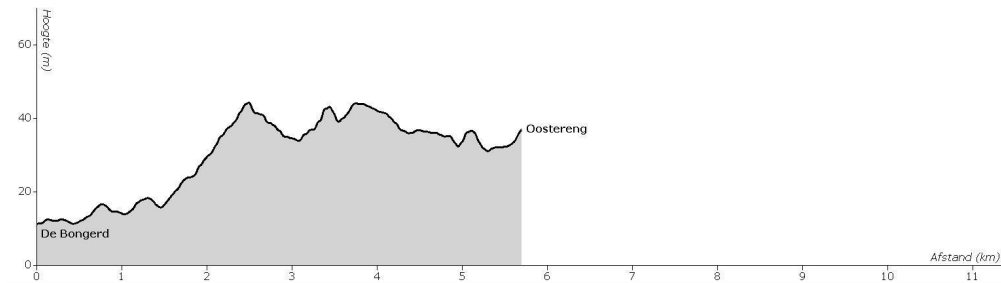


Runners route: Stage 1. De Bongerd-Oostereng



Male stage

5.7 kilometer

Mostly unpaved,
sloping

0.00 START DE BONGERD

Starting group 1 9:00 - Starting group 2 9:20

| | | |
|--|--|------------------|
| 0.00 | Start on the running track, entrance on the other side (running direction counter clockwise) | Running track |
| 0.11 | Halfway through bend RA (path at steeplebak), past bushes LA past wharf building. End of T-junction LA. | Brick road |
| 0.22 | In front of De Bongerd RA, between De Bongerd and tennis courts | Brick road |
| 0.31 | After \pm 80 meters to the right, along the parking lot | Brick road |
| 0.41 | At tile path RA along training field | Tile path |
| 0.55 | At cycle path LA | Bike path |
| <i>Pay attention to the directions!</i> | | |
| 0.61 | At crossing RA, cross double lane (Nijenoord Allee). Follow bike path LA immediately | Bike path |
| <i>Pay attention to the directions!</i> | | |
| 0.84 | Crossing with traffic light RD (Grindweg) | Bike path |
| <i>Pay attention to the directions!</i> | | |
| 0.94 | First side road (Bosweg) RA | Asphalt, unpaved |
| <i>Pay attention to the directions!</i> | | |
| 1.23 | Crossing RD, cross road (Bennekomseweg) | Asphalt |
| <i>Pay attention to the directions!</i> | | |
| 1.33 | Crossing RD, cross road (Oude Diedenweg) | Gravel path |
| <i>Pay attention to the directions!</i> | | |
| 1.68 | End of the road RD, cross road (Hollandseweg). Directly follow bike path LA | Bike path |
| <i>Pay attention to the directions!</i> | | |
| 1.88 | 1st dirt road RA, between meadows | Sandy path |
| <i>Accompanying cyclists RD and takes 1st road right (Zoomweg)!</i> | | |
| 2.15 | End sandy path RD, cross asphalt road (Zoomweg). Keep right directly after crossing and follow forest path | Grass path |
| <i>Pay attention to the directions!</i> | | |
| 2.23 | Keep right | Forest path |
| 2.25 | After \pm 20 meters Y-junction LA | Forest path |

Runners route: Stage 1 continuation

| | | |
|-------------|---|-------------|
| 2.34 | Crossing RD (cross path) | Forest path |
| 2.53 | T-junction RA | Forest path |
| 2.95 | Forst path passes into bike path | Bike path |
| 3.10 | Crossing with asphalt road RD cross at mushroom 23808 (Geertjesweg) | Forest path |

Pay attention to the directions!

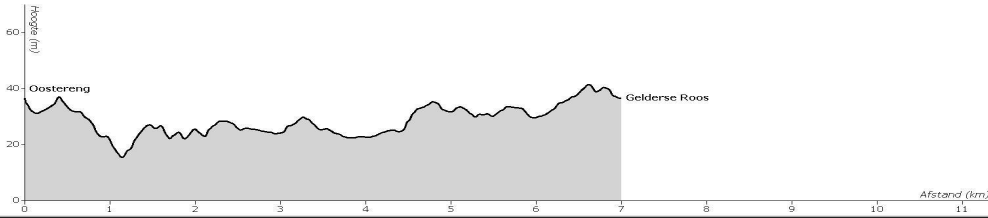
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| 3.25 | 1st path LA | Forest path |
| 3.88 | Just before crossing with bike path RA, follow path parallel to bike path | Forest path |
| 4.03 | Forst path passes into bike path | Bike path |
| 4.24 | Crossing with forest path LA | Forest path |
| 4.30 | Y-junction RA | Forest path |
| 4.85 | 3rd RA. Path goes down diagonally right | Forest path |
| 4.94 | 1st crossing LA | Forest path |
| 5.18 | Crossing with bike path and road RD, cross (Hartenseweg) | Forest path |

Pay attention to the directions!

| | | |
|-------------|---|-------------|
| 5.24 | After 50 meters T-junction LA (corner can be cut off) | Forest path |
| 5.28 | Y-junction RA Watch out for tree trunk! | Forest path |
| 5.45 | Crossing of forest paths RD (keep to main path) | Sandy path |
| 5.62 | After ± 20 meters RA and directly LA to WP1 | Forest path |

5.65 WP Oostereng (open 09:20 - 09:55)

Runners route: Stage 2. Oostereng-Gelderse Roos



Male stage

7.3 kilometer

Mostly unpared

0.00 WP OOSTERENG

| | | |
|-------------|---|-------------|
| 0.01 | At WP LA, back to main path | Forest path |
| 0.03 | At main path (sandy path) RA, follow main path | Sandy path |
| 0.30 | End of sandy path. Cross Keijenbergseweg/Bennekomseweg, after which RA follow bike path | Bike path |

Pay attention to the directions!

| | | |
|-------------|---|--------------|
| 1.33 | 5th LA at small path in lawn Note: This is a change in the route that was implemented last year! It is normally not allowed to enter Estate Quadenoord with an MTB! | Forest path |
| 1.64 | At five-way jump, 2nd RA | Forest path |
| 1.88 | At T-junction on bike path LA | Bike path |
| 2.40 | End of descent at crossing RA towards broad sandy path before houses | Sandy path |
| 2.72 | RD along the field (Note: this is changed compared to 2019!) | Sandy path |
| 3.06 | At T-junction LA | Bike path |
| 3.77 | After 700 meters RA through gate. Through cow meadow | Walking path |

Attention: cows! Do not approach and/or disrupt.

| | | |
|-------------|--------------------------------|-------------|
| 4.28 | End of cow meadow through gate | Forest path |
|-------------|--------------------------------|-------------|

Pay attention to the directions!

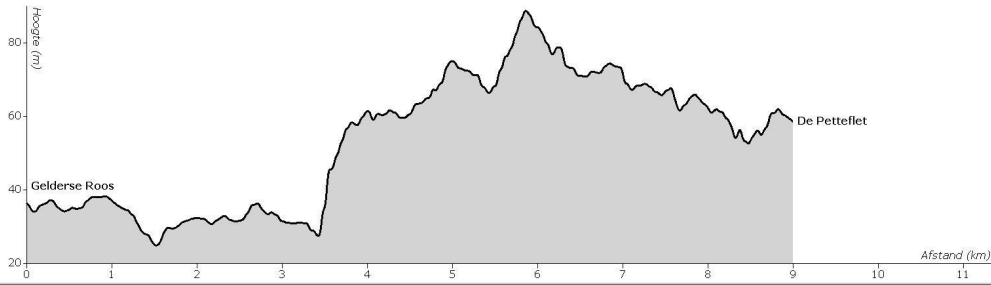
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|-------------|---|-------------|
| 4.28 | Crossing with road RD, cross road (Telefoonweg) | Small path |
| 4.68 | Second side path LA | Forest path |
| 5.15 | Crossing with sandy path RD | Forest path |
| 5.21 | T-junction LA | Sandy path |

Pay attention to traffic!

| | | |
|-------------|---|-----------------|
| 6.17 | After farm Bosch-hoeve RA (turn left in turn). Follow field path (straight ahead) | Sandy path |
| 6.51 | T-junction LA | Forest path |
| 6.74 | Y-jujction RA | Hard sandy path |
| 6.82 | After ± 20 meters RA to forest path (cycling is prohibited, dismount bike) | Forest path |
| 6.86 | Crossing forest paths LA | Forest path |
| 6.90 | Crossing with asphalt road RA | Asphalt road |
| 7.03 | ± 70 m. diagonally LA | Forest path |

7.30 WP GELDERSE ROOS (open 09:55 - 10:35)

Runners route: Stage 3. Gelderse Roos-De Petteflet



Male stage

9.0 kilometer

Mostly unpaved

| 0.00 WP GELDERSE ROOS | | |
|-----------------------|--|--------------|
| 0.05 | End of parking lot RA | Asphalt road |
| 0.15 | End of driveway LA, runners via sidewalk, cyclists via bike path | Walking path |
| 0.36 | 2nd road LA (in turn to right, towards Plein 1 t/m 6). Cross road and follow walking path | Walking path |
| 0.57 | Cross road via pedestrian crossing LA immediately RA, between station and restaurant (past fire brigade), so NOT via the train track | Walking path |

Pay attention to the directions!

| | | |
|------|-----------------------------|--------------|
| 0.73 | Road narrows into bike path | Asphalt road |
| 1.40 | 1st path LA into tunnel | Brick road |

Attention: runners bend and cyclists dismount bike!

| | | |
|------|--|-------------|
| 1.50 | Directly after tunnel RA | Bike path |
| 2.20 | Bike path passes into brick road and later into sandy path | Sandy path |
| 2.71 | 1st path LA (directly after end of fence) | Forest path |
| 2.81 | 1st path RA, through road with trees between fields | Sandy road |
| 3.70 | Crossing with asphalt road RD | Forest path |
| 4.00 | L around place of worship, crossing RD follow until large road | Forest path |
| 4.48 | Through fence, crossing with side road RD (cross road) | Forest path |

Pay attention to the directions!

| | | |
|------|--|-------------|
| 4.53 | Bike path RA | Bike path |
| 4.65 | End of bike path LA through fence | Forest path |
| 4.66 | After fence directly RA | Forest path |
| 4.77 | T-junction RA | Forest path |
| 4.85 | 1st path LA | Forest path |
| 4.93 | Y-junction RA | Grassy path |
| 4.98 | Y-junction RD | |
| 5.12 | Crossing RD (path narrows) | Grassy path |
| 5.20 | End of path RA, follow path along fields | Forest path |
| 5.67 | Crossing with paved road RD (estate Boschveld) | Forest path |

Pay attention to the directions!

Runners route Stage 3 continuation

| | | |
|-------------|---|--------------|
| 5.68 | Follow main road | Forest path |
| 6.02 | Crossing RA (follow grey-blue pole, yellow-blue+ red-white shield) | Forest path |
| 6.23 | Crossing with paved road RD (along white fence, Mariëndaal, Geldersch Landschap en Kastelen). | |
| 6.30 | Follow asphalt road to the left | Asphalt road |
| 6.88 | Follow road to the right | Asphalt road |
| 7.35 | 1st corssing LA | Gravel path |
| 7.52 | End path LA | Bike path |
| 7.72 | End path RA | Asphalt road |

Pay attention to the directions!

| | | |
|-------------|---|--------------|
| 7.77 | T-junction keep left | Asphalt road |
| 8.22 | Just before construction site LA, follow bike path parallel to road | Asphalt road |
| 8.35 | Right angle turn before sign "ZCC-IT" (towards tunnel) | Bike path |

Do NOT use the stairs after the tunnel!

| | | |
|-------------|-----------------------------|--------------|
| 8.63 | T-junction LA (Bauerstraat) | Asphalt road |
|-------------|-----------------------------|--------------|

Pay attention to the directions!

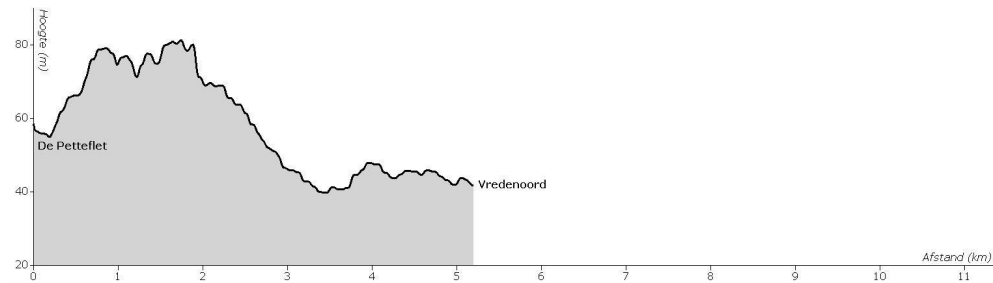
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|-------------|----------------------------------|-------------|
| 8.77 | Y-junction RA (Tooropstraat) | Gravel path |
| 8.86 | 1st road RA (Colenbranderstraat) | Gravel path |

8.98 WP DE PETTEFLET (open 10:25 - 11:25)



Pay attention! There is a portable toilet at the Petteflet! If necessary, please use this and do not urinate in public!

Runners route: Stage 4. De Petteflet-Vredenoord



Female stage

5.1 kilometer

Mostly paved,
sloping

0.00 WP DE PETTEFLET

| | | |
|-------------|---|--------------|
| 0.00 | Follow road after WP (keep left) | Gravel path |
| 0.11 | Crossing with priority road RD (Van Ruisdaelstraat) | Asphalt road |

Pay attention to the directions!

| | | |
|-------------|--|--------------|
| 0.21 | Crossing LA (Van Heemstralaan) | Pavement |
| 0.51 | In turn towards the left RA, turn into dead end road | Asphalt road |

Pay attention to the directions!

| | | |
|-------------|--|-------------|
| 0.58 | 1st path RA, into forest (Gulden Bodem) | Forest path |
| 0.65 | 1st path LA (at bench) follow RD | Gravel path |
| 0.95 | Path turns right | Forest path |
| 1.17 | LA between fields | Forest path |
| 1.34 | Along white fence and directly RA onto the bike path | Bike path |
| 1.48 | 1st LA and cross Schelmseweg | Bike path |

Pay attention to the directions!

| | | |
|-------------|--|-------------|
| 1.57 | After crossing Schelmseweg 1st path RA | Forest path |
| 1.59 | After 20 meters LA | |
| 1.76 | T-junction (at high voltage cables) RA | Grassy path |
| 1.89 | 1st path RA (at bench on the other side) | Grassy path |
| 2.13 | T-junction LA (main path!) | Sandy path |
| 2.28 | Y-junction RD, follow path left of bench | Sandy path |
| 2.63 | 7-way junction RD | Sandy path |
| 3.10 | Crossing bike path RD | Gravel path |

Pay attention to the directions!

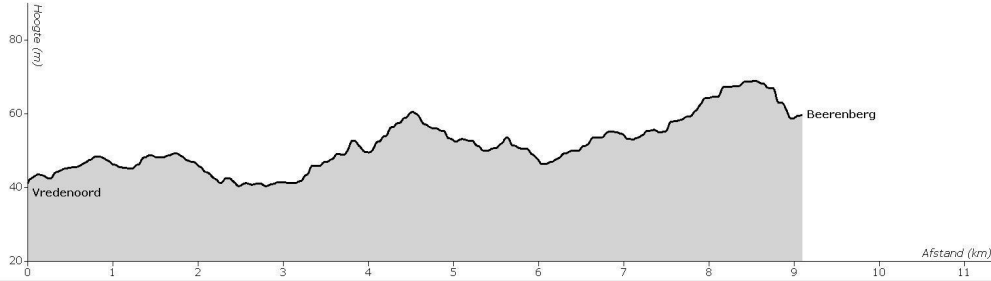
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| 4.05 | Path turns left at the highway | Forest path |
| 4.54 | Crossing bike path RA (Kemperbergerweg) | Bike path |

Pay attention to the directions!

| | | |
|-------------|-------------------------|--------------|
| 4.83 | RD underneath viaduct | Bike path |
| 5.08 | RA onto the grass field | Grassy field |

5.12 VZP VREDENOORD (open 10:55 - 11:55)

Runners route: Stage 5. Vredenoord-Beerenberg



Male stage

8.9 kilometer

Paved,

Unpaved

0.00 RERSTART VREDENOORD

Starting group 1 12:15 - Starting group 2 12:35

Attention! Accompanying cyclist join runners after 500 meters

| | | |
|-------------|---------------------------------------|--------------|
| 0.00 | Cross field diagonally | Grassy field |
| 0.07 | RA | Gravel path |
| 0.16 | RD into the forest, along white fence | Forest path |

The accompanying cyclist joins the runner here

| | | |
|-------------|----------------------------------|-------------|
| 0.56 | 2nd crossing diagonally RA | Forest path |
| 0.87 | T-junction RA (follow wide road) | Forest path |
| 1.63 | End LA, at T-junction | Forest path |
| 1.83 | Follow winding path | Forest path |

Pay attention, you are entering an MTB-route!

| | | |
|-------------|----------------------|-----------|
| 2.54 | RD cross Deelenseweg | Bike path |
|-------------|----------------------|-----------|

Pay attention to the directions!

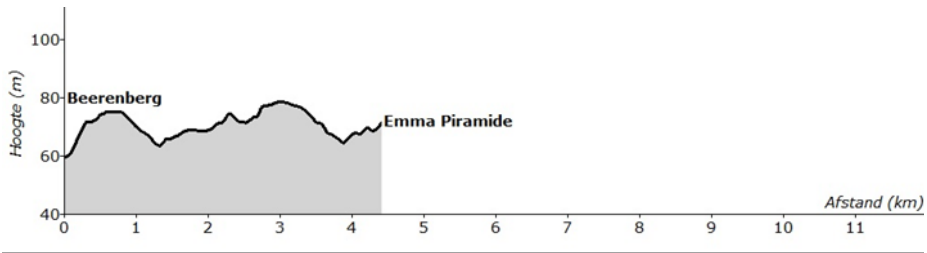
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| 4.51 | When bike path takes a sharp right turn and turns into sandy path" LA into the forest | Sandy path |
| 5.33 | T-junction RA | Forest path |
| 5.53 | T-junction LA (along A50) | Sandy path |
| 6.31 | Crossing RA, over cattle grid (viaduct over A50) | Bike path |
| 6.51 | Cross road and bike path, RD follow bike path (along white fence Delhuizen) | Bike path |

Pay attention to the directions!

| | | |
|-------------|---|------------|
| 7.12 | End path LA, follow bike path | Bike path |
| 7.69 | T-junction bike path RD onto sandy path (along yellow sign "Nationaal Park Veluwezoom") | Sandy path |
| 8.79 | End path RA onto bike path | Bike path |

8.90 WP BEERENBERG (open 12:50 - 13:25)

Runners route: Stage 6. Beerenberg-Emma Piramide



Female stage

4.3 kilometer

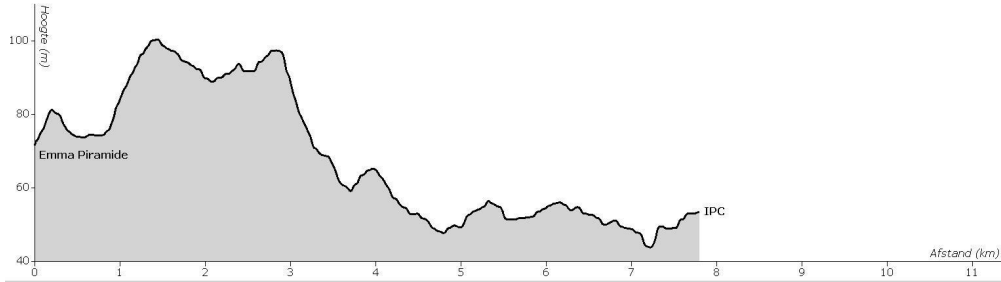
Partly unpaved

0.00 WP BEERENBERG

| | | |
|-------------|------------------|-------------|
| 0.00 | Follow bike path | Bike path |
| 0.10 | 1st path RA | Sandy path |
| 1.33 | 3rd path LA | Forest path |
| 2.38 | 2nd path RA | Sandy path |

4,30 WP EMMA PIRAMIDE (open 13:10 - 13:55)

Runners route: Stage 7. Emma Piramide-IPC



Male stage

8.0 kilometer

Mostly unpaved

0.00 WP EMMA PIRAMIDE

| | | |
|-------------|---|-------------|
| 0.00 | At WP RA into forest | Forest path |
| 0.21 | Crossing RD (path goes slightly to the left) and keep right | Forest path |
| 0.30 | T-junction RA | Forest path |
| 0.60 | 1st path sharp LA | Forest path |
| 1.51 | Crossing RA | Forest path |
| 1.69 | T-junction LA | Forest path |
| 1.72 | Directly sharp RA | |
| 2.32 | Crossing at bench RA | Forest path |
| 2.88 | Y-junction RA | Forest path |

Watch out for steep descent!

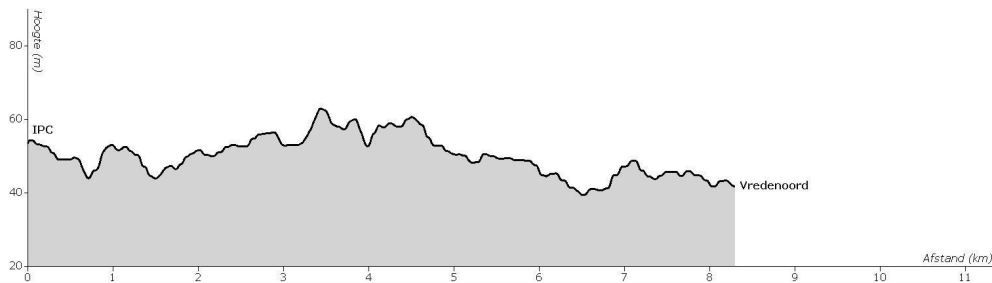
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| 3.67 | 3rd crossing (at bench) diagonally RA | Forest path |
| 4.01 | Through gate | Forest path |
| 4.59 | Crossing, follow narrow sandy path upwards | Sandy path |
| | Turns into forest path | Forest path |
| 4.98 | 1st path RA | Forest path |
| 5.19 | Crossing RA | Forest path |
| 5.37 | Crossing with bike path LA | Forest path |
| 5.45 | Crossing with road RD | Bike path |

Pay attention to the directions!

| | | |
|-------------|---|-------------|
| 5.62 | Directly after the bridge over the highway RA | Forest path |
| 5.80 | 1st path LA | Forest path |
| 6.96 | Crossing RA, follow bike path | Bike path |
| 7.06 | Crossing RA, follow equestrian trail | Sandy path |
| 7.89 | At five-way junction, 2nd path LA | Forest path |

8.00 WP IPC GROENE RUIJTE (open 13:45 - 14:35)

Runners route: Stage 8. IPC-Vredenoord



Male stage

8.2 kilometer

Mostly unpaved

0.00 WP IPC GROENE RUIMTE

| | | |
|-------------|--|-------------|
| 0.00 | Follow path towards five-way junction back | Forest path |
| 0.11 | Follow bike path back | Bike path |
| 0.90 | Crossing bike path RD | Forest path |
| 1.12 | 1st path LA | Forest path |
| 1.17 | After 50 meters T-junction RA | Forest path |
| 1.62 | 2nd path LA | Forest path |
| 2.04 | 1st path RA | Forest path |
| 2.90 | At crossing 2nd road LA (over cattle grid, follow bike path underneath highway) | Bike path |
| 3.41 | Crossing after viaduct RA, towards richting junction (knooppunt) 47 | Gravel path |
| 4.51 | Crossing RD at black pole cycle route the Netherlands | Forest path |
| 5.14 | Crossing with asphalt road RD, cross road (Deelenseweg) and directly LA over bike lane | Bike path |

Pay attention to the directions!

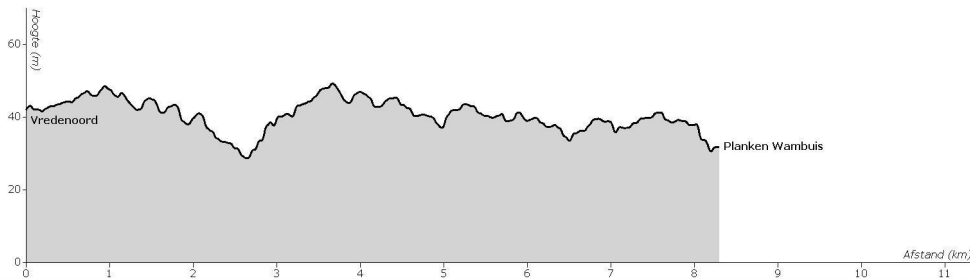
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| 5.24 | 1st bike path RA | Bike path |
| 6.13 | 2nd crossing RA (at bench) | Gravel path |
| 7.57 | Crossing bike path RA (Kemperbergerweg) | Bike path |

Pay attention to the directions!

| | | |
|-------------|-----------------------|-----------|
| 7.88 | Underneath viaduct RD | Bike path |
| 8.12 | RA into field | Field |

8.22 VZP VREDENOORD (open 14:25 - 15:20)

Runners route: Stage 9. Vredenoord-Planken Wambuis



Female stage

8.1 kilometer

Half unpaved

0.00 RERSTART VREDENOORD Starting group 1 15:30 - Starting group 2 15:45

| | | |
|-------------|--|-----------|
| 0.00 | Back over field towards bike path | Field |
| 0.04 | Bike path LA towards viaduct (Kemperbergerweg) | Bike path |
| 0.06 | Before viaduct (at Arnheems war museum 40-45) cross road | |

Pay attention to the directions!

| | | |
|-------------|------------------------------------|--------------|
| 0.08 | LA cross bike path | Bike path |
| 0.58 | Bike path turns into parallel road | Asphalt road |
| 0.76 | 1st road RA | Brick road |

The accompanying cyclist joins the runner here

| | | |
|-------------|---|--------------|
| 0.96 | 1st path LA. Keep to right path | Forest path |
| 1.22 | Crossing RD (mushroom 22703) | Forest path |
| 1.46 | Crossing RA onto forest path (at mushroom 21027) | Forest path |
| 1.76 | Crossing with asphalt road RD (mushroom 21053) | Forest path |
| 2.00 | RA, after which directly LA through gate | Gravel path |
| 2.98 | End of path through gate, after which (before house "Kleine Kweek") | Sandy path |
| 3.60 | 1st crossing LA | Forest path |
| 3.67 | 1st path RA (very narrow forest path) | Forest path |
| 3.83 | Y-junction RA | Forest path |
| 4.07 | Turns into broader path. Crossing RD | Forest path |
| 3.98 | End pad at barrier LA | Gravel path |
| 4.30 | T-junction RA | Asphalt road |
| 4.32 | 1st road LA, onto gravel path | Gravel path |
| 4.82 | 1st road RA | Forest path |
| 5.60 | Straight ahead at crossing, directly LA follow bike path along Koningsweg | Bike path |

Pay attention to the directions!

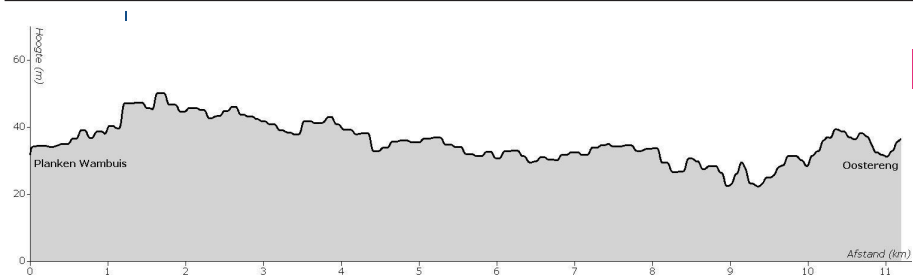
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| 6.42 | Before traffic light RA towards Ede / Utrecht | Bike path |
| 6.95 | After viaduct 3rd path RA (after gas station) | Forest path |
| 7.50 | End path LA | Forest path |
| 7.70 | 1st path LA | Forest path |
| 7.92 | 1st path RA | Forest path |

Attention! Dangerous descent out of the forest!

| | | |
|-------------|-----------------|--------------|
| 8.08 | 1st crossing RA | Asphalt road |
|-------------|-----------------|--------------|

8.10 WP PLANKEN WAMBUIS (open 16:00 - 16:40)

Runners route: Stage 10. Planken Wambuis-Oostereng



Male stage
8.2 kilometer
 Mostly unpaved

| 0.00 | WP PLANKEN WAMBUIS | |
|--|--|---------------|
| 0.00 | Follow asphalt road | Asphalt road |
| 0.40 | After viaduct underneath highway, directly LA through gate | Sandy path |
| 1.27 | Crossing LA, grassy path turns into forest path | Grassy path |
| Watch out for the ramp that goes over the fence! | | |
| 1.66 | End path RD, cross road (Arnhemseweg) | Grassy path |
| Pay attention to the directions! Uneven berm! | | |
| 1.69 | At the other side of the road RA | Bike path |
| 2.35 | 1st path LA along fence (at closing bar) | Forest path |
| 2.98 | 5th path RA | Forest path |
| 3.16 | 1st path LA | Forest path |
| 3.34 | End path LA, after which directly RA | Forest path |
| 3.40 | Keep left, path turns left after 300 meters | Forest path |
| 4.12 | Turn towards to the right | Forest path |
| 4.31 | End path LA (at closing bar and ANWB mushroom 25336) | Bike path |
| 4.93 | After tunnel 2nd path RA | Forest path |
| 6.37 | Crossing with bike path LA and follow bike path towards railway | Bike path |
| Railway. Stop for red light! Not stopping = disqualification! | | |
| 6.85 | Directly after railway RA towards Bennekom / Ede (Parallelweg) | Bike path |
| Pay attention to the directions! | | |
| 7.13 | LA at sign "opengesteld" Pay attention: It is normally not allowed to enter Estate | Forest path |
| 8.66 | End path LA (after green barn) | Sandy path |
| 9.01 | 1st crossing RA before camping | Forest path |
| 9.17 | End path RA (pay attention: from here, the route is different from 2019!) | Concrete path |

Runners route Stage 10 continuation

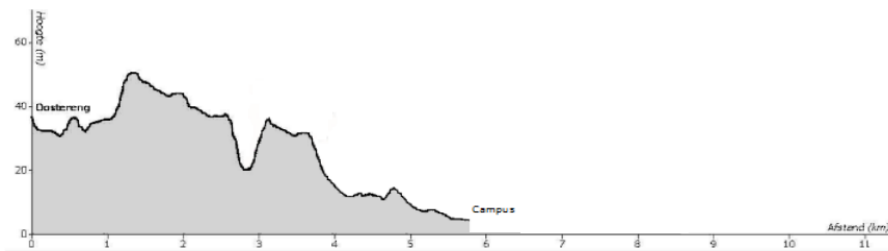
| | | |
|--------------|--|-------------|
| 9.34 | LA (follow turn) | Forest path |
| 9.50 | RA at Y-junction | Forest path |
| 9.69 | 2nd path LA | Forest path |
| 10.65 | LA at crossing | Sandy path |
| 11.66 | RA towards WP | Forest path |
| 11.76 | WP OOSTERENG (open 16:50–17:40) | |

Runners route: Stage 11. Oostereng-Campus WUR

Female stage

6.0 kilometer

Half unpaved



0.00 WP OOSTERENG

| | | |
|-------------|--|-----------------|
| 0.08 | Directly after WP Oostereng RA | Forest path |
| 1.07 | Crossing LA | Forest path |
| 1.26 | T-junction LA | Equestrian path |
| 1.33 | Y-junction RA | Equestrian path |
| 2.24 | 4rd path LA | Forest path |
| 2.28 | T-junction RA | Forest path |
| 2.40 | Y-junction LA | Forest path |
| 2.50 | Crossing RD | Forest path |
| 2.74 | Four-way junction 1st road LA | Forest path |
| 2.76 | Directly RA | Forest path |
| 2.81 | Y-junction LA | Forest path |
| 2.92 | Y-junction RA | Forest path |
| 3.14 | 3rd path LA | Forest path |
| 3.20 | RD cross Keijenbergseweg, follow Oude Zoomweg | Asphalt road |
| 3.46 | RA along with turn, onto Papenpad | Asphalt road |
| 3.80 | T-junction LA, follow Oude Diedenweg | Asphalt road |
| 4.38 | Y-junction RA, onto Bennekomseweg | Asphalt road |
| 4.59 | T-junction RA, cross RD Grintweg, onto bike path | Asphalt road |
| 4.65 | RA, onto Wildekamp | Bike path |
| 4.71 | Y-junction RA, follow Wildekamp | Asphalt road |
| 4.86 | LA, onto bike path | Asphalt road |
| 5.00 | RD (do not turn right, this is private terrain) | Bike path |
| 5.26 | RD (follow road) | Asphalt road |
| 5.38 | LA before roundabout, RD cross Mansholtlaan | Asphalt road |
| 5.47 | Crossing RD, follow bike path | Bike path |
| 5.71 | Turn LA | Bike path |
| 5.95 | VZP CAMPUS WUR (open 17:10-18:10) | |

Runners route: Stage 12. Campus WUR-De Bongerd



Male stage

4.2 kilometer

Paved, flat

In this stage, accompanying cyclists are not allowed!

HERSTART CAMPUS WUR

Starting group 1 en 2: 18:30

| | | |
|-------------|--|-----------|
| 0.00 | Restart next to Orion | Bike path |
| 0.28 | Crossing with Bornsesteeg RA and after 20 meters directly LA | Bike path |

Pay attention to the directions!

| | | |
|-------------|-----------------------------|-----------|
| 0.35 | Y-junction LA | Bike path |
| 0.38 | Crossing with Stippeneng RD | Bike path |

Pay attention to the directions!

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|-------------|--------------|-----------|
| 0.50 | RA (De Elst) | Bike path |
|-------------|--------------|-----------|

Pay attention to the directions!

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|-------------|-----------------------|------------|
| 0.76 | RA (Bornse Weilanden) | Brick road |
|-------------|-----------------------|------------|

Pay attention to the directions!

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|-------------|------------------|-----------|
| 0.85 | Follow bike path | Bike path |
|-------------|------------------|-----------|

Pay attention to the directions!

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|-------------|--|-------------|
| 1.10 | 3rd path after Forum building RA | Bike path |
| 1.12 | After 20 meters LA, follow gravel path | Gravel path |
| 1.39 | Crossing with Hoge Steeg RA | Brick road |

Pay attention to the directions!

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|-------------|--|--------------|
| 1.57 | RA onto bike path | Bike path |
| 1.78 | Pass Orion, start second round over Campus | Bike path |
| 2.04 | Crossing with Bornsesteeg RA and after 20 meters directly LA | Walking path |

Pay attention to the directions!

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|-------------|-----------------------------|--------------|
| 2.12 | Y-junction LA | Bike path |
| 2.17 | Crossing with Stippeneng RD | Walking path |

Pay attention to the directions!

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|-------------|--------------|-----------|
| 2.28 | RA (De Elst) | Bike path |
|-------------|--------------|-----------|

Pay attention to the directions!

Runners route Stage 12 continuation

| | | |
|-------------|-----------------------|------------|
| 2.54 | RA (Bornse Weilanden) | Brick road |
|-------------|-----------------------|------------|

Pay attention to the directions!

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|-------------|------------------|-----------|
| 2.62 | Follow bike path | Bike path |
|-------------|------------------|-----------|

Pay attention to the directions!

| | | |
|-------------|----------------------------------|-----------|
| 2.86 | 3rd path after Forum building RA | Bike path |
|-------------|----------------------------------|-----------|

| | | |
|-------------|--|-------------|
| 2.88 | After 20 meters LA, follow gravel path | Gravel path |
|-------------|--|-------------|

| | | |
|-------------|-----------------------------|------------|
| 3.16 | Crossing with Hoge Steeg RD | Brick road |
|-------------|-----------------------------|------------|

Pay attention to the directions!

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|-------------|-------------------|-------------|
| 3.35 | RA onto bike path | Gravel path |
|-------------|-------------------|-------------|

Pay attention to the directions!

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|-------------|---|-----------|
| 3.52 | At Orion LA cross bus land and Bronland (Thymospad) | Bike path |
|-------------|---|-----------|

Pay attention to the directions!

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|-------------|--|--------|
| 3.84 | RA onto running track, 250 meter over the track towards finish | Tartan |
|-------------|--|--------|

4.16 FINISH DE BONGERD (open 18:45 - 19:15)