

Nom	1er 500m	2e 500m	3e 500m	4e 500m	Temps
05-nov-13					
Oliver Love	01:44,6	01:54,0	01:58,3	01:59,7	07:36,6
Stephen Love	01:47,1	01:54,9	01:57,7	02:01,0	07:40,8
Marc-André Jamieson	01:50,9	01:56,0	01:57,6	02:00,7	07:45,2
Richard Martel	02:05,1	02:05,5	02:05,2	02:05,3	08:21,1
Nicolas Martel	02:12,4	02:20,1	02:23,3	02:24,8	09:20,6
Romain Dussault	02:28,3	02:29,5	02:31,5	02:26,3	09:55,6
Valérie provost	02:29,1	02:31,9	02:33,1	02:22,1	09:56,1
Suzanne Aubin	02:34,0	02:33,5	02:33,2	02:26,4	10:07,1
Rebecka Ouellette	02:28,5	02:35,2	02:37,8	02:29,8	10:11,3
Céline Tengelsen	02:33,4	02:36,2	02:34,5	02:30,9	10:15,1
Rose-Anne Rioux	02:33,4	02:35,5	02:35,6	02:36,0	10:20,5
Isabelle Ducharme	02:37,8	02:41,4	02:39,2	02:27,3	10:25,7
Diem Nguyen	03:01,4	02:51,6	02:47,4	02:40,8	11:21,2
Line Méthot	02:59,8	02:56,9	02:51,0	02:43,5	11:31,2

13-nov-14

Catherine Pigeon	01:45	02:04	02:07	02:00	08:10,6
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Test du 18 décembre 2013

Rebecka Ouellette-1	02:22,8	02:26,8	02:26,5	02:21,3	09:37,4
Catherine Pigeon-2	01:58,9	02:03,8	02:06,3	02:03,5	08:12,6
Sara Iovino-3	02:02,7	02:07,6	02:08,9	02:08,0	08:27,2
Céline Tengelsen-4	02:09,8	02:20,0	02:19,4	02:18,8	09:08,1
Johann Piché-Nguyen-1	02:18,1	02:20,1	02:13,1	02:07,1	08:58,4
Valérie Provost-2	02:24,8	02:24,2	02:20,2	02:16,4	09:25,6
Nicolas Martel-3	02:18,7	02:19,1	02:17,3	02:10,6	09:05,6
Romain Dussault-4	02:21,6	02:23,0	02:23,0	02:22,7	09:30,3
Jean Piché-1	02:06,3	02:07,0	02:05,0	02:06,1	08:24,5
Francis Piché-Nguyen	01:55,6	01:57,7	01:59,9	02:00,2	07:53,4
Sébastien Houle	02:06,8	02:04,7	02:09,4	02:14,7	08:35,6
Richard Martel	02:06,2	02:03,5	02:06,7	02:05,5	08:22,0

Guyline Santerre	02:19,1	02:18,6	02:18,4	02:17,5	09:13,6
Diem Nguyen	02:37,9	02:36,1	02:34,8	02:34,0	10:22,8
Charlie Houle	02:41,3	02:40,2	02:37,2	02:29,5	10:28,3
Suelyanne-S.-Latendresse	02:21,4	02:28,9	02:35,5	02:35,1	10:00,9
Marc Lavallée	02:00,6	02:06,7	02:02,9	02:01,8	08:11,9
Rapahel Turcot	01:51,2	01:56,6	01:57,1	01:54,1	07:39,0
Oliver Love	01:48,9	01:56,2	01:59,5	01:59,4	07:44,1
Daniel Aucoin	01:53,8	02:00,1	01:59,2	01:54,8	07:48,0

15-janv-14

Anne-Marie Turcot	02:12,0	03:45	02:19,0	02:25,0	10:22,0
Gabrielle Landry	02:11,0	02:10,0	02:18,0	02:17,0	08:56,9

Test du 5 mars 2014

Camille Leclair-1	02:10,2	02:29,2	02:14,1	02:18,0	09:11,6
Caroline Therrien-2	02:22,3	02:30,7	02:27,2	02:26,0	09:46,2
Gabrielle Landry-3	02:01,7	02:08,6	02:13,3	02:11,7	08:35,4
Anne-Marie Turcot-4	02:02,2	02:13,4	02:18,4	02:18,5	08:52,4
Oliver Love-1	01:50,6	01:57,0	01:59,1	01:59,0	07:45,7
Samuel Tremblay-2	02:06,2	02:13,4	02:19,9	02:10,2	08:49,6
Laurent Piché-3	01:59,7	02:01,3	02:07,9	02:02,1	08:11,0
Sébastien Houle-4	02:04,6	02:04,4	02:03,1	02:00,2	08:12,4
Guyline Santerre-1	02:07,2	02:18,3	02:18,0	02:21,2	09:04,6
Sara Iovino-2	01:57,8	02:08,4	02:11,1	02:08,3	08:25,6
Catherine Pigeon-3	02:01,4	02:07,5	02:08,5	02:05,0	08:22,3
Charlie Houle-4	02:27,0	02:28,8	02:30,9	02:27,1	09:53,8
Valérie Provost 2	02:13,9	02:20,6	02:20,6	02:16,0	09:11,0
Romain Dussault-3	02:09,5	02:18,9	02:20,1	02:17,8	09:06,3
Rebecka Ouellette-4	02:17,5	02:26,1	02:23,9	02:20,5	09:27,9
Julien Gauthier-1	01:57,2	01:59,1	02:03,6	02:02,1	08:02,1
Mathieu Marsolais-2	01:49,1	01:55,1	01:55,3	01:51,6	07:31,1
Raphael Turcot-3	01:51,1	01:55,4	01:58,2	01:52,1	07:36,7
Stephen Love-4	01:51,8	01:55,7	02:00,1	02:04,5	07:52,1

13-avr-14

Gabrielle Landry-1	02:00,6	02:09,0	02:12,2	02:07,6	08:29,3
Camille Leclair-2	02:04,2	02:11,2	02:12,3	02:09,7	08:37,4
Wasana Drouin-3	02:05,9	02:15,8	02:21,8	02:21,9	09:04,5
Catherine Pigeon-4	01:58,4	02:03,9	02:04,4	02:01,5	08:08,2
Sébastien Houle-1				ab	
Charles Théberge-2	01:57,4	02:01,2	02:03,6	02:03,1	08:05,2
Ludovik Allen-3	01:53,3	02:00,3	02:00,6	01:56,8	07:51,0
Nicolas Gervais-4	01:51,2	01:56,7	01:57,6	01:56,0	07:41,6
1-Charlie	02:27,4	02:31,0	02:34,0	02:25,2	09:57,6
2-Romain	02:11,0	02:17,3	02:19,8	02:16,3	09:04,3
3-Valérie Provost	02:11,6	02:17,8	02:18,3	02:14,4	09:02,2 Record personnel
4-Guylaine	02:05,0	02:17,0	02:18,7	02:15,3	08:55,9
Line-1	02:18,0	02:32,6	02:34,1	02:29,1	09:53,8
Céline-2	02:07,6	02:15,0	02:15,9	02:15,8	08:54,3

16-nov-14

Charlie Houle 1	02:14,9	02:25,8	02:32,3	02:27,6	09:40,5
Sébastien Houle 2	02:04,2	02:02,0	02:09,7	02:03,4	08:29,2
Tommy Labarre 3	01:39,4	01:51,7	01:54,2	01:50,5	07:15,8
Jérémy Dagenais 4	01:50,0	02:04,7	02:06,7	02:01,0	08:02,3
Line Méthot 1	02:26,0	02:40,5	02:41,3	02:40,9	10:28,7
Josée Bélanger 2	02:39,6	02:32,5	02:29,7	02:28,5	10:10,3

Nathalie Richard 3	02:33,5	02:25,5	02:21,3	02:22,1	09:42,4
Kim Woodburn 1	02:27,9	02:21,2	02:20,9	02:17,3	09:27,3
Justin Harvey 2	02:00,0	02:02,4	02:03,7	01:52,9	07:59,0
M-André Archambault 3	02:01,9	02:08,6	02:07,2	02:04,2	08:22,0
Tristan Landry 4	01:58,7	02:09,5	02:05,4	01:55,6	08:09,1
Vincent Tétreault 1	01:50,2	02:04,5	02:09,7	02:04,4	08:08,8
Benjamin Deslierres 2	01:46,9	01:56,5	01:58,1	01:57,5	07:39,0
Marc-André Jamieson 3	01:42,1	01:48,0	01:48,8	01:46,9	07:05,9
Oliver Love 4	01:40,5	01:52,7	01:57,1	02:00,0	07:30,3
Romain Dussault 2	01:56,4	02:11,1	02:14,0	02:15,0	08:36,5

19-déc-14

Richard Martel -1	01:56,9	02:00,9	02:00,9	01:59,4	07:58,0
Laurent Bizier 3					08:18,3
Nicolas Martel 1	01:57,6	02:06,0	02:06,3	02:03,9	08:13,8
Simon Martel 2	01:59,8	02:10,2	02:12,8	02:08,5	08:31,3
Charlie Houle 3					09:21,2
Ludovik Allen 4	01:47,1	01:53,7	01:56,4	01:56,4	07:33,6
Oliver Love 5	01:45,8	01:55,4	01:59,8	02:00,6	07:41,6
Ben (Beau-père de Tommy)	01:50,0	02:07,5	02:20,7	02:09,5	08:27,6
Tommy L-Boudreault 2	01:38,2	01:48,9	01:52,0	01:49,4	07:08,5
Samuel St-Ours Rive-Nord 3					08:30,4
Jay Dagenais 4	01:47,4	01:59,0	02:02,2	01:57,9	07:46,5
Nico Gervais 5	01:43,8	01:50,3	01:53,6	01:53,5	07:21,1
Olivier Dupuis Rive-Nord-1	01:45,6	01:54,6	01:57,9	01:58,5	07:36,6
M-André Archambault-2	01:57,4	02:06,7	02:08,1	02:06,5	08:18,8
Guillaume Archambault-3	01:54,5	02:10,7	02:21,9	02:13,1	08:40,1
Benjamin DesLierres-4	01:46,1	01:58,3	02:03,8	02:01,6	07:49,8
Daniel Dubois 5	01:48,6	01:54,5	01:57,1	01:52,5	07:32,7
Catherine Pigeon 2	02:00,7	02:06,8	02:08,3	02:02,7	08:18,6
Nathalie Vézeau 3	01:58,2	02:04,1	02:06,8	02:06,5	08:15,7
Line Méthot 4	02:23,2	02:36,4	02:36,4	02:33,7	10:09,7
Léa Mei-5	02:35,7	02:28,7	02:30,2	02:22,1	09:56,7

Nathalie Richard 1	02:15,3	02:15,1	02:13,4	02:15,4	08:59,1
Josée Bélanger-2	02:16,2	02:21,7	02:20,1	02:18,5	09:16,5
Édith Pelletier -3	02:12,9	02:43,7	02:37,1	02:30,1	10:13,7
Nathalie Roy 4	02:09,9	02:10,2	02:10,1	02:07,8	08:37,9

25-janv-15

Edith-1	02:30,4	02:39,6	02:35,4	02:33,9	10:19,2
Kim-2	02:27,5	02:31,9	02:17,7	02:16,4	09:33,5
Josée-3	02:17,9	02:19,3	02:23,0	02:20,5	09:20,7

Charlie-1	02:17,4	02:26,9	02:29,1	02:25,8	09:39,2
Tommy-2	01:40,7	01:54,1	01:58,0	02:01,0	07:33,8
Tristan-3	01:58,6	02:03,7	02:03,0	01:57,9	08:03,3

Edith-1	02:39,3	02:46,3	02:41,1	02:29,6	10:36,4
Kim-2	02:24,9	02:22,2	02:21,1	02:17,2	09:25,4
Josée-3	02:18,7	02:17,4	02:19,7	02:21,3	09:17,0
Valérie-4	02:22,5	02:22,5	02:22,5	02:22,2	09:29,7

Charlie-1	02:35,9	02:37,3	02:35,1	02:24,9	10:13,2
Oliver-2	01:53,7	01:56,8	01:56,8	01:57,7	07:45,0
Tristan-3	02:02,3	02:10,9	02:09,9	02:06,5	08:29,5

Valérie-1	02:23,1	02:20,2	02:17,5	02:17,2	09:18,0
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01-mars-15

Charlie Houle	02:21,2	02:23,5	02:23,9	02:21,0	09:29,6
Sébastien Houle	01:58,0	02:00,2	01:59,6	01:57,4	07:55,3
Charlie Houle	02:27,9	02:28,1	02:27,5	02:23,4	09:46,9
Sébastien Houle	01:58,6	02:01,7	02:00,2	01:57,9	07:58,4

Romain Dussault	02:06,6	02:09,8	02:11,3	02:06,1	08:33,8
Romain Dussault 2e fois	02:08,0	02:11,6	02:10,8	02:08,1	08:38,5

le 29 mars 2015 au chalet du parc de la Rivière

Martin Scutt	01:34,6	01:45,9	01:53,2	01:54,4	07:24,7
Jérémy Dagenais	01:50,6	01:58,0	02:02,9	02:01,6	07:53,1
Oliver Love	01:47,9	01:54,9	01:59,5	02:01,2	07:43,5
Stephen Love	xxx	01:44,2	01:57,1	02:02,4	07:46,6

Anne Gadbois	02:03,3	02:08,3	02:10,4	02:09,3	08:31,3
Charlie Houle	02:12,4	02:17,5	02:17,5	02:17,4	09:04,8

Romain Dussault	02:01,6	02:06,4	02:05,6	02:01,2	08:14,9
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21-nov-15

Catherine Lehoux-Dubois	02:15,0	02:23,0	02:23,0	02:20,0	09:21,7
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le 22 novembre 2015 au centre de soccer dans le local de réunion

Stephen Love	01:48,0	01:55,0	01:57,0	01:55	07:35,0
Line Méthot	02:33,0	02:36,0	02:34,0	02:35,0	10:18,5

Catherine Pigeon	01:58,8	02:09,7	02:11,0	02:06,6	08:26,1
Karine Bety	02:14,7	02:25,9	02:30,6	02:27,7	09:38,7
Patrick Moussette	01:58,5	02:09,5	02:03,4	02:00,9	08:12,3
Jérémy Dagenais	01:46,0	01:56,0	02:02,0	02:02,0	07:45,8

Sébastien HOULE	02:00,9	02:13,4	02:09,8	02:05,3	08:29,3
Charlie HOULE	02:03,3	02:11,2	02:14,9	02:16,0	08:45,4

Anne GADBOIS	01:54,1	02:04,2	02:06,6	02:02,7	08:07,5
Nathalie ROY	02:03,9	02:10,6	02:13,8	02:11,8	08:40,0
Geneviève BÉLANGER	02:11,6	02:16,3	02:19,2	02:17,1	09:04,2
Olivier BÉRUBÉ	02:09,4	02:11,7	02:08,9	02:11,5	08:41,4
Romain DUSSAULT	01:54,6	02:00,3	02:00,9	01:59,8	07:55,5
Victor JOLY	01:53,4	02:01,9	02:01,9	01:55,1	07:52,3
Oliver LOVE	01:48,6	01:56,7	01:59,4	02:00,1	07:44,7
Benjamin DESLIERRES	01:43,2	01:51,5	01:54,5	01:53,2	07:22,3 Record personnel

le 16 décembre 2015 au centre de soccer dans l'entrepôt

1-Oliver Love	01:49,8	01:58,3	02:01,7	02:01,2	07:50,9
2-Daniel Aucoin	01:56,8	01:58,2	01:57,8	01:52,9	07:45,7
3-René Pelchat	01:43,5	01:43,9	01:45,3	01:44,9	06:57,5
1-Felix Parent	02:23,2	02:32,1	02:29,6	02:22,9	09:47,8
2-Richard Martel	01:54,8	01:59,0	02:02,3	02:03,2	07:59,0
3-Genevieve Martineau	02:15,4	02:22,8	02:19,5	02:06,5	09:04,1
4-Nico Martel	01:53,3	01:58,9	02:05,1	02:03,6	08:00,9
2-					
3-Karine Bety	02:16,0	02:22,4	02:23,7	02:21,5	09:23,7
4-Catherine Pigeon	02:01,6	02:07,1	02:09,0	02:02,8	08:20,5
1-Martin Scutt	01:44,5	01:53,9	01:53,3	01:51,3	07:23,1
2-Benjamin Deslierres	01:47,0	01:51,2	01:53,8	01:54,4	07:26,4
3-Sébastien Houle	01:57,4	02:04,7	02:04,6	02:04,3	08:11,0
4-Charlie Houle	02:09,2	02:11,8	02:12,6	02:10,9	08:44,6
1-Patrick Moussette	01:50,4	01:55,0	01:55,3	01:53,9	07:34,6
2-Romain Dussault	01:53,8	01:57,0	01:58,0	01:57,3	07:46,2
3-Victor Joly	01:52,1	01:54,4	01:54,6	01:48,8	07:30,0

4-Francois Joly	01:55,4	02:01,3	01:59,3	01:56,0	07:52,0
1-Marcel Provost	02:03,9	02:13,6	02:18,7	02:11,5	08:47,7
2-Melanie Luneau	01:52,2	02:09,5	02:12,8	02:06,1	08:20,6
3-Genevieve Bélanger	02:10,4	02:15,4	02:15,4	02:12,8	08:54,0
4-Jean-Michel Viau	01:37,2	01:47,8	01:54,1	01:57,5	07:16,6

Catherine Lehoux-Dubois					09:12,1
	02:09,0	02:18,2	02:20,2	02:22,2	02:19,7

17-janv-16

François Joly					07:58,7
	01:49,6	02:00,0	02:03,3	02:02,7	02:02,6

24-janv-16

François Joly	01:58,2	02:12,0	02:20,0	02:01,0	08:32,5
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6 février 2015 au Champ. Québécois au CSCR

Charlie Houle	02:02,0	02:06,0	1000 metres U15		04:08,0
Romain Dussault	01:53,0	01:57,0	04:04		07:54,3 1er 1000m en 3:50
Victor Joly	01:49,0	01:55,0	03:51		07:34,7 1er 1000m en 3:44
Patrick Moussette	01:46,0	01:56,0	01:57,0	01:55,0	07:34,4
Anne Gadbois	01:57,0	02:05,0	02:08,0	02:07,0	08:15,0
Gneviève Bélanger	02:06,0	02:10,0	02:19,0	02:21,0	08:56,3
Daniel Aucoin					07:43,8
Stephen Love					07:35,7
Martin Scutt	01:45,0	01:50,0	01:52,0	01:50,0	07:19,2

7 février 2016 au centre de soccer

Richard Martel	01:57,1	01:59,0	2;20,5	02:07,6	08:24,2
Nicolas Martel	01:58,0	02:00,1	02:06,3	02:04,9	08:09,3
Sébastien Houle	01:59,0	02:05,9	02:06,4	02:06,2	08:17,5
Charlie Houle	02:06,1	02:14,3	02:16,2	02:09,4	08:46,0

12 février 2016 au centre de soccer

Catherine Lehoux-Dubois	02:11,9	02:14,9	02:15,6	02:16,1	08:58,3
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28 février 2016 au centre de soccer

Charlie Houle 1	02:07,9	02:11,7	02:15,0	02:20,8	08:55,4 malade
Sébastien Houle 1	02:04,4	02:07,7	02:07,1	02:07,8	08:27,0
David Oceau 1	01:51,1	01:52,3	01:49,4	01:48,5	07:21,2 warm-up
Charlie Houle	non				
Sébastien Houle 2	02:05,4	02:11,2	02:09,3	02:09,3	08:35,2
David Oceau 2	01:39,4	01:39,6	01:37,3	01:33,5	06:29,7
Nathalie Roy 1	02:16,2	02:16,3	02:15,5	02:14,8	09:02,8
Charlie Houle 2	02:15,2	02:19,2	02:19,8	02:18,8	09:13,0
Sébastien Houle 3	02:06,4	02:10,9	02:09,0	02:07,1	08:33,4
David Oceau 3	01:54,2	01:58,3	01:52,0	01:45,3	07:29,8
Nathalie Roy 2	02:15,0	02:15,3	02:14,0	02:13,0	08:57,3
Patrick Moussette 1	02:00,8	02:03,2	02:00,5	01:56,2	08:00,7
Victor Joly 1	02:02,9	02:06,5	02:09,1	02:02,8	08:21,3
Martin Scutt 1					07:34,5
François Joly 1	01:58,5	02:06,4	02:05,7	01:58,7	08:09,2
Victor Joly 2	02:05,8	02:03,0	02:01,7	01:57,3	08:07,8
Patrick Moussette 2	01:52,2	01:56,0	01:55,8	01:53,1	07:37,1
Nathalie Roy 3	02:09,2	02:10,0	02:08,0	02:04,2	08:31,4
Martin Scutt 2	01:51,4	01:56,8	01:56,5	01:55,3	07:40,0 pas de pause
François Joly 2	01:55,3	02:07,7	02:11,4	02:01,9	08:16,2
Patrick Moussette 3	01:54,3	01:58,2	01:59,4	01:53,2	07:45,2
Victor Joly 3	02:05,0	02:01,1	01:59,0	01:59,3	08:04,5
Martin Scutt 3	01:54,7	01:57,7	01:58,2	01:53,5	07:44,1

3 avril 2016 centre de soccer

Stephen Love 2	01:50,7	01:52,1	01:52,7	01:54,1	07:29,7
Nathalie Roy 3	02:06,3	02:08,6	02:09,2	02:09,2	08:33,3

Nico Martel 2		01:59,5	02:00,1	02:02,7	02:01,9	08:04,3	
Sébastien Houle 3		01:59,3	02:02,7	02:02,5	02:03,7	08:08,2	
Charlie Houle 4		02:06,2	02:06,5	02:08,0	02:10,3	08:30,9	
Romain Dussault 1		01:52,9	01:56,8	02:45,4	02:02,6	08:37,8	Abandon temporaire
Victor Joly 2		01:50,6	01:54,7	01:57,7	01:55,6	07:38,6	
Patrick Moussette 3		01:49,9	01:52,7	01:53,2	01:50,8	07:26,6	
Émile Parent 4		02:03,7	02:07,1	02:03,6	02:00,4	08:14,9	
Stephen Love 1 test							
Geneviève Martineau 2		02:10,7	02:17,4	02:17,1	02:15,5	09:00,7	
Béatrice Dussault 3		02:14,7	02:27,6			04:43,0	1000 m
Félix Parent 4		02:20,6	02:26,9	02:24,6	02:19,0	09:32,0	

20 décembre 2016 centre de soccer

objectif

Richard Martel (matin seul)		01:50,4	01:57,7	02:01,8	02:00,5	07:50,4	
Béatrice Dussault 1000 m	4:20 ou 2:10/500 m	02:05,7	02:13,7	02:22,0	02:23,7	02:16,0	04:32,4
Camélie Houle 1000 m	4:30 ou 2:15/500 m	02:17,2	02:18,2	02:17,2	02:17,0	02:12,5	04:32,9
Sylvie Lavallée	8:56 ou 2:14 / 500 m	02:12,1	02:21,2	02:25,1	02:25,8	2:20,3	09:23,8
Martine Lavoie	8:56 ou 2:14 / 500 m	02:08,3	02:12,6	02:13,8	02:14,6	02:08,7	08:46,6
Roger Gagnon	8:00 ou 2:00/500 m	01:43,8	01:59,7	01:59,9	01:56,6	07:40,0	record personnel
Pierre Moussette	8:00 ou 2:00/500 m	01:49,8	01:54,9	01:56,2	01:56,5	07:37,3	
Alex Dodier		01:40,6	01:52,8	01:56,6	01:52,7	07:22,7	
Alain Tremblay	8:40 ou 2:10/500 m	02:01,1	02:09,3	02:12,6	02:06,8	08:29,8	
Mathieu Fillion	7:56 ou 1:59/500 m	01:48,3	01:55,9	01:57,0	01:52,8	07:33,9	Record personnel
Sébastien Houle	8:00 ou 2:00/500 m	01:56,1	01:59,0	01:59,1	01:56,6	07:50,9	
Charlie Houle	8:00 ou 2:00/500 m	01:55,6	02:00,0	02:01,1	01:55,4	07:51,2	
Daniel Aucoin	7:52 ou 1:58/500 m	01:56,6	01:57,2	01:57,1	01:53,4	07:44,3	
Thomas Dodier	7:20 ou 1:50/500 m	01:50,0	01:54,9	01:54,5	01:49,8	07:29,3	

Mélanie Luneau	8:20 ou 2:05/500 m	02:02,0	02:04,7	02:04,8	01:59,9	08:11,5
Nathalie Roy	8:36 ou 2:09 /500 m	02:07,3	02:09,3	02:09,8	02:06,8	08:33,2
Kim Papadimitriou	8:40 ou 2:10/500 m	02:07,9	02:08,9	02:08,6	02:06,6	08:32,0
Marie-Josée Charbonneau	8:40 ou 2:10/500 m	02:02,6	02:07,6	02:09,6	02:09,3	08:29,2
Catherine Lehoux-Dubois	8:40 ou 2:10/500 m	02:04,5	02:09,9	02:11,1	02:12,0	08:37,5 Record personnel
Valérie Boudreau		02:09,4	02:13,6	02:16,5	02:18,7	08:58,2
Stephen Love	7:28 ou 1:52/500 m	01:50,9	01:54,3	01:54,7	01:57,0	07:36,9
Romain Dussault	7:36 ou 1:54/500 m	01:49,4	01:53,4	01:52,8	01:51,2	07:26,8 Record personnel
Oliver Love	7:40 ou 1:55 /500 m	01:51,2	01:56,5	02:01,9	02:02,2	07:51,8
Parick Moussette	7:40 ou 1:55 /500 m	01:49,6	01:52,7	01:53,2	01:50,9	07:26,4 Record personnel
Jean-Simon Landry		01:38,8	01:57,5	02:04,5	02:03,4	07:44,1
Jean-Michel Viau	7:00 ou 1:45/500 m	01:42,6	01:44,8	01:45,7	01:46,3	06:59,4
Martin Scutt	7:00 ou 1:45/500 m	01:41,8	01:48,4	01:50,2	01:48,0	07:08,4
Marc-André-Jamieson	7:00 ou 1:45/500 m	01:43,2	01:46,1	01:46,4	01:43,3	06:59,0

5 février 2017 au Championnat québécois à Boucherville

Camélie Houle 1000 m		02:16,0	02:20,0			04:36,0
Charlie Houle		01:56,0	01:57,0	01:59,0	01:56,0	07:48,6 Record personnel
Romain Dussault	07:24	01:50,0	01:54,0	01:53,0	01:55,0	07:31,6
Mathieu Fillion	7:28 ou 1:52/500 m	01:53,0	01:55,0	01:55,0	01:54,0	07:37,4
Daniel Aucoin	7:48 ou 1:57/500 m					07:46,0
Martin Scutt	7:00 ou 1:45/500 m	01:44,0	01:47,0	01:48,0	01:49,0	07:08,0
Stephen Love	7:40 ou 1:55 /500 m	01:52,0	01:54,0	01:55,0	01:53,0	07:34,4
Sébastien Houle 1000 m	3:40 ou 1:50 /500 m	01:51,8	01:51,7			03:43,5

Le 7 février 2017 au centre de soccer

Martine Lavoie		02:08,6	02:11,5	02:13,6	02:09,2	08:42,9 Record perso
Estelle Fournier		02:14,5	02:22,8	02:24,6	2:23.1	09:24,8
Alain Tremblay		02:04,3	02:21,3	02:09,6	02:05,5	08:40,7
Sylvie Lavallée		02:16,1	02:23,2	02:27,4	02:21,8	09:28,5

Nathalie Roy	02:06,9	02:10,3	02:10,0	02:09,4	08:36,6
Patrick Moussette	01:50,9	01:54,9	01:56,0	01:53,0	07:34,7
Pierre Moussette	02:03,6	02:02,8	02:02,2	02:01,5	08:10,1

Le 5 mars 2017 au centre de soccer

Alain Tremblay	02:03,1	02:09,0	02:07,5	02:04,5	08:24,1 record personnel
Charlie Houle	01:57,1	01:58,3	01:59,2	01:58,7	07:53,3
Sébastien Houle	01:54,5	01:56,4	01:56,7	01:56,9	07:44,5 record personnel
Patrick Moussette	01:49,6	01:52,6	01:53,4	01:51,0	07:26,8
Mathieu Fillion	01:53,1	01:54,7	01:56,4	01:52,5	07:36,7

1000m

Raymonde Cousineau	02:27,2	02:32,4			04:59,6 Record personnel
Camélie Houle	02:16,2	02:13,6			04:29,7 Record personnel
Josée Malo	02:18,2	02:25,9			04:44,1 Record personnel

Jean-michel Viau	01:44,0	01:44,2	01:44,1	01:42,3	06:54,5 Record personnel
Martin Scutt	01:45,6	01:47,2	01:48,3	01:46,6	07:07,7 Record personnel
Stephen Love	01:51,1	01:52,0	01:52,1	01:51,1	07:26,3 Record personnel
Pierre Moussette	01:53,6	01:54,6	01:54,4	01:50,8	07:33,5 Record personnel

Sylvie Lavallée	02:12,6	02:17,8	02:20,0	02:16,9	09:07,4 Record personnel
Catherine Lehoux-dubois	02:06,6	02:11,4	02:12,2	02:12,1	08:42,3
Martine Lavoie	02:09,7	02:10,2	02:10,4	02:07,2	08:37,5 Record personnel
Mélanie Luneau	02:00,5	02:03,7	02:04,2	02:00,0	08:08,4 Record personnel

Le 7 mars 2017 au centre de soccer

Romain Dussault tout seul	01:49,0	01:52,3	01:54,2	01:57,1	07:32,6
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Le 2 avril 2017 au centre de soccer

3 x 2000 m

Mathieu Fillion -1	01:53,2	01:56,2	01:56,7	01:57,5	07:43,7
Régis Fillion -1	01:57,5	02:05,7	02:06,8	02:06,9	08:16,9 record personnel
Roger Gagnon -1	02:01,6	02:02,8	02:02,1	02:01,5	08:08,1
Catherine Lehoux-Dubois -1	02:10,8	02:14,2	02:14,2	02:14,1	08:53,3
Martine Lavoie -1	02:13,0	02:12,8	02:13,0	02:12,4	08:51,2
Camélie Houle -1	02:54,6	02:33,9	02:35,7	02:33,2	10:37,4
Sébastien Houle -1	02:00,8	02:01,6	02:02,1	02:02,1	08:06,5
Mathieu Fillion -2	01:55,2	01:58,4	01:59,1	01:59,4	07:52,1
Régis Fillion -2	02:02,6	02:07,1	02:07,2	02:04,8	08:21,8
Alain Tremblay -1	02:11,1	02:08,8	02:13,4	02:09,8	08:43,2
Roger Gagnon -2	02:01,3	02:02,7	02:03,5	02:04,1	08:11,6
Catherine Lehoux-Dubois -2	02:12,1	02:14,4	02:14,5	02:14,2	08:55,2
Martine Lavoie -2	02:13,7	02:12,7	02:13,1	02:12,3	08:51,8
Camélie Houle -2	02:48,5	02:40,5	02:49,7	02:45,0	11:03,6
Sébastien Houle -2	01:59,7	02:00,6	02:00,5	02:01,1	08:01,8
Jean-Michel Viau -1	01:42,5	01:44,6	01:45,8	01:46,7	06:59,6
Mathieu Fillion -3	01:51,7	01:54,8	01:54,9	01:51,1	07:32,6 record personnel
Régis Fillion -3	02:01,3	02:06,8	02:06,0	02:04,7	08:18,8
Alain Tremblay -2	02:01,8	02:09,6	02:10,1	02:08,2	08:29,7
Roger Gagnon -3	01:57,2	02:00,9	02:03,8	02:04,1	08:06,0
Catherine Lehoux-Dubois -3	02:10,7	02:13,5	02:14,6	02:13,9	08:52,8
Martine Lavoie -3	02:11,2	02:12,9	02:14,3	02:08,9	08:47,3
Camélie Houle -3	02:21,0	02:15,3			04:36,3
Sébastien Houle -3	01:58,9	02:01,2	02:01,9	02:00,4	08:02,3
Emmanuel Brien -1	01:49,8	01:49,8	01:51,0	01:51,9	07:22,0
Jean-Michel Viau -2	01:44,5	01:45,6	01:47,6	01:47,3	07:05,0
Alain Tremblay -3	02:02,6	02:12,0	02:09,0	02:08,5	08:32,1
Marie-Josée Charbonneau -1	02:13,6	02:12,0	02:12,7	02:12,6	08:50,8
Emmanuel Brien -2	01:46,5	01:54,8	01:56,1	01:58,1	07:35,5
Jean-Michel Viau -3	01:46,3	01:48,6	01:48,5	01:46,8	07:10,2
Marie-Josée Charbonneau -2	02:07,6	02:08,7	02:10,8	02:09,3	08:36,5
Emmanuel Brien -3	01:48,6	01:53,6	01:56,7	01:56,6	07:35,5
Romain Dusault -1	01:52,7	01:55,6	01:56,7	01:58,6	07:43,6

Le 13 juillet 2017 dans le hangar Test de vérification de mise en forme

Ludovik Allen	01:47,8	01:49,6	01:50,0	01:50,0	07:17,5	record personnel
Romain Dussault	01:50,5	01:54,5	01:54,5	01:53,0	07:32,6	

Le 13 novembre 2017 à la maison

Jean-Michel Viau	01:41,4	01:43,4	01:45,8	01:49,1	06:59,7	
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Le 14 novembre 2017 au centre de soccer

Stephen Love	01:51,3	01:53,7	01:55,0	01:54,7	07:34,7	
Sébastien Houle	01:57,1	02:00,0	02:02,0	01:58,2	07:57,3	
Roger Gagnon	01:53,2	01:57,3	02:00,5	02:01,8	07:52,7	
Alain Tremblay	02:01,3	02:12,4	02:08,3	02:06,2	08:28,2	
Sylvie Lavallée	02:22,7	02:24,3	02:25,7	02:23,1	09:35,7	
Martin Scutt	01:43,2	01:48,2	01:51,6	01:51,4	07:14,4	
Andrew Scutt	02:52,7	02:42,8	02:35,6	02:33,8	10:44,9	Première fois
Collin Gariépy	02:27,4	02:28,2	02:29,3	02:23,2	09:48,2	Première fois
Alexandre Boisvert	02:10,4	02:20,2	02:18,6	02:11,0	09:00,1	Première fois
Charlie Houle	01:50,1	01:56,4	01:57,6	01:55,8	07:39,8	Record personnel
Romain Dussault	01:46,5	01:50,9	01:51,6	01:53,8	07:22,7	Record personnel
Anabelle Morin	02:13,1	02:21,7	02:28,0	02:30,6	09:34,0	Première fois
Kim Papadimitriou	01:55,8	01:59,0	02:01,7	02:02,6	07:59,1	Record personnel
Yvan Lavoie	02:35,8	02:48,0	02:47,1	02:32,8	10:43,6	Première fois
Magali Ouellet	02:18,4	02:20,7	02:18,6	02:18,9	09:16,6	Première fois
Mathieu Fillion	01:51,7	01:53,6	01:55,8	01:51,8	07:32,9	
Valerie Provost	02:16,6	02:19,8	02:22,9	02:24,2	09:23,5	
Eve Martin	02:12,5	02:26,1	02:27,3	02:17,7	09:23,6	Première fois
Martine Lavoie	02:11,5	02:15,6	02:16,0	02:14,4	08:57,5	
Camelie Houle	02:11,8	02:09,0	02:10,8	02:12,2	08:43,7	Record personnel
15 novembre 2017 au centre de soccer						
Rose-Anne Rioux	02:17,1	02:20,6	02:24,1	02:22,6	09:24,3	Première fois
16 décembre 2017 au centre de soccer						
Martin Scutt	01:45,8	01:48,1	01:49,3	01:47,5	07:10,6	

Andrew Scutt	02:33,9	02:33,0	02:27,8	02:19,9	09:54,7	Record personnel
17 décembre 2017 au centre de soccer						
Yvan Lavoie	02:32,6	02:38,9	02:37,5	02:31,9	10:20,8	Record personnel
18 décembre 2017 au centre de soccer						
Marc-André Jamieson	01:51,7	01:54,2	01:53,9	01:49,1	07:28,9	
19 décembre 2017 au centre de soccer						
Sylvie Lavallée	02:16,3	02:18,7	02:18,2	02:15,5	09:08,7	
Rose-Anne Rioux	02:21,8	02:21,4	02:20,5	02:24,7	09:28,4	
Sébastien Houle	01:54,4	01:58,3	02:00,0	01:58,1	07:50,8	
Oliver Love	01:56,6	02:00,9	02:03,6	02:00,7	08:01,8	
Kim Papadimitriou	01:57,3	02:03,5	03:54,0	02:01,5	09:56,8	
Catherine Lehoux-Dubois	02:04,5	02:10,3	02:11,3	02:10,6	08:36,7	Record personnel
Alain Tremblay	02:03,4	02:08,1	02:07,9	02:06,2	08:25,7	
Roger Gagnon	01:52,6	01:54,9	01:57,0	01:59,9	07:44,4	
Stephen Love	01:52,8	01:57,3	01:57,4	01:54,0	07:41,5	
Magalie Ouellet	02:14,7	02:15,3	02:14,1	02:11,9	08:55,9	Record personnel
Collin Gariépy	02:19,9	02:22,0	02:22,7	02:20,8	09:25,4	Record personnel
Mélanie Luneau	02:01,9	02:04,9	02:06,7	02:04,6	08:18,1	
Camélie Houle	02:16,0	02:14,6	02:14,3	02:10,9	08:55,9	
Martine Lavoie	02:10,7	02:12,0	02:13,0	02:07,5	08:43,2	
Catherine Boisvert	02:19,9	02:27,8	02:30,2	02:25,0	09:42,9	Première fois
Jean-Michel Viau	01:41,4	01:41,9	01:43,5	01:44,2	06:50,9	Record personnel
Romain Dussault	01:50,4	01:52,6	01:52,2	01:52,1	07:27,4	
Charlie Houle	01:52,1	01:53,2	01:55,3	01:52,8	07:33,4	Record personnel
Alexandre Boisvert	02:04,7	02:07,4	02:07,7	02:07,5	08:27,3	Record personnel
Daniel Aucoin	01:55,2	01:56,8	01:57,3	01:55,6	07:45,0	
Nicolas Gervais	01:37,9	01:43,4	01:47,1	01:50,8	06:59,2	
22 décembre 2017 au centre de soccer						
Mathieu Fillion	01:50,7	01:52,1	01:52,1	01:50,9	07:25,9	Record personnel

Total de 26 membres qui ont fait un 2000 m en décembre 2017 !

4 février 2018 à l'école des Trois-Saisons, championnat québécois d'aviron en salle

Matheo Parent	02:22,0	02:22,7	00:00,0	00:00,0	04:44,7	
Camélie Houle	02:03,2	02:10,4	00:00,0	00:00,0	04:13,6	Record personnel
Felix Parent	02:02,2	02:04,9	00:00,0	00:00,0	04:07,1	
Alexandre Boisvert	02:03,3	02:08,7	00:00,0	00:00,0	04:12,0	
Charlie Houle	01:52,5	01:53,7	01:54,3	01:51,1	07:31,6	Record personnel
Emile Parent	01:51,7	01:59,9	02:00,9	01:58,8	07:51,3	
Mathieu Fillion	01:50,6	01:52,0	01:51,7	01:49,0	07:23,3	Record personnel
Romain Dussault rhume	01:50,6	01:53,2	01:54,9	01:55,8	07:34,5	
Catherine Lehoux-Dubois	02:07,1	02:09,0	02:09,7	02:09,9	08:35,7	Record personnel
Jean-Michel Viau	01:38,8	01:41,0	01:43,9	01:45,8	06:49,5	Record personnel
Daniel Aucoin	01:57,9	01:57,1	01:56,9	01:52,9	07:44,8	
Martin Scutt	01:42,9	01:47,0	01:50,0	01:48,6	07:08,5	
Stephen Love	01:55,1	01:55,8	01:55,9	01:54,2	07:41,0	
Mélanie Luneau	01:56,4	01:57,2			03:53,6	
Sébastien Houle	01:49,7	01:52,0			03:41,7	
Roger Gagnon	01:42,6	01:50,6			03:33,2	
Alain Tremblay	01:53,6	01:59,5			03:53,1	

5 avril 2018 au centre de soccer

Martine Lavoie	02:06,4	02:08,7	02:09,1	02:04,9	08:29,1	record personnel
Mathieu Fillion	01:49,2	01:51,8	01:54,9	01:55,4	07:31,4	Don de sang huit jours a

8 avril 2018 au centre de soccer

Véronique Brun	02:28,5	02:28,9	02:29,7	02:26,9	09:54,1	
Andréanne BR	02:20,1	02:19,0	02:17,1	02:11,7	09:07,9	
Sylvie Courchesne	02:33,3	02:33,4	02:33,6	02:25,1	10:05,4	
Yvan Lavoie	02:17,3	02:24,0	02:26,3	02:23,9	09:31,5	record personnel
Roseanne Rioux	02:13,0	02:21,5	02:24,5	02:24,2	09:23,2	

Jean-Michel Viau	01:43,8	01:44,8	01:44,9	01:45,0	06:58,4
Andrew Scutt	02:10,6	02:13,4	02:13,7	02:08,6	08:46,3 record personnel
Martin Scutt	01:43,7	01:47,0	01:48,7	01:47,3	07:06,8 record personnel
Sebastien Houle	01:55,2	01:56,4	01:55,4	01:53,3	07:40,2 record personnel
Charlie Houle	01:54,1	01:55,9	01:56,3	01:52,9	07:39,2
Alain Tremblay	02:00,1	02:10,4	02:05,9	02:05,7	08:22,1 record personnel
Stephen Love	01:55,0	01:55,1	01:54,4	01:51,0	07:35,6
Roger Gagnon	01:53,6	01:55,3	01:54,5	01:51,6	07:35,0 record personnel
Camélie Houle	02:10,4	02:12,5	02:11,9	02:08,3	08:43,2

20 décembre 2018 au centre de soccer

Catherine L-Dubois (seule matin)	02:05,4	02:08,1	02:10,2	02:11,2	08:35,0 record personnel
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18h15 1000 m des jeunes

Matheo Parent 1	02:11,8	02:12,1			04:24,0 record personnel
Marika Poulin 2	02:07,5	02:12,7			04:20,3 record personnel
Thierry Pouliot 3	02:10,6	02:19,4			04:30,0 record personnel
Dorothée Mireault 4	02:41,6	02:45,9			05:27,5 record personnel
Allyson Mule 5	02:41,3	02:39,2			05:20,4 record personnel
Charles-Edouard Mireault 6	03:20,3	03:07,6			06:27,9
Christian Mireault 7	02:09,9	02:11,4			04:21,4

18h25 2000 m U19 et U17

Eve Poulin 1	02:09,1	02:15,7	02:17,9	02:16,0	08:58,7 record personnel
Jade Tousignant 2	02:11,2	02:18,3	02:24,9	02:20,7	09:15,2 record personnel
Felix Parent 3	01:58,1	01:58,2	01:59,1	01:55,1	07:50,4 record personnel
Charlie Houle 4	01:50,9	01:50,8	01:50,5	01:49,5	07:21,8 record personnel
Alexandre Boisvert 5	02:03,7	02:04,3	02:05,7	02:04,2	08:17,9 record personnel

18h40 2000 m femmes SR-U23

Anne Marie-Turcot 1	02:04,8	02:07,0	02:07,4	02:12,3	08:31,6 record personnel
Stephanie Dubois 2	02:04,1	02:04,4	02:07,9	02:09,2	08:25,6 record personnel

Stephanie Lajoie 3	02:13,9	02:09,0	02:07,7	02:02,5	08:33,2 record personnel
Sylvie Chenier 4	02:16,9	02:17,7	02:19,2	02:15,9	09:09,6 record personnel
Anne Gadbois 5	01:58,8	01:58,7	02:00,7	02:00,5	07:58,7 record personnel
Catherine Boisvert 6	02:14,3	02:21,6	02:21,6	02:17,6	09:15,0 record personnel

18h55 2000 m hommes Master

Jean-Michel Viau 1	01:42,0	01:43,0	01:44,3	01:45,4	06:54,8
Martin Scutt 2	01:45,4	01:49,1	01:51,1	01:51,0	07:16,6
Stephen Love 3	01:54,6	01:54,7	01:54,6	01:54,0	07:38,0
Roger Gagnon 4	01:53,1	01:54,1	01:54,1	01:54,4	07:35,7
Alain Tremblay 5	02:01,9	02:10,3	02:06,0	02:07,3	08:25,5
Richard Martel 6	01:55,3	01:56,3	01:56,0	01:55,8	07:43,2 record personnel
Daniel Aucoin 7	01:57,9	01:58,1	01:58,1	01:55,3	07:49,5
Sébastien Houle 8	01:52,0	01:54,3	01:54,0	01:51,6	07:31,8 record personnel
Gerald Parent 9	01:56,2	01:55,3	01:55,4	01:50,3	07:37,2 record personnel

19h10 2000 m ou 1000 m Femmes Masters

Suzanne Ouimet	02:13,8	02:26,1			04:39,9 record personnel
Edith Thauvette	02:09,0	02:15,9			04:24,9 record personnel