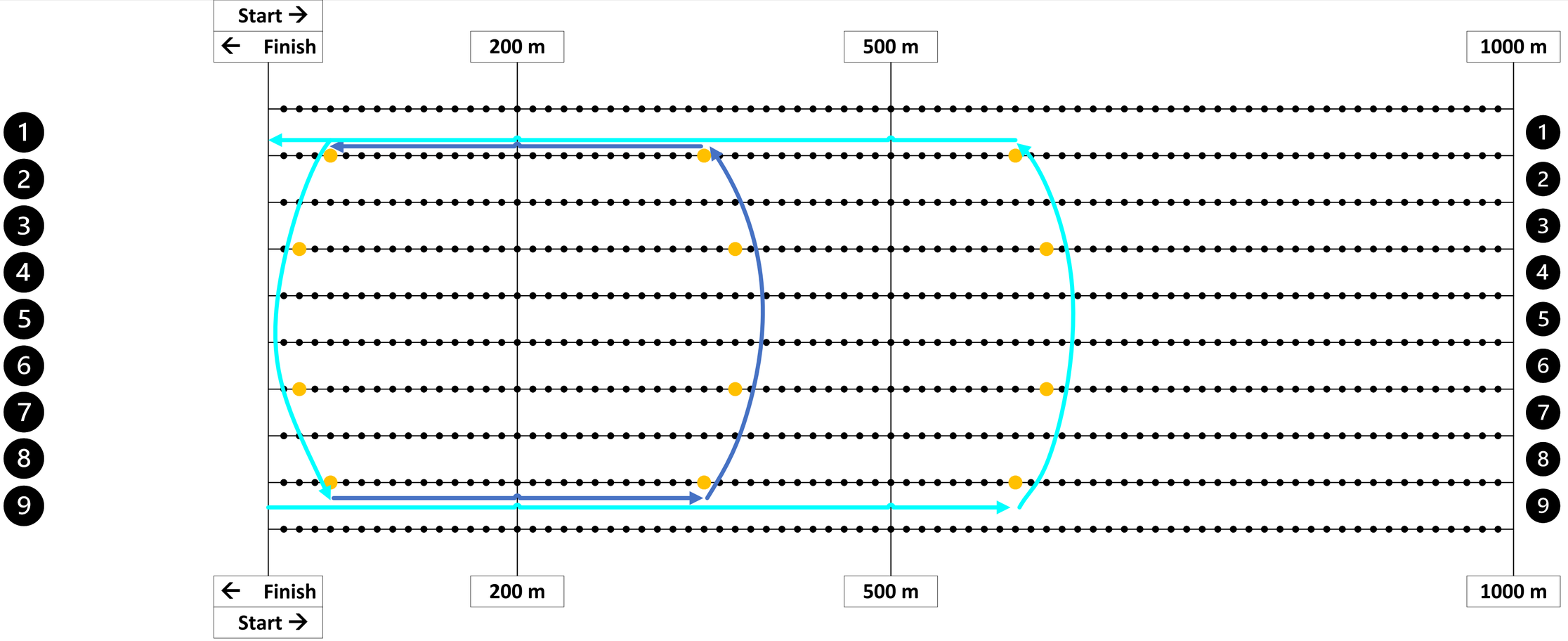

5000 m course:

1. long lap:
-> 650 m
-> 100 m
-> 600 m
-> 100 m

2., 3. long lap:
-> 600 m
-> 100 m
-> 600 m
-> 100 m

Last short lap:
-> 300 m
-> 100 m
-> 350 m