

## La chasse-Longue

A-2 tours course, 2 tours arrêtés (200 pédaliers+15 push-ups, 15+15 obliques, 15+15 patineurs) et 3000 m d'ergo. Deux fois.

B-2 tours course, 1 tour arrêté (160 pédaliers+12 push-ups, 12+12 obliques, 12+12 patineurs) et 2000 m d'ergo. Deux fois.

C-1 tour course, 1 tour arrêté (100 pédaliers+10 push-ups, 10+10 obliques, 10+10 patineurs) et 1500 m d'ergo. Deux fois.

| Le dimanche 24 janvier 2016 | Départ 1 | Départ 2 | split 1        | Fin 2   | split 2        | total          |
|-----------------------------|----------|----------|----------------|---------|----------------|----------------|
| test 1                      | 00:00,0  | 09:00,0  | <b>09:00,0</b> | 17:35,0 | <b>08:35,0</b> | <b>17:35,0</b> |
| test 2                      | 00:00,0  | 09:00,0  | <b>09:00,0</b> | 17:35,0 | <b>08:35,0</b> | <b>17:35,0</b> |
| test 3                      | 00:00,0  | 07:18,5  | <b>07:18,5</b> | 14:15,8 | <b>06:57,3</b> | <b>14:15,8</b> |
| Marc-André Jamieson         | 00:00,0  | 27:58,0  | <b>27:58,0</b> | 57:20,0 | <b>29:22,0</b> | <b>57:20,0</b> |
| Patrick Moussette           | 00:00,0  | 27:30,0  | <b>27:30,0</b> | 55:17,0 | <b>27:47,0</b> | <b>55:17,0</b> |
| Richard Martel              | 00:00,0  | 28:20,0  | <b>28:20,0</b> | 55:14,0 | <b>26:54,0</b> | <b>55:14,0</b> |
| Karine Bêty                 | 00:00,0  | 22:21,0  | <b>22:21,0</b> | 46:22,0 | <b>24:01,0</b> | <b>46:22,0</b> |
| Nathalie Roy                | 28:40,0  | 00:45,0  | <b>32:05,0</b> | 28:24,0 | <b>27:39,0</b> | <b>59:44,0</b> |
| Yannick Dussault            | 28:40,0  | 49:03,0  | <b>20:23,0</b> | 15:00,0 | <b>25:57,0</b> | <b>46:20,0</b> |
| Romain Dussault             | 28:40,0  | 00:00,0  | <b>31:20,0</b> | 27:53,0 | <b>27:53,0</b> | <b>59:13,0</b> |

| Le dimanche 13 mars 2016 | Départ 1 | Départ 2 | split 1        | Fin 2   | split 2        | total                                                          |
|--------------------------|----------|----------|----------------|---------|----------------|----------------------------------------------------------------|
| test 1                   | 00:00,0  | 09:00,0  | <b>09:00,0</b> | 17:35,0 | <b>08:35,0</b> | <b>17:35,0</b>                                                 |
| Richard Martel A         | 00:00,0  | 27:26,0  | <b>27:26,0</b> | 55:31,0 | <b>28:05,0</b> | <b>55:31,0</b>                                                 |
| David Oceau A            | 00:00,0  | 25:49,0  | <b>25:49,0</b> | 51:54,0 | <b>26:05,0</b> | <b>51:54,0</b>                                                 |
| Charlie Houle B          | 25:49,0  | 44:48,0  | <b>18:59,0</b> | 06:06,0 | <b>21:18,0</b> | <b>40:17,0</b>                                                 |
| Sébastien Houle B        | 25:49,0  | 44:07,0  | <b>18:18,0</b> | 04:20,0 | <b>20:13,0</b> | <b>38:31,0</b>                                                 |
| Romain Dussault B        | 44:48,0  | 02:40,0  | <b>17:52,0</b> | 23:22,0 | <b>20:42,0</b> | <b>38:34,0</b>                                                 |
| Martin Scutt A           | 02:40,0  | 30:58,0  | <b>28:18,0</b> | 01:08,0 | <b>30:10,0</b> | <b>58:28,0</b>                                                 |
| Patrick Moussette A      | 07:15,0  | 30:58,0  | <b>23:43,0</b> | 02:15,0 | <b>31:17,0</b> | <b>55:00,0</b> Parti après les deux premiers tours et skip 100 |

| Le dimanche 27 mars 2016 | Départ 1 | Départ 2 | split 1        | Fin 2   | split 2        | total          |
|--------------------------|----------|----------|----------------|---------|----------------|----------------|
| Benjamin Deslieries A    | 00:00,0  | 26:15,0  | <b>26:15,0</b> | 54:27,0 | <b>28:12,0</b> | <b>54:27,0</b> |
| Charlie Houle B 2500     | 00:00,0  | 20:05,0  | <b>20:05,0</b> | 43:15,0 | <b>23:10,0</b> | <b>43:15,0</b> |
| Sébastien Houle B 2500   | 00:00,0  | 19:35,0  | <b>19:35,0</b> | 41:40,0 | <b>22:05,0</b> | <b>41:40,0</b> |
| Romain Dussault B 2500   | 26:15,0  | 46:32,0  | <b>20:17,0</b> | 09:25,0 | <b>22:53,0</b> | <b>43:10,0</b> |

**Le dimanche 4 décembre 2016**

|                       | Départ 1 | Départ 2 | split 1        | Fin 2   | split 2        | total          |
|-----------------------|----------|----------|----------------|---------|----------------|----------------|
| Martin Scutt A        | 00:00,0  | 26:26,0  | <b>26:26,0</b> |         | #####          | <b>00:00,0</b> |
| Marc-André Jamieson A | 00:00,0  | 26:34,0  | <b>26:34,0</b> |         | #####          | <b>00:00,0</b> |
| Charlie Houle B       | 00:00,0  | 16:55,0  | <b>16:55,0</b> |         | #####          | <b>00:00,0</b> |
| Sébastien Houle B     | 00:00,0  | 16:40,0  | <b>16:40,0</b> |         | #####          | <b>00:00,0</b> |
| Roger Gagnon B        | 00:00,0  | 17:30,0  | <b>17:30,0</b> |         | #####          | <b>00:00,0</b> |
| Camélie Houle C       | 00:00,0  | 14:13,0  | <b>14:13,0</b> | 27:50,0 | <b>13:37,0</b> | <b>27:50,0</b> |
| Martine Lavoie C      | 00:00,0  | 13:40,0  | <b>13:40,0</b> | 27:52,0 | <b>14:12,0</b> | <b>27:52,0</b> |
| Alain Tremblay C      | 00:00,0  | 14:12,0  | <b>14:12,0</b> | 30:00,0 | <b>15:48,0</b> | <b>30:00,0</b> |

**Le dimanche 8 janvier 2017**

|                   | Départ 1 | Départ 2 | split 1        | Fin 2   | split 2        | total          |
|-------------------|----------|----------|----------------|---------|----------------|----------------|
| Mathieu Fillion A | 00:00,0  | 30:29,0  | <b>30:29,0</b> | 04:33,0 | <b>34:04,0</b> | <b>04:33,0</b> |
| Roger Gagnon B    | 00:00,0  | 17:40,0  | <b>17:40,0</b> | 37:26,0 | <b>19:46,0</b> | <b>37:26,0</b> |

**Le dimanche 22 janvier 2017**

|                   | Départ 1 | Départ 2 | split 1        | Fin 2   | split 2        | total          |
|-------------------|----------|----------|----------------|---------|----------------|----------------|
| Sébastien Houle A | 00:00,0  | 29:00,0  | <b>29:00,0</b> | 59:28,0 | <b>30:28,0</b> | <b>59:28,0</b> |
| Martin Scutt A    | 00:00,0  | 25:32,0  | <b>25:32,0</b> | 53:01,0 | <b>28:29,0</b> | <b>53:01,0</b> |
| Sylvie Lavallée C | 00:00,0  | 13:56,0  | <b>13:56,0</b> | 28:26,0 | <b>14:30,0</b> | <b>28:26,0</b> |
| Stephen Love A    | 00:00,0  | 26:46,0  | <b>26:46,0</b> | 54:35,0 | <b>27:49,0</b> | <b>54:35,0</b> |
| Valérie Provost C | 00:00,0  | 14:13,0  | <b>14:13,0</b> | 30:00,0 | <b>15:47,0</b> | <b>30:00,0</b> |
| Romain Dussault A | 00:00,0  | 27:45,0  | <b>27:45,0</b> | 58:02,0 | <b>31:17,0</b> | <b>58:02,0</b> |
| Mathieu Fillion A | 00:00,0  | 26:50,0  | <b>26:50,0</b> | 55:50,0 | <b>29:00,0</b> | <b>55:50,0</b> |

**Le dimanche 26 février 2017**

|                           |         |         |                |         |                |                |
|---------------------------|---------|---------|----------------|---------|----------------|----------------|
| Stephen Love A            | 00:00,0 | 25:41,0 | <b>25:41,0</b> | 52:23,0 | <b>26:42,0</b> | <b>52:23,0</b> |
| Martin Scutt A            | 10:00,0 | 35:55,0 | <b>25:55,0</b> | 03:03,0 | <b>27:08,0</b> | <b>53:03,0</b> |
| Charlie Houle A           | 00:00,0 | 25:15,0 | <b>25:15,0</b> | 53:50,0 | <b>28:35,0</b> | <b>53:50,0</b> |
| Sébastien Houle A         | 00:00,0 | 25:15,0 | <b>25:15,0</b> | 53:17,0 | <b>28:02,0</b> | <b>53:17,0</b> |
| Patrick Moussette A       | 00:00,0 | 25:41,0 | <b>25:41,0</b> | 53:04,0 | <b>27:23,0</b> | <b>53:04,0</b> |
| Sylvie Lavallée B         | 00:00,0 | 18:00,0 | <b>18:00,0</b> | 36:40,0 | <b>18:40,0</b> | <b>36:40,0</b> |
| Catherine Lehoux-Dubois B | 00:00,0 | 17:21,0 | <b>17:21,0</b> | 36:21,0 | <b>19:00,0</b> | <b>36:21,0</b> |
| Martine Lavoie C          | 00:00,0 | 13:29,0 | <b>13:29,0</b> | 28:03,0 | <b>14:34,0</b> | <b>28:03,0</b> |
| Camélie Houle C           | 00:00,0 | 13:28,0 | <b>13:28,0</b> | 27:48,0 | <b>14:20,0</b> | <b>27:48,0</b> |

|                   |         |         |                |         |                |                |
|-------------------|---------|---------|----------------|---------|----------------|----------------|
| Mathieu Fillion A | 00:00,0 | 27:22,0 | <b>27:22,0</b> | 55:44,0 | <b>28:22,0</b> | <b>55:44,0</b> |
| Romain Dussault A | 00:00,0 | 25:34,0 | <b>25:34,0</b> | 52:55,0 | <b>27:21,0</b> | <b>52:55,0</b> |
| Valérie Provost B | 00:00,0 | 19:18,0 | <b>19:18,0</b> | 39:42,0 | <b>20:24,0</b> | <b>39:42,0</b> |

**Le dimanche 26 mars 2017**

|                           |         |         |                |         |                |                |
|---------------------------|---------|---------|----------------|---------|----------------|----------------|
| Martin Scutt A            | 00:00,0 | 24:33,0 | <b>24:33,0</b> | 50:42,0 | <b>26:09,0</b> | <b>50:42,0</b> |
| Sébastien Houle A         | 00:00,0 | 25:01,0 | <b>25:01,0</b> | 51:16,0 | <b>26:15,0</b> | <b>51:16,0</b> |
| Charlie Houle A           | 00:00,0 | 25:20,0 | <b>25:20,0</b> | 52:17,0 | <b>26:57,0</b> | <b>52:17,0</b> |
| Roger Gagnon B            | 00:00,0 | 17:03,0 | <b>17:03,0</b> | 36:30,0 | <b>19:27,0</b> | <b>36:30,0</b> |
| Catherine Lehoux-Dubois B | 00:00,0 | 17:22,0 | <b>17:22,0</b> | 35:47,0 | <b>18:25,0</b> | <b>35:47,0</b> |
| Martine Lavoie B          | 00:00,0 | 18:31,0 | <b>18:31,0</b> | 37:55,0 | <b>19:24,0</b> | <b>37:55,0</b> |
| Alain Tremblay B          | 00:00,0 | 20:52,0 | <b>20:52,0</b> | 43:02,0 | <b>22:10,0</b> | <b>43:02,0</b> |

|                           |         |         |                |         |                |                                       |
|---------------------------|---------|---------|----------------|---------|----------------|---------------------------------------|
| Mathieu Fillion A         | 00:00,0 | 26:51,0 | <b>26:51,0</b> | 55:20,0 | <b>28:29,0</b> | <b>55:20,0</b>                        |
| Marie-Josée Charbonneau A | 00:00,0 | 28:57,0 | <b>28:57,0</b> | 58:57,0 | <b>30:00,0</b> | <b>58:57,0</b>                        |
| Régis Fillion B           | 01:00,0 | 17:47,0 | <b>16:47,0</b> | 36:18,0 | <b>18:31,0</b> | <b>35:18,0</b> 55:25,0 <b>20:07,0</b> |

|                    |         |         |                |         |                |                |
|--------------------|---------|---------|----------------|---------|----------------|----------------|
| Emmanuel Brien A   | 00:00,0 | 27:04,0 | <b>27:04,0</b> | 57:29,0 | <b>30:25,0</b> | <b>57:29,0</b> |
| Pierre Moussette B | 00:00,0 | 19:34,0 | <b>19:34,0</b> | 40:12,0 | <b>20:38,0</b> | <b>40:12,0</b> |
| Émilie Moussette C | 00:00,0 | 19:08,0 | <b>19:08,0</b> | 36:00,0 | <b>16:52,0</b> | <b>36:00,0</b> |

**Le dimanche 19 novembre 2017**

|                           |         |         |                |         |                |                                               |
|---------------------------|---------|---------|----------------|---------|----------------|-----------------------------------------------|
| Jean-Michel Viau A        | 00:00,0 | 23:58,0 | <b>23:58,0</b> | 50:35,0 | <b>26:37,0</b> | <b>50:35,0</b>                                |
| Stephen Love A            | 00:00,0 | 28:05,0 | <b>28:05,0</b> | 56:38,0 | <b>28:33,0</b> | <b>56:38,0</b>                                |
| Martin Scutt A            | 00:00,0 | 26:15,0 | <b>26:15,0</b> | 53:30,0 | <b>27:15,0</b> | <b>53:30,0</b>                                |
| Charlie Houle A           | 00:00,0 | 26:58,0 | <b>26:58,0</b> | 54:30,0 | <b>27:32,0</b> | <b>54:30,0</b>                                |
| Sébastien Houle A         | 00:00,0 | 28:05,0 | <b>28:05,0</b> | #####   | <b>00:00,0</b> | Abandon                                       |
| Richard Martel A          | 00:00,0 | 27:45,0 | <b>27:45,0</b> | 56:10,0 | <b>28:25,0</b> | <b>56:10,0</b>                                |
| Roger Gagnon B            | 04:00,0 | 24:37,0 | <b>20:37,0</b> | 46:33,0 | <b>21:56,0</b> | <b>42:33,0</b>                                |
| Catherine Lehoux-Dubois B | 04:00,0 | 24:50,0 | <b>20:50,0</b> | 48:16,0 | <b>23:26,0</b> | <b>44:16,0</b>                                |
| Sylvie Lavallée B         | 04:00,0 | 24:10,0 | <b>20:10,0</b> | 46:20,0 | <b>22:10,0</b> | <b>42:20,0</b>                                |
| Camélie Houle B           | 04:00,0 | 24:30,0 | <b>20:30,0</b> | 47:17,0 | <b>22:47,0</b> | <b>43:17,0</b> Pas de deuxième 2500. Remplacé |

|                  |         |         |                |         |                |                |
|------------------|---------|---------|----------------|---------|----------------|----------------|
| Martine Lavoie B | 04:00,0 | 27:15,0 | <b>23:15,0</b> | 53:35,0 | <b>26:20,0</b> | <b>49:35,0</b> |
| Yvan Lavoie C    | 04:00,0 | 27:10,0 | <b>23:10,0</b> | 52:30,0 | <b>25:20,0</b> | <b>48:30,0</b> |
| Louise Héroux C  | 04:00,0 | 23:47,0 | <b>19:47,0</b> | 47:50,0 | <b>24:03,0</b> | <b>43:50,0</b> |

|                   |         |         |                |         |                |                |
|-------------------|---------|---------|----------------|---------|----------------|----------------|
| Romain Dussault A | 00:00,0 | 28:30,0 | <b>28:30,0</b> | 59:07,0 | <b>30:37,0</b> | <b>59:07,0</b> |
| Mathieu Fillion A | 00:00,0 | 28:07,0 | <b>28:07,0</b> | 56:27,0 | <b>28:20,0</b> | <b>56:27,0</b> |
| Emmanuel Brien A  | 00:00,0 | 28:30,0 | <b>28:30,0</b> | 59:58,0 | <b>31:28,0</b> | <b>59:58,0</b> |
| Josée Malo B      | 00:00,0 | 22:35,0 | <b>22:35,0</b> | 46:03,0 | <b>23:28,0</b> | <b>46:03,0</b> |
| Valérie Provost B | 00:00,0 | 23:29,0 | <b>23:29,0</b> | 47:28,0 | <b>23:59,0</b> | <b>47:28,0</b> |

### Le dimanche 19 décembre 2017

|                           |         |         |                |         |                |                |
|---------------------------|---------|---------|----------------|---------|----------------|----------------|
| Stephen Love A            | 00:00,0 | 26:25,0 | <b>26:25,0</b> | 54:15,0 | <b>27:50,0</b> | <b>54:15,0</b> |
| Charlie Houle A           | 00:00,0 | 25:22,0 | <b>25:22,0</b> | 51:50,0 | <b>26:28,0</b> | <b>51:50,0</b> |
| Sebastien Houle A         | 00:00,0 | 25:44,0 | <b>25:44,0</b> | 52:50,0 | <b>27:06,0</b> | <b>52:50,0</b> |
| Richard Martel A          | 00:00,0 | 25:45,0 | <b>25:45,0</b> | 52:20,0 | <b>26:35,0</b> | <b>52:20,0</b> |
| Roger Gagnon A            | 00:00,0 | 29:12,0 | <b>29:12,0</b> | 59:25,0 | <b>30:13,0</b> | <b>59:25,0</b> |
| Sylvie Lavallée B         | 00:00,0 | 19:20,0 | <b>19:20,0</b> | 39:27,0 | <b>20:07,0</b> | <b>39:27,0</b> |
| Catherine Lehoux-Dubois B | 00:00,0 | 19:50,0 | <b>19:50,0</b> | 40:41,0 | <b>20:51,0</b> | <b>40:41,0</b> |
| Martine Lavoie B          | 00:00,0 | 21:59,0 | <b>21:59,0</b> | 44:57,0 | <b>22:58,0</b> | <b>44:57,0</b> |
| Camélie Houle B           | 00:00,0 | 19:32,0 | <b>19:32,0</b> | 40:39,0 | <b>21:07,0</b> | <b>40:39,0</b> |

|                              |         |         |                |         |                |                |
|------------------------------|---------|---------|----------------|---------|----------------|----------------|
| Mathieu Fillion A seul +1:50 | 00:00,0 | 26:58,0 | <b>26:58,0</b> | 55:42,0 | <b>28:44,0</b> | <b>55:42,0</b> |
|------------------------------|---------|---------|----------------|---------|----------------|----------------|

|                      |         |         |                |         |                |                |
|----------------------|---------|---------|----------------|---------|----------------|----------------|
| Alexandre Boisvert B | 00:00,0 | 20:45,0 | <b>20:45,0</b> | 44:55,0 | <b>24:10,0</b> | <b>44:55,0</b> |
| Catherine Boisvert B | 00:00,0 | 22:25,0 | <b>22:25,0</b> | 45:52,0 | <b>23:27,0</b> | <b>45:52,0</b> |

### Dimanche 21 janvier 2018 antihoraire

|                           |         |                |                |         |                |                |
|---------------------------|---------|----------------|----------------|---------|----------------|----------------|
| Martin Scutt A            | 00:00,0 | <b>28:50,0</b> | <b>28:50,0</b> | 50:37,0 | <b>21:47,0</b> | <b>50:37,0</b> |
| Sébastien Houle A         | 00:00,0 | 24:21,0        | <b>24:21,0</b> | 50:22,0 | <b>26:01,0</b> | <b>50:22,0</b> |
| Charlie Houle A           | 00:00,0 | 24:20,0        | <b>24:20,0</b> | 51:00,0 | <b>26:40,0</b> | <b>51:00,0</b> |
| Roger Gagnon B            | 00:00,0 | 19:04,0        | <b>19:04,0</b> | 39:25,0 | <b>20:21,0</b> | <b>39:25,0</b> |
| Catherine Lehoux-Dubois B | 00:00,0 | 19:48,0        | <b>19:48,0</b> | 41:01,0 | <b>21:13,0</b> | <b>41:01,0</b> |

Pas d'ergo dispo. 2 tours de plus

|                         |         |         |                |         |                |                |                          |
|-------------------------|---------|---------|----------------|---------|----------------|----------------|--------------------------|
| Veronique Brun C        | 00:00,0 | 22:00,0 | <b>22:00,0</b> | 45:04,0 | <b>23:04,0</b> | <b>45:04,0</b> |                          |
| Yvan Lavoie C           | 00:00,0 | 20:50,0 | <b>20:50,0</b> | 44:08,0 | <b>23:18,0</b> | <b>44:08,0</b> |                          |
| Andrew Scutt C          | 00:00,0 | 16:25,0 | <b>16:25,0</b> | 34:48,0 | <b>18:23,0</b> | <b>34:48,0</b> |                          |
| Sylvie Lavallée Mollo C | 00:00,0 | 17:40,0 | <b>17:40,0</b> |         |                | <b>00:00,0</b> | Rhume mollo ne finit pas |
| Mathieu Fillion A       | 00:00,0 | 26:39,0 | <b>26:39,0</b> | 54:51,0 | <b>28:12,0</b> | <b>54:51,0</b> |                          |
| Romain Dussault A       | 00:00,0 | 27:04,0 | <b>27:04,0</b> | 59:59,0 | <b>32:55,0</b> | <b>59:59,0</b> | Arrêt aux toilettes      |
| Valérie Provost C       | 00:00,0 | 16:10,0 | <b>16:10,0</b> | 33:10,0 | <b>17:00,0</b> | <b>33:10,0</b> |                          |
| Josée Malo C            | 00:00,0 | 16:30,0 | <b>16:30,0</b> | 34:28,0 | <b>17:58,0</b> | <b>34:28,0</b> |                          |
| Emmanuel Brien A        | 00:00,0 | 26:11,0 | <b>26:11,0</b> | 54:57,0 | <b>28:46,0</b> | <b>54:57,0</b> |                          |

### Dimanche le 11 février 2018

|                           |         |         |                |         |                |                 |  |
|---------------------------|---------|---------|----------------|---------|----------------|-----------------|--|
| Martin Scutt A            | 00:00,0 | 24:58,0 | <b>24:58,0</b> | 52:10,0 | <b>27:12,0</b> | <b>52:10,0</b>  |  |
| Sébastien Houle A         | 00:00,0 | 24:10,0 | <b>24:10,0</b> | 49:09,0 | <b>24:59,0</b> | <b>49:09,0</b>  |  |
| Mathieu Fillion A         | 00:00,0 | 26:05,0 | <b>26:05,0</b> | 54:04,0 | <b>27:59,0</b> | <b>54:04,0</b>  |  |
| Stephen Love A            | 00:00,0 | 25:49,0 | <b>25:49,0</b> | 53:12,0 | <b>27:23,0</b> | <b>53:12,0</b>  |  |
| Roger Gagnon A            | 00:00,0 | 26:29,0 | <b>26:29,0</b> | 55:32,0 | <b>29:03,0</b> | <b>55:32,0</b>  |  |
| Catherine Lehoux-Dubois B | 00:00,0 | 16:56,0 | <b>16:56,0</b> | 34:55,0 | <b>17:59,0</b> | <b>34:55,0</b>  |  |
| Sylvie Lavallée B         | 00:00,0 | 17:23,0 | <b>17:23,0</b> | 35:56,0 | <b>18:33,0</b> | <b>35:56,0</b>  |  |
| Andrew Scutt B            | 00:00,0 | 18:40,0 | <b>18:40,0</b> | 38:33,0 | <b>19:53,0</b> | <b>38:33,0</b>  |  |
| Josée Malo B              | 00:00,0 | 17:41,0 | <b>17:41,0</b> | 37:20,0 | <b>19:39,0</b> | <b>37:20,0</b>  |  |
| Nathalie C                | 00:00,0 | 16:58,0 | <b>16:58,0</b> | 35:20,0 | <b>18:22,0</b> | <b>35:20,0</b>  |  |
| Véronique Brun C          | 00:00,0 | 15:55,0 | <b>15:55,0</b> | 33:54,0 | <b>17:59,0</b> | <b>#VALEUR!</b> |  |

### Dimanche 11 Mars

|                           |         |         |                |         |                |                |  |
|---------------------------|---------|---------|----------------|---------|----------------|----------------|--|
| Martin Scutt A            | 00:00,0 | 23:49,0 | <b>23:49,0</b> | 48:58,0 | <b>25:09,0</b> | <b>48:58,0</b> |  |
| Sébastien Houle A         | 00:00,0 | 23:33,0 | <b>23:33,0</b> | 48:34,0 | <b>25:01,0</b> | <b>48:34,0</b> |  |
| Charlie Houle A           | 00:00,0 | 23:33,0 | <b>23:33,0</b> | 48:59,0 | <b>25:26,0</b> | <b>48:59,0</b> |  |
| Stephen Love A            | 00:00,0 | 26:15,0 | <b>26:15,0</b> | 53:56,0 | <b>27:41,0</b> | <b>53:56,0</b> |  |
| Alain Tremblay B          | 00:00,0 | 19:58,0 | <b>19:58,0</b> | 41:55,0 | <b>21:57,0</b> | <b>41:55,0</b> |  |
| Catherine Lehoux-Dubois B | 00:00,0 | 17:04,0 | <b>17:04,0</b> | 36:01,0 | <b>18:57,0</b> | <b>36:01,0</b> |  |

|                    |         |         |                |         |                |                |
|--------------------|---------|---------|----------------|---------|----------------|----------------|
| Sylvie Lavallée B  | 00:00,0 | 16:57,0 | <b>16:57,0</b> | 34:58,0 | <b>18:01,0</b> | <b>34:58,0</b> |
| Andréanne C        | 00:00,0 | 15:27,0 | <b>15:27,0</b> | 33:16,0 | <b>17:49,0</b> | <b>33:16,0</b> |
| Yvan C             | 00:00,0 | 18:00,0 | <b>18:00,0</b> | 42:07,0 | <b>24:07,0</b> | <b>42:07,0</b> |
| Véronique Brun C   | 00:00,0 | 15:38,0 | <b>15:38,0</b> | 33:31,0 | <b>17:53,0</b> | <b>33:31,0</b> |
| Josée Malo B 2000m | 00:00,0 | 17:07,0 | <b>17:07,0</b> | 36:17,0 | <b>19:10,0</b> | <b>36:17,0</b> |
| Sylvie C           | 00:00,0 | 16:25,0 | <b>16:25,0</b> | 34:51,0 | <b>18:26,0</b> | <b>34:51,0</b> |
| Martine B 2000m    | 00:00,0 | 18:14,0 | <b>18:14,0</b> | 39:02,0 | <b>20:48,0</b> | <b>39:02,0</b> |
| Romain A           | 00:00,0 | 26:00,0 | <b>26:00,0</b> | 00:00,0 | <b>34:00,0</b> | <b>00:00,0</b> |
| Roger A            | 00:00,0 | 26:58,0 | <b>26:58,0</b> | 55:25,0 | <b>28:27,0</b> | <b>55:25,0</b> |

### Dimanche 1er avril 2018

|                              |         |         |                |         |                |                |
|------------------------------|---------|---------|----------------|---------|----------------|----------------|
| Sébastien Houle A            | 00:00,0 | 23:45,0 | <b>23:45,0</b> | 48:10,0 | <b>24:25,0</b> | <b>48:10,0</b> |
| Andrée-Anne Beaudet-Racine B | 00:00,0 | 20:26,0 | <b>20:26,0</b> | 43:59,0 | <b>23:33,0</b> | <b>43:59,0</b> |
| Sébastien Houle A            | 00:00,0 | 25:29,0 | <b>25:29,0</b> | 51:06,0 | <b>25:37,0</b> | <b>51:06,0</b> |
| Roger Gagnon A               | 00:00,0 | 27:15,0 | <b>27:15,0</b> | 56:10,0 | <b>28:55,0</b> | <b>56:10,0</b> |
| Mathieu Fillion A            | 00:00,0 | 26:33,0 | <b>26:33,0</b> | 54:58,0 | <b>28:25,0</b> | <b>54:58,0</b> |

### CHANGEMENT DE RÈGLES EN 2018-2019 POUR LES B ET C

### Dimanche 2 décembre 2018 sens horaire

|                           |         |         |                |         |                |                |
|---------------------------|---------|---------|----------------|---------|----------------|----------------|
| Sebastien Houle A         | 00:00,0 | 24:58,0 | <b>24:58,0</b> | 50:50,0 | <b>25:52,0</b> | <b>50:50,0</b> |
| Charlie Houle A           | 00:00,0 | 24:53,0 | <b>24:53,0</b> | 51:55,0 | <b>27:02,0</b> | <b>51:55,0</b> |
| Martin Scutt A            | 00:00,0 | 25:24,0 | <b>25:24,0</b> | 53:18,0 | <b>27:54,0</b> | <b>53:18,0</b> |
| Stephen Love A            | 00:00,0 | 28:15,0 | <b>28:15,0</b> | 57:21,0 | <b>29:06,0</b> | <b>57:21,0</b> |
| Roger Gagnon A            | 00:00,0 | 27:55,0 | <b>27:55,0</b> | 57:25,0 | <b>29:30,0</b> | <b>57:25,0</b> |
| Sylvie Lavallée B         | 00:00,0 | 21:24,0 | <b>21:24,0</b> | 43:15,0 | <b>21:51,0</b> | <b>43:15,0</b> |
| Catherine Lehoux-Dubois B | 00:00,0 | 20:24,0 | <b>20:24,0</b> | 41:24,0 | <b>21:00,0</b> | <b>41:24,0</b> |
| Suzanne Ouimet C          | 00:00,0 | 16:42,0 | <b>16:42,0</b> | 34:51,0 | <b>18:09,0</b> | <b>34:51,0</b> |
| Dorothee Mireault C       | 00:00,0 | 22:24,0 | <b>22:24,0</b> | 51:15,0 | <b>28:51,0</b> | <b>51:15,0</b> |
| Allyson Mule C            | 00:00,0 | 22:07,0 | <b>22:07,0</b> | 51:40,0 | <b>29:33,0</b> | <b>51:40,0</b> |

|                  |         |         |                |         |                |                |
|------------------|---------|---------|----------------|---------|----------------|----------------|
| Richard Martel A | 00:00,0 | 25:35,0 | <b>25:35,0</b> | 52:15,0 | <b>26:40,0</b> | <b>52:15,0</b> |
| Gerald Parent A  | 00:00,0 | 29:04,0 | <b>29:04,0</b> | 59:40,0 | <b>30:36,0</b> | <b>59:40,0</b> |
| Camélie Houle A  | 00:00,0 | 29:37,0 | <b>29:37,0</b> | 58:29,0 | <b>28:52,0</b> | <b>58:29,0</b> |
| Martine Lavoie B | 00:00,0 | 22:03,0 | <b>22:03,0</b> | 45:53,0 | <b>23:50,0</b> | <b>45:53,0</b> |
| Mathéo Parent C  | 00:00,0 | 15:47,0 | <b>15:47,0</b> | 33:50,0 | <b>18:03,0</b> | <b>33:50,0</b> |
| Eve Poulin C     | 00:00,0 | 14:55,0 | <b>14:55,0</b> | 31:58,0 | <b>17:03,0</b> | <b>31:58,0</b> |
| Marika Poulin C  | 00:00,0 | 15:19,0 | <b>15:19,0</b> | 33:07,0 | <b>17:48,0</b> | <b>33:07,0</b> |

### Dimanche 13 janvier 2019 antihoraire

|                                        |         |         |                |         |                |                |         |                |                        |
|----------------------------------------|---------|---------|----------------|---------|----------------|----------------|---------|----------------|------------------------|
| Sebastien Houle A                      | 00:00,0 | 23:42,0 | #####          | 49:27,0 | <b>25:45,0</b> | <b>49:27,0</b> |         |                |                        |
| Charlie Houle A                        | 00:00,0 | 24:15,0 | #####          | 51:17,0 | <b>27:02,0</b> | <b>51:17,0</b> |         |                |                        |
| Martin Scutt A                         | 00:00,0 | 24:58,0 | #####          | 51:45,0 | <b>26:47,0</b> | <b>51:45,0</b> |         |                |                        |
| Stéphanie Lajoie A                     | 00:00,0 | 26:43,0 | #####          | 54:35,0 | <b>27:52,0</b> | <b>54:35,0</b> |         |                |                        |
| Roger Gagnon A (1 tour extra au 1er)   | 00:00,0 | 29:56,0 | #####          | 57:35,0 | <b>27:39,0</b> | <b>57:35,0</b> |         |                |                        |
| Stephen Love A (1 tour extra au 1er)   | 00:00,0 | 30:10,0 | #####          | 58:22,0 | <b>28:12,0</b> | <b>58:22,0</b> |         |                |                        |
| Anne Gadbois A                         | 00:00,0 | 30:15,0 | #####          | 59:59,0 | <b>29:44,0</b> | <b>59:59,0</b> |         |                |                        |
| Sylvie Lavallée C (1 tour extra au 2e) | 00:00,0 | 15:52,0 | <b>15:52,0</b> | 34:45,0 | <b>18:53,0</b> | <b>34:45,0</b> |         |                |                        |
| Suzanne Ouimet C                       | 00:00,0 | 16:45,0 | <b>16:45,0</b> | 34:10,0 | <b>17:25,0</b> | <b>34:10,0</b> |         |                |                        |
| Allyson Mule 500 m et un arrêté        | 01:00,0 | 12:15,0 | <b>11:15,0</b> | 22:15,0 | <b>10:00,0</b> |                | 33:40,0 | <b>11:25,0</b> | 44:58,0 <b>11:18,0</b> |
| Dorothee Mireault 500 m et arrêté      | 01:00,0 | 12:15,0 | <b>11:15,0</b> | 22:15,0 | <b>10:00,0</b> |                | 33:40,0 | <b>11:25,0</b> | 44:58,0 <b>11:18,0</b> |
| Léa F-Guay 500 m et arrêté             | 01:00,0 | 12:15,0 | <b>11:15,0</b> | 22:15,0 | <b>10:00,0</b> |                | 33:40,0 | <b>11:25,0</b> | 44:58,0 <b>11:18,0</b> |

|                         |         |         |                |         |                |  |
|-------------------------|---------|---------|----------------|---------|----------------|--|
|                         |         |         | <b>00:00,0</b> |         |                |  |
| Gerald Parent A         | 00:00,0 | 28:22,0 | <b>28:22,0</b> | 58:25,0 | <b>30:03,0</b> |  |
| Richard Martel A        | 00:00,0 | 25:41,0 | <b>25:41,0</b> | 52:06,0 | <b>26:25,0</b> |  |
| Catherine Boisvert B    | 00:00,0 | 21:20,0 | <b>21:20,0</b> | 43:40,0 | <b>22:20,0</b> |  |
| Marika Poulin B         | 00:00,0 | 21:48,0 | <b>21:48,0</b> | 45:26,0 | <b>23:38,0</b> |  |
| Jade Tousignant B       | 00:00,0 | 25:34,0 | <b>25:34,0</b> | 49:36,0 | <b>24:02,0</b> |  |
| Matheo Parent B         | 00:00,0 | 22:04,0 | <b>22:04,0</b> | 45:55,0 | <b>23:51,0</b> |  |
| Sylvie Courchesne C     | 00:00,0 | 19:25,0 | <b>19:25,0</b> | 40:27,0 | <b>21:02,0</b> |  |
| Edith Thauvette C       | 00:00,0 | 20:55,0 | <b>20:55,0</b> | 42:30,0 | <b>21:35,0</b> |  |
| Philippe Deschatelets C | 00:00,0 | 17:57,0 | <b>17:57,0</b> | 39:28,0 | <b>21:31,0</b> |  |

La chasse-Longue

A-2 tours course, 2 tours arrêtés (200 pédaliers+15 push-ups, 15+15 obliques, 15+15 patineurs) et 3000 m d'ergo. Deux fois.

B-2 tours course, 1 tour arrêté (160 pédaliers+12 push-ups, 12+12 obliques, 12+12 patineurs) et 2500 m d'ergo. Deux fois.

C-1 tour course, 1 tour arrêté (100 pédaliers+10 push-ups, 10+10 obliques, 10+10 patineurs) et 2000 m d'ergo. Deux fois.