



#BaRUNdrecht



Officiële opening hardloopparcours Barendrecht

Voordijk
5 km
GEEN wedstrijd; vrije run, wel is er een klok
WEL Pacers (tempolopers) die het tempo voor een bepaalde tijd aangeven

Middeldijk
Afstand: 5 of 10 km
Wanneer: 18 juni start 10.00 uur
Start locatie: Middeldijkerplein; Barendrecht

Kilweg
Kosten: Geen kosten!

Voor gevorderde en recreatieve lopers

Hardlopen Leerplan Voor De Recreatie Loper

Katrin Zwirgmaier



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