

1000 meters!

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1000 meters...

The 1000 meter run is a middle distance race that is much more commonly ran during indoor track.



Noah Ngeny (Kenya) holds the record for
1000m mens, 2:11.96 5 September 1999.



Svetlana Masterkova (Russia) holds the record for 1000m womens, 2:28.98 23 August 1996.



The first winner of the 1000m was Germanys Georg Mickler, in 1922.



Skills and rules

- You should stay in your lane until the end of the first curve and only then can you break away and cut inside
- You can not continue in the race if you voluntarily leave the track
- You face disqualification if you run across or obstruct another competitor
- 1000m is a test of stamina and speed and the ability to decide between setting the early pace and saving your energy for a late burst.