



5th stage of the 16th DYNAFIT Transalpine Run 2021 powered by Volkswagen R – Local hero wins mountain sprint in Klosters, TAR leaderboards remain unchanged

Short, steep and fast defined the 5th stage of the 16th DYNAFIT Transalpine Run powered by Volkswagen R (TAR), which ran another day in the municipality of Klosters. Today's mountain sprint started at the Sport- und Veranstaltungsarena Klosters (1,179 m) and finished at the Madrisa mountain station (1,884 m), pushing the runner's lactate limits. With 8.7 kilometers and 940 meters of ascent, the shortest of the TAR stages and with a single finish line on the mountain, speed counts. The start was in reverse order of the overall standings. The fastest mountain sprinter today was Michael Steiner, a member of the local hero team Davos Klosters. With 47 minutes and 45 seconds, the 26-year-old clearly decided the day's victory in his favour. In the women's race Ida-Sophie Hegemann and Eli Anne Dvergsdal ran together in 1 hour and 4 minutes for first place.



Daily winner Michael Steiner (right in the picture) wins the mountain sprint in 47 minutes and 45 seconds. Martin Lustenberger to his left, 2:21 minutes behind Steiner, who finished second in the sprint.



In the women's race, Ida-Sophie Hegemann (center) and Eli Anne Dvergsdal took first place together. Stephanie Kröll, Team Mountainshop Hörhager and 1st place in the overall mixed ranking, won 3rd place. Photos: Klaus Fengler.

The 5th stage was held in the Graubünden community of Klosters in Prättigau. As a result of the short stage, the start was an unusually late 10:00 a.m. and runners commenced in 15 second intervals in reverse order with the overall standing teams commencing last. The course commenced along forest paths on the slope in the direction of Klosters village. After crossing the suspension bridge, the surface changes to natural trails and lead steeply uphill through sparse mountain forest to the finish arch just below the Madrisa mountain station.

The day's winners - Top 3 in the men's and women's categories

With a time of 47.45 minutes, Michael Steiner, Team Davos Kloster, took the day's victory in a commanding manner. Steiner, a young mountain runner from the neighbouring Engadin stated, "Actually this is not my discipline". Rather, it is the distances up to 40 kilometers with constant up and down. Today, however, he was clearly ahead, with a gap of 2.21 minutes to second-placed Martin Lustenberger (50.06 minutes). Third on the podium is Lustenberger's teammate Ramon Manetsch with a time of 50.33 minutes.



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In the women's race, Ida-Sophie Hegemann and Eli Anne Dvergsdal run together for 1st was 2nd place (1:04:01). Stephanie Kröll, Team Mountainshop Hörhager and in 1st place in the overall mixed ranking, wins 3rd place (1:05:22). Thus the generally fastest TAR ladies shared the podium also today. In the daily ranking in the team competition there were one or two surprises. For the first time a Dutch team took the first place in the Master Men category. Team Suicide Bunnies, Wouter Hoefsloot (1:02:04) and Maarten Hendriks (58:20:05) crossed the finish line after a team performance of 2:00:25.

Lead in the overall standings remains unchanged

In the overall ranking of the Transalpine Run, Martin Lustenberger and Ramon Manetsch, Gantrischbike .ch Marathon Team Kriens (15:55:13) continue to lead in the men's race. With 47.05 minutes behind in second place follows Team Davos Klosters, manned by today's winner Michael Steiner and his teammate Gabriel Lombriser (16:42:19). Thus, the leadership of the men remains in Swiss hands. The leaders in the overall women's ranking are and remain for the time being: DYNAFIT Squad x The North Face, Isa-Sophie Hegemann and Eli Anne Dvergsdal (19:48:33).

Another feature of today's stage is the long recovery time. Starting in the early afternoon, it's break time. For the teams, does that mean coasting or rather putting their legs up? „*Definitely legs up,*“ answers day winner Michael Steiner. „...*and eat,*“ he adds with a laugh.

The 6th stage is coming up - Tomorrow is the royal stage from Klosters to Scoul in the Engadine.

46.8 kilometers and 2,300 meters of altitude - the run from Klosters to Scoul is a tough one. Therefore, the start will be an early 7:00 a.m. After just over five hours, the first teams should arrive in the town center of Scoul.

For more information on the DYNAFIT Transalpine Run powered by Volkswagen R and this year's course please visit transalpine-run.com.

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