

FRM WPT	TO WPT	MSA	TRK HDG	ALT/FL	LEG REM	TIME EET	FUEL REM
EGSG	LAM	1700	203	A024	0.4 613		
LAM	ITVIP	1700	122	ATC	40 612.6		
ITVIP	DVR	2300	123	ATC	14 572.6		
DVR	SANDY	2300	242	FL150	12 558.6		
SANDY	LYD	1200	242	FL150	8.1 546.6		
LYD	HASTY	1400	219	FL150	21 538.5		
HASTY	WAFFU	800	219	FL150	11 517.5		
WAFFU	SITET	800	205	FL150	32 506.5		

FRM WPT	TO WPT	MSA	TRK HDG	ALT/FL	LEG REM	TIME EET	FUEL REM
SITET	ETRAT	1600	166	FL150	26 474.5		
ETRAT	DVL	1900	165	FL150	23 448.5		
DVL	LISEU	1900	164	FL150	13 425.5		
LISEU	LGL	2200	165	FL150	19 412.5		
LGL	RONAX	2100	194	FL150	25 393.5		
RONAX	TUNAX	2000	194	FL150	30 368.5		
TUNAX	LUTIL	1800	194	FL150	20 338.5		
LUTIL	GINON	1800	172	FL150	26 318.5		

IFR NCO - PLOG

REG:	GREG	SLOT:	HH:MM	SR/SS TIME	HH:MM
A/C Type:	DA40D	EOBT:	05:50	OBT	HH:MM
DEP:	EGSG	TAXI:	00:10	TOT:	HH:MM
DES:	LFMT	CTOT:	06:00	DALTN:	EGMC
ENDUR:	HH:MM	EET:	HH:MM	SLOT:	HH:MM

Airport & ATIS (Departure)

Frequencies

ATIS Code			ATIS	LC -136.355
TIME			INFO	122.805
Ceiling & Visibility			DIRECTOR	132.7
Wind			LTMA	120.53
Altimeter			LTMA	121.23
Approach			LTMA	134.125
Runway			EGMC	130.78
Other			MC DIR	128.965

Departure Clearance

Ground Based AIDS

SID/NPR		VOR/NDB	LAM	115.6
ALT/FL	INITIAL A024	VOR/NDB	DET	117.3
SQWK		VOR/NDB	DVR	114.95
FREQ		VOR/NDB	LYD	114.05
OTHER		VOR/NDB	DVL	110.2
FRZ LEVEL		VOR/NDB	LGL	112.7

Notes & Runway INFO

D-ALTN RWY	°	DH ft	STABLE (+500ft)	ft
D-ALTN RWY	°	DH ft	CONFIG (+1000ft)	ft

SND 362.5

LHO - 346.0 - PI - 363.0