LFRQ
Quimper Pluguffan

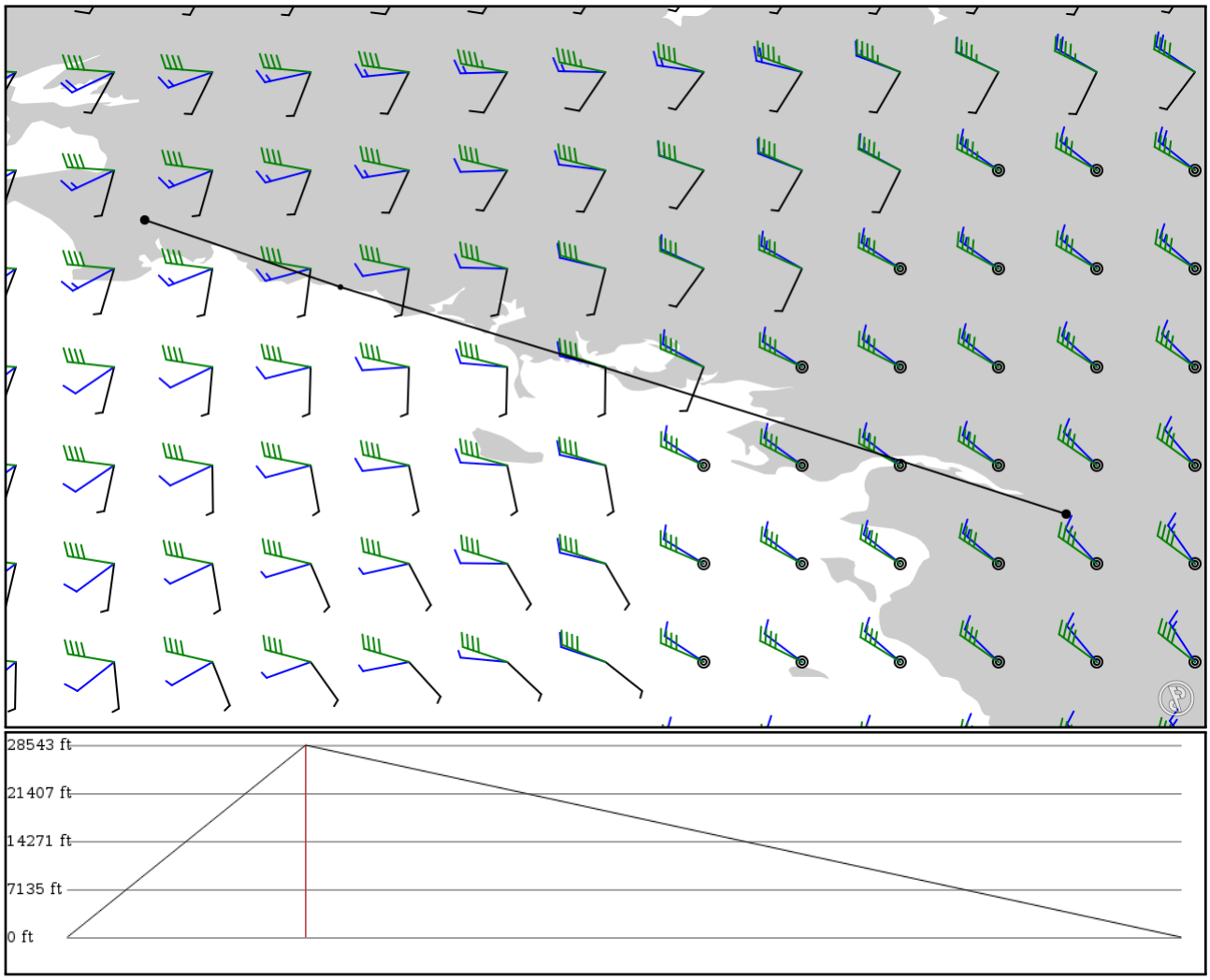
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LFRS
Nantes_Atlantique

2024/03/19 1402Z

LFRQ POMTA LFRS

114.79 nm / 212.59 km



Notes

Basic altitude profile:
- Ascent Rate: 2500ft/min
- Ascent Speed: 150kts
- Cruise Altitude: 8000ft
- Cruise Speed: 200kts
- Descent Rate: 1500ft/min
- Descent Speed: 150kts

Options:
- Use NATs: yes
- Use PACOTS: yes
- Use low airways: no
- Use high airways: yes

Route

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
LFRQ APT	-	47.97278 -4.17156	0 ft 0 m	-	Quimper Pluguffan
POMTA FIX	-	47.78639 -3.62778	8,700 ft 2,652 m	24	-
LFRS APT	-	47.15604 -1.61119	0 ft 0 m	90	Nantes_Atlantique

LFRQ

Region: FRANCE
Timezone: EUROPE/PARIS
Runways: 1

Elevation: 296 ft / 90 m
Location: 47.975100 -4.170930
Magnetic Var: 0.557 W

METAR

LFRQ 191330Z AUTO 22008KT 180V260 9999 BKN018 OVC024 13/10 Q1018 NOSIG

TAF

TAF LFRQ 191100Z 1912/2012 21010KT 9999 OVC020 BECMG 1916/1918 15005KT TEMPO 2006/2012 4000 -RA

Frequencies

TWR - 118.62 MHz - QUIMPER TOWER

APP - 119.57 MHz - IROISE APPROACH

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
10	148 ft 45 m	7,060 ft 2,152 m	93.51 94.07	ASPHALT	361 ft 110 m	197 ft 60 m
28	148 ft 45 m	7,060 ft 2,152 m	273.54 274.09	ASPHALT	0 ft 0 m	0 ft 0 m

Approach Navaids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
28	DME	QR	110.30 MHz	18 nm 33 km	- -	-	332 ft 332 m
28	LOC-ILS	QR	110.30 MHz	18 nm 33 km	273.51 274.07	-	295 ft 295 m
28	GS	QR	110.30 MHz	10 nm 19 km	274.01 274.56	3.00	295 ft 295 m

LFRS

Region: FRANCE
Timezone: EUROPE/PARIS
Runways: 1

Elevation: 89 ft / 27 m
Location: 47.153200 -1.610720
Magnetic Var: 0.327 E

METAR

LFRS 191330Z AUTO 22004KT 170V290 9999 BKN028 16/10 Q1018

TAF

TAF LFRS 190702Z 1907/2012 CNL

Frequencies

REC - 126.92 MHz - NANTES ATIS
APP - 124.42 MHz - NANTES APPROACH WEST
GND - 121.65 MHz - NANTES GROUND

APP - 124.25 MHz - NANTES APPROACH EAST
TWR - 118.65 MHz - NANTES TOWER

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
03	147 ft 45 m	9,519 ft 2,901 m	27.33 27.01	ASPHALT	0 ft 0 m	0 ft 0 m
21	147 ft 45 m	9,519 ft 2,901 m	207.35 207.02	ASPHALT	696 ft 212 m	0 ft 0 m

Approach Navaids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
03	DME	NT	109.90 MHz	27 nm 50 km	- -	-	89 ft 89 m
03	LOC-ILS	NT	109.90 MHz	18 nm 33 km	27.35 27.02	-	89 ft 89 m
03	GS	NT	109.90 MHz	10 nm 19 km	27.35 27.02	3.00	89 ft 89 m