

# EVEREST TRAIL RACE 2025

10 al 22 de noviembre

## DAL B. KUNWAR ABSOLUTE LEADER OF THE ETR 2025 STAGE 5 / 24 km / +2,483 m / -1,283 m / Accumulated 3,766 m

Dal B. Kunwar extends his lead over his closest rival, Spain's Abel Carretero (OTSO), while fellow Spaniard Manuel Vela holds on to third place in the overall standings. In the women's race, Chhoki Sherpa secures her fifth consecutive stage win, finishing ahead of compatriot Humi Budha, as Ester S. Alves consolidates third place overall.

Nepali runner Dal B. Kunwar set a blistering pace from the very start, determined to widen the gap over his nearest competitor. He led through every checkpoint and ultimately finished the stage with a commanding **1 hour and 32 minute** advantage over Abel Carretero.

Carretero briefly went off course after CP2 but was quickly located thanks to the GPS tracking system carried by all competitors. Dal B. Kunwar is now the clear favorite to claim victory in the **13th Everest Trail Race by TUGA**.

Today's stage—considered along with Stage 3 as the toughest of the race—crossed the iconic **Hillary Bridge** inside Sagarmatha National Park before reaching **Namche Bazaar**, the Sherpa capital at 3,400 meters. After climbing to the Syangboche airstrip at 3,700 meters, runners enjoyed breathtaking views of Himalayan giants such as **Everest (8,848m)**, **Lhotse (8,516m)** and **Ama Dablam (6,812m)**, which dominated the landscape over the final 20 km.

From Kumjung's Hillary School, athletes raced above 4,000 meters, where thin air and high heart rates added to the challenge. The last 4 km followed an exposed ridge line before finishing in Tyangboche. Kunwar crossed the line solo, followed by Carretero and Spain's Manu Vela.

In the women's category, dominant leader **Chhoki Sherpa** once again took the stage win, though with a slimmer margin—just **three minutes** ahead of Humi Budha, who remains second overall. Portugal's **Ester S. Alves** repeated her third-place finish.

Daily recovery at the Everest Trail Race means nothing more luxurious than a bucket of hot water and a bar of soap—conditions that underscore the toughness of a race in which Kunwar has now gained a decisive advantage heading into the final stage.

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The last stage of the Everest Trail Race by TUGA ACTIVE WEAR is unlikely to alter the overall results. While anything can happen, displacing the Nepali runners from the top of the standings—both men's and women's—seems highly improbable, especially given their exceptional downhill skills on familiar terrain. The final **29 km from Tyangboche to Lukla**, featuring **1,578 m of ascent** and **2,612 m of descent**, will bring the 13th edition to a close after **170 km** and **26,000 meters** of accumulated elevation gain.

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