

# EVEREST TRAIL RACE 2025

10 al 22 de noviembre

## DAL B. KUNWAR ALSO WINS THE FOURTH STAGE OF THE EVEREST TRAIL RACE BY TUGA

**STAGE 4 / 27.4 km / +2,170 m / -1,515 m / Accumulated 3,685 m**

Nepal's Dal B. Kunwar extended his dominance of the 2025 Everest Trail Race by TUGA ACTIVE WEAR, claiming his fourth straight stage victory. In the women's category, Chhokki Sherpa matched that feat with another commanding win, while Portugal's Ester S. Alves remains third overall.

Stage 4 covered 27 demanding kilometers between Kharikhola and Phakding, featuring 3,700 meters of accumulated elevation gain. Elite runners needed just over three hours to complete the route—an indication of the stage's extreme difficulty.

The day opened with a crossing over an old wooden bridge before the field embarked on the steep, continuous ascent to Kari-la, climbing more than 1,000 meters on mixed terrain. A major landslide on the Karila descent forced athletes through a treacherous 2 km stretch of deep mud, adding to the stage's severity.

After passing the second checkpoint in Chaurikharka (2,600 m), runners once again left the classic Everest Base Camp trekking route and ventured into a remote rural sector. This alternative, first introduced last year, is significantly longer and more punishing in terms of elevation. Kunwar reached Segma and powered through the final 5 km of varied forest terrain to take another clear win, finishing more than 30 minutes ahead of Spain's Abel Carretero (OTSO). Spain's Manuel Vela holds third overall, more than seven hours behind the Nepali leader.

With two stages remaining, Kunwar now leads the general classification by a commanding 1 hour and 49 minutes—a gap that appears unassailable unless the mountains deliver a surprise.

In the women's race, Chhokki Sherpa was once again unmatched. Her compatriot Humi Budha finished alongside her in second place, continuing the pattern of recent days. Portugal's Ester S. Alves arrived 50 minutes later.

Daytime temperatures reached 20°C but dropped to near freezing overnight, testing runners' resilience as fatigue accumulates ahead of the decisive final stages.

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Stage 5, a 24 km route with 3,800 meters of elevation gain between Phakding and Tyangboche, will offer participants sweeping views of Everest, Lhotse and Nuptse. It stands as one of the most demanding and spectacular stages of this year's edition.

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