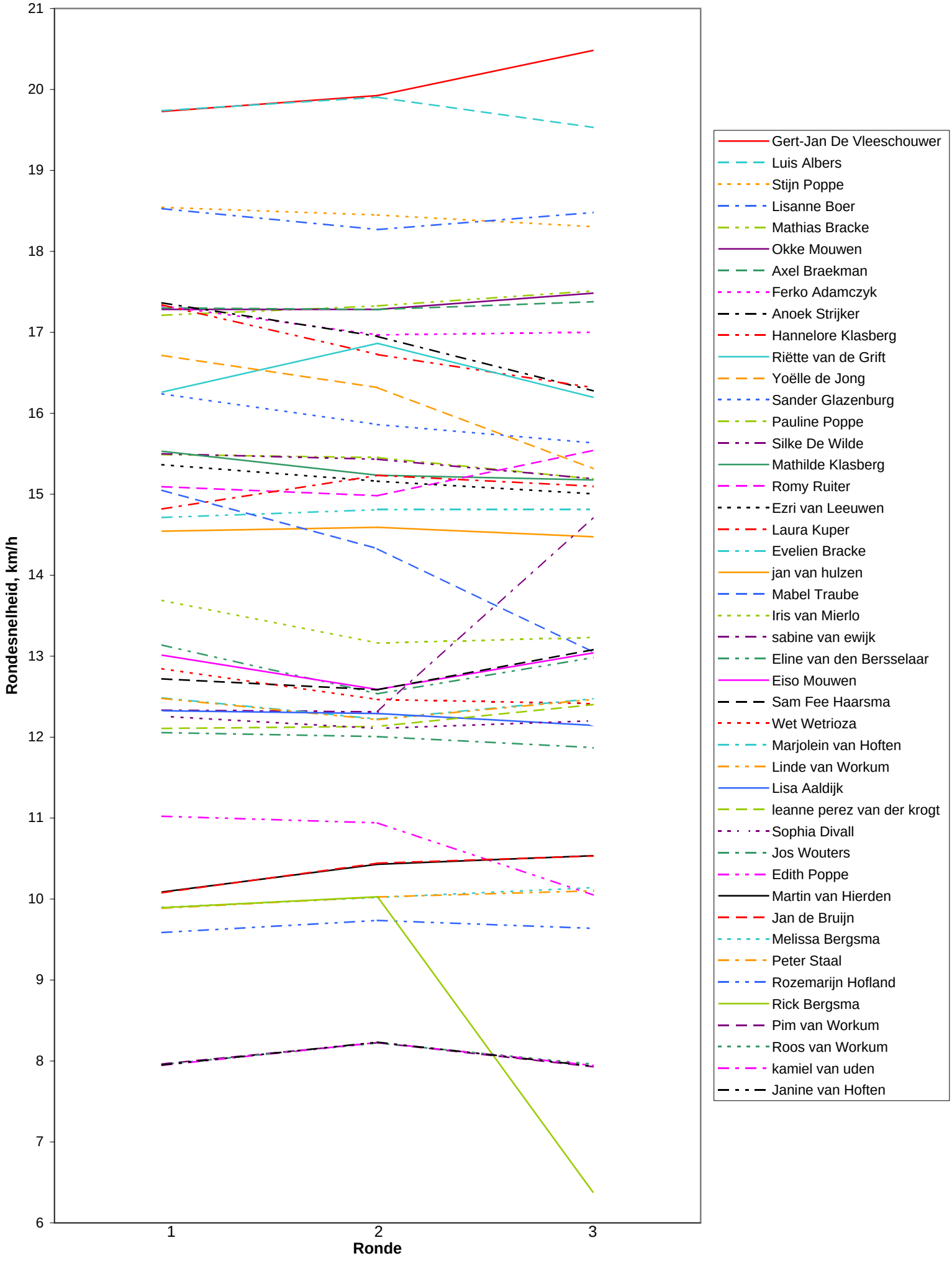Gemiddelde snelheid per ronde, NK Eenwieleren 2015, 5 km