PERE AURELL STRIKES FIRST AT THE EVEREST TRAIL RACE BY TUGA AND OPENS A GAP OVER MILAN KULUNG

STAGE 4 | 27.36 km | +2,170 m / -1,515 m | Cumulative Elevation: 3,685 m | Kharikhola-Phakding

The Catalan runner wins Stage 4 (Kharikhola-Phakding) after launching a devastating attack toward Sengma, extending his overall lead to over six minutes. In the women's category, Ang Furba Sherpa delivers another dominant performance.

The titanic duel between **Pere Aurell** and **Milan Kulung** for the crown of the 14th Everest Trail Race by Tuga reached its turning point today. The Catalan runner claimed a strategic and commanding victory in Stage 4, contested between Kharikhola and Phakding, making a bold statement that puts him at the top of the general classification with a lead of just over six minutes ahead of the local athlete.

The stage presented a top-tier technical and physical test, featuring 27.36 kilometers and 2,170 meters of positive elevation gain across heavy, muddy, and extremely slippery terrain. During the opening section of the race, neither of the two favorites gave an inch. **Aurell** and **Kulung** matched each other's split times at both the first and second checkpoints, maintaining an intense deadlock that reflected their mutual respect.

The Decisive Attack in Sengma

The script was torn up just past the second checkpoint. On the grueling climb toward the rural village of Sengma, near the classic Everest trekking route, **Aurell** shifted gears with a devastating surge. The Nepalese runner could not

respond to the Catalan's acceleration, who steadily pulled away stride by stride to cross the finish line with more than a five-minute cushion over his closest rival.

Behind the leading duo, Spanish athletes rounded out the top spots, with **Ricardo Cherta** securing third place nearly 16 minutes behind the winner, and **Abel Carretero** finishing fourth at just over 35 minutes back.

A Golden Cushion Ahead of the Downhill Finale

With this stage victory, **Pere Aurell** solidifies his overall lead with a buffer of more than six minutes—a vital margin, though far from decisive with two stages still remaining in the race.

The key to the final outcome lies in the profile of the remaining two days:

- **Stage 5 (tomorrow):** A predominantly uphill course that stands as **Aurell's** last major opportunity to add more time to his advantage.
- **Stage 6 (the day after tomorrow):** A final stage defined by long descents—the favored terrain of **Kulung** and the Nepalese specialists—where the Catalan will be forced to ride defensively to protect his lead.

Ang Furba Sherpa Shows No Mercy in the Women's Category

In the women's field, the absolute dominance of the previous two days was repeated. Nepalese runner **Ang Furba Sherpa** once again proved untouchable in this edition of the **Everest Trail Race by Tuga**, claiming the fastest splits at every single checkpoint along the stage.

The race leader opened up a gap right from the start over her compatriot **Sonima Sherpa**, finishing nearly an hour ahead of her at the line. Meanwhile, Italian runner **Giuliana Arrigoni** remains steady in the race after completing the stage two hours behind the winner.

The 14th **Everest Trail Race by Tuga** now enters its decisive stretch with everything still to be decided in the heart of the Himalayas.