



**INTERNATIONAL
SKYRUNNING
FEDERATION**

Best Performance
Official Race Time (***)
Sanctioned Records (**)
Fastest Known Time FKT (*)

ASCENT RECORDS - SPEED & INDOOR	LOCATION	COUNTRY	ALTITUDE	DISTANCE	TOTAL CLIMB	TIME	m/h	YEAR	HOLDER	M/F	NATION	
SkySpeed ***	Canazei	Italy	1600m	200m	100m	2'29"	2416	2008	Tofol Castanyer	M	ESP	
Vertical Sprint ***	Milan	Italy	0	300m	121m	3'30"	2074	2007	Thomas Dold	M	GER	
Empire State Building Run-Up ***	New York	USA	0	800m	381m	9'33"	2393	2003	Paul Crake	M	AUS	
Empire State Building Run-Up ***	New York	USA	0	800m	381m	11'23"	2008	2006	Andrea Mayr	F	AUT	
Tapei 101 Run-Up ***	Taipei	China	0	800m	395m	10'29"	2260	2004	Paul Crake	M	AUS	
Tapei 101 Run-Up ***	Taipei	China	0	800m	395m	12'38"	1876	2005	Andrea Mayr	F	AUT	
Lotte World Tower International Sky Run ***	Seoul	South Korea	0	1150m	555m	15'44"	2116	2017	Mark Bourne	M	AUS	
Lotte World Tower International Sky Run ***	Seoul	South Korea	0	1150m	555m	18'45"	1776	2018	Suzy Walsham	F	AUS	
ASCENT RECORDS - 1,000/3,000m	LOCATION	COUNTRY	ALTITUDE	DISTANCE	TOTAL CLIMB	TIME	m/h	YEAR	HOLDER		NATION	
Cervino Vertical Kilometer ***	Breuil-Cervinia	Italy	3000m	3.5 km	1000m	40'44"	1473	1994	Ettore Champretavy	M	ITA	
Cervino Vertical Kilometer ***	Breuil-Cervinia	Italy	3000m	3.5 km	1000m	38'30"	1558	2000	Matt Carpenter	M	USA	
Vertical Kilometer® M/3000m ***	Val d'Isère	France	2900m	3 km	1000m	33'34"	1787	2016	Xavier Gachet	M	ITA	
Vertical Kilometer® F/3000m ***	Val d'Isère	France	2900m	3 km	1000m	38'11"	1571	2016	Christel Dewalle	F	FRA	
Vertical Kilometer® M/2000m ***	Canazei	Italy	2407m	2.1 km	1000m	31'34"	1901	2016	Philip Goetsch	M	ITA	
Vertical Kilometer® F/2000m ***	Canazei	Italy	2407m	2.1 km	1000m	38'14"	1569	2014	Laura Orguè	F	ESP	
Vertical Kilometer® F/2000m ***	Cholonge	France	2140m	1.8 km	1000m	34'01"	1764	2019	Axelle Mollaret	F	FRA	
Vertical Kilometer® M/1000m ***	Fully	Switzerland	1500m	1.9 km	1000m	29'42"	2020	2014	Urban Zemmer	M	ITA	
Vertical Kilometer® M/1000m ***	Fully	Switzerland	1500m	1.9 km	1000m	28'53"	2077	2017	Philip Goetsch	M	ITA	
Vertical Kilometer® F/1000m ***	Fully	Switzerland	1500m	1.9 km	1000m	34'44"	1727	2014	Christel Dewalle	F	FRA	
Double Vertical Kilometer M/3000m ***	Villaroger	France	3211m	7.6 km	2022m	1h23'34"	1452	2017	Yoann Sert	M	FRA	
Double Vertical Kilometer F/3000m ***	Villaroger	France	3211m	7.6 km	2022m	1h35'20"	1273	2015	Christel Dewalle	F	FRA	
Double Vertical Kilometer M/2000m ***	Chandolin	Switzerland	2720m	7.7 km	1970m	1h09'32"	1700	2018	Rémi Bonnet	M	SUI	
Double Vertical Kilometer F/2000m ***	Chandolin	Switzerland	2720m	7.7 km	1970m	1h21'20"	1453	2020	Christel Dewalle	F	FRA	
Triple Vertical Kilometer ***	Susa	Italy	3538m	9.7 km	3030m	1h58'53"	1529	2017	Martin Anthamatten	M	SUI	
Triple Vertical Kilometer ***	Susa	Italy	3358m	9.7 km	3030m	2h22'38"	1275	2014	Laura Orguè	F	ESP	
24 HOUR ASCENT RECORDS	LOCATION	COUNTRY	ALTITUDE	DISTANCE	TOTAL CLIMB	TIME	m/h	YEAR	HOLDER		NATION	
24-Hour Ascent - SkyRace® ***	Val d'Isère	France	1800/2500		17575m	23h55'	735	2001	Adriano Greco	M	ITA	
24-Hour Hour Ascent - individual *	Passo Tonale	Italy	1800/2500		17675m	23h33'	746	2009	Andrea Daprai	M	ITA	
24-Hour Hour Ascent - individual *	Mezzacorona TN	Italy	200/800		20320m	23h51'	852	2016	Jimmy Pellegrini	M	ITA	
24-Hour Hour Ascent - individual **	Mezzacorona TN	Italy	200/800		20550m	23h51'	862	2017	Andrea Daprai	M	ITA	
24-Hour Hour Ascent - individual **	Mezzacorona TN	Italy	200/800		20865m	24h00'	869	2019	Manuel Degasperri	M	ITA	
24-Hour Hour Ascent - individual **	Mezzacorona TN	Italy	200/800		21720m	24h00'	905	2020	Daniele Cappelletti	M	ITA	
24-Hour Hour Ascent - ski individual *	Tusten	Norway	200/800		20939m	24h	872	(ascent time) 2017	Lars Erik Skjervheim	M	NOR	
24-Hour Hour Ascent - ski individual *	Tusten	Norway			15440m	24h	643	(ascent time) 2016	Malene Blikken Hankoy	F	NOR	
24-Hour Hour Ascent - ski individual *	Tusten	Norway			23486m	24h	979	(ascent time) 2019	Kilian Jornet	M	ESP	
24-Hour Hour up & down - individual *	Finland	Finland			16054m	24h		up & down 2020	Juha Jumisko	M	FIN	
24-Hour Hour up & down - individual *	Aprica - Sondrio	Italy	1200/1700	149km	17000m	24h		up & down 2020	Luca Manfredi Negri	M	ITA	
ALTITUDE RECORDS - 4,000/5,000m	LOCATION	COUNTRY	ALTITUDE	DISTANCE	TOTAL CLIMB	TIME	km/h	YEAR	HOLDER		NATION	
Everest SkyMarathon® ***	Tingri	Tibet	4373m	42 km	150m	2h52'57"	15 km/h	1998	Matt Carpenter	M	USA	
Everest SkyMarathon® ***	Tingri	Tibet	4373m	42 km	150m	3h55'19"	10,8 km/h	1996	Danelle Ballangee	F	USA	
Everest Top SkyMarathon® **	Tengu La	Tibet	5200m	42 km	50m	3h22'25"	12,5 km/h	1998	Matt Carpenter	M	USA	
SKYRUNNING RACES - 4,000/5,000m	LOCATION	COUNTRY	ALTITUDE	DISTANCE	TOTAL CLIMB	ASCENT TIME	m/h	RETOUR TIME	YEAR	HOLDER	NATION	
Pikes Peak Marathon® ***	Manitou Springs	USA	4301m	42 km	2200m	2h01'06"	1090	3h16'39"	1993	Matt Carpenter	M	USA
Pikes Peak Marathon® **	Manitou Springs	USA	4301m	42 km	2200m	2h29'15"	884	4h02'45"	2019	Maude Mathys	F	SUI

Aspen-Castle Peak SkyMarathon® *	Aspen/Tailor Peak	USA	4037m	42 km	2000m	1h50'00"	1091	3h23'10"	1994	Matt Carpenter	M	USA
Monte Rosa SkyMarathon® ***	Alagna	Italy	4559m	35 km	3490m	3h14'00"	1079	4h24'27"	1994	Fabio Meraldi	M	ITA
Monte Rosa SkyMarathon® ***	Alagna	Italy	4559m	35 km	3490m	4h00'18"	871	5h34'40"	1994	Gisella Bendotti	F	ITA
Monte Rosa SkyMarathon® ***	Alagna	Italy	4559m	35 km	3490m	3h17'51"	1058	4h39'59"	2018	F. Collé/W. Boffelli	M	ITA/ITA
Monte Rosa SkyMarathon® ***	Alagna	Italy	4559m	35 km	3490m	4h00'55"	869	5h51'32"	2018	H. Gerardi/H. Page	F	USA/GBR
Monte Rosa SkyMarathon® ***	Alagna	Italy	4559m	35 km	3490m	3h36'48"	966	5h03'56"	2018	K. Jornet/E. Forsberg	M/F	ESP/SWE
Mont Blanc Ultra SkyMarathon® **	Courmayeur	Italy	4810m	52 km	3800m	4h39'58"	814	7h06'31"	1993	Adriano Greco	M	ITA
Mont Blanc Ultra SkyMarathon® **	Courmayeur	Italy	4810m	52 km	3800m	6h	633		1994	Gisella Bendotti	F	ITA
Mt Kenya SkyMarathon® **	Sirimon Gate	Kenya	4985m	42 km	2440m	3h29'00"	700	5h03'22"	1995	Fabio Meraldi	M	ITA
Breithorn SkyMarathon® ***	Cervinia	Italy	4165m	27 km	2160m	1h48'18"	1197	2h26'14"	1996	Jean Pellissier	M	ITA
Breithorn SkyMarathon® ***	Cervinia	Italy	4165m	27 km	2160m			3h21'26"	1996	Danelle Ballangee	F	USA
Mt Elbert SkyMarathon® *	Independence Pass	USA	4399m	20 km	1500m			1h54'48"	1996	Bruno Brunod	M	ITA
Mexico Iztacihuatli SkyMarathon® ***	Paso Cortes	Mexico	5210m	33 km	1550m	1h55'00"	809	2h50'44"	1998	Ricardo Mejia	M	MEX
Mt Kinabalu Climbathon ***	Sabah	Malaysia	4095m	17.8 km	2205m	1h35'29"	1386	2h33'56"	2010	Marco De Gasperi	M	ITA
SKYRUNNING RECORDS - 4,000m - ALPS	LOCATION	COUNTRY	ALTITUDE	DISTANCE	TOTAL CLIMB	ASCENT TIME	m/h	RETOUR TIME	YEAR	HOLDER		NATION
Dôme de Neige *	Ailefroide	France	4015m	10 km	2500m	2h01'00"	1240		1999	Jean Pellissier	M	ITA
Dôme de Neige *	Ailefroide	France	4015m	16 km	2500m	2h00'47"	1242	2h30'57"	2005	Kilian Jornet	M	ESP
Dôme de Neige *	Ailefroide	France	4015m	16 km	2500m	1h57'55"	1272		2005	Matheo Jaquemoud	M	FRA
Gran Paradiso **	Pont	Italy	4061m	16 km	2100m	1h43'22"	1219	2h'21'32"	1995	Ettore Champretavy	M	ITA
Gran Paradiso **	Pont	Italy	4061m	16 km	2100m	1h29'23"	1410	2h'02'32"	2020	Nadir Mguet	M	ITA
Gran Paradiso **	Pont	Italy	4061m	16 km	2100m	2h40'14"	786		2020	Fernanda Maciel	F	BRA
Matterhorn **	Cervinia	Italy	4478m	12 km	2478m			4h16'26"	1990	Valerio Bertoglio	M	ITA
Matterhorn **	Cervinia	Italy	4478m	12 km	2478m	2h10'00"	1144	3h14'44"	1995	Brunod Brunod	M	ITA
Matterhorn **	Cervinia	Italy	4478m	12 km	2478m	1h56'15"	1279	2h52'02"	2013	Kilian Jornet	M	ESP
Matterhorn *	Cervinia	Italy	4478m	12 km	2478m			5h52'00"	2013	Emelie Forsberg	F	SWE
Matterhorn North *	Hornli Hutte	Switzerland	4478m	3km	1300m	1h56'	672		2009	Ueli Steck	M	AUS
Matterhorn North *	Hornli Hutte	Switzerland	4478m	3km	1300m	1h46'	736		2015	Dani Arnold	M	SUI
Mont Blanc **	Chamonix	France	4810m	30 km	3800m			5h29'30"	1988	Laurent Smaghe	M	FRA
Mont Blanc **	Chamonix	France	4810m	30 km	3800m	3h38'00"	1046	5h10'14"	1990	Pierre-André Gobet	M	SUI
Mont Blanc *	Chamonix	France	4810m	30 km	3800m	3h33'00"	1070	4h57'34"	2013	Kilian Jornet	M	ESP
Mont Blanc **	Chamonix	France	4810m	30 km	3800m			8h10'00"	2013	Emelie Forsberg	F	SWE
Mont Blanc - Run + Ski *	Chamonix	France	4810m	30 km	3800m			5h05'00"	2013	Matheo Jaquemoud	M	FRA
Mont Blanc - Run + Ski *	Chamonix	France	4810m	30 km	3800m	4h07'00"	923	5h12'00"	2003	S Brosse/P Gignoux	M/M	FRA
Mont Blanc *	Courmayeur	Italy	4810m	52 km	3800m	6h55'	549	12h23'	1990	Fornoni/Giacometti	M/M	ITA
Mont Blanc *	Courmayeur	Italy	4810m	52 km	3800m	4h28'36"	849	6h45'24"	1995	Fabio Meraldi	M	ITA
Monte Rosa *	Courmayeur	Italy	4810m	52 km	3800m	4h13'00"	901	6h43'52"	2015	Marco De Gasperi	M	ITA
Monte Rosa *	Alagna	Italy	4559m	35 km	3400m	3h53'00"	876	6h07'	1989	Marino Giacometti	M	ITA
Monte Rosa *	Alagna	Italy	4559m	35 km	3400m	3h10'00"	1074	4h20'34"	2018	Marco De Gasperi	M	ITA
Monte Rosa *	Gressoney	Italy	4559m	31 km	2800m	4h	700	5h29'33"	1988	Valerio Bertoglio	M	ITA
Monte Rosa **	Gressoney	Italy	4559m	31 km	2800m	3h05'00"	908	4h45'00"	1997	Bruno Brunod	M	ITA
Monte Rosa *	Gressoney	Italy	4559m	31 km	2800m	3h09'00"	889	4h30'45"	2020	Franco Collé	M	ITA
ULTRA PERFORMANCE - 4,000m ALPS	LOCATION	COUNTRY	ALTITUDE	DISTANCE	TOTAL CLIMB	ASCENT TIME	m/h	RETOUR TIME	YEAR	HOLDER		NATION
Monte Rosa - SkyBike * Solo	Genoa via Alagna	Italy	4559m	250 km	5050m	16h30'	306		1992	Marino Giacometti	M	ITA
Monte Rosa - SkyBike & Ski *	Genoa via Gressoney	Italy	4559m	245 km	4980m	14h31'	343		2018	Nico Valsesia	M	ITA
Monte Rosa - SkyBike (with HR monitor)*	Genoa via Gressoney	Italy	4559m	240 km	4980m	13h46'	362		2020	Davide Talarico	M	ITA
Monte Rosa - SkyBike *	Genoa via Alagna	Italy	4559m	246 km	5050m	14h18'	353		2020	Nico Valsesia	M	ITA
Mont Blanc - SkyBike *	Genoa	Italy	4810m	320 km	5200m	23h00'	226		1997	Marino Giacometti	M	ITA
Mont Blanc - SkyBike *	Genoa	Italy	4810m	320 km	5200m	18h58'	274		2008	Andrea Daprai	M	ITA
Mont Blanc - SkyBike *	Genoa	Italy	4810m	320 km	5200m	16h36'	313		2013	Nico Valsesia	M	ITA
SKYRUNNING RECORDS - 4,000m WORLD	LOCATION	COUNTRY	ALTITUDE	DISTANCE	TOTAL CLIMB	ASCENT TIME	m/h	RETOUR TIME	YEAR	HOLDER		NATION
Popocatepetl *	Paso Cortes	Mexico	5441m	20 km	1800m			3h30'00"	1990	Victor Pani	M	MEX
Kilimanjaro *	Marangu	Tanzania	5962m	52 km	4000m	5h38'00"	710	8h34'52"	2001	Bruno Brunod	M	ITA
Kilimanjaro *	Marangu	Tanzania	5962m	52 km	4000m	5h24'00"	741	9h38'00"	2009	Andrey Puchinin	M	RUS
Kilimanjaro *	Marangu	Tanzania	5962m	52 km	4000m	5h23'50"	743	7h14'00"	2010	Kilian Jornet	M	ESP

Kilimanjaro *	Marangu	Tanzania	5962m	52 km	4000m	4h56'00"	811	6h56'24"	2013	Karl Egloff	M	ECU
Kilimanjaro *	Marangu	Tanzania	5962m	41 km	4200m	7h08'51"	588	10h06'	2017	Fernanda Maciel	F	BRA
Kilimanjaro *	Mweka	Tanzania	5962m	21 km	4260m	6h52'54"	619	.	2018	Kristina Schou Madsen	F	DEN
Kilimanjaro SkyBike *	From the sea	Tanzania	5962m	410 km	8206m	26h54'	305		2017	Nico Valsesia	M	ITA
Grand Teton *	N. Park Lupine	USA	4197m	20 km	2300m	2h54'01"	793		2012	Kilian Jornet	M	ESP
Grand Teton *	N. Park Lupine	USA	4197m	20 km	2300m	3h51'00"	597		2012	Emelie Forsberg	F	SWE
Mexico Iztaccihuatl *	Paso Cortes	Mexico	5210m	33 km	1550m	1h55'00"	809	2h50'44"	1998	Ricardo Mejia	M	USA
Mount Rainer *	Washington	USA	4392m	nd		3h20'00"		4h40'59"	2012	Willie Benegas	M	USA
Mount Rainer *	Washington	USA	4392m	nd		3h57'55"		3h57'55"	2013	Andy & Jason Dorias	M	USA
Longs Peak *	Colorado	USA	4346m	nd		1h14'08"		1h56'48"	2012	Andy Anderson	M	USA
Grand Teton *	Wyoming	USA	4199m	nd				2h53'02"	2012	Andy Anderson	M	USA
Grand Teton *	Wyoming	USA	4199m	nd				3h51'00"	2012	Emelie Forsberg	F	SWE
Mount Whitney *	California	USA	4418m	nb		1h56'54"		3h06'39"	2012	Brett Maune	M	USA
Mt Elbrus **	Caucasus	Russia	5642m	14 km	3330m	3h13'14"	1034		2020	Evgeny Markov	M	RUS
Mt Elbrus Race ***	Caucasus	Russia	5642m	14 km	3330m	3h10'12"	1050	4h10'18"	2020	Vitaly Shkel	M	RUS
Mt Elbrus **	Caucasus	Russia	5642m	14 km	3330m	4h49'00"	691	6h25'23"	2015	Oksana Stefanishina	F	RUS
Mt Elbrus Race ***	Caucasus	Russia	5642m	14 km	3330m	4h30'00"	740		2017	Diana Zelenova	F	RUS
Mt Elbrus - SkyBike *	From the sea	Russia	5642m	524 km	5680m	31h55'00"	178		2016	Nico Valsesia	M	ITA
MOUNTAINEERING RECORDS OVER 6,000m	LOCATION	COUNTRY	ALTITUDE	DISTANCE	TOTAL CLIMB	ASCENT TIME	m/h	RETOUR TIME	YEAR	HOLDER		NATION
Aconcagua **	Plaza Mulas	Argentina	6962m	19 km	2600m	3h40'20"	708	4h52'14"	2000	Brunod/Meraldi/Pellissier	M	ITA
Aconcagua *	Plaza Mulas 4360m	Argentina	6962m	20 km	2600m	4h36'30"	564	5h57'14"	1992	GM Haute Montagne	M	FRA
Aconcagua *	Plaza Mulas	Argentina	6962m	9,5 km	2600m	3h38'18"	715		2020	Martin Zhor	M	CZE
Aconcagua *	Horcones	Argentina	6962m	60 km	4100m			12h49'	2014	Kilian Jornet	M	ESP
Aconcagua *	Horcones	Argentina	6962m	60 km	4100m			11h52'	2014	Karl Egloff	M	ECU
Aconcagua *	Plaza Mulas	Argentina	6962m	60 km	4100m	9h50'00"	417,09	14h22'	2016	Fernanda Maciel	F	BRA
Aconcagua *	Entrance Park	Argentina	6962m	63 km	4600m	14h53'00"		22h52'	2016	Fernanda Maciel	F	BRA
Aconcagua SkyBike & Ultra *	Vina del Mar	Chile/Argentina	6962m	223 km	8159m			22h41'	2014	Nico Valsesia	M	ITA
Kahan Tengri *	Kazakistan	Russia	7010m	nb	4200m	7h40'	548	12h22'	2011	Denis Urubko	M	RUS
Lenin Peak *	Pamir	Russia	7137m	nd	4400m		862,74	5h06'	2014	Vitaly Shkel	M	RUS
Lenin Peak *	Pamir	Russia	7137m	nd	4400m		586,66	7h30'	2014	Anna Oglobina	F	KAZ
McKinley - Denali *	Alaska	Alaska	6194m	53 km	4700m	9h43'00"	484	11h49'	2014	Kilian Jornet	M	ESP
Pumori *	Lobuche	Nepal	7145m	nd	1788m	7h45'	231	17h	1987	Marc Batard	M	ITA
Pumori *	Lobuche	Nepal	7145m	nd	1938m	9h	215	14h	1989	Marino Giacometti	M	ITA
Muztagh Ata *	Pamir	China	7546m	nd	3100m	9h25'00"	329		2005	B Bohom /Sebastian Haag	M	GER
MOUNTAINEERING RECORDS OVER 8,000m	LOCATION	COUNTRY	ALTITUDE	DISTANCE	TOTAL CLIMB	ASCENT TIME	m/h	RETOUR TIME	YEAR	HOLDER		NATION
Shisha Pangma N **	Tibet	China	8013m		2600m	12h01'	216	15h	1995	Pep Ollè/Fabio Meraldi	M	ESP/ITA
Shisha Pangma S *	Tibet	China	8013m		2600m	10h30'	248		2011	Ueli Steck	M	SUI
Gasherbrum II *	Baltoro	Pakistan	8035m		2230m	7h30'	297,00	17h	2006	Denis Urubko	M	RUS
Broad Peak *	Baltoro	Pakistan	8047m		3100m	15h40'	198	22h	1984	Krzysztof Wielicki	M	POL
Broad Peak *	Baltoro	Pakistan	8047m		3153m	16h	197	22h	1986	Benoit Chamoix	M	FRA
Annapurna *	South	Nepal	8091m		2341m	17h	138	28h	2013	Ueli Steck	M	AUS
Nanga Parbat *	Diamir	Pakistan	8125m		3825m	23h	166,00		1987	Benoit Chamoix	M	FRA
Nanga Parbat *	Diamir	Pakistan	8125m		3100m			48h	1996	Krzysztof Wielicki	M	POL
Manaslu *	Advanced camp	Nepal	8163m		2400m	14h05'	170	21h14'	2013	Andrzej Bargiel	M	POL
Dhaulagiri*	Normal route	Nepal	8167m		3567m	17h	210		1995	Anatoly Bukreev	M	RUS
Cho Oyo *	Tibet	China	8201m		2550m	18h45'	136		1994	Carlos Carsolio	M	ESP
Cho Oyo *	Tibet	China	8201m		2788m	11h16'	247		1996	Russel Brice	M	NZL
Makalu	Normal route	Nepal	8485m		2685m	13h45'	195		1988	Marc Batard	M	FRA
K2 *	Baltoro	Pakistan	8611m		3311m	23h	144		1986	Benoit Chamoix	M	FRA
K2 *	Baltoro	Pakistan	8611m		2622m	17h30'	150		1986	Tomo Csesen	M	SLO
Lhotse *	Khumbu	Nepal	8516m		3166m	30h	106		1994	Benoit Chamoix	M	FRA
Lhotse *	Khumbu	Nepal	8516m		3166m	21h16'	149		1996	Anatoly Bukreev	M	RUS
Mount Everest *	Khumbu	Nepal	8878m		3500m	22h30'	156		1990	Marc Batard	M	FRA
Mount Everest /O2 *	Khumbu	Nepal	8878m		3500m	20h24'	172		1998	Kaji Sherpa	M	NEP

Mount Everest *	Advanced camp	China	8878m		2450m	16h35'	148		1996	Hans Kammerlander	M	ITA
Mount Everest *	Advanced camp	China	8878m		2400m	16h42'	144	22h42'	2006	Christian Stangl	M	GER
Mount Everest *	Advanced camp	China	8878m		2478m	17h	146		2017	Kilian Jornet	M	ESP
Mount Everest *	Rongbuk	China	8878m		3800m	26h	146	38h	2017	Kilian Jornet	M	ESP

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