

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

by



## **SUMAN KULUNG LEADER OF THE ETR 2024 LOSES 17 MINUTES ON THE QUEEN STAGE**

**STAGE 5 / 24 km / +2.483 m/ - 1.283m / Ac 3.766 m**

Suman Kulung (Grans Espais) loses more than 17 minutes on the penultimate stage, won by Dal B. Kundar, also from Nepal. Kundar, who is in third place in the men's general classification. Chhokki Sherpa (Grans Espais) won the stage for the fifth consecutive day in the women's category, ahead of another Nepali, Humi Budha, and Laia Gilibets secured third place in the general classification.

Nepalese rider Dal B. Kundar, has started at the maximum from the first minute, willing to reduce the times that separated him from the first and the second classified. Dal has always passed through the different race controls in first place, with a difference at the end of the stage of more than 17 minutes in relation to Suman Kulung (Grans Espais), first in the general classification and Man K. Roka, still second, who have run practically together during the whole stage. This new scenario leaves the second and third in the general classification just 3 minutes and 43 seconds apart, although both are just over 46 minutes behind Suman Kulung (Grans Espais), the most likely winner of this 12th edition of the Everest Trail Race by TUGA.

The stage considered by the organisation, together with the third, as the most demanding and hardest, crossed the 'Hillary Bridge' inside the Sagarmatha National Park and entered Namche Bazar, the Sherpa capital of the Solu Khumbu at an altitude of 3,400 metres. After the ascent to Syangboché airport at 3,700 metres, the great Himalayan giants were present every time the athletes raised their heads to contemplate the views: Everest (8,848m), Lhotse (8,516m), Ama Dablam (6,812m) were the runners' spectators for the last 20km. From the famous Hillary School in Kumjung, the participants passed over 4,000m, where breathing became increasingly difficult with the heart rate at its maximum. The last 4 km were on an extremely aerial route to the finish line in Tyangboche. Dal



**JUSTLOADING**

**cor:exa**  
GLOBAL TRADE MARKETING

**TUGA**  
ACTIVE WEAR



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

by



B. Kundar crossed the finish line alone and behind him, Suman Kulung (Grans Espais) and his compatriot Man K. Roka.

In the women's category, the leader Chhoki Sherpa once again came in first in the stage, although she reached the finish line with a lead of only 21 seconds over her immediate follower, the Nepalese Humi Budha, who is also second in the general classification. Third place again went to Spain's Laia Gilibets. A bucket of hot water with a bar of soap for the participants. This is what the post-stage shower is like every day in the *Everest Trail Race by TUGA ACTIVE WEAR* and in which Suman Kulung has opened up a big enough gap to secure, if nothing prevents it, the first place in this 12th edition.

The last stage of the Everest Trail Race by TUGA ACTIVE WEAR does not raise any great doubts about the final result. Obviously anything is possible, but in both the men's and women's categories, it will be very difficult or almost impossible to unseat the Nepalese from the leading positions. They are racing at home and are extremely skilled downhill runners. It should also be noted that although the sixth stage has a positive elevation gain of 1,578m, there are 2,612m of downhill. The final 29 kilometres between Tyangboche and Lukla of the sixth stage will bring the twelfth edition of the Everest Trail Race by TUGA ACTIVE WEAR to a close after 170km and 26,000 metres of accumulated vertical gain.



**JUSTLOADING**

**cor:exa**  
GLOBAL TRADE MARKETING

