



MARC OLLÉ AND SONIA MARTÍN ON THE PODIUM OF THE EVEREST TRAIL RACE BY TUGA

Marc Ollé (*Grans Espais*) maintains the battle with Suman Kulung (*Tuga Active Wear*), winner of the stage and leader of the general classification. Nepalese runner Phurwa Sherpa wins the stage and takes the lead.

Cold night at the *Everest Trail Race by Tuga* camp. The participants have left Chyangsyngma at an altitude of 3,490 metres with a temperature of 6 degrees below zero to face the second stage of 27 km. The finish in Ringmo and almost 3,700 metres of accumulated altitude gain during the day. As soon as the participants set off, they reached the highest peak of the race, Pike Peak (4,046m), where the oxygen density is lower and it is more difficult to fill the lungs with the effort. The ascent of Pike Peak, a classic in all the editions, has allowed all the participants to have the first radiantly clear views of Everest, Lhotse, Makalu or Ama Dablam, omnipresent from this moment onwards in all the stages of the race. Once over the summit of Pike Peak, the runners began a vertiginous descent to the first checkpoint at Jase Bhanjyang (3,510 m). After this checkpoint, the runners continued their descent over technical and muddy terrain to the village of Jumbesi (2,670 m).

From this second checkpoint and through very fast terrain, after 11 km the runners reached the finish line located in the village of Ringmo (2,740 m) where Suman Kulung (*Tuga Active Wear*) won the second consecutive stage victory of the *Everest Trail Race by Tuga*. Marc Ollé (*Grans Espais*) came second, 1 minute 38 seconds behind the leader. The two climbed Pike Peak together and, on the descent, Kulung once again demonstrated his great ability on





the downhill to distance himself from the Catalan rider. After 2 stages in his debut in the competition, Marc Ollé lost almost 4 minutes. Gerard Morales (*Traça*) holds third place in the general classification, more than 30 minutes behind the leader Kulung.

In the women's category, the Nepalese Phurwa Sherpa has given a blow of authority to the race to win the stage victory and the leadership of the competition. Sonia Martín (*Trangoworld*), leader after the first day, has lost 34 minutes, but maintains the second position in the general classification. Nuria Domínguez (*Elements Tuga Wear*) remains third. The third trip of this adventure in semi-sufficiency for the participants of the Everest Trail Race by Tuga will connect Ringmo and Kharikhola after 28 km and almost 5,000 metres of accumulated difference in altitude.

