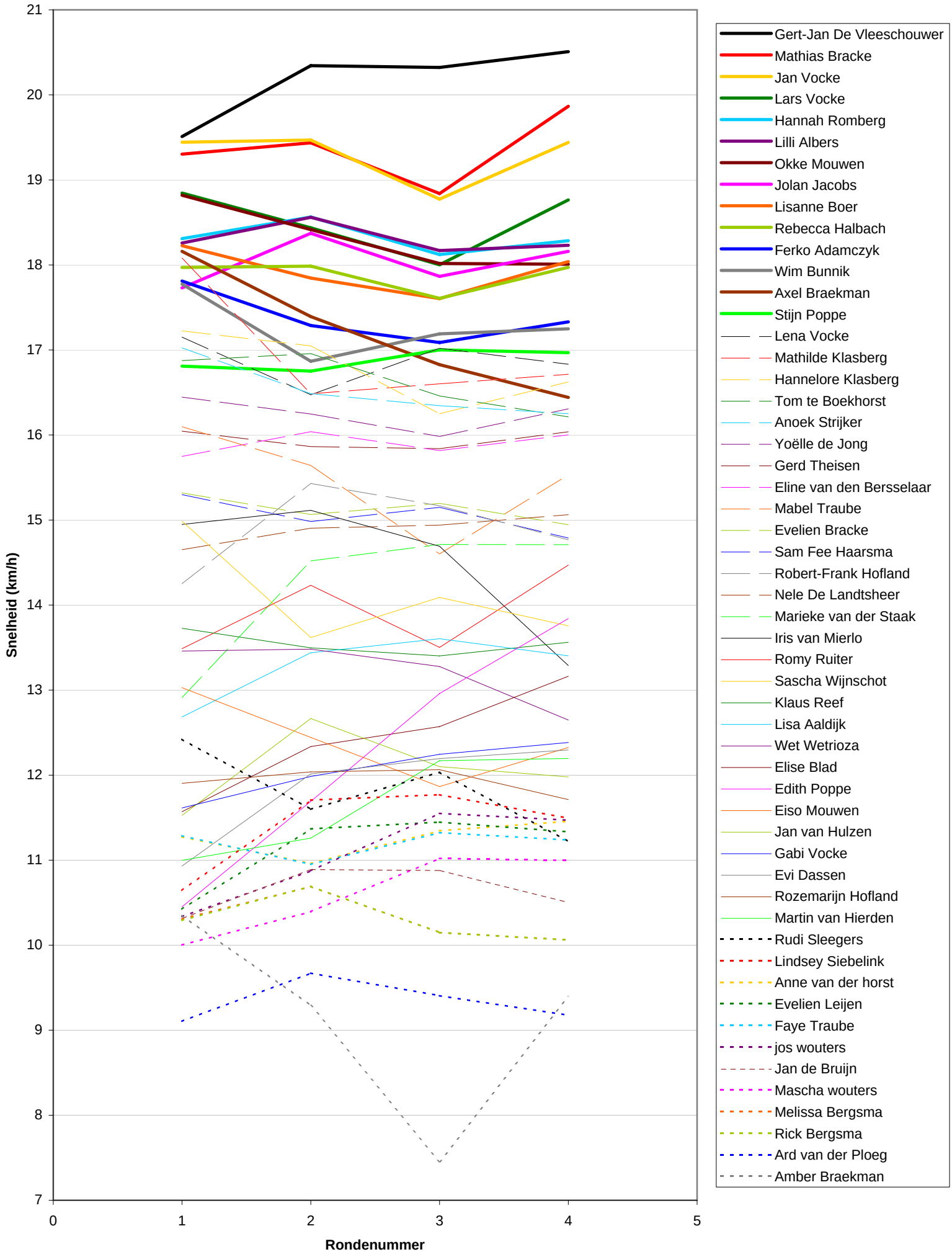NKE 2016 - Rondesnelheden 5 km standaard