

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
188,60	70	0:00:00	80	0:00:00	90	0:00:00	95	0:00:00
190,20	80	0:01:22	90	0:01:12	95	0:01:04	100	0:01:00
193,10	80	0:03:32	90	0:03:08	95	0:02:53	100	0:02:45
199,17	75	0:08:05	85	0:07:10	90	0:06:43	95	0:06:23
200,87	75	0:09:27	85	0:08:22	90	0:07:51	95	0:07:27
202,95	55	0:11:07	65	0:09:50	75	0:09:15	85	0:08:46
204,10	55	0:12:22	65	0:10:54	75	0:10:10	85	0:09:35
206,06	65	0:14:30	75	0:12:43	85	0:11:44	90	0:10:58
207,13	50	0:15:30	60	0:13:34	70	0:12:29	80	0:11:41
208,86	70	0:17:34	80	0:15:18	90	0:13:58	95	0:12:59
209,29	80	0:17:56	90	0:15:37	95	0:14:15	100	0:13:15
213,38	80	0:21:00	90	0:18:21	95	0:16:50	100	0:15:42
215,32	55	0:22:28	65	0:19:38	75	0:18:04	85	0:16:52
216,05	65	0:23:16	75	0:20:19	85	0:18:39	90	0:17:23
218,42	75	0:25:27	85	0:22:13	90	0:20:19	95	0:18:58
221,04	75	0:27:33	85	0:24:04	90	0:22:04	95	0:20:37
222,16	80	0:28:26	90	0:24:51	95	0:22:49	100	0:21:19
227,29	80	0:32:17	90	0:28:16	95	0:26:03	100	0:24:24
232,83	55	0:36:26	65	0:31:58	75	0:29:33	85	0:27:44
233,37	70	0:37:02	80	0:32:28	90	0:29:59	95	0:28:06
234,26	65	0:37:48	75	0:33:08	85	0:30:35	90	0:28:40
235,30	70	0:38:45	80	0:33:58	90	0:31:19	95	0:29:22
238,98	80	0:41:54	90	0:36:43	95	0:33:46	100	0:31:41
242,90	80	0:44:51	90	0:39:20	95	0:36:15	100	0:34:02
249,41	50	0:49:44	55	0:43:40	65	0:40:21	65	0:37:57
249,90	50	0:50:19	55	0:44:12	65	0:40:48	65	0:38:24
250,62	60	0:51:11	70	0:45:00	80	0:41:28	85	0:39:04
252,75	65	0:53:19	75	0:46:49	80	0:43:04	85	0:40:34
253,85	60	0:54:20	70	0:47:42	80	0:43:54	90	0:41:21
255,49	50	0:55:58	60	0:49:06	70	0:45:07	80	0:42:26
256,26	65	0:56:53	75	0:49:53	80	0:45:47	85	0:43:01
256,71	80	0:57:18	90	0:50:14	95	0:46:07	100	0:43:20
262,66		1:01:46		0:54:12		0:49:53		0:46:54

règlement art. 5.9.3: pointage anticipé autorisé au FNT  
 regulations art. 5.9.3: early check-in allowed at FNT

**MAXI TARGET TIMES**  
**NAVIGATION TEST**  
**NT 5.2**

H4	H3	H2	H1	H2t	H1t
2h30	2h52	3h15	3h37	3h15	3h37

**WAYPOINTS TO VALIDATE**  
**NAVIGATION TEST**  
**NT 5.2**

BOX	PK	TYPE
55	263,82	SNT
56	264,83	WP A
57	266,06	WP A
58	268,05	WP A
59	268,35	WP A
60	270,93	WP B
61	272,46	WP A
62	274,88	WP B
63	275,75	WP A
64	277,40	WP A
65	278,96	WP A
66	282,93	WP B
67	284,10	WP A
68	284,54	WP A

<b>BOX</b>	<b>PK</b>	<b>TYPE</b>
69	285,31	WP A
70	285,57	WP A
71	286,86	WP A
72	292,87	WP B
73	294,07	WP A
74	295,53	WP A
75	298,28	WP B
76	301,11	WP B
77	305,78	WP B
78	307,21	WP A
79	311,46	WP B
80	313,39	WP A
81	314,22	WP A
82	315,54	WP A
83	316,16	WP A
84	316,90	WP A
85	323,40	WP B
86	324,88	WP A
87	327,89	WP B
88	329,41	WP A
89	337,18	WP B
90	340,55	WP B
91	347,32	WP B
92	352,32	WP B
93	362,44	WP B
94	367,37	WP B
95	370,55	WP B
96	371,78	WP A

<b>BOX</b>	<b>PK</b>	<b>TYPE</b>
97	376,72	WP B
98	380,50	FNT

règlement art. 5.9.3: pointage anticipé autorisé au FNT  
 regulations art. 5.9.3: early check-in allowed at FNT

**MAXI TARGET TIMES**  
**NAVIGATION TEST**  
**NT 5.3**

H4	H3	H2	H1	H2t	H1t
2h15	2h35	2h55	3h15	2h55	3h15

**WAYPOINTS TO VALIDATE**  
**NAVIGATION TEST**  
**NT 5.3**

BOX	PK	TYPE
99	381,78	SNT
100	386,88	WP B
101	391,22	WP B
102	393,05	WP A
103	394,30	WP A
104	398,36	WP B
105	402,09	WP B
106	402,76	WP A
107	407,47	WP B
108	408,88	WP A
109	409,93	WP A
110	410,83	WP A
111	412,14	WP A
112	412,92	WP A

<b>BOX</b>	<b>PK</b>	<b>TYPE</b>
113	413,85	WP A
114	414,27	WP A
115	414,51	WP A
116	420,53	WP B
117	428,47	WP B
118	436,70	WP B
119	440,54	WP B
120	443,88	WP B
121	458,29	WP B
122	467,99	WP B
123	476,89	WP B
124	486,33	WP B
125	499,31	WP B
126	504,33	FNT