Media Information, 11th September 2023

**Day 3: Tough stage and exciting duels on the third day of the 2023 Transalpine Run from Ischgl to Galtür.**

**The third stage from Ischgl to Galtür proved to be a real test of endurance for the more than 500 remaining Transalpine runners. While some teams were able to defend their leading positions with confidence, there were some close battles in certain categories. Particularly exciting was the solo classification, where Fabian Gering won a stage for the first time and is now only three minutes behind the current leader, Swiss runner Micha Steiner.**

**Men, Women & Mixed: confident leading teams**

In both the men's and women's categories, as well as in the mixed category, the leading teams continued to dominate the third stage. **The North Face** team of **Patrick Ehrenthaler and Marcel Geissler** won in 5 hours, 38 minutes and 47 seconds, some 20 minutes ahead of **Jens Theis and Damian Hampen** of **Team** **2 Weizen**. In the women's category, it's the Swiss duo **Nadja Fässler and Simone Räss** from **Team** **Alpstein Power** who continue to set the pace. After their third stage win of the day, they now have a 24-minute lead over **Team Liechtenstein**. In the mixed category, the **Allgäu Outlet Racing Team** with **Tanja Löwenhagen and Tobi Abt** took another stage win. In the overall standings, they have extended their lead to almost 20 minutes.

*"That was tough today. I think I have to dig deep to find the reserves. But tomorrow we go to Switzerland. That's where the heart comes into play." - Micha Steiner, leader of the TAR Solo category.*

**Master Men: New overall leaders from Switzerland**

After yesterday's success, the Swiss team **Suvretta Sports St. Moritz**, represented by **Peter Portmann and Sascha Hosennen**, won the third day with a time of 5 hours, 44 minutes and 14 seconds. They now lead the overall standings ahead of today's second placed team, **Lord Jens Kramer and Matthias Dippacher**, who are competing for **St. Anton am Arlberg**. The gap between them is about seven minutes.

**Master women: Take over the overall lead**

**Stephanie Gil and Alexandra Gundel** of Team **Laufsport Saukel by Dynafit** have taken the lead in the overall standings with their second day's victory.

**Masters Mixed: Tough battle with new overall leaders**

After winning the first two stages, the **WeRun4Fun e.V**. team of **Claudia Rosegger and Benjamin Klöppel** yielded the lead to the **F7/Coros** team of **Birgit Stuffer and Alexander Rabensteiner** on day three. The latter team also took the overall lead with a slight advantage of 1 minute and 38 seconds.

**Senior Master Men: Seeberger Mammut pull ahead**

Things are getting clearer in the Senior Master Men category. After two close days, **Clemens Keller and Anton Philipp** of Team **Seeberger Mammut** picked up the pace on today's stage and are now more than 15 minutes ahead of the second placed team, **Die Vinschger**.

**Senior Master Mixed: new leaders**

In the Senior Master Mixed category, **Die Sonnigen** with **Andrea Meusburger-Kaufmann and Christian Meusburger** have taken the overall lead with their first day win.

**TAR Solo Men: Fierce competition**

In the new Solo category, the men's race is still very close. After two daily victories, Swiss runner **Micha Steiner** relinquished the lead today to **German Asics** frontrunner **Fabian Gering**. Gering was the only runner of the day to finish in under five hours with a time of 4 hours 59 minutes and 29 seconds. Steiner crossed the finish line just under four minutes later to maintain his lead in the overall standings by three minutes.

**TAR Solo Women: Clear lead, battle for positions**

It's a clear situation among the women. As in the previous days, Irish runner **Laura O'Driscoll** secured the win, this time ahead of **Volkswagen R driver Jana Seel**, who made her first podium appearance. Right behind her was **Silvia Felt**, who consolidated her second podium finish. "It was tough today. I'm not used to it," said the winner shortly before crossing the finish line.

Tomorrow the Transalpine Run will set off on its **fourth stage to Klosters in Graubünden**, Switzerland. Due to unstable weather conditions in the afternoon, the stage will start at 6:00 for safety reasons and the second ascent will be avoided. There are still **41 kilometres and 1600 metres** to go.

**All info, results and TAR LIVE-CENTER at** [**transalpine-run.com**](http://transalpine-run.com/)

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