

Strähl beat her own record

Les Diablerets, August 7, 2016. The Kenyan Eric Muthomi Riungu and Martina Strähl clearly won the Glacier 3000 Run with a huge lead. Second place went to last year's winner Philipp Feuz. The conditions for the 9th glacier run were fantastic.

785 runners took on the challenge of competing in the 9th Glacier 3000 Run. This included a distance of 26 km and an altitude gain of 1'900 meters from the Gstaad Promenade through Gsteig and up into the harsh glacial landscape. „The conditions have never been so good,“ says Helmut Perreten, the previous race director, enthusiastically. The 41-year old born in Saanenland was the 12th fastest in the overall ranking and won the M40 category. Winner of the day with a time of 2:23,09 was the Kenyan Eric Muthomi Riungu who lives in Austria. With this last win the 26-year old African has already won 5 races this season. It was amazing to see how easily Riungu overcame the steep moraine between Cabane and the glacier. „It was a very special experience, this course with its glacier passage and wonderful panorama. I could really enjoy the run“, said the clear winner. The second fastest in the Mens category was last year's winner Philipp Feuz, who did not expect to do so well, considering he did not train as much as usual. „I can hardly believe that I completed the race in 2:33. I did not plan on finishing under 2:40“ said the 33-year old sous-chef.

Martina Strähl, who is in top shape at moment, finished the race in a little over a minute before Feuz and arrived at the Glacier 3000 terrace with a time of 2:32,04. The 2015 world champion in long distance mountain running even beat her own record from last year by almost 90 seconds. Daniela Gassman Bahr, the previous series winner, had to withdraw at the last moment due to an injury. The second fastest woman was the British runner Hannah Jarvis. Third place in the Womens category went to Lea Tauern from Lichtenstein.

Of the 785 runners, 702 were classified, including 23 from the Alpine Nordic Walker category. 150 kids were at the sunny start of the traditional Gstaad Kids Run at the Gstaad Promenade. OC President Bernhard Tschannen was as excited as the runners about the fantastic conditions. The delicate layer of snow on the Oldenhorn from the day before combined with the blue skies made for an unrivalled picture as runners approached the finish line. “We also received a really good feedback from the runners and already set another participant record in the Women's category“, says Tschannen.

After the successful 9th edition of the challenging mountain run, the Glacier 3000 Run OC is especially looking forward to the 10-year anniversary of the run, which will be celebrated by adding a marathon distance to the regular 26 km. The additional loop around the Arnensee promises to offer variety and a unique challenge for mountain running fans. The marathon in 2017 will definitely count as one of the most difficult ones in Switzerland.

Rankings

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