

19.8.1990

Laufklasse: H15 Bahnlaenge: 5.450m. Steigung: 125m

			/km
1	Vliegen Bernard	Nava	34:17 6:17
2	Lenges Guido	Nava	36:55 6:46
3	Michaeli Pascal	Ardoc	41:50 7:41
4	Huyskens Gert	Kol	47:41 8:45
5	Hansen Eric	Ardoc	49: 9 9: 1
6	Sillien Nicolas	Hoc	49:17 9: 3
7	Marez Pierre	Hoc	53:26 9:48
8	Sillien Vincent	Hoc	54:45 10: 3
9	Arens Daniel	Ardoc	58:50 10:48
10	Krampiltz Johann	HamOk	59:23 10:54
11	Leonet Maxim	Cloc	60:16 11: 3
12	Hennes Christoph	Nava	63: 4 11:34
13	Horvath Alain	Hoc	69:26 12:44
14	Anciaux Valery	Colg	83: 1 15:14

Laufklasse: H17 Bahnlaenge: 7.600m. Steigung: 133m

			/km
1	Van Lommel Bart	Kol	1: 1:18 8: 4
2	Matthys Peter	Trol	1: 1:47 8: 8
3	Myst Tino	Kol	1: 2:14 8:11
4	Hock Michael	Ardoc	1: 8:16 8:59
5	Seba Fabien	Coliège	1:14:31 9:48
6	Staner Erich	Ardoc	1:14:49 9:51
7	Boons Danny	HamOk	1:30:15 11:52
8	Degeye Frederic	Bal.10	1:58:36 15:36

Laufklasse: H40 Bahnlaenge: 8.500m. Steigung: 200m

			/km
1	Vanderheyden Valère	Lost	59: 4 6:57
2	Jeanenne Serge	Bal.10	1: 1:58 7:17
3	Timmermans Ivo	Kol	1: 4:40 7:36
4	Thys Jos	HamOk	1: 5:35 7:43
5	Dekelver Jos	HamOk	1: 6:22 7:48
6	Hoofd Robert	Asub	1: 7:49 7:59
7	Debruyne Albert	Kol	1: 8:59 8: 7
8	Derry Serge	Bal.10	1: 9:31 8:11
9	Vanderkley Pierre	HamOk	1:12 8:28
10	Timmermans Jos	Kol	1:13:39 8:40
11	Colson Philippe	Colg	1:14:12 8:44
12	Faymonville Guido	Nava	1:15:23 8:52
13	Ponce Bernard	Hoc	1:15:28 8:53
14	Myst Ferdi	Kol	1:15:39 8:54
15	Bogaerts Roger	Kol	1:19:39 9:22
16	Scuvee Robert	Colg	1:21:37 9:36
17	Vanbruggen Marc	Trol	1:22:31 9:42
18	Houben Jos	Kol	1:22:59 9:46
19	Vonck Georges	Trol	1:23:49 9:52
20	Dupont Jean-Claude	Colg	1:25:17 10: 2
21	Caulier Ghislain	Bal.10	1:25:45 10: 5
22	Van Otterdyk M.	Kol	1:26:56 10:14
23	Buckenbergs Andre	HamOk	1:29:42 10:33
24	Oeyen Marcel	HamOk	1:31: 4 10:43
25	Boons Frans	HamOk	1:34:55 11:10
26	Vanhout Jef	Kol	1:36:59 11:25
27	Dicker Georges	Asub	1:41:43 11:58
28	Degeye Rene	Bal.10	1:42:21 12: 2
29	Jouck Norbert	Ind.	1:51:55 13:10
30	Soaville Michel	Altair	2: 5:13 14:44
31	Guyaux Armand	Herna	2:11:19 15:27
	Bastin Paul	Ardoc	N.K.
	Limbourg Michel	Hoc	N.K.
	Pauwels Philippe	Trol	N.K.

Laufklasse: D19A Bahnlaenge: 5.450m. Steigung: 125m

			/km
1	Lang Gunviol	Asub	42:55 7:52
2	Staepelaere Martine	Kol	46:59 8:37
3	Denoel Claire	Asub	48:21 8:52
4	Krols Hilda	Kol	51:16 9:24
5	Staepelaere Ria	Kol	52:14 9:35
6	Lachmann Suzanne	Kol	56:56 10:27
7	Genten Lydia	Nava	58: 5 10:39
8	Michel Marion	Olve	1: 1:25 11:16
9	Romanacci Claudia	Kol	1: 4:32 11:50
10	Depane Agnes	Altair	1: 6:20 12:10
11	Buelens Jenny	Asub	1:19: 3 14:30
12	Debolle Solange	Asub	1:23: 2 15:14

Laufklasse: D19S Bahnlaenge: 8.500m. Steigung: 200m

			/km
1	Humblet Françoise	Asub	1:11:43 8:26
2	Debruyne Sandra	Kol	1:38:20 11:34

Laufklasse: D35 Bahnlaenge: 5.450m. Steigung: 125m

			/km
1	Vervimp Ria	Omega	45:13 8:18
2	Detroux Martine	Herna	50:17 9:14
3	Vanhees Nicole	HamOk	54: 1 9:55
4	Vanderneulen B.	Colg	59 10:50
5	Ignoul Jeanne	Kol	59: 3 10:50
6	Vanhees Lutgart	HamOk	59: 8 10:51
7	Deceuninck Colette	Asub	59:25 10:54
8	Blommen Paulette	Omega	59:44 10:58
9	Bastin Hildegard	Ardoc	1: 3:40 11:41
10	Vertenten Françoise	Asub	1: 5:32 12: 1
11	Modave Marianne	Asub	1: 7:48 12:26
12	Moret Odette	Kol	1:14:31 13:40
13	Steenaeerts Lydia	Kol	1:14:36 13:41
14	Villers Madeleine	Herna	1:15:22 13:50
15	Cole Liliane	Trol	1:30: 4 16:32
16	Tonneau Irma	Olve	2: 1:17 22:15
	Goffart Irugard	Hansa	N.K.

Laufklasse: D45 Bahnlaenge: 5.200m. Steigung: 120m

			/km
1	Genten Thérèse	Nava	58:33 11:16
2	Vercruyse Rita	Kol	1: 3:51 12:17
3	Nollens Danielle	HamOk	1: 3:57 12:18
4	Vanhees Yvonne	HamOk	1: 6:32 12:48
5	Cambier Jeannine	HamOk	1:38: 1 18:51

Laufklasse: D40 Bahnlaenge: 5.200m. Steigung: 120m

			/km
1	Schunacher Marlene	Olve	54:24 10:28
2	Vanderachans Ria	HamOk	56:34 10:53
3	Vanhees Godelieve	HamOk	1: 36 11:16
4	Federer Renate	Hansa	1: 6:59 12:53
5	De Kerf Lia	Trol	1:10: 3 13:28
6	Seba Agnes	Colg	1:13:45 14:11
7	Vanhout Chris	Kol	1:33:52 18: 3
8	Guyaux Jeannine	Herna	1:49: 2 20:50
	Christiane Philo	Bal.10	N.K.