



MIGUEL HERAS TAKES THE OVERALL LEAD IN THE EVEREST TRAIL RACE

The runner of The Elements team wins the third stage ahead of Summan Kulung, second classified, who loses 11 minutes. Miguel Heras consolidates his leadership and Jordi Gamito (*Traça*) keeps the third position in the general classification.

After the 7th kilometre of the day, the runners have faced a negative difference in altitude of 2,800 metres with a very technical downhill section up to the 15th kilometre with broken terrain, easy to get lost, with very complex markings and vertical sections. The third stage between Ringmo and Kharikhola of 28km with almost 4,800 metres of accumulated altitude gain (here you don't need long distances to have altitude gain) started on an exceptionally spectacular forest road. After the third checkpoint the participants crossed the Dudh Kosi river which comes directly from Everest. The arrival at the Karikhola finish line after a climb with 500 metres of positive difference in altitude finished off the punished legs of the stage, which had more downhill than uphill. It was at this point of ascent that Miguel Heras attacked the great downhill specialist Summan Kulung to distance himself and win his second victory in the Everest Trail Race by the Elements in Karikhola with a succulent income.

Miguel Heras still has 3 stages to go to complete the 170km and 27,000 metres of accumulated altitude gain to be able to win the tenth edition of the Everest Trail Race by The Elements. At the moment he has to defend the 12 minutes and 42 seconds of margin he has with the second classified Summan Kulung. Jordi Gamito, third in the general classification, is already more than an hour and a half behind Miguel Heras (The Elements).





In the women's category, Phurwa Sherpa won her second stage victory with a 3-minute lead over Portugal's Ester Alves (SWE). In third place was María Pérez, almost 11 minutes behind. In the general classification, Perez is the second fastest woman, 21 minutes behind the leader Sherpa. Ester Alves is third, 40 minutes behind the leader. The fourth stage between Kharikola and Phakding will start with a climb of 1,000 metres of positive difference in altitude. The riders are already resting in their tents and may already be dreaming of the tough ramps of the first ascent of Karila at an altitude of 3,000 metres.



10^a EVEREST TRAIL RACE

6 al 18 de Noviembre 2022

by THE
ELEMENTS

