



COSTA RICA VENTURE



Stage 1 : Paquita - Napoles



A magnificent first stage, along the Pacific Coast, in the middle of a green palm grove driving us step by step into the tropical jungle, approximately 15 km flat with crossings of bridge and rivers followed by a progressive ascent which will bring our runners in the hearth of the jungle.

The main difficulty of this stage will be the heat and the humidity which reigns over this part of Costa Rica. As a starter, we cannot make better for the adventure which starts by an intense stage of 20 km with a positive difference in level of 1 300m.

Ranking

Extreme

- 1st : Roiny Villegas (Ambassade De France), 4h23'18
- 2nd : Wayne Rice, 5h20'27
- 3rd : Sophie Bonnot, 5h 39'00

Adventure

- 1st: Vivien Vedrenne, 3h18'04
- 2nd : Reynald Balbelaere, 3h22'18
- 3rd : Joachim Deroquefeuil, 3h38'29





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The stage from the inside

The first stage of the CRUT was very challenging with lots of climbing, including a 10 km straight climb between km 18 and 28.

The route was very well marked and support tables were very comprehensive. The weather was extremely hot and this made the already challenging route that much tougher

Wayne Rice (Extreme)

The course was challenging with the heat and after the second aid station I wondered if there would ever be downhill. I liked especially the telephone booth in the middle of nowhere. Thanks to all for their help today.

Kelley Koehler (Extreme)





COSTA RICA ULTRA TRAIL

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INTERNET & COMMUNICATION



GRAN HOTEL COSTA RICA
1930 Patrimonio Histórico





Photos

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