

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
26,78	45	0:00:00	50	0:00:00	60	0:00:00	65	0:00:00
27,62	45	0:01:07	50	0:01:00	60	0:00:50	65	0:00:46
28,01	50	0:01:38	60	0:01:28	70	0:01:13	80	0:01:08
29,53	50	0:03:27	60	0:02:59	70	0:02:31	80	0:02:16
30,61	55	0:04:45	65	0:04:04	75	0:03:27	85	0:03:05
31,24	70	0:05:26	80	0:04:39	90	0:03:57	100	0:03:31
31,76	70	0:05:53	80	0:05:02	90	0:04:18	100	0:03:50
32,34	55	0:06:23	65	0:05:28	75	0:04:41	85	0:04:11
32,95	50	0:07:03	55	0:06:02	65	0:05:11	70	0:04:37
33,57	65	0:07:47	75	0:06:43	85	0:05:45	95	0:05:09
34,33	50	0:08:30	60	0:07:19	70	0:06:17	80	0:05:37
34,57	50	0:08:47	55	0:07:34	65	0:06:29	70	0:05:48
35,01	45	0:09:19	50	0:08:03	60	0:06:54	65	0:06:11
35,43	40	0:09:52	45	0:08:33	50	0:07:19	60	0:06:34
35,60	35	0:10:07	40	0:08:46	45	0:07:31	50	0:06:44
35,88	50	0:10:36	55	0:09:12	65	0:07:54	70	0:07:04
36,90	45	0:11:50	50	0:10:18	60	0:08:50	65	0:07:57
37,37	50	0:12:27	55	0:10:52	65	0:09:18	70	0:08:23
38,73	50	0:14:05	55	0:12:21	65	0:10:34	70	0:09:33
39,14	40	0:14:35	45	0:12:48	50	0:10:56	60	0:09:54
39,52	50	0:15:09	60	0:13:18	70	0:11:24	80	0:10:17
40,47	35	0:16:17	40	0:14:15	45	0:12:13	50	0:11:00
40,75	50	0:16:46	60	0:14:41	70	0:12:35	80	0:11:20
41,26	45	0:17:23	50	0:15:11	60	0:13:01	65	0:11:43
41,62	45	0:17:52	50	0:15:37	60	0:13:23	65	0:12:03
42,21	45	0:18:39	50	0:16:20	60	0:13:58	65	0:12:35
42,52	50	0:19:04	60	0:16:42	70	0:14:17	80	0:12:52
43,37	45	0:20:05	50	0:17:33	60	0:15:01	65	0:13:31
43,70	50	0:20:31	55	0:17:57	65	0:15:20	70	0:13:49
44,79	50	0:21:50	60	0:19:08	70	0:16:21	80	0:14:45
47,02	55	0:24:30	65	0:21:22	75	0:18:15	85	0:16:25
52,30	65	0:30:16	75	0:26:14	85	0:22:29	85	0:20:09
56,94	65	0:34:33	75	0:29:57	85	0:25:45	85	0:23:26
57,21	40	0:34:48	45	0:30:10	50	0:25:57	60	0:23:37
57,63	45	0:35:26	50	0:30:44	60	0:26:27	65	0:24:02
57,92	45	0:35:49	50	0:31:04	60	0:26:44	65	0:24:18
58,36	35	0:36:24	40	0:31:36	45	0:27:11	45	0:24:43
58,76	65	0:37:05	75	0:32:12	85	0:27:43	100	0:25:15
62,47	55	0:40:31	65	0:35:10	75	0:30:20	85	0:27:28
63,01	50	0:41:06	60	0:35:40	70	0:30:46	80	0:27:51
64,97	70	0:43:27	80	0:37:38	90	0:32:27	100	0:29:19
67,06	60	0:45:15	70	0:39:12	80	0:33:50	90	0:30:34
68,59	70	0:46:46	80	0:40:30	90	0:34:59	100	0:31:36
71,90	70	0:49:37	80	0:42:59	90	0:37:11	100	0:33:35
75,60	40	0:52:47	45	0:45:46	50	0:39:39	60	0:35:48
76,22	50	0:53:43	60	0:46:35	70	0:40:24	80	0:36:25
76,66	55	0:54:14	65	0:47:02	75	0:40:47	75	0:36:45
78,15	55	0:55:52	65	0:48:24	75	0:41:58	85	0:37:57
80,39	55	0:58:19	65	0:50:28	75	0:43:46	85	0:39:31
81,16	45	0:59:09	50	0:51:11	60	0:44:23	65	0:40:04
81,31	45	0:59:21	50	0:51:22	60	0:44:32	65	0:40:12
81,70	50	0:59:52	55	0:51:50	65	0:44:55	65	0:40:34
82,27	30	1:00:33	30	0:52:27	30	0:45:27	30	0:41:05
82,58	45	1:01:10	50	0:53:04	60	0:46:04	65	0:41:43
82,73	45	1:01:22	50	0:53:15	60	0:46:13	65	0:41:51
83,03	55	1:01:46	65	0:53:37	75	0:46:31	85	0:42:08
84,08	55	1:02:55	65	0:54:35	75	0:47:21	85	0:42:52
84,55	60	1:03:26	70	0:55:01	80	0:47:44	90	0:43:12

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
84,84	30	1:03:43	35	0:55:16	40	0:47:57	45	0:43:24
85,08	50	1:04:12	60	0:55:41	70	0:48:19	80	0:43:43
85,62	35	1:04:51	40	0:56:13	45	0:48:46	50	0:44:07
86,12	45	1:05:42	50	0:56:58	60	0:49:26	65	0:44:43
86,57	50	1:06:18	55	0:57:30	65	0:49:53	70	0:45:08
86,89	50	1:06:41	60	0:57:51	70	0:50:11	80	0:45:24
87,18	50	1:07:02	60	0:58:09	70	0:50:26	70	0:45:38
88,95	35	1:09:10	40	0:59:55	45	0:51:57	50	0:47:09
89,27	45	1:09:43	50	1:00:24	60	0:52:23	65	0:47:32
90,29	50	1:11:04	55	1:01:37	65	0:53:24	70	0:48:28
90,92	35	1:11:50	40	1:02:18	45	0:53:59	50	0:49:00
91,58	20	1:12:57	20	1:03:18	20	0:54:51	20	0:49:48
91,83	20	1:13:42	20	1:04:03	20	0:55:36	20	0:50:33
92,19	40	1:14:47	45	1:05:08	50	0:56:41	60	0:51:38
92,40	45	1:15:06	50	1:05:24	60	0:56:56	65	0:51:50
94,31	50	1:17:39	55	1:07:42	65	0:58:51	70	0:53:36
95,22	50	1:18:45	60	1:08:42	70	0:59:41	80	0:54:23
96,32	30	1:20:04	30	1:09:48	30	1:00:38	30	0:55:12
96,57	35	1:20:34	40	1:10:18	45	1:01:08	50	0:55:42
97,12	35	1:21:30	40	1:11:07	45	1:01:52	50	0:56:22
97,54	25	1:22:13	30	1:11:45	35	1:02:26	35	0:56:52
97,80	40	1:22:51	45	1:12:16	50	1:02:52	60	0:57:19
98,79	40	1:24:20	45	1:13:35	50	1:04:04	60	0:58:18
99,48	45	1:25:22	50	1:14:30	60	1:04:53	65	0:59:00
99,86	50	1:25:53	60	1:14:58	70	1:05:16	80	0:59:21
100,77	35	1:26:58	40	1:15:52	45	1:06:03	50	1:00:02
101,06	40	1:27:28	45	1:16:19	50	1:06:26	60	1:00:23
101,60	50	1:28:16	55	1:17:02	65	1:07:05	70	1:00:55
102,04	50	1:28:48	60	1:17:31	70	1:07:29	80	1:01:18
102,31	45	1:29:08	50	1:17:47	60	1:07:43	65	1:01:30
103,05	45	1:30:07	50	1:18:40	60	1:08:28	65	1:02:11
103,20	30	1:30:19	35	1:18:51	40	1:08:37	40	1:02:19
103,89	40	1:31:42	45	1:20:02	50	1:09:39	60	1:03:21
104,36	25	1:32:24	30	1:20:39	35	1:10:13	40	1:03:50
104,61	30	1:33:00	35	1:21:09	40	1:10:38	40	1:04:12
105,20	35	1:34:11	40	1:22:10	45	1:11:31	50	1:05:05
105,40	30	1:34:31	35	1:22:28	40	1:11:47	45	1:05:20
105,66	50	1:35:02	55	1:22:55	65	1:12:11	70	1:05:40
107,89	55	1:37:43	65	1:25:21	75	1:14:14	85	1:07:35
108,16	50	1:38:01	55	1:25:36	65	1:14:27	70	1:07:46
109,84		1:40:02		1:27:26		1:16:00		1:09:13

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
127,02	45	0:00:00	50	0:00:00	60	0:00:00	65	0:00:00
127,35	60	0:00:26	70	0:00:23	80	0:00:19	90	0:00:18
129,00	50	0:02:05	55	0:01:48	65	0:01:34	70	0:01:24
129,51	50	0:02:42	60	0:02:22	70	0:02:02	80	0:01:50
130,47	50	0:03:51	55	0:03:19	65	0:02:51	70	0:02:33
131,23	55	0:04:45	65	0:04:09	75	0:03:33	85	0:03:12
132,58	65	0:06:14	75	0:05:24	85	0:04:38	100	0:04:09
132,99	50	0:06:37	60	0:05:43	70	0:04:55	80	0:04:24
133,66	50	0:07:25	60	0:06:23	70	0:05:30	80	0:04:54
134,55	55	0:08:29	65	0:07:17	75	0:06:16	85	0:05:34
136,08	30	0:10:09	35	0:08:42	40	0:07:29	40	0:06:39
136,79	35	0:11:34	40	0:09:55	45	0:08:33	50	0:07:43
137,06	55	0:12:02	65	0:10:19	75	0:08:55	85	0:08:03
137,64	45	0:12:40	50	0:10:51	60	0:09:22	65	0:08:27
139,62	60	0:15:18	70	0:13:14	80	0:11:21	90	0:10:17
141,14	70	0:16:50	80	0:14:32	90	0:12:30	100	0:11:18
142,37	60	0:17:53	70	0:15:27	80	0:13:19	80	0:12:02
144,84	35	0:20:21	40	0:17:34	45	0:15:10	50	0:13:53
145,48	55	0:21:27	65	0:18:32	75	0:16:01	85	0:14:39
145,98	60	0:22:00	70	0:18:59	80	0:16:25	90	0:15:00
146,91	55	0:22:55	65	0:19:47	75	0:17:07	85	0:15:37
148,36	55	0:24:30	65	0:21:08	75	0:18:17	85	0:16:39
148,57	55	0:24:44	65	0:21:19	75	0:18:27	85	0:16:48
149,42	55	0:25:40	65	0:22:06	75	0:19:08	85	0:17:24
149,89	60	0:26:10	70	0:22:32	80	0:19:30	90	0:17:44
150,37	55	0:26:39	65	0:22:57	75	0:19:52	85	0:18:03
151,00	45	0:27:20	50	0:23:32	60	0:20:22	65	0:18:30
151,32	65	0:27:46	75	0:23:55	85	0:20:41	100	0:18:47
152,63	55	0:28:59	65	0:24:58	75	0:21:37	85	0:19:34
153,20	70	0:29:36	80	0:25:29	90	0:22:04	100	0:19:59
154,49	60	0:30:42	70	0:26:27	70	0:22:56	70	0:20:45
155,02	20	0:31:14	20	0:26:55	20	0:23:23	20	0:21:12
155,53	20	0:32:46	20	0:28:27	20	0:24:55	20	0:22:44
155,87	50	0:33:47	60	0:29:28	70	0:25:56	80	0:23:45
156,54	60	0:34:35	70	0:30:08	80	0:26:30	90	0:24:15
157,59	35	0:35:38	40	0:31:02	45	0:27:18	45	0:24:57
157,97	50	0:36:17	60	0:31:36	70	0:27:48	80	0:25:28
158,45	50	0:36:52	55	0:32:05	65	0:28:13	70	0:25:49
158,82	45	0:37:19	50	0:32:29	60	0:28:33	65	0:26:08
159,10	30	0:37:41	35	0:32:49	35	0:28:50	35	0:26:24
159,92	50	0:39:19	55	0:34:14	65	0:30:14	70	0:27:48
161,73	50	0:41:30	55	0:36:12	65	0:31:54	70	0:29:21
162,75	60	0:42:43	70	0:37:19	80	0:32:51	90	0:30:14
163,30	50	0:43:16	60	0:37:47	70	0:33:16	80	0:30:36
163,89	60	0:43:59	70	0:38:23	80	0:33:46	90	0:31:02
166,05	50	0:46:08	60	0:40:14	70	0:35:23	80	0:32:29
166,65	55	0:46:51	65	0:40:50	75	0:35:54	85	0:32:56
168,41	50	0:48:47	55	0:42:27	65	0:37:19	70	0:34:10
169,14	45	0:49:39	50	0:43:15	60	0:37:59	65	0:34:48
169,61	60	0:50:17	70	0:43:49	80	0:38:27	90	0:35:14
170,94	50	0:51:37	60	0:44:57	70	0:39:27	80	0:36:07
171,16	50	0:51:52	60	0:45:10	70	0:39:38	80	0:36:17
171,76	35	0:52:36	40	0:45:46	45	0:40:09	50	0:36:44
172,08	60	0:53:09	70	0:46:15	80	0:40:35	80	0:37:07
176,47	60	0:57:32	70	0:50:01	80	0:43:52	90	0:40:25
179,44	55	1:00:30	65	0:52:34	75	0:46:06	85	0:42:23
180,64	30	1:01:49	35	0:53:40	40	0:47:04	45	0:43:14
181,20	45	1:02:56	50	0:54:38	60	0:47:54	65	0:43:59

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
181,74	55	1:03:39	65	0:55:17	75	0:48:26	85	0:44:29
182,74	30	1:04:45	35	0:56:12	40	0:49:14	45	0:45:11
183,14	55	1:05:33	65	0:56:53	75	0:49:50	85	0:45:43
184,03	70	1:06:31	80	0:57:42	90	0:50:33	100	0:46:21
184,69	70	1:07:05	80	0:58:12	90	0:51:00	100	0:46:45
185,74	70	1:07:59	80	0:58:59	90	0:51:42	100	0:47:23
186,57	65	1:08:41	75	0:59:37	85	0:52:15	100	0:47:52
190,22	70	1:12:04	80	1:02:32	90	0:54:49	100	0:50:04
194,54	60	1:15:46	70	1:05:46	80	0:57:42	90	0:52:39
195,03	60	1:16:15	70	1:06:12	80	0:58:04	90	0:52:59
196,15	60	1:17:22	70	1:07:09	80	0:58:55	90	0:53:44
198,37	50	1:19:36	60	1:09:03	70	1:00:35	80	0:55:13
199,00	50	1:20:21	60	1:09:41	70	1:01:07	80	0:55:41
199,98	50	1:21:31	60	1:10:40	70	1:01:57	80	0:56:25
201,01	50	1:22:46	60	1:11:42	70	1:02:50	80	0:57:11
201,65	40	1:23:32	45	1:12:20	50	1:03:23	60	0:57:40
202,62	50	1:24:59	60	1:13:38	70	1:04:33	80	0:58:38
202,98	50	1:25:25	60	1:13:59	70	1:04:52	80	0:58:55
205,19	55	1:28:04	65	1:16:12	75	1:06:45	85	1:00:34
205,55	55	1:28:28	65	1:16:32	75	1:07:03	85	1:00:49
207,67	55	1:30:46	65	1:18:29	75	1:08:44	85	1:02:19
208,67	50	1:31:52	55	1:19:25	65	1:09:32	70	1:03:01
209,01	35	1:32:16	40	1:19:47	45	1:09:51	50	1:03:19
209,30	70	1:32:46	80	1:20:13	90	1:10:14	90	1:03:40
211,03	50	1:34:15	55	1:21:31	65	1:11:23	70	1:04:49
211,73	50	1:35:05	55	1:22:17	65	1:12:02	70	1:05:25
212,44	55	1:35:57	65	1:23:03	75	1:12:42	85	1:06:01
213,82		1:37:27		1:24:20		1:13:48		1:07:00

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 3.3

H4	H3	H2	H1	H2t	H1t
0h39	0h45	0h51	0h56	0h51	0h56

WAYPOINTS TO VALIDATE
NAVIGATION TEST
NT 3.3

BOX	PK	TYPE
230	230,59	SNT
233	231,84	WP A
234	232,41	WP A
235	234,82	WP B
236	235,92	WP A
237	239,36	WP B
238	241,18	WP A
239	243,93	WP B
240	244,54	WP A
241	246,22	WP A
243	250,84	WP A
244	251,79	WP A
245	256,82	WP B
246	260,33	WP B

BOX	PK	TYPE
247	261,25	WP A
249	261,99	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
271,86	50	0:00:00	55	0:00:00	65	0:00:00	70	0:00:00
272,54	55	0:00:48	65	0:00:44	75	0:00:37	85	0:00:34
274,70	50	0:03:10	55	0:02:44	65	0:02:21	70	0:02:06
274,96	50	0:03:29	55	0:03:01	65	0:02:35	70	0:02:19
275,36	35	0:03:57	40	0:03:27	45	0:02:57	50	0:02:40
275,74	35	0:04:36	40	0:04:01	45	0:03:28	50	0:03:07
276,07	55	0:05:10	65	0:04:31	75	0:03:54	85	0:03:31
277,62	65	0:06:52	75	0:05:57	85	0:05:09	95	0:04:37
279,52	60	0:08:37	70	0:07:28	80	0:06:29	90	0:05:49
281,23	55	0:10:20	65	0:08:56	75	0:07:46	85	0:06:57
283,08	60	0:12:21	70	0:10:38	80	0:09:15	90	0:08:15
284,82	60	0:14:05	70	0:12:08	80	0:10:33	90	0:09:25
285,30	50	0:14:34	60	0:12:32	70	0:10:55	80	0:09:44
286,13	50	0:15:34	55	0:13:22	65	0:11:37	70	0:10:22
286,38	50	0:15:52	60	0:13:39	70	0:11:51	80	0:10:34
287,03	45	0:16:39	50	0:14:18	60	0:12:25	65	0:11:04
287,67	45	0:17:30	50	0:15:04	60	0:13:03	65	0:11:39
288,15	45	0:18:08	50	0:15:38	60	0:13:32	65	0:12:06
288,39	45	0:18:27	50	0:15:55	60	0:13:46	65	0:12:19
288,55	50	0:18:40	55	0:16:07	65	0:13:56	70	0:12:28
288,82	50	0:19:00	60	0:16:25	70	0:14:11	80	0:12:42
289,71	50	0:20:04	55	0:17:18	65	0:14:57	70	0:13:22
290,97	60	0:21:34	70	0:18:41	80	0:16:06	90	0:14:27
291,29	75	0:21:54	85	0:18:57	95	0:16:21	100	0:14:39
292,84	70	0:23:08	80	0:20:03	90	0:17:20	100	0:15:35
295,53	70	0:25:26	80	0:22:04	90	0:19:07	100	0:17:12
296,28	65	0:26:05	75	0:22:37	85	0:19:37	95	0:17:39
297,63	75	0:27:20	85	0:23:42	95	0:20:34	100	0:18:30
298,23	60	0:27:48	70	0:24:08	80	0:20:57	90	0:18:52
299,42	50	0:29:00	55	0:25:09	65	0:21:51	70	0:19:39
299,84	50	0:29:30	55	0:25:36	65	0:22:14	70	0:20:01
300,13	50	0:29:51	55	0:25:55	65	0:22:30	70	0:20:16
300,48	60	0:30:16	70	0:26:18	80	0:22:49	90	0:20:34
300,65	60	0:30:26	70	0:26:27	80	0:22:57	90	0:20:41
301,47	60	0:31:16	70	0:27:09	80	0:23:34	90	0:21:14
301,98	55	0:31:46	65	0:27:35	75	0:23:57	85	0:21:34
302,46	60	0:32:18	70	0:28:02	80	0:24:20	90	0:21:54
302,83		0:32:40		0:28:21		0:24:36		0:22:09