## Track record for Nuis, Blondin takes career first 3000m gold

Kjeld Nuis (NED) equaled the 1000 m track record to take his second gold in that distance on the final day of the ISU World Cup Speed Skating in Erfurt on Sunday. Håvard Holmefjord Lorentzen (NOR) claimed 500 m gold and 1000 m silver, while Vanessa Herzog grabbed her second World Cup victory of the weekend in the ladies 1000 m . Ivanie Blondin (CAN) collected a career first World Cup win in a classic distance with gold in the ladies 3000 m .

## Lorentzen 'at Olympic level' with 500m gold

Håvard Holmefjord Lorentzen took his third 500m World Cup win of the season clocking 34.85 seconds in Erfurt on Sunday. Jan Smeekens (NED) came second in 34.95 and Alex Boisvert-Lacroix (CAN) took bronze in 35.00.

World Cup leader Lorentzen clinched gold medals over the distance in Heerenveen and Stavanger in November. In the first of the two 500 m races in Erfurt he came fourth in 35.10 on Friday.

He was also fourth in Saturday's 1000m, before finishing his Erfurt campaign with a silver in the second 1000 m later on Sunday.
"My first two races were a little bit off, but after today I felt very good," he said after his two podiums on Sunday.

The Norwegian strengthened his lead in the 500 m World Cup.
"That's important to me. To win the overall World Cup means that you're the most consistent skater in the whole season."

But the Olympic Games in PyeongChang next month are Lorentzen's main target.
"I feel like this level is good enough for an Olympic medal, but I think I can still improve a little bit," he said.

Smeekens did not skate on Friday due to illness. The Dutch World Champion was happy to be back on the ice.
"I did not suffer from a super-high fever, I think it was a just a little stomach flu or something," he said. "I got back to the ice yesterday and I'm happy to be able to race today.
"I wanted to skate one more international race before the Olympic Games. That's good for the rhythm.

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"This was a good solid race, although I came close to the markers too early in the last inner corner. But I'm happy with the first 100 m in 9.66."

With his bronze medal Boisvert-Lacroix climbed to second place in the World Cup standings with 428 points. Lorentzen has 536 points, while Ronald Mulder (NED), who did not skate in Erfurt, is third with 416 points.

## Herzog claims second World Cup gold with 1000m victory

After clinching her career first World Cup victory in Saturday's 500m in Erfurt, Vanessa Herzog struck gold again in Sunday's 1000m, clocking one minute 15.26 seconds. Hege Bøkko (NOR) came second in 1:15.52, and Yekaterina Shikhova (RUS) finished third in 1:16.06.

Herzog suffered from a bad cough in the run-up to the Erfurt World Cup, but she still left with with one silver and two gold medals. On Friday, when she took silver in the first 500 m before skipping the 1000 m , she had been struggling, but she got better day by day.
"I could very well get used to winning," she said with a big smile after Sunday's gold.
"But I know it's not always like this. Today it was very good and I felt I was faster than Friday."
Herzog will skate the 500m, the 1000m and the Mass Start at the Olympic Games in PyeongChang next month.
"Actually the 1000 m used to be my favorite distance, but at the moment I would say it's about equal. I'm equally fast over both distances. If I had to choose? Maybe I like the 500 m a little bit better because it hurts less in the legs. The Mass Start is just fun to do."
Shikhova climbed to the top of the 1000 m World Cup ranking, surpassing absent Nao Kodaira (JPN) with 340 points. Kodaira is second with 305 points and Herzog third with 296 points.
Nuis equals track record to clinch second 1000 m gold
Kjeld Nuis equalled the track record to secure his second 1000 m gold of the World Cup in Erfurt on Sunday. The world champion matched the time set by Shani Davis (USA) in 2009 when he finished in one minute 8.40 seconds to beat Håvard Holmefjord Lorentzen (NOR) in the final pair. Lorentzen clocked 1:08.66 to finish second and Denis Yuskov (RUS) took bronze in 1:08.95.
Despite being 0.17 faster than his Saturday victory, Nuis was not satisfied with his latest performance. He said that Saturday's final lap had been excellent, while on Sunday his first 600 m had been good, but he messed up in the final lap.
"My strokes on that final cross-over were too long, I tried to put too much power in every stroke," he said. "That's what I did way better yesterday, just keep that rhythm. That's the mistake, you just have to stay focused on skating well."
Nuis was happy to write his name in the track record books of the Gunda-Niemann-Stirnemann Halle.
"That's great, but well, 1:08.39 would have looked even better."

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The World Champion now travels to the Italian outdoor track in Collalbo for a short pre-Olympic training camp.
"I look forward to Collalbo, it's just for that last tough training effort. After that it's easing into Olympic form."
Lorentzen still leads the 1000 m World Cup standings with 412 points. Nuis climbed to second place with 380 points and Kai Verbij (NED), who was absent in Erfurt due to a muscle injury, is third with 320 points.

## Blondin takes career first gold in classic distance

Ivanie Blondin (CAN) won her career first gold medal racing over a classic speed skating distance when she triumphed in the ladies 3000 m in four minutes, 4.86 seconds in Erfurt on Sunday. Antoinette de Jong (NED) took silver in 4:05.45 and Martina Sáblíková (CZE) collected the bronze in 4:05.91.

Blondin, who has five Mass Start and two Team Pursuit gold medals under her belt, was delighted to finally land a victory in one of the classic events.
"That feels really good," she said. "It's always been a goal for me. The Mass Start is so unpredictable, so I don't want to rely solely on that."

Although she has reached the podium before in both the 3000 m and 5000 m , the Erfurt win still came as a surprise.
"It just came together really well today and I wasn't expecting that. I was really relaxed. We arrived on Wednesday so I had little time to adjust from the jetlag. We were on a training camp in Phoenix (USA), biking for five days. We haven't even been on the ice. I did not try too hard today and it all came very easy."

Runner-up De Jong said: "I'm not really satisfied with the last lap, but it was a good race. We've had a good week of training and this race here gives me a lot of confidence.
"I wanted to skate an international race just ahead of the Olympic Games. That's why I started here and not at the European Championships in Kolomna. That would have been too much."

With her victory, Blondin takes over the World Cup lead from Sáblíková. The Canadian now has 335 points and the Czech is second with 320 points. Natalia Voronina (RUS), who finished fifth in Erfurt, is third with 315 points.

Full results and classifications. Follow the discussion on social media by using \#WCSpeedSkating and \#SpeedSkating and watch the live stream on the ISU Skating Channel.

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## About ISU World Cup Speed Skating 2017/18 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. Skaters also cumulate Grand World Cup points each time they compete in a distance. During the ISU World Cup Speed Skating Final, the Lady and the Man with the most Grand World Cup points is crowned the Grand World Cup winner.
The results on the individual distances in the World Cup ranking are the main qualifying method for the ISU World Single Distances Speed Skating Championships.
A number of World Cup titles are awarded every season, for Men: $500 \mathrm{~m}, 1000 \mathrm{~m}, 1500 \mathrm{~m}$, combined $5000 \mathrm{~m} /$ 10000 m , Team Pursuit, Mass Start and Team Sprint. For Ladies $500 \mathrm{~m}, 1000 \mathrm{~m}, 1500 \mathrm{~m}$, the combined 3000 m / 5000 m, Team Pursuit, Mass Start and Team Sprint.

