



Coupe du Québec CX #7 - Saint-Constant-Départ 4

October 24, 2026

C3 H (Men)

winner: 39:25

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	626	Larivière, Jerome	Bosk-CXLevis	Lévis	Québec	C3 H	48	Men	52419	🇨🇦 CAN	100 585 569 61	39:24.81		7:32.49	7:54.51	7:55.12	7:56.98	8:05.71
2	618	Lane, Mario	VELO SELECT-SILBER	Rawdon	Québec	C3 H	60	Men	52600	🇨🇦 CAN	100 623 007 57	40:11.05	0'46.24"	7:43.51	8:09.23	7:57.45	8:07.13	8:13.72
3	619	Reglain, Patrick	VELO SELECT-SILBER	Québec	Québec	C3 H	60	Men	51882	🇨🇦 CAN	100 648 789 37	40:39.15	1'14.34"	8:06.45	8:09.35	8:05.36	8:07.49	8:10.49
4	652	Lukaszewicz, Czeslaw	VELO SELECT-SILBER	Ste-Martine	Québec	C3 H	63	Men	51897	🇨🇦 CAN	100 525 147 70	40:41.48	1'16.67"	7:48.26	8:06.92	8:11.81	8:11.69	8:22.80
5	605	Lalonde, Olivier	Vertige Performance	La Presentation	Québec	C3 H	47	Men	55356	🇨🇦 CAN	101 605 305 36	40:44.85	1'20.04"	7:45.30	8:03.26	8:15.62	8:17.38	8:23.29
6	641	Savoie, Shawny	WestShefford/St-Onge/Vélomania	Granby	Québec	C3 H	32	Men	56422	🇨🇦 CAN	101 667 683 43	41:18.20	1'53.39"	7:58.33	8:11.07	8:06.63	8:21.03	8:41.14
7	612	Lajoie, Claude	Club Vélo Montagne 3R	La Visitation-De-Yamaska	Québec	C3 H	64	Men	53356	🇨🇦 CAN	100 842 723 68	41:19.76	1'54.94"	7:39.08	8:11.57	8:27.80	8:37.82	8:23.48
8	614	Gagne, Frederic	Espoirs Laval	Laval	Québec	C3 H	58	Men	50251	🇨🇦 CAN	101 533 663 77	41:26.88	2'02.06"	8:05.20	8:11.92	8:16.16	8:29.51	8:24.09
9	609	Lessard, Alexandre	Lapraicycle	Candiac	Québec	C3 H	41	Men	TEMP	🇨🇦 CAN	101 778 229 09	41:40.31	2'15.49"	7:57.08	8:16.26	8:24.42	8:28.12	8:34.43
10	669	Lalonde, Charles-Antoine	Cannondale Échelon p/b 4iiii	Prévost	Québec	C3 H	40	Men	51401	🇨🇦 CAN	101 297 193 93	41:50.92	2'26.10"	8:13.14	8:22.04	8:20.11	8:25.98	8:29.65
11	676	Cote, Charles Antoine	SIBOIRE QuiRoule	Sherbrooke	Québec	C3 H	25	Men	50022	🇨🇦 CAN	100 527 785 89	42:09.37	2'44.55"	8:03.92	8:18.48	8:36.06	8:34.71	8:36.21
12	627	Robert, Guillaume	Indépendant	Mascouche	Québec	C3 H	51	Men	54056	🇨🇦 CAN	101 455 425 21	42:36.30	3'11.48"	8:09.86	8:39.79	8:35.85	8:37.82	8:32.99
13	635	Plamondon, Gerald	Espoirs Laval	Montréal	Québec	C3 H	58	Men	53062	🇨🇦 CAN	100 596 710 47	42:47.04	3'22.22"	8:16.58	8:53.45	8:28.63	8:40.14	8:28.25
14	648	Heroux Messier, Alex	Independent	Montréal	Québec	C3 H	34	Men	TEMP	🇨🇦 CAN		42:49.10	3'24.28"	8:02.52	8:22.76	8:46.02	8:53.44	8:44.36
15	610	Richard, Guillaume	Indépendant	St-Herménégilde	Québec	C3 H	42	Men	55625	🇨🇦 CAN	101 631 367 05	42:56.44	3'31.63"	8:01.17	8:26.73	8:33.89	8:56.74	8:57.92
16	607	Caron, David	Club Mathieu Performance	Québec	Québec	C3 H	47	Men	51932	🇨🇦 CAN	101 295 931 92	43:51.71	4'26.89"	8:00.02	8:31.85	8:52.22	9:07.90	9:19.72
17	656	Salenikovitch, Stepan	Independent	Montréal	Québec	C3 H	40	Men	TEMP	🇨🇦 CAN		44:12.69	4'47.87"	8:21.67	8:53.76	8:53.01	9:03.35	9:00.90
18	636	Belanger-Drouin, Miguel	Independent			C3 H	55	Men	50441	🇨🇦 CAN		44:24.92	5'00.10"	7:46.73	8:20.51	9:08.48	9:33.80	9:35.39
19	630	Oliveira, Ari	CC de l'Académie	St-Lambert	Québec	C3 H	50	Men	50786	🇨🇦 CAN	101 309 562 46	44:34.74	5'09.92"	8:39.29	8:43.60	9:00.00	9:05.04	9:06.80
20	668	Blackburn, Karl	Dynamiks Vertige	Mont-St-Hilaire	Québec	C3 H	59	Men	51493	🇨🇦 CAN	100 825 737 57	45:02.39	5'37.58"	8:53.54	8:57.00	9:09.66	9:06.83	8:55.36
21	601	Charbonneau, Yannick	Julbo-Union	Shefford	Québec	C3 H	51	Men	51236	🇨🇦 CAN	100 619 010 37	48:44.50	9'19.68"	9:07.29	9:15.49	9:41.92	10:13.92	10:25.87
22	621	Proulx, Jean Francois	Indépendant	Ste-Adèle	Québec	C3 H	52	Men	53894	🇨🇦 CAN	100 586 822 53	39:30.35	-1 lap	9:35.54	9:46.83	9:59.15	10:08.83	
23	606	Paquin, Nicolas	WestShefford/St-Onge/Vélomania	Victoriaville	Québec	C3 H	50	Men	50199	🇨🇦 CAN	100 524 128 21	39:39.12	-1 lap	9:26.20	10:09.57	10:03.51	9:59.84	
24	637	Conchon, Gregory	Independent	Montréal	Québec	C3 H	33	Men	TEMP	🇫🇷 FRA		39:44.27	-1 lap	8:37.42	9:48.25	10:20.64	10:57.96	
25	625	Hunt, Daniel	Indépendant	Montréal	Québec	C3 H	37	Men	TEMP	🇨🇦 CAN	100 648 971 25	41:37.87	-1 lap	9:48.13	10:24.55	10:38.04	10:47.15	
26	617	Dery, Mathieu	Équipe de compéition RBN	St-Raymond	Québec	C3 H	53	Men	53108	🇨🇦 CAN	100 632 059 88	43:03.86	-1 lap	9:31.42	10:27.03	10:59.89	12:05.52	
DNS	622	Monette, Pierre-Philippe	Indépendant	Montréal	Québec	C3 H	35	Men	57350	🇨🇦 CAN	101 756 188 84							



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October 24, 2026

C4 H (Men)

winner: 41:55

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	717	Bilodeau, Jacques	WestShefford/St-Onge/Vélomania	Sherbrooke	Québec	C4 H	63	Men	52078	🇨🇦 CAN	100 605 922 44	41:55.17		8:06.82	8:27.23	8:21.52	8:30.84	8:28.77
2	710	Allie, Pascal	Équipe Studio Vélo	Drummondville	Québec	C4 H	55	Men	53173	🇨🇦 CAN	100 585 624 19	43:52.23	1'57.05"	8:00.67	8:31.76	8:55.97	9:11.77	9:12.06
3	711	Lessard, Marco	WestShefford/St-Onge/Vélomania	Granby	Québec	C4 H	59	Men	51181	🇨🇦 CAN	100 524 087 77	45:15.03	3'19.85"	8:41.20	9:02.05	8:58.29	9:11.72	9:21.78
4	716	Faucher, Luc	WestShefford/St-Onge/Vélomania	Montréal	Québec	C4 H	64	Men	TEMP	🇨🇦 CAN	100 603 568 18	45:21.53	3'26.36"	8:39.76	8:51.23	9:13.70	9:05.66	9:31.18
5	719	Coutur, Jean Marc	Équipe Studio Vélo	Drummondville	Québec	C4 H	69	Men	51821	🇨🇦 CAN	100 547 802 27	45:38.29	3'43.12"	8:48.67	9:01.17	9:08.96	9:20.88	9:18.61
6	721	HUI, John-Patrick	JOHN-PATRICK HUI	St-Jean-Sur-Richelieu	Québec	C4 H	56	Men	TEMP	🇨🇦 CAN		45:52.27	3'57.10"	8:52.85	9:11.32	9:14.62	9:22.21	9:11.27
7	729	Comaniuk, Mark	Indépendant	Lachine	Québec	C4 H	62	Men	53348	🇨🇦 CAN	100 029 525 21	46:02.72	4'07.54"	8:55.38	9:11.93	9:22.88	9:19.02	9:13.49
8	714	Lizee, Ross	Indépendant	Laval	Québec	C4 H	62	Men	57540	🇨🇦 CAN	101 773 154 75	41:07.05	-1 lap	10:12.66	10:21.09	10:18.09	10:15.21	
9	712	Marcotte, Guy	WestShefford/St-Onge/Vélomania	Sherbrooke	Québec	C4 H	73	Men	51037	🇨🇦 CAN	100 520 075 42	42:06.79	-1 lap	10:20.07	10:36.18	10:42.29	10:28.25	
10	726	TOUGAS, FREDERICK	Indépendant	Ste-Martine	Québec	C4 H	63	Men	53987	🇨🇦 CAN	100 653 261 47	42:08.67	-1 lap	10:10.32	10:29.59	10:42.90	10:45.86	
DNF	724	Vialle, William	TOYOTA ST EUSTACHE	Morin Heights	Québec	C4 H	61	Men	51900	🇨🇦 CAN	100 519 944 08			10:37.14				
DNS	715	Abray, Thomas	Martin Swiss	Montreal	Québec	C4 H	57	Men	TEMP	🇨🇦 CAN	100 591 788 72							



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October 24, 2026

Sport H (Men)

winner: 47:01

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	235	Brown-Bourne, Christopher	GOLDEN GATE TRIATHLON CLUB	Montréal	Québec	Sport H	30	Men	TEMP	🇨🇦	CAN	47:01.02		9:36.70	9:20.49	9:21.64	9:02.33	9:39.86	
2	223	Choinière Codaire, Antoine	WestShefford/St-Onge/Véloromania	Bromont	Québec	Sport H	43	Men	TEMP	🇨🇦	CAN	100 846 280 36	48:39.30	1'38.28"	9:18.45	9:36.15	9:47.77	10:09.16	9:47.77
3	220	Leblanc, Kevin	Indépendant	Ste-Clothilde De Horton	Québec	Sport H	46	Men	TEMP	🇨🇦	CAN	101 780 688 43	49:46.90	2'45.88"	9:20.16	10:04.72	10:05.00	10:12.02	10:05.00
4	221	Desrochers, François	Indépendant	St-Bruno	Québec	Sport H	53	Men	57594	🇨🇦	CAN	101 781 184 54	51:05.40	4'04.38"	9:25.69	10:07.20	10:18.98	10:54.54	10:18.98
5	234	Breier, Thibault	Independent	Montréal	Québec	Sport H	31	Men	TEMP	🇨🇦	CAN	58:34.94	11'33.93"	10:17.00	11:28.58	12:22.99	12:13.18	12:13.18	12:13.18