



MIGUEL HERAS CLOSER TO FINAL VICTORY IN THE EVEREST TRAIL RACE BY THE ELEMENTS

The race leader finishes the stage in second place after Summan Kulung's victory. Jordi Gamito (Traça) maintains the third position in the general classification. 2 days left to finish the Everest Trail Race by The Elements.

Another day passed in the office with the best views in the world for Miguel Heras (The Elements) in the Himalayan mountains. As usual each stage is a give and take between Heras and Kulung. The fourth day of 27 km and 3,700 metres of accumulated altitude gain started from Kharikhola and finished in Phakding. To give you an idea of how tough the race was, it took 3 hours and 38 minutes to complete 27 km of the race.

As soon as they left the camp the runners crossed a small, very old bridge to start the hard, direct and sustained climb to Kari La with a positive difference in altitude of more than 1,000 metres over varied terrain. After the second checkpoint in the village of Chaurikharka at an altitude of 2,600 metres, the runners, unlike in previous editions where they connected with the classic trekking route to Everest base camp, headed towards a rural area, away from the trekking traffic and much longer and more demanding in relation to the height difference than in previous editions. From Segma, through spectacular forests and 5km of varied terrain, Heras and Kulung arrived together to compete for the stage victory. Summan Kulung won at the finish line in Phakding and Miguel Heras was only 1 second behind the Nepalese rider. Jordi Gamito finished third at more than 47 minutes and is a fixed third place on the podium.





In the women's category, physical problems for the leader Phurwa Sherpa, who left the camp with a sore ankle. The pain she suffers in her ankle was reflected in the final classification of the stage, arriving third at the finish line in Phakding. The stage was won by the Portuguese Ester Alves (SWE) after 5 hours and 56 minutes of effort. Second place went to the Argentinian rider Silvina Pérez. In the overall ranking Sherpa is 17 minutes and 41 seconds ahead of Perez and 35 minutes ahead of Ester Alves.

During the fifth stage the participants of the Everest Trail Race by The Elements will be able to see emblematic Himalayan peaks such as Everest, Lhotse and Nupse among others.

