



**STAGE 3**

After a donation to the benefit of the Esperanza school, the 20 runners goes straight in the heart of the Tapanti National Park for 24.1 Km, difference in level +585m./-1830m, for the Adventure's runners and for a marathon of 42.1 Km, with a difference in level of +985m./- 2830m for the Extreme's runners.

3 km of ascent to reach 2840 meters, highest point of the race, before joining the entry of the single track of 3 km which will drive the runners in the heart of the Tapanti, muddy, slippery and each one may fall down in this very technical descent through a primary forest.

The runners will then reach a track crossing the coffee plantation until PC3, end of the adventure's stage.

The extreme's runners will have an additional 18 kilometers, crossing two pass, in order to reach El Humo on a track through a tropical rain forest.

The sun finishes appearing after a very rainy and stormy night.

After his bad performance of the previous stage, it is clear that Pierre Aubery will do his best to reduce the 3mn gap he has on Roiny Villegas.

On PC1(km 9), end of the descent in the Tapanti, Pierre Aubery and Juan Carlos Sagastume are pointed at 3 mn before Roiny Villegas, on PC 2 (Km 19), Pierre is leaving Juan Carlos (at 6mn) and increase his advance on Roiny (at 9mn).

Pierre will deal perfectly with the end of this stage and will finish 14'40 before Roiny who finally passed Juan Carlos in a last effort.

On the Scratch ranking, Pierre takes back the first position before Roiny at 11 minutes and Juan Carlos who consolidate his 3rd rank.

On the Adventure race, our 3 women seem unreachable, but for the fourth rank, everything is open.

**Ranking**

**Extreme**

- 1<sup>st</sup> : Aubery Pierre (Action 18/Altec Sport), 3h51'30
- 2<sup>nd</sup> : Roiny Villegas (Ambassade de France), 4h06'10"
- 3<sup>rd</sup> : Juan Carlos Sagastume (North Face/GNC), 4h24'40"

**Adventure**

- 1<sup>st</sup>: Boust Muriel, 3h36'13"
- 1<sup>st</sup> : Sternat Véronique, 3h36'13"
- 3<sup>rd</sup> : Gruson Véronique, 3h37'30"





## The stage from the inside

It has been raining and sunny alternatively as usual and we did a donation of school kits to the children before starting the race. The children dances for us, and it was a nice and a great moment of emotion and share.

Then we run through the jungle , It was tuff, and we were using our legs and hands to avoid falling down.

I felt pain in my shoulders but the stage was so nice as we were running through coffee plantations where I had the opportunity to take some pictures with farmers.

Again it was a very nice stage.

*Tada Shinshini, Japan, Adventure.*





Photos





Photos

