

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

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

**Le dimanche 14 février 2016**

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

**Dimanche le 6 mars 2016**

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

**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	<b>05:43,0</b>	11:52,0	<b>06:09,0</b>	18:00,0	<b>06:08,0</b>	24:32,0	<b>06:32,0</b>	31:27,0	<b>06:55,0</b>	38:08,0	<b>06:41,0</b>	44:50,0	<b>06:42,0</b>	<b>44:50,0</b>
Stephen Love	00:30,0	06:29,0	<b>05:59,0</b>	12:54,0	<b>06:25,0</b>	19:15,0	<b>06:21,0</b>	25:40,0	<b>06:25,0</b>	32:25,0	<b>06:45,0</b>	38:55,0	<b>06:30,0</b>	45:16,0	<b>06:21,0</b>	<b>44:46,0</b>
Charlie Houle	00:30,0	06:59,0	<b>06:29,0</b>	13:32,0	<b>06:33,0</b>	20:35,0	<b>07:03,0</b>	27:40,0	<b>07:05,0</b>	34:29,0	<b>06:49,0</b>	40:58,0	<b>06:29,0</b> x			<b>40:28,0</b>
David Octeau	00:30,0	06:19,0	<b>05:49,0</b>	12:00,0	<b>05:41,0</b>	17:43,0	<b>05:43,0</b>	23:23,0	<b>05:40,0</b>	29:00,0	<b>05:37,0</b>	34:38,0	<b>05:38,0</b>	40:02,0	<b>05:24,0</b>	<b>39:32,0</b>
Richard Martel	00:30,0	06:28,0	<b>05:58,0</b>	12:23,0	<b>05:55,0</b>	18:14,0	<b>05:51,0</b>	24:19,0	<b>06:05,0</b>	30:34,0	<b>06:15,0</b>	36:50,0	<b>06:16,0</b>	43:02,0	<b>06:12,0</b>	<b>42:32,0</b>
Patrick Moussette	27:40,0	33:58,0	<b>06:18,0</b>	40:35,0	<b>06:37,0</b>	47:16,0	<b>06:41,0</b>	54:00,0	<b>06:44,0</b>	00:39,0	<b>06:39,0</b>	07:25,0	<b>06:46,0</b>	14:15,0	<b>06:50,0</b>	<b>46:35,0</b>
			<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>	<b>00:00,0</b>

**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	<b>07:00,0</b>	14:05,0	<b>07:05,0</b>	21:50,0	<b>07:45,0</b>	28:45,0	<b>06:55,0</b>	35:40,0	<b>06:55,0</b>	43:05,0	<b>07:25,0</b>	50:12,0	<b>07:07,0</b>	<b>50:12,0</b>
Stephen Love (attente 1 min. au 3	00:00,0	07:30,0	<b>07:30,0</b>	15:00,0	<b>07:30,0</b>	23:20,0	<b>08:20,0</b>	31:05,0	<b>07:45,0</b>	38:30,0	<b>07:25,0</b>	46:15,0	<b>07:45,0</b>	53:35,0	<b>07:20,0</b>	<b>53:35,0</b>
Charlie Houle 7	00:00,0	07:10,0	<b>07:10,0</b>	14:40,0	<b>07:30,0</b>	22:20,0	<b>07:40,0</b>	30:18,0	<b>07:58,0</b>	38:25,0	<b>08:07,0</b>	0:46:25	<b>08:00,0</b>	53:55,0	<b>07:30,0</b>	<b>53:55,0</b>
Marc-André Jamieson 7	00:00,0	07:05,0	<b>07:05,0</b>	14:15,0	<b>07:10,0</b>	22:10,0	<b>07:55,0</b>	29:25,0	<b>07:15,0</b>	36:35,0	<b>07:10,0</b>	43:58,0	<b>07:23,0</b>	51:20,0	<b>07:22,0</b>	<b>51:20,0</b>

Richard Martel 7	00:00,0	07:25,0	<b>07:25,0</b>	14:35,0	<b>07:10,0</b>	22:00,0	<b>07:25,0</b>	29:20,0	<b>07:20,0</b>	36:35,0	<b>07:15,0</b>	43:55,0	<b>07:20,0</b>	51:20,0	<b>07:25,0</b>	<b>51:20,0</b>
Roger Gagnon 6	02:00,0	08:50,0	<b>06:50,0</b>	16:50,0	<b>08:00,0</b>	25:05,0	<b>08:15,0</b>	34:15,0	<b>09:10,0</b>	43:55,0	<b>09:40,0</b>	53:05,0	<b>09:10,0</b>			<b>51:05,0</b>
Sébastien Houle 6	02:00,0	08:45,0	<b>06:45,0</b>	15:50,0	<b>07:05,0</b>	24:05,0	<b>08:15,0</b>	32:10,0	<b>08:05,0</b>	40:00,0	<b>07:50,0</b>	47:43,0	<b>07:43,0</b>			<b>45:43,0</b>
Sylvie Lavallée 5	02:00,0	11:15,0	<b>09:15,0</b>	21:00,0	<b>09:45,0</b>	29:35,0	<b>08:35,0</b>	38:40,0	<b>09:05,0</b>	47:29,0	<b>08:49,0</b>			<b>00:00,0</b>		<b>45:29,0</b>
Alain Tremblay 5	02:00,0	11:20,0	<b>09:20,0</b>	22:25,0	<b>11:05,0</b>	32:45,0	<b>10:20,0</b>	42:25,0	<b>09:40,0</b>	51:40,0	<b>09:15,0</b>			<b>00:00,0</b>		<b>49:40,0</b>
Camélie Houle 5	02:00,0	10:35,0	<b>08:35,0</b>	19:20,0	<b>08:45,0</b>	28:00,0	<b>08:40,0</b>	35:40,0	<b>07:40,0</b>	45:05,0	<b>09:25,0</b>			<b>00:00,0</b>		<b>43:05,0</b>
Martine Lavoie 5	02:00,0	10:25,0	<b>08:25,0</b>	18:55,0	<b>08:30,0</b>	28:05,0	<b>09:10,0</b>	36:55,0	<b>08:50,0</b>	45:39,0	<b>08:44,0</b>			<b>00:00,0</b>		<b>43:39,0</b>
			<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>	<b>00:00,0</b>
Kim Papadimitriou 5	00:00,0	08:28,0	<b>08:28,0</b>	17:11,0	<b>08:43,0</b>	25:52,0	<b>08:41,0</b>	34:35,0	<b>08:43,0</b>	42:40,0	<b>08:05,0</b>			<b>00:00,0</b>		<b>42:40,0</b>
Daniel Aucoin 5	00:00,0	08:15,0	<b>08:15,0</b>	17:00,0	<b>08:45,0</b>	25:52,0	<b>08:52,0</b>	34:35,0	<b>08:43,0</b>	42:40,0	<b>08:05,0</b>			<b>00:00,0</b>		<b>42:40,0</b>
			<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>	<b>00:00,0</b>
Patrick Moussette 7	00:00,0	06:55,0	<b>06:55,0</b>	15:20,0	<b>08:25,0</b>	24:10,0	<b>08:50,0</b>	32:00,0	<b>07:50,0</b>	40:30,0	<b>08:30,0</b>	49:30,0	<b>09:00,0</b>	57:15,0	<b>07:45,0</b>	<b>57:15,0</b>
Romain Dussault 7	00:00,0	06:58,0	<b>06:58,0</b>	14:00,0	<b>07:02,0</b>	21:35,0	<b>07:35,0</b>	29:05,0	<b>07:30,0</b>	36:50,0	<b>07:45,0</b>	43:55,0	<b>07:05,0</b>	51:10,0	<b>07:15,0</b>	<b>51:10,0</b>
Mathieu Fillion 6	00:00,0	07:05,0	<b>07:05,0</b>	15:30,0	<b>08:25,0</b>	24:50,0	<b>09:20,0</b>	32:55,0	<b>08:05,0</b>	41:35,0	<b>08:40,0</b>	49:40,0	<b>08:05,0</b>	#####		<b>49:40,0</b>
Pierre Moussette 6	00:00,0	08:28,0	<b>08:28,0</b>	17:57,0	<b>09:29,0</b>	28:10,0	<b>10:13,0</b>	38:55,0	<b>10:45,0</b>	50:30,0	<b>11:35,0</b>	01:55,0	<b>11:25,0</b>	#####		<b>01:55,0</b>
Valérie Provost 5	00:00,0	07:40,0	<b>07:40,0</b>	16:40,0	<b>09:00,0</b>	25:25,0	<b>08:45,0</b>	33:57,0	<b>08:32,0</b>	42:00,0	<b>08:03,0</b>	#####		<b>00:00,0</b>		<b>42:00,0</b>

#### 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	<b>06:45,0</b>	13:56,0	<b>07:11,0</b>	21:07,0	<b>07:11,0</b>	28:16,0	<b>07:09,0</b>	35:27,0	<b>07:11,0</b>	42:49,0	<b>07:22,0</b>	49:55,0	<b>07:06,0</b>	<b>49:55,0</b>
Marc André Jamieson 7	00:00,0	06:15,0	<b>06:15,0</b>	13:07,0	<b>06:52,0</b>	20:42,0	<b>07:35,0</b>	27:39,0	<b>06:57,0</b>	34:34,0	<b>06:55,0</b>	41:30,0	<b>06:56,0</b>	48:51,0	<b>07:21,0</b>	<b>48:51,0</b>
Martin Scutt 7	00:00,0	06:25,0	<b>06:25,0</b>	13:10,0	<b>06:45,0</b>	20:16,0	<b>07:06,0</b>	27:13,0	<b>06:57,0</b>	34:02,0	<b>06:49,0</b>	40:57,0	<b>06:55,0</b>	47:36,0	<b>06:39,0</b>	<b>47:36,0</b>
Roger Gagnon 7	00:00,0	06:45,0	<b>06:45,0</b>	14:07,0	<b>07:22,0</b>	21:53,0	<b>07:46,0</b>	29:55,0	<b>08:02,0</b>	37:36,0	<b>07:41,0</b>	45:18,0	<b>07:42,0</b>	53:10,0	<b>07:52,0</b>	<b>53:10,0</b>
Sébastien Houle 7	00:00,0	06:45,0	<b>06:45,0</b>	13:40,0	<b>06:55,0</b>	20:39,0	<b>06:59,0</b>	27:34,0	<b>06:55,0</b>	34:22,0	<b>06:48,0</b>	41:14,0	<b>06:52,0</b>	47:46,0	<b>06:32,0</b>	<b>47:46,0</b>
Nathalie Roy 5	02:00,0	09:09,0	<b>07:09,0</b>	16:27,0	<b>07:18,0</b>	23:51,0	<b>07:24,0</b>	31:14,0	<b>07:23,0</b>	38:37,0	<b>07:23,0</b>	46:10,0	<b>07:33,0</b>		<b>00:00,0</b>	<b>44:10,0</b>
Martine Lavoie 5	02:00,0	09:29,0	<b>07:29,0</b>	17:37,0	<b>08:08,0</b>	26:13,0	<b>08:36,0</b>	35:49,0	<b>09:36,0</b>	44:30,0	<b>08:41,0</b>	#####			<b>00:00,0</b>	<b>42:30,0</b>
Camélie Houle 5	02:00,0	09:29,0	<b>07:29,0</b>	17:18,0	<b>07:49,0</b>	25:15,0	<b>07:57,0</b>	33:27,0	<b>08:12,0</b>	41:27,0	<b>08:00,0</b>	#####			<b>00:00,0</b>	<b>39:27,0</b>
Sylvie Lavallée 5	02:00,0	09:19,0	<b>07:19,0</b>	17:04,0	<b>07:45,0</b>	24:51,0	<b>07:47,0</b>	32:28,0	<b>07:37,0</b>	40:32,0	<b>08:04,0</b>	#####			<b>00:00,0</b>	<b>38:32,0</b>
Alain Tremblay 5	02:00,0	10:32,0	<b>08:32,0</b>	19:30,0	<b>08:58,0</b>	28:45,0	<b>09:15,0</b>	38:27,0	<b>09:42,0</b>	47:50,0	<b>09:23,0</b>	#####			<b>00:00,0</b>	<b>45:50,0</b>
			<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>			<b>00:00,0</b>
Kim Papadimitriou 5	00:00,0	07:52,0	<b>07:52,0</b>	15:44,0	<b>07:52,0</b>	23:49,0	<b>08:05,0</b>	32:30,0	<b>08:41,0</b>	41:17,0	<b>08:47,0</b>		00:00,0		<b>00:00,0</b>	<b>41:17,0</b>
Mathieu Fillion 6	00:00,0	07:10,0	<b>07:10,0</b>	14:53,0	<b>07:43,0</b>	22:45,0	<b>07:52,0</b>	30:30,0	<b>07:45,0</b>	38:30,0	<b>08:00,0</b>	46:17,0	<b>07:47,0</b>			<b>46:17,0</b>
			<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>		<b>00:00,0</b>			
Romain Dussault 7	00:00,0	06:38,0	<b>06:38,0</b>	13:24,0	<b>06:46,0</b>	20:40,0	<b>07:16,0</b>	27:38,0	<b>06:58,0</b>	35:35,0	<b>07:57,0</b>	42:54,0	<b>07:19,0</b>	50:05,0	<b>07:11,0</b>	<b>50:05,0</b>
Pierre Moussette 6	00:00,0	08:39,0	<b>08:39,0</b>	17:40,0	<b>09:01,0</b>	26:40,0	<b>09:00,0</b>	35:37,0	<b>08:57,0</b>	45:14,0	<b>09:37,0</b>					
Valérie Provost 5	00:00,0	07:33,0	<b>07:33,0</b>	15:52,0	<b>08:19,0</b>	24:01,0	<b>08:09,0</b>	32:15,0	<b>08:14,0</b>	40:04,0	<b>07:49,0</b>					

#### Le lundi 12 décembre 2016

Richard Martel 7	00:00,0	06:53,0	<b>06:53,0</b>	13:55,0	<b>07:02,0</b>	20:59,0	<b>07:04,0</b>	28:11,0	<b>07:12,0</b>	35:17,0	<b>07:06,0</b>	42:24,0	<b>07:07,0</b>	49:09,0	<b>06:45,0</b>	<b>49:09,0</b>
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#### 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
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Roger Gagnon 6	00:00,0	07:37,0	<b>07:37,0</b>	15:39,0	<b>08:02,0</b>	23:59,0	<b>08:20,0</b>	32:41,0	<b>08:42,0</b>	41:07,0	<b>08:26,0</b>	50:21,0	<b>09:14,0</b>			<b>50:21,0</b>
Stephen Love 7	00:00,0	06:33,0	<b>06:33,0</b>	13:25,0	<b>06:52,0</b>	20:18,0	<b>06:53,0</b>	27:11,0	<b>06:53,0</b>	34:10,0	<b>06:59,0</b>	41:14,0	<b>07:04,0</b>	48:05,0	<b>06:51,0</b>	<b>48:05,0</b>
Mathieu Fillion 7	00:00,0	06:34,0	<b>06:34,0</b>	13:41,0	<b>07:07,0</b>	21:19,0	<b>07:38,0</b>	28:38,0	<b>07:19,0</b>	35:56,0	<b>07:18,0</b>	43:15,0	<b>07:19,0</b>	50:25,0	<b>07:10,0</b>	<b>50:25,0</b>
Régis Fillion 7	00:00,0	06:55,0	<b>06:55,0</b>	14:02,0	<b>07:07,0</b>	21:28,0	<b>07:26,0</b>	28:48,0	<b>07:20,0</b>	36:20,0	<b>07:32,0</b>	43:42,0	<b>07:22,0</b>	50:40,0	<b>06:58,0</b>	<b>50:40,0</b>
Sylvie Lavallée 6	00:00,0	07:19,0	<b>07:19,0</b>	14:41,0	<b>07:22,0</b>	22:10,0	<b>07:29,0</b>	29:37,0	<b>07:27,0</b>	37:12,0	<b>07:35,0</b>	44:42,0	<b>07:30,0</b>			
Josée Malo 5	00:00,0	08:59,0	<b>08:59,0</b>	17:45,0	<b>08:46,0</b>	27:42,0	<b>09:57,0</b>	36:57,0	<b>09:15,0</b>	46:03,0	<b>09:06,0</b>	#####				
Valérie Provost 6	00:00,0	07:40,0	<b>07:40,0</b>	16:17,0	<b>08:37,0</b>	24:54,0	<b>08:37,0</b>	33:42,0	<b>08:48,0</b>	42:20,0	<b>08:38,0</b>	50:14,0	<b>07:54,0</b>	#####		50:14,0
Marie-Josée Charbonneau 7	00:00,0	07:09,0	<b>07:09,0</b>	14:36,0	<b>07:27,0</b>	22:16,0	<b>07:40,0</b>	30:09,0	<b>07:53,0</b>	38:06,0	<b>07:57,0</b>	45:56,0	<b>07:50,0</b>	53:50,0	<b>07:54,0</b>	53:50,0
Romain Dussault 7 (rhume)	00:00,0	07:10,0	<b>07:10,0</b>	15:19,0	<b>08:09,0</b>	23:20,0	<b>08:01,0</b>	32:16,0	<b>08:56,0</b>	40:14,0	<b>07:58,0</b>	48:29,0	<b>08:15,0</b>	56:47,0	<b>08:18,0</b>	56:47,0
<b>Emmanuel Brien 7</b>	<b>00:00,0</b>	<b>06:55,0</b>	<b>06:55,0</b>	<b>13:40,0</b>	<b>06:45,0</b>	<b>21:07,0</b>	<b>07:27,0</b>	<b>28:16,0</b>	<b>07:09,0</b>	<b>36:14,0</b>	<b>07:58,0</b>	<b>44:21,0</b>	<b>08:07,0</b>	<b>51:35,0</b>	<b>07:14,0</b>	<b>51:35,0</b>

#### Le dimanche 12 février 2017

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

#### Dimanche 26 février 2017

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

#### Dimanche 12 mars 2017

Martin Scutt 7	00:00,0	06:01,0	<b>06:01,0</b>	12:18,0	<b>06:17,0</b>	18:50,0	<b>06:32,0</b>	25:22,0	<b>06:32,0</b>	32:05,0	<b>06:43,0</b>	38:38,0	<b>06:33,0</b>	45:07,0	<b>06:29,0</b>	<b>45:07,0</b>
Stephen Love 7	00:00,0	06:06,0	<b>06:06,0</b>	12:38,0	<b>06:32,0</b>	19:21,0	<b>06:43,0</b>	25:54,0	<b>06:33,0</b>	32:29,0	<b>06:35,0</b>	39:12,0	<b>06:43,0</b>	45:57,0	<b>06:45,0</b>	<b>45:57,0</b>
Sébastien Houle 7	00:00,0	06:27,0	<b>06:27,0</b>	13:21,0	<b>06:54,0</b>	20:22,0	<b>07:01,0</b>	27:05,0	<b>06:43,0</b>	33:51,0	<b>06:46,0</b>	40:33,0	<b>06:42,0</b>	47:00,0	<b>06:27,0</b>	<b>47:00,0</b>
Charlie Houle 7	00:00,0	06:27,0	<b>06:27,0</b>	13:15,0	<b>06:48,0</b>	20:22,0	<b>07:07,0</b>	27:05,0	<b>06:43,0</b>	33:56,0	<b>06:51,0</b>	40:35,0	<b>06:39,0</b>	47:09,0	<b>06:34,0</b>	<b>47:09,0</b>
Catherine L-Dubois 6	00:00,0	06:36,0	<b>06:36,0</b>	13:21,0	<b>06:45,0</b>	20:21,0	<b>07:00,0</b>	27:21,0	<b>07:00,0</b>	34:21,0	<b>07:00,0</b>	41:09,0	<b>06:48,0</b>	#####		<b>41:09,0</b>

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

#### Dimanche 26 novembre 2017 sens horaire

Martin Scutt 7 **	00:00,0	06:20,0	<b>06:20,0</b>	12:49,0	<b>06:29,0</b>	19:40,0	<b>06:51,0</b>	26:38,0	<b>06:58,0</b>	33:40,0	<b>07:02,0</b>	40:36,0	<b>06:56,0</b>	47:40,0	<b>07:04,0</b>	<b>47:40,0</b>
Charlie Houle 7 **	00:00,0	06:25,0	<b>06:25,0</b>	13:12,0	<b>06:47,0</b>	20:10,0	<b>06:58,0</b>	27:43,0	<b>07:33,0</b>	34:40,0	<b>06:57,0</b>	41:45,0	<b>07:05,0</b>	49:15,0	<b>07:30,0</b>	<b>49:15,0</b>
Stephen Love 7 **	00:00,0	06:37,0	<b>06:37,0</b>	13:35,0	<b>06:58,0</b>	20:40,0	<b>07:05,0</b>	27:57,0	<b>07:17,0</b>	35:30,0	<b>07:33,0</b>	43:08,0	<b>07:38,0</b>	50:35,0	<b>07:27,0</b>	<b>50:35,0</b>
Camélie Houle 7 **	00:00,0	07:28,0	<b>07:28,0</b>	14:27,0	<b>06:59,0</b>	22:26,0	<b>07:59,0</b>	30:35,0	<b>08:09,0</b>	38:20,0	<b>07:45,0</b>	46:06,0	<b>07:46,0</b>	53:43,0	<b>07:37,0</b>	<b>53:43,0</b>
Marc-André Jamieson 7 **	00:00,0	07:08,0	<b>07:08,0</b>	14:25,0	<b>07:17,0</b>	23:00,0	<b>08:35,0</b>	32:01,0	<b>09:01,0</b>	40:20,0	<b>08:19,0</b>	#####	57:20,0	<b>57:20,0</b>	<b>57:20,0</b>	
Richard Martel 6 **	01:00,0	08:33,0	<b>07:33,0</b>	16:52,0	<b>08:19,0</b>	26:00,0	<b>09:08,0</b>	35:15,0	<b>09:15,0</b>	44:30,0	<b>09:15,0</b>	#####	<b>00:00,0</b>			
Roger Gagnon 6 **	01:00,0	08:55,0	<b>07:55,0</b>	17:28,0	<b>08:33,0</b>	26:14,0	<b>08:46,0</b>	35:06,0	<b>08:52,0</b>	43:59,0	<b>08:53,0</b>	54:05,0	<b>10:06,0</b>			
Sylvie Lavallée 6 **	01:00,0	08:20,0	<b>07:20,0</b>	16:04,0	<b>07:44,0</b>	23:51,0	<b>07:47,0</b>	32:03,0	<b>08:12,0</b>	39:49,0	<b>07:46,0</b>	47:40,0	<b>07:51,0</b>		<b>46:40,0</b>	
Martine Lavoie 6 **	01:00,0	08:59,0	<b>07:59,0</b>	17:28,0	<b>08:29,0</b>	26:27,0	<b>08:59,0</b>	36:06,0	<b>09:39,0</b>							
Yvan Lavoie 5 **	01:00,0	10:45,0	<b>09:45,0</b>	20:38,0	<b>09:53,0</b>	31:24,0	<b>10:46,0</b>	42:48,0	<b>11:24,0</b>							
Andrew Scutt 5 **	01:00,0	10:34,0	<b>09:34,0</b>	19:30,0	<b>08:56,0</b>	28:04,0	<b>08:34,0</b>	36:50,0	<b>08:46,0</b>							

\*\* Incident. Chronos imprécis à la fin

Jean-Michel Viau 7	00:00,0	06:46,0	<b>06:46,0</b>	13:40,0	<b>06:54,0</b>	20:37,0	<b>06:57,0</b>	27:45,0	<b>07:08,0</b>	34:53,0	<b>07:08,0</b>	41:48,0	<b>06:55,0</b>	48:48,0	<b>07:00,0</b>	<b>48:48,0</b>
Romain Dussault 7	00:00,0	07:00,0	<b>07:00,0</b>	14:30,0	<b>07:30,0</b>	21:42,0	<b>07:12,0</b>	29:09,0	<b>07:27,0</b>	36:43,0	<b>07:34,0</b>	43:31,0	<b>06:48,0</b>	51:13,0	<b>07:42,0</b>	<b>51:13,0</b>
Emmanuel Brien 7	00:00,0	06:45,0	<b>06:45,0</b>	14:01,0	<b>07:16,0</b>	21:34,0	<b>07:33,0</b>	28:58,0	<b>07:24,0</b>	36:38,0	<b>07:40,0</b>	44:23,0	<b>07:45,0</b>	52:25,0	<b>08:02,0</b>	<b>52:25,0</b>
	00:00,0	07:10,0	<b>07:10,0</b>	14:57,0	<b>07:47,0</b>	22:48,0	<b>07:51,0</b>	30:43,0	<b>07:55,0</b>	38:35,0	<b>07:52,0</b>	46:21,0	<b>07:46,0</b>	46:21,0		
Valérie Provost 6	00:00,0	07:18,0	<b>07:18,0</b>	15:05,0	<b>07:47,0</b>	22:51,0	<b>07:46,0</b>	30:51,0	<b>08:00,0</b>	38:42,0	<b>07:51,0</b>	46:13,0	<b>07:31,0</b>	46:13,0		
											<b>00:00,0</b>					
Catherine Boisvert 5	00:00,0	08:04,0	<b>08:04,0</b>	16:59,0	<b>08:55,0</b>	25:00,0	<b>08:01,0</b>	32:59,0	<b>07:59,0</b>	40:25,0	<b>07:26,0</b>	40:25,0				
Eve Martin 5	00:00,0	08:06,0	<b>08:06,0</b>	16:52,0	<b>08:46,0</b>	25:01,0	<b>08:09,0</b>	33:11,0	<b>08:10,0</b>	41:04,0	<b>07:53,0</b>	41:04,0				
Alexandre Boisvert 5	00:00,0	08:19,0	<b>08:19,0</b>	18:16,0	<b>09:57,0</b>	28:18,0	<b>10:02,0</b>	37:15,0	<b>08:57,0</b>	46:42,0	<b>09:27,0</b>	46:42,0				
Collin Gariépy 5	00:00,0	08:55,0	<b>08:55,0</b>	18:26,0	<b>09:31,0</b>	28:16,0	<b>09:50,0</b>	37:58,0	<b>09:42,0</b>	46:48,0	<b>08:50,0</b>	46:48,0				
Magali Ouellet 4	00:00,0	08:28,0	<b>08:28,0</b>	17:53,0	<b>09:25,0</b>	27:25,0	<b>09:32,0</b>	39:08,0	<b>11:43,0</b>	<b>39:08:00</b>	<b>28:52,0</b>					

#### 7 janvier 2018 sens antihoraire

					<b>00:00,0</b>											
					<b>00:00,0</b>											
					<b>00:00,0</b>											
Martin Scutt 7 (sans planche)	01:30,0	07:44,0	<b>06:14,0</b>	14:00,0	<b>06:16,0</b>	21:05,0	<b>07:05,0</b>	27:38,0	<b>06:33,0</b>	34:22,0	<b>06:44,0</b>	41:07,0	<b>06:45,0</b>	47:57,0	<b>46:27,0</b>	
Stephen Love 7 (sans planche)	01:00,0	07:16,0	<b>06:16,0</b>	14:00,0	<b>06:44,0</b>	20:57,0	<b>06:57,0</b>	27:33,0	<b>06:36,0</b>	34:20,0	<b>06:47,0</b>	41:08,0	<b>06:48,0</b>	47:57,0	<b>46:57,0</b>	
Sylvie Lavallée 6 (sans planche)	01:00,0	07:26,0	<b>06:26,0</b>	14:00,0	<b>06:34,0</b>	21:05,0	<b>07:05,0</b>	28:01,0	<b>06:56,0</b>	35:01,0	<b>07:00,0</b>	41:51,0	<b>06:50,0</b>	48:35,0	<b>47:35,0</b>	
Roger Gagnon 6 (sans planche)	00:00,0	07:12,0	<b>07:12,0</b>	14:59,0	<b>07:47,0</b>	22:11,0	<b>07:12,0</b>	29:57,0	<b>07:46,0</b>	37:50,0	<b>07:53,0</b>	45:44,0	<b>07:54,0</b>			



Sylvie Courchesne	50:17,0
Maryse	50:17,0
Martine Lavoie	47:33,0
Camélie Houle	51:42,0
Richard Martel	46:38,0
Mathieu Fillion	48:11,0
Josée Malo	44:09,0

**18-mars-18**

Roger Gagnon	00:00,0	06:42,0	<b>06:42,0</b>	14:05,0	<b>07:23,0</b>	21:23,0	<b>07:18,0</b>	28:42,0	<b>07:19,0</b>	36:03,0	<b>07:21,0</b>	43:30,0	<b>07:27,0</b>	47:35,0
Sylvie Lavallee B	00:00,0	06:45,0	<b>06:45,0</b>	13:54,0	<b>07:09,0</b>	20:53,0	<b>06:59,0</b>	28:03,0	<b>07:10,0</b>	35:09,0	<b>07:06,0</b>	42:10,0	<b>07:01,0</b>	00:00,0
Yvan Lavoie C	00:00,0	09:10,0	<b>09:10,0</b>	19:25,0	<b>10:15,0</b>	30:30,0	<b>11:05,0</b>	42:15,0	<b>11:45,0</b>	53:53,0	<b>11:38,0</b>	00:00,0	#####	00:00,0
Allain B	00:00,0	08:50,0	<b>08:50,0</b>	17:47,0	<b>08:57,0</b>	26:40,0	<b>08:53,0</b>	35:04,0	<b>08:24,0</b>	43:50,0	<b>08:46,0</b>	52:39,0	<b>08:49,0</b>	52:39,0
Sebastien Houle	00:00,0	06:00,0	<b>06:00,0</b>	12:22,0	<b>06:22,0</b>	18:50,0	<b>06:28,0</b>	25:27,0	<b>06:37,0</b>	31:53,0	<b>06:26,0</b>	38:20,0	<b>06:27,0</b>	44:52,0
Stephen Love	00:00,0	06:55,0	<b>06:55,0</b>	14:04,0	<b>07:09,0</b>	21:19,0	<b>07:15,0</b>	28:34,0	<b>07:15,0</b>	33:30,0	<b>04:56,0</b>	42:50,0	<b>09:20,0</b>	50:05,0
Véronique Brun C	00:00,0	08:05,0	<b>08:05,0</b>	17:09,0	<b>09:04,0</b>	26:50,0	<b>09:41,0</b>	36:30,0	<b>09:40,0</b>	46:16,0	<b>09:46,0</b>	00:00,0	#####	00:00,0
Mathieu	00:00,0	06:33,0	<b>06:33,0</b>	13:17,0	<b>06:44,0</b>	20:05,0	<b>06:48,0</b>	27:05,0	<b>07:00,0</b>	34:00,0	<b>06:55,0</b>	40:58,0	<b>06:58,0</b>	48:23,0
Josée B	00:00,0	06:42,0	<b>06:42,0</b>	13:35,0	<b>06:53,0</b>	20:38,0	<b>07:03,0</b>	27:40,0	<b>07:02,0</b>	34:47,0	<b>07:07,0</b>	41:53,0		
Camélie	00:00,0	06:42,0	<b>06:42,0</b>	13:34,0	<b>06:52,0</b>	20:49,0	<b>07:15,0</b>	28:39,0	<b>07:50,0</b>	36:27,0	<b>07:48,0</b>	45:10,0	<b>08:43,0</b>	53:10,0
Sébastien 2	00:00,0	05:53,0	<b>05:53,0</b>	12:05,0	<b>06:12,0</b>	18:13,0	<b>06:08,0</b>	24:36,0	<b>06:23,0</b>	30:51,0	<b>06:15,0</b>	37:15,0	<b>06:24,0</b>	43:42,0
Charlie	00:00,0	05:40,0	<b>05:40,0</b>	11:40,0	<b>06:00,0</b>	17:44,0	<b>06:04,0</b>	24:05,0	<b>06:21,0</b>	30:27,0	<b>06:22,0</b>	38:22,0	<b>07:55,0</b>	#####
Andrew B	00:00,0	07:02,0	<b>07:02,0</b>	14:00,0	<b>06:58,0</b>	21:20,0	<b>07:20,0</b>	28:48,0	<b>07:28,0</b>	36:05,0	<b>07:17,0</b>	00:43:35		

**18-nov-18**

	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	
Martin Scutt 7	00:00,0	06:26,0	<b>06:26,0</b>	13:17,0	<b>06:51,0</b>	20:13,0	<b>06:56,0</b>	27:20,0	<b>07:07,0</b>	34:17,0	<b>06:57,0</b>	41:13,0	<b>06:56,0</b>	48:15,0	<b>07:02,0</b>
Richard Martel 7	00:00,0	06:28,0	<b>06:28,0</b>	13:16,0	<b>06:48,0</b>	20:12,0	<b>06:56,0</b>	27:19,0	<b>07:07,0</b>	34:18,0	<b>06:59,0</b>	41:14,0	<b>06:56,0</b>	48:16,0	<b>07:02,0</b>
Roger Gagnon 7	00:00,0	06:50,0	<b>06:50,0</b>	14:22,0	<b>07:32,0</b>	21:59,0	<b>07:37,0</b>	29:34,0	<b>07:35,0</b>	37:22,0	<b>07:48,0</b>	45:18,0	<b>07:56,0</b>	53:05,0	<b>07:47,0</b>
Camélie Houle 7	00:00,0	07:01,0	<b>07:01,0</b>	14:26,0	<b>07:25,0</b>	22:04,0	<b>07:38,0</b>	30:08,0	<b>08:04,0</b>	38:03,0	<b>07:55,0</b>	46:18,0	<b>08:15,0</b>	53:05,0	<b>06:47,0</b>
Stephen Love 7	00:00,0	06:58,0	<b>06:58,0</b>	14:33,0	<b>07:35,0</b>	22:00,0	<b>07:27,0</b>	29:35,0	<b>07:35,0</b>	37:08,0	<b>07:33,0</b>	44:44,0	<b>07:36,0</b>	51:59,0	<b>07:15,0</b>
Catherine Lehoux-Dubois 6	02:00,0	09:08,0	<b>07:08,0</b>	16:10,0	<b>07:02,0</b>	23:29,0	<b>07:19,0</b>	30:40,0	<b>07:11,0</b>	38:01,0	<b>07:21,0</b>	45:18,0	<b>07:17,0</b>		
Sylvie Lavallee 6	02:00,0	09:15,0	<b>07:15,0</b>	16:27,0	<b>07:12,0</b>	23:43,0	<b>07:16,0</b>	30:56,0	<b>07:13,0</b>	38:18,0	<b>07:22,0</b>	45:40,0	<b>07:22,0</b>	00:00,0	
Andrew Scutt 6	02:00,0	09:33,0	<b>07:33,0</b>	16:43,0	<b>07:10,0</b>	23:56,0	<b>07:13,0</b>	31:26,0	<b>07:30,0</b>	39:00,0	<b>07:34,0</b>	47:13,0	<b>08:13,0</b>		
Martine Lavoie 5	02:00,0	09:51,0	<b>07:51,0</b>	18:37,0	<b>08:46,0</b>	27:52,0	<b>09:15,0</b>	37:28,0	<b>09:36,0</b>	47:33,0	<b>10:05,0</b>	#####			
Alain Tremblay 5	02:00,0	10:18,0	<b>08:18,0</b>	19:18,0	<b>09:00,0</b>	28:24,0	<b>09:06,0</b>	37:50,0	<b>09:26,0</b>	47:12,0	<b>09:22,0</b>	#####			
Allyson Mulé 5	02:00,0	11:22,0	<b>09:22,0</b>	22:06,0	<b>10:44,0</b>	#####		34:35,0	<b>34:35,0</b>	47:00,0	<b>12:25,0</b>	#####			
Véronique Brun 5	02:00,0	11:10,0	<b>09:10,0</b>	20:55,0	<b>09:45,0</b>	31:40,0	<b>10:45,0</b>	41:23,0	<b>09:43,0</b>	21:59,0	#####	#####			
Andréanne Beaudet-R 5	02:00,0	10:35,0	<b>08:35,0</b>	20:15,0	<b>09:40,0</b>	30:46,0	<b>10:31,0</b>	40:40,0	<b>09:54,0</b>	50:35,0	<b>09:55,0</b>	#####			

Dorothee Mireault 5	02:00,0	11:10,0	<b>09:10,0</b>	22:02,0	<b>10:52,0</b>	#####	34:33,0	<b>34:33,0</b>	46:39,0	<b>12:06,0</b>	#####		
Felix Parent 6	00:00,0	09:48,0	<b>09:48,0</b>	17:05,0	<b>07:17,0</b>	24:57,0	<b>07:52,0</b>	<b>33:00,0</b>	<b>08:03,0</b>	41:22,0	<b>08:22,0</b>	49:20,0	<b>07:58,0</b>
Eve Poulin 5	00:00,0	10:06,0	<b>10:06,0</b>	18:18,0	<b>08:12,0</b>	26:20,0	<b>08:02,0</b>	<b>34:15,0</b>	<b>07:55,0</b>	43:25,0	<b>09:10,0</b>	51:27,0	<b>08:02,0</b>
Gerald Parent 5	00:00,0	09:40,0	<b>09:40,0</b>	18:40,0	<b>09:00,0</b>	27:39,0	<b>08:59,0</b>	37:17,0	<b>09:38,0</b>	46:40,0	<b>09:23,0</b>	#####	#####
Marika Poulin 5	00:00,0	10:08,0	<b>10:08,0</b>	19:16,0	<b>09:08,0</b>	28:10,0	<b>08:54,0</b>	36:55,0	<b>08:45,0</b>	46:25,0	<b>09:30,0</b>	#####	#####
Matheo Parent 5	00:00,0	10:35,0	<b>10:35,0</b>	19:14,0	<b>08:39,0</b>	28:20,0	<b>09:06,0</b>	37:15,0	<b>08:55,0</b>	45:36,0	<b>08:21,0</b>	#####	#####
Thierry Pouliot	00:00,0	10:10,0	<b>10:10,0</b>	19:38,0	<b>09:28,0</b>	29:45,0	<b>10:07,0</b>	54:15,0	<b>24:30,0</b>	#####	#####	<b>00:00,0</b>	#####
Sylvie Courchesne 4	00:00,0	10:35,0	<b>10:35,0</b>	20:28,0	<b>09:53,0</b>	31:12,0	<b>10:44,0</b>	44:50,0	<b>13:38,0</b>	#####	#####	<b>00:00,0</b>	#####
Anne-Marie Bendes	00:00,0	10:30,0	<b>10:30,0</b>	20:33,0	<b>10:03,0</b>	31:54,0	<b>11:21,0</b>	54:06,0	<b>22:12,0</b>	#####	#####	#####	#####
Alexandre Rousseau 4	00:00,0	10:27,0	<b>10:27,0</b>	20:30,0	<b>10:03,0</b>	32:15,0	<b>11:45,0</b>	43:55,0	<b>11:40,0</b>	#####	#####	#####	#####
Edith Thauvette 4	00:00,0	10:40,0	<b>10:40,0</b>	21:20,0	<b>10:40,0</b>	<b>33:00,0</b>	<b>11:40,0</b>	47:09,0	<b>14:09,0</b>	#####	#####	#####	#####

### 9 décembre 2018 en équipe pour le fun

Sébastien H. et Allison M.	00:00,0	06:00,0	<b>06:00,0</b>	13:04,0	<b>07:04,0</b>	19:58,0	<b>06:54,0</b>	27:40,0	<b>07:42,0</b>	36:09,0	<b>08:29,0</b>	45:00,0	<b>08:51,0</b>	52:40,0	<b>07:40,0</b>
Martin Scutt et Dorothee Mireault	00:00,0	06:20,0	<b>06:20,0</b>	13:25,0	<b>07:05,0</b>	20:40,0	<b>07:15,0</b>	29:05,0	<b>08:25,0</b>	38:30,0	<b>09:25,0</b>	47:25,0	<b>08:55,0</b>	56:09,0	<b>08:44,0</b>
Roger Gagnon et Catherine L-D	00:00,0	06:30,0	<b>06:30,0</b>	13:35,0	<b>07:05,0</b>	21:28,0	<b>07:53,0</b>	29:29,0	<b>08:01,0</b>	38:00,0	<b>08:31,0</b>	46:30,0	<b>08:30,0</b>	54:17,0	<b>07:47,0</b>
Stephen Love et Alain Tremblay	00:00,0	06:55,0	<b>06:55,0</b>	14:24,0	<b>07:29,0</b>	21:48,0	<b>07:24,0</b>	29:40,0	<b>07:52,0</b>	37:34,0	<b>07:54,0</b>	45:20,0	<b>07:46,0</b>	52:50,0	<b>07:30,0</b>
Charlie et Sylvie	00:00,0	07:21,0	<b>07:21,0</b>	15:20,0	<b>07:59,0</b>	23:13,0	<b>07:53,0</b>	31:43,0	<b>08:30,0</b>	40:00,0	<b>08:17,0</b>	48:38,0	<b>08:38,0</b>	56:55,0	<b>08:17,0</b>
Richard et Matheo	00:00,0	06:39,0	<b>06:39,0</b>	13:20,0	<b>06:41,0</b>	20:10,0	<b>06:50,0</b>	27:15,0	<b>07:05,0</b>	34:31,0	<b>07:16,0</b>	42:00,0	<b>07:29,0</b>	49:10,0	<b>07:10,0</b>
Gerald et Camélie	02:00,0	09:04,0	<b>07:04,0</b>	17:01,0	<b>07:57,0</b>	24:40,0	<b>07:39,0</b>	32:57,0	<b>08:17,0</b>	41:15,0	<b>08:18,0</b>	49:35,0	<b>08:20,0</b>	57:07,0	<b>07:32,0</b>
Eve, Marika, Lorianne	<b>00:00,0</b>	<b>06:50,0</b>	<b>06:50,0</b>	15:04,0	<b>08:14,0</b>	22:56,0	<b>07:52,0</b>	30:38,0	<b>07:42,0</b>	39:20,0	<b>08:42,0</b>	48:05,0	<b>08:45,0</b>	57:30,0	<b>09:25,0</b>

### Dimanche 27 janvier 2019 sens anti-horaire

		split 1		split 2		split 3		split 4		split 5		split 6				
Sébastien Houle 7	00:00,0	05:53,0	<b>05:53,0</b>	12:30,0	<b>06:37,0</b>	19:04,0	<b>06:34,0</b>	25:41,0	<b>06:37,0</b>	32:20,0	<b>06:39,0</b>	39:03,0	<b>06:43,0</b>	45:36,0	<b>06:33,0</b>	
Stéphanie Lajoie 7	00:00,0	06:58,0	<b>06:58,0</b>	13:37,0	<b>06:39,0</b>	20:12,0	<b>06:35,0</b>	26:52,0	<b>06:40,0</b>	33:26,0	<b>06:34,0</b>	40:19,0	<b>06:53,0</b>	46:50,0	<b>06:31,0</b>	
Catherine Lehoux-Dubois 7	00:00,0	06:56,0	<b>06:56,0</b>	13:52,0	<b>06:56,0</b>	20:45,0	<b>06:53,0</b>	27:48,0	<b>07:03,0</b>	34:50,0	<b>07:02,0</b>	42:02,0	<b>07:12,0</b>	49:12,0	<b>07:10,0</b>	
Stephen Love 7	00:00,0	07:00,0	<b>07:00,0</b>	14:06,0	<b>07:06,0</b>	21:21,0	<b>07:15,0</b>	28:40,0	<b>07:19,0</b>	36:05,0	<b>07:25,0</b>	43:21,0	<b>07:16,0</b>	50:17,0	<b>06:56,0</b>	
Roger Gagnon 7	00:00,0	07:02,0	<b>07:02,0</b>	14:12,0	<b>07:10,0</b>	21:33,0	<b>07:21,0</b>	28:53,0	<b>07:20,0</b>	36:23,0	<b>07:30,0</b>	43:52,0	<b>07:29,0</b>	51:15,0	<b>07:23,0</b>	
Camélie Houle 7	00:00,0	07:40,0	<b>07:40,0</b>	15:10,0	<b>07:30,0</b>	23:07,0	<b>07:57,0</b>	30:36,0	<b>07:29,0</b>	38:17,0	<b>07:41,0</b>	45:57,0	<b>07:40,0</b>	53:19,0	<b>07:22,0</b>	
Martine Lavoie	00:00,0	08:25,0	<b>08:25,0</b>	17:12,0	<b>08:47,0</b>	26:37,0	<b>09:25,0</b>	36:37,0	<b>10:00,0</b>	47:17,0	<b>10:40,0</b>	#####	#####	#####	<b>00:00,0</b>	
Rachel Raynauld 5	00:40,0	10:48,0	<b>10:08,0</b>	21:52,0	<b>11:04,0</b>	32:38,0	<b>10:46,0</b>	43:07,0	<b>10:29,0</b>	54:10,0	<b>11:03,0</b>	#####	#####	#####	<b>00:00,0</b>	
Gerald Parent 7	24:00,0	31:03,0	<b>07:03,0</b>	38:31,0	<b>07:28,0</b>	46:17,0	<b>07:46,0</b>	54:08,0	<b>07:51,0</b>	04:04,0	<b>09:56,0</b>	13:50,0	<b>09:46,0</b>	21:26,0	<b>07:36,0</b>	57:26,0
Matheo Parent	24:00,0	31:11,0	<b>07:11,0</b>	38:51,0	<b>07:40,0</b>	46:25,0	<b>07:34,0</b>	54:17,0	<b>07:52,0</b>	02:20,0	<b>08:03,0</b>	10:23,0	<b>08:03,0</b>	18:43,0	<b>08:20,0</b>	54:43,0

### Lundi 28 janvier 2019

Richard Martel	00:00,0	06:05,0	<b>06:05,0</b>	12:31,0	<b>06:26,0</b>	18:59,0	<b>06:28,0</b>	25:30,0	<b>06:31,0</b>	32:05,0	<b>06:35,0</b>	38:49,0	<b>06:44,0</b>	45:11,0	<b>06:22,0</b>
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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