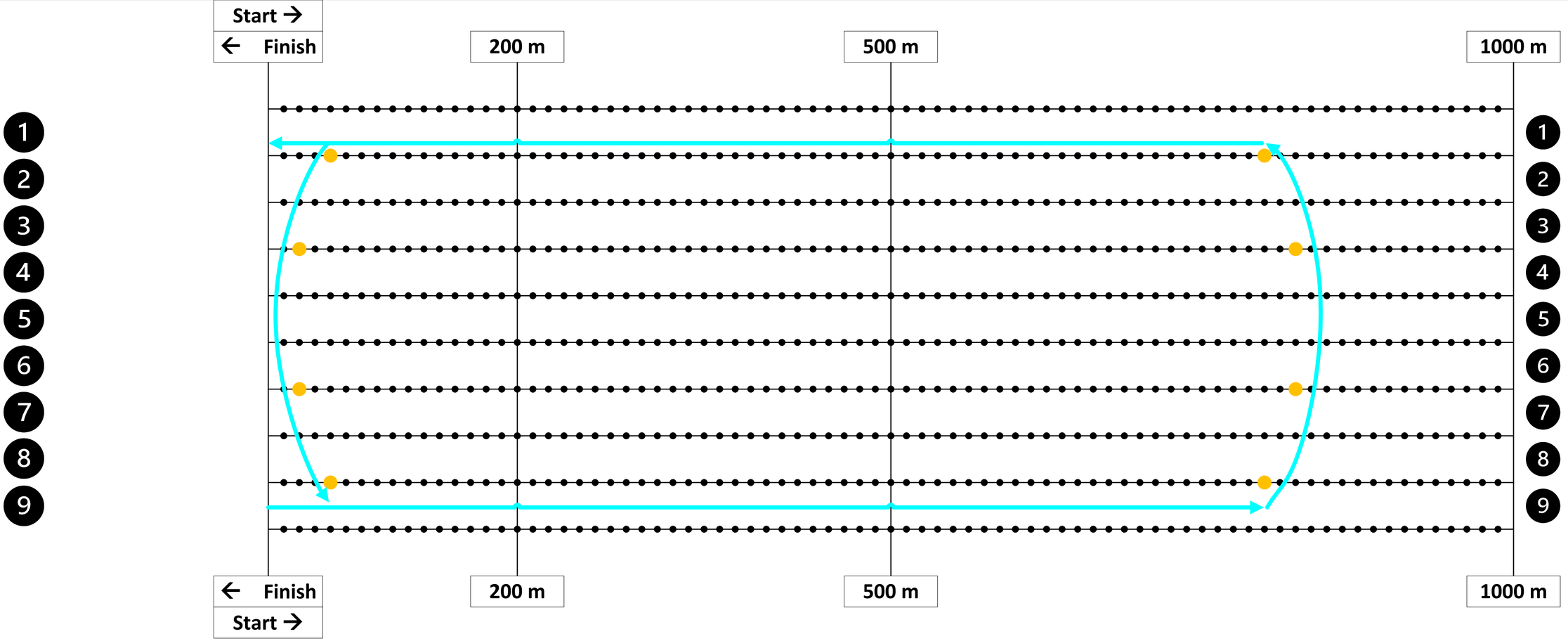

5000 m course:

1st lap:
-> 800 m
-> 80 m
-> 750 m
-> 80 m

2nd lap:
-> 750 m
-> 80 m
-> 750 m
-> 80 m

3rd lap:
-> 750 m
-> 80 m
-> 800 m