

Lihäs trivedi

NUTS YLLAS PALLAS Ultra Trail (106)

A person in a blue and white athletic outfit is pointing at a large digital display showing race results. The display is titled "race/result 11" and "Overview". It lists various race segments and the overall results for several participants. The person is standing in front of the display, which is mounted on a wall. The display also shows the "Lukoil" logo and "member of LUKOIL Group".

	MFRank	Overall	Bib	Name	Nation	MA
105 km 82.	125.	242	Tommi-Lappalainen	+	22:3	
105 km 81.	124.	332	Lihäs Trivedi	India	22:3	
160 km 63.	76.	54	Markus Ilva	+	34:3	
160 km 62.	74.	65	Vallo Prints	Estonia	34:3	
160 km 13.	75.	58	Anu Ossberg	+	34:3	
105 km 43.	122.	211	Riitta Vimpeli	+	22:2	
105 km 80.	123.	212	Harri Jantunen	+	22:2	
105 km 79.	121.	275	Kaj Koskinen	+	22:2	
105 km 42.	120.	1355	Anna-Kaisa Saukko	+	22:2	
160 km 61.	73.	105	Pasi Pirhonen	+	34:2	
160 km 60.	71.	30	ville haavisto	+	34:2	
160 km 12.	72.	33	Elisa Heikkinen	+	34:2	



The race experience 13 July 2019

It was midnight(12th midnight)and the light was full with midnight Sun at the PALLAS the start point of the event at the sanctuary. It was too cold as the temperature was 4°C but felt like 0°C.

The start was perfect & it was a downhill at the start. The sanctuary was full of Christmas trees & the roots coming out of ground due to melting of Ice making it difficult to tackle while running. The path was well defined with markers every 50/100 meters. The first cutoff was at 21km in 6 hours from start & I could comfortably reach there by 3:15 hours.

The tough race begins with climbs which are hard to imagine & super tough to climb with slippery slopes.

The average climb was around 300 meters but it feels like 500/600 meters which is a tough task. Not to mention that the flowing stream in between

made it difficult & I was completely drowned to ankle & ran with completely soaked shoes n socks.

Our extra bags were kept at 46km a cut off at 11am. There was an aid station with all facilities except physiotherapy. Here I had socks change to feel better in foot. By now I had already developed blisters due to wet foot.

The terrain was getting tougher with each passing kilometer. The time which I saved at the beginning was getting lost a bit. It felt better as the day progressed. My problem was food intake!!! I was not able to eat any solids. I stopped in between at one of the shelters where a friendly couple gave me hot water & I could make a soup. That was real energiser for me.

At 82km in the race there were 3 tough climbs all made of loose rocks on the skiing slopes making it tough to negotiate.

With all courage & faith I kept going & made it one after the another, once the last hill (fell) was gone I knew I have made it. It was a matter of time to reach the finish line. It was sense of pride to be the first Indian to run in the Ultra Trail Race in the northern most part of the World in the Laplands of Finland.

The end result was a great satisfaction & I was feeling great at the end of the race. A well deserved medal was a huge achievement. A great climb of 2600 meters & a decline of 2540 meters making it on hell of a race!

This was one of the most memorable races I have run around the globe. An extra special as I dedicated this one to my Mom who left us last year same time.

Lihas Trivedi

Ultra Marathoner & Triathlete