

March 5, 2020

Heerenveen, Netherlands

Speed Skating Season comes to a close with novelty in Thialf

With all major Championships done and four World Champions crowned last week in the stunning Viking Ship oval in Hamar, this weekend is the last chance to grab a title at the ISU World Cup Speed Skating Final. Heerenveen (NED) is gearing up for the Speed Skating season's grand finale. At the ISU World Cup Speed Skating Final in the famous Thialf Stadium, the twelve most consistent performers per distance throughout the season, will get a chance to seal their 2019/20 campaign with an overall ISU World Cup Speed Skating title. After five previous World Cup events, skaters will race for double points in the Final. To conclude the season, the tournament in Heerenveen features a demonstration event: the Mixed Gender Relay on Sunday.

Ladies' 500m: Kodaira in pole position

[Vanessa Herzog](#) (AUT) won the 500m ISU World Cup Speed Skating the past two seasons, but the Austrian never really managed to overcome a disastrous start to the season this year. After getting disqualified at the first ISU World Cup Speed Skating in Minsk, she did not manage to win a single 500m race this World Cup Speed Skating season and she lost her ISU World Single Distances Speed Skating title to [Nao Kodaira](#) (JPN) in Salt Lake City.

The Japanese Olympic 500m champion tops the ISU World Cup Speed Skating ranking going into the final, but she's only 20 points ahead of [Angelina Golikova](#) (RUS), who leads the Russian Ladies' Sprint troika with [Olga Fatkulina](#) and [Daria Kachanova](#) (RUS) in third and fourth place.

With 120 points at stake, Kachanova, who trails Kodaira by 48 points, is also still in contention. Even fifth-ranked Herzog and sixth ranked [Brittany Bowe](#) (USA) still have a theoretical chance.

ISU World Cup Speed Skating [Standings 500m Ladies](#)

Ladies' 3000m: Canadian challengers for Sáblíková

The Ladies' long distance events have been more competitive than ever this season. [Martina Sáblíková](#) (CZE) won the Ladies' long distance ISU World Cup Speed Skating twelve times in the past thirteen editions, with the exception of her injury-hampered 2017/18 season when [Antoinette de Jong](#) (NED) ran away with the honor.

Sáblíková is on top of the ranking again, but this season she faced tough competition from [Ivanie Blondin](#) (CAN) and [Isabelle Weidemann](#) (CAN). Sáblíková and Blondin both won two ISU World Cup Speed Skating races and Blondin one.

Blondin and Weidemann are 33 points and 38 points behind, while [Natalya Voronina](#) (RUS), who smashed the 5000m world record at the ISU World Single Distances Speed Skating Championships is 56 points behind in fourth place.

ISU World Cup Speed Skating [Standings 3000m Ladies](#)

Ladies' 1000m: Will Bowe bounce back?

Will [Brittany Bowe](#) (USA) be able to stand her ground in the 1000m? The American seemed to be unbeatable in the first half of the season but struggled to find her form since she had to settle for sixth place in the fourth leg of the ISU World Cup Speed Skating in Nagano.

Bowe still leads the ISU World Cup Speed Skating but to secure the title, she'll have to bounce back from a disappointing eighth place at the ISU World Single Distances Speed Skating Championships in Salt Lake City and sixth place at the ISU World Sprint Speed Skating Championships last week in Hamar.

[Nao Kodaira](#) (JPN) is second in the ranking, while [Olga Fatkulina](#), [Daria Kachanova](#) and [Angelina Golikova](#) also aim at the podium.

ISU World Cup Speed Skating [Standings 1000m Ladies](#)

Ladies' 1500m: Wüst eyes icing on the cake

[Ireen Wüst](#) (NED) couldn't be happier about the way her season unfolded after winning the 1500m ISU World Single Distances Speed Skating title in Salt Lake City and the ISU World Allround Speed Skating title in Hamar but Wüst would not be Wüst if she did not have another challenge in mind.

"Next week the World Cup Final and hopefully the 1500m World Cup title", Wüst said in Hamar. "Then my season will definitely be a success."

After having won the first two ISU World Cup Speed Skating races, Wüst is on top of the ranking. She has to hold off second ranked [Yevgenia Lalenkova](#) (RUS) and freshly crowned ISU World Sprint Speed Skating Champion [Miho Takagi](#) (JPN), who 's in third place.

Ladies Mass Start

World champion [Ivanie Blondin](#) (CAN) does not have to win to collect her second Mass Start ISU World Cup title after 2015. The Canadian won twice and came second once this season, to top the ranking with a 112 point lead over [Nana Takagi](#) (JPN).

Trailing 120 points, third ranked [Irene Schouten](#) (NED), who won when Blondin came second at the ISU World Cup Speed Skating in Tomaszów Mazowiecki, will not be able to catch the Canadian in the ranking anymore.

ISU World Cup Speed Skating [Standings Mass Start Ladies](#)

Men's 500m: New winner in shortest distance

None of the top eight skaters in the 500m ranking has ever won the ISU World Cup Speed Skating before. Last season's winner [Pavel Kulizhnikov](#) (RUS) did not qualify for the 500m Final because he missed the first three ISU World Cup events due to injury troubles.

In absence of their compatriot [Viktor Mushtakov](#) (RUS) and [Ruslan Murashov](#) (RUS) collected most silverware to conquer the top-two spots in the ISU World Cup Speed Skating ranking.

The new ISU World Sprint Speed Skating Champion [Tatsuya Shinhama](#) (JPN) is third, 42 points behind leader Mushtakov.

ISU World Cup Speed Skating [Standings 500m Men](#)

Men's 5000m: Semerikov hopes to surprise Roest again

[Patrick Roest](#) (NED) won all four long distance races he skated this season in the ISU World Cup, three times a 5000m and once a 10.000m.

Last week, the Dutchman bounced back from a poor outing at the ISU World Single Distances Speed Skating Championships in Salt Lake, winning his third consecutive ISU World Allround Speed Skating title.

Collecting his career first ISU World Cup Speed Skating title seems to be nothing but a formality for Roest, yet he still has to be careful not to celebrate too soon. [Danila Semerikov](#) (RUS), who won the ISU World Cup Speed Skating 5000m when Roest was absent in Nagano, is only three points behind in the ranking.

The Russian already surprised Roest once in Heerenveen, winning the 5000m in a then track record time of 6:08.96 at the 2018 ISU World Cup Speed Skating in Thialf. Roest only managed to take back the track record at the ISU European Speed Skating Championships last January, when he stopped the clock at 6:08.92.

ISU World Cup Speed Skating [Standings 5000m Men](#)

Men's 1000m: Best friends in tight battle

The men's 1000m is a close battle between two best friends. [Kai Verbij](#) (NED) leads the ranking just two points ahead of his former room-mate [Thomas Krol](#) (NED).

China's [Ning Zhongyan](#) (CHN) is in third place, [Kjeld Nuis](#) (NED) in fourth and last week's silver medalist at the ISU World Sprint Speed Skating Championships [Laurent Dubreuil](#) (CAN) in fifth. They've all still got the podium in sight.

Eleventh ranked [Pavel Kulizhnikov](#) (RUS) hasn't. At the ISU World Single Distances Speed Skating Championships in Salt Lake City, the Russian left all his rivals far behind, becoming the first man to skate 1000m under 1:06 in 1:05.69. Last week at the World Sprint Championships in Hamar he quit due to health reasons after the first day, however, and it remains to be seen whether he'll be able to compete at top level in Heerenveen.

ISU World Cup Speed Skating [Standings 1000m Men](#)

Men's 1500m: Tenth World Cup for China?

[Ning Zhongyan](#) (CHN) may have a slight chance to win the 1000m World Cup, he's in pole position to take the 1500m title, which would be the tenth ever overall World Cup title for China.

Ning leads the ranking with a 24-point gap over second-ranked [Denis Yuskov](#) (RUS), who won the 1500m race at the fifth leg of the ISU World Cup Speed Skating in Calgary last month.

[Kjeld Nuis](#) is third, also at 24 points, and [Thomas Krol](#) is fourth at 35 points.

ISU World Cup Speed Skating [Standings 1500m Men](#)

Men's Mass Start: Swings or Mantia

The Men's Mass Start has been a tight battle between [Bart Swings](#) (BEL) and [Joey Mantia](#) (USA) all season.

The American has a 17-point lead over the Belgian, who won the ISU European Speed Skating Mass Start title in Heerenveen in January.

Dutchman [Jorrit Bergsma](#) (NED), who won the Mass Start World title in Salt Lake City after an impressive solo chase and ditto Sprint in the final lap, is 99 points behind in the ranking, but he and his team mate [Arjan Stroetinga](#) (NED) are always a force to reckon with.

ISU World Cup Speed Skating [Standings Mass Start Men](#)

Mixed Gender Relay

The action-packed weekend in Heerenveen concludes with the innovative Mixed Gender Relay. Teams will consist of one male and one female skater, from either the same or different national teams.

Teams have to skate six laps in total, with the lady skating the first lap, the man skating the following two laps, the lady skating the fourth and the fifth lap and the man closing it off in the final lap.

The relay to the other Skater in the team has to take place with a touch, and changeovers have to be done in the so-called relay zone between cones at the beginning of the finishing straight and before the entry to the corner after the finishing straight.

The Team with the best time over 6 laps will be declared the winner. Team with the second-best time will be ranked second and so on.

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

Where to Watch

Viewers will be able to watch either via their national broadcaster / channel and for countries where there are no broadcasters, the ISU will offer a live stream on the [Skating ISU YouTube Channel](#). You will find the full list in the [Where to Watch news here](#).

Subscribe to the [ISU Newsletter](#) to receive the latest information and the “[Where to Watch](#)” news. You can also subscribe to the [Skating ISU YouTube Channel](#) to receive notifications when live streams start or new videos are published.

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For further information on ISU Speed Skating visit <https://www.isu.org/speed-skating>

ISU World Cup Speed Skating Series 2019/20:

[Minsk \(BLR\) - Nov 15 – 17](#)

[Tomaszów Mazowiecki \(POL\) – Nov 22 – 24](#)

[Nur-Sultan \(KAZ\) – Dec 6 – 8](#)

[Nagano \(JPN\) – Dec 13 – 15](#)

[Calgary \(CAN\) – Feb 7 – 8](#)

[Final – Heerenveen \(NED\) – Mar 7 - 8](#)

About ISU World Cup Speed Skating Series

The ISU World Cup Speed Skating is a Series of international Speed Skating competitions which takes place annually. The Series started in 1984 and usually consists of six or seven Events including the ISU World Cup Speed Skating Final. Skaters can earn points at each competition, and the Skater who has the most points on a given distance at the end of the Series is the World Cup winner of that distance. The World Cup Competitions held from November to December serve as qualifying events for entry quotas at the ISU European, World Single Distances, World Sprint and World Allround Speed Skating Championships. A number of World Cup titles are awarded every season; For Men: 500m, 1000m, 1500m, combined 5000m / 10,000m, Mass Start, Team Pursuit and Team Sprint. For Ladies 500m, 1000m, 1500m, the combined 3000m / 5000m, Mass Start, Team Pursuit and Team Sprint. For further information please visit isu.org/WorldCupSpeedSkating.