Distance: 114 km

Destinations : Meppel- Kallenkote-Fredriksoord-Vledder-Appelscha-Diever-Ruinerwold

Pointage carnet de route : Huis van Weldadigheid in Fredriksoord en Het Hart van Diever in Diever

Start	70	0.9 km	04	11.1 km	48	2.7 km	40	4.2 km	17	1.4 km	15	1.5 km	19	1.6 km	18	2.1 km	34	2.4 km	36
1.4 km	16	3.2 km	46	1.1 km	47	2.5 km	49	2.4 km	48	1.8 km	35	2.1 km	24	0.5 km	27	1.7 km	43	3.0 km	12
2.6 km	21	1.3 km	33	0.8 km	31	0.8 km	86	2.2 km	87	2.0 km	85	1.3 km	83	3.6 km	91	4.5 km	63	0.8 km	39
2.9 km	38	1.1 km	53	3.7 km	52	3.8 km	69	0.6 km	51	1.2 km	80	3.2 km	75	0.6 km	77	1.7 km	03	1.1 km	74
2.5 km	52	1.2 km	51	1.6 km	50	3.8 km	65	0.5 km	55	5.9 km	05	3.8 km	42	1.8 km	26	2.0 km	03	0.5 km	02
3.4 km	04	0.9 km	70	**Totaal**	**114 km**														

