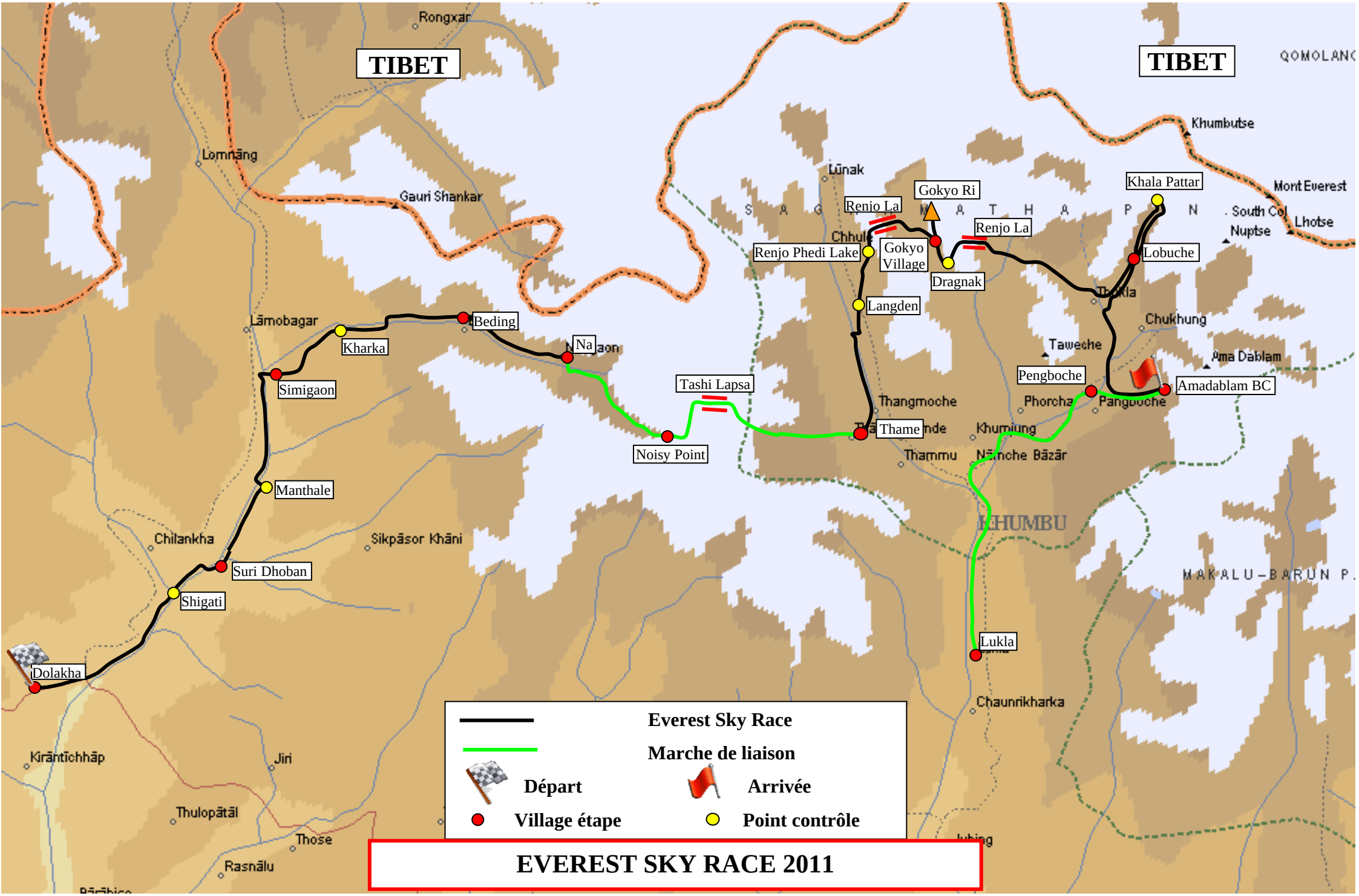
TIBET
TIBET
Rongxar
Lomnāng
Gauri Shankar
Lūnak
Gokyo Ri
Khala Pattar
Khumbutse
Mont Everest
South Col
Lhotse
Nuptse
Renjo La
Renjo La
Renjo Phedi Lake
Gokyo Village
Dragnak
Lobuche
Langden
Chukhung
Taweche
Ama Dablam
Pengboche
Amadablam BC
Phorcha
Pangboche
Thangmoche
Thame
Khumjung
Thammu
Nāmche Bāzār
Lāmobagar
Kharka
Beding
Na
Tashi Lapsa
Noisy Point
Simigaon
Manthale
Chilankha
Sikpāsor Khāni
Suri Dhoban
Shigati
Dolakha
Lukla
Chaunrikharka
KHUMBU
MAKALU-BARUN P.
Kirāntichhāp
Jiri
Thulopātāl
Those
Rasnālu
Everest Sky Race
Marche de liaison
Départ
Arrivée
Village étape
Point contrôle
EVEREST SKY RACE 2011