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NAVIGATION EVENT INSTRUCTIONS TD-E-1 - Training Day (GPS)

TURNING POINT numbers below (TP#'s) are at Leg starts (START is TP#1).

TP#	Distance & LEG#					
			NM	m		
1 START	27:55.3156	153:24.9068				
2 Proceed to	27:55.1117	153:24.8518	0.2098	389	1	
3 Proceed to	27:54.9795	153:24.8216	0.1350	250	2	
4 Proceed to	27:54.3992	153:25.1563	0.6519	1207	3	
5 Proceed to	27:53.9453	153:25.2049	0.4563	845	4	
6 Proceed to	27:53.4545	153:24.9359	0.5458	1011	5	
7 Proceed to	27:53.1906	153:24.8480	0.2753	510	6	
8 Proceed to	27:52.6810	153:24.8965	0.5118	948	7	
9 Proceed to	27:52.1159	153:24.8491	0.5671	1050	8	
10 Proceed to	27:51.8706	153:24.7375	0.2646	490	9	
11 Proceed to	27:51.7418	153:24.5521	0.2086	386	10	
12 Proceed to	27:51.5396	153:24.3285	0.2830	524	11	
13 Proceed to	27:51.1013	153:24.0369	0.5089	942	12	
14 Proceed to	27:50.8919	153:23.9857	0.2144	397	13	
15 Proceed to	27:50.7022	153:23.9841	0.1899	352	14	
16 Proceed to	27:50.4977	153:23.9997	0.2051	380	15	
17 Proceed to	27:50.2725	153:24.0471	0.2293	425	16	
18 Proceed to	27:49.9615	153:24.3338	0.4016	744	17	
19 Proceed to	27:49.3396	153:24.4745	0.6347	1175	18	
20 Proceed to	27:49.1599	153:24.6146	0.2185	405	19	
21 Proceed to	27:49.0348	153:24.7176	0.1549	287	20	
22 FINISH	27:48.8005	153:25.1041	0.4148	768	21	
Total			7.2813	13485		