

# INTERNATIONAL SKATING UNION

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**Press release**

**Nagano, November 18, 2016**

## **ISU Speed Skating World Cup Nagano, Day 1 #WCSpeed**

The ISU World Cup Speed Skating Series 2016/17 continued today in Nagano's M-wave stadium (JPN) with the Ladies' 3000 m and Men's 5000 m. Martina Sáblíková (CZE) and Sven Kramer (NED) confirmed their supremacy both winning in new track records. The ice conditions proved to be good, with seven personal best times, including all four Japanese men in the B-division, and quite a few skaters came close to their best time ever.

### **Martina Sáblíková remains unbeaten in the Ladies' 3000 m**

Sáblíková took the victory, just like last weekend. Antoinette de Jong (NED) earned the silver medal and Anna Yurakova (RUS) made her podium debut with bronze.

De Jong was the first to break the old track record held by Canadian Kristina Groves. In a good race with lap times slowing down slightly, she finished in 4:04.53, but in the final pair she lost her lead. Sáblíková raced away from Marije Joling (NED), to finish almost a second faster than De Jong, in 4:03.56. Surprising was the bronze for Yurakova. The 24-year-old from Kaluga had taken the initiative in her race against 44-year-old Claudia Pechstein (GER) and never gave it away. She took the bronze in 4:05.24, Pechstein's fast final lap brought her to 4:05.51, enough to keep Ireen Wüst (NED) behind her and finished in fourth.

Joling, last week's runner up, finished in eighth place and dropped to third place in the World Cup ranking, with 115 points. De Jong is second with 140 and Sáblíková harvested a full 200 points. Yurakova climbed to fourth with 105.

### **Sven Kramer reaches 39<sup>th</sup> individual victory with ease**

Kramer's chain of individual World Cup victories got its 39<sup>th</sup> bead. Jorrit Bergsma (NED) settled again for the silver medal and their compatriot Douwe de Vries won bronze.

Kramer took the lead from the start but let Bergsma come next to him, which benefited both skaters. But after 3000 m, Kramer's laps got faster. Bergsma could answered back, but with two laps to go, Kramer *turboed* a 28.9 lap, creating a 0.6 lead that remained in the end: Kramer finished in 6:15.17, Bergsma in 6:15.70, both below Kramer's former track record.

The first to finish within 6:20 was De Vries. He fought hard to leave his pair mate Peter Michael (NZL) behind him and did so with a second: Michael finished in 6:18.64, De Vries in 6:17.65. This time was barely faster than the personal best time of Erik Jan Kooiman, who started in the next pair. Kooiman had finished on the podium last week, so was a force to be reckoned with. But Kooiman, who reeled his pairmate Bart Swings (BEL) in to finish in 6:18.58, just missed that mark and reached fourth overall. Swings lost too much time in the last few laps and dropped to 6<sup>th</sup> overall in 6:21.21.

Kramer leads the World Cup with 200 points and Bergsma who won his second silver of the season, has 160. Kooiman is third still with 130, followed now by De Vries with 115. Swings and Michael are not far behind him.

**Official Series Hashtag: #WCSpeed**

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For full results of the ISU World Cup Speed Skating Series 2016/17 please refer to <http://www.isureports.eu/> and <http://www.isu.org/en/speed-skating/series/isu-world-cup-speed-skating>

The ISU World Cup Speed Skating continues tomorrow for Ladies and Men with the 1000 m, followed by the Team Pursuit and the Team Sprint.

## **About ISU World Cup Speed Skating 2016/17 Series**

The ISU World Cup Speed Skating circuit consists of six events across Asia and Europe. The series starts in Harbin (CHN) on November 11-13 and moves to Nagano (JPN) on November 18-20. In December the Series goes to Europe stopping in Astana (KAZ) on December 2-4 and to Heerenveen (NED) on December 9-11. On January 27-29 2017 the fifth leg of the event will be in Berlin (GER) and the ISU World Cup Speed Skating Final will take place in Chelyabinsk (RUS) on March 10-12. The full ISU Calendar of Events is available here:

<http://www.isu.org/en/news-and-events/calendar-of-events>

The ISU World Cup Speed Skating Series is available as a live stream on the ISU Skating Channel. Please note that geoblocking may be required in certain territories

<http://livemanager.eurovision.edgesuite.net/isu/index.html>

## **For further information please contact:**

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## ISU World Cup Speed Skating Nagano (JPN) medalists

### 3000 m Ladies

|   |                    |     |            |
|---|--------------------|-----|------------|
| 1 | Martina Sáblíková  | CZE | 4:03.56 TR |
| 2 | Antoinette de Jong | NED | 4:04.53 TR |
| 3 | Anna Yurakova      | RUS | 4:05.24    |

### 5000 m Men

|   |                |     |            |
|---|----------------|-----|------------|
| 1 | Sven Kramer    | NED | 6:15.17 TR |
| 2 | Jorrit Bergsma | NED | 6:15.70    |
| 3 | Douwe de Vries | NED | 6:17.65    |

## World Cup Ranking

### 3000/5000 m Ladies

|   |                    |     |     |
|---|--------------------|-----|-----|
| 1 | Martina Sáblíková  | CZE | 200 |
| 2 | Antoinette de Jong | NED | 140 |
| 3 | Marije Joling      | NED | 105 |

### 5000/10,000 m Men

|   |                  |     |     |
|---|------------------|-----|-----|
| 1 | Sven Kramer      | NED | 200 |
| 2 | Jorrit Bergsma   | NED | 160 |
| 3 | Erik Jan Kooiman | NED | 130 |