



Associação Portuguesa de Aviação Ultraleve

Ao serviço da aviação desportiva nacional

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AFIL

DATA: ___/___/___ HORA RECEPÇÃO: ___h___

Indicativo: _____ Regras de voo: _____ Tipo de voo: _____

Tipo de Aeronave: _____ / _____ Equipamento: _____ / _____

Origem: _____ ATD: _____ ; _____

Vel: _____ Nível: _____ Rota: _____

Destino: _____ EET: _____ ; _____ Alternante: _____

Autonomia: _____ ; _____ Pessoas a bordo _____

Cores da aeronave: _____ Piloto Comandante: _____

Outras informações: _____

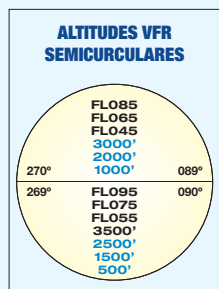
SOL | NASCER E OCASO | LISBOA | 2010 | HORAS LOCAIS

2010	JAN	FEV	MAR	ABR	MAI	JUN						
1	7:54	17:25	7:42	17:58	7:09	18:29	7:21	20:00	6:39	20:28	6:14	20:55
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31	7:43	17:57	*	*	6:23	19:59	*	*	6:14	20:54	*	*

AFIL	127.9
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LIS MIL	T-210406462(Emerg) 130.9 (N de Coimbra) 123.75 (Centro) 131.05 (S de Sines)
ACC LIS	T-218495087(Emerg)
APP LIS	119.1/119.55
APP POR	121.1
APP FAO	119.4
WX INFO	LIS - 124.15/126.4 OPO - 124.3 FAO - 124.2

2010	JUL	AGO	SET	OUT	NOV	DEZ						
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31	6:37	20:48	7:04	20:08	*	*	7:02	17:38	*	*	7:54	17:24

NORTE		SUL	
270° a 089°	090° a 269°	IFR	VFR
***	1000'	***	500'
***	2000'	***	1500'
***	3000'	***	2500'
3000' AGL			
4000'	FL045	FL050	3500'
FL060	FL065	FL070	FL055
FL080	FL085	FL090	FL075
FL100	***	***	FL095



PISTA APROVADA **PISTA NÃO APROVADA** **PISTA ENCERRADA** **PISTA MILITAR** **AERODROMO NÃO APROVADO**

PISTA	COORD	ALT	QFU	COMP	RADIO
CERNAL-Vila Meã	N 41° 58'28" - W 008° 40'35"	140'	16/34	650m	130.125
BRAGANÇA LPBG	N 41° 51'40" - W 008° 42'45"	2241'	02/20	1338m	AFIS 122.3
CHAVES LPCH	N 41° 43'55" - W 007° 27'93"	1181'	16/34	857m	AFIS 122.7 -
BRAGA LPBR	N 41° 35'20" - W 008° 27'40"	247'	07/25	950m	AFIS 122.0
CABEÇEIRAS DE BASTO	N 41° 33'10" - W 008° 00'00"	2200'	04/22	700m	
MINHEU (Pedras Salgadas)	N 41° 32'50" - W 007° 40'50"	3285'	03/21	600m	
MIRANDELA LPMI	N 41° 28'12" - W 007° 13'59"	1329'	17/35	750m	122.200
POVOA DE VARZIM (S. Mig. Laundos)	N 41° 26'92" - W 008° 42'52"	150'	11/29	270m	
MOGADOURO LPMU	N 41° 23'61" - W 006° 41'02"	2339'	03/21	800m	120.00
ALJUJ	N 41° 19'74" - W 007° 27'73"	2580'	05/23	800m	
MAIA (Vilar da Luz.) LPVL	N 41° 16'72" - W 008° 30'12"	755'	16/34	1700m	AFIS 122.40
VILA REAL LPVR	N 41° 16'55" - W 007° 43'20"	1805'	02/20	950m	AFIS 122.9
PORTO LPPR	N 41° 14'13" - W 008° 40'68"	228'	17/35	3480m	APP - 121.1 TWR - 118.00
CORVACHÁ - AMARANTE	N 41° 13'91" - W 007° 58'33"	2451'	13/31	200m	
ENTRE OS RIOS	N 41° 04'52" - W 008° 16'38"	560'	06/24	600m	
LAMEGO	N 41° 03'80" - W 007° 41'90"	2700'	02/20	850m	
ESPINHO - Paramos LPIN	N 40° 58'10" - W 008° 39'07"	10'	18/36	250m	118.6
OUVAR LPOV	N 40° 55'22" - W 008° 38'63"	56'	18/36	2400 m	Twr - 118.6 Appr - 123.3
VISEU LPVZ	N 40° 43'43" - W 007° 53'37"	2060'	01/19	1200m	AFIS 122.7
OLIVEIRA DE FRADES	N 40° 43'13" - W 008° 14'10"	1900'	07/25	630m	
AVEIRO LPAV	N 40° 39'43" - W 008° 44'50"	26'	17/35	1400m	122.00 - 123.45
ÁGUEDA	N 40° 32'57" - W 008° 24'36"	335'	14/32	900m	
SEIA	N 40° 27'20" - W 007° 42'41"	1290'	08/26	1200m	124.35
SABUGAL	N 40° 20'65" - W 006° 58'69"	2850'	10/28	350m	130.9
COJA-ARGANIL	N 40° 16'50" - W 007° 58'50"	925'	10/28	700m	
COVILHÃ LPCV	N 40° 15'85" - W 007° 28'77"	1572'	06/24	960m	AFIS - 122.0
COIMBRA LPCO	N 40° 09'78" - W 008° 28'07"	587'	16/34	920m	AFIS 122.9
LOUSÁ - Norte LPLZ	N 40° 08'60" - W 008° 14'46"	645'	12/30	635m	
COENTRAL - Trevim	N 40° 04'37" - W 008° 09'92"	3615'	11/29	750m	
PAMPILHOSA DA SERRA	N 40° 01'37" - W 007° 57'16"	2650'	09/27	1000m	
MONFORTINHO LPMF	N 39° 58'30" - W 006° 54'33"	1056'	17/35	855m	
SORRAIA	N 39° 57'99" - W 008° 09'68"	35'	10/28	500m	123.75
CASTELO BRANCO	N 39° 51'21" - W 007° 27'10"	1300'	09/27	870m	123.5
LADOEIRO	N 39° 51'00" - W 007° 16'00"	750'	05/23	450m	
MONTE REAL LPMR	N 39° 49'31" - W 008° 53'08"	190'	01/19	2400m	Twr - 122.10
LEIRIA LPJF	N 39° 46'43" - W 008° 49'10"	146'	02/20	600m	122.30
PROENÇA A NOVA	N 39° 43'90" - W 007° 52'40"	1380'	13/31	800m	123.25
FERRERIA DO ZÉZERE (POMBEIRA)	N 39° 41'00" - W 008° 15'17"	800'	15/33	800m	129.85
TOMAR	N 39° 35'46" - W 008° 22'30"	250'	15/33	420m	123.45
PIAS LONGAS	N 39° 35'09" - W 008° 34'45"	1070'	12/30	550m	
FÁTIMA - (GIESTEIRA)	N 39° 34'75" - W 008° 39'75"	1370'	15/33	1600m	UNICOM (123.45) .
MAÇÃO	N 39° 34'31" - W 007° 59'46"	1500'	09/27	100m	123.45
FÁTIMA - (SALGUEIRA)	N 39° 33'61" - W 008° 38'68"	480'	12/30	450m	123.45
MOURISCAS	N 39° 28'67" - W 008° 05'75"	310'	17/35	300m	
TANCOS LPTN	N 39° 28'54" - W 008° 21'89"	266'	09/27	2438m	122.1
ALCANENA - SERRA D'AIRE	N 39° 28'05" - W 008° 40'08"	30'	13/31	340m	
ARREPIADO	N 39° 26'83" - W 008° 24'41"	70'	15/33	350m	
GAVIÃO/Comenda	N 39° 25'30" - W 007° 49'20"	450'	05/23	1500m	
SANTA MARGARIDA	N 39° 24'20" - W 008° 17'30"	500'	14/32	1200m	
ÓBIDOS	N 39° 23'35" - W 009° 11'90"	3'	18/36	700m	123.45
ATOUGUEIRA DA BALEIA	N 39° 20'87" - W 009° 19'21"	30'	18/36	500m	123.45
LAMEIRA (Herd.) - Alter do Chão	N 39° 16'72" - W 007° 46'43"	620'	33/15	620m	123.45
LOURINHÁ (Arelia Branca)	N 39° 15'39" - W 009° 20'09"	30'	02/20	320m	
ALMOSTER	N 39° 13'81" - W 008° 47'76"	200'	05/23	350m	
PONTE DE SÓR	N 39° 12'47" - W 008° 03'41"	400'	02/20	1.000m	123.350
SANTAREM LPSR	N 39° 12'28" - W 008° 41'14"	26'	05/23	900m	AFIS 123.55
SANTA CRUZ LPSC	N 39° 07'48" - W 009° 22'87"	157'	17/35	546m	122.35
MUGE	N 39° 05'81" - W 008° 39'51"	30'	10/28	600m	123.45
OTA - LPOT	N 39° 05'66" - W 008° 57'25"	140'	18/36	2500m	122.1
MONTE DO LAGO (Montargil).	N 39° 04'48" - W 008° 08'37"	380'	14/32	525m	123.45
VALADA	N 39° 04'42" - W 008° 45'92"	10'	04/22	700m	
ALQUEIDÃO	N 39° 04'06" - W 008° 48'22"	10'	16/34	500m	130.7
MONFORTE	N 39° 03'60" - W 007° 25'28"	900'	09/27	320m	
AZAMBULIA	N 39° 03'35" - W 008° 49'30"	15'	14/32	500m	130.70
MONTARGIL - Trigo	N 39° 03'17" - W 008° 08'42"	300'	14/32	241m	
CAMPO MAIOR	N 39° 01'65" - W 007° 07'83"	880'	10/28	550m	123.450
COUCO (Montargil Oeste)	N 39° 00'73" - W 008° 16'47"	25'	07/25	500m	
GARROCHEIRA - Benavente	N 38° 59'60" - W 008° 46'50"	40'	03/21	700m	
MORARGIL LPMO	N 38° 59'60" - W 008° 08'49"	335'	06/24	1200m	123.45
BILRETE (Adalberto)	N 38° 58'90" - W 008° 46'03"	60'	03/21	650m	
VOLTA DO VALE	N 38° 57'97" - W 008° 23'65"	150'	08/26	900m	
PORTO ALTO	N 38° 57'15" - W 008° 52'00"	10'	08/26	500m	
BENAVENTE.	N 38° 54'72" - W 008° 47'13"	100'	10/28	440m	130.75
LEZIRIA (V.Franca Xira)	N 38° 54'10" - W 008° 56'00"	20'	10/28	600m	130.20
ALVERCA B.A.	N 38° 53'12" - W 009° 01'70"	11'	04/22	2500m	119.225
TOJEIRA - "Casinhas"	N 38° 53'00" - W 009° 25'66"	330'	17/35	410m	
VIMIEIRO	N 38° 51'01" - W 007° 50'70"	743'	04/22	300m	
SINTRA LPST	N 38° 49'81" - W 009° 20'31"	440'	14/32	1800m	Twr-122.1/App-118.6
LAVRE	N 38° 47'90" - W 008° 29'80"	30'	18/36	600m	123.45
CIBORRO	N 38° 47'85" - W 008° 12'66"	500'	13/31	600m	
LISBOA LPPT	N 38° 46'22" - W 009° 07'58"	374'	03/21	3805m	App-119.10/Twr-118.1/Gnd-121.75
ALCOCHETE (FAP)	N 38° 46'00" - W 008° 48'01"	35'	01/19	1000m	
CASCAIS - TIRES LPCS	N 38° 43'20" - W 009° 21'12"	326'	17/35	1700m	Twr-120.3/Gnd-121.825
MONTEFORM-O-NOVO (Amendoeira)	N 38° 42'89" - W 008° 16'51"	600'	14/32	700m	130.8
ARRAIÓLOS	N 38° 42'33" - W 008° 00'86"	1040'	17/35	800m	130.7
MONTIJO LPMT	N 38° 42'29" - W 009° 02'26"	46'	08/26	2600 m	Twr - 134.1/122.10
VENDAS NOVAS	N 38° 41'60" - W 008° 26'58"	400'	16/34	400m	130.2
RIO FRIO	N 38° 41'12" - W 008° 51'52"	50'	18/36	700m	
ALHOS VEDROS	N 38° 39'88" - W 009° 01'70"	20'	13/31	260m	
Nª Sra de MACHEDE	N 38° 35'98" - W 007° 49'00"	900'	12/30	500m	
AGUAS DE MOURA	N 38° 34'72" - W 008° 41'83"	50'	07/25	500m	
ÉVORA LPEV	N 38° 32'01" - W 007° 53'38"	807'	01/19	1300m	AFIS 122.7
PALMA	N 38° 30'87" - W 008° 34'82"	280'	02/20	600m	124.45
ALDEIA DE PALMA	N 38° 27'41" - W 008° 33'30"	200'	10/28	600m	
PINHEIRO	N 38° 27'16" - W 008° 42'50"	10'	16/32	600m	
FORTUNATO S.Manços	N 38° 25'38" - W 007° 43'23"	600'	14/32	600m	
ALCACER DO SAL - MONTEVIL	N 38° 23'94" - W 008° 34'53"	20'	02/20	700m	
COMPORTA	N 38° 23'63" - W 008° 47'30"	6'	01/19	1000m	
REGUENÇOS (Herd do Esporão)	N 38° 23'16" - W 007° 33'00"	860'	01/09	1000m	
VIANA DO ALENTEJO	N 38° 21'66" - W 008° 03'50"	550'	13/31	450m	
CAMPINHO	N 38° 21'55" - W 007° 27'95"	900'	18/36	400m	
BARROSIÑHA - Alcacer do Sal	N 38° 20'35" - W 008° 26'25"	300'	13/31	700m	
LENTISCA - Oriola	N 38° 20'30" - W 007° 51'35"	700'	03/21	450m	
TORRÃO	N 38° 18'90" - W 008° 15'50"	300'	07/25	600m	
BARRAGEM DE OVELAS	N 38° 12'94" - W 008° 05'00"	500'	08/26	800m	
MELDES	N 38° 11'87" - W 008° 43'66"	30'	17/35	750m	
GRANDOLA	N 38° 09'48" - W 008° 32'18"	260'	18/36	470m	
MONTE DAS TEZAS - BARRANCOS	N 38° 06'55" - W 007° 10'83"	900'	11/29	500m	
FIGUEIRA DOS CAVALHEIROS	N 38° 04'49" - W 008° 14'14"	260'	16/34	650m	123.45
BEJA LPBJ	N 38° 04'73" - W 007° 55'94"	636'	01/19R	3500m	App 130.1/Twr 130.4/Rad 123.3
BEJA - Civil LPBE	N 38° 03'50" - W 007° 52'51"	617'	17/35	1000m	
SOBRAL DA ADIÇA	N 38° 03'00" - W 007° 16'00"	750'	13/31	600m	
DARÍO - Ferreira do Alentejo	N 38° 02'34" - W 008° 06'25"	459'	17/35	558m	122.65
SINES LPSI	N 37° 56'68" - W 008° 49'13"	100'	14/32	1150m	
BARRAGEM DO RÓXO	N 37° 56'00" - W 008° 04'85"	423'	18/36	600m	
DAROEIRA (Hotel)	N 37° 54'63" - W 008° 19'32"	500'	03/21	800m	
FONTE SERNE	N 37° 53'01" - W 008° 26'93"	250'	15/33	700m	
SINES (Sonega)	N 37° 50'46" - W 008° 44'63"	200'	17/35	350m	
TORRE VÁ	N 37° 49'86" - W 008° 23'85"	210'	17/35	700m	
CASTRO VERDE (Herd da Zambujeira)	N 37° 40'25" - W 008° 07'41"	730'	13/31	450m	
OURIQUE	N 37° 39'83" - W 008° 13'65"	700'	14/32	400m	
BELO - Mértola	N 37° 34'58" - W 007° 44'70"	516'	28/10	600m	
MARTIM LONÇO - (Alcoutim)	N 37° 26'11" - W 007° 46'25"	880'	02/20	500m	
PRAIA VERDE LPPV	N 37° 11'54" - W 007° 28'12"	10'	12/30	730m	
PORTIMÃO LPPM	N 37° 09'13" - W 008° 35'02"	5'	11/29	920m	AFIS 122.0
LAGOS	N 37° 07'30" - W 008° 40'61"	26'	12/30	560m	123.475
ARMAÇÃO DE PERA	N 37° 06'90" - W 008° 20'60"	20'	18/36	300m	
TAIVIRA	N 37° 06'85" - W 007° 39'70"	20'	12/30	460m	
FARO LPFR	N 37° 00'87" - W 007° 57'95"	24'	10/28	2490m	App-119.40/Twr-118.2/Gnd-118.575