	22:09:23	9	100km M30-39
29	17		Alexey	Smirnov	09:57:09	06:59:05	16:56:14	06:33:51	23:30:05	10	100km M30-39
30	14		Priyen	Shah	09:35:17	06:44:23	16:19:40	07:13:12	23:32:52	11	100km M30-39
31	7		Peter	Donnelly	07:36:20	05:29:15	13:05:35	11:03:17	24:08:52	12	100km M30-39
32	23		June	Chang	09:14:21	07:00:00	16:14:21	08:21:55	24:36:16	10	100km M40-49
33	37	Chris	Chris	Murray	10:40:44	08:13:50	18:54:34	06:22:06	25:16:40	2	100km M50-59
34	38	Yuen Kong Ling	Kong Ling	Yuen	10:40:44	08:13:50	18:54:34	06:22:06	25:16:40	2	100km M50-59
35	15	Sharpe Incline	Paul	Sharpe	09:49:33	07:04:17	16:53:50	08:23:15	25:17:05	13	100km M30-39
36	21	Race for ever	Philippe	Bonnet	10:09:27	08:03:10	18:12:37	07:05:30	25:18:07	11	100km M40-49
37	32		Philippe	Pierrot	10:09:27	08:03:10	18:12:37	07:05:30	25:18:07	12	100km M40-49
38	1		Alastair	Curry	09:06:46	07:51:43	16:58:29	08:21:55	25:20:24	2	100km M18-29
39	63	Mertz	Jeanette	Mertz	10:01:00	07:33:32	17:34:32	08:21:55	25:56:27	5	100km W40-49
40	59	Zara Horner	Zara	Horner	10:11:40	08:04:31	18:16:11	08:00:25	26:16:36	6	100km W40-49
41	60	LLL	Betty	Liu	10:26:50	08:41:40	19:08:30	07:36:36	26:45:06	7	100km W40-49
42	24	Ching Tak Shing	Tak Shing	Ching	10:06:40	09:04:00	19:10:40	10:06:40	29:17:20	13	100km M40-49
43	44		ELLEN	LAI COSTA	10:25:54	10:34:32	21:00:26	08:58:34	29:59:00	2	100km W18-29
44	68	Victor Yung	Victor	Yung	10:41:28	10:34:06	21:15:34	09:52:39	31:08:13	41	100km M60+
45	41	Eye of the Tiger	Emma	Cox	11:34:54	10:25:10	22:00:04	11:03:17	33:03:21	3	100km W18-29
	45	Boonstra	Denise	Boonstra	10:54:51	DNS		DNS			100km W30-39
	58	Nikki Han	Nicola	Han		DNS		DNS			100km W40-49
	2		John	McErlane		DNS		DNS			100km M18-29
	5	Justin Barbaro	Justin	Barbaro		DNS		DNS			100km M30-39
	22	Matthew Bowe	Matthew	Bowe		DNS		DNS			100km M40-49
	25		Pierre	Filet		DNS		DNS			100km M40-49