

La chasse Demi

A-3 tours 1 arrêté+1 sans arrêt+1 arrêté (200 pédaliers+15 push-ups, 15+15 obliques, 15+15 patineurs) et 1000 m d'ergo. Trois fois.

B-3 tours 1 arrêté+1 sans arrêt+1 arrêté (160 pédaliers+12 push-ups, 12+12 obliques, 12+12 patineurs) et 800 m d'ergo. Trois fois.

C-3 tours 1 arrêté+1 sans arrêt+1 arrêté (100 pédaliers+10 push-ups, 10+10 obliques, 10+10 patineurs) et 500 m d'ergo. Trois fois.

Le dimanche 27 novembre 2016	Départ 1	Départ 2	split 1	Fin 2	split 2	Fin 3	split 3	total
épreuve test trop long	00:00,0	09:00,0	<b>09:00,0</b>	17:35,0	<b>08:35,0</b>	25:00,0	<b>07:25,0</b>	<b>25:00,0</b>
Marc-André Jamieson A	00:00,0	20:33,0	<b>20:33,0</b>	43:09,0	<b>22:36,0</b>	05:37,0	<b>22:28,0</b>	<b>05:37,0</b>
Stephen Love A	00:00,0	20:30,0	<b>20:30,0</b>	43:01,0	<b>22:31,0</b>	06:20,0	<b>23:19,0</b>	<b>06:20,0</b>
Chalie Houle A	00:00,0	20:27,0	<b>20:27,0</b>	43:17,0	<b>22:50,0</b>	05:17,0	<b>22:00,0</b>	<b>05:17,0</b>
Richard Martel B	00:00,0	16:45,0	<b>16:45,0</b>	35:28,0	<b>18:43,0</b>	55:00,0	<b>19:32,0</b>	<b>55:00,0</b>
Roger Gagnon B	00:00,0	20:02,0	<b>20:02,0</b>	43:30,0	<b>23:28,0</b>	06:27,0	<b>22:57,0</b>	<b>06:27,0</b>
Sylvie Lavallée C	05:08,0	20:35,0	<b>15:27,0</b>	39:50,0	<b>19:15,0</b>	57:22,0	<b>17:32,0</b>	<b>52:14,0</b>
Camélie Houle C	05:08,0	20:44,0	<b>15:36,0</b>	39:25,0	<b>18:41,0</b>	57:05,0	<b>17:40,0</b>	<b>51:57,0</b>
Alain Tremblay C	05:08,0	20:30,0	<b>15:22,0</b>	47:17,0	<b>26:47,0</b>	07:08,0	<b>19:51,0</b>	<b>02:00,0</b>
			<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>	<b>00:00,0</b>
Romain Dussault A	00:00,0	16:29,0	<b>16:29,0</b>	35:17,0	<b>18:48,0</b>	53:34,0	<b>18:17,0</b>	<b>53:34,0</b>
Mathieu Fillion A	00:00,0	18:33,0	<b>18:33,0</b>	39:40,0	<b>21:07,0</b>	59:33,0	<b>19:53,0</b>	<b>59:33,0</b>
Pierre Moussette B	00:00,0	19:15,0	<b>19:15,0</b>	33:34,0	<b>14:19,0</b>	56:45,0	<b>23:11,0</b>	<b>56:45,0</b>
Valérie Provost C	00:00,0	14:45,0	<b>14:45,0</b>	31:32,0	<b>16:47,0</b>	48:36,0	<b>17:04,0</b>	<b>48:36,0</b>
Josée Malo C	00:00,0	19:15,0	<b>19:15,0</b>	40:08,0	<b>20:53,0</b>		#####	<b>00:00,0</b>

Le dimanche 18 décembre 2016

Martin Scutt A	00:00,0	15:40,0	<b>15:40,0</b>	32:15,0	<b>16:35,0</b>	49:12,0	<b>16:57,0</b>	<b>49:12,0</b>
Sebastien Houle A	00:00,0	16:03,0	<b>16:03,0</b>	34:12,0	<b>18:09,0</b>	51:13,0	<b>17:01,0</b>	<b>51:13,0</b>
Charlie Houle A	00:00,0	16:04,0	<b>16:04,0</b>	34:10,0	<b>18:06,0</b>	51:14,0	<b>17:04,0</b>	<b>51:14,0</b>
Stephen Love rhume B	00:00,0	14:49,0	<b>14:49,0</b>	29:36,0	<b>14:47,0</b>	45:00,0	<b>15:24,0</b>	<b>45:00,0</b>
Nathalie Roy B	00:00,0	15:13,0	<b>15:13,0</b>	30:54,0	<b>15:41,0</b>	46:25,0	<b>15:31,0</b>	<b>46:25,0</b>
Roger Gagnon B	00:00,0	15:35,0	<b>15:35,0</b>	33:30,0	<b>17:55,0</b>	52:24,0	<b>18:54,0</b>	<b>52:24,0</b>
Alain Tremblay C	04:00,0	19:20,0	<b>15:20,0</b>	35:04,0	<b>15:44,0</b>	51:45,0	<b>16:41,0</b>	<b>47:45,0</b>
Sylvie Lavallée C	04:00,0	16:40,0	<b>12:40,0</b>	30:40,0	<b>14:00,0</b>	44:55,0	<b>14:15,0</b>	<b>40:55,0</b>
Martine Lavoie C	04:00,0	17:08,0	<b>13:08,0</b>	31:50,0	<b>14:42,0</b>	46:52,0	<b>15:02,0</b>	<b>42:52,0</b>
Camélie Houle C	04:00,0	16:50,0	<b>12:50,0</b>	31:41,0	<b>14:51,0</b>	45:52,0	<b>14:11,0</b>	<b>41:52,0</b>

Richard Martel A	00:00,0	16:02,0	<b>16:02,0</b>	32:12,0	<b>16:10,0</b>	48:38,0	<b>16:26,0</b>	<b>48:38,0</b>
Nicolas Martel C+C+B	00:00,0	14:10,0	<b>14:10,0</b>	29:09,0	<b>14:59,0</b>	46:00,0	<b>16:51,0</b>	<b>46:00,0</b>
Romain Dussault A	00:00,0	16:15,0	<b>16:15,0</b>	33:45,0	<b>17:30,0</b>	51:40,0	<b>17:55,0</b>	<b>51:40,0</b>
Mathieu Fillion A	00:00,0	17:17,0	<b>17:17,0</b>	38:29,0	<b>21:12,0</b>	57:48,0	<b>19:19,0</b>	<b>57:48,0</b>
Pierre Moussette C	00:00,0	14:08,0	<b>14:08,0</b>	29:57,0	<b>15:49,0</b>	46:22,0	<b>16:25,0</b>	<b>46:22,0</b>

### Le dimanche 29 janvier 2017

Stephen Love A	00:00,0	15:32,0	<b>15:32,0</b>	31:50,0	<b>16:18,0</b>	48:01,0	<b>16:11,0</b>	<b>48:01,0</b>
Martin Scutt A	00:00,0	15:30,0	<b>15:30,0</b>	31:46,0	<b>16:16,0</b>	48:01,0	<b>16:15,0</b>	<b>48:01,0</b>
Sylvie Lavallée B	00:00,0	15:00,0	<b>15:00,0</b>	30:41,0	<b>15:41,0</b>	45:58,0	<b>15:17,0</b>	<b>45:58,0</b>
Mathieu Fillion A	00:00,0	16:22,0	<b>16:22,0</b>	34:01,0	<b>17:39,0</b>	51:50,0	<b>17:49,0</b>	<b>51:50,0</b>
Romain Dussault A	00:00,0	16:58,0	<b>16:58,0</b>	35:07,0	<b>18:09,0</b>	52:27,0	<b>17:20,0</b>	<b>52:27,0</b>
Charlie Houle A	00:00,0	15:59,0	<b>15:59,0</b>	33:40,0	<b>17:41,0</b>	50:41,0	<b>17:01,0</b>	<b>50:41,0</b>
Sébastien Houle A	00:00,0	16:57,0	<b>16:57,0</b>	34:15,0	<b>17:18,0</b>	51:17,0	<b>17:02,0</b>	<b>51:17,0</b>
Marie-Josée Charbonneau A	00:00,0	17:57,0	<b>17:57,0</b>	36:40,0	<b>18:43,0</b>	57:22,0	<b>20:42,0</b>	<b>57:22,0</b>
Régis Fillion A	00:00,0	16:50,0	<b>16:50,0</b>	34:40,0	<b>17:50,0</b>	52:22,0	<b>17:42,0</b>	<b>52:22,0</b>
Valérie Provost C mollo	04:00,0	18:15,0	<b>14:15,0</b>	33:35,0	<b>15:20,0</b>	49:13,0	<b>15:38,0</b>	<b>45:13,0</b> juste deux t
Josée Malo C mollo	04:00,0	26:10,0	<b>22:10,0</b>	38:25,0	<b>12:15,0</b>	55:43:00	<b>04:35,0</b>	<b>39:00,0</b> 3 tours au 1
Camélie Houle C blessée genou	04:00,0	20:12,0	<b>16:12,0</b>	43:40,0	<b>23:28,0</b>	54:45,0	<b>11:05,0</b>	<b>50:45,0</b> 3 tours au 2
Emmanuel Brien A	00:00,0	15:58,0	<b>15:58,0</b>	32:59,0	<b>17:01,0</b>	50:40,0	<b>17:41,0</b>	<b>50:40,0</b>

### Le dimanche 19 mars 2017 antihoraire

Stephen Love A	00:00,0	15:57,0	<b>15:57,0</b>	32:21,0	<b>16:24,0</b>	48:56,0	<b>16:35,0</b>	48:56,0
Sylvie Lavallée B	00:00,0	14:22,0	<b>14:22,0</b>	29:03,0	<b>14:41,0</b>	43:37,0	<b>14:34,0</b>	43:37,0
Catherine Lehoux-Dubois B	00:00,0	14:33,0	<b>14:33,0</b>	29:09,0	<b>14:36,0</b>	43:53,0	<b>14:44,0</b>	43:53,0
Alain Tremblay B+C+C	00:00,0	18:10,0	<b>18:10,0</b>	34:32,0	<b>16:22,0</b>	51:28,0	<b>16:56,0</b>	51:28,0
Charlie Houle A	00:00,0	14:52,0	<b>14:52,0</b>	31:07,0	<b>16:15,0</b>	47:50,0	<b>16:43,0</b>	47:50,0

Sébastien Houle B	00:00,0	16:04,0	<b>16:04,0</b>	30:55,0	<b>14:51,0</b>	45:00,0	<b>14:05,0</b>	45:00,0
Camélie Houle B+C+C	00:00,0	17:06,0	<b>17:06,0</b>	31:38,0	<b>14:32,0</b>	46:34,0	<b>14:56,0</b>	46:34,0
Romain Dussault A limité sur ergo	00:00,0	17:27,0	<b>17:27,0</b>	34:58,0	<b>17:31,0</b>	52:10,0	<b>17:12,0</b>	52:10,0 dernier 100
Marie-Josée Charbonneau A	00:00,0	17:23,0	<b>17:23,0</b>	35:37,0	<b>18:14,0</b>	54:27,0	<b>18:50,0</b>	54:27,0
Kim Papadimitriou B peu d'ergo dos	00:00,0						<b>00:00,0</b>	57:30,0

### Le dimanche 3 décembre 2017 antihoraire

2 tours sans arrêt et un tour arrêté

Martin Scutt A	00:00,0	12:13,0	<b>12:13,0</b>	24:52,0	<b>12:39,0</b>	37:42,0	<b>12:50,0</b>	37:42,0
Stephen Love A	00:00,0	13:13,0	<b>13:13,0</b>	26:43,0	<b>13:30,0</b>	40:56,0	<b>14:13,0</b>	40:56,0
Charlie Houle A	00:00,0	12:10,0	<b>12:10,0</b>	24:55,0	<b>12:45,0</b>	38:08,0	<b>13:13,0</b>	38:08,0
Sébastien Houle A	00:00,0	12:12,0	<b>12:12,0</b>	25:27,0	<b>13:15,0</b>	39:03,0	<b>13:36,0</b>	39:03,0
Roger Gagnon A	00:00,0	14:28,0	<b>14:28,0</b>	29:41,0	<b>15:13,0</b>	45:10,0	<b>15:29,0</b>	45:10,0
Camélie Houle B	00:00,0	11:44,0	<b>11:44,0</b>	23:45,0	<b>12:01,0</b>	35:33,0	<b>11:48,0</b>	35:33,0
Sylvie Lavallée B	00:00,0	12:28,0	<b>12:28,0</b>	25:00,0	<b>12:32,0</b>	37:47,0	<b>12:47,0</b>	37:47,0
Catherine Le houx-Dubois B	00:00,0	12:32,0	<b>12:32,0</b>	25:57,0	<b>13:25,0</b>	39:40,0	<b>13:43,0</b>	39:40,0
Martine Lavoie B	00:00,0	16:09,0	<b>16:09,0</b>	28:36,0	<b>12:27,0</b>	43:42,0	<b>15:06,0</b>	43:42,0 1er cycle +
Andrew Scutt C	00:00,0	11:53,0	<b>11:53,0</b>	23:35,0	<b>11:42,0</b>	36:14,0	<b>12:39,0</b>	36:14,0
Yvan Lavoie Plaisir	00:00,0							
Jean-Michel Viau A	00:00,0	11:35,0	<b>11:35,0</b>	23:47,0	<b>12:12,0</b>	36:55,0	<b>13:08,0</b>	36:55,0
Romain Dussault A	00:00,0	12:56,0	<b>12:56,0</b>	27:05,0	<b>14:09,0</b>	41:04,0	<b>13:59,0</b>	41:04,0
Mathieu Fillion A	00:00,0	12:23,0	<b>12:23,0</b>	25:30,0	<b>13:07,0</b>	38:57,0	<b>13:27,0</b>	38:57,0
Valérie Provost B	00:00,0	13:07,0	<b>13:07,0</b>	27:28,0	<b>14:21,0</b>	42:09,0	<b>14:41,0</b>	42:09,0
Louise Héroux C	00:00,0	14:40,0	<b>14:40,0</b>	29:37,0	<b>14:57,0</b>	45:07,0	<b>15:30,0</b>	45:07,0
Eve Martin B	00:00,0	14:46,0	<b>14:46,0</b>	29:21,0	<b>14:35,0</b>	44:25,0	<b>15:04,0</b>	44:25,0
Dominique Bérard C	00:00,0	18:03,0	<b>18:03,0</b>	37:24,0	<b>19:21,0</b>			
Sylvie Courchesne C	00:00,0	17:21,0	<b>17:21,0</b>	34:50,0	<b>17:29,0</b>			

### 14 janvier 2018 sens horaire

Roger Gagnon A	00:00,0	16:04,0	<b>16:04,0</b>	33:34,0	<b>17:30,0</b>	51:35,0	<b>18:01,0</b>	
----------------	---------	---------	----------------	---------	----------------	---------	----------------	--

Stephen Love A	00:00,0	15:28,0	<b>15:28,0</b>	31:36,0	<b>16:08,0</b>	48:08,0	<b>16:32,0</b>	
Sebastien Houle A	00:00,0	14:43,0	<b>14:43,0</b>	30:55,0	<b>16:12,0</b>	47:15,0	<b>16:20,0</b>	
Charlie Houle A	00:00,0	14:27,0	<b>14:27,0</b>	30:23,0	<b>15:56,0</b>	46:38,0	<b>16:15,0</b>	
Sylvie Lavallée A	00:00,0	15:36,0	<b>15:36,0</b>	32:10,0	<b>16:34,0</b>	48:06,0	<b>15:56,0</b>	
Martin Scutt A	00:00,0	14:42,0	<b>14:42,0</b>	30:07,0	<b>15:25,0</b>	45:51,0	<b>15:44,0</b>	
Cath Lehoux-Dubois A	00:00,0	16:52,0	<b>16:52,0</b>	34:54,0	<b>18:02,0</b>	53:07,0	<b>18:13,0</b>	
Yvan Lavoie C	00:00,0	20:03,0	<b>20:03,0</b>	40:35,0	<b>20:32,0</b>	<b>48:00,0</b>	<b>07:25,0</b>	3e cycle, ju

Romain Dussault A	00:00,0	16:04,0	<b>16:04,0</b>	33:05,0	<b>17:01,0</b>	50:58,0	<b>17:53,0</b>	
Mathieu Fillion A	00:00,0	17:41,0	<b>17:41,0</b>	38:00,0	<b>20:19,0</b>	57:40,0	<b>19:40,0</b>	
Alexandre Boisvert A	00:00,0	17:20,0	<b>17:20,0</b>	36:16,0	<b>18:56,0</b>	55:07,0	<b>18:51,0</b>	
Regis Fillion A	00:00,0	17:21,0	<b>17:21,0</b>	35:50,0	<b>18:29,0</b>	53:24,0	<b>17:34,0</b>	
Catherine Boisvert B	02:00,0	18:25,0	<b>16:25,0</b>	36:14,0	<b>17:49,0</b>	53:10,0	<b>16:56,0</b>	

Emmanuel Brien A	00:00,0	16:36,0	<b>16:36,0</b>	35:29,0	<b>18:53,0</b>	55:25,0	<b>19:56,0</b>	
Sylvie Courchesne C	00:00,0	17:58,0	<b>17:58,0</b>	35:55,0	<b>17:57,0</b>	53:58,0	<b>18:03,0</b>	3e cycle jus

#### 4 mars 2018 sens horaire

Stephen Love A	01:00,0	16:58,0	<b>15:58,0</b>	33:19,0	<b>16:21,0</b>	50:48,0	<b>17:29,0</b>	49:48,0
Martin Scutt A	01:00,0	15:11,0	<b>14:11,0</b>	30:42,0	<b>15:31,0</b>	45:55,0	<b>15:13,0</b>	44:55,0
Roger Gagnon A	00:00,0	15:49,0	<b>15:49,0</b>	33:16,0	<b>17:27,0</b>	51:12,0	<b>17:56,0</b>	51:12,0
Sébastien Houle A	01:00,0	14:52,0	<b>13:52,0</b>	29:36,0	<b>14:44,0</b>	44:08,0	<b>14:32,0</b>	43:08,0
Sylvie Lavallée B	01:00,0	14:48,0	<b>13:48,0</b>	29:07,0	<b>14:19,0</b>	43:35,0	<b>14:28,0</b>	42:35,0
Catherine Lehoux-Dubois B	00:00,0	14:11,0	<b>14:11,0</b>	29:07,0	<b>14:56,0</b>	44:57,0	<b>15:50,0</b>	44:57,0
Yvan Lavoie C	00:00,0	18:15,0	<b>18:15,0</b>	38:20,0	<b>20:05,0</b>	58:00,0	<b>19:40,0</b>	58:00,0
Véronique Brun C	00:00,0	<b>18:58,0</b>	<b>18:58,0</b>	<b>35:47,0</b>	<b>16:49,0</b>	51:08,0	<b>15:21,0</b>	51:08,0 <b>2 tours san</b>
Andrée-Anne C	01:00,0	17:50,0	<b>16:50,0</b>	37:03,0	<b>19:13,0</b>	55:12,0	<b>18:09,0</b>	54:12,0

Camélie Houle B	03:00,0	16:15,0	<b>13:15,0</b>	30:50,0	<b>14:35,0</b>	45:49,0	<b>14:59,0</b>	42:49,0
Josée Malo B	02:00,0	16:08,0	<b>14:08,0</b>	31:04,0	<b>14:56,0</b>	46:25,0	<b>15:21,0</b>	44:25,0
Martine Lavoie B	00:00,0	15:48,0	<b>15:48,0</b>	32:28,0	<b>16:40,0</b>	50:00,0	<b>17:32,0</b>	50:00,0

Romain Dussault A	00:00,0	17:22,0	<b>17:22,0</b>	36:25,0	<b>19:03,0</b>	56:40,0	<b>20:15,0</b>	56:40,0
-------------------	---------	---------	----------------	---------	----------------	---------	----------------	---------

## La chasse Demi

A-3 tours 1 arrêté+1 sans arrêt+1 arrêté (200 pédaliers+15 push-ups, 15+15 obliques, 15+15 patineurs) et 1000 m d'ergo. Trois fois.

B-3 tours 1 arrêté+1 sans arrêt+1 arrêté (160 pédaliers+12 push-ups, 12+12 obliques, 12+12 patineurs) et 800 m d'ergo. Trois fois.

C-3 tours 1 arrêté+1 sans arrêt+1 arrêté (100 pédaliers+10 push-ups, 10+10 obliques, 10+10 patineurs) et 500 m d'ergo. Trois fois.