Distance: 80,8 km

Destinations : Meppel, Weerwille, Koekange, Echten, Fluitenberg, Pesse, Spier, Dwingeler Veld, Ansen, Ruinerwold, Meppel

Pointage carnet de route : Hotel-Restaurant Boschzicht in Echten

Start	70	0.9 km	04	3.4 km	02	0.5 km	03	2.5 km	83	1.6 km	60	2.1 km	67	1.6 km	66	2.9 km	68	5.1 km	93
3.2 km	77	1.6 km	78	3.3 km	61	3.5 km	34	5.3 km	08	0.7 km	09	1.4 km	20	3.3 km	21	6.2 km	45	0.9 km	44
0.6 km	43	3.9 km	83	3.7 km	57	2.5 km	56	2.7 km	55	3.0 km	82	5.8 km	42	1.9 km	26	2.0 km	03	0.5 km	02
3.4 km	04	0.9 km	70	**Totaal**	**80.8 km**														

