

5	INS checkpoints	Position	Coordinates
		101	N 51 25 14.19 E 012 12 43.92
		101*	N 51 25 12.51 E 012 12 43.18
		102	N 51 25 14.11 E 012 12 44.41
		102*	N 51 25 12.42 E 012 12 43.68
		103	N 51 25 13.80 E 012 12 46.21
		103*	N 51 25 12.11 E 012 12 45.48
		104	N 51 25 13.63 E 012 12 47.16
		104*	N 51 25 11.95 E 012 12 46.42
		105	N 51 25 13.46 E 012 12 48.16
		105*	N 51 25 11.78 E 012 12 47.42
		106	N 51 25 13.40 E 012 12 48.50
		106*	N 51 25 11.71 E 012 12 47.77
		107	N 51 25 13.16 E 012 12 49.90
		107*	N 51 25 11.47 E 012 12 49.16
		108	N 51 25 13.00 E 012 12 50.80
		108*	N 51 25 11.32 E 012 12 50.06
		109	N 51 25 12.86 E 012 12 51.65
		109*	N 51 25 11.17 E 012 12 50.91
		110	N 51 25 12.68 E 012 12 52.65
		110*	N 51 25 11.00 E 012 12 51.91
		111	N 51 25 12.55 E 012 12 53.39
		111*	N 51 25 10.88 E 012 12 52.66
		112	N 51 25 11.93 E 012 12 55.00
		113	N 51 25 11.89 E 012 12 55.25
		114	N 51 25 11.54 E 012 12 56.71
		115	N 51 25 11.33 E 012 12 57.95
		116	N 51 25 11.25 E 012 12 58.45
		117	N 51 25 10.86 E 012 13 00.45
		118	N 51 25 10.77 E 012 13 00.98
		119	N 51 25 10.51 E 012 13 02.46
		120	N 51 25 10.25 E 012 13 03.98
		121	N 51 25 10.15 E 012 13 04.53
		126	N 51 25 10.03 E 012 13 07.81
		128	N 51 25 09.60 E 012 13 10.57
		130	N 51 25 09.18 E 012 13 13.34
		132	N 51 25 08.73 E 012 13 16.09
		134	N 51 25 08.27 E 012 13 18.85
		136	N 51 25 07.80 E 012 13 21.59
		137	N 51 25 07.10 E 012 13 23.44
		138	N 51 25 06.97 E 012 13 24.16
		139	N 51 25 06.74 E 012 13 25.48
		140	N 51 25 06.50 E 012 13 26.92
		140*	N 51 25 05.10 E 012 13 26.31
		141	N 51 25 06.86 E 012 13 27.67
		141*	N 51 25 05.01 E 012 13 26.86
		142	N 51 25 06.48 E 012 13 29.85
		142*	N 51 25 04.63 E 012 13 29.04
		143	N 51 25 06.05 E 012 13 32.38
		143*	N 51 25 04.20 E 012 13 31.57
		201	N 51 24 28.26 E 012 11 53.21
		201R	N 51 24 28.22 E 012 11 52.34
		202	N 51 24 28.35 E 012 11 55.07
		203	N 51 24 28.47 E 012 11 57.72
		203L	N 51 24 28.51 E 012 11 58.52
		203R	N 51 24 28.43 E 012 11 56.80
		204	N 51 24 28.59 E 012 12 00.25
		205	N 51 24 28.68 E 012 12 02.24
		205L	N 51 24 28.75 E 012 12 03.71
		205R	N 51 24 28.67 E 012 12 01.98
		207	N 51 24 28.90 E 012 12 06.75
		207R	N 51 24 28.83 E 012 12 05.40
		208	N 51 24 28.99 E 012 12 08.86
		208R	N 51 24 28.96 E 012 12 08.15
		209	N 51 24 29.11 E 012 12 11.27
		209L	N 51 24 29.15 E 012 12 12.17
		* southerly aligned aircraft	