

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

by



SUMAN KULUNG RAI CONTINUES TO LEAD THE EVEREST TRAIL RACE BY TUGA

STAGE 2 / 27 km / + 1.483 m / - 2.203 m / Ac 3.686 m

Suman Kulung (Grans Espacis) continues to widen his gap with second-placed Dal B. Kunwar (Dhap Municipality). Nepalese runner Chhoki Sherpa wins the stage again and consolidates her lead.

Cold night at the *Everest Trail Race by Tuga* camp. The participants have left Chyangsyngma at an altitude of 3,490 metres with a temperature of 6 degrees below zero to face the second stage of 27 km. The finish in Ringmo and almost 3,700 metres of accumulated altitude gain during the day. As soon as the participants set off, they reached the highest peak of the race, Pike Peak (4,046m), where the oxygen density is lower and it is more difficult to fill the lungs with the effort. The ascent of Pike Peak, a classic in all the editions, has allowed all the participants to have the first radiantly clear views of Everest, Lhotse, Makalu or Ama Dablam, omnipresent from this moment onwards in all the stages of the race. Once over the summit of Pike Peak, the runners began a vertiginous descent to the first checkpoint at Jase Bhanjyang (3,510 m). After this checkpoint, the runners continued their descent over technical and muddy terrain to the village of Jumbesi (2,670 m).

From this second checkpoint and through very fast terrain, after 11 km, the runners reached the finish line in the village of Ringmo (2,740 m) where Suman Kulung (Grans Espacis) won his second consecutive stage victory in the Everest Trail Race by Tuga. Dhal B. Kunwar (Dhap Municipality) has reached the second position 15 minutes and 10 seconds behind the leader. Both have reached the summit of Pike Peak together and in the descent Kulung has again demonstrated his ability in the descents to distance himself from his immediate pursuer. After two stages, the



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Nepalese Man K. Roka is still in third place in the general classification, more than 43 minutes behind the leader Kulung.

In the women's category, the Nepalese Chhoki Sherpa (Grans Espais) has once again won the stage, followed by the Nepalese Humi Budhaseguir. The Catalan Laia Gilibets came third, 41 minutes behind the first classified, dropping from second to third place in the general classification. The third stage of this semi-self-sufficient adventure for the participants of the Everest Trail Race by Tuga will connect Ringmo and Kharikhola after 28km and almost 5,000 metres of accumulated altitude gain.



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