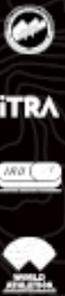


2023 WORLD MOUNTAIN AND TRAIL RUNNING CHAMPIONSHIPS



WMTRC 2023 LONG TRAIL RACE: Who are the favourites?

We're only a few days away from the next World Mountain and Trail Running Championships in Innsbruck and Stubai. It's time to take a closer look at the favourites for the long trail race to be held on Friday 9 June in Innsbruck, Austria.

LONG TRAIL RACE

MEN

For the long trail race, it's hard to predict. Once again, the field of runners is very strong. There are 6 runners above the 900 ITRA Performance Index.

In first place there was American [Jim Walmsley](#) with an ITRA Performance Index of 938 (ITRA PI) but unfortunately had to withdraw due to injury. Germany's [Hannes Namberger](#) 923 (ITRA PI) tops the start list, followed by France's [Thibaut Garrivier](#) 912 (ITRA PI). There are rumours that Thibaut is taking part in the championships just to win the gold medal. This is a perilous objective, and the Italian [Andreas Reiterer](#) 911 (ITRA PI) will certainly not make it easy. Having finished third at the inaugural Long Trail World Championships, the Italian will be doing his utmost to reach the top step of the podium. Switzerland's [Gian Schick Lanz](#) 904 (ITRA PI) completes this incredible line-up of the fastest long-distance runners at these Championships, along with the great regular of these championships, Long Trail World Vice-Champion [Nicolas Martin](#) 901.

In the Top 15 of these Long Trail World Championships, there are 5 athletes between 890 and 899 ITRA PI. It's hard to know which athlete will make the difference on the Austrian trails. The course has some vertiginous slopes and the distance-to-climb ratio will be enough to put any worthy champion through their paces.



Adam Peterman - Credit @irunfar

TOP 15 Men:

Nationality	Last Name	First Name	ITRA Performance Index
USA	WALMSLEY	Jim	938
GER	NAMBERGER	Hannes	923
FRA	GARRIVIER	Thibaut	912
ITA	REITERER	Andreas	911
SUI	SCHICKTANZ	Gian	904
FRA	MARTIN	Nicolas	901
FRA	ROUBIOL	Benjamin	899
ESP	FERNANDEZ	Jose	898
ROU	MANOLE	Ionel	893
ESP	EGEA	Aritz	891
CHN	YOU	Peiquan	890
USA	LIPUMA	Eric	886
FRA	CHASSAGNE	Baptiste	884
GRE	ZISIMOPOULOS	Fotis	883
POR	RODRIGUES	Andre	883
USA	MILLER	Zach	883

If we look at the men, the average ITRA Performance Index for the top 5 is 917.6 and for the top 10 is 907 (ITRA PI). The level among the men is once again incredibly high. This technical race promises to be a battle full of twists and turns.

Ranking	ITRA Performance Index
Top 5	917,6
Top 10	907

LONG TRAIL RACE WOMEN

On the women's side, Long Trail World Champion [Blandine L'Hirondel](#) tops the start list with a stratospheric ITRA Performance Index of 812. She is the only woman above 800 ITRA PI taking part in these championships, along with Sweden's [Tove Alexandersson](#) 817 (ITRA PI) taking part in the Classic mountain race. France is well represented in the top 15 with [Manon Bohard Cailler](#) 769 (ITRA PI) and the inseparable [Audrey Tanguy](#) 767 (ITRA PI) and [Marion Delespierre](#) 744 (ITRA PI). The Spaniards, only two in the top 15, are announced as favourites with [Azara Garcia](#) 771 (ITRA PI) and the third Long Trail World Champion [Gemma Arenas](#) 762 (ITRA PI). The spotlight is also on Germany's

[Rosanna Buchauer](#) 762 (ITRA PI), 5th at her first Long Trail World Championships. She knows the course and trails very well, and that could well make all the difference.



Blandinde L'Hirondel - Credit @astridrenet

TOP 15 WOMEN:

Nationality	Last Name	First Name	ITRA Performance Index
FRA	L'HIRONDEL	Blandine	812
NEP	BUDHA	Sunmaya	772
ESP	GARCIA	Azara	771
FRA	BOHARD CAILLER	Manon	769
FRA	TANGUY	Audrey	767
CZE	VAŠÍNOVÁ	Marcela	765
ESP	ARENAS	Gemma	762
GER	BUCHAUER	Rosanna	762
POL	TRACZ	Paulina	759
FIN	ANTILA	Johanna	756
JPN	YOSHIZUMI	Yuri	755
AUS	MCKENNA	Anna	752
POL	WILK	Katarzyna	745
FRA	DELESPIERRE	Marion	744
ITA	TURINI	Giuditta	744

The women's field at these Long Trail Championships is extremely strong. The average ITRA Performance Index for the top 5 is 778.2 and for the top 10 is 769.5. Once again, it's difficult to predict who will win.

Ranking	ITRA Performance Index
Top 5	778,2
Top 10	769,5

[LONG TRAIL BY TEAM](#)

MEN

Last year, the men's Long Trail Team World Champions were the **Americans**, then the **French** in second place, followed by the **Spanish**.

If we look at the ITRA Performance Indices for all the male athletes this year, the **French** are expected to come out on top, followed by the **Americans** and then the **Italians**. The Spanish and Swiss are in fourth and fifth place respectively. Are the French ready to win the title of World Long Trail Team Champion? Will the Americans succeed in retaining their World Champion title?

[LONG TRAIL BY TEAM](#)

WOMEN

On the women's side, the first Long Trail World Champions were the **French**, followed by the **Spanish** in second place and the **Italians** in third.

This year, the predictions once again point to the French in first place. Two nations well placed to make their debut on the podium are the **Polish** for silver and the **Germans** for bronze. However, we must not discount the Spanish, who will not let their title of World Vice-Champion slip away so easily. As for the **French**, **will they be able to retain their Long Trail World Championship title?**

See you on Friday 9 June 2023.

[DISCOVER THE STARTLIST OF ALL THE WMTRC RACES](#)