



5000 m course:

1. long lap

- > 600 m
- > 100 m
- > 625 m
- > 100 m

2., 3. long lap

- > 625 m
- > 100 m
- > 625 m
- > 100 m

Last short lap

- > 300 m
- > 100 m
- > 275 m