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Hamar, Norway

Seventh Allround title for Wüst, third for Roest

[Ireen Wüst](#) (NED) won her seventh World Allround title at the Combined ISU World Sprint/Allround Championships in Hamar, Norway on Sunday. The 33-year-old is now only one Allround title short of record-holder [Gunda Niemann-Stirnemann](#) (GER). [Ivanie Blondin](#) (CAN) came second seizing her career-first Allround medal and [Antoinette de Jong](#) (NED) edged out five-time champion [Martina Sáblíková](#) (CZE) for the bronze.

In the men's tournament [Patrick Roest](#) (NED) won his third consecutive World Allround title. The 24-year-old Dutchman bounced back from a poor outing at the World Single Distance Championships two weeks ago in Salt Lake City, winning three of four distances on his way to the Allround title at the Vikingskipet. Riding the waves of an enthusiastic home crowd [Sverre Lunde Pedersen](#) edged out [Seitaro Ichinohe](#) (JPN) for the silver medal.

Ladies' 1500m: Wüst builds small cushion

Entering the 1500m, [Ireen Wüst](#) (NED) had a 0.220 points gap over [Ivanie Blondin](#) (CAN), which equaled 0.66 seconds in the 1500m and 2.20 seconds in the 5000.

The Dutch World 1500m Champion wanted to use the 1500m to increase her lead over the Canadian endurance specialist, but Blondin, skating against the leader in the final pairing, kept track of Wüst for most of their race, only to concede little over a second in the final lap.

With 1:53.89, Wüst beat her own 2008 track record by 0.76 seconds, but she gained just 1.32 seconds on Blondin, who would enter the 5000m in second place, 6.60 seconds behind.

In the battle for bronze [Melissa Wijfje](#) (NED) took on [Antoinette de Jong](#) (NED) in the penultimate pairing of the 1500m.

De Jong went out fast, but Wijfje countered with a more even pace and kept her compatriot in sight. With sixth place in 1:55.72 Wijfje retained her third place in the ranking.

De Jong, who came fourth in the 1500m in 1:55.19, dropped to fifth place overall because [Yevgenia Lalenkova](#) (RUS) had set 1:54.85 to come second in the 1500m.

Lalenkova needed to make up 0.98 seconds in the 5000m to catch Wijfje for third place, and De Jong was 1.61 seconds behind the podium.

Ladies 5000m: Wüst delivers in 5000m

The battle for gold in the final pairing of the 5000m never really ignited. Wüst defended her lead keeping Blondin behind from the start.

Wüst said: "At first I thought I'd just hook up my wagon to hers, but then I thought I'd just take the lead. I skated easy enough to be able to counter an attack."

That attack never came, although Blondin had started with the intention to put the pressure on.

She said: "I don't race for second, I always race for first or last. I was going in there to win, but my legs did not have it today, it just happens.

"Maybe I got too excited and got too far forward. It's unfortunate but at the same time Wüst was still so strong in the 5k. I don't know if I would have beaten her even if it was my strongest day."

Wüst secured the title finishing in 7:01.68 to come second in the 5000m. Blondin clocked 7:04.46 and came fourth in the final distance.

"I'm very proud that I managed to do it," Wüst said. "It was a super exciting and very tight tournament. [The gap may be big], but it's always easy in hindsight.

Wüst had not skated many 3000m races and no 5000m races this season, therefore she had not been too confident over her endurance capabilities.

"I actually thought I would have gained most in the 500m and the 1500m, but the 500m wasn't so good. I'm glad that I managed to pull it off in the 3000m [on Saturday].

"I was really curious how it would be, my last 3000m before this one had been at the national championships in December. The only thing I could do was rely on my experience. After all I am a two-fold Olympic champion in the 3000m, so I know how to skate it."

Blondin won the first Canadian female Allround medal since Christine Nesbitt's bronze in 2012.

"It's a dream come true," she said. "I'm really proud to share the podium with [Ireen Wüst]. She's such an incredible skater."

[Martina Sáblíková](#) (CZE) won the concluding 5000m. Skating in the second last pair versus De Jong, the Czech endurance specialist was the only one to clock a time under seven minutes in 6:53.94.

De Jong followed at a distance, defending an eight-second lead over Sáblíková. At the finish line she had only 0.08 seconds left in her favour.

De Jong said: "It's difficult to skate versus [Sáblíková] in the 5000m, because she starts out fast and I know that if I follow, I'll blow myself up. I knew I had eight seconds, but when I saw the gap, I was worried."

With 7:02.79 De Jong eventually came third in the distance, but Wijfje and Lalenkova still had a chance to nudge her off the Allround podium in the penultimate pairing.

Leaving Lalenkova behind easily, Wijffe seemed to be en route to bronze, but the 24-year-old Dutch skater had emptied the tank too early. Despite being well ahead of the time she needed to keep De Jong at bay at the 4200m split, she lost it in the last two laps.

With 7:05.20 Wijffe came fifth in the distance and in the ranking, with not just De Jong, but also Sábliková above her.

De Jong could not believe her eyes.

"When I saw Melissa, Jac [coach Jac Orié (NED)] said, you don't have [the bronze medal], but then in that final lap, it [Wijffe losing pace] just went so fast and I had it."

De Jong was happy to collect a medal after a disastrous start on Saturday.

"This was a strange weekend," she said. "I had to mentally work myself up from rock-bottom and it had never cost me so much energy before.

"Last night I just kept telling myself to stay low [on my skates], stay low, for the whole night. When I stay low I'm strong, when I get up, all energy flows away. Today I finally found the rest to execute that well."

1500m: Big step towards the title

In the men's event, going into the 1500m, [Patrick Roest](#) (NED) had a 1.07 gap over second-ranked [Sverre Lunde Pedersen](#) (NOR). The title contenders faced each other in the final pairing and Roest did not leave any room for doubt.

With 1:44.41 the leader in the ranking left Pedersen 0.61 behind to build a 0.558 point gap over his rival, which equaled 11.16 seconds in the concluding 10000m.

"I was very happy with my 1500m," Roest said. "I knew it was a big step towards the World title and I knew that normally I should be able to beat Sverre [Lunde Pedersen] in the 10000m.

"Maybe he sort of knew that it was done at that moment too."

Pedersen may have known, but he did not want to give up without a fight.

Behind Roest and Pedersen, [Seitaro Ichinohe](#) (JPN) and [Jan Blokhuijsen](#) (NED) raced for third place overall.

Ichinohe beat his rival in the 1500m, finishing in 1:45.85 for third place. Blokhuijsen clocked 1:45.97 for fourth place, which left him 6.80 seconds from a podium spot at the start of the 10000m.

10000m: Huge personal best for Ichinohe

No one, including Ichinohe himself, knew what the Japanese skater was worth in the 10000m. His personal best was 30 seconds slower than Blokhuijsen's and the Dutchman still hoped to leave Ichinohe behind in the final ranking.

Blokhuijsen tried to wear out his Japanese opponent in the penultimate pairing of the 10000m, but Ichinohe did not give way.

He followed Blokhuijsen closely, and took over the initiative at the 7200m split.

Blokhuijsen quickly threw in the towel and eventually finished 4.50 seconds behind Ichinohe, who smashed his personal best by almost 20 seconds, clocking 13:07.88.

Ichinohe said: "I saw that I was first [in the ranking] after I crossed the line and I knew that meant I had won a medal [with only Roest and Pedersen yet to skate]."

"But I only really realized that I was on the podium, until after the TV-interview, when people started congratulating me."

Ichinohe eventually won bronze, but watching Pedersen skate the final race, he saw that he even got close to winning the Allround silver.

Redemption for both Pedersen and Roest

Roest left Pedersen behind from the start to win the 10000m in 13:02.45, and Pedersen struggled.

"I did a good 1500m, but Patrick was just too strong today and for the 10k I was empty."

"I hoped that I was able to follow [Patrick], but I had no chance and then it was a fight to the finish line."

Pedersen had a 12-second cushion towards Ichinohe, but his advantage faded away quickly during the race.

"I noticed that I was losing a lot to him [Ichinohe] every lap. I just tried to keep the legs moving."

Carried by the home crowd, the Norwegian managed to clock 13:19.22, to stay 0.66 seconds ahead of Ichinohe in the ranking.

"The crowd was amazing, thanks to them I did it," Pedersen smiled.

After a tough season, in which he was hampered by the ramifications of a bike crash in September, Pedersen was happy to deliver on home soil.

"I felt I won a silver today, it was a really, really tough 10k, I felt all the struggle I had earlier this season."

With his third consecutive title, Roest left his own personal struggles behind. He said this title was the most beautiful of the three.

"Partly because of the great atmosphere and the crowd here in Hamar, but also because of Salt Lake City [Roest had not managed to win any silverware at the World Single Distance Championships two weeks before].

"This feels like a relief. Yesterday was a relief because I felt that I can still make it work and today because I was able to finish it off."

Roest won the second gold medal for the Netherlands after [Ireen Wüst](#) won the ladies' Allround title at the Combined ISU World Sprint/Allround Championships, but Japan topped the medal ranking with two golds ([Miho Takagi](#) and [Tatsuya Shinhama](#) in the ladies' and men's Sprint), a silver and a bronze. The Netherlands added one bronze to their two golds.

For full entry lists and further information regarding the ISU World Speed Skating Championships please visit the [Championships Page](#) on ISU.org. Click [here for results](#).

Where to Watch

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About ISU World Speed Skating Championships

Hamar, Norway, will host the first combined World Allround and Sprint Speed Skating Championships in history. The World Allround and Sprint Championships used to be held separately. There will be four titles at stake in Hamar: the men's and ladies' Allround titles and the men's and ladies' sprint titles.

The ISU has organised the World Allround Championships for Men since 1893 (unofficial Championships were held in the years 1889-1892) and the World Allround Championships for ladies since 1936 (unofficial Championships were held in the years 1933-1935). Since 1996 the men's and women's World Allround Championships are held at the same time and venue. The World Sprint Championships will be held for the 51st time.

Unlike the World Cup, in which Skaters race for single distance titles, at the World Allround and Sprint Championships performances in four distances add up to the final ranking. The rankings are

calculated according to the Samalog method. All times are measured in seconds and then converted to points, using the average times on 500 meter units. For a 1,000m race the time in seconds divided by two, for the 1,500 meters, the time in seconds is divided by three, and so on. In the Allround tournament the Men will skate 500m, 5000m, 1500m and 10,000m and the Ladies' competition features 500m, 3000m, 1500m, 5000m races. In the Sprint tournament both the Men and the Ladies will skate two 500m races and two 1000m races.