1. START (J2) (J4)
2. BREAKOUT SWIM
3. STRAW-DETENTION (J4)
4. SAND BAG ALLEY
5. THE FOREST
6. BALANCE FEST
7. SOFT PIPES
8. SURVIVE THE DITCH
9. MONKEYROPES
10. TREE TRUNKS
11. RAFTS
12. CLOSED ROAD (J2)
13. CAGE CRAWL (J2)
14. THE PARACHUTE
15. SEWER PIPE (J2) (J4)
16. WHO'S THE SUSPECT (J2) (J4)
17. TYREMANIA (J2) (J4)
18. BARRIERS (J2) (J4)
19. MUD TRENCHES (J4)
20. H2O BOARDING (J4)
21. RING THE BELL
22. WHIRLPOOL (J4)
23. UNDER WATER
24. WOODEN BICEPS
25. CLIFF HANGERS
26. HANDCUFFED WRINGALOT
27. BICEPS METAL
28. TYRE FLIPOVER
29. MONEY BAG (J4)
30. WOODLANDS
31. CHAINED FEET
32. SPEER RIBS
33. DRAG NET RUN
34. DITCHES (J4)
35. SWAMP
36. SPIDERWEB (J2) (J4)
37. SKATERAMP (J2) (J4)
38. THE BOX 2.0 (J2) (J4)
39. CARGO (J2) (J4)
40. BICEPTICA
41. S.W.A.T. (J2) (J4)
42. THE SAFE (J2) (J4)
43. THE SLIDE
44. ROOFTOP ESCAPE (J2) (J4)
45. THE JUMP (J2) (J4)

(J2) JUNIOR RUN 2KM
(J4) JUNIOR RUN 4KM
D DRANKPOST
EHBO
BEREIKBAAR VOOR PUBLIEK
8KM
14KM

ENTREE
START
FINISH
LEGENDA
S STARTBEWIJZEN
i INFOBALIE
T MERCHANDISE
K KLEEDKAMER
G GARDEROBE
TOILETTEN
B BAR
M MUNTEN
FOOD
EHBO

BREAK OUT RUN