



MARC OLLÉ AND SONIA MARTÍN SNEAK INTO THE NEPALESE PARTY OF THE EVEREST TRAIL RACE

For the second consecutive day the runner Suman Kulung (Tuga Active Wear) and the runner Phurwa Sherpa win the stage. Marc Ollé (Grans Espais) and Sonia Martín (Trangoworld) maintain the second position in the general classification.

In the Everest Trail Race by Tuga with little is enough. The 28km of the third stage between Ringmo and Kharikhola showed in the route book almost 5,000 metres of accumulated vertical drop. A huge amount for such a short distance where the legs hurt both on the climbs and the descents. This third day has been the hardest and most technical of the race so far. The leader since the first stage, Suman Kulung (Tuga Active Wear) shared the day with the second in the general classification, Marc Ollé (Grans Espais) until almost the finish line. The stage began on an exceptionally spectacular forest road. After the 7th kilometre, after reaching the highest point of the stage at 4,000 metres, the riders faced a negative difference in altitude of 2,800 metres with a very technical downhill section until the 15th kilometre with broken terrain, easy to get lost, with very complex markings and vertical sections.

After the third checkpoint, the participants crossed the Dudh Kosi river, which comes directly from Everest. The arrival at the finish line in Karikhola after a climb with 500 metres of positive elevation gain finished off the punished legs of this third trip that had more elevation gain on the downhill than on the uphill. The leader Suman Kulung (Tuga Active Wear) and the second classified Marc Ollé (Grans Espais), have been together all the stage keeping an eye on each other. Although the Catalan tried to attack on





several occasions, he was unable to get away from the Nepalese rider. "It was a very hard fought stage with Suman who beat me by 27 seconds when he sprinted at the pass 700 metres from the finish. I couldn't keep up with him and he won the stage", explained Marc after the finish. After 3 days and reaching the halfway point of the Everest Trail Race by Tuga Suman Kulung has a gap of 4 minutes and 24 seconds over second-placed Marc Ollé. Gerard Morales (Traça) holds the third position in the general classification.

In the women's category, the Nepalese Phurwa Sherpa, continues to increase the difference after the stage victory over the Spaniard Sonia Martín (Trangoworld) second classified in the general classification. The Spaniard lost just over 30 minutes today. "A hard, long and technical stage where the first climb was the hardest for me. The atmosphere we have in the camp reminds me of when I was young", said Martín with a smile. Manuela Vilaseca and Nuria Domínguez (Elements Tuga Wear) finished in third place, keeping the third position in the general classification.

The fourth stage between Kharikola and Phakding will start with a climb of 1,000 metres of positive difference in altitude, followed by 2 km of pure mud on the descent, the result of a huge landslide, which happened a few days ago. The riders are already resting in their tents where they dream of the tough ramps of the first ascent of the Karila at 3,000 metres altitude right at the start.

