

CARLA HAHN

XCO WORLD CHAMPIONSHIP VALAIS (SUI) 2025

INFO 16A|2025 EN



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UCI XCO WORLD CHAMPIONSHIP VALAIS (SUI) 2025

On the last day of the World Championships in Valais, the U23 XCO race, Cross-Country Olympic Distance, took place. The conditions were not very promising, as the weather forecast predicted rain, which indeed came true. I had been struggling with cramps all over my body since Thursday. The doctor and physiotherapists did their best, and I was able to start. The course in Crans Montana was made less dangerous from last year to this year, but the technical demands remained extremely high. In the first part of the course, the uphill sections are among the most challenging I know. Slanted and high roots in super steep terrain, steeper than 20%. The descents there are also studded with roots. The second climb is not as technically demanding, but it is longer and similarly steep. Then comes a drop into a rock garden with huge boulders. It continues over the waterfall, and

the descent feels almost vertical. Then the last descent before the start-finish straight has super slippery roots again. So, everything was set for me!

It was important to get off to a good start to be at the front in the first root section uphill, otherwise, you get stuck in traffic. I managed to do that from the 4th starting row, being 4th at the mentioned spot. Unfortunately, the rider in front of me had to unclip and stop. So, I had to get off the bike and push. That drained my energy, and I had those cramps again. As a result, I kept falling further back and finished in 31st position. That was pretty tough!

See you soon

CARLA

#Mission Part 5 #Runway2LA2028



Fotos @piotr staron