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Heerenveen, Netherlands

Miracle maiden win for Semerikov (RUS), while Bowe (USA) celebrates perfection

Danila Semerikov (RUS) surprised a packed Thialf Stadium with a 'miracle' win in the Men's 5000m at the ISU World Cup Speed Skating on Sunday as Kjeld Nuis (NED) took revenge for his disappointing 1500m result a day earlier by grabbing gold in the 1000m. Brittany Bowe (USA) skated the 'perfect race' with a track record in the Ladies' 1000m and Antoinette de Jong (NED) took her third career World Cup victory in the 3000m.

'Miracle' win for Semerikov

When [Danila Semerikov](#) (RUS) took the ice in the Men's 5000m in Heerenveen on Sunday, the crowd's favorite [Sven Kramer](#) (NED) had already skated 6:10.61 to mark his return from a back injury, and world allround champion [Patrick Roest](#) (NED) was in first place with 6:09.82.

Nobody expected the 24-year-old Russian to outskate the two Dutchmen, not least Semerikov himself, who had never won an individual World Cup gold.

But not only did he beat the two Dutchmen, his time of 6:08.96 also managed to break Roest's Thialf track record by 0.02 seconds. Roest and Kramer had to settle for silver and bronze.

Semerikov also shaved five seconds off his own personal best (6:14.01, skated at the high altitude track in Calgary), producing exceptional acceleration towards the end of his race. He skated his last three laps in 28.2, 28.1 and 28.8. Roest and Kramer did not manage to clock a sub-29 lap in the second part of the race.

"This was a miracle for me. I did not expect this at all," Semerikov said.

"I knew the times of the others before I entered the rink and I aimed at 6:14. When I had four laps left, my coach told me I was in second place and I knew that would be 6:10. I was surprised but then I knew I could win."

Semerikov explained that his win was a long-term plan coming to fruition. "We've been following the same plan for three seasons with the Russian long distance skaters and it pays off. We also have some new people in the team, who came from short track like [Sergey Trofimov](#) and [Ruslan Zakharov](#). That has helped us too. We go faster step by step and this was the first time I could show myself 100 percent."

Revenge for Nuis

Earlier on Sunday, [Kjeld Nuis](#) (NED) made up for his disappointing fifth-place finish in the 1500m the day before. In the 1000m he was paired with teammate [Thomas Krol](#) (NED), who had won the 1500m on Saturday.

Krol got a false start initially, but when the two got under way for the second time, Nuis took a 0.4 second lead over his pair-mate in the first 200m. The Olympic champion took full advantage of Krol

at the final cross-over and came close to his own 2017 track record (1:07.64), when he finished in 1:07.80.

Krol could not repeat Saturday's burst of power and had to settle for fifth place in 1:08.40. [Pavel Kulizhnikov](#) (RUS) took silver in 1:07.93 and [Denis Yuskov](#) (RUS) collected the bronze medal in 1:07.95.

Nuis was pleased to be back on top, saying: "This definitely was a revenge for yesterday. I'm always looking for a balance between being too eager and being too relaxed. Yesterday I was too loose. I thought a little too easy about it and today I had the fire burning."

He was not pleased with the false start. "Yesterday we also had a false start and I did not agree. I've looked back at the footage and I'm convinced it was not a false start and today it happened again. I don't want to say that I would have skated a track record, but it costs one or two tenths of a second."

World Cup leader [Kai Verbij](#) (NED) did not start in the 1000m due to a groin injury. He dropped to fourth place in the ranking. [Håvard Lorentzen](#) (NOR), who took fourth place in 1:08.40 on Sunday, took the lead with 177 points from four races. Nuis, who skipped the third World Cup in Poland last week, climbed to second with 174 points. Kulizhnikov also has 174 points, but he is third because he has won one race, while this was Nuis's second victory.

Perfect race for Bowe

[Brittany Bowe](#) (USA) crushed her own 2015 track record by 0.66 seconds to win the 1000m in 1:13.24. The World Cup leader outclassed [Miho Takagi](#) (JPN) in the eighth pairing. Takagi was the only other skater to break the 1:14 barrier, but she trailed Bowe by 0.69 seconds, finishing in 1:13.93 to take silver. [Yekaterina Shikhova](#) (RUS) grabbed the bronze medal in 1:14.03.

Bowe was more than pleased with her performance, saying: "That was one of the most perfect races I've skated this far and I couldn't be happier to do it here in Thialf. Every stroke was right, no missteps, this was definitely one of the best races in my career. I already skated a great 500m and a good 1500m, then it normally comes together in the 1000m."

The American said she was happy to race against Takagi. "The pair was great, I had a great chase on the last straight and that makes the world of difference in the 1000m. It was the perfect pair, the perfect execution and I skated six tenths off the track record."

After World Cups in Japan, Poland and the Netherlands, Bowe said she was happy to be heading home. "We've been on the road for seven weeks now. It's good to go back to Salt Lake City, have a little rest and get another training block in, because the real show is in February (World Single Distance Championships in Inzell)."

The top three in the 1000m World Cup ranking stayed the same, with Bowe leading on 217 points, Takagi in second with 202 points and [Vanessa Herzog](#) (AUT), who finished 10th in Heerenveen, in third with 177 points.

Third career gold for De Jong

[Antoinette de Jong](#) (NED) was almost as happy after the 3000m as Bowe was with her victory. Back on home soil, the 23-year-old Dutchwoman clinched her first gold of the season and her third individual career win in the World Cup.

De Jong started in the second pairing and had to skate alone because pair-mate [Ireen Wüst](#) (NED) was a late withdrawal. It did not bother her too much. Clocking 3:59.41, she missed out on Wüst's 2013 track record by less than a second.

None of the other 12 skaters managed to break the four-minute barrier on Sunday. [Isabelle Weidemann](#) (CAN) took silver in 4:00.12 and [Martina Sáblíková](#) (CZE) bronze in 4:00.33.

"When I stepped on the ice (at Thialf) this week, I had the right feeling back," De Jong said afterwards.

"In Japan (the Obihiro and Tomakomai World Cups) my strokes were not hitting the ice well. Last week I've worked very hard at a training camp in Collalbo (Italy). After skating on bad ice for such a long time, it's good to be back here. The Ice Meister has done a great job.

"It's tough to skate alone. I heard it just before my race and I had to change my race plan. I would have been focused on Ireen (Wüst) coming on the inside every time, and now I had to do it all by myself.

"It was great to have the crowd supporting me. It's tough to motivate yourself. I prefer to have an opponent triggering me in the final stages of a race. I went in fast and those final laps were hard, I almost had to throw up after the race."

Weidemann took over the lead in the World Cup ranking. The Canadian has collected 200 points in the first four long distance World Cup races. [Esmee Visser](#) (NED) dropped to second place with 192 points, after a fourth-place finish in Heerenveen, and Sáblíková is third with 190 points.

For full entry lists and further information regarding the ISU World Cup Speed Skating Series please visit: isu.org/speed-skating. Results are [here](#) and you can follow the discussion on social media by using #WCSpeedSkating and #SpeedSkating.

The ISU World Cup Speed Skating Series will be available on in some countries on the ISU Skating Channel.

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.