

**EVEREST
TRAIL 20
RACE 24**
11 al 23 de noviembre

by



SUMAN KULUNG WINS THE FIRST STAGE OF THE EVEREST TRAIL RACE BY TUGA

STAGE 1 / 23 km / + 1.551m / - 1.12m / Ac 2.563

Dhira B. Budha (Dhap Municipality) and Man K. Roka (Dhap Municipality) complete the first stage podium in Nepal. The Nepalese Chhoki Sherpa wins the women's category, followed by 12 minutes from the Catalan woman Laia Gilibets.

The local athletes have set a very intense pace from the beginning as great connoisseurs of the territory, but Suman Kulung (Grands Espais) has won 3 editions of the Everest Trail Race by Tuga (2017-2019-2023) and as a local runner he was the best favourite to win the 23km first stage between Dhap and Chyangsyngma. A not too demanding first day and acclimatization to the area both in terms of the altitude (the finish line was located at almost 3,500 meters) and the marking of the stage which is very different to the western one. Here the markings are made with biodegradable paint since the vertical tapes common in the West are an attractive novelty for the children of the area who, seeing them on the course, would cause significant risks for the race as they would play with them.

Suman Kulung (Grands Espais) led the day from start to finish. Although the first 3 classifieds were almost together during the entire stage, the last 4 kilometers of sustained uphill is where Suman Kulung made the difference, arriving at the finish line with a difference of 13 minutes over his immediate pursuer, the also Nepali Dhira B. Budha. This first stage has shown, once again, that Suman Kulung flies on the descents, but they also aspirants to the victory climb the hard ramps with a lot of level on the legs The Spanish man Antonio Segovia was the first ranked Westerner, coming in an excellent fourth place, just 30 minutes behind the first ranked. This fourth place must be evaluated very positively, if we take into account that the 4 predecessors at the finish are great connoisseurs of the territory.



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The Nepali woman Chhoki Sherpa won the stage ahead of the Catalan Laia Gilibets who arrived 12 minutes behind the Sherpa. The Nepalese runner led the day from start to finish.

The second stage between Chyangsyngma and Ringmo of 27 km will be marked by the ascent to Pike Peak (4,046 meters high), immediately after starting. Once the summit is reached, the runners will begin the descent, following a technical route through a forest of indescribable beauty. The first refreshment stop will be located at kilometer 6.5 due to the impossibility of obtaining water and other necessary elements. The adventure is lived for 24 hours at the Everest Trail Race by Tuga.



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