Cruise Altitude Temperature C

Pilot	Aircraft			Date			Route				
From / To	MSA	PLAN ALT	TAS	TRK (T)	W/V (T)	HDG (T)	HDG (M)	HDG (C)	DIST	GROUND SPEED	LEG TIME

TIME	Observations	ETA	REV ETA
	Brakes off - tacho……		
	Take off		
	Set Heading		
	brakes on - tacho……..		

Serv Request	Planned fuel	
Type	cruise	
Routing	t/off	
Position	landing	
Altitude	div	
Conditions	hold 45	
ETA	sub-tot	
Request	con -10%	
	Total	

Station	Callsign	Freq.
Emergency		121.5
Kemble	Info	118.9
Alternate		
Navaid	IDENT	Freq.
GST	--./../-	331
BCN	-.../-.-./-.	117.45

Airfield/ATIS information		
A/F		
Rwy		
QNH		
QFE		
W/V		
WX		
Info		
RPS		

	5	10	15	20	30
80	4	7.5	11	15	22
90	3	7	10	13	20
100	3	6	9	12	18
110	3	5	8	11	16
120	2.5	5	7.5	10	15

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