

1	25 km: Meerhout, Olmen, Oostham, Meerhout.
2	29 km: Meerhout, Winkelomheide, Laakdal, Meerhout.
3	34 km: Meerhout, Mol-Millegem, Olmen, Meerhout.
4	34 km: Meerhout, Oostham, Laakdal, Meerhout.
5	36 km: Meerhout, Winkelomheide, Geel-Oosterlo, Laakdal, Meerhout.
6	39 km: Meerhout, Olmen, Balen, Mol-Millegem, Meerhout.
7	41 km: Meerhout, Oostham, Laakdal, Winkelomheide, Meerhout.
8	42 km: Meerhout, Olmen, Oostham, Laakdal, Winkelomheide, Meerhout.
9	44 km: Meerhout, Winkelomheide, Geel-Leunen, Mol-Millegem, Meerhout.
10	51 km: Meerhout, Winkelomheide, Geel-Leunen, Mol-Millegem, Olmen, Meerhout.
11	53 km: Meerhout, Mol-Millegem, Olmen, Oostham, Laakdal, Meerhout.
12	55 km: Meerhout, Laakdal, Herselt, Tongerlo, Geel-Oosterlo, Winkelomheide, Meerhout.
13	55 km: Meerhout, Laakdal, Geel-Oosterlo, Geel-Leunen, Mol-Millegem, Meerhout.
14	56 km: Meerhout, Winkelomheide, Geel-Leunen, Mol-Millegem, Balen, Olmen, Meerhout.
15	59 km: Meerhout, Oostham, Laakdal, Herselt, Tongerlo, Oosterlo, Meerhout.
16	60 km: Meerhout, Mol-Millegem, Balen, Kerkhoven, Oostham, Meerhout.
17	60 km: Meerhout, Mol-Millegem, Balen, Kerkhoven, Oostham, Meerhout.
18	61 km: Meerhout, Winkelomheide, Geel-Leunen, Mol-Millegem, Olmen, Oostham, Meerhout.
19	62 km: Meerhout, Laakdal, Geel-Oosterlo, Geel-Leunen, Mol-Millegem, Olmen, Meerhout.
20	63 km: Meerhout, Laakdal, Winkelomheide, Geel-Leunen, Mol-Millegem, Olmen, Meerhout.
21	66 km: Meerhout, Winkelomheide, Geel-Oosterlo, Geel-Leunen, Kasterlee, Mol-Millegem, Olmen, Meerhout.
22	66 km: Meerhout, Mol-Millegem, Mol-Rauw, Balen, Olmen, Meerhout.
23	67 km: Meerhout, Laakdal, Winkelomheide, Geel-Leunen, Mol-Millegem, Balen, Olmen, Meerhout.
24	71 km: Meerhout, Winkelomheide, Geel-Leunen, Mol-Millegem, Mol-Rauw, Balen, Olmen, Meerhout.
25	80 km: Meerhout, Winkelomheide, Geel-Leunen, Mol-Millegem, Dessel, Mol-Rauw, Balen, Olmen, Meerhout.
26	82 km: Meerhout, Laakdal, Winkelomheide, Geel-Leunen, Mol-Millegem, Mol-Rauw, Balen, Olmen, Meerhout.
27	82 km: Meerhout, Laakdal, Geel-Oosterlo, Olen, Sint-Jozef Olen, Geel-Leunen, Mol-Millegem, Olmen, Meerhout.
28	82 km: Meerhout, Winkelomheide, Geel-Oosterlo, Olen, Herentals, Sint-Jozef Olen, Geel-Leunen, Mol-Millegem, Olmen, Meerhout.
29	84 km: Meerhout, Laakdal, Geel-Oosterlo, Geel-Leunen, Kasterlee, Mol-Millegem, Olmen, Meerhout.
30	85 km: Meerhout, Laakdal, Herselt, Tongerlo, Geel-Oosterlo, Geel-Leunen, Mol-Millegem, Balen, Olmen, Meerhout.
31	86 km: Meerhout, Laakdal, Geel-Oosterlo, Olen, Sint-Jozef Olen, Geel-Leunen, Mol-Millegem, Balen, Olmen, Meerhout.
32	88 km: Meerhout, Laakdal, Geel-Oosterlo, Olen, Sint-Jozef Olen, Kasterlee, Mol-Millegem, Olmen, Meerhout.

Enkele Schakeltochten vanuit Meerhout

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33	89 km: Meerhout, Laakdal, Geel-Oosterlo, Olen, Herentals, Sint-Jozef Olen, Geel-Leunen, Mol-Millegem, Olmen, Meerhout.
34	89 km: Meerhout, Winkelomheide, Geel-Oosterlo, Geel-Leunen, Kasterlee, Retie, Dessel, Mol-Millegem, Olmen, Meerhout.
35	92 km: Meerhout, Laakdal, Geel-Oosterlo, Geel-Leunen, Kasterlee, Retie, Dessel, Mol-Millegem, Olmen, Meerhout.
36	92 km: Meerhout, Laakdal, Winkelomheide, Geel-Leunen, Mol-Millegem, Dessel, Mol-Rauw, Balen, Olmen, Meerhout.
37	94 km: Meerhout, Laakdal, Geel-Oosterlo, Olen, Sint-Jozef Olen, Kasterlee, Retie, Mol-Millegem, Olmen, Meerhout.
38	94 km: Meerhout, Olmen, Balen, Mol-Rauw, Kerkhoven, Oostham, Laakdal, Herselt, Tongerlo, Geel-Oosterlo, Winkelomheide, Meerhout.
39	96 km: Meerhout, Laakdal, Geel-Oosterlo, Olen, Herentals, Sint-Jozef Olen, Kasterlee, Mol-Millegem, Olmen, Meerhout.
40	99 km: Meerhout, Winkelomheide, Geel-Oosterlo, Olen, Sint-Jozef Olen, Kasterlee, Retie, Dessel, Mol-Millegem, Olmen, Meerhout.