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Alpine terrain and spectacular trails in rain and wind: the fourth stage of the Transalpine Run demands everything from the runners

Half-time at the Dynafit Transalpine Run powered by Garmin. The fourth stage from See to Ischgl turned out to be the most difficult of this year's legendary Alpine crossing. Rain and wind, technical passages and slippery downhills demanded all the strength, stamina and concentration of the runners.

For most of the athletes, it was the longest day so far at this year's Dynafit Transalpine Run powered by Garmin. The only two runners to make it under five hours were the two solo runners Lukas Mangger from Italy (4:54:12 hours) ahead of the Swiss Nino Janki. In the women's solo category, only the leading Julia GÜthling finished in under 7 hours (6:42:07 hours).

Among the teams, the Swiss "flatland fighters" Tobias Schmid and Ramon Gut continued to impress, extending their lead with their fourth victory of the day in the men's category; as did Lena Glasbrenner and Johanna Steinmüller from the "Allgäu Outlet Racing Team", who ran over 35 minutes ahead of the runners-up "Die Sonnenblumen" with Rachel Marbaker from the USA and Sophie Kirkman from Zimbabwe.

The tough stage took its toll: today alone, almost 30 runners had to bury their dream of successfully crossing the Alps in 2024 and thus the coveted finisher shirt.

All results and information at transalpine-run.com.

Tomorrow's fifth stage from Ischgl to Samnaun follows a slightly more challenging route with around 30 kilometers and 2100 meters of altitude.

The Transalpine Run has been taking place since 2005 and leads over the main Alpine ridge in seven days on changing routes and spectacular trails.

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