



Women's 5000 meter – Two big loops – A, B, C, D, E, F, A, B, C, D, E, F, Finish

Men's 8000 meter – 1 small loop, 3 big loops – A, B, A, B, C, D, E, F, A, B, C, D, E, F, A, B, C, D, E, F, Finish