

| 10 km | AMSF | Forêt Montymorency | 11,4 km | moins 18 C | |
|-------|-----------|--------------------|------------|---------------|----------|
| Sexe | Catégorie | Rang | Nom | Prénom | Temps |
| F | 30-39 | 1 | Lessard | Sarah | 00:42:44 |
| F | 40-49 | 2 | Tisseyre | Magalie | 00:43:52 |
| F | 40-49 | 3 | Lessard | Mélanie | 00:44:14 |
| F | 60-69 | 4 | Martineau | Louise | 00:45:41 |
| F | 50-59 | 5 | Labelle | Lise | 00:48:06 |
| H | 20-29 | 1 | Bibeau | Louis | 00:31:34 |
| H | 20-29 | 2 | Nicol | Antoine | 00:32:49 |
| H | 40-49 | 3 | Dalcourt | Claude | 00:32:57 |
| H | 30-39 | 4 | Bouchard | David | 00:34:13 |
| H | 50-59 | 5 | Tremblay | Luc | 00:34:15 |
| H | 20-29 | 6 | Grenier | Étienne | 00:34:54 |
| H | 50-59 | 7 | Martel | Laurent | 00:35:09 |
| H | 60-69 | 8 | Leblanc | Michel | 00:35:10 |
| H | 40-49 | 9 | Michaud | Francis | 00:36:10 |
| H | 30-39 | 10 | Lachance | Julien | 00:36:13 |
| H | 40-49 | 11 | Lavoie | Sylvain | 00:36:47 |
| H | 50-59 | 12 | Bilodeau | Jean-François | 00:37:23 |
| H | 60-69 | 13 | Vézina | Jocelyn | 00:37:26 |
| H | 60-69 | 14 | Chaput | Claude | 00:38:16 |
| H | 40-49 | 15 | Brochu | Frédéric | 00:38:17 |
| H | 60-69 | 16 | Gauvin | André | 00:39:00 |
| H | 40-49 | 17 | Dube | Pier-Luc | 00:39:26 |
| H | 70+ | 18 | Beaulieu | Gaétan | 00:39:26 |
| H | 60-69 | 19 | Thibault | Simon | 00:39:47 |
| H | 50-59 | 20 | Desrapes | Alain | 00:39:53 |
| H | 40-49 | 21 | Gervais | Félix | 00:40:21 |
| H | 40-49 | 22 | Merrett | Patrick | 00:40:40 |
| H | 50-59 | 23 | Gelinas | Francis | 00:42:21 |
| H | 60-69 | 24 | Massicotte | Martin | 00:42:53 |
| H | 50-59 | 25 | Mcneely | Dominique | 00:43:02 |
| H | 50-59 | 26 | Gauvin | Claude | 00:43:08 |
| H | 50-59 | 27 | Harris | Martin | 00:44:15 |
| H | 60-69 | 28 | Martin | Eric | 00:45:31 |
| H | 60-69 | 29 | Belzile | Louis | 00:45:46 |
| H | 70+ | 30 | Ethier | Pierre | 00:49:09 |
| H | 50-59 | 31 | Gagnon | Jean-François | 00:53:30 |
| H | 60-69 | 32 | Faltus | Robert | 00:53:36 |