

La course de La Relève
 Le mardi.9 juin 2009, 19h 15
 Nuageux, venteux, 16°C
 Résultats du 5 km

| RG | DOS | NOM | NÉ | CAT | RC | VILLE | CLUB | TEMPS | PTS |
|----|-----|----------------------------|----|-----|----|------------------|--------------------|-------|-------|
| 1 | 75 | Bouchard Frédéric | 91 | F | 1 | Dolb.-Mist. | Saglac | 16:12 | 45,42 |
| 2 | 79 | Boulé Alexandre | 76 | D | 1 | Chicoutimi | Endurance Du Fjord | 16:26 | 44,63 |
| 3 | 90 | Normandin Jean-Marc | 63 | C | 1 | Jonquière | Jakours | 17:33 | 40,83 |
| 4 | 82 | Delisle Martin | 78 | D | 2 | Laterrière | Endurance Du Fjord | 17:38 | 40,55 |
| 5 | 85 | Lindsay Jean-François | 64 | C | 2 | Alma | Jeannois | 17:39 | 40,49 |
| 6 | 81 | Dubois Martin | 74 | D | 3 | St-Fulgence | Jakours | 17:47 | 40,04 |
| 7 | 46 | Lemieux Jean | 53 | B | 1 | Métabetchouan | Jeannois | 18:44 | 36,80 |
| 8 | 76 | Simard David | 73 | D | 4 | St-Prime | | 18:52 | 36,35 |
| 9 | 59 | Drapeau Roch | 60 | C | 3 | Albanel | Sportifs d'Albanel | 19:17 | 34,93 |
| 10 | 89 | Fillion Joël | 72 | D | 5 | Jonquière | | 19:39 | 33,68 |
| 11 | 20 | Munger Suzanne | 61 | CC | 1 | Alma | Jeannois | 19:51 | 33,00 |
| 12 | 28 | Fortin Jean-François | 83 | E | 1 | Péribonka | | 19:59 | 32,55 |
| 13 | 39 | Mercier Jean-François | 78 | D | 6 | Shipshaw | Jakours | 20:09 | 31,98 |
| 14 | 33 | Voyer Valois | 58 | B | 2 | Dolb.-Mist. | Du Mille | 20:10 | 31,93 |
| 15 | 78 | Côté Marie-Caroline | 73 | DD | 1 | Montreal | Vainqueurs | 20:22 | 31,25 |
| 16 | 80 | Robert Michel | 70 | D | 7 | Ste-Jeanne d'Arc | Du Mille | 20:45 | 29,94 |
| 17 | 73 | Lachance Alexandra | 91 | FF | 1 | Dolb.-Mist. | Du Mille | 20:46 | 29,89 |
| 18 | 41 | Desgagné Alain | 59 | B | 3 | Roberval | Les Lacets | 20:47 | 29,83 |
| 19 | 31 | Brassard Alain | 70 | D | 8 | Dolb.-Mist. | Du Mille | 20:52 | 29,55 |
| 20 | 63 | Tremblay Robert | 59 | B | 4 | St-Nazaire | Jeannois | 20:57 | 29,26 |
| 21 | 21 | Leclerc Maïka | 94 | FF | 2 | St-Honoré | | 20:59 | 29,15 |
| 22 | 5 | Halliday James | 93 | F | 2 | Chibougamau | | 21:08 | 28,64 |
| 23 | 24 | Besson Larry | 60 | C | 4 | Dolb.-Mist. | | 21:29 | 27,45 |
| 24 | 43 | Bernard Michel | 71 | D | 9 | Chicoutimi | Jakours | 22:00 | 25,69 |
| 25 | 84 | Gravel Jules | 41 | A | 1 | Laterrière | Jakours | 22:10 | 25,12 |
| 26 | 700 | Gaudreault Richard | 64 | C | 5 | Chicoutimi | Jakours | 22:15 | 24,84 |
| 27 | 91 | Rancourt André | 61 | C | 6 | Laterrière | Jakours | 22:15 | 24,84 |
| 28 | 83 | Fortin Michel | 56 | B | 5 | Chicoutimi | | 22:24 | 24,33 |
| 29 | 30 | Villeneuve-Gagné Alexandre | 88 | E | 2 | Ste-Jeanne D'arc | Du Mille | 22:25 | 24,27 |
| 30 | 51 | Laprise Marc | 51 | B | 6 | St-Stanislas | Du Mille | 22:27 | 24,16 |
| 31 | 16 | Lavoie Sylvie | 63 | CC | 2 | St-Augustin | | 22:43 | 23,25 |
| 32 | 77 | Thériault Frédéric | 72 | D | 10 | Roberval | | 22:51 | 22,80 |
| 33 | 6 | Côté Jean-François | 74 | D | 11 | Jonquière | Jakours | 22:55 | 22,57 |
| 34 | 53 | Voyer Laurence | 92 | FF | 3 | Dolb.-Mist. | Du Mille | 23:35 | 20,30 |
| 35 | 18 | Imbeault Jean | 60 | C | 7 | St-Eugène | Du Mille | 23:52 | 19,34 |
| 36 | 49 | Castonguay Sabrina | 76 | DD | 2 | Dolb.-Mist. | | 23:57 | 19,05 |
| 37 | 11 | Dufour Rémy | 62 | C | 8 | Dolb.-Mist. | | 24:12 | 18,20 |
| 38 | 42 | Pilon Steeve | 74 | D | 12 | Dolb.-Mist. | | 24:19 | 17,81 |
| 39 | 65 | Hébert Émilie | 85 | EE | 1 | Dol-Mistas | Du Mille | 24:27 | 17,35 |
| 40 | 50 | Fradet Denis | 60 | C | 9 | Dolb.-Mist. | | 24:30 | 17,18 |
| 41 | 68 | Girard Bernadette | 56 | BB | 1 | Mashteuiatsh | La Uitshai | 24:34 | 16,96 |
| 42 | 86 | Fortin Dominique | 64 | CC | 3 | Alma | Jeannois | 24:46 | 16,28 |
| 43 | 58 | Boudreault André | 57 | B | 7 | Dolb.-Mist. | | 24:50 | 16,05 |
| 44 | 64 | Munger Roger | 54 | B | 8 | Alma | Jeannois | 24:55 | 15,77 |
| 45 | 29 | Simard Shirley | 70 | DD | 3 | St-Gédéon | Jeannois | 25:27 | 13,95 |
| 46 | 69 | Dallaire Micheline | 58 | BB | 2 | Dolb.-Mist. | | 25:36 | 13,44 |
| 47 | 45 | Tremblay Manon | 65 | CC | 4 | Jonquière | | 25:58 | 12,19 |
| 48 | 701 | Huard Denis | 61 | C | 10 | Dolb.-Mist. | | 26:09 | 11,57 |
| 49 | 47 | Voyer Julien | 91 | F | 3 | Dolb.-Mist. | Du Mille | 26:20 | 10,95 |
| 50 | 22 | Desgagne Lynda | 64 | CC | 5 | Chibougamau | Mclean | 26:21 | 10,89 |
| 51 | 71 | Houde Anna | 57 | BB | 3 | Chicoutimi | Jakours | 26:38 | 9,93 |
| 52 | 92 | Charbonneau Michel | 54 | B | 9 | Chicoutimi | Jakours | 26:39 | 9,87 |
| 53 | 72 | Chouinard Jean-Pierre | 46 | A | 2 | Jonquière | Jakours | 26:40 | 9,81 |
| 54 | 7 | Imbeault Raymond | 44 | A | 3 | Jonquière | Jakours | 26:58 | 8,79 |
| 55 | 87 | Lindsay Pascale | 68 | CC | 6 | Alma | | 27:05 | 8,39 |
| 56 | 60 | Landry Brigitte | 62 | CC | 7 | Albanel | Sportifs d'Albanel | 27:07 | 8,28 |

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| 57 | 88 | Rousseau Maurice | 82 | E | 3 | Dolb.-Mist. | | 27:07 | 8,28 |
| 58 | 62 | Savastano Franco | 36 | A | 4 | Alma | | 27:12 | 8,00 |
| 59 | 35 | Chiasson Sophie | 72 | DD | 4 | Dolb.-Mist. | | 27:45 | 6,13 |
| 60 | 67 | Belley Candide | 75 | DD | 5 | Dolb.-Mist | | 28:34 | 3,35 |
| 61 | 74 | Reny Claude | 40 | A | 5 | Jonquière | Jakours | 28:40 | 3,01 |

La course de La Relève
Le mardi.9 juin 2009, 18h 30
Nuageux, venteux, 16°C
Résultats du 3 km

| RG | DOS | NOM | NÉ | CAT | RC | VILLE | CLUB | TEMPS | PTS |
|----|-----|---------------------|----|-----|-------|-------|----------------|-------|-----|
| 1 | 672 | Bussières Alex | | M | 1/23 | | Des Chutes | 9:30 | 5 |
| 2 | 688 | Therrien-G David | | M | 2/23 | | Juvenat | 10:36 | 4 |
| 3 | 683 | Beaulieu Michel | | M | 3/23 | | Juvenat | 10:40 | 3 |
| 4 | 689 | Therrien-G Patrick | | M | 4/23 | | Juvenat | 10:42 | 2 |
| 5 | 863 | Deschênes Cimon | | M | 5/23 | | Lafontaine | 10:43 | 1 |
| 6 | 853 | Bouchard Maxime | | M | 6/23 | | Jean-Dolbeau | 11:21 | |
| 7 | 675 | Fournier Alexandre | | M | 7/23 | | Des Chutes | 11:23 | |
| 8 | 851 | Perron Félix | | M | 8/23 | | Jean-Dolbeau | 11:26 | |
| 9 | 682 | Sauvageau Francis | | M | 9/23 | | Des Chutes | 11:33 | |
| 10 | 861 | Lavoie Frédéric | | M | 10/23 | | Jean-Dolbeau | 11:42 | |
| 11 | 698 | Leclerc Karel | | M | 11/23 | | La Fontaine | 12:26 | |
| 12 | 665 | Quessy-S Félix | | M | 12/23 | | Maclean Ms | 12:35 | |
| 13 | 858 | Vaillancourt Myriam | | F | 1/14 | | Jean-Dolbeau | 12:36 | 5 |
| 14 | 681 | Rivard Guillaume | | M | 13/23 | | Des Chutes | 12:38 | |
| 15 | 677 | Michaud Alexandre | | M | 14/23 | | Des Chutes | 12:54 | |
| 16 | 859 | Michaud Catherine | | F | 2/14 | | Jean-Dolbeau | 13:10 | 4 |
| 17 | 657 | Bouchard Jimmy | | M | 15/23 | | Maclean Ms | 13:28 | |
| 18 | 678 | Paquin-D Annabelle | | F | 3/14 | | Des Chutes | 13:49 | 3 |
| 19 | 663 | Larouche Vincent | | M | 16/23 | | Maclean Ms | 13:51 | |
| 20 | 668 | Tremblay Yohan | | M | 17/23 | | Maclean Ms | 13:53 | |
| 21 | 658 | Filion Etienne | | M | 18/23 | | Maclean Ms | 13:58 | |
| 22 | 847 | Fraser Kelsey | | F | 4/14 | | Seminaire | 14:00 | 2 |
| 23 | 800 | Fournier Sara | | F | 5/14 | | Jean-Dolbeau | 14:11 | 1 |
| 24 | 676 | Gauthier Maude | | F | 6/14 | | Des Chutes | 14:18 | |
| 25 | 842 | Gagne Pascal | | M | 19/23 | | Juvenat | 14:53 | |
| 26 | 695 | Nadeau Sophie | | F | 7/14 | | Quatre-Vents | 15:21 | |
| 27 | 860 | Menard Billy | | M | 20/23 | | Wilbrod-Dufour | 15:59 | |
| 28 | 865 | Gagnon Veronique | | F | 8/14 | | Mistassini | 16:01 | |
| 29 | 862 | Fraser Mathieu | | M | 21/23 | | Jean-Dolbeau | 16:16 | |
| 30 | 843 | Therrien-G Sabrina | | F | 9/14 | | Juvenat | 16:42 | |
| 31 | 684 | Bouchard Sophie | | F | 10/14 | | Juvenat | 16:49 | |
| 32 | 667 | Renaud Charlotte | | F | 11/14 | | Maclean Ms | 18:04 | |
| 33 | 662 | Lafrenière Amelie | | F | 12/14 | | Maclean Ms | 18:05 | |
| 34 | 679 | Paré Steeven | | F | 22/23 | | Des Chutes | 18:16 | |
| 35 | 685 | Dallaire Jessica | | F | 13/14 | | Juvenat | 18:27 | |
| 36 | 687 | Gaudreau Joanny | | F | 14/14 | | Juvenat | 18:32 | |
| 37 | 686 | Gagnon Éric | | M | 23/23 | | Juvenat | 23:39 | |

La course de La Relève
Le mardi.9 juin 2009, 18h 30
Nuageux, venteux, 16°C
Résultats du 1,5 km

| RG | DOS | NOM | NÉ | CAT | RC | VILLE | CLUB | TEMPS | PTS |
|----|-----|--------------------|----|-----|------|-------|-------------|-------|-----|
| 1 | 621 | Gagné Jean-Michel | | M | 1/48 | | S-Coeur | 6:56 | 5 |
| 2 | 550 | Veilleux Alexandre | | M | 2/48 | | Nd Anges | 6:58 | 4 |
| 3 | 640 | Ouellet Simon | | M | 3/48 | | S-Coeur | 7:06 | 3 |
| 4 | 573 | Dufour Stéphanie | | F | 1/56 | | H-Laliberte | 7:16 | 5 |
| 5 | 618 | Doucet James | | M | 4/48 | | S-Coeur | 7:19 | 2 |
| 6 | 580 | Viens Laurie | | F | 2/56 | | H-Laliberte | 7:22 | 4 |
| 7 | 642 | Pelchat Christophe | | M | 5/48 | | S-Coeur | 7:28 | 1 |

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| 8 | 606 | Paquet Gabrielle | F | 3/56 | St-Louis G | 7:30 | 3 |
| 9 | 617 | Bouchard Michael | M | 6/48 | S-Coeur | 7:33 | |
| 10 | 570 | Boudreau-L Virginie | F | 4/56 | H-Laliberte | 7:37 | 2 |
| 11 | 532 | Rodrigue Mathieu | M | 7/48 | Nd Anges | 7:41 | |
| 12 | 482 | Bonneau-G Nicolas | M | 8/48 | Nd Anges | 7:41 | |
| 13 | 528 | Pilon Sophy-Anaele | F | 5/56 | Nd Anges | 7:48 | 1 |
| 14 | 540 | Simard Mathieu | M | 9/48 | Nd Anges | 7:56 | |
| 15 | 639 | Nadeau Anabel | F | 6/56 | S-Coeur | 7:59 | |
| 16 | 531 | Proteau Yannick | M | 10/48 | Nd Anges | 8:01 | |
| 17 | 591 | Pare Davan | M | 11/48 | Bon-Pasteur | 8:03 | |
| 18 | 567 | Théberge Katia | F | 7/56 | Ste-Lucie | 8:04 | |
| 19 | 576 | Laurendeau Miguel | M | 12/48 | H-Laliberte | 8:04 | |
| 20 | 493 | Doré Julie | F | 8/56 | Nd Anges | 8:04 | |
| 21 | 583 | Devin Samuel | M | 13/48 | Bon-Pasteur | 8:07 | |
| 22 | 600 | Hudon Patricia | F | 9/56 | St-Louis G | 8:08 | |
| 23 | 490 | Desgagne Frédérick | M | 14/48 | Nd Anges | 8:10 | |
| 24 | 697 | Leclerc Yvanka | F | 10/56 | La Source | 8:13 | |
| 25 | 477 | Bean Raphaël | M | 15/48 | Nd Anges | 8:14 | |
| 26 | 854 | Bilodeau Michaël | M | 16/48 | Jean Xxiii | 8:15 | |
| 27 | 691 | Bouchard Noémie | F | 11/56 | Nd Anges | 8:19 | |
| 28 | 632 | Lavoie Élodie | F | 12/56 | S-Coeur | 8:20 | |
| 29 | 661 | Halliday Karen | F | 13/56 | Maclean Ms | 8:22 | |
| 30 | 544 | St-Arnault-C Nathalie | F | 14/56 | Nd Anges | 8:23 | |
| 31 | 852 | Lavioe Mathieu | M | 17/48 | Bon-Pasteur | 8:27 | |
| 32 | 560 | Painchaud Amélie | F | 15/56 | Ste-Lucie | 8:28 | |
| 33 | 483 | Bouchard Dominic | M | 18/48 | Nd Anges | 8:29 | |
| 34 | 620 | Gagné Esther | F | 16/56 | S-Coeur | 8:30 | |
| 35 | 619 | Fortin-Dufour Samuel | M | 19/48 | S-Coeur | 8:31 | |
| 36 | 518 | Lavoie Maxim | F | 17/56 | Nd Anges | 8:32 | |
| 37 | 525 | Pare Angélique | F | 18/56 | Nd Anges | 8:32 | |
| 38 | 614 | Besson Marie | F | 19/56 | S-Coeur | 8:33 | |
| 39 | 864 | Deschênes Philippe | M | 20/48 | Nd Du Sourire | 8:35 | |
| 40 | 515 | Lamothe Gabriel | M | 21/48 | Nd Anges | 8:36 | |
| 41 | 511 | Harvey Dominic | M | 22/48 | Nd Anges | 8:37 | |
| 42 | 596 | Charbonneau Pier-Eri | M | 23/48 | St-Louis G | 8:38 | |
| 43 | 578 | Simard Maude | F | 20/56 | H-Laliberte | 8:39 | |
| 44 | 554 | Clément Antoine | M | 24/48 | Ste-Lucie | 8:42 | |
| 45 | 626 | Gagnon Simon | M | 25/48 | S-Coeur | 8:44 | |
| 46 | 491 | Dey-D Xavier | M | 26/48 | Nd Anges | 8:45 | |
| 47 | 646 | Tremblay Jérémie | M | 27/48 | S-Coeur | 8:46 | |
| 48 | 481 | Bérubé Carolane | F | 21/56 | Nd Anges | 8:46 | |
| 49 | 650 | Asselin Nicolas | M | 28/48 | Nd Lourdes | 8:47 | |
| 50 | 581 | Boulianne Émilie | F | 22/56 | Bon-Pasteur | 8:48 | |
| 51 | 845 | Ouellet Mathieu | M | 29/48 | S-Coeur | 8:48 | |
| 52 | 487 | Boudreault Camille | F | 23/56 | Nd Anges | 8:49 | |
| 53 | 648 | Tremblay Pier-Alexandre | M | 30/48 | S-Coeur | 8:50 | |
| 54 | 641 | Paradis Jessica | F | 24/56 | S-Coeur | 8:51 | |
| 55 | 609 | Allard Jean-Christophe | M | 31/48 | S-Coeur | 8:53 | |
| 56 | 848 | Fraser James | M | 32/48 | St-Antoine | 8:54 | |
| 57 | 556 | Genest Alexandre | M | 33/48 | Ste-Lucie | 8:56 | |
| 58 | 647 | Tremblay Léo | M | 34/48 | S-Coeur | 8:56 | |
| 59 | 568 | Bernier Keven | M | 35/48 | H-Laliberte | 8:59 | |
| 60 | 571 | Cloutier J-Francois | M | 36/48 | H-Laliberte | 9:01 | |
| 61 | 516 | Laprise Dylan | M | 37/48 | Nd Anges | 9:02 | |
| 62 | 607 | St-Jean Yoan | M | 38/48 | St-Louis G | 9:03 | |
| 63 | 636 | Martin Elisabeth | F | 25/56 | S-Coeur | 9:04 | |
| 64 | 587 | Gobeil Emilie | F | 26/56 | Bon-Pasteur | 9:04 | |
| 65 | 654 | Marceau-P Alison | F | 27/56 | Nd Lourdes | 9:05 | |
| 66 | 623 | Gagné Sara | F | 28/56 | S-Coeur | 9:10 | |
| 67 | 629 | Kenty Alex | M | 39/48 | S-Coeur | 9:11 | |
| 68 | 599 | Hudon Patrice | M | 40/48 | St-Louis G | 9:11 | |

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| 69 | 574 | Glazer Alexia | | F | 29/56 | H-Laliberte | 9:12 | |
| 70 | 530 | Potvin Elizabeth | | F | 30/56 | Nd Anges | 9:13 | |
| 71 | 489 | Deschenes Frédérick | | M | 41/48 | Nd Anges | 9:17 | |
| 72 | 645 | Simard Camille | | F | 31/56 | S-Coeur | 9:20 | |
| 73 | 638 | Moreau Kim | | F | 32/56 | S-Coeur | 9:21 | |
| 74 | 628 | Hudon Maxim | | M | 42/48 | S-Coeur | 9:22 | |
| 75 | 500 | Gagné-L Alex | | M | 43/48 | Nd Anges | 9:23 | |
| 76 | 631 | Lavoie Alison | | F | 33/56 | S-Coeur | 9:27 | |
| 77 | 696 | Menard Zacary | | M | 44/48 | Nd Rosaire | 9:29 | |
| 78 | 635 | Marceau Simon | | M | 45/48 | S-Coeur | 9:30 | |
| 79 | 624 | Gagnon Christopher | | M | 46/48 | S-Coeur | 9:31 | |
| 80 | 572 | Duchesne Justine | | F | 34/56 | H-Laliberte | 9:33 | |
| 81 | 660 | Filion Justine | | F | 35/56 | Maclean Ms | 9:34 | |
| 82 | 522 | Martel Elodie | | F | 36/56 | Nd Anges | 9:36 | |
| 83 | 653 | Gavillet Rosalie | | F | 37/56 | Nd Lourdes | 9:37 | |
| 84 | 575 | Laprise Ariann | | F | 38/56 | H-Laliberte | 9:52 | |
| 85 | 643 | Perron Julie | | F | 39/56 | S-Coeur | 10:02 | |
| 86 | 610 | Bédard Lydie | | F | 40/56 | S-Coeur | 10:02 | |
| 87 | 625 | Gagnon Julien | | M | 47/48 | S-Coeur | 10:08 | |
| 88 | 480 | Bertrand-L Mélina | | F | 41/56 | Nd Anges | 10:12 | |
| 89 | 615 | Boivin Véronique | | F | 42/56 | S-Coeur | 10:18 | |
| 90 | 498 | Dufour Ka-Sandra | | F | 43/56 | Nd Anges | 10:19 | |
| 91 | 602 | Jacques M-Soleil | | F | 44/56 | St-Louis G | 10:22 | |
| 92 | 630 | Labbé Jennyfer | | F | 45/56 | S-Coeur | 10:27 | |
| 93 | 566 | St-Jean Laurence | | F | 46/56 | Ste-Lucie | 10:42 | |
| 94 | 565 | Simard Marie-Philippee | | F | 47/56 | Ste-Lucie | 10:43 | |
| 95 | 485 | Bouchard Rosalie | | F | 48/56 | Nd Anges | 10:49 | |
| 96 | 680 | Perron Émilie | | F | 49/56 | Des Chutes | 10:54 | |
| 97 | 613 | Bérubé Stacey | | F | 50/56 | S-Coeur | 11:34 | |
| 98 | 611 | Bédard Yvonne | | F | 51/56 | S-Coeur | 11:38 | |
| 99 | 494 | Duchesne Amélie | | F | 52/56 | Nd Anges | 11:57 | |
| 100 | 549 | Vallée Marika | | F | 53/56 | Nd Anges | 12:02 | |