

Afstand ↓	138K			88K			46			32			16		
SNELHEID	+/- (12km/u)	+/- (10km/u)	- (6,5km/u)	+/- (12km/u)	+/- (10km/u)	- (7km/u)	+ (14km/u)	+/- (12km/u)	- (6,5km/u)	+ (14km/u)	+/- (12km/u)	- (6,5km/u)	+ (14km/u)	+/- (12km/u)	- (6,5km/u)
TEMPO	0:05:00	0:06:00	0:09:14	0:05:00	0:06:00	0:08:34	0:04:17	0:05:00	0:09:14	0:04:17	0:05:00	0:09:14	0:04:17	0:05:00	0:09:14
STARTTIJD	0:01:00	0:01:00	0:01:00	8:00:00	8:00:00	8:00:00	12:00:00	12:00:00	12:00:00	13:00:00	13:00:00	13:00:00	15:00:00	15:00:00	15:00:00
5,2	0:27:00	0:32:12	0:49:01												
17,1	1:26:30	1:43:36	2:38:53												
17,4	1:28:00	1:45:24	2:41:40												
18,8	1:35:00	1:53:48	2:54:35												
33,8	2:50:00	3:23:48	5:13:05												
39,8	3:20:00	3:59:48	6:08:29												
46,8	3:55:00	4:41:48	7:13:07												
50,9	4:15:30	5:06:24	7:50:59												
67,9	5:40:30	6:48:24	10:27:57	9:25:00	9:42:00	10:25:38									
80,2	6:42:00	8:02:12	12:21:31	10:26:30	10:55:48	12:11:00									
91,8	7:40:00	9:11:48	14:08:37	11:24:30	12:05:24	13:50:23									
96,1	8:01:30	9:37:36	14:48:19	11:46:00	12:31:12	14:27:13	12:18:25	12:21:30	12:39:42						
105	8:46:00	10:31:00	16:10:30	12:30:30	13:24:36	15:43:27	12:56:32	13:06:00	14:01:53	13:00:00	13:00:00	13:00:00			
114	9:31:00	11:25:00	17:00:00	13:15:30	14:18:36	17:00:00	13:35:05	13:51:00	15:24:59	13:38:33	13:45:00	14:23:06			
122	10:11:00	12:13:00	18:13:52	13:55:30	15:06:36	18:08:32	14:09:21	14:31:00	16:38:51	14:12:49	14:25:00	15:36:58	15:00:00	15:00:00	15:00:00
128	10:41:00	12:49:00	19:09:16	14:25:30	15:42:36	18:59:56	14:35:03	15:01:00	17:34:15	14:38:31	14:55:00	16:32:22	15:25:42	15:30:00	15:55:24
137	11:26:00	13:43:00	20:32:22	15:10:30	16:36:36	20:17:02	15:13:36	15:46:00	18:57:21	15:17:04	15:40:00	17:55:28	16:04:15	16:15:00	17:18:30

verlaten hotondbos

bevoorrading Hotond

einde scherpenbergbos

H2O Boekzitting-Muziekbos

einde Sint-Pietersbos

einde Bos Ter Rijst

START 88 K / Bevoorrading

bevoorrading D'Hoppe

bevoorrading Cordenuit

START 46K / Bevoorrading

top bosberg

START 32K / Bevoorrading

bevoorrading Notenboer

START 16K

Centrum G'bergen / Bevoorrading

finish

Cut off: 14u

Cut Off: 17u