

Coupe du Québec CX #3 - Cowansville-Départ 4
October 03, 2026
C3 H (Men)
winner: 38:10

Pos	Bib	Name	Team	City	StateProv	Category	Age	Gender	License	NatCode	UCIID	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	657	Gagnon-Laparé, Jérémy	Independent	Sherbrooke	Québec	C3 H	32	Men	TEMP	CAN		38:10.00		7:55.72	7:40.16	7:31.97	7:21.11	7:41.04
2	626	Lariviere, Jerome	Bosk-CXLevis	Lévis	Québec	C3 H	48	Men	52419	CAN	100 585 569 61	38:54.54	0'44.54"	7:51.54	7:40.41	7:42.27	7:46.54	7:53.78
3	620	Tremblay, Martin	Indépendant	Québec	Québec	C3 H	56	Men	53935	CAN	100 661 136 65	38:57.21	0'47.21"	8:12.91	7:44.61	7:51.61	7:38.16	7:29.92
4	643	Orange, Robert	Ride with Rendall P/B Biemme	Chelsea	Québec	C3 H	65	Men	51976	CAN	100 590 487 32	39:02.27	0'52.28"	7:54.25	7:39.04	7:39.91	7:56.98	7:52.09
5	648	Heroux Messier, Alex	Independent	Montréal	Québec	C3 H	34	Men	TEMP	CAN		39:22.28	1'12.29"	8:09.13	7:47.20	7:52.37	7:47.05	7:46.53
6	616	Perreault, Nicolas	Vertige Performance	St-Bernard-De-Michaudville	Québec	C3 H	45	Men	56779	CAN	101 735 584 44	39:31.54	1'21.55"	7:59.38	7:49.55	7:53.41	7:50.51	7:58.69
7	619	Reglain, Patrick	VELOSELECT-SILBER	Québec	Québec	C3 H	60	Men	51882	CAN	100 648 789 37	39:32.28	1'22.28"	8:01.69	7:46.36	7:46.79	7:48.21	8:09.23
8	614	Gagne, Frederic	Espoirs Laval	Laval	Québec	C3 H	58	Men	50251	CAN	101 533 663 77	39:35.59	1'25.60"	8:08.01	7:41.83	7:58.25	7:53.69	7:53.82
9	605	Lalonde, Olivier	Vertige Performance	La Presentation	Québec	C3 H	47	Men	55356	CAN	101 605 305 36	39:57.98	1'47.99"	8:03.54	7:50.58	7:56.41	8:09.26	7:58.19
10	644	Gagne, Francis	Normandin musette EC	Québec	Québec	C3 H	36	Men	52053	CAN	100 957 026 08	39:58.85	1'48.86"	8:00.50	7:51.99	8:07.99	8:02.98	7:55.39
11	654	Shinozuka, Rikigoro	Équipe cycliste Scuderia	Montréal	Québec	C3 H	32	Men	TEMP	CAN		40:01.51	1'51.51"	8:52.66	7:48.61	7:51.18	7:55.54	7:33.51
12	641	Savoie, Shawny	WestShefford/St-Onge/Vélomania	Granby	Québec	C3 H	32	Men	56422	CAN	101 667 683 43	40:02.98	1'52.99"	7:58.16	7:44.23	7:59.14	8:14.26	8:07.19
13	618	Lane, Mario	VELOSELECT-SILBER	Rawdon	Québec	C3 H	60	Men	52600	CAN	100 623 007 57	40:04.52	1'54.52"	8:28.35	7:59.59	7:48.12	7:59.75	7:48.72
14	604	Gibeault, Mathieu	CC MARAUDEURS	Montreal	Québec	C3 H	43	Men	TEMP	CAN		40:07.37	1'57.37"	8:25.85	7:50.88	8:00.57	8:03.62	7:46.45
15	613	East, Alexandre	CC Mont-Sainte-Anne	Québec	Québec	C3 H	32	Men	56402	CAN	100 135 388 57	40:08.66	1'58.66"	8:22.41	7:52.27	7:59.62	8:07.86	7:46.49
16	612	Lajoie, Claude	Club Vélo Montagne 3R	La Visitation-De-Yamaska	Québec	C3 H	64	Men	53356	CAN	100 842 723 68	40:09.50	1'59.50"	7:56.94	8:02.64	8:06.92	8:07.48	7:55.51
17	610	Richard, Guillaume	Indépendant	St-Herménégilde	Québec	C3 H	42	Men	55625	CAN	101 631 367 05	40:10.74	2'00.75"	8:10.10	8:07.46	8:01.80	8:04.92	7:46.47
18	615	Leduc, Christian	Vertige Performance	Ste-Madeleine	Québec	C3 H	52	Men	50337	CAN	100 937 332 05	40:12.83	2'02.83"	8:18.79	7:54.32	8:00.16	8:06.08	7:53.48
19	636	Belanger-Drouin, Miguel	Independent			C3 H	55	Men	50441	CAN		40:26.76	2'16.76"	8:21.35	8:14.47	7:58.76	7:59.43	7:52.75
20	649	Kennedy, Dustin	Équipe cycliste Scuderia	Montreal	Québec	C3 H	39	Men	56544	CAN	101 716 984 68	40:28.80	2'18.81"	8:27.32	8:07.55	7:56.53	8:07.30	7:50.10
21	603	Massicotte, Frederic	Indépendant	Québec	Québec	C3 H	50	Men	51525	CAN	100 608 378 75	41:00.14	2'50.14"	8:17.44	8:08.03	8:18.30	8:12.98	8:03.38
22	652	Lukaszewicz, Czeslaw	VELO SELECT-SILBER	Ste-Martine	Québec	C3 H	63	Men	51897	CAN	100 525 147 70	41:01.73	2'51.74"	8:38.51	8:05.70	8:05.37	8:05.34	8:06.82
23	609	Lessard, Alexandre	Lapraicycle	Candiac	Québec	C3 H	41	Men	TEMP	CAN	101 778 229 09	41:14.69	3'04.70"	8:32.10	8:01.54	8:14.16	8:16.21	8:10.68
24	607	Caron, David	Club Mathieu Performance	Québec	Québec	C3 H	47	Men	51932	CAN	101 295 931 92	41:22.60	3'12.61"	8:24.57	8:17.77	8:09.43	8:14.28	8:16.57
25	655	Tomaszewski, Marcel	Independent	Mount Royal	Québec	C3 H	35	Men	TEMP	CAN		41:27.91	3'17.91"	8:42.38	8:08.03	8:12.19	8:19.91	8:05.39
26	647	Gauvin, Éric	ENDURANCE CNCB	Bromont	Québec	C3 H	47	Men	TEMP	CAN		41:28.55	3'18.56"	8:44.10	8:09.08	8:11.13	8:21.25	8:02.99
27	651	Lemay, Olivier	Lapraicycle	Carignan	Québec	C3 H	48	Men	51646	CAN	101 251 271 52	42:00.18	3'50.18"	9:00.01	8:16.22	8:08.92	8:19.99	8:15.05
28	635	Plamondon, Gerald	Espoirs Laval	Montréal	Québec	C3 H	58	Men	53062	CAN	100 596 710 47	42:00.88	3'50.88"	9:09.63	8:16.30	8:06.09	8:20.35	8:08.51
29	627	Robert, Guillaume	Indépendant	Mascouche	Québec	C3 H	51	Men	54056	CAN	101 455 425 21	42:29.41	4'19.42"	8:36.82	8:18.43	8:31.44	8:36.25	8:26.48
30	638	Rodier, Frederic	Vertige Performance	St-Liboire	Québec	C3 H	53	Men	52884	CAN	101 083 520 14	43:32.51	5'22.52"	8:40.01	8:44.11	8:47.76	8:41.34	8:39.30
31	632	Bernat, Gilles	CC de Sherbrooke Indépendant	Sherbrooke	Québec	C3 H	53	Men	51708	CAN	101 271 969 89	43:35.34	5'25.34"	8:58.35	8:32.71	8:43.66	8:34.52	8:46.09
32	637	Conchon, Gregory	Independent			C3 H	33	Men	TEMP	FRA		43:41.87	5'31.87"	8:46.29	8:32.45	8:46.96	8:52.46	8:43.72
33	650	Laniel, Jean-Christophe	Indépendant	Montreal	Québec	C3 H	37	Men	TEMP	CAN	101 671 751 37	44:15.26	6'05.27"	9:07.35	8:31.98	8:45.49	8:55.43	8:55.02
34	623	Lemelin, Pascal	Indépendant	Saint-Basile-Le-Grand	Québec	C3 H	51	Men	56500	CAN	101 706 951 26	44:16.10	6'06.11"	9:01.26	8:34.39	8:50.48	8:52.14	8:57.84
35	601	Charbonneau, Yannick	Julbo-Union	Shefford	Québec	C3 H	51	Men	51236	CAN	100 619 010 37	44:35.41	6'25.41"	8:56.94	8:39.82	8:41.57	9:04.56	9:12.51
36	653	Munn, Jonathan	CNCB	Bromont	Québec	C3 H	47	Men	50714	CAN	101 143 832 89	46:14.64	8'04.65"	9:11.60	9:02.47	9:24.11	9:14.13	9:22.33
37	606	Paquin, Nicolas	WestShefford/St-Onge/Vélomania	Victoriaville	Québec	C3 H	50	Men	50199	CAN	100 524 128 21	47:08.25	8'58.26"	9:06.41	9:19.28	9:28.63	9:25.09	9:48.83
38	617	Dery, Mathieu	Équipe de compétion RBN	St-Raymond	Québec	C3 H	53	Men	53108	CAN	100 632 059 88	39:11.51	-1 lap	9:37.82	9:25.88	9:55.24	10:12.56	
39	645	Aumont-Lemire, Philippe	Independent	Montreal	Québec	C3 H	42	Men	TEMP	CAN		43:08.93	-1 lap	10:51.01	10:36.56	10:49.64	10:51.71	
DNS	640	Miller, Jordan	Équipe cycliste Scuderia	Montréal	Québec	C3 H	34	Men	52554	CAN	100 532 119 58							



Coupe du Québec CX #3 - Cowansville-Départ 4
October 03, 2026
C4 H (Men)
winner: 42:25

Pos	Bib	Name	Team		City	StateProv	Category	Age	Gender	License	NatCode	UCIID	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	710	Allie, Pascal	Équipe Studio Vélo		Drummondville	Québec	C4 H	55	Men	53173	CAN	100 585 624 19	42:25.24		8:51.01	8:11.13	8:26.87	8:28.13	8:28.11
2	711	Lessard, Marco	WestShefford/St-Onge/Vélomania		Granby	Québec	C4 H	59	Men	51181	CAN	100 524 087 77	42:53.17	0'27.92"	9:03.26	8:17.83	8:20.46	8:35.57	8:36.05
3	716	Faucher, Luc	WestShefford/St-Onge/Vélomania	CNCB	Montréal	Québec	C4 H	64	Men	TEMP	CAN	100 603 568 18	43:04.42	0'39.17"	9:04.72	8:17.92	8:22.20	8:33.27	8:46.30
4	723	Rouillard, Philippe	WestShefford/St-Onge/Vélomania		Dunham	Québec	C4 H	56	Men	55572	CAN	101 151 618 18	43:56.14	1'30.90"	8:54.85	8:45.97	8:42.25	8:52.05	8:41.03
5	719	Coutur, Jean Marc	Équipe Studio Vélo		Drummondville	Québec	C4 H	69	Men	51821	CAN	100 547 802 27	44:54.91	2'29.67"	9:19.73	8:40.52	8:46.96	9:04.55	9:03.16
6	724	Vialle, William	TOYOTA ST EUSTACHE		Morin Heights	Québec	C4 H	61	Men	51900	CAN	100 519 944 08	45:14.38	2'49.14"	9:26.29	8:50.84	9:01.98	9:00.44	8:54.83
7	725	PERREAULT, RENÉ	Independent				C4 H	60	Men	TEMP	CAN		47:25.43	5'00.18"	10:13.26	9:18.68	9:15.22	9:21.90	9:16.37
8	726	TOUGAS, FREDERICK	Independent				C4 H	63	Men	TEMP	CAN		39:37.61	-1 lap	10:03.88	9:25.52	10:03.68	10:04.53	
9	714	Lizee, Ross	Indépendant		Laval	Québec	C4 H	62	Men	57540	CAN	101 773 154 75	40:06.36	-1 lap	10:42.13	9:48.89	9:50.91	9:44.44	



Coupe du Québec CX #3 - Cowansville-Départ 4
October 03, 2026
Sport H (Men)
winner: 38:08

Pos	Bib	Name	Team	City	StateProv	Category	Age	Gender	License	NatCode	UCIID	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4
1	223	Choinière Codaire, Antoine	WestShefford/St-Onge/Vélomania	Bromont	Québec	Sport H	43	Men	TEMP	CAN	100 846 280 36	38:08.27		9:24.66	9:13.95	9:35.76	9:53.90
2	220	Leblanc, Kevin	Indépendant	Ste-Clothilde De Horton	Québec	Sport H	46	Men	TEMP	CAN	101 780 688 43	39:17.31	1'09.05"	9:53.41	9:40.05	9:48.31	9:55.53
3	222	CHARBONNEAU, OLIVIER	Independent			Sport H	23	Men	TEMP	CAN		37:38.60	-1 lap	12:26.86	12:18.59	12:53.15	