

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
148,24	45	0:00:00	50	0:00:00	60	0:00:00	65	0:00:00
148,77	50	0:00:42	55	0:00:38	65	0:00:31	75	0:00:29
149,15	50	0:01:09	55	0:01:03	65	0:00:52	75	0:00:47
150,57	55	0:02:52	60	0:02:35	70	0:02:11	80	0:01:55
151,35	50	0:03:43	55	0:03:22	65	0:02:51	75	0:02:30
152,37	50	0:04:56	55	0:04:29	65	0:03:48	75	0:03:19
153,85	60	0:06:43	65	0:06:06	75	0:05:10	85	0:04:30
154,83	55	0:07:41	60	0:07:00	70	0:05:57	80	0:05:12
155,48	55	0:08:24	60	0:07:39	70	0:06:30	80	0:05:41
157,31	45	0:10:24	50	0:09:29	60	0:08:04	70	0:07:03
158,24	55	0:11:38	60	0:10:36	70	0:09:00	80	0:07:51
159,04	40	0:12:30	45	0:11:24	50	0:09:41	60	0:08:27
159,49	40	0:13:11	45	0:12:00	50	0:10:13	60	0:08:54
159,88	40	0:13:46	45	0:12:31	50	0:10:42	60	0:09:18
160,30	45	0:14:24	50	0:13:05	55	0:11:12	65	0:09:43
161,43	40	0:15:54	45	0:14:26	50	0:12:26	60	0:10:45
162,32	50	0:17:14	55	0:15:37	65	0:13:30	75	0:11:39
163,37	40	0:18:30	45	0:16:46	50	0:14:28	60	0:12:29
164,25	40	0:19:49	40	0:17:56	45	0:15:31	50	0:13:22
164,62	45	0:20:22	50	0:18:30	55	0:16:01	65	0:13:49
165,78	35	0:21:55	40	0:19:53	45	0:17:17	50	0:14:53
166,62	30	0:23:22	35	0:21:09	40	0:18:24	45	0:15:53
166,88	40	0:23:53	45	0:21:36	50	0:18:48	60	0:16:14
167,38	40	0:24:38	45	0:22:16	50	0:19:24	60	0:16:44
168,00	40	0:25:34	45	0:23:05	50	0:20:08	60	0:17:21
168,59	40	0:26:27	45	0:23:52	50	0:20:51	60	0:17:57
168,91	35	0:26:56	40	0:24:18	45	0:21:14	50	0:18:16
170,24	40	0:29:12	45	0:26:18	50	0:23:00	60	0:19:52
172,14	40	0:32:03	40	0:28:50	45	0:25:17	50	0:21:46
172,69	40	0:32:53	45	0:29:39	50	0:26:01	60	0:22:25
173,24	40	0:33:42	45	0:30:23	50	0:26:40	60	0:22:58
174,21	35	0:35:10	40	0:31:41	45	0:27:50	50	0:23:57
174,81	35	0:36:11	40	0:32:35	45	0:28:38	50	0:24:40
175,85	40	0:37:58	45	0:34:08	50	0:30:02	60	0:25:55
176,38	40	0:38:46	45	0:34:51	50	0:30:40	60	0:26:26
177,60	50	0:40:36	55	0:36:28	65	0:32:08	70	0:27:40
178,66	35	0:41:52	40	0:37:38	45	0:33:06	50	0:28:34
179,48	40	0:43:16	45	0:38:52	50	0:34:12	60	0:29:33
181,13	45	0:45:45	50	0:41:04	55	0:36:11	65	0:31:12
181,77	30	0:46:36	35	0:41:50	40	0:36:53	45	0:31:48
182,26	40	0:47:35	45	0:42:40	50	0:37:37	60	0:32:27
183,13	50	0:48:53	55	0:43:50	65	0:38:39	70	0:33:19
183,82	45	0:49:43	50	0:44:35	60	0:39:17	65	0:33:55
185,33	35	0:51:44	40	0:46:24	45	0:40:48	50	0:35:18
185,54	50	0:52:05	60	0:46:42	70	0:41:05	80	0:35:33
186,15	60	0:52:49	65	0:47:19	75	0:41:36	85	0:36:01
187,21	60	0:53:53	65	0:48:18	75	0:42:27	85	0:36:46
187,80	60	0:54:28	70	0:48:50	80	0:42:55	90	0:37:11
189,25	70	0:55:55	80	0:50:05	90	0:44:01	95	0:38:09
192,51	60	0:58:43	70	0:52:32	80	0:46:11	90	0:40:12
193,18	60	0:59:23	70	0:53:06	80	0:46:41	90	0:40:39
193,46	60	0:59:40	70	0:53:21	80	0:46:54	90	0:40:50
195,15	50	1:01:21	55	0:54:47	65	0:48:10	70	0:41:58
195,71	50	1:02:02	55	0:55:24	65	0:48:41	70	0:42:27
196,44	40	1:02:54	45	0:56:12	50	0:49:21	60	0:43:04
197,05	50	1:03:49	55	0:57:01	65	0:50:05	70	0:43:41
197,43	50	1:04:16	55	0:57:26	65	0:50:26	70	0:44:00
198,60	45	1:05:41	50	0:58:42	60	0:51:31	65	0:45:00

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
198,85	35	1:06:01	40	0:59:00	45	0:51:46	50	0:45:14
199,02	55	1:06:18	65	0:59:15	75	0:52:00	85	0:45:27
199,88	50	1:07:15	60	1:00:03	70	0:52:41	80	0:46:03
200,73	50	1:08:16	60	1:00:54	70	0:53:25	80	0:46:41
202,10	40	1:09:54	45	1:02:16	50	0:54:35	60	0:47:43
204,16	45	1:13:00	50	1:05:01	55	0:57:03	65	0:49:46
204,43	35	1:13:21	40	1:05:21	45	0:57:21	50	0:50:01
204,82	45	1:14:01	50	1:05:56	55	0:57:52	65	0:50:29
205,59	40	1:15:03	40	1:06:51	45	0:58:43	50	0:51:12
206,17	45	1:15:55	50	1:07:43	60	0:59:29	70	0:51:54
208,07	45	1:18:27	50	1:10:00	55	1:01:23	65	0:53:32
208,98	50	1:19:40	55	1:11:06	65	1:02:23	75	0:54:22
210,27	50	1:21:13	55	1:12:30	65	1:03:34	75	0:55:24
211,29	45	1:22:26	50	1:13:37	60	1:04:31	70	0:56:13
211,88	45	1:23:14	50	1:14:19	60	1:05:06	70	0:56:43
212,07	55	1:23:29	60	1:14:33	70	1:05:17	80	0:56:53
213,39	45	1:24:55	50	1:15:52	60	1:06:25	70	0:57:52
214,54	45	1:26:27	50	1:17:15	60	1:07:34	70	0:58:52
215,11	40	1:27:13	45	1:17:56	50	1:08:09	60	0:59:21
215,85	40	1:28:19	40	1:18:55	45	1:09:02	50	1:00:05
216,08	50	1:28:40	55	1:19:16	65	1:09:20	75	1:00:22
218,59	35	1:31:41	35	1:22:00	40	1:11:39	45	1:02:22
219,02	35	1:32:25	35	1:22:44	40	1:12:18	45	1:02:57
219,72	35	1:33:37	35	1:23:56	40	1:13:21	45	1:03:53
220,28	50	1:34:35	55	1:24:54	65	1:14:11	75	1:04:38
221,24	50	1:35:44	55	1:25:57	65	1:15:04	75	1:05:24
221,88	60	1:36:30	65	1:26:39	75	1:15:40	85	1:05:54
223,32	40	1:37:56	45	1:27:59	50	1:16:49	60	1:06:55
224,04	55	1:39:01	60	1:28:56	70	1:17:41	80	1:07:38
225,68	50	1:40:48	55	1:30:35	65	1:19:05	75	1:08:52
226,81	50	1:42:10	55	1:31:48	65	1:20:08	75	1:09:47
228,48	50	1:44:10	55	1:33:38	65	1:21:40	75	1:11:07
230,63	60	1:46:45	65	1:35:59	75	1:23:39	85	1:12:50
231,97	50	1:48:05	55	1:37:13	65	1:24:44	75	1:13:47
233,19	40	1:49:33	40	1:38:33	45	1:25:51	50	1:14:45
233,58	50	1:50:08	60	1:39:08	70	1:26:22	80	1:15:13
234,88	30	1:51:42	30	1:40:26	35	1:27:29	40	1:16:12
235,39	45	1:52:43	50	1:41:27	60	1:28:22	65	1:16:58
235,84	35	1:53:19	40	1:41:59	45	1:28:49	50	1:17:23
236,39	45	1:54:15	50	1:42:49	60	1:29:33	65	1:18:02
237,89	45	1:56:15	50	1:44:37	60	1:31:03	65	1:19:25
238,21	45	1:56:41	50	1:45:00	60	1:31:22	65	1:19:43
239,35	40	1:58:12	45	1:46:22	50	1:32:30	60	1:20:46
240,25	40	1:59:33	45	1:47:34	50	1:33:35	60	1:21:40
240,83	40	2:00:25	45	1:48:20	50	1:34:17	60	1:22:15
241,46	45	2:01:22	50	1:49:11	60	1:35:02	65	1:22:53
242,03	50	2:02:08	60	1:49:52	70	1:35:37	80	1:23:24
243,84	30	2:04:18	35	1:51:40	40	1:37:10	45	1:24:46
244,40	30	2:05:25	35	1:52:38	40	1:38:00	45	1:25:31
244,75	30	2:06:07	35	1:53:14	40	1:38:31	45	1:25:59
245,13	50	2:06:53	55	1:53:53	65	1:39:06	75	1:26:29
245,99	45	2:07:55	50	1:54:49	60	1:39:53	70	1:27:10
246,42	45	2:08:29	50	1:55:20	55	1:40:19	65	1:27:32
246,98	50	2:09:14	55	1:56:01	65	1:40:56	75	1:28:03
247,62	55	2:10:00	60	1:56:42	70	1:41:31	80	1:28:34
248,41	45	2:10:52	50	1:57:30	55	1:42:12	65	1:29:10
249,08	55	2:11:45	60	1:58:18	70	1:42:56	80	1:29:47
249,89	45	2:12:38	50	1:59:07	60	1:43:37	70	1:30:23

<b>KM TOTAL</b>	<b>AVERAGE SPEED H1</b>	<b>IDEAL TIME H1</b>	<b>AVERAGE SPEED H2</b>	<b>IDEAL TIME H2</b>	<b>AVERAGE SPEED H3</b>	<b>IDEAL TIME H3</b>	<b>AVERAGE SPEED H4</b>	<b>IDEAL TIME H4</b>
251,00	45	2:14:07	50	2:00:27	55	1:44:44	65	1:31:20
251,45	45	2:14:43	50	2:00:59	55	1:45:13	65	1:31:45
252,06	45	2:15:32	50	2:01:43	55	1:45:53	65	1:32:19
252,68	45	2:16:22	50	2:02:28	60	1:46:34	70	1:32:53
253,11	45	2:16:56	50	2:02:59	55	1:47:00	65	1:33:15
253,85	40	2:17:55	45	2:03:52	50	1:47:48	60	1:33:56
255,09	35	2:19:47	40	2:05:31	45	1:49:17	50	1:35:11
255,32	35	2:20:10	40	2:05:52	45	1:49:36	50	1:35:27
255,79	35	2:20:59	40	2:06:34	45	1:50:13	50	1:36:01
256,14	40	2:21:35	40	2:07:06	45	1:50:41	50	1:36:26
256,69	70	2:22:24	75	2:07:55	85	1:51:25	90	1:37:06
257,77	70	2:23:20	75	2:08:47	85	1:52:11	90	1:37:49
258,27	70	2:23:46	75	2:09:11	85	1:52:32	90	1:38:09
259,83	70	2:25:06	75	2:10:26	85	1:53:38	90	1:39:12
260,85		2:25:58		2:11:15		1:54:22		1:39:52

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 10.2**

H4	H3	H2	H1	H2t	H1t
0h18	0h21	0h24	0h27	0h24	0h27

**WAYPOINTS TO VALIDATE**  
**NAVIGATION TEST**  
**NT 10.2**

BOX	PK	TYPE
156	288,93	SNT
157	290,91	WP B
159	292,02	WP A
161	293,88	WP A
163	294,91	WP A
164	295,80	WP A
165	296,25	WP A
167	297,09	WP A
168	298,60	WP A
170	299,98	WP A
171	301,41	WP A
173	302,46	WP A
174	303,70	FNT

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
342.61	50	0:00:00	55	0:00:00	65	0:00:00	70	0:00:00
343.09	40	0:00:34	45	0:00:31	50	0:00:26	60	0:00:24
344.17	40	0:02:11	45	0:01:57	50	0:01:44	60	0:01:29
344.39	40	0:02:31	45	0:02:15	50	0:02:00	60	0:01:42
345.33	40	0:03:56	45	0:03:30	50	0:03:07	60	0:02:39
345.63	55	0:04:23	65	0:03:54	75	0:03:29	85	0:02:57
346.48	50	0:05:18	60	0:04:41	70	0:04:10	80	0:03:33
347.55	50	0:06:35	60	0:05:45	70	0:05:05	80	0:04:21
348.16	50	0:07:19	60	0:06:22	70	0:05:36	80	0:04:48
348.60	50	0:07:51	60	0:06:48	70	0:05:59	80	0:05:08
348.90	45	0:08:13	50	0:07:06	60	0:06:14	65	0:05:21
349.75	50	0:09:21	55	0:08:08	65	0:07:05	70	0:06:09
350.37	45	0:10:05	50	0:08:48	60	0:07:40	65	0:06:40
351.20	45	0:11:12	50	0:09:48	60	0:08:29	65	0:07:26
352.03	40	0:12:18	45	0:10:48	50	0:09:19	60	0:08:12
352.51	40	0:13:01	45	0:11:26	50	0:09:54	60	0:08:41
353.42	40	0:14:23	45	0:12:39	50	0:10:59	60	0:09:36
353.95	30	0:15:11	35	0:13:21	40	0:11:37	45	0:10:08
354.78	40	0:16:50	45	0:14:47	50	0:12:52	60	0:11:14
356.43	50	0:19:19	55	0:16:59	65	0:14:51	70	0:12:53
356.74	50	0:19:41	55	0:17:19	65	0:15:08	70	0:13:09
356.93	50	0:19:55	55	0:17:31	65	0:15:19	70	0:13:19
357.64	40	0:20:46	45	0:18:18	50	0:15:58	60	0:13:55
358.15	45	0:21:32	50	0:18:59	60	0:16:35	65	0:14:26
359.23	65	0:22:58	75	0:20:16	85	0:17:39	95	0:15:26
361.72	60	0:25:16	70	0:22:16	80	0:19:25	90	0:17:00
362.49	50	0:26:02	55	0:22:56	65	0:20:00	70	0:17:31
363.93	45	0:27:46	50	0:24:30	60	0:21:19	65	0:18:45
364.58	45	0:28:38	50	0:25:17	60	0:21:58	65	0:19:21
365.87	35	0:30:21	40	0:26:49	45	0:23:16	50	0:20:32
366.16	35	0:30:51	40	0:27:16	45	0:23:39	50	0:20:53
366.77	50	0:31:54	60	0:28:10	70	0:24:28	80	0:21:37
367.68	55	0:32:59	65	0:29:05	75	0:25:15	85	0:22:18
367.91	50	0:33:14	55	0:29:18	65	0:25:26	70	0:22:28
369.67	35	0:35:21	40	0:31:13	45	0:27:03	50	0:23:58
370.44	40	0:36:40	45	0:32:22	50	0:28:05	60	0:24:54
370.66	40	0:37:00	45	0:32:40	50	0:28:20	60	0:25:07
371.16	50	0:37:45	55	0:33:20	65	0:28:56	70	0:25:37
371.75	65	0:38:28	75	0:33:59	85	0:29:29	95	0:26:07
372.82	50	0:39:27	55	0:34:50	65	0:30:14	70	0:26:48
373.38	40	0:40:07	45	0:35:27	50	0:30:45	60	0:27:17
374.06	45	0:41:08	50	0:36:21	60	0:31:34	65	0:27:57
374.70	45	0:42:00	50	0:37:07	60	0:32:13	65	0:28:33
376.18	35	0:43:58	40	0:38:54	45	0:33:42	50	0:29:55
377.50	40	0:46:14	45	0:40:52	50	0:35:27	60	0:31:30
378.81	45	0:48:12	50	0:42:37	60	0:37:02	65	0:32:48
379.45	45	0:49:03	50	0:43:23	60	0:37:40	65	0:33:24
381.69	40	0:52:02	45	0:46:05	50	0:39:54	60	0:35:28
382.81		0:53:43		0:47:34		0:41:15		0:36:35

<b>KM TOTAL</b>	<b>AVERAGE SPEED H1</b>	<b>IDEAL TIME H1</b>	<b>AVERAGE SPEED H2</b>	<b>IDEAL TIME H2</b>	<b>AVERAGE SPEED H3</b>	<b>IDEAL TIME H3</b>	<b>AVERAGE SPEED H4</b>	<b>IDEAL TIME H4</b>
<b>RT 10.4 CANCELED</b>  <b>RT 10.4 will be run as transfer section target time between FRT 10.3 &amp; SRT 10.5 = 80'</b>								

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
423,57	45	0:00:00	50	0:00:00	60	0:00:00	65	0:00:00
424,10	65	0:00:42	75	0:00:38	85	0:00:31	90	0:00:29
424,75	45	0:01:18	50	0:01:09	60	0:00:59	70	0:00:55
426,48	45	0:03:36	50	0:03:13	60	0:02:43	70	0:02:24
427,16	45	0:04:31	50	0:04:02	60	0:03:23	70	0:02:59
428,00	70	0:05:38	75	0:05:03	85	0:04:14	90	0:03:42
429,06	65	0:06:32	75	0:05:54	85	0:04:59	90	0:04:24
429,48	55	0:06:56	65	0:06:14	75	0:05:17	85	0:04:41
430,18	50	0:07:41	60	0:06:53	70	0:05:50	80	0:05:11
431,00	35	0:08:41	40	0:07:42	45	0:06:32	50	0:05:48
431,28	40	0:09:09	45	0:08:07	50	0:06:55	60	0:06:08
432,61	50	0:11:09	60	0:09:53	70	0:08:30	80	0:07:28
434,38	50	0:13:16	55	0:11:40	65	0:10:01	70	0:08:47
435,31	35	0:14:23	40	0:12:41	45	0:10:53	50	0:09:35
435,53	35	0:14:46	40	0:13:00	45	0:11:11	50	0:09:51
435,99	50	0:15:33	55	0:13:42	65	0:11:47	70	0:10:24
436,66	50	0:16:22	60	0:14:26	70	0:12:24	80	0:10:59
439,66	50	0:19:58	55	0:17:26	65	0:14:59	70	0:13:14
441,24	50	0:21:51	55	0:19:09	65	0:16:26	70	0:14:35
441,74	50	0:22:27	55	0:19:42	65	0:16:54	70	0:15:01
442,23	45	0:23:03	50	0:20:14	60	0:17:21	65	0:15:26
443,45	50	0:24:40	60	0:21:42	70	0:18:34	80	0:16:33
444,55	45	0:25:59	50	0:22:48	60	0:19:31	65	0:17:23
445,16	40	0:26:48	45	0:23:32	50	0:20:07	60	0:17:57
445,48	45	0:27:17	50	0:23:57	60	0:20:31	65	0:18:16
446,15	65	0:28:11	75	0:24:45	85	0:21:11	95	0:18:53
446,37	50	0:28:23	55	0:24:56	65	0:21:20	70	0:19:01
447,03	50	0:29:10	55	0:25:39	65	0:21:57	70	0:19:35
448,31	40	0:30:43	45	0:27:03	50	0:23:07	60	0:20:41
448,70	25	0:31:18	25	0:27:34	30	0:23:36	35	0:21:04
449,02	25	0:32:04	25	0:28:20	30	0:24:14	35	0:21:37
449,19	50	0:32:28	55	0:28:45	65	0:24:34	75	0:21:55
449,91	45	0:33:20	50	0:29:32	60	0:25:14	65	0:22:29
450,58	45	0:34:14	50	0:30:20	60	0:25:54	65	0:23:07
451,93	50	0:36:02	60	0:31:57	70	0:27:15	80	0:24:21
453,06	45	0:37:23	50	0:33:05	60	0:28:14	65	0:25:12
453,42	40	0:37:52	45	0:33:31	55	0:28:35	60	0:25:32
455,31	50	0:40:42	60	0:36:02	70	0:30:39	80	0:27:25
455,87	55	0:41:22	65	0:36:36	75	0:31:08	85	0:27:51
457,17	50	0:42:47	55	0:37:48	65	0:32:10	70	0:28:46
458,12	45	0:43:56	55	0:38:50	65	0:33:03	75	0:29:35
460,68	45	0:47:20	55	0:41:38	65	0:35:24	75	0:31:37
461,57	45	0:48:32	55	0:42:36	65	0:36:14	75	0:32:20
465,33		0:53:32		0:46:42		0:39:42		0:35:21