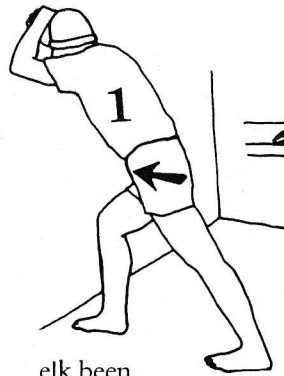


Na **Hardlopen**

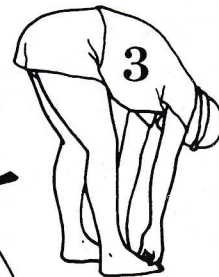
Ongeveer 9 minuten



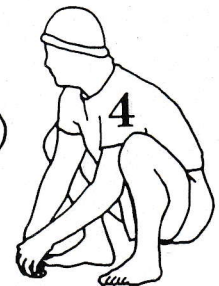
elk been
40 tellen
(blz. 72)



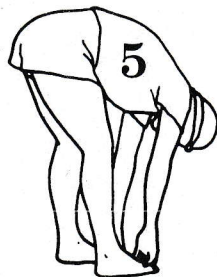
elk been
15 tellen
(blz. 72)



30 tellen
(blz. 53)



20 tellen
(blz. 66)



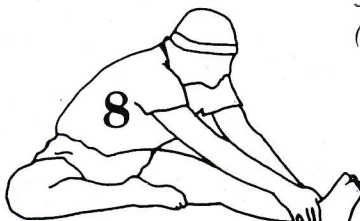
30 tellen
(blz. 53)



15 keer
in beide richtingen
(blz. 31)



elk been
30 tellen
(blz. 34)



elk been
30 tellen
(blz. 37)



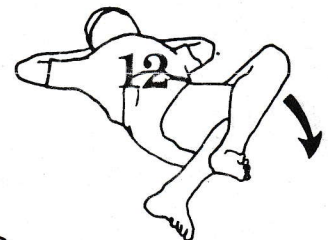
40 tellen
(blz. 57)



3 keer
5 tellen
(blz. 29)



60 tellen
(blz. 23)



elke kant
25 tellen
(blz. 24)