

March 7, 2020

Heerenveen, Netherlands

## Sáblíková clinches 13<sup>th</sup> World Cup title

She may have clinched her 13th overall long-distance World Cup in 14 seasons but it did not come easy for [Martina Sáblíková](#) (CZE), who finished fourth in the 3000m at the ISU World Cup final in Heerenveen on Saturday. [Isabelle Weidemann](#) (CAN) won the last race and almost nudged the Czech leader into second place. [Brittany Bowe](#) (USA) rediscovered her early season form to secure the 1000m World Cup with a second place behind [Jutta Leerdam](#) (NED) in the last race of the season.

In the men's tournament three-time World Allround Champion [Patrick Roest](#) (NED) won his career first World Cup title. The Dutchman maintained his unbeaten status this season, winning his fifth race in the long distances at the World Cup final. Roest's team-mate and compatriot [Thomas Krol](#) (NED) beat his best friend [Kai Verbij](#) (NED) to take home the 1000m World Cup title. [Tatsuya Shinhama](#) (JPN) won Saturday's 500m to take the lead in the World Cup ranking with Sunday's final 500m race to come.

### Ladies' 500m: season first for Herzog

The World Cup final in the Thialf stadium started with the first ladies 500m race. However, Saturday's race was not decisive for the overall World Cup outcome, with another race to come on Sunday.

[Vanessa Herzog](#) (AUT), who won the 500m World Cup in the previous two seasons, made amends for a mediocre winter, winning her first World Cup race of this campaign.

The Austrian stopped the clock in 37.31 seconds to edge out [Olga Fatkulina](#) (RUS), who finished in 37.34. World Cup leader [Nao Kodaira](#) (JPN) took third place in 37.39 and will head into the final race with a 32-point lead over second-ranked Fatkulina.

Herzog was pleased to finally be back on the podium, although she had her doubts before the race.

"I changed to new blades this week. I didn't know how that would go, but it worked out well. The guy who always does my blades said the old ones were worn out – those were 10 years old."

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

### Ladies 3000m: Sáblíková holds off Canadian challenge

Although [Martina Sáblíková](#) won her 13th World Cup title in 14 seasons, the ladies long-distance competition has been far from one-sided this season.

Going into the final race, the Czech endurance specialist had a 38-point lead over [Isabelle Weidemann](#), who had won the first race of the season but not managed to top the podium since.

Before the top contenders took to the ice, [Antoinette de Jong](#) (NED) set a fast 4:00.03 in the fourth pairing.

Sáblíková took on [Natalya Voronina](#) (RUS) in the fifth pairing but was edged out by the World 5000m Champion, finishing in 4:02.13. Voronina clocked 4:01.33 to take bronze.

To claim the World Cup title, Weidemann needed to win the final race and for pair-mate [Yevgenia Lalenkova](#) (RUS) to finish ahead of Sáblíková.

Weideman did what she had to do. At 3:59.75, she was the only one to finish under four minutes, but Lalenkova could only manage ninth (4:06.00), and thus the Canadian had to settle for second place overall.

Sáblíková had been nervous before the race, but the 32-year-old could not have been happier afterwards.

"I'm more nervous now than I was when I was 25 years old. I lay awake at night, thinking about my opponent in the race. And I was so tired. I thought, oh, it's only 55 minutes until the end of the season."

So, for yet another season she finished on top of the podium, but Weidemann and her third-ranked compatriot [Ivanie Blondin](#) (CAN), who came sixth in the final race of the season, provided Sáblíková with a tough challenge.

"Now there are so many women who can skate, on the podium [in the long distances], I love it," Sáblíková said.

Weidemann was happy to finish the season as strong as she had started it, but struggled to explain her lack of competitiveness at the World Single Distance Championships in Salt Lake City in February.

"I've got a lot of questions there. I did not necessarily get sick or train differently. I think my body got really tired.

"It was a struggle to race through World Cup 5 (in Calgary in February) and the World Single Distance Championships, and I'm really disappointed with how it went. Therefore, I'm happy to finish the season on a high note."

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

#### **Ladies 1000m: Bowe bounces back**

[Brittany Bowe](#) (USA) had a similar season to Weidemann, starting and finishing strong, but disappointing in between.

At the World Cup final she at last got back in the groove, having won the first three World Cup races of the season in November and December.

Bowe did not win in Heerenveen, but coming second in 1:13.98 was enough to secure the overall World Cup title.

"It's obviously been a disappointing month and a half," Bowe said about not winning any medals at the World Single Distance Championships and the World Sprint Championships.

"We are athletes, we always want things to go our way, but the reality is that it doesn't always go your way."

It did not completely go Bowe's way here, but enough to make her smile.

"I went in to win, but to look up and see number two next to my name, it felt like a win, and then to be able to take the overall title, that shows consistency.

"The year is obviously overshadowed by disappointment, but I don't want to forget how well I skated and how dominant I've been this season, too."

[Jutta Leerdam](#) (NED) won the final 1000m race of the season in 1:13.69, capping a superb campaign of firsts.

In January, the 21-year-old won her first European title in the 1000m, in February she added her maiden World title, and at the World Cup final she concluded with a first World Cup podium.

"There's a lot of things I can improve, but I'm very happy with this race. It's the cherry on the cake and a motivation to work hard to step up my game again for next season."

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

### **Men's 500m**

[Viktor Mushtakov](#) (RUS) and [Ruslan Murashov](#) (RUS) were on top of the 500m World Cup heading into the final weekend, but [Tatsuya Shinhama](#) (JPN) brought his best form after having won the World Sprint title in Hamar last week.

The Japanese ace stopped the clock at 34.31, equalling Michel Mulder's (NED) 2013 track record, which had already been matched by [Pavel Kulizhnikov](#) (RUS) at the European Championships in January.

Shinhama had a great start, leaving the line so fast he initially thought it was a false start.

"But the referee did not stop me, so I went on. In the last corner I made a little mistake, but I was super happy to equal the track record."

Shinhama swerved out of the final inner corner slightly, but it did not overly hamper him.

"This season I have learned a lot and it doesn't really matter to me whether I have the last inner or outer corner anymore," he said.

[Laurent Dubreuil](#) (CAN) took second place in 34.416 and [Jun-Ho Kim](#) (KOR) third in 34.418.

Mushtakov (RUS) came 10th and dropped to second in the World Cup ranking, while Murashov (RUS) came fifth and fell back to fourth place.

Shinhama enters the final 500m on Sunday in pole position to win the 500m World Cup, with Mushtakov trailing by 26 points and Kim 31 points behind in third.

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

### **Men's 5000m: Roest rules the roost in long distances**

[Patrick Roest](#) (NED) won the men's long distance World Cup with a convincing gold medal in 6:11.15 in the 5000m on Saturday. He left Canadians [Graeme Fish](#) (6:12.83) and [Ted-Jan Bloemen](#) (6:13.72) well behind.

The Dutchman won four 5000m races and the only 10,000m race this World Cup season.

Despite his dominance, he was far from assured of the World Cup title as he had skipped the 5000m at the fourth World Cup event in Nagano.

"It's difficult to win the overall World Cup if you don't skate at all the events," Roest said. "So to take the title home, I really had to win everything."

Roest admitted to being a bit rusty after having won last week's World Allround title in Hamar.

"My race was good, especially because I was still a bit tired after last week. I gave it my all and I'm glad it was enough to win the race and the title.

"It's always great to win in front of a sold-out Thialf [stadium]."

Roest's closest rival, [Danila Semerikov](#) (RUS), finished fourth in 6:16.38 to take second place in the World Cup ranking and Fish took third place overall.

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

### **Men's 1000m: Krol beats best friend Verbij**

The difference between World Cup leader [Kai Verbij](#) (NED) and his best friend [Thomas Krol](#) (NED) was two points going into the final 1000m race on Saturday.

The two faced each other in the fourth pairing where the winner would take it all.

"It's good to skate against Thomas, that way we would know it straight after the race [who won the World Cup]," Verbij said.

Krol took the initiative and did not give way throughout the rest of the race. With 1:07.85 he was the only one to finish under 1:08. Verbij clocked 1:08.13 and had to settle for bronze behind [Laurent Dubreuil](#) (CAN), who took his second silver medal of the day.

"Thomas started superfast and I couldn't keep up. The laps that followed were good, but then he was gone already," Verbij said.

"I'm gutted not to win, but it's the result of a mediocre year. I've been struggling with my material too much this year, more than I was working on my skating itself."

Krol was delighted to take his career first World Cup.

"I'm very happy that I'm finally back where I want to be. It was a disappointing month. The World [Single Distance] Championships did not go the way I wanted to.

"Today I could not win a world title, but I could win the overall World Cup and I'm very glad I did. It shows that I had a consistent and good season."

Dubreuil's silver medal was good enough for third place in the final ranking.

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

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### 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](https://www.isu.org/WorldCupSpeedSkating).