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|------------|------|------------|------|-----------------|------|------------|------|----------------------------|
| 135 | 0.0 | 189 | 1.6 | 171 | 8.4 | 170 | 8.9 | fietsnet knoppunter.com |
| | 1.6 | | 6.8 | | 0.5 | | 4.1 | |
| 169 | 13.0 | 161 | 15.0 | 163 | 18.7 | 159 | 21.5 | |
| | 2.0 | | 3.7 | | 2.8 | | 0.9 | |
| 158 | 22.4 | 160 | 23.2 | 165 | 30.6 | 166 | 32.9 | fietsnet knoppunter.com |
| | 0.8 | | 7.5 | | 2.3 | | 3.8 | |
| 167 | 36.7 | 168 | 39.3 | 134 | 41.6 | 135 | 42.6 | |
| | 2.6 | | 2.3 | | 1.1 | | | |
| | | | | | | | | fietsnet knoppunter.com |
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| | | | | Totaal: 42.6 km | | | | |