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NAVIGATION EVENT INSTRUCTIONS DT-E-1 - Training Day (Trad)

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

TP#	Distance & LEG#					
			NM	m		
1 START	27:46.5800	153:25.1900				
2 Proceed to	27:46.8200	153:24.8800	0.3647	675	1	
3 Proceed to	27:47.0000	153:24.8300	0.1855	344	2	
4 Proceed to	27:47.1100	153:24.8450	0.1109	205	3	
5 Proceed to	27:47.1800	153:24.8450	0.0701	130	4	
6 Proceed to	27:47.2800	153:24.8000	0.1077	199	5	
7 Proceed to	27:47.5800	153:24.7400	0.3049	565	6	
8 Proceed to	27:48.6600	153:24.6600	1.0831	2006	7	
9 Proceed to	27:49.4300	153:24.3900	0.8068	1494	8	
10 Proceed to	27:49.9800	153:24.2800	0.5590	1035	9	
11 Proceed to	27:50.2600	153:24.0000	0.3741	693	10	
12 Proceed to	27:50.9100	153:23.9300	0.6534	1210	11	
13 Proceed to	27:51.3500	153:24.1100	0.4682	867	12	
14 Proceed to	27:51.8600	153:24.6300	0.6871	1273	13	
15 Proceed to	27:52.4180	153:24.8200	0.5832	1080	14	
16 Proceed to	27:52.6800	153:24.8400	0.2628	487	15	
17 Proceed to	27:53.2600	153:24.8200	0.5807	1075	16	
18 Proceed to	27:53.9500	153:25.1600	0.7532	1395	17	
19 FINISH	27:54.1200	153:25.1600	0.1701	315	18	
Total			8.1255	15048		