

# LFOP

Rouen Vallee de la Seine

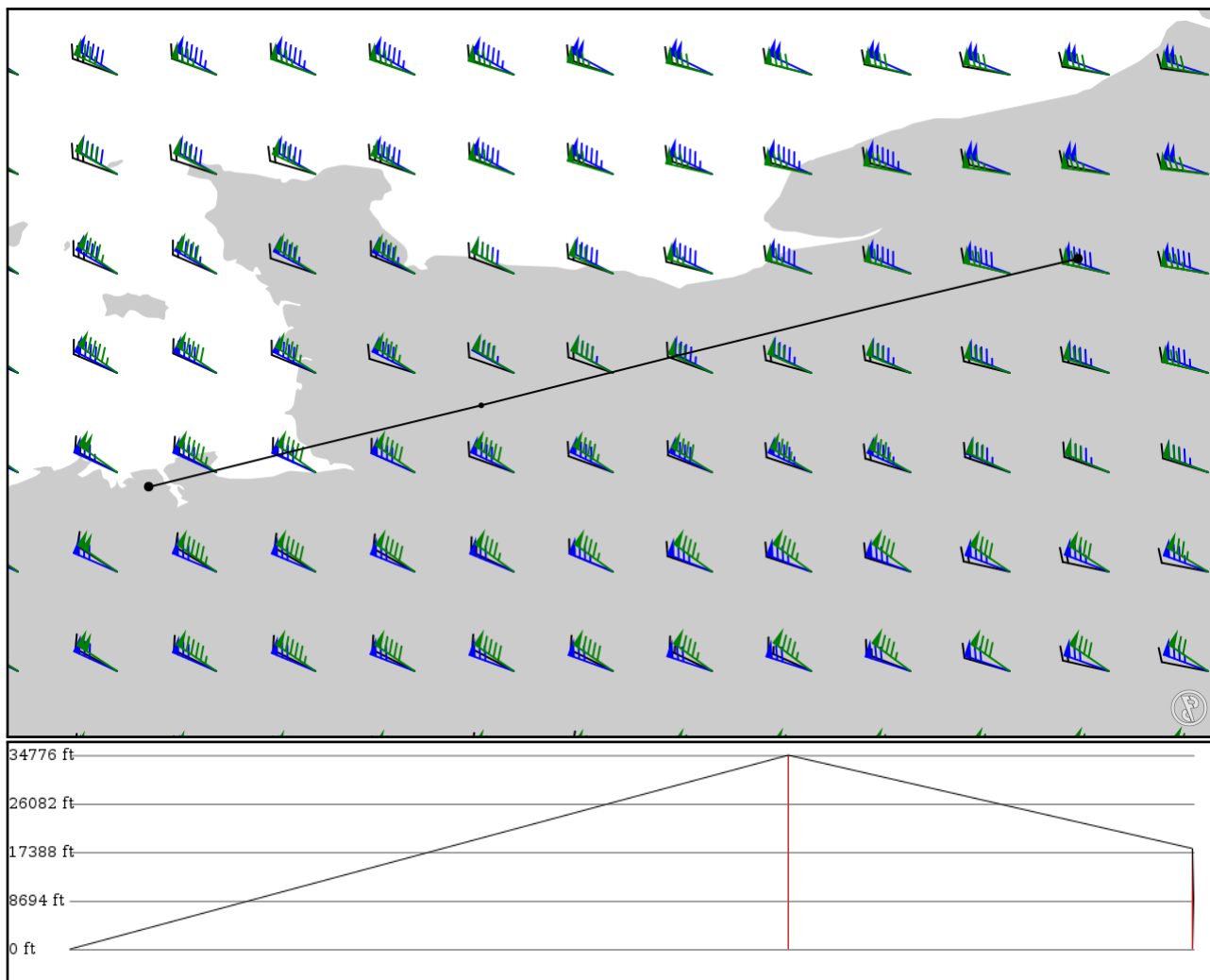
# LFRD

Dinard Pleurtuit-St Malo

2024/05/08 1053Z

LFOP VIREX **R492** DIN LFRD

137.25 nm / 254.18 km



## Notes

Basic altitude profile:

- Ascent Rate: 2500ft/min
- Ascent Speed: 180kts
- Cruise Altitude: 35000ft
- Cruise Speed: 200kts
- Descent Rate: 800ft/min
- Descent Speed: 180kts

Options:

- Use NATs: yes
- Use PACOTS: yes
- Use low airways: yes
- Use high airways: yes

## Route

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
LFOP	-	49.38521	0 ft	-	Rouen Vallee de la Seine
APT	-	1.17619	0 m		
VIREX	-	48.87222	10,600 ft	87	-
FIX	-	-0.91472	3,231 m		
DIN	R492	48.58606	5,500 ft	49	DINARD PLEURTUIT SAINT MALO VO
VOR	AWY-LO	-2.08233	1,676 m		
LFRD	-	48.58798	0 ft	0	Dinard Pleurtuit-St Malo
APT	-	-2.07992	0 m		

## LFOP

Region: FRANCE  
Timezone: EUROPE/PARIS  
Runways: 1

Elevation: 512 ft / 156 m  
Location: 49.385200 1.176190  
Magnetic Var: 1.057 E

## METAR

LFOP 081030Z AUTO 01006KT 330V060 9999 OVC016 12/09 Q1029 NOSIG

## TAF

UNKNOWN

## Frequencies

REC - 120.72 MHz - ATIS  
APP - 118.57 MHz - ROUEN APP

TWR - 120.20 MHz - ROUEN TWR

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
04	148 ft	5,577 ft	41.28	ASPHALT	0 ft	0 ft
	45 m	1,700 m	40.22		0 m	0 m
22	148 ft	5,577 ft	221.29	ASPHALT	0 ft	0 ft
	45 m	1,700 m	220.23		0 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
22	DME	RN	110.50 MHz	18 nm	-	-	571 ft
				33 km	-		571 m
22	LOC-ILS	RN	110.50 MHz	18 nm	221.27	-	512 ft
				33 km	220.21		512 m
22	GS	RN	110.50 MHz	10 nm	221.57	3.00	512 ft
				19 km	220.51		512 m

## LFRD

Region: FRANCE  
Timezone: EUROPE/PARIS  
Runways: 2

Elevation: 216 ft / 66 m  
Location: 48.588000 -2.079920  
Magnetic Var: 0.090 E

## METAR

LFRD 081030Z AUTO 01007KT 340V040 CAVOK 18/12 Q1029 NOSIG

## TAF

TAF LFRD 080500Z 0806/0906 VRB03KT 3000 BR NSC TEMPO 0806/0808 0300 FG VV/// BECMG 0807/0809 7000 NSW NSC TEMPO 08

## Frequencies

REC - 124.57 MHz - LFRD ATIS  
APP - 124.90 MHz - RENNES APP

TWR - 120.15 MHz - DINARD TWR

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
17	148 ft	7,199 ft	170.09	ASPHALT	0 ft	0 ft
	45 m	2,194 m	170.00		0 m	0 m
35	148 ft	7,199 ft	350.10	ASPHALT	0 ft	0 ft
	45 m	2,194 m	350.01		0 m	0 m
12	148 ft	4,909 ft	115.13	ASPHALT	0 ft	0 ft
	45 m	1,496 m	115.04		0 m	0 m
30	148 ft	4,909 ft	295.14	ASPHALT	669 ft	0 ft
	45 m	1,496 m	295.05		204 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
35	DME	DR	110.75 MHz	27 nm	-	-	216 ft
				50 km	-		216 m
35	LOC-ILS	DR	110.75 MHz	18 nm	350.08	-	216 ft
				33 km	349.99		216 m
35	GS	DR	110.75 MHz	10 nm	350.16	3.00	216 ft
				19 km	350.07		216 m