

**Kjeld Nuis (NED)**  
2018 Olympic champion,  
1,000m,  
1,500m

**“Ice Ribbon” Speed Skating Oval**  
Only new arena built at  
2008 Beijing Olympic Park

400m oval track

Two skaters race against clock

Skaters change lane after each lap

### ICE SPEED AND ALTITUDE

23 of 26 current world records set in Salt Lake City or Calgary, both high altitude venues. Beijing is at sea level

Low altitude

**Slow**

Air bubbles reduce ice density

Freon refrigerant

**+** Air pressure **-**

**+** Air resistance **-**

Trapped air, low density

Higher density ice

**High altitude**

**Fast**

Closely packed ice crystals

Beijing uses CO<sub>2</sub> refrigerant – freezes faster for consistent ice temperature and density