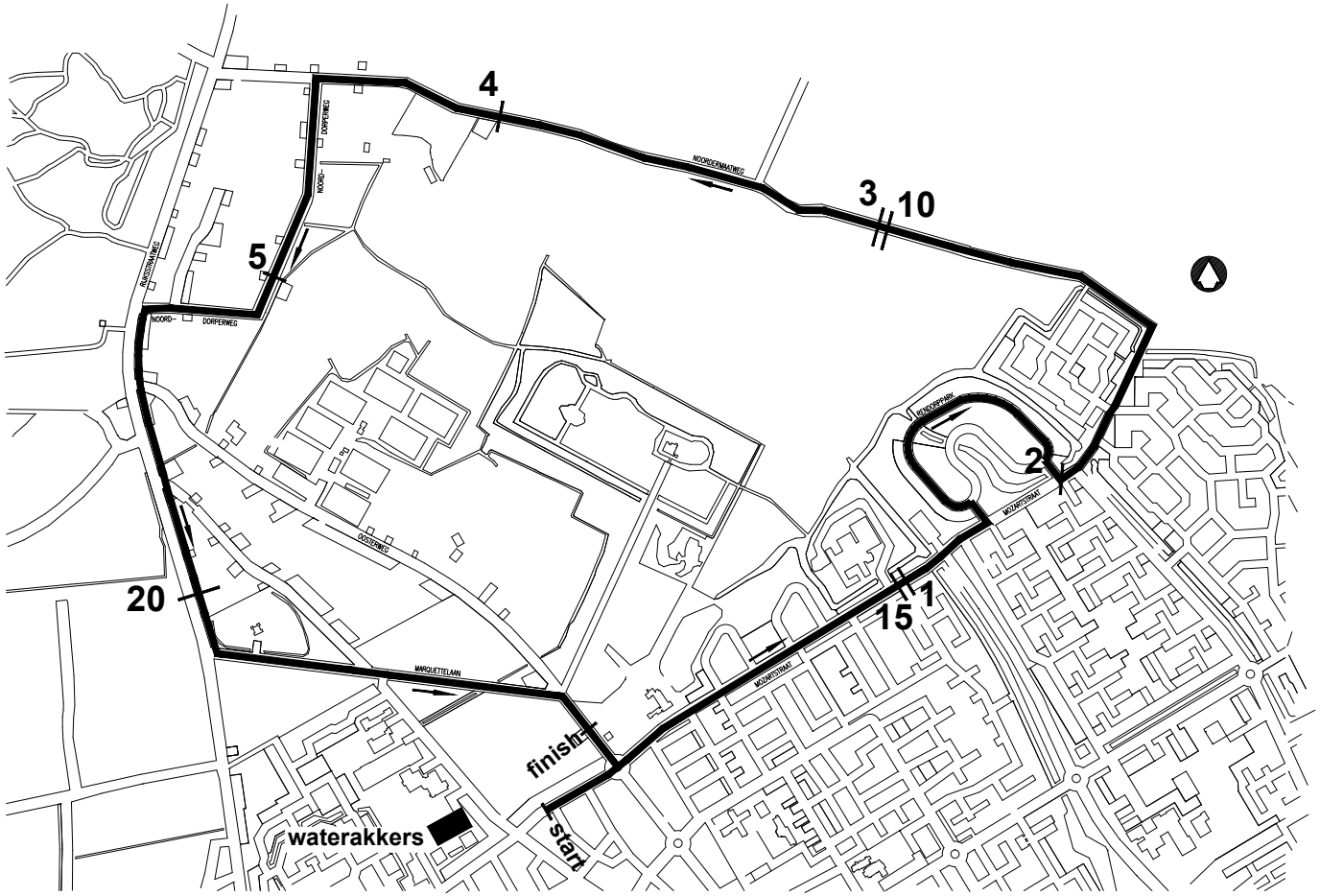parcours 31e Tata Steel Marquetteloop 7, 14 en 21,1 km