Distance: 99,9 km

Destinations : Meppel, Staphorst, Oud Avereest, Balkbrug, Dedemsvaart, Drogteropslagen, Linde, Zuidwolde, Veeningen, De Stapel/ Monument, IJhorst, Meppel

Pointage carnet de route : Restaurant Kiewiet in Dedemsvaart n Restaurant Vos in IJhorst

Start		70	2.5 km	49	2.9 km	76	2.0 km	78	5.0 km	79	1.9 km	72	2.4 km	20	3.6 km	22	0.0 km	88	0.0 km	35	8.1 km	15	2.3 km
13	6.5 km	18	2.8 km	26	4.8 km	21	1.9 km	22	2.7 km	32	2.6 km	27	3.8 km	65	2.7 km	11	1.5 km	18	4.5 km	13	1.5 km	12	4.6 km
63	2.0 km	10	1.7 km	62	2.9 km	73	5.9 km	97	3.0 km	98	3.9 km	81	0.4 km	89	2.5 km	80	2.8 km	01	2.0 km	85	0.8 km	71	1.4 km
70	Totaal	99.9 km																					

