

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
236,25	30	0:00:00	35	0:00:00	35	0:00:00	40	0:00:00
236,53	50	0:00:33	55	0:00:28	60	0:00:28	60	0:00:25
236,78	50	0:00:51	55	0:00:45	60	0:00:43	60	0:00:40
237,16	50	0:01:18	55	0:01:10	60	0:01:06	60	0:01:03
237,50	30	0:01:43	35	0:01:32	35	0:01:27	40	0:01:23
238,12	35	0:02:57	40	0:02:36	40	0:02:30	45	0:02:19
238,45	50	0:03:31	60	0:03:05	65	0:03:00	65	0:02:45
238,85	30	0:04:00	35	0:03:29	35	0:03:22	40	0:03:07
239,25	55	0:04:48	65	0:04:10	70	0:04:03	70	0:03:43
239,82	30	0:05:25	30	0:04:42	30	0:04:33	30	0:04:13
240,01	40	0:05:48	45	0:05:05	45	0:04:55	50	0:04:35
241,06	35	0:07:23	40	0:06:29	40	0:06:19	45	0:05:51
241,31	35	0:07:48	40	0:06:51	40	0:06:42	45	0:06:11
242,08	25	0:09:08	30	0:08:01	30	0:07:51	35	0:07:13
242,45	45	0:10:01	50	0:08:45	55	0:08:36	55	0:07:51
242,81	45	0:10:30	50	0:09:11	55	0:08:59	55	0:08:14
243,04	55	0:10:48	65	0:09:27	65	0:09:14	65	0:08:29
243,38	55	0:11:10	65	0:09:46	65	0:09:33	65	0:08:48
245,84	55	0:13:51	65	0:12:03	65	0:11:49	65	0:11:04
246,56	65	0:14:38	75	0:12:42	80	0:12:29	85	0:11:44
247,21	40	0:15:14	45	0:13:14	45	0:12:58	50	0:12:12
247,59	50	0:15:49	60	0:13:44	65	0:13:29	65	0:12:39
248,71	35	0:17:09	40	0:14:51	40	0:14:31	45	0:13:41
249,09	25	0:17:48	30	0:15:25	30	0:15:05	35	0:14:12
249,23	40	0:18:09	45	0:15:42	45	0:15:22	50	0:14:26
250,47	45	0:20:00	50	0:17:21	55	0:17:01	55	0:15:55
251,05	45	0:20:47	50	0:18:03	55	0:17:39	55	0:16:33
251,29	45	0:21:06	50	0:18:20	55	0:17:55	55	0:16:49
251,94	50	0:21:58	55	0:19:07	60	0:18:37	60	0:17:31
252,99	50	0:23:13	55	0:20:16	60	0:19:40	60	0:18:34
253,26	55	0:23:33	65	0:20:34	70	0:19:56	70	0:18:51
254,21	35	0:24:35	40	0:21:26	40	0:20:45	45	0:19:39
254,35	60	0:24:49	70	0:21:39	75	0:20:58	75	0:19:51
255,10	55	0:25:34	65	0:22:17	70	0:21:34	70	0:20:27
256,50	65	0:27:06	75	0:23:35	80	0:22:46	85	0:21:39
258,53	55	0:28:58	65	0:25:12	70	0:24:17	70	0:23:05
258,76	40	0:29:14	45	0:25:25	45	0:24:29	50	0:23:16
260,04	50	0:31:09	55	0:27:08	60	0:26:11	60	0:24:49
260,78	50	0:32:02	55	0:27:56	60	0:26:56	60	0:25:33
261,07	50	0:32:23	60	0:28:15	65	0:27:13	65	0:25:50
261,78	55	0:33:14	65	0:28:58	70	0:27:53	70	0:26:30
263,06	50	0:34:38	60	0:30:08	65	0:28:58	65	0:27:36
263,91	50	0:35:39	60	0:30:59	65	0:29:46	65	0:28:23
265,10	60	0:37:05	70	0:32:11	75	0:30:51	75	0:29:29
267,17	45	0:39:09	50	0:33:57	50	0:32:31	50	0:31:08
267,59	50	0:39:42	60	0:34:28	65	0:33:01	65	0:31:38
268,23	30	0:40:29	35	0:35:06	35	0:33:36	40	0:32:14
268,52	70	0:41:03	80	0:35:36	85	0:34:06	90	0:32:40
268,99	70	0:41:28	80	0:35:57	85	0:34:26	90	0:32:59
270,07	65	0:42:23	75	0:36:46	80	0:35:12	85	0:33:42
270,34	40	0:42:38	45	0:36:59	45	0:35:24	50	0:33:53
270,70	50	0:43:10	60	0:37:27	65	0:35:53	65	0:34:19
271,91	55	0:44:38	65	0:38:40	70	0:37:00	70	0:35:26
273,28	50	0:46:07	55	0:39:56	60	0:38:10	60	0:36:37
273,92	45	0:46:53	50	0:40:38	55	0:38:49	55	0:37:15
274,30	50	0:47:24	60	0:41:05	65	0:39:14	65	0:37:40



STAGE 12

RT 12.1

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
275,55	45	0:48:54	50	0:42:20	55	0:40:23	55	0:38:49
275,84	45	0:49:17	50	0:42:41	55	0:40:42	55	0:39:08
276,10	60	0:49:38	70	0:43:00	75	0:40:59	75	0:39:25
276,54	60	0:50:04	70	0:43:22	75	0:41:20	75	0:39:46
277,18		0:50:42		0:43:55		0:41:51		0:40:17

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
285,31	60	0:00:00	70	0:00:00	75	0:00:00	85	0:00:00
286,55	65	0:01:14	75	0:01:03	85	0:00:59	90	0:00:52
287,00	65	0:01:39	75	0:01:25	85	0:01:18	90	0:01:10
288,28	20	0:02:50	20	0:02:26	20	0:02:12	20	0:02:01
288,59	60	0:03:46	70	0:03:22	75	0:03:08	75	0:02:57
289,63	50	0:04:48	60	0:04:16	65	0:03:58	65	0:03:47
290,24	35	0:05:32	40	0:04:52	40	0:04:32	45	0:04:21
290,45	30	0:05:53	35	0:05:11	35	0:04:51	40	0:04:38
290,72	55	0:06:26	65	0:05:39	70	0:05:18	70	0:05:02
291,96	75	0:07:47	85	0:06:48	90	0:06:22	95	0:06:06
292,68	70	0:08:22	80	0:07:18	85	0:06:51	90	0:06:33
292,99	70	0:08:38	80	0:07:32	85	0:07:04	90	0:06:45
293,41	75	0:08:59	85	0:07:51	90	0:07:22	95	0:07:02
294,77	55	0:10:04	65	0:08:48	70	0:08:16	70	0:07:54
296,00	55	0:11:25	65	0:09:57	70	0:09:20	70	0:08:57
297,79	50	0:13:22	60	0:11:36	65	0:10:52	65	0:10:29
298,23	60	0:13:54	70	0:12:02	75	0:11:16	75	0:10:53
298,94	55	0:14:36	65	0:12:39	70	0:11:50	70	0:11:27
299,27	45	0:14:58	50	0:12:57	50	0:12:07	50	0:11:44
299,94	40	0:15:52	45	0:13:45	45	0:12:55	50	0:12:33
300,43	60	0:16:36	70	0:14:24	75	0:13:35	75	0:13:08
300,88	40	0:17:03	45	0:14:48	45	0:13:56	50	0:13:29
301,97	40	0:18:41	45	0:16:15	45	0:15:23	50	0:14:48
302,70	40	0:19:46	45	0:17:13	45	0:16:22	50	0:15:41
303,20	40	0:20:31	45	0:17:53	45	0:17:02	50	0:16:17
303,88	80	0:21:33	90	0:18:48	95	0:17:56	100	0:17:05
304,73	45	0:22:11	50	0:19:22	50	0:18:28	50	0:17:36
305,21	50	0:22:49	55	0:19:56	60	0:19:03	60	0:18:11
306,09	80	0:23:53	85	0:20:54	90	0:19:56	90	0:19:03
306,99	50	0:24:33	60	0:21:32	65	0:20:32	65	0:19:39
308,27	40	0:26:05	45	0:22:49	45	0:21:43	50	0:20:50
308,88	30	0:27:00	35	0:23:37	35	0:22:31	35	0:21:34
309,60	55	0:28:27	65	0:24:51	70	0:23:45	70	0:22:48
310,15	50	0:29:03	60	0:25:22	65	0:24:14	65	0:23:17
312,08	55	0:31:22	65	0:27:18	70	0:26:01	70	0:25:03
312,89	50	0:32:15	55	0:28:03	60	0:26:42	60	0:25:45
313,31	50	0:32:45	55	0:28:30	60	0:27:07	60	0:26:10
314,12	55	0:33:43	65	0:29:23	70	0:27:56	70	0:26:59
315,56	55	0:35:17	65	0:30:43	70	0:29:10	70	0:28:13
316,03	50	0:35:48	55	0:31:09	60	0:29:34	60	0:28:37
316,58	25	0:36:28	30	0:31:45	30	0:30:07	30	0:29:10
316,68	45	0:36:42	50	0:31:57	55	0:30:19	55	0:29:22
317,15	55	0:37:20	65	0:32:31	70	0:30:50	70	0:29:53
318,09	50	0:38:21	60	0:33:23	65	0:31:38	65	0:30:41
318,80	35	0:39:12	40	0:34:05	40	0:32:18	45	0:31:21
319,30	80	0:40:04	90	0:34:50	95	0:33:03	100	0:32:01
320,85		0:41:14		0:35:52		0:34:01		0:32:56

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 12.3

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

WAYPOINTS TO VALIDATE
NAVIGATION TEST
NT 12.3

BOX	PK	TYPE
155	323,95	SNT 12.3
156	324,47	WP A
157	326,14	WP A
158	328,23	WP A
159	328,42	WP A
160	329,52	WP A
161	329,73	WP A
162	330,20	WP A
163	331,12	WP A
164	331,92	WP A
165	333,49	WP A
166	333,96	WP A
167	334,73	WP A
168	334,93	WP B
169	335,14	WP A

BOX	PK	TYPE
170	335,27	WP A
171	335,72	WP A
172	336,77	WP A
173	337,13	WP A
174	337,77	WP A
175	338,40	WP A
176	338,58	WP A
177	338,91	WP B
178	339,15	WP A
179	340,53	WP B
180	340,83	WP A
181	341,49	WP A
182	341,93	WP A
183	342,54	DZ
184	342,78	CP 2
185	342,98	FZ
186	343,54	WP A
187	344,39	WP A
188	345,58	WP A
189	345,82	WP A
190	346,18	WP A
191	346,83	WP A
192	347,35	WP A
193	347,54	WP A
194	347,87	WP A
195	348,18	WP A
196	349,26	WP A
197	349,64	WP A
198	350,59	WP A

BOX	PK	TYPE
199	352,01	WP A
200	352,97	WP A
201	353,50	WP A
202	354,23	WP A
203	355,14	WP A
204	356,63	WP A
205	356,99	WP A
206	357,41	WP A
207	358,43	WP B
208	359,25	WP B
209	359,57	WP A
210	360,87	WP A
211	361,79	WP A
212	362,63	WP A
213	363,10	WP A
214	364,25	WP A
215	365,31	WP A
216	365,54	WP A
217	365,74	WP A
218	366,81	WP A
219	367,04	WP A
220	367,73	DZ
221	367,95	FZ
222	368,18	WP B
223	368,98	WP B
224	369,42	WP A
225	369,87	FNT 12.3

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
372,17	40	0:00:00	45	0:00:00	45	0:00:00	50	0:00:00
372,43	50	0:00:23	60	0:00:20	65	0:00:20	65	0:00:18
373,29	50	0:01:25	60	0:01:12	65	0:01:08	65	0:01:06
373,48	40	0:01:39	45	0:01:23	45	0:01:18	50	0:01:16
373,86	40	0:02:13	45	0:01:54	45	0:01:49	50	0:01:44
374,05	50	0:02:30	55	0:02:09	60	0:02:04	60	0:01:57
374,85	20	0:03:27	20	0:03:01	20	0:02:52	20	0:02:45
375,00	20	0:03:54	20	0:03:28	20	0:03:19	20	0:03:12
375,31	20	0:04:50	20	0:04:24	20	0:04:15	20	0:04:08
375,44	20	0:05:14	20	0:04:47	20	0:04:38	20	0:04:32
375,59	45	0:05:41	50	0:05:14	55	0:05:05	55	0:04:59
376,70	45	0:07:09	50	0:06:34	55	0:06:18	55	0:06:11
377,03	35	0:07:36	40	0:06:58	40	0:06:40	45	0:06:33
377,40	60	0:08:14	70	0:07:31	75	0:07:13	75	0:07:02
378,64	60	0:09:28	70	0:08:35	75	0:08:12	75	0:08:02
379,06	50	0:09:53	55	0:08:57	60	0:08:32	60	0:08:22
379,75	50	0:10:43	55	0:09:42	60	0:09:14	60	0:09:04
381,14	60	0:12:23	70	0:11:13	75	0:10:37	75	0:10:27
381,64	45	0:12:53	50	0:11:39	55	0:11:01	55	0:10:51
382,10	60	0:13:30	70	0:12:12	75	0:11:31	75	0:11:21
383,44	35	0:14:50	40	0:13:21	40	0:12:36	45	0:12:25
383,93	60	0:15:41	70	0:14:05	75	0:13:20	75	0:13:05
384,60	60	0:16:21	70	0:14:39	75	0:13:52	75	0:13:37
385,37	50	0:17:07	60	0:15:19	65	0:14:29	65	0:14:14
385,76	75	0:17:35	80	0:15:42	85	0:14:51	85	0:14:35
387,36		0:18:52		0:16:54		0:15:58		0:15:43

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 12.5

H4	H3	H2	H1	H2t	H1t
0h55	1h00	1h05	1h10	1h05	1h10

WAYPOINTS TO VALIDATE
NAVIGATION TEST
NT 12.5

BOX	PK	TYPE
267	413,03	SNT 12.5
268	414,82	WP A
269	415,17	WP B
270	415,58	WP A
271	416,94	WP A
272	417,44	WP A
273	418,77	WP A
274	419,06	WP A
275	419,33	WP A
276	420,08	WP A
277	421,33	WP A
278	422,23	WP A
279	423,36	WP A
280	423,76	WP A
281	425,33	WP A

BOX	PK	TYPE
282	425,77	WP A
283	426,02	WP A
284	426,29	WP B
285	426,57	WP B
286	426,91	WP A
287	427,16	WP B
288	429,40	WP A
289	430,12	WP A
290	431,33	WP B
291	431,77	WP A
292	432,20	WP A
293	432,50	WP A
294	432,89	WP A
295	433,08	WP A
296	434,01	WP A
297	434,86	WP B
298	435,35	WP A
299	435,87	WP A
300	436,17	WP A
301	437,53	WP B
302	438,28	WP A
303	439,61	WP A
304	440,14	WP A
305	441,43	WP A
306	442,10	WP A
307	443,66	WP A
308	446,93	WP A
309	448,97	WP A
310	450,38	WP A

BOX	PK	TYPE
311	453,72	WP A
312	457,19	WP A
313	457,88	WP A
314	461,48	FNT 12.5

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
464,28	55	0:00:00	65	0:00:00	70	0:00:00	70	0:00:00
465,04	35	0:00:49	40	0:00:42	40	0:00:39	45	0:00:39
465,20	65	0:01:06	75	0:00:56	80	0:00:53	85	0:00:51
466,61	45	0:02:24	50	0:02:04	50	0:01:56	50	0:01:51
466,77	60	0:02:37	70	0:02:15	75	0:02:08	80	0:02:03
467,35	80	0:03:11	90	0:02:45	95	0:02:36	100	0:02:29
468,89	75	0:04:21	85	0:03:47	90	0:03:34	95	0:03:24
469,93	65	0:05:11	75	0:04:31	80	0:04:16	85	0:04:04
470,64	65	0:05:50	75	0:05:05	80	0:04:48	85	0:04:34
471,12	65	0:06:17	75	0:05:28	80	0:05:09	85	0:04:54
471,42	50	0:06:33	60	0:05:42	65	0:05:23	65	0:05:07
471,80	55	0:07:01	65	0:06:05	70	0:05:44	70	0:05:28
472,68	70	0:07:58	80	0:06:54	85	0:06:29	90	0:06:13
474,24	70	0:09:18	80	0:08:04	85	0:07:35	90	0:07:15
475,15	80	0:10:05	90	0:08:45	95	0:08:14	100	0:07:52
475,60	80	0:10:25	85	0:09:03	90	0:08:31	95	0:08:08
479,40	70	0:13:16	75	0:11:44	80	0:11:03	85	0:10:32
479,87	30	0:13:41	30	0:12:06	30	0:11:24	30	0:10:52
480,21	80	0:14:21	85	0:12:47	90	0:12:05	95	0:11:33
481,87	80	0:15:36	85	0:13:57	90	0:13:11	95	0:12:36
483,76	55	0:17:01	60	0:15:18	60	0:14:27	60	0:13:47
484,36	30	0:17:40	30	0:15:54	30	0:15:03	30	0:14:23
484,54	30	0:18:02	30	0:16:15	30	0:15:24	30	0:14:45
484,76	75	0:18:28	85	0:16:42	90	0:15:51	95	0:15:11
485,36	80	0:18:57	85	0:17:07	90	0:16:15	95	0:15:34
487,10	80	0:20:15	85	0:18:21	90	0:17:24	95	0:16:40
488,18	65	0:21:04	70	0:19:06	75	0:18:08	75	0:17:21
488,73	50	0:21:35	50	0:19:35	55	0:18:34	55	0:17:47
489,28	50	0:22:14	60	0:20:14	65	0:19:10	65	0:18:23
489,69	50	0:22:44	60	0:20:39	65	0:19:33	65	0:18:46
490,31	50	0:23:28	60	0:21:16	65	0:20:07	65	0:19:20
490,75	50	0:24:00	50	0:21:42	55	0:20:31	55	0:19:45
491,46	55	0:24:51	65	0:22:34	70	0:21:18	70	0:20:31
491,92	55	0:25:21	65	0:22:59	70	0:21:41	70	0:20:55
492,26	65	0:25:43	70	0:23:18	75	0:21:59	75	0:21:12
492,87	50	0:26:17	55	0:23:49	60	0:22:28	60	0:21:42
493,66	50	0:27:14	55	0:24:41	60	0:23:16	60	0:22:29
494,12	55	0:27:47	65	0:25:11	70	0:23:43	70	0:22:57
494,58		0:28:17		0:25:37		0:24:07		0:23:20