

## PREVIEW WOMEN'S 20KM FREESTYLE RUKA – Sunday 26 Nov 2023

### Frida Karlsson

- Frida Karlsson (4) claimed the joint-most wins in women's World Cup distance events last season (alongside Ebba Andersson).
- Karlsson (8, including those 4 victories) recorded the outright most podium results in distance events in the 2022/23 women's World Cup (Ebba Andersson followed on 6 podiums).
- Despite the above, Karlsson finished only eighth in the distance standings last season. Karlsson had finished second in the distance standings in the 2021/22 World Cup.
- Karlsson has won two World Cup events in the 20km freestyle. Both victories came in pursuit events: in Ruka (27 November 2022) and Oberstdorf (4 January 2023, Tour de Ski).

### Other contenders

- Last season, **Kerttu Niskanen** won the 2022/23 distance crystal globe despite winning only two of the 17 WC distance events that season: the 10km classic style in both Beitostølen (10 December 2022) and Falun (17 March 2023).
- Coming into Ruka, Niskanen claimed all five of her World Cup victories in 10km classic style events.
- **Jessica Diggins** triumphed in the only women's 20km freestyle mass start event in last season's World Cup: in Davos on 18 December 2022.
- Diggins finished ahead of Ingvild Flugstad Østberg (2nd), Rosie Brennan (3rd), Tiril Udnes Weng (4th) and Anne Kjersti Kalvå (5th) in Davos.

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