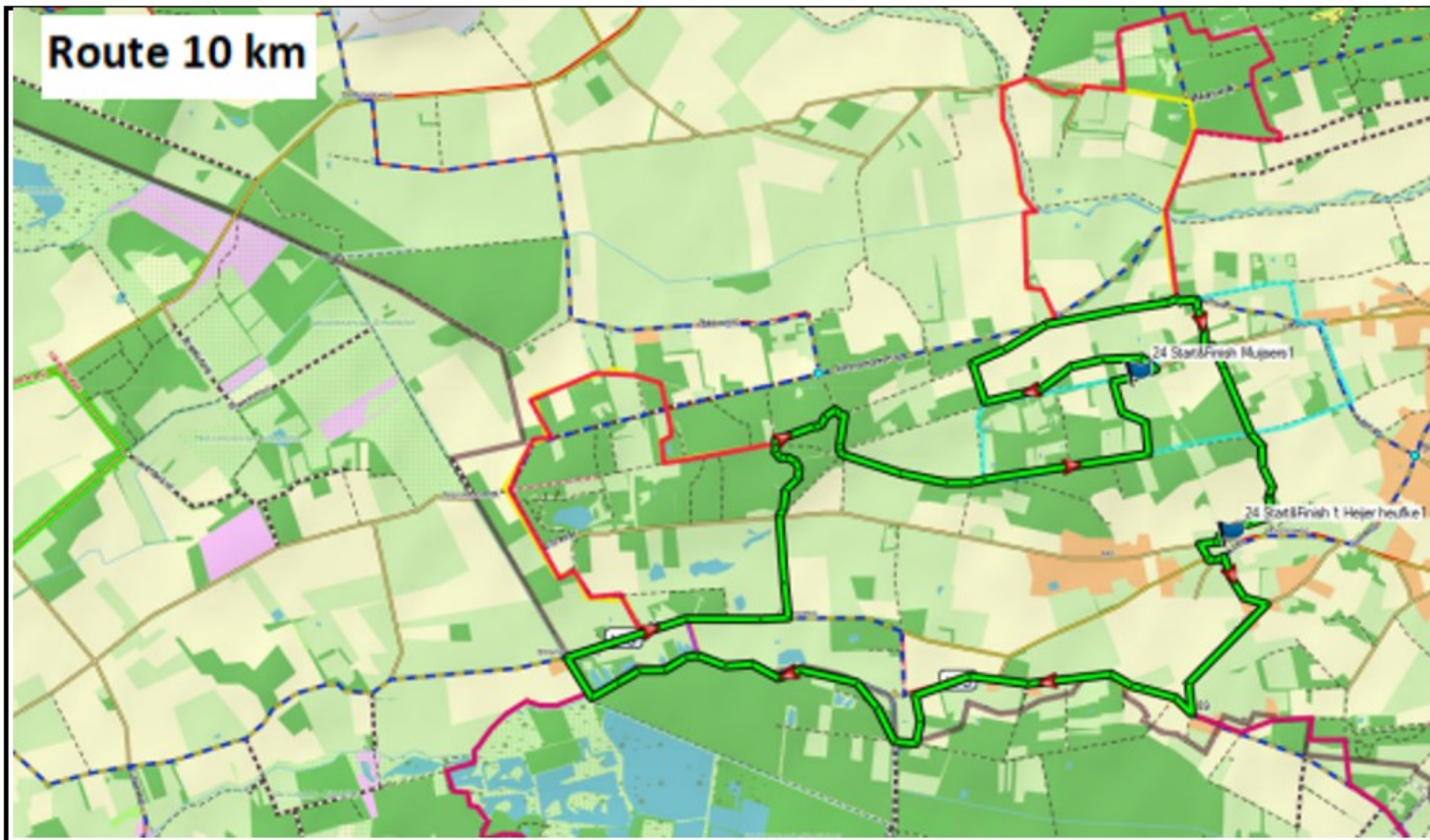




 Route 25 km (25,4)	 Route 20 km (19,9)	 Route 15 km (14,8)	 Route 10 km (10,7)	 Route 5 km (4,9)
Start: 't Heijer heufke	Start: 't Heijer heufke	Start: 't Heijer heufke	Start: 't Heijer heufke	Start: Muijers
Pauze 1: Mariahof 10,2 km	Pauze 1: Mariahof 10,2 km	Pauze 1: Muijers 9,3 km	Pauze: Muijers 7,5 km	Finish: Muijers 4,9 km
Pauze 2: Muijers 18,4 km	Pauze 2: Muijers 16,7 km	Finish: 't Heijer heufke 14,8 km	Finish: Heijer heufke 10,7 km	
Finish: 't Heijer Heufke 25,4 km	Finish: 't Heijer heufke 19,9 km			