

La chasse-Sprint

120 tours pédalier+10 push-ups+planche de 30 sec., 10+10 obliques et 5+5 arabesques-squats et 5+5 Patineurs, 500 m ergo

Le dimanche 17 janvier 2016	Départ 1	Départ 2	split 1	Départ 3	split 2	Départ 4	split 3	Départ 5	split 4	Départ 6	split 5	Départ 7	split 6	Fin7	Split 7	total
Stephen Love	00:00,0	05:57,0	05:57,0	12:37,0	06:40,0	19:50,0	07:13,0	27:20,0	07:30,0	34:30,0	07:10,0	41:40,0	07:10,0	48:26,0	06:46,0	48:26,0
Victor Joly	00:00,0	05:34,0	05:34,0	12:05,0	06:31,0	19:35,0	07:30,0	26:48,0	07:13,0	34:00,0	07:12,0	40:32,0	06:32,0	46:28,0	05:56,0	46:28,0
Romain Dussault	00:00,0	06:40,0	06:40,0	13:56,0	07:16,0	21:50,0	07:54,0	30:15,0	08:25,0	39:15,0	09:00,0	47:15,0	08:00,0	54:49,0	07:34,0	54:49,0
Patrick Moussette	00:00,0	05:54,0	05:54,0	12:20,0	06:26,0	19:00,0	06:40,0	26:20,0	07:20,0	34:00,0	07:40,0	40:45,0	06:45,0	46:55,0	06:10,0	46:55,0
Nathalie Roy	00:00,0	07:04,0	07:04,0	14:18,0	07:14,0	21:40,0	07:22,0	29:00,0	07:20,0	36:20,0	07:20,0	43:40,0	07:20,0		00:00,0	43:40,0
Yannick Dussault	00:00,0	08:55,0	08:55,0	18:20,0	09:25,0	28:40,0	10:20,0	38:32,0	09:52,0	47:20,0	08:48,0		00:00,0		00:00,0	47:20,0
Catherine (Martin Scutt) APPROX.	13:56,0	22:30,0	08:34,0	30:15,0	07:45,0	39:15,0	09:00,0	47:15,0	08:00,0	55:05,0	07:50,0		00:00,0		00:00,0	41:09,0
Martin Scutt avec Catherine	13:56,0	21:50,0	07:54,0	30:15,0	08:25,0	39:15,0	09:00,0	47:15,0	08:00,0	0:55:05	07:50,0	02:57,0	07:52,0		00:00,0	49:01,0

Le dimanche 14 février 2016

David Octeau	00:00,0	06:10,0	06:10,0	12:10,0	06:00,0	18:30,0	06:20,0	24:48,0	06:18,0	31:11,0	06:23,0	37:15,0	06:04,0	43:01,0	05:46,0	43:01,0
Richard Martel	00:00,0	06:25,0	06:25,0	12:57,0	06:32,0	19:43,0	06:46,0	26:21,0	06:38,0	33:11,0	06:50,0	39:50,0	06:39,0	46:15,0	06:25,0	46:15,0
Stephen Love	12:57,0	19:40,0	06:43,0	26:50,0	07:10,0	33:45,0	06:55,0	40:31,0	06:46,0	47:05,0	06:34,0	54:03,0	06:58,0	00:53,0	06:50,0	47:56,0
Charlie Houle	19:40,0	27:02,0	07:22,0	35:12,0	08:10,0	43:45,0	08:33,0	52:58,0	09:13,0	02:40,0	09:42,0	10:26,0	07:46,0	18:49,0	08:23,0	59:09,0
Nathalie Roy	27:02,0	34:35,0	07:33,0	41:50,0	07:15,0	49:45,0	07:55,0	56:47,0	07:02,0	04:00,0	07:13,0	11:00,0	07:00,0			43:58,0

Dimanche le 6 mars 2016

Test-test-test	19:40,0	27:02,0	07:22,0	35:12,0	08:10,0	43:45,0	08:33,0	52:58,0	09:13,0	02:40,0	09:42,0	10:26,0	07:46,0	18:49,0	08:23,0	59:09,0
Patrick Moussette	00:00,0	08:10,0	08:10,0	15:58,0	07:48,0	22:49,0	06:51,0	29:29,0	06:40,0	36:23,0	06:54,0	42:48,0	06:25,0	49:32,0	06:44,0	49:32,0
Nathalie Roy	00:00,0	07:58,0	07:58,0	15:35,0	07:37,0	23:36,0	08:01,0	31:47,0	08:11,0	39:45,0	07:58,0	46:46,0	07:01,0			46:46,0
Virginie	00:00,0	09:07,0	09:07,0	17:17,0	08:10,0	24:50,0	07:33,0				00:00,0		00:00,0		00:00,0	24:50,0
Victor Joly	22:49,0	29:29,0	06:40,0	36:05,0	06:36,0	42:31,0	06:26,0	48:52,0	06:21,0	55:45,0	06:53,0	02:30,0	06:45,0	01:08	06:18,0	45:59,0

Dimanche le 20 mars 2016

	Départ 1	Départ 2	split 1	Départ 3	split 2	Départ 4	split 3	Départ 5	split 4	Départ 6	split 5	Départ 7	split 6	Fin7	Split 7	total
Benjamin Des Lierres	00:00,0	05:43,0	05:43,0	11:52,0	06:09,0	18:00,0	06:08,0	24:32,0	06:32,0	31:27,0	06:55,0	38:08,0	06:41,0	44:50,0	06:42,0	44:50,0
Stephen Love	00:30,0	06:29,0	05:59,0	12:54,0	06:25,0	19:15,0	06:21,0	25:40,0	06:25,0	32:25,0	06:45,0	38:55,0	06:30,0	45:16,0	06:21,0	44:46,0
Charlie Houle	00:30,0	06:59,0	06:29,0	13:32,0	06:33,0	20:35,0	07:03,0	27:40,0	07:05,0	34:29,0	06:49,0	40:58,0	06:29,0 x			40:28,0
David Octeau	00:30,0	06:19,0	05:49,0	12:00,0	05:41,0	17:43,0	05:43,0	23:23,0	05:40,0	29:00,0	05:37,0	34:38,0	05:38,0	40:02,0	05:24,0	39:32,0
Richard Martel	00:30,0	06:28,0	05:58,0	12:23,0	05:55,0	18:14,0	05:51,0	24:19,0	06:05,0	30:34,0	06:15,0	36:50,0	06:16,0	43:02,0	06:12,0	42:32,0
Patrick Moussette	27:40,0	33:58,0	06:18,0	40:35,0	06:37,0	47:16,0	06:41,0	54:00,0	06:44,0	00:39,0	06:39,0	07:25,0	06:46,0	14:15,0	06:50,0	46:35,0
			00:00,0		00:00,0		00:00,0		00:00,0		00:00,0		00:00,0		00:00,0	00:00,0

Le dimanche 20 novembre 2016

	Départ 1	Départ 2	split 1	Départ 3	split 2	Départ 4	split 3	Départ 5	split 4	Départ 6	split 5	Départ 7	split 6	Fin 7	split 7	total
Martin Scutt 7	00:00,0	07:00,0	07:00,0	14:05,0	07:05,0	21:50,0	07:45,0	28:45,0	06:55,0	35:40,0	06:55,0	43:05,0	07:25,0	50:12,0	07:07,0	50:12,0
Stephen Love (attente 1 min. au 3	00:00,0	07:30,0	07:30,0	15:00,0	07:30,0	23:20,0	08:20,0	31:05,0	07:45,0	38:30,0	07:25,0	46:15,0	07:45,0	53:35,0	07:20,0	53:35,0
Charlie Houle 7	00:00,0	07:10,0	07:10,0	14:40,0	07:30,0	22:20,0	07:40,0	30:18,0	07:58,0	38:25,0	08:07,0	0:46:25	08:00,0	53:55,0	07:30,0	53:55,0
Marc-André Jamieson 7	00:00,0	07:05,0	07:05,0	14:15,0	07:10,0	22:10,0	07:55,0	29:25,0	07:15,0	36:35,0	07:10,0	43:58,0	07:23,0	51:20,0	07:22,0	51:20,0

Richard Martel 7	00:00,0	07:25,0	07:25,0	14:35,0	07:10,0	22:00,0	07:25,0	29:20,0	07:20,0	36:35,0	07:15,0	43:55,0	07:20,0	51:20,0	07:25,0	51:20,0
Roger Gagnon 6	02:00,0	08:50,0	06:50,0	16:50,0	08:00,0	25:05,0	08:15,0	34:15,0	09:10,0	43:55,0	09:40,0	53:05,0	09:10,0			51:05,0
Sébastien Houle 6	02:00,0	08:45,0	06:45,0	15:50,0	07:05,0	24:05,0	08:15,0	32:10,0	08:05,0	40:00,0	07:50,0	47:43,0	07:43,0			45:43,0
Sylvie Lavallée 5	02:00,0	11:15,0	09:15,0	21:00,0	09:45,0	29:35,0	08:35,0	38:40,0	09:05,0	47:29,0	08:49,0			00:00,0		45:29,0
Alain Tremblay 5	02:00,0	11:20,0	09:20,0	22:25,0	11:05,0	32:45,0	10:20,0	42:25,0	09:40,0	51:40,0	09:15,0			00:00,0		49:40,0
Camélie Houle 5	02:00,0	10:35,0	08:35,0	19:20,0	08:45,0	28:00,0	08:40,0	35:40,0	07:40,0	45:05,0	09:25,0			00:00,0		43:05,0
Martine Lavoie 5	02:00,0	10:25,0	08:25,0	18:55,0	08:30,0	28:05,0	09:10,0	36:55,0	08:50,0	45:39,0	08:44,0			00:00,0		43:39,0
			00:00,0		00:00,0		00:00,0		00:00,0		00:00,0		00:00,0		00:00,0	00:00,0
Kim Papadimitriou 5	00:00,0	08:28,0	08:28,0	17:11,0	08:43,0	25:52,0	08:41,0	34:35,0	08:43,0	42:40,0	08:05,0			00:00,0		42:40,0
Daniel Aucoin 5	00:00,0	08:15,0	08:15,0	17:00,0	08:45,0	25:52,0	08:52,0	34:35,0	08:43,0	42:40,0	08:05,0			00:00,0		42:40,0
			00:00,0		00:00,0		00:00,0		00:00,0		00:00,0		00:00,0		00:00,0	00:00,0
Patrick Moussette 7	00:00,0	06:55,0	06:55,0	15:20,0	08:25,0	24:10,0	08:50,0	32:00,0	07:50,0	40:30,0	08:30,0	49:30,0	09:00,0	57:15,0	07:45,0	57:15,0
Romain Dussault 7	00:00,0	06:58,0	06:58,0	14:00,0	07:02,0	21:35,0	07:35,0	29:05,0	07:30,0	36:50,0	07:45,0	43:55,0	07:05,0	51:10,0	07:15,0	51:10,0
Mathieu Fillion 6	00:00,0	07:05,0	07:05,0	15:30,0	08:25,0	24:50,0	09:20,0	32:55,0	08:05,0	41:35,0	08:40,0	49:40,0	08:05,0	#####		49:40,0
Pierre Moussette 6	00:00,0	08:28,0	08:28,0	17:57,0	09:29,0	28:10,0	10:13,0	38:55,0	10:45,0	50:30,0	11:35,0	01:55,0	11:25,0	#####		01:55,0
Valérie Provost 5	00:00,0	07:40,0	07:40,0	16:40,0	09:00,0	25:25,0	08:45,0	33:57,0	08:32,0	42:00,0	08:03,0	#####			00:00,0	42:00,0
			00:00,0		00:00,0		00:00,0		00:00,0		00:00,0		00:00,0		00:00,0	00:00,0
			00:00,0		00:00,0		00:00,0		00:00,0		00:00,0		00:00,0		00:00,0	00:00,0
Le dimanche 11 décembre 2016	Départ 1	Départ 2	split 1	Départ 3	split 2	Départ 4	split 3	Départ 5	split 4	Départ 6	split 5	Départ 7	split 6	Fin 7	split 7	total
Stephen Love 7	00:00,0	06:45,0	06:45,0	13:56,0	07:11,0	21:07,0	07:11,0	28:16,0	07:09,0	35:27,0	07:11,0	42:49,0	07:22,0	49:55,0	07:06,0	49:55,0
Marc André Jamieson 7	00:00,0	06:15,0	06:15,0	13:07,0	06:52,0	20:42,0	07:35,0	27:39,0	06:57,0	34:34,0	06:55,0	41:30,0	06:56,0	48:51,0	07:21,0	48:51,0
Martin Scutt 7	00:00,0	06:25,0	06:25,0	13:10,0	06:45,0	20:16,0	07:06,0	27:13,0	06:57,0	34:02,0	06:49,0	40:57,0	06:55,0	47:36,0	06:39,0	47:36,0
Roger Gagnon 7	00:00,0	06:45,0	06:45,0	14:07,0	07:22,0	21:53,0	07:46,0	29:55,0	08:02,0	37:36,0	07:41,0	45:18,0	07:42,0	53:10,0	07:52,0	53:10,0
Sébastien Houle 7	00:00,0	06:45,0	06:45,0	13:40,0	06:55,0	20:39,0	06:59,0	27:34,0	06:55,0	34:22,0	06:48,0	41:14,0	06:52,0	47:46,0	06:32,0	47:46,0
Nathalie Roy 5	02:00,0	09:09,0	07:09,0	16:27,0	07:18,0	23:51,0	07:24,0	31:14,0	07:23,0	38:37,0	07:23,0	46:10,0	07:33,0		00:00,0	44:10,0
Martine Lavoie 5	02:00,0	09:29,0	07:29,0	17:37,0	08:08,0	26:13,0	08:36,0	35:49,0	09:36,0	44:30,0	08:41,0	#####			00:00,0	42:30,0
Camélie Houle 5	02:00,0	09:29,0	07:29,0	17:18,0	07:49,0	25:15,0	07:57,0	33:27,0	08:12,0	41:27,0	08:00,0	#####			00:00,0	39:27,0
Sylvie Lavallée 5	02:00,0	09:19,0	07:19,0	17:04,0	07:45,0	24:51,0	07:47,0	32:28,0	07:37,0	40:32,0	08:04,0	#####			00:00,0	38:32,0
Alain Tremblay 5	02:00,0	10:32,0	08:32,0	19:30,0	08:58,0	28:45,0	09:15,0	38:27,0	09:42,0	47:50,0	09:23,0	#####			00:00,0	45:50,0
			00:00,0		00:00,0		00:00,0		00:00,0		00:00,0					00:00,0
Kim Papadimitriou 5	00:00,0	07:52,0	07:52,0	15:44,0	07:52,0	23:49,0	08:05,0	32:30,0	08:41,0	41:17,0	08:47,0		00:00,0		00:00,0	41:17,0
Mathieu Fillion 6	00:00,0	07:10,0	07:10,0	14:53,0	07:43,0	22:45,0	07:52,0	30:30,0	07:45,0	38:30,0	08:00,0	46:17,0	07:47,0			46:17,0
			00:00,0		00:00,0		00:00,0		00:00,0		00:00,0					
Romain Dussault 7	00:00,0	06:38,0	06:38,0	13:24,0	06:46,0	20:40,0	07:16,0	27:38,0	06:58,0	35:35,0	07:57,0	42:54,0	07:19,0	50:05,0	07:11,0	50:05,0
Pierre Moussette 6	00:00,0	08:39,0	08:39,0	17:40,0	09:01,0	26:40,0	09:00,0	35:37,0	08:57,0	45:14,0	09:37,0					
Valérie Provost 5	00:00,0	07:33,0	07:33,0	15:52,0	08:19,0	24:01,0	08:09,0	32:15,0	08:14,0	40:04,0	07:49,0					
Le lundi 12 décembre 2016																
Richard Martel 7	00:00,0	06:53,0	06:53,0	13:55,0	07:02,0	20:59,0	07:04,0	28:11,0	07:12,0	35:17,0	07:06,0	42:24,0	07:07,0	49:09,0	06:45,0	49:09,0

Le dimanche 15 janvier 2017

	Départ 1	Fin 1	split 1	Fin 2	split 2	Fin 3	split 3	Fin 4	split 4	Fin 5	split 5	Fin 6	split 6	Fin 7	split 7	total
Roger Gagnon 6	00:00,0	07:37,0	07:37,0	15:39,0	08:02,0	23:59,0	08:20,0	32:41,0	08:42,0	41:07,0	08:26,0	50:21,0	09:14,0			50:21,0
Stephen Love 7	00:00,0	06:33,0	06:33,0	13:25,0	06:52,0	20:18,0	06:53,0	27:11,0	06:53,0	34:10,0	06:59,0	41:14,0	07:04,0	48:05,0	06:51,0	48:05,0
Mathieu Fillion 7	00:00,0	06:34,0	06:34,0	13:41,0	07:07,0	21:19,0	07:38,0	28:38,0	07:19,0	35:56,0	07:18,0	43:15,0	07:19,0	50:25,0	07:10,0	50:25,0
Régis Fillion 7	00:00,0	06:55,0	06:55,0	14:02,0	07:07,0	21:28,0	07:26,0	28:48,0	07:20,0	36:20,0	07:32,0	43:42,0	07:22,0	50:40,0	06:58,0	50:40,0
Sylvie Lavallée 6	00:00,0	07:19,0	07:19,0	14:41,0	07:22,0	22:10,0	07:29,0	29:37,0	07:27,0	37:12,0	07:35,0	44:42,0	07:30,0			
Josée Malo 5	00:00,0	08:59,0	08:59,0	17:45,0	08:46,0	27:42,0	09:57,0	36:57,0	09:15,0	46:03,0	09:06,0		#####			
Valérie Provost 6	00:00,0	07:40,0	07:40,0	16:17,0	08:37,0	24:54,0	08:37,0	33:42,0	08:48,0	42:20,0	08:38,0	50:14,0	07:54,0		#####	50:14,0
Marie-Josée Charbonneau 7	00:00,0	07:09,0	07:09,0	14:36,0	07:27,0	22:16,0	07:40,0	30:09,0	07:53,0	38:06,0	07:57,0	45:56,0	07:50,0	53:50,0	07:54,0	53:50,0
Romain Dussault 7 (rhume)	00:00,0	07:10,0	07:10,0	15:19,0	08:09,0	23:20,0	08:01,0	32:16,0	08:56,0	40:14,0	07:58,0	48:29,0	08:15,0	56:47,0	08:18,0	56:47,0
Emmanuel Brien 7	00:00,0	06:55,0	06:55,0	13:40,0	06:45,0	21:07,0	07:27,0	28:16,0	07:09,0	36:14,0	07:58,0	44:21,0	08:07,0	51:35,0	07:14,0	51:35,0

Le dimanche 12 février 2017

Stephen Love 7	00:00,0	06:20,0	06:20,0	12:44,0	06:24,0	19:15,0	06:31,0	26:07,0	06:52,0	32:50,0	06:43,0	39:36,0	06:46,0	46:12,0	06:36,0	46:12,0
Martin Scutt 7	00:00,0	06:21,0	06:21,0	12:43,0	06:22,0	19:13,0	06:30,0	25:58,0	06:45,0	32:40,0	06:42,0	39:24,0	06:44,0	46:19,0	06:55,0	46:19,0
Sébastien Houle 7	00:00,0	06:25,0	06:25,0	12:59,0	06:34,0	20:17,0	07:18,0	27:53,0	07:36,0	35:06,0	07:13,0	42:34,0	07:28,0	49:57,0	07:23,0	49:57,0
Charlie Houle 7	00:00,0	06:37,0	06:37,0	13:46,0	07:09,0	20:50,0	07:04,0	28:07,0	07:17,0	35:13,0	07:06,0	42:35,0	07:22,0	49:59,0	07:24,0	49:59,0
Sylvie Lavallée 6	00:00,0	06:58,0	06:58,0	14:01,0	07:03,0	21:26,0	07:25,0	28:48,0	07:22,0	36:11,0	07:23,0	43:33,0	07:22,0		#####	43:33,0
Camélie Houle 6	00:00,0	07:40,0	07:40,0	16:25,0	08:45,0	25:04,0	08:39,0	34:43,0	09:39,0	43:54,0	09:11,0	53:50,0	09:56,0		#####	53:50,0
Rose-anne Rioux 5	00:00,0	08:00,0	08:00,0	17:21,0	09:21,0	26:49,0	09:28,0	36:29,0	09:40,0	46:01,0	09:32,0		#####		00:00,0	46:01,0
Alain Tremblay 5	00:00,0	08:30,0	08:30,0	17:21,0	08:51,0	26:37,0	09:16,0	35:54,0	09:17,0	45:33,0	09:39,0		#####		00:00,0	45:33,0
Romain Dussault 7	00:00,0	06:36,0	06:36,0	13:31,0	06:55,0	20:45,0	07:14,0	28:00,0	07:15,0	35:12,0	07:12,0	42:31,0	07:19,0	49:25,0	06:54,0	49:25,0
Mathieu Fillion 7	00:00,0	06:16,0	06:16,0	13:22,0	07:06,0	20:45,0	07:23,0	28:01,0	07:16,0	35:11,0	07:10,0	42:30,0	07:19,0	49:23,0	06:53,0	49:23,0
Régis Fillion 7	00:00,0	06:31,0	06:31,0	13:48,0	07:17,0	21:15,0	07:27,0	28:30,0	07:15,0	35:50,0	07:20,0	43:06,0	07:16,0	50:05,0	06:59,0	50:05,0
Valérie Provost 6	00:00,0	07:17,0	07:17,0	14:42,0	07:25,0	22:27,0	07:45,0	30:18,0	07:51,0	37:46,0	07:28,0		#####			37:46,0
Josée Malo 5	00:00,0	07:33,0	07:33,0	15:27,0	07:54,0	23:27,0	08:00,0	31:35,0	08:08,0	39:46,0	08:11,0		#####			39:46,0

Dimanche 26 février 2017

Josée Malo 5	00:00,0	06:51,0	06:51,0	14:06,0	07:15,0	21:52,0	07:46,0	29:44,0	07:52,0	37:20,0	07:36,0					
Raymonde Cousineau 5	00:00,0	08:01,0	08:01,0	17:20,0	09:19,0	27:45,0	10:25,0	37:33,0	09:48,0	46:55,0	09:22,0					

Dimanche 12 mars 2017

Martin Scutt 7	00:00,0	06:01,0	06:01,0	12:18,0	06:17,0	18:50,0	06:32,0	25:22,0	06:32,0	32:05,0	06:43,0	38:38,0	06:33,0	45:07,0	06:29,0	45:07,0
Stephen Love 7	00:00,0	06:06,0	06:06,0	12:38,0	06:32,0	19:21,0	06:43,0	25:54,0	06:33,0	32:29,0	06:35,0	39:12,0	06:43,0	45:57,0	06:45,0	45:57,0
Sébastien Houle 7	00:00,0	06:27,0	06:27,0	13:21,0	06:54,0	20:22,0	07:01,0	27:05,0	06:43,0	33:51,0	06:46,0	40:33,0	06:42,0	47:00,0	06:27,0	47:00,0
Charlie Houle 7	00:00,0	06:27,0	06:27,0	13:15,0	06:48,0	20:22,0	07:07,0	27:05,0	06:43,0	33:56,0	06:51,0	40:35,0	06:39,0	47:09,0	06:34,0	47:09,0

Catherine L-Dubois 6	00:00,0	06:36,0	06:36,0	13:21,0	06:45,0	20:21,0	07:00,0	27:21,0	07:00,0	34:21,0	07:00,0	41:09,0	06:48,0	#####	41:09,0	
Sylvie Lavallée 6	00:00,0	06:30,0	06:30,0	13:21,0	06:51,0	20:29,0	07:08,0	27:30,0	07:01,0	34:26,0	06:56,0	41:13,0	06:47,0	#####	41:13,0	
Camélie Houle 7	00:00,0	07:15,0	07:15,0	15:27,0	08:12,0	23:20,0	07:53,0	30:33,0	07:13,0	37:54,0	07:21,0	45:09,0	07:15,0	52:50,0	07:41,0	52:50,0
Richard Martel 7	00:00,0	06:11,0	06:11,0	12:51,0	06:40,0	19:26,0	06:35,0	26:05,0	06:39,0	32:39,0	06:34,0	39:14,0	06:35,0	45:41,0	06:27,0	45:41,0
Martine Lavoie 6	00:00,0	07:11,0	07:11,0	14:42,0	07:31,0	22:32,0	07:50,0	30:40,0	08:08,0	38:45,0	08:05,0	46:34,0	07:49,0	#####	46:34,0	