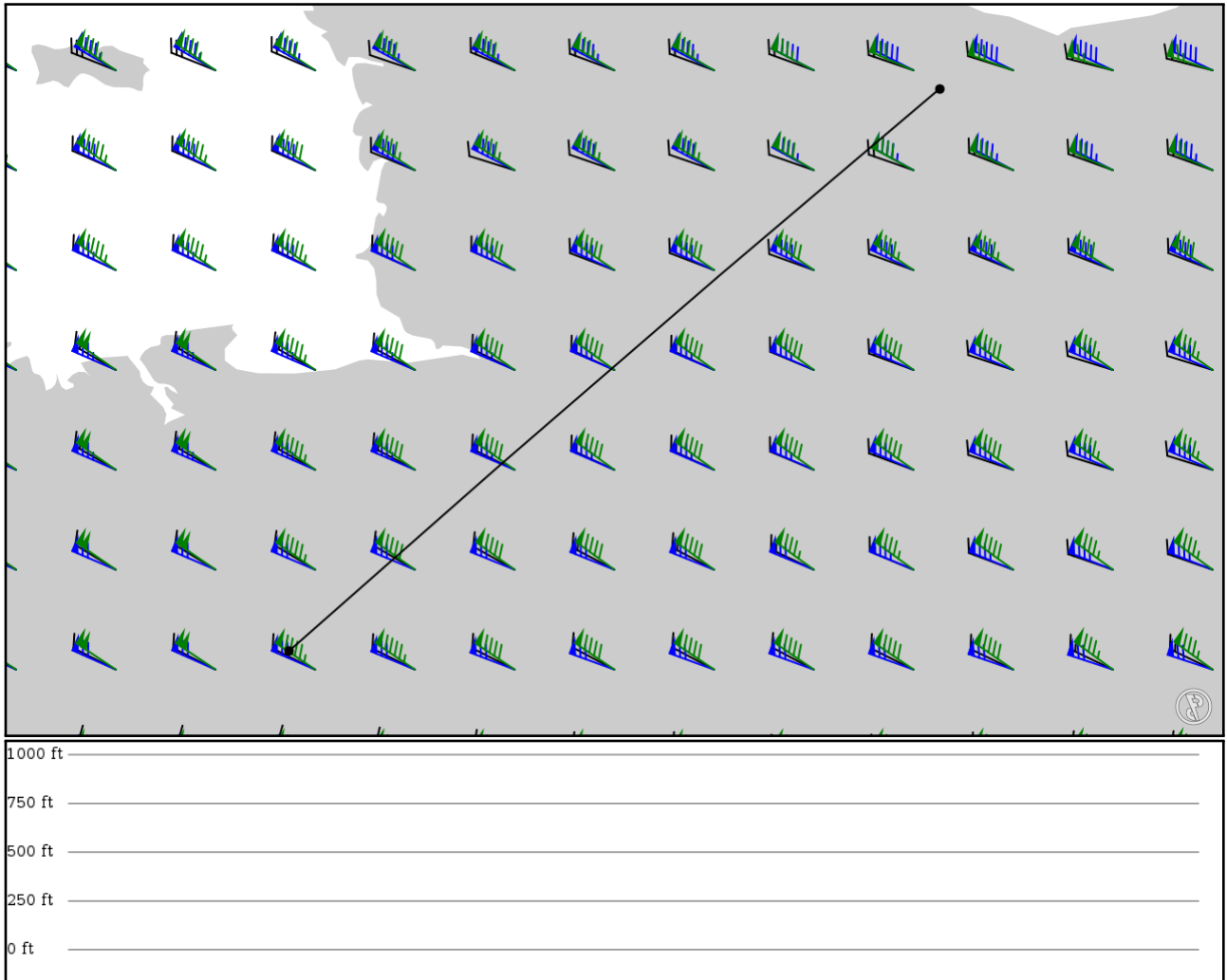


2024/05/06 1245Z

LFRK CAN LFRN

83.68 nm / 154.98 km



## Notes

Basic altitude profile:

- Ascent Rate: 2500ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 35000ft
- Cruise Speed: 420kts
- Descent Rate: 1500ft/min
- Descent Speed: 250kts

## Route

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
LFRK	-	49.17512	0 ft	-	Caen Carpiquet
APT	-	-0.45194	0 m		
CAN	-	49.17319	0 ft	0	CAEN CARPIQUET VOR
VOR	-	-0.45528	0 m		
LFRN	-	48.06941	0 ft	83	Rennes St Jacques
APT	-	-1.73459	0 m		

## LFRK

Region: FRANCE  
Timezone: EUROPE/PARIS  
Runways: 4

Elevation: 256 ft / 78 m  
Location: 49.176300 -0.451725  
Magnetic Var: 0.563 E

## METAR

LFRK 061230Z AUTO 19008KT 160V220 9999 NCD 16/07 Q1008 TEMPO VRB15G25KT 2000 TSRAGS BKN015CB

## TAF

UNKNOWN

## Frequencies

TWR - 134.52 MHz - CAEN TOWER  
REC - 120.05 MHz - CAEN ATIS

APP - 120.35 MHz - DEAUVILLE APPROACH

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
05	99 ft	3,880 ft	51.94	ASPHALT	0 ft	0 ft
	30 m	1,183 m	51.38		0 m	0 m
23	99 ft	3,880 ft	231.95	ASPHALT	0 ft	0 ft
	30 m	1,183 m	231.39		0 m	0 m
05L	164 ft	2,129 ft	51.97	GRASS	0 ft	0 ft
	50 m	649 m	51.41		0 m	0 m
23R	164 ft	2,129 ft	231.98	GRASS	0 ft	0 ft
	50 m	649 m	231.42		0 m	0 m
13L	164 ft	2,693 ft	125.37	GRASS	0 ft	0 ft
	50 m	821 m	124.81		0 m	0 m
31R	164 ft	2,693 ft	305.38	GRASS	0 ft	0 ft
	50 m	821 m	304.81		0 m	0 m
13	148 ft	6,239 ft	125.34	ASPHALT	984 ft	0 ft
	45 m	1,902 m	124.78		300 m	0 m
31	148 ft	6,239 ft	305.36	ASPHALT	0 ft	0 ft
	45 m	1,902 m	304.79		0 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
31	DME	CN	110.95 MHz	18 nm	-	-	233 ft
				33 km	-		233 m
31	LOC-ILS	CN	110.95 MHz	18 nm	305.35	-	256 ft
				33 km	304.79		256 m
31	GS	CN	110.95 MHz	10 nm	305.35	3.00	256 ft
				19 km	304.79		256 m

## LFRN

Region: FRANCE  
Timezone: EUROPE/PARIS  
Runways: 2

Elevation: 124 ft / 38 m  
Location: 48.069400 -1.734590  
Magnetic Var: 0.240 E

## METAR

LFRN 061230Z AUTO 05008KT 020V080 9999 -RA FEW014/// BKN052/// OVC064/// //////CB 13/10 Q1007 TEMPO VRB15G25KT 20

## TAF

TAF LFRN 061100Z 0612/0712 VRB05KT 9999 SCT010 BKN030 TEMPO 0612/0617 4000 SHRA BKN008 BKN015CB PROB40 TEMPO 0612/

## Frequencies

REC - 136.40 MHz - LFRN ATIS  
GND - 121.72 MHz - RENNES GND  
APP - 134.00 MHz - RENNES APP  
COM - 120.50 MHz - RENNES MULT  
TWR - 120.50 MHz - RENNES TWR  
APP - 124.90 MHz - RENNES APP

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
14	98 ft	2,785 ft	142.19	ASPHALT	0 ft	0 ft
	30 m	849 m	141.95		0 m	0 m
32	98 ft	2,785 ft	322.20	ASPHALT	0 ft	0 ft
	30 m	849 m	321.96		0 m	0 m
10	148 ft	6,895 ft	100.76	ASPHALT	230 ft	0 ft
	45 m	2,102 m	100.52		70 m	0 m
28	148 ft	6,895 ft	280.78	ASPHALT	0 ft	0 ft
	45 m	2,102 m	280.54		0 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
28	DME	RS	110.10 MHz	18 nm	-	-	174 ft
				33 km	-		174 m
28	LOC-ILS	RS	110.10 MHz	18 nm	280.72	-	124 ft
				33 km	280.48		124 m
28	GS	RS	110.10 MHz	10 nm	281.54	3.00	124 ft
				19 km	281.30		124 m