Distance: 76.5 km

Destinations : Meppel- Kallenkote-Fredriksoord-Vledder-Uffelte-Ruinerwold

Pointage carnet de route : Huis van Weldadigheid in Frederiksoord

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	3.7 km	33	2.7 km	32	1.1 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**	**76.5 km**														

