



## MARC OLLÉ SUFFERS TO CONSOLIDATE SECOND PLACE IN THE GENERAL CLASSIFICATION OF THE EVEREST TRAIL RACE BY TUGA

Ollé loses any option for the final victory after losing more than 19 minutes in the penultimate stage won by the leader Suman Kulung (Tuga Active Wear). Phurwa Sherpa wins the stage for the fifth consecutive day in the women's category and Sonia Martín (Trangoworld) secures second place in the general classification.

Suman Kulung (Tuga Active Wear), has sentenced the 11th edition of the Everest Trail Race by TUGA ACTIVE WEAR after winning the 5th stage. As a consequence of the 19 minutes and 27 seconds lost by his immediate chaser Marc Ollé (Grans Espais), the Nepalese runner is on his way to his third overall victory in the race, as his advantage in the general classification with Marc exceeds 23 minutes. Another Spaniard, Gerard Morales (Traça), came in third again, accompanied by fourth-placed Francisco A. Sousa from Portugal at the Tyangboche finish at an altitude of 3,860m.

The stage considered by the organisers, together with the third, as the most demanding and hardest, crossed the "Hillary Bridge" in 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 (8,887m), 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 at Tyangboche. Suman Kulung crossed the finish line alone and behind him, at the limit of his strength, suffering a slight





fainting spell, Marc Ollé came in, losing a minute. "I suffered very strong dizziness where I could hardly walk. I was on the verge of abandoning, but I wanted to reach the finish line to maintain my second place in the general classification", explained Marc.

In the women's category, the leader Phurwa Sherpa once again came first in the stage, entering the finish line with a lead of more than nine minutes over the Spaniard Sonia Martín (Trangoworld), second in the general classification. The third position was once again for the Spaniard Nuria Domínguez. 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 a sufficiently important gap to ensure, if nothing prevents it, the first place in this 11th 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 adept downhill. 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 eleventh edition of the Everest Trail Race by TUGA ACTIVE WEAR to a close after 170km and 26,000 metres of accumulated vertical drop.

