

EVEREST TRAIL RACE 2025

10 al 22 de noviembre

DAL B. KUNWAR REMAINS UNTOUCHABLE WITH HIS THIRD STRAIGHT WIN AT THE EVEREST TRAIL RACE

STAGE 3 | 28.3 km | +2,028 m | -2,799 m | Total: 4,827 m

Nepali dominance continues at the Everest Trail Race by Tuga. For the third consecutive day, Dal B. Kunwar and Chhokki Sherpa claimed a commanding victory in a stage that pushed every runner to their physical and technical limits. Spaniards Abel Carretero (OTSO) and Manuel Vela hold on to second and third place in the men's overall standings.

Stage three, from Ringmo to Kharikhola, came with a clear warning: just 28 kilometers, but nearly 5,000 meters of cumulative elevation gain. A gruelling profile with punishing climbs and endless descents. Kunwar delivered yet another flawless performance, pulling away early through the spectacular forest trails and cresting the highest point of the route, at 4,000 meters, completely alone.

From kilometer 7 onward, runners faced a relentless 2,800-meter descent, an extremely technical and unstable section up to kilometer 15, with loose terrain and tricky navigation. After crossing the Dudh Kosi River—which flows straight from Everest—a final sting awaited: a 500-meter uphill push before reaching the finish line.

Kunwar once again crossed the line in solitude, extending his lead to more than 37 minutes over Abel Carretero. At the halfway mark of the race, he now sits atop the general classification with a cushion of 1 hour and 19 minutes over the Spaniard.

In the women's field, Chhokki Sherpa also remains solid at the front. The Nepali athlete added another stage win, widening the gap over compatriot Humi Budha, who lost just over two minutes today. Portugal's Ester S. Alves finished third, 1 hour and 3 minutes behind, and holds on to third place overall.

Stage four, from Kharikhola to Phakding, will begin with a demanding 1,000-meter climb, followed by two kilometers of pure mud on the descent. Runners are now resting in their tents, mentally preparing for the brutal slopes awaiting them tomorrow on the ascent to Karila at 3,000 meters.

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