

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

by



SUMAN KULUNG CONTINUES HIS STAGE WINNING STREAK AT THE EVEREST TRAIL RACE BY TUGA FESTIVAL IN NEPAL

STAGE 3 / 28.3 km / + 2.028 m / - 2.799 m / Ac 4.827 m

For the third consecutive day, the runner Suman Kulung (*Grans Espais*) and the Nepalese Chhokki Sherpa (*Grans Espais*), Sherpa won the stage. The Spaniards Antonio Segovia (*Segalia*) in the men's category and Laia Gilibets in the women's category are fifth and third respectively in the general classification.

In the *Everest Trail Race by Tuga*, little is enough. The 28km of the third stage between Ringmo and Kharikhola showed almost 5,000 metres of accumulated elevation gain in the route book. A huge amount for such a short distance where the legs hurt both on the climbs and the descents. This third day has been the hardest and most technical of the race so far. The leader since the first stage, Suman Kulung (*Grans Espais*), shared a large part of the day with the second and third in the general classification, both Nepalese. The stage began on an exceptionally spectacular forest road. After the 7th kilometre, after reaching the highest point of the stage at 4,000 metres, the runners faced a negative difference in altitude of 2,800 metres with a very technical downhill section until the 15th kilometre, with broken terrain, easy to get lost, with very complex markings and vertical sections.

After the third checkpoint the participants crossed the Dudh Kosi river which comes directly from Everest. The finish at Karikhola after a climb with 500 metres of positive elevation gain finished off the punished legs of this third stage, which had more downhill than uphill. The leader Suman Kulung (*Grans Espais*) and the second classified Man K. Roka, have been together all the stage keeping an eye on each other. Although the Nepalese Man K. tried to attack on several occasions, it was not possible for him to get away from the Nepalese Suman Kulung. On the last uphill section, Kulung decided to go away, gaining a gap of 5 minutes and 32 seconds over the second-placed rider.



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After 3 days and at the halfway point of the *Everest Trail Race by Tuga*, Suman Kulung has a difference with the second classified, in the general classification Dal B. Kunwar, by 39 minutes and 47 seconds.

In the women's category, the Nepalese Chhokki Sherpa (Grans Espais), continues to increase the gap after the stage victory over the Nepalese Humi Budha, also second in the general classification. Humi lost just over 3 minutes today. Laia Gilibets from Catalonia came in third place, 51 minutes and 38 seconds behind the first place finisher, maintaining her third place in the general standings.

The fourth stage between Kharikola and Phakding will start with a climb of 1,000 metres of positive difference in altitude, followed by 2 km of pure mud on the descent, the result of a huge landslide that occurred a few days ago. The riders are already resting in their tents where they dream of the tough ramps of the first ascent of the Karila at 3,000 metres altitude right at the start.



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