




Abbeville - Rochester

Time: 19/06/2016 09:00 Z

Startup		Brakes Off	
Takeoff		Landing	
Brakes On		Shutdown	




Takeoff Elevation 220 ft (8 hPa), SR 03:42 Z, MCT 02:57 Z	MSA	Level	IAS	TrkT	Wind	HdgM	GS	Dist	Time
LFOI Abbeville  BNE Boulogne	2100	1400	108	006	000/00	006	103	29	17
BNE Boulogne  Folkestone	2300	3000	108	314	000/00	314	113	40	21
Folkestone N511535 E0004959	1500	3000	108	311	000/00	311	113	16	9
N511535 E0004959  EGTO Rochester	1500	3000	108	294	000/00	294	108	14	8
Landing Elevation 426 ft (16 hPa), SS 20:17 Z, ECT 21:05 Z								99	54



Flight Information Service

Paris Info	125.700
LILLE INFO	120.275
Le Touquet Cote D'opale (LFAT)	
ATIS	123.125
Flight Information Service	
London Information	124.600

LARS

Southend Radar	130.775
Rochester (EGTO)	
Rochester Information	122.250
Listening Squawk	
Gatwick (0012)	126.825
Heathrow/City (0012)	132.700

 ABB (Abbeville)	108.450
•- -•• -••	VOR/DME
 BNE (Boulogne)	113.800
-•• -• •	VOR
 DVR (Dover)	114.950
-•• ••- •-•	VOR/DME

 DET (Detling)	117.300
-•• • -	VOR/DME
 RCH (Rochester)	369.0
•-• -•-• •••	NDB