

3 km**Femmes 3 km**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jasmine Rouillard	Laval	9	306	8	19:28.2	6:29/K
2	Charbonneau Stephanie	Trois-Rivieres	32	305	9	19:55.2	6:38/K
3	Alice Dumont	St-Boniface-de-Shawinig	9	318	12	20:08.5	6:43/K
4	Kyra Mailhot	Mont St-Hilaire	14	303	13	20:12.2	6:44/K
5	Garneau Anne	Levis	11	311	15	20:26.1	6:49/K
6	Gabrielle Ouellette	Saint-Nicolas	8	301	16	21:11.3	7:04/K
7	Lea-Rose Benoit	St-Jean-sur-Richelieu 3	10	304	20	22:23.1	7:28/K
8	pascale Crevier	Shawinigan-Sud 3	37	317	24	24:36.8	8:12/K
9	Mikaela Wiedenhoff	Laval	10	310	26	25:25.8	8:28/K
10	Luz Maria Sotelo	Laval	46	309	27	26:01.3	8:40/K
11	Anick Muller	Ancienne-Lorette	41	312	28	29:31.1	9:50/K
12	Claudia Hunt	Tres-St-Redempteur	38	315	29	33:22.8	11:07/K
13	Lyne Ouimet	Lasalle	52	307	30	36:04.1	12:01/K

3 km**Hommes 3 km**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	
1	Matis Benoit	St-Jean-sur-Richelieu	3	13	325	1	14:48.0	4:56/K
2	Olivier Garneau	Levis	13	334	2	14:57.0	4:59/K	
3	Pierrick Forge	Gatineau	13	328	3	16:12.0	5:24/K	
4	Charles-Elliott Gagne	Ste Agathe des monts	9	322	4	16:19.8	5:26/K	
5	Jacob Ouellette	Saint-Nicolas	10	319	5	17:05.1	5:42/K	
6	Antoine Perreault	gatineau	9	332	6	17:06.3	5:42/K	
7	Lexy Mailhot	Mont St-Hilaire	12	323	7	19:00.6	6:20/K	
8	Victor Perreault	gatineau	7	331	10	20:02.6	6:41/K	
9	Fortin richard	Beloeil	52	321	11	20:03.1	6:41/K	
10	Antoine Villemure	St-Mathieu du Parc	8	340	14	20:12.7	6:44/K	
11	Robert Ouellette	Saint-Nicolas	45	320	17	21:13.1	7:04/K	
12	Jerome Dumont	St-Boniface-de-Shawinig	11	338	18	21:18.8	7:06/K	
13	Felix Perreault	Gatineau	11	333	19	21:34.8	7:11/K	
14	Bwnoit Martin	St-Jean-sur-Richelieu	45	326	21	22:25.3	7:28/K	
15	Eryc Mailhot	Mont St-Hilaire	43	324	22	22:27.8	7:29/K	
16	Emile Rouillard	Laval	6	327	23	22:34.0	7:31/K	
17	Matias Wiedenhoff	Laval	7	329	25	25:18.0	8:26/K	

6 km**Femmes 6 km**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Gene Gobeil	Val-David	40	619	7	41:32.0	6:55/K
2	Natacha Gagne	Lac-Beauport	36	601	8	42:32.2	7:05/K
3	Valerie Iizotte	Grand-Mere	42	638	10	44:37.8	7:26/K
4	Lucie Ayotte	Neuville	37	607	11	44:43.7	7:27/K
5	Elise Rouillard	Laval	11	609	13	45:11.9	7:32/K
6	Nancy Beattie	Canton de Hatley	39	628	15	45:54.6	7:39/K
7	Audrey Deschenes	St-Elie-De-Caxton 6	39	645	18	47:34.3	7:56/K
8	Emmanuelle Forge	Gatineau	15	625	19	47:46.6	7:58/K
9	Josianne Desjardins	Morin-Heights	36	603	21	49:04.3	8:11/K
10	Josiane Gagnon	Grand-mere	30	623	23	49:05.9	8:11/K
11	Nathalie Gagnon	Grand-Mere	45	620	25	50:02.4	8:20/K
12	Valerie Gagnon	Grand-mere	34	622	26	50:02.4	8:20/K
13	Marie-Josée Prince	Saint-Leonard-d'aston	34	613	27	50:07.2	8:21/K
14	Julie Provencher	Saint-Boniface	44	612	28	50:43.3	8:27/K
15	Marie-Christine Lahaie	Shawinigan	27	615	29	50:49.5	8:28/K
16	Lily-Raphaelle Gagne	Ste Agathe des monts	12	604	30	50:56.4	8:29/K
17	Sarah Lemay	Trois-Rivieres	17	632	31	51:04.8	8:31/K
18	Jennie Ferris	Montreal	30	608	32	51:33.1	8:36/K
19	Aline Abel	trois-rivieres 6	51	641	33	53:18.3	8:53/K
20	Janie Trudel Bellefeuille	St-Boniface	30	616	34	53:40.1	8:57/K
21	Julie Desforges	Mascouche	36	605	36	54:44.4	9:07/K
22	Adeliane Raymond	Becancour	24	642	37	54:54.8	9:09/K
23	Edith Delorme	L'Epiphanie	41	636	38	56:13.9	9:22/K
24	Marie-Eve Trottier	Quebec	29	650	39	56:21.1	9:24/K
25	Amelie Ducharme	Ste-Marthe-sur-le-lac	34	629	40	56:29.6	9:25/K
26	Jasme Fugere	Grand-Mere	15	624	42	57:09.7	9:32/K
27	Sabrina Gentes	Shawinigan	24	611	44	57:59.4	9:40/K
28	Isabelle Bourassa	St-Hyacinthe 6	45	633	45	58:13.6	9:42/K
29	Sylvie Saint-Germain	Trois rivieres	45	653	46	59:08.3	9:51/K
30	Jalila Tanji	Trois-Rivieres	25	602	47	59:09.6	9:52/K
31	Aline Gurnon	Montreal	43	637	48	59:36.7	9:56/K
32	Chantal Grandmont	Sherbrooke	42	610	49	1:01:13.5	10:12/K
33	Genevieve Soucy	Notre-Dame-du-Mont-Ca	33	639	51	1:07:26.2	11:14/K
34	Caroline Gelinias	Trois-Rivieres 6	42	640	53	1:08:34.1	11:26/K
35	Catherine Mercier	ÀŽle-Perrot	27	630	54	1:11:12.1	11:52/K
36	Maude Francoeur	Quebec	44	614	55	1:11:25.4	11:54/K
37	Sophie Pharand	Montreal	28	627	56	1:11:50.2	11:58/K
38	Valerie Normandin	L'Assomption	30	626	57	1:12:14.7	12:02/K
39	Mollie Davidson	Shawinigan	24	646	58	1:22:50.5	13:48/K
DQ	Mongrain Debbie	St-Mathieu du Parc	40	651	DQ	---	---

6 km**Hommes 6 km**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Maxime Veillette	Shawinigan	27	677	1	35:03.4	5:51/K
2	Gabriel Morin	Lac-Beauport 6	39	657	2	35:58.5	6:00/K
3	Yves Lamothe	St-Barnabé	65	674	3	37:35.7	6:16/K
4	Jonathan Grandmont	Sherbrooke	35	656	4	38:14.6	6:22/K
5	Sylvain Gelin	St-Elie-De-Caxton 6	45	669	5	40:02.2	6:40/K
6	Olivier Frederick	Québec	14	675	6	40:37.9	6:46/K
7	Eric Schiltz	Beloil	42	670	9	43:17.8	7:13/K
8	Marc-Andre Verrette	Trois-Rivieres	51	673	12	44:50.7	7:28/K
9	Deshaies Sylvain	Trois-Rivieres	54	671	14	45:36.8	7:36/K
10	Martin Nijdam	Lachine	41	661	16	46:19.3	7:43/K
11	Joey Jacob	Trois-Rivieres	28	654	17	47:17.7	7:53/K
12	Sebastien Duval	St-Esprit	32	663	20	47:48.3	7:58/K
13	Olivier Beland	Grand-Mere	22	660	22	49:05.7	8:11/K
14	Martin Girouard	Quebec	49	658	24	49:18.2	8:13/K
15	Louis Laroche	Trois rivieres	48	672	35	54:17.6	9:03/K
16	Pierre Denis Legault	Montreal	49	667	41	56:49.8	9:28/K
17	Olivier Buggaud	St-Mathieu du Parc	29	676	43	57:59.3	9:40/K
18	Nicolas Duval	St-Mathieu du Parc	36	664	50	1:01:29.3	10:15/K
19	Pierre Fugere	Grand-Mere 6	58	662	52	1:08:32.9	11:25/K

10 km**Femmes 10 km**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Karine Belisle	Mont St-Hilaire	39	1028	18	1:13:54.2	7:23/K
2	Marie-Josée Rochette	Trois-Rivieres 10	40	1018	28	1:20:41.7	8:04/K
3	Valerie Duchemin	Quebec	27	1019	33	1:22:13.9	8:13/K
4	Isabelle Robert	Trois-Rivieres	40	1056	38	1:24:35.7	8:28/K
5	Sabrina Longchamps	Trois-Rivieres 10	28	1014	39	1:24:46.0	8:29/K
6	Maude Julien	Beloeil	39	1059	41	1:24:59.5	8:30/K
7	Caroline Forest	Gatineau	44	1029	43	1:26:00.8	8:36/K
8	Josee Ouellet	Sherbrooke	41	1012	44	1:26:12.0	8:37/K
9	Murray Melanie	Chicoutimi	36	1009	45	1:26:15.1	8:38/K
10	NATHALIE NOLIN	Trois-Rivieres 10	42	1020	48	1:26:43.1	8:40/K
11	Marie-Eve FOisy	Levis	39	1010	49	1:26:57.7	8:42/K
12	Melissa Boudrault	Trois-Rivieres	28	1001	50	1:26:59.1	8:42/K
13	Josianne Boisvert	Trois-Rivieres	23	1015	52	1:27:40.7	8:46/K
14	Isabelle Boivin	Quebec	33	1038	53	1:27:46.1	8:47/K
15	Angelique Savoie	Ste-Marthe-sur-le-Lac	35	1044	54	1:27:47.5	8:47/K
16	Jenny Lambert	Danville	0	1003	55	1:27:56.6	8:48/K
17	Dominique Martel	montreal	37	1007	59	1:29:39.7	8:58/K
18	Annie Van Sterthem	Quebec	29	1039	64	1:31:44.0	9:10/K
19	Maude Proulx	Ste-Catherine-de-la-Jac	52	1033	65	1:31:55.7	9:12/K
20	Myriam Girouard	QUEBEC	46	1030	66	1:32:20.0	9:14/K
21	Genevieve Corbeil	Quebec	44	1040	67	1:33:13.3	9:19/K
22	stephanie belanger	victoriaville	41	1071	69	1:33:40.7	9:22/K
23	Marie-France Dubuc	Trois-Rivieres 10	54	1068	72	1:33:50.4	9:23/K
24	Line Milette	Trois-Rivieres	37	1031	74	1:34:48.2	9:29/K
25	Stephanie Bourassa	Trois rivieres	24	1072	76	1:35:02.7	9:30/K
26	Marie-France Piseiro	Lachine	38	1026	77	1:35:06.2	9:31/K
27	marie-clode baribeault	saint-mathieu-du-parc	35	1070	78	1:37:08.6	9:43/K
28	marie-eve morel	montreal	31	1021	79	1:38:12.4	9:49/K
29	Luce Belanger	St-basile-le-grand	40	1069	80	1:38:40.1	9:52/K
30	Isabelle Lamothe	Blainville	49	1011	81	1:39:12.6	9:55/K
31	Joelle Dumont	St-Basile Le Grand	45	1048	85	1:41:26.1	10:09/K
32	Ingrid Dober	trois rivieres 10	31	1058	86	1:41:37.5	10:10/K
33	Lambert Patricia	St-Mathieu-du-Parc	38	1004	87	1:43:37.5	10:22/K
34	Caroline Descoteaux	Drummondville 10	29	1006	89	1:43:42.3	10:22/K
35	Josee Boulet	Plessisville	45	1041	90	1:43:44.6	10:22/K
36	Catherine Turgy	Verdun	32	1049	91	1:44:50.6	10:29/K
37	Eve-Line Allard	Montreal	37	1025	92	1:45:05.9	10:31/K
38	Mylene Rochon	Mirabel	38	1023	94	1:46:02.8	10:36/K
39	Angie Godin	St mathieu du parc 10	38	1065	95	1:47:08.2	10:43/K
40	Lise Ouellet	Grand-Mere 10	51	1027	96	1:48:17.5	10:50/K
41	Allissane Ruiz-Blanchette	Trois-Rivieres	26	1066	98	1:49:51.8	10:59/K
42	Manon Frechette	Becancour	45	1017	99	1:50:33.9	11:03/K
43	Sophie Auclair	St-Amable	32	1062	100	1:53:49.7	11:23/K
44	AURELIE DESHARBES	Magog	30	1013	101	1:57:42.1	11:46/K

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<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
45	Anne Vaillancourt-Morel	Grand-Mere	30	1016	102	1:59:11.0	11:55/K
46	Luce Belanger	Longueuil	40	1078	103	2:02:13.2	12:13/K
47	manon frigon			1042	104	2:04:42.4	12:28/K
48	valerie lauzon	mirabel	0	1022	106	2:16:30.0	13:39/K
49	Lafrance Edith	prevost	42	1024	107	2:16:31.0	13:39/K
50	Isabelle Therrien	Montreal	44	1063	108	2:20:06.1	14:01/K
51	charlyne houle	trois-rivieres	26	1067	110	2:23:31.3	14:21/K

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<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jonathan Boulanger	Victoriaville	41	1087	1	55:32.2	5:33/K
2	Michael Laitenberger	St-Etienne des Gres	29	1105	2	56:16.5	5:38/K
3	Glademir Lacombe	Shawinigan	40	1076	3	57:33.8	5:45/K
4	robin lapointe	st-mathieu du parc	37	1074	4	1:00:17.7	6:02/K
5	Cossette Jean-Francois	Shawinigan-sud	37	1107	5	1:01:34.0	6:09/K
6	Frederic Sirois	Sherbrooke	39	1090	6	1:01:41.8	6:10/K
7	Olivier Lefrancois	Blainville	16	1088	7	1:02:20.7	6:14/K
8	yannick martel	repentigy	39	1083	8	1:04:55.8	6:30/K
9	Dominic Bergeron	Trois-Rivieres	41	1100	9	1:07:07.4	6:43/K
10	Steve Jacques	Drummondville	38	1093	10	1:07:09.2	6:43/K
11	Pierre-Olivier Renaud	Quebec	29	1127	11	1:07:54.2	6:47/K
12	Luc Martin	st-gerard des	48	1080	12	1:07:57.8	6:48/K
13	Felix-Antoine Jacob	Trois-Rivieres	31	1075	13	1:12:37.0	7:16/K
14	Simon Racine	Montreal	40	1113	14	1:12:42.6	7:16/K
15	Pierre Beaudoin	Saint-Mathieu-du-Parc	39	1092	15	1:12:47.8	7:17/K
16	Serge Trotechaud	ST Mathieu du parc	59	1104	16	1:12:57.4	7:18/K
17	Stephan L'Ecuyer Myette	Quebec	37	1111	17	1:13:24.1	7:20/K
18	Antoine champoux	lac À la tortue	36	1084	19	1:14:12.7	7:25/K
19	Geoffroy Hetu	Trois-rivieres	32	1094	20	1:14:16.9	7:26/K
20	Patrice Longchamps	Trois-Rivieres	33	1097	21	1:14:21.4	7:26/K
21	Pierre-Yves St-Onge	Trois-Rivieres 10	31	1122	22	1:15:59.1	7:36/K
22	Martin Lauzon	Ste-therese	37	1079	23	1:16:04.5	7:36/K
23	Marc-Andre Heroux	St-Maurice	34	1089	24	1:16:32.9	7:39/K
24	Jean Ringuette	Sorel-Tracy 10	54	1085	25	1:17:47.0	7:47/K
25	Daniel Charbonneau	St-Amable	39	1129	26	1:19:54.4	7:59/K
26	Dominic Boucher	Montreal	33	1096	27	1:20:39.0	8:04/K
27	Serge Massicotte	SHAWINIGAN	32	1081	29	1:20:55.3	8:06/K
28	YOANN BEAL	Magog	33	1091	30	1:21:15.2	8:08/K
29	Etienne Bergeron	Nicolet	24	1131	31	1:21:24.1	8:08/K
30	Maxime Caron	Longueuil	39	1077	32	1:21:52.0	8:11/K
31	Pierre Couture	Victoriaville	38	1103	34	1:22:30.8	8:15/K
32	Jacques Lacombe	Grand-Mere 10	56	1116	35	1:23:28.7	8:21/K
33	Taras Vlasov	Saint-Basile-Le-Grand	37	1109	36	1:23:35.2	8:22/K
34	Olivier Pombert	Trois-Rivieres	24	1095	37	1:24:34.1	8:27/K
35	Jacques Dupont	Trois-Rivieres	41	1134	40	1:24:46.0	8:29/K
36	Milot Charles	Trois-Rivieres	41	1133	42	1:25:57.2	8:36/K
37	Guillaume St-Yves	Tres-St-Redempteur 10	30	1125	46	1:26:18.8	8:38/K
38	Phil Otto	Cote St Luc	40	1101	47	1:26:40.2	8:40/K
39	Lagacee Andre	Poine-aux-trembles	0	1099	51	1:27:24.5	8:44/K
40	Pascal Le Pesant	Saint-Mathieu-du-Parc	41	1120	56	1:28:16.1	8:50/K
41	Dave Provencher			1140	57	1:29:30.2	8:57/K
42	Remy Trudel	Grand-Mere	25	1106	58	1:29:30.4	8:57/K
43	Michel Bertrand	St-Hyacinthe	51	1110	60	1:29:59.2	9:00/K
44	Maxime Noel	Trous-Rivieres	31	1121	61	1:30:14.6	9:01/K

10 km**Hommes 10 km**

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45	Jean-Philippe Maurais	Victoriaville	37	1102	62	1:30:46.1	9:05/K
46	Jean-Thomas Houle	Nicolet	35	1132	63	1:30:55.8	9:06/K
47	Marc St-Pierre	Trois-Rivieres	64	1128	68	1:33:23.1	9:20/K
48	Ismaël Kone	Trois-Rivieres	49	1115	70	1:33:42.7	9:22/K
49	frederick ouellet	quebec	41	1135	71	1:33:43.8	9:22/K
50	Maxime Groulx	Notre-Dame-du-Mont-Ca	28	1086	73	1:34:43.0	9:28/K
51	Stephane Frederick	Québec	47	1139	75	1:34:58.8	9:30/K
52	Danny Dupuis	St-Basile-le-Grand	39	1136	82	1:39:33.1	9:57/K
53	Simon Berube	Plessisville	26	1137	83	1:40:48.3	10:05/K
54	Jocelyn Dumont	St-Basile Le grand	24	1117	84	1:41:01.2	10:06/K
55	Normand Fortin	Grand-Mere 10	54	1118	88	1:43:38.8	10:22/K
56	Gabriel Cliche	Plessisville	42	1112	93	1:45:29.4	10:33/K
57	hugo genest-berube	st-celestin	27	1138	97	1:48:57.5	10:54/K
58	benoit cyr	mirabel	44	1123	105	2:05:14.6	12:31/K
59	STEPHANE RICARD	LAVAL	47	1130	109	2:20:06.2	14:01/K
60	Robert Langevin	Montreal	54	1114	111	2:23:53.6	14:23/K

21 km**Femmes 21 km**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Isabelle Dumais	Lac beauport	37	2052	9	2:16:26.0	6:30/K
2	Elizabeth Pellerin	Drummondville	28	2045	14	2:25:16.3	6:55/K
3	Primeau Kate	St-Alexis-des-Monts	0	2020	18	2:31:20.7	7:12/K
4	Marie-Josée Poirier	stoneham	39	2003	30	2:46:28.5	7:56/K
5	Isabelle Doyon	val-david	35	2006	36	2:50:33.4	8:07/K
6	Elise Gelle	Verdun	41	2049	37	2:50:46.2	8:08/K
7	Marie-Rose Mercier	Shawinigan-Sud	29	2040	40	2:53:51.9	8:17/K
8	Julie Gagnon	St-Catherine	26	2037	41	2:53:51.9	8:17/K
9	Line Durocher	Mascouche	50	2005	42	2:56:32.4	8:24/K
10	Mathilde Renaud	Quebec	43	2041	43	2:56:50.1	8:25/K
11	sandrine mathias			2027	46	2:58:19.8	8:29/K
12	Josee St-Jean	Gatineau	31	2010	50	3:03:20.1	8:44/K
13	marie-pier vincent	lac-beauport	34	2002	52	3:05:16.5	8:49/K
14	Dubois Marie-France	Victoriaville	37	2015	54	3:05:46.4	8:51/K
15	Manon Bordeleau	Victoriaville	37	2016	55	3:05:46.4	8:51/K
16	marina lemarchand	montreal	45	2018	57	3:08:14.4	8:58/K
17	Nathalie Bouchard	Boisbriand	40	2001	60	3:08:15.3	8:58/K
18	Ariane Roy-Proulx	Montreal	26	2026	61	3:12:48.2	9:11/K
19	Nathalie Giard	St-Colomban 21	0	2017	63	3:15:05.5	9:17/K
20	Sarah Otto	Cote St Luc	39	2012	65	3:17:50.8	9:25/K
21	helene larose	montreal	53	2004	68	3:21:51.7	9:37/K
22	Karine Guinard	Quebec	29	2029	75	3:28:36.9	9:56/K
23	Marie-Claude Bernier	Grand-Mere 21	41	2007	76	3:28:43.8	9:56/K
24	Lyne Bedard	Repentigny	39	2024	78	3:30:01.8	10:00/K
25	Caroline Leblanc	St-Boniface	38	2048	79	3:30:21.5	10:01/K
26	Melanie Noel	Grand-Mere	39	2047	80	3:30:23.3	10:01/K
27	Cynthia Marchildon	Quebec	34	2011	83	3:33:48.6	10:11/K
28	Velcia Scott	Ile Bizard	50	2042	85	3:35:27.3	10:16/K
29	Tanya Peltenburg	St Lazare	41	2009	86	3:35:30.8	10:16/K
30	Chantal Chlala	DDO	44	2043	88	3:38:06.7	10:23/K
31	Josee Duplantie	Lorraine	0	2039	89	3:40:24.9	10:30/K
32	Mylene Cote	Shawinigan-Sud	37	2028	91	3:43:54.9	10:40/K
33	Julie Marineau	Pointe-Claire	39	2036	92	3:49:05.8	10:55/K
34	Tracy Cummings	Terrebonne	44	2008	93	3:57:19.8	11:18/K
35	Emmanuelle Dormoy	Montreal	33	2019	95	4:01:08.0	11:29/K
36	Julie Paille	montreal	41	2023	96	4:03:59.0	11:37/K
37	Mihaela Haiduc	Montreal	43	2013	97	4:05:33.5	11:42/K
38	Marie-Eve Gagnon	Gatineau		2131	100	4:26:08.0	12:40/K
39	Isabelle Gagnon	Levis 21	38	2034	101	4:26:08.7	12:40/K

21 km**Hommes 21 km**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Benoit Beaupré		0	2030	1	1:59:36.5	5:42/K
2	Blaise Dubois	Lac beauport	42	2053	2	2:02:15.1	5:49/K
3	Etienne Harvey	Rimouski	36	2079	3	2:04:09.6	5:55/K
4	Jean-Philippe	Trois-Rivieres 21	33	2062	4	2:06:03.0	6:00/K
5	Marco Desbiens	Rimouski	34	2080	5	2:08:34.1	6:07/K
6	Guy Metayer	st-Ferreol-Les-Neiges	54	2054	6	2:09:22.4	6:10/K
7	Simon Lincourt	Montreal 50	40	2070	7	2:09:43.8	6:11/K
8	stephane plante	st hyacinthe	51	2104	8	2:14:56.3	6:26/K
9	Patrick Cote	Quebec	46	2055	10	2:17:58.2	6:34/K
10	Sebastien Turcotte	PLESSISVILLE	42	2083	11	2:19:37.9	6:39/K
11	Stephane Lampron	Grand-Mere	42	2130	12	2:24:39.1	6:53/K
12	Eric Baudouy	Ile Bizard	39	2119	13	2:24:39.3	6:53/K
13	Stephane Gagne	Montreal	53	2075	15	2:26:25.4	6:58/K
14	Sylvain Chouinard	Roberval	47	2114	16	2:27:45.6	7:02/K
15	Martin Roussel	Cantley	40	2067	17	2:29:41.0	7:08/K
16	Francis Gauthier	Montreal	44	2129	19	2:33:33.6	7:19/K
17	Martin Dussault	Boisbriand	45	2051	20	2:34:17.2	7:21/K
18	Andre Talbot	Saint-eustache	45	2099	21	2:35:47.3	7:25/K
19	Marc Corbeil	St-colomban	40	2065	22	2:35:54.9	7:25/K
20	Avi Elbaz	Montreal	38	2089	23	2:37:31.7	7:30/K
21	Robin Michaud	Trois-Rivieres	44	2112	24	2:39:13.1	7:35/K
22	Paul Haiduc	Montreal	20	2086	25	2:41:39.3	7:42/K
23	Maxim Tatarinoff	Montreal	37	2084	26	2:42:57.5	7:46/K
24	Yves Arcand	Victoriaville	45	2081	27	2:43:16.0	7:46/K
25	Jean-François Pomerleau	Laval	44	2117	28	2:44:45.0	7:51/K
26	Shany Palardy	Varenes	35	2127	29	2:46:10.0	7:55/K
27	Dominic Couture	Saint-Gabriel-de-Valcarti	27	2121	31	2:46:40.1	7:56/K
28	Sylvain Pinet	Trois-Rivieres	36	2122	32	2:47:00.3	7:57/K
29	Hugo Fitzgerald	Trois-Rivieres	25	2064	33	2:47:05.0	7:57/K
30	Martin Gagnon	Mascouche 50	43	2066	34	2:47:08.2	7:58/K
31	fortin hugo	st honore	41	2061	35	2:50:28.6	8:07/K
32	Stephane Lemay	Trois-Rivieres	47	2106	38	2:52:47.9	8:14/K
33	pascal duval	Saint-Lazare	38	2078	39	2:53:36.2	8:16/K
34	Jonathan Gaboury	Quebec	33	2072	44	2:56:56.8	8:26/K
35	stephane paquet	shawinigan	46	2120	45	2:57:55.8	8:28/K
36	Martin Racine	Trois-Rivieres 21	40	2094	47	2:59:26.1	8:33/K
37	Daniel Campos	Montreal	38	2107	48	3:00:00.8	8:34/K
38	Benoit Moulin	Montreal	34	2085	49	3:00:19.7	8:35/K
39	Marian Haiduc	Montreal	46	2087	51	3:04:40.3	8:48/K
40	Philippe Arseneault	Deux-Montagnes	33	2116	53	3:05:39.1	8:50/K
41	jean marc cote	shawinigan sud	57	2068	56	3:05:52.1	8:51/K
42	denis lemarchand	montreal	46	2092	58	3:08:14.4	8:58/K
43	pierre baptiste	Montreal	55	2091	59	3:08:14.5	8:58/K
44	Jerome Vigneault	St-Etienne-des-gres	35	2100	62	3:13:45.4	9:14/K

21 km**Hommes 21 km**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
45	Vincent Martin	Montreal	38	2109	64	3:16:52.8	9:22/K
46	Martin Wiedenhoff	Laval	43	2102	66	3:18:50.3	9:28/K
47	claud gauthier	Ste-Catherine-de-Hatley	47	2071	67	3:20:44.0	9:34/K
48	Bertin Dickner	Outremont	47	2077	69	3:23:36.3	9:42/K
49	Patrick Lemay	Ste-Marthe-sur-le-lac	35	2097	70	3:24:58.7	9:46/K
50	Guillaume Boisvert	Victoriaville	32	2123	71	3:26:36.3	9:50/K
51	Luc Beaudoin	Quebec	44	2108	72	3:26:48.0	9:51/K
52	Denys Comeau	Trois-Rivieres 21	59	2063	73	3:27:05.3	9:52/K
53	Mathieu Loranger	Terrebonne	37	2088	74	3:28:12.2	9:55/K
54	Gino Brochu	Trois-Rivieres	50	2113	77	3:29:23.8	9:58/K
55	Felix Langelier	Montreal	0	2118	81	3:32:12.5	10:06/K
56	Hugo Rioux	Repentigny	46	2090	82	3:32:20.6	10:07/K
57	Pierre Frigon	Mascouche	48	2060	84	3:35:00.6	10:14/K
58	stephane Hould	trois-Rivieres	43	2057	87	3:36:03.6	10:17/K
59	Houle Josee	Montreal	52	2074	90	3:43:22.3	10:38/K
60	alain paquette	lasalle	52	2076	94	4:01:06.9	11:29/K
61	Raould Traore	Montreal	45	2056	98	4:08:35.7	11:50/K
62	FREDERIC DERY	QUEBEC	42	2110	99	4:12:16.0	12:01/K