

STAGE 4
RT 4.1

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
183,68	60	0:00:00	70	0:00:00	70	0:00:00	70	0:00:00
185,04	50	0:01:21	60	0:01:09	60	0:01:09	60	0:01:09
186,40	50	0:02:59	60	0:02:31	60	0:02:31	60	0:02:31
187,46	50	0:04:15	60	0:03:35	60	0:03:35	60	0:03:35
187,91	50	0:04:48	60	0:04:02	60	0:04:02	60	0:04:02
188,35	50	0:05:19	60	0:04:28	60	0:04:28	60	0:04:28
188,52	45	0:05:32	50	0:04:38	50	0:04:38	50	0:04:38
189,62	45	0:07:00	50	0:05:57	50	0:05:57	50	0:05:57
190,32	45	0:07:56	50	0:06:48	50	0:06:48	50	0:06:48
190,73	45	0:08:28	50	0:07:17	50	0:07:17	50	0:07:17
191,11	45	0:08:59	50	0:07:45	50	0:07:45	50	0:07:45
191,31	55	0:09:15	65	0:07:59	70	0:07:59	75	0:07:59
192,36	60	0:10:24	70	0:08:57	75	0:08:53	80	0:08:50
194,02	60	0:12:03	70	0:10:23	75	0:10:13	80	0:10:04
195,42	60	0:13:27	70	0:11:35	75	0:11:20	80	0:11:07
195,81	45	0:13:51	50	0:11:55	60	0:11:39	55	0:11:25
196,16	45	0:14:19	50	0:12:20	60	0:12:00	55	0:11:48
196,58	70	0:14:52	70	0:12:50	80	0:12:25	80	0:12:15
198,16	60	0:16:13	70	0:14:11	80	0:13:36	80	0:13:26
198,65	45	0:16:43	50	0:14:37	60	0:13:58	60	0:13:48
199,29	45	0:17:34	50	0:15:23	60	0:14:36	60	0:14:27
199,86		0:18:20		0:16:04		0:15:11		0:15:01

Competitors should note that fractions of a second are hidden (example: 1'23.2" => 1'23" / example: 1'23.7" => 1'23")



STAGE 4
RT 4.2

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
208,30	50	0:00:00	55	0:00:00	60	0:00:00	60	0:00:00
208,79	50	0:00:35	55	0:00:32	60	0:00:29	60	0:00:29
209,30	50	0:01:12	55	0:01:05	60	0:01:00	60	0:01:00
209,74	50	0:01:43	55	0:01:34	60	0:01:26	60	0:01:26
210,18	75	0:02:15	85	0:02:03	90	0:01:52	95	0:01:52
212,79	75	0:04:20	85	0:03:53	90	0:03:37	95	0:03:31
213,78	60	0:05:08	70	0:04:35	75	0:04:16	75	0:04:09
214,85	25	0:06:12	30	0:05:30	30	0:05:08	30	0:05:00
215,65	30	0:08:07	35	0:07:06	35	0:06:44	35	0:06:36
216,15	30	0:09:07	35	0:07:57	35	0:07:35	35	0:07:28
216,33	50	0:09:29	55	0:08:16	60	0:07:54	60	0:07:46
216,69	50	0:09:55	55	0:08:40	60	0:08:15	60	0:08:08
217,10	30	0:10:24	35	0:09:06	35	0:08:40	40	0:08:32
217,68	50	0:11:34	60	0:10:06	65	0:09:39	65	0:09:24
217,99	35	0:11:56	40	0:10:25	40	0:09:57	45	0:09:42
218,14	55	0:12:11	65	0:10:38	70	0:10:10	70	0:09:54
218,97	40	0:13:06	45	0:11:24	45	0:10:53	45	0:10:36
219,37	50	0:13:42	55	0:11:56	60	0:11:25	60	0:11:08
220,19	50	0:14:41	55	0:12:50	60	0:12:14	60	0:11:57
221,18	35	0:15:52	40	0:13:55	40	0:13:13	45	0:12:57
221,62	60	0:16:37	70	0:14:34	75	0:13:53	75	0:13:32
222,49	25	0:17:30	30	0:15:19	30	0:14:35	35	0:14:14
222,68	40	0:17:57	45	0:15:42	45	0:14:58	50	0:14:33
223,14	55	0:18:38	65	0:16:19	70	0:15:34	70	0:15:07
223,68	55	0:19:14	65	0:16:48	70	0:16:02	70	0:15:34
224,25	50	0:19:51	60	0:17:20	65	0:16:31	65	0:16:04
224,86	50	0:20:35	55	0:17:57	60	0:17:05	60	0:16:37
225,22	20	0:21:01	25	0:18:20	25	0:17:27	30	0:16:59
225,50	55	0:21:51	65	0:19:01	70	0:18:07	70	0:17:33
226,27	60	0:22:42	70	0:19:43	75	0:18:47	75	0:18:12
227,14	60	0:23:34	70	0:20:28	75	0:19:29	75	0:18:54
227,36	40	0:23:47	45	0:20:39	45	0:19:39	50	0:19:04
227,83	60	0:24:29	70	0:21:17	75	0:20:17	75	0:19:38
229,28	65	0:25:56	75	0:22:31	80	0:21:26	85	0:20:48
229,94	70	0:26:33	80	0:23:03	85	0:21:56	90	0:21:16
231,54	70	0:27:55	80	0:24:15	85	0:23:04	90	0:22:20
234,79	50	0:30:42	55	0:26:41	60	0:25:21	60	0:24:30
235,04	50	0:31:00	60	0:26:58	65	0:25:36	65	0:24:45
235,31	50	0:31:20	60	0:27:14	65	0:25:51	65	0:25:00
235,84	55	0:31:58	65	0:27:46	70	0:26:21	70	0:25:29
236,75	60	0:32:57	70	0:28:36	75	0:27:08	75	0:26:16
237,69	75	0:33:54	85	0:29:24	95	0:27:53	100	0:27:01
238,95	65	0:34:54	75	0:30:18	85	0:28:40	90	0:27:46
240,90	80	0:36:42	90	0:31:51	100	0:30:03	110	0:29:04
246,02	75	0:40:33	85	0:35:16	90	0:33:07	95	0:31:52
247,52	40	0:41:45	45	0:36:20	45	0:34:07	50	0:32:49
247,87	50	0:42:16	55	0:36:48	60	0:34:35	60	0:33:14
248,12	40	0:42:34	45	0:37:04	45	0:34:50	50	0:33:29
248,31	65	0:42:51	75	0:37:19	80	0:35:05	85	0:33:43
249,59	65	0:44:02	75	0:38:21	80	0:36:03	85	0:34:37
250,53	60	0:44:54	70	0:39:06	75	0:36:45	75	0:35:17
251,12	60	0:45:30	70	0:39:36	75	0:37:14	85	0:35:45
251,59	65	0:45:58	75	0:40:00	85	0:37:36	90	0:36:05
253,86	65	0:48:04	75	0:41:49	85	0:39:12	90	0:37:36
256,06	55	0:50:05	65	0:43:35	70	0:40:46	70	0:39:04
258,05	60	0:52:16	70	0:45:25	75	0:42:28	75	0:40:46

Competitors should note that fractions of a second are hidden (example: 1'23.2" => 1'23" / example: 1'23.7" => 1'23")



STAGE 4
RT 4.2

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
259,20	60	0:53:25	70	0:46:24	75	0:43:23	75	0:41:41
260,32	55	0:54:32	65	0:47:22	70	0:44:17	70	0:42:35
260,87	60	0:55:08	70	0:47:52	75	0:44:45	75	0:43:03
261,83	45	0:56:06	50	0:48:42	55	0:45:31	55	0:43:49
262,10	45	0:56:27	50	0:49:01	55	0:45:49	55	0:44:07
262,88	60	0:57:30	70	0:49:57	75	0:46:40	75	0:44:58
263,40	60	0:58:01	70	0:50:24	75	0:47:05	75	0:45:23
263,92	25	0:58:32	30	0:50:51	30	0:47:30	30	0:45:48
264,34	30	0:59:32	35	0:51:41	35	0:48:20	35	0:46:39
264,99	30	1:00:50	35	0:52:48	35	0:49:27	35	0:47:45
265,37	30	1:01:36	35	0:53:27	35	0:50:06	35	0:48:24
265,67	55	1:02:12	65	0:53:58	70	0:50:37	70	0:48:55
266,43	60	1:03:02	70	0:54:40	75	0:51:16	75	0:49:34
267,60	40	1:04:12	45	0:55:40	45	0:52:12	45	0:50:31
268,08	50	1:04:55	55	0:56:19	60	0:52:51	60	0:51:09
269,00	40	1:06:01	45	0:57:19	45	0:53:46	50	0:52:04
269,22	50	1:06:21	60	0:57:36	65	0:54:04	65	0:52:20
270,41	50	1:07:47	55	0:58:48	60	0:55:09	60	0:53:26
271,07	40	1:08:34	45	0:59:31	45	0:55:49	50	0:54:06
271,48	50	1:09:11	60	1:00:04	65	0:56:22	65	0:54:35
272,75	55	1:10:43	65	1:01:20	70	0:57:32	70	0:55:45
273,37	50	1:11:23	55	1:01:54	60	0:58:04	60	0:56:17
273,70	50	1:11:47	55	1:02:16	60	0:58:24	60	0:56:37
274,65	40	1:12:55	45	1:03:18	45	0:59:21	45	0:57:34
275,22	40	1:13:47	45	1:04:04	45	1:00:06	45	0:58:20
276,33	30	1:15:27	35	1:05:33	35	1:01:35	35	0:59:48
276,55	35	1:15:53	40	1:05:55	40	1:01:58	40	1:00:11
276,77	50	1:16:16	60	1:06:15	65	1:02:18	65	1:00:31
277,97	50	1:17:42	55	1:07:27	60	1:03:24	60	1:01:37
278,51	35	1:18:21	40	1:08:02	40	1:03:57	40	1:02:10
280,16	50	1:21:11	55	1:10:31	60	1:06:25	60	1:04:38
280,60	60	1:21:42	70	1:11:00	75	1:06:51	75	1:05:05
283,75	70	1:24:51	80	1:13:42	85	1:09:23	90	1:07:36
285,65	50	1:26:29	60	1:15:07	65	1:10:43	65	1:08:52
286,51	65	1:27:31	75	1:15:59	80	1:11:31	85	1:09:39
286,80	60	1:27:47	70	1:16:13	75	1:11:44	75	1:09:52
287,92	65	1:28:54	75	1:17:10	80	1:12:38	85	1:10:46
289,97	40	1:30:48	45	1:18:49	45	1:14:10	45	1:12:12
290,34	40	1:31:21	45	1:19:18	45	1:14:39	45	1:12:42
290,88	40	1:32:10	45	1:20:01	45	1:15:23	45	1:13:25
291,74	40	1:33:27	45	1:21:10	45	1:16:31	45	1:14:34
292,72	60	1:34:55	70	1:22:29	75	1:17:50	85	1:15:52
293,64	80	1:35:51	90	1:23:16	100	1:18:34	110	1:16:31
296,75	70	1:38:10	80	1:25:20	90	1:20:26	95	1:18:13
298,23	65	1:39:27	75	1:26:27	85	1:21:25	90	1:19:09
299,02	70	1:40:10	80	1:27:05	90	1:21:59	95	1:19:41
300,28	70	1:41:15	80	1:28:02	90	1:22:49	95	1:20:29
300,62	20	1:41:33	25	1:28:17	30	1:23:03	30	1:20:41
300,84	75	1:42:12	85	1:28:49	95	1:23:29	100	1:21:08
301,98	45	1:43:07	50	1:29:37	50	1:24:12	50	1:21:49
302,80	25	1:44:13	30	1:30:36	30	1:25:11	30	1:22:48
303,16	75	1:45:04	85	1:31:19	95	1:25:54	100	1:23:31
303,96	50	1:45:43	60	1:31:53	65	1:26:25	70	1:24:00
304,61	65	1:46:30	75	1:32:32	85	1:27:01	90	1:24:33
306,35	65	1:48:06	75	1:33:56	85	1:28:14	90	1:25:43
307,10		1:48:47		1:34:32		1:28:46		1:26:13

Competitors should note that fractions of a second are hidden (example: 1'23.2" => 1'23" / example: 1'23.7" => 1'23")



STAGE 4
RT 4.3

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
318,09	50	0:00:00	55	0:00:00	60	0:00:00	60	0:00:00
318,78	65	0:00:49	75	0:00:45	85	0:00:41	90	0:00:41
320,40	60	0:02:19	70	0:02:02	75	0:01:50	85	0:01:46
321,32	65	0:03:14	75	0:02:50	85	0:02:34	90	0:02:25
322,98	55	0:04:46	65	0:04:09	70	0:03:44	70	0:03:31
323,66	45	0:05:31	50	0:04:47	55	0:04:19	55	0:04:06
324,38	40	0:06:28	45	0:05:39	45	0:05:06	50	0:04:53
325,00	50	0:07:24	60	0:06:29	65	0:05:56	65	0:05:38
325,68	60	0:08:13	70	0:07:09	75	0:06:33	75	0:06:15
326,32	65	0:08:51	75	0:07:42	80	0:07:04	85	0:06:46
326,78	60	0:09:17	70	0:08:04	75	0:07:25	75	0:07:06
327,14	50	0:09:38	55	0:08:23	60	0:07:42	60	0:07:23
327,66	45	0:10:16	50	0:08:57	55	0:08:13	55	0:07:54
328,03	45	0:10:45	50	0:09:24	55	0:08:37	55	0:08:18
328,22	45	0:11:01	50	0:09:37	55	0:08:50	55	0:08:31
328,39	45	0:11:14	50	0:09:49	55	0:09:01	55	0:08:42
329,66	35	0:12:56	40	0:11:21	40	0:10:24	40	0:10:05
330,19	30	0:13:50	35	0:12:09	35	0:11:12	35	0:10:53
330,55	35	0:14:34	40	0:12:46	40	0:11:49	40	0:11:30
331,28	50	0:15:49	55	0:13:51	60	0:12:55	60	0:12:35
332,66	50	0:17:28	55	0:15:22	60	0:14:17	60	0:13:58
333,04	60	0:17:55	70	0:15:46	75	0:14:40	75	0:14:21
333,67	40	0:18:33	45	0:16:19	45	0:15:10	50	0:14:51
333,96	55	0:18:59	65	0:16:42	70	0:15:34	70	0:15:12
335,52	40	0:20:41	45	0:18:08	45	0:16:54	50	0:16:32
335,85	40	0:21:11	45	0:18:35	45	0:17:20	50	0:16:56
336,33	55	0:21:54	65	0:19:13	70	0:17:59	70	0:17:31
337,32	50	0:22:59	55	0:20:08	60	0:18:50	60	0:18:22
337,53	50	0:23:14	55	0:20:22	60	0:19:02	60	0:18:34
338,06	45	0:23:52	50	0:20:57	55	0:19:34	55	0:19:06
338,89	45	0:24:59	50	0:21:56	55	0:20:28	55	0:20:00
339,12	40	0:25:17	45	0:22:13	45	0:20:43	50	0:20:15
339,50	50	0:25:51	55	0:22:43	60	0:21:14	60	0:20:43
339,91	55	0:26:21	65	0:23:10	70	0:21:38	70	0:21:07
340,90	40	0:27:26	45	0:24:05	45	0:22:29	50	0:21:58
341,17	50	0:27:50	55	0:24:27	60	0:22:51	60	0:22:18
341,81	55	0:28:36	65	0:25:08	70	0:23:29	70	0:22:56
342,54	50	0:29:24	60	0:25:49	65	0:24:07	65	0:23:34
343,22	55	0:30:13	65	0:26:30	70	0:24:44	70	0:24:11
343,91	45	0:30:58	50	0:27:08	55	0:25:20	55	0:24:47
344,53	70	0:31:48	80	0:27:53	85	0:26:01	90	0:25:27
345,22	55	0:32:23	65	0:28:24	70	0:26:30	70	0:25:55
346,81	50	0:34:07	60	0:29:52	65	0:27:52	65	0:27:17
348,04	30	0:35:36	35	0:31:05	35	0:29:00	40	0:28:25
348,18	45	0:35:52	50	0:31:20	55	0:29:14	55	0:28:38
349,23	65	0:37:16	75	0:32:35	80	0:30:23	85	0:29:46
351,41	50	0:39:17	60	0:34:20	65	0:32:01	65	0:31:19
352,05	65	0:40:03	75	0:34:58	80	0:32:36	85	0:31:54
354,48	85	0:42:18	95	0:36:55	100	0:34:26	105	0:33:37
359,75	85	0:46:01	95	0:40:15	100	0:37:35	105	0:36:38
362,09	70	0:47:40	80	0:41:43	85	0:39:00	90	0:37:58
362,70		0:48:12		0:42:11		0:39:25		0:38:22

Competitors should note that fractions of a second are hidden (example: 1'23.2" => 1'23" / example: 1'23.7" => 1'23")



STAGE 4
RT 4.4

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
380,45	50	0:00:00	55	0:00:00	60	0:00:00	60	0:00:00
380,89	55	0:00:31	65	0:00:28	70	0:00:26	70	0:00:26
381,90	50	0:01:37	60	0:01:24	65	0:01:18	65	0:01:18
383,75	50	0:03:50	60	0:03:15	65	0:03:00	65	0:03:00
385,41	50	0:05:50	60	0:04:55	65	0:04:32	65	0:04:32
385,68	50	0:06:09	60	0:05:11	65	0:04:47	65	0:04:47
386,42	45	0:07:03	50	0:05:55	55	0:05:28	55	0:05:28
386,80	50	0:07:33	60	0:06:23	65	0:05:53	65	0:05:53
387,83	40	0:08:47	45	0:07:25	45	0:06:50	50	0:06:50
388,14	40	0:09:15	45	0:07:49	45	0:07:15	50	0:07:12
389,67	50	0:11:33	55	0:09:52	60	0:09:17	60	0:09:03
390,33	60	0:12:20	70	0:10:35	75	0:09:57	75	0:09:42
391,92	45	0:13:56	50	0:11:57	55	0:11:13	55	0:10:59
392,72	35	0:15:00	40	0:12:54	40	0:12:06	45	0:11:51
393,09	55	0:15:38	65	0:13:28	70	0:12:39	70	0:12:20
394,32	35	0:16:58	40	0:14:36	40	0:13:42	40	0:13:24
394,96	55	0:18:04	65	0:15:33	70	0:14:40	70	0:14:21
395,29	50	0:18:26	60	0:15:52	65	0:14:57	65	0:14:38
395,59	50	0:18:47	60	0:16:10	65	0:15:13	65	0:14:55
396,16	65	0:19:28	75	0:16:44	80	0:15:45	85	0:15:26
396,87	40	0:20:08	45	0:17:18	45	0:16:17	50	0:15:57
397,08	50	0:20:27	60	0:17:35	65	0:16:34	65	0:16:12
397,60	50	0:21:04	60	0:18:06	65	0:17:02	65	0:16:40
397,99	35	0:21:32	40	0:18:29	40	0:17:24	45	0:17:02
398,41	50	0:22:15	60	0:19:07	65	0:18:02	65	0:17:36
399,41	50	0:23:27	60	0:20:07	65	0:18:57	65	0:18:31
399,55	50	0:23:37	60	0:20:16	65	0:19:05	65	0:18:39
399,97	50	0:24:08	60	0:20:41	65	0:19:28	65	0:19:02
400,35	50	0:24:35	60	0:21:04	65	0:19:49	65	0:19:23
400,65	50	0:24:57	60	0:21:22	65	0:20:06	65	0:19:40
401,14	50	0:25:32	60	0:21:51	65	0:20:33	65	0:20:07
402,15	50	0:26:45	60	0:22:52	65	0:21:29	65	0:21:03
403,40	60	0:28:15	70	0:24:07	75	0:22:38	75	0:22:12
404,12	60	0:28:58	70	0:24:44	75	0:23:13	75	0:22:47
406,82	60	0:31:40	70	0:27:02	75	0:25:22	75	0:24:56
407,20	55	0:32:03	65	0:27:22	70	0:25:41	70	0:25:14
408,83	50	0:33:49	60	0:28:52	65	0:27:04	65	0:26:38
409,27	50	0:34:21	60	0:29:19	65	0:27:29	65	0:27:03
410,24	50	0:35:31	60	0:30:17	65	0:28:23	65	0:27:56
410,68	50	0:36:03	60	0:30:43	65	0:28:47	65	0:28:21
411,53	50	0:37:04	60	0:31:34	65	0:29:34	65	0:29:08
412,73	40	0:38:30	45	0:32:46	45	0:30:40	50	0:30:14
413,62	40	0:39:50	45	0:33:57	45	0:31:52	50	0:31:18
414,41	50	0:41:01	55	0:35:01	60	0:32:55	60	0:32:15
415,10	50	0:41:51	55	0:35:46	60	0:33:36	60	0:32:57
416,38	45	0:43:23	50	0:37:10	55	0:34:53	55	0:34:13
417,86	50	0:45:22	55	0:38:56	60	0:36:30	60	0:35:50
419,18	50	0:46:57	55	0:40:23	60	0:37:49	60	0:37:10
419,37	40	0:47:10	45	0:40:35	45	0:38:01	45	0:37:21
420,91	35	0:49:29	40	0:42:38	40	0:40:04	40	0:39:24
421,64	30	0:50:44	35	0:43:44	35	0:41:09	35	0:40:30
421,93	50	0:51:19	60	0:44:14	65	0:41:39	65	0:41:00
423,89	50	0:53:40	55	0:46:11	60	0:43:28	60	0:42:48
424,46	50	0:54:21	55	0:46:49	60	0:44:02	60	0:43:22
425,26	55	0:55:19	65	0:47:41	70	0:44:50	70	0:44:10
426,48		0:56:38		0:48:49		0:45:53		0:45:13

Competitors should note that fractions of a second are hidden (example: 1'23.2" => 1'23" / example: 1'23.7" => 1'23")

règlement art. 5.9.4: pointage anticipé autorisé au FNT
regulations art. 5.9.4: early check-in allowed at FNT

MAXI TARGET TIMES
NAVIGATION TEST
NT 4.5

H4	H3	H2	H1	H2t	H1t
1h00	*1h06*	*1h12*	*1h18*	*1h12*	*1h18*

WAYPOINTS TO VALIDATE
NAVIGATION TEST
NT 4.5

BOX	PK	TYPE
300	429,67	SNT 4.5
301	429,77	WP A
302	430,07	WP A
303	430,62	WP A
304	431,09	WP A
305	431,88	WP A
306	432,22	WP B
307	432,82	WP A
308	433,25	WP A
309	433,65	WP A
310	434,57	WP A
311	434,82	WP A
312	435,29	WP A
313	435,78	WP A
314	436,58	WP A

BOX	PK	TYPE
315	436,88	WP A
316	437,47	WP A
317	438,81	WP A
318	439,20	WP A
319	439,47	WP A
320	440,03	WP A
321	443,61	WP B
322	444,06	WP A
323	444,92	WP A
324	445,63	WP A
325	446,45	WP A
326	446,81	WP A
327	447,16	WP A
328	448,06	WP A
329	449,00	WP B
330	449,44	WP B
331	449,61	WP A
332	451,39	WP A
333	452,18	WP A
334	452,40	WP A
335	453,05	WP A
336	453,60	WP A
337	454,25	WP A
339	454,66	WP A
341	455,62	WP B
342	455,83	WP A
344	457,86	WP B
345	458,46	WP A
347	460,48	WP B

BOX	PK	TYPE
348	461,33	WP B
352	462,77	WP A
356	465,74	WP A
357	466,65	WP A
359	468,12	WP A
361	469,41	FNT 4.5