

11.00 u	M +J-U8 geb 2019	Start – 1 x C – finish	690 m
	M+JU9 geb 2018	Start – 1 x A – 1 x C – finish	840 m
	M-U10 geb 2017	Start – 1 x A – 1 x C – finish	840 m
	J-U10 geb 2017	Start – 1 x A – 1 x C – finish	840 m
	M-U12 geb 2016/15	Start – 1 x B - 1 x C – finish	1240 m
	J-U12 geb 2016/15	Start – 1x B – 1 x C - finish	1240 m
11.45 u	M-U14 geb 2014/13	Start – 1 x B – 1 x C - finish	1240 m
	J-U14 geb 2014/13	Start – 1 x B - D - C – finish	1650m
	M-U16 geb 2012/11	Start – 1 x B - D - C – finish	1650m
	J-U16 geb 2012/11	Start – 2 x (B - D) - 1 x C – finish	2580m
12.30 u	V-U18 geb 2010/09	Start – 2 x (B - D) - 1 x C – finish	2580m
	M-U18 geb 2010/09	Start – 2 x (B - D) - 1 x C – finish	2580m
	V-U20 geb 2008/07	Start – 2 x (B- D) - 1 x C – finish	2580m
12.45 u	M-U20 geb 2008/07	Start – 3 x B - D - C – finish	4750m
	Dames + Masters:	Start – 3 x B - D - C – finish	4750m
	Heren + Masters:	Start – 5 x B - D - C – finish	7850m
	Prestatieloop	Start – 3 x B - D - C – finish	4750m

	Prestatieloop	Start – 5 x B - D - C – finish	7850m
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