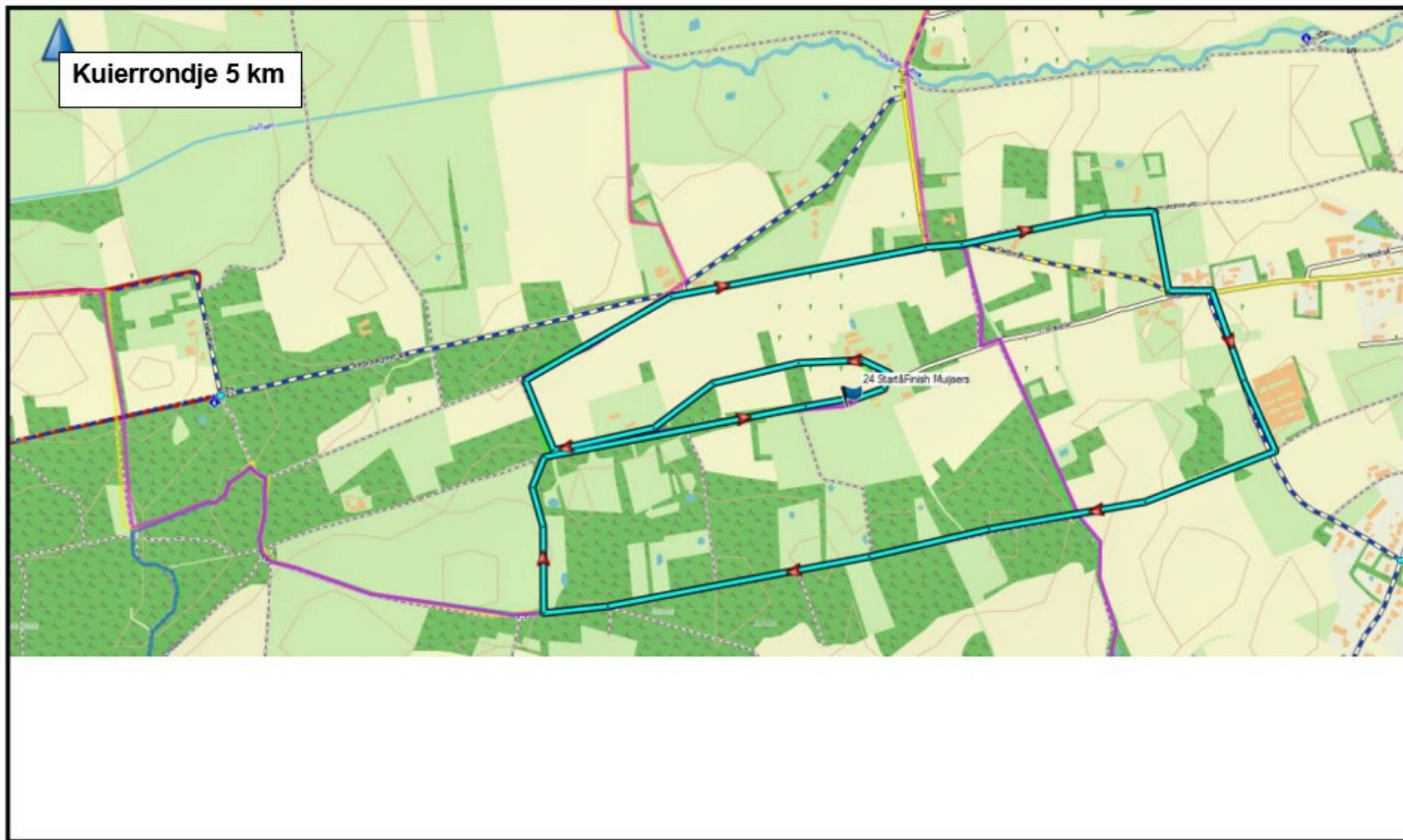




Route 25 km (25,4)

Start: 't Heijer heufke
 Pauze 1: Mariahof 10,2 km
 Pauze 2: Muijers 18,4 km
 Finish: 't Heijer Heufke 25,4 km



Route 20 km (19,9)

Start: 't Heijer heufke
 Pauze 1: Mariahof 10,2 km
 Pauze 2: Muijers 16,7 km
 Finish: 't Heijer heufke 19,9 km



Route 15 km (14,8)

Start: 't Heijer heufke
 Pauze 1: Muijers 9,3 km
 Finish: 't Heijer heufke 14,8 km



Route 10 km (10,7)

Start: 't Heijer heufke
 Pauze: Muijers 7,5 km
 Finish: Heijer heufke 10,7 km



Route 5 km (4,9)

Start: Muijers
 Finish: Muijers 4,9 km

KIIBN

