

6. HOLDING PROCEDURE

Holding Fix	Fly-over	Inbound Course/Track °M(°T)	Magnetic Variation	Time (min)	Turn Direction	Altitude (m)	Speed (km/h)	Nav Spec
PQ210	Y	006 (005.7)	+0.4	1 ≤ FL140 1.5 > FL140	L	+1500	-430 ≤ FL140 -445 > FL140	RNP 1
PQ310	Y	186 (185.7)	+0.4	1 ≤ FL140 1.5 > FL140	R	+1500	-430 ≤ FL140 -445 > FL140	RNP 1