Distance: 82,8km

Destinations : Meppel, Ruinerwold, Ansen, Wapse, Uffelte, Havelte, Steenwijk, Nijeveen, Meppel

Pointage carnet de route : Brasserie Oer in Havelte

Start	70	0.9 km	04	3.4 km	02	0.5 km	03	2.5 km	83	2.1 km	42	3.9 km	05						
5.9 km	55	0.5 km	65	3.8 km	50	1.6 km	51	2.7 km	02	1.8 km	74	1.1 km	03						
1.7 km	77	0.6 km	75	1.9 km	37	2.0 km	33	2.7 km	32	1.1 km	31	1.1 km	41						
2.3 km	08	2.5 km	10	1.0 km	01	1.9 km	11	3.3 km	17	1.4 km	15	1.5 km	19						
2.7 km	30	3.7 km	31	1.8 km	32	3.8 km	46	3.4 km	48	11.1 km	04	0.9 km	70						

Totaal 82.8 km

