

**ENR 3.4 En-Route Holding**

Holding ID FIX/Waypoint PSN (WGS-84)	Inbound track (MAG)	Direction of PTN	MAX IAS (KT)	MNM-MAX HLDG LVL FL/FT MSL	TIME (MIN) or DIST outbound	Controlling unit and frequency Remarks
<b>AALBORG</b>	263	Right	230	3500 - FL 140	1	
Aalborg VOR/DME	263	Right	240	FL 150 - FL 200	1½	
57 06 13.39N 009 59 44.08E	263	Right	265	FL 210 - FL 340	1½	
	263	Right	0.83 Mach	FL 350 - FL 460	1½	

The En-Route Holdings may be used only when indicated as CLEARANCE LIMIT or after permission from ATC.