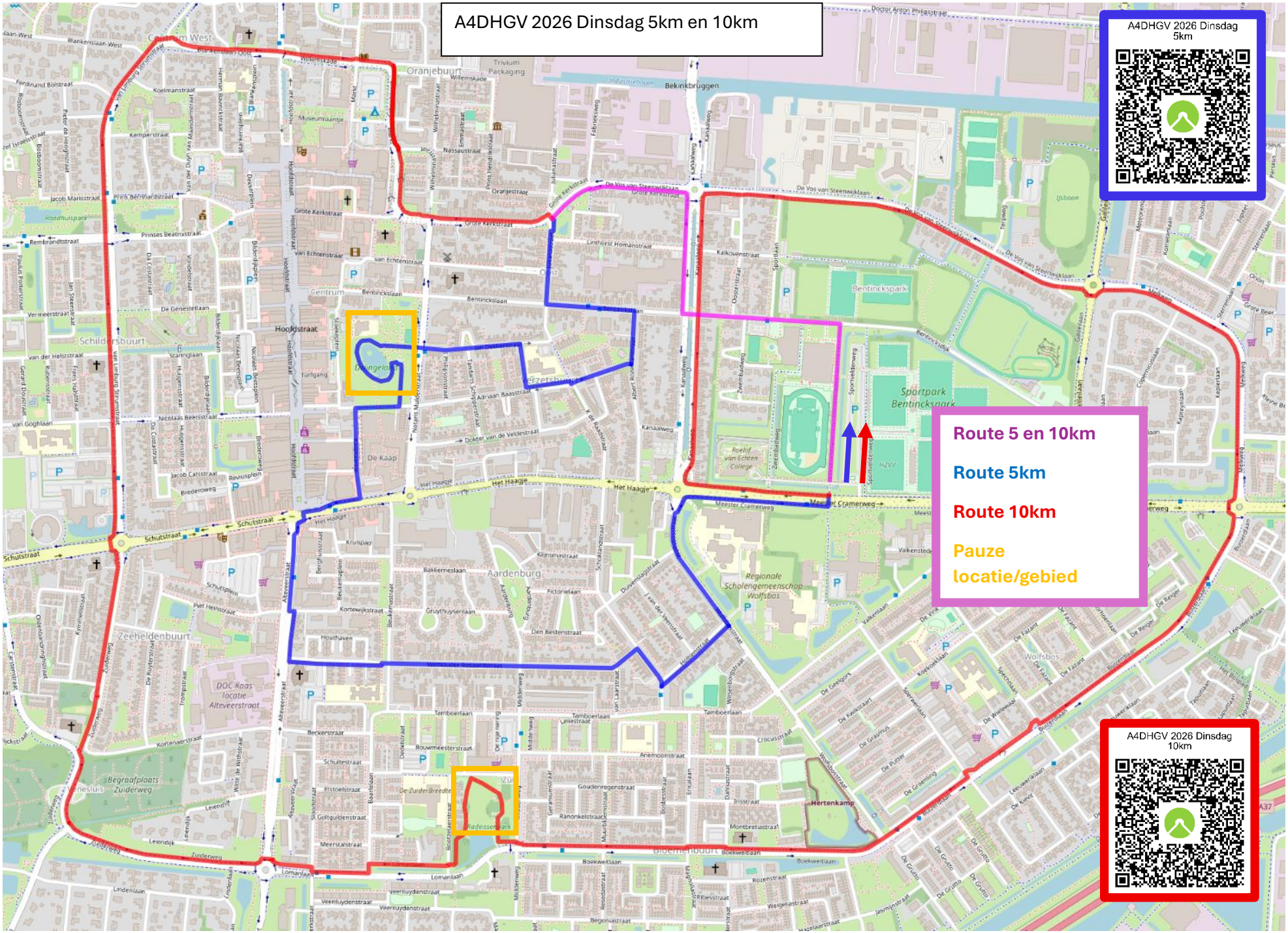# A4DHGV 2026 Dinsdag 5km en 10km