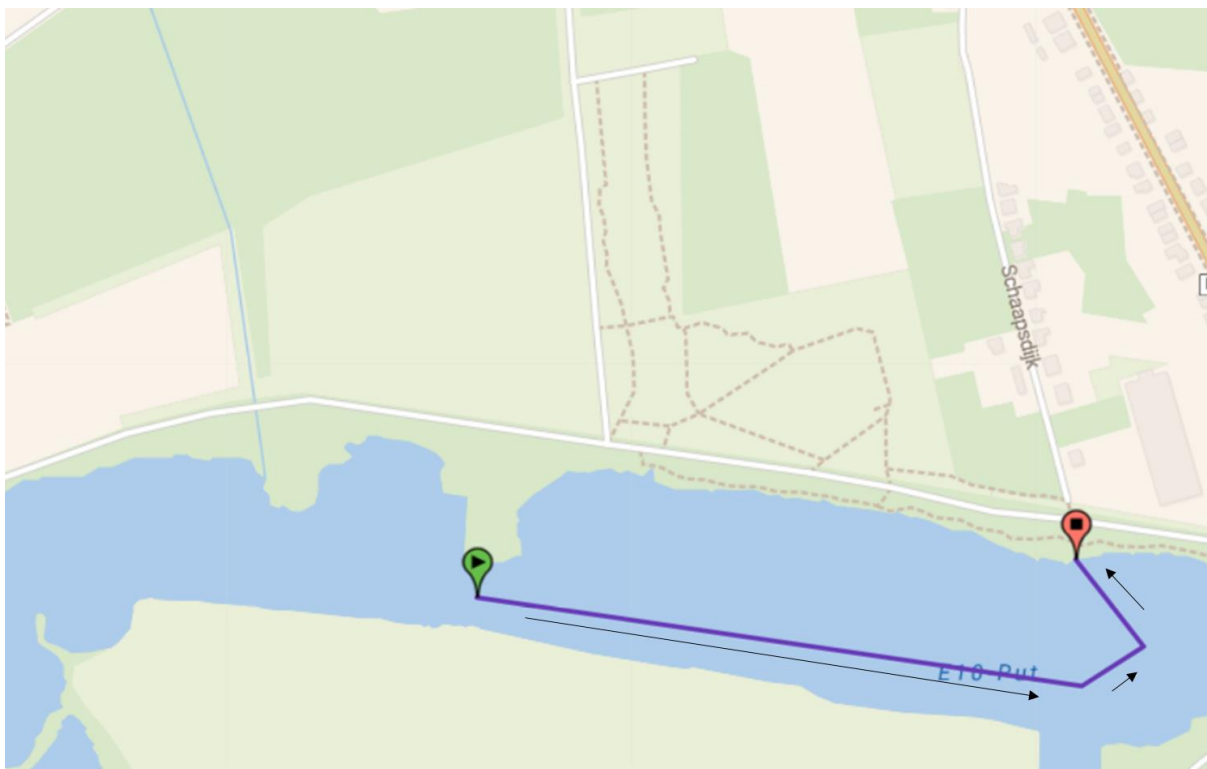
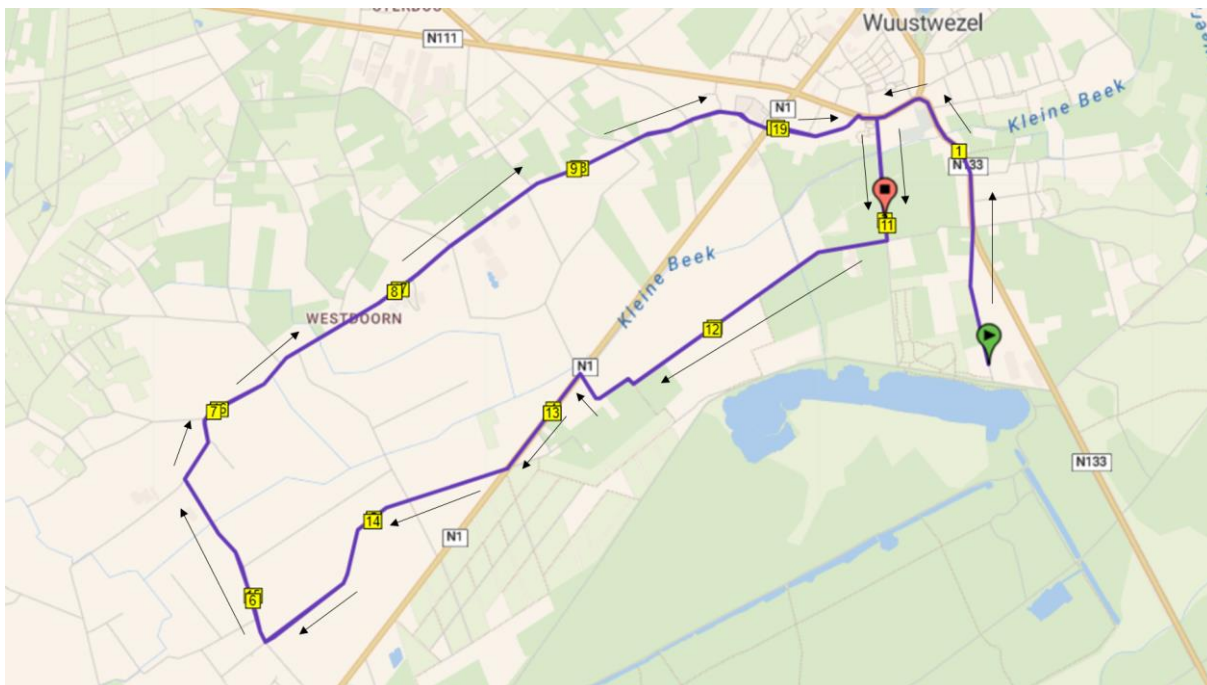


18:30 INDIVIDUEEL 1/8°

1 RONDE ZWEMMEN – 750 METER



2 RONDEN FIETSEN – 20 KILOMETER



2 RONDEN LOPEN – 5000 METER (4,6)

