

- 4.1 km : Middelmatig
- 10 km : Middelmatig
- 13 km : Middelmatig

4.1 km

**Sporthal → R Sportlaan → RD De Coenestr. → L Wafelstr. →
R Galereipad → R Gaverbosdreef → R Zijpgracht →
L Wafelstr. → R De Coenestr. → RD Sportlaan → Sporthal**

10 km

**Sporthal → R Sportlaan → RD De Coenestr. → L Wafelstr. →
R Galereipad → L Sylv. Vd Veldestr. → L Latemdreef →
Balcaen → L Stationstr. → station St D Boekel → L Dries →
L Galereipad → R Gaverbosdreef → R Zijpgracht →
L Wafelstr. → R De Coenestr. → RD Sportlaan → Sporthal**

13 km

**Sporthal → R Sportlaan → RD De Coenestr. → L Wafelstr. →
R Galereipad → L Sylv. Vd Veldestr. → R Latemdreef →
L Paulatemstr. → L Beerlegemsebaan → L Gaverstr. →
L Saksemboomstr. → L Meilegemstr → L Langemuntstr. →
R Langemunte → RD Sylv. Vd Veldestr. → RD Gaverbosdreef
→ R Zijpgracht → L Wafelstr. → R De Coenestr. →
RD Sportlaan → Sporthal**