

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

by



## SUMAN KULUNG ALSO WINS STAGE 4 OF THE EVEREST TRAIL RACE BY TUGA

STAGE 4 / 27.4 km / +2,170 m/ -1,515 m/ Ac 3,685 m

The Nepalese runner Suman Kulung (Grans Espais), continues to accumulate stage victories in this 2024 edition. Chhokki Sherpa (Grans Espais) also won the stage for the fourth consecutive day in the women's category and the Catalan Laia Gilibets continues to be third in the women's general classification.

Another successful day in the office with the best views in the world for Suman Kulung, Chhoki Sherpa and the rest of the participants in this 12th edition of the Everest Trail Race by TUGA ACTIVE WEAR in the Himalayan Mountains. As usual in this edition, each stage is an absolute leadership of Kulung, only disturbed by the attacks of his compatriot Man K. Roka who today has entered the finish line with only a difference of 3 minutes and 3 seconds with respect to Kulung. The fourth day of 27 km and 3,700 metres of accumulated elevation gain started from Kharikhola and finished in Phakding. To give you an idea of how tough the race was, *it* took just over 3 hours to complete the 27 km course.

As soon as the runners left the bivouac, they crossed a small, very old bridge to start the hard, direct and sustained ascent of the Kari-la with a positive difference in altitude of more than 1,000 metres over varied terrain. This year and due to a major landslide on the descent of the Karila, the runners had to face a dangerous descent of more than 2 km of pure mud.

After the second checkpoint in the village of Chaurikharka at an altitude of 2,600 metres, the runners, as in the previous edition, left the classic trekking route to Everest base camp and headed towards a rural area, away from the *trekking* traffic and much longer and more demanding in terms of altitude than in previous editions. From Segma through spectacular forests and 5km of varied terrain, Suman Kulung



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(Grans Espais) arrived in first position and only 3 minutes and 3 seconds behind his pursuer today, Man K. Rodka.

With 2 stages left to finish the Everest Trail Race by TUGA ACTIVE WEAR, the leader Suman Kulung (*Grans Espais*) has a difference of 46 minutes and 33 seconds with Roka, an insurmountable distance, unless there is a surprise, which can never be ruled out given the extreme hardness of the terrain and the significant slopes. Dal B. Kunwar maintains the third position in the general classification.

In the women's category, the Nepalese Chhokki Sherpa (*Grans Espais*), the undisputed leader of this edition, won once again. In second position and following the liturgy of the last few days, the Nepalese Humi Budha also reached the finish line just 15 seconds behind, ahead of the Spanish Laia Gilibets, who entered the finish line 28 minutes later. The temperature, which reached 20 degrees Celsius during the day, dropped to 2-3 degrees Celsius when the runners, who were increasingly tired, slept warmly in their tents.

During the fifth stage between Phakding and Tyangboche (24km and 3,800 metres of accumulated height gain) the participants of the Everest Trail Race by TUGA ACTIVE WEAR, will be able to see emblematic Himalayan peaks such as Everest, Lhotse and Nupse among others. Penultimate day, one of the hardest and most demanding of this edition, both for its toughness and for the spectacular nature of the route.



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