




$$\min \left\{ \frac{\text{extra night rest night before}}{3}, 1h \right\}$$

$\Sigma = 20h$
 $\Sigma = 17:20$
 $, 1h$

$$\min \left\{ \frac{1h}{3}, 1h \right\} = 20 \text{ mins}$$

$$\Rightarrow \min \left\{ \frac{4h}{3}, 1h \right\} = 1h$$

Oct 5	Oct 6-8	Oct 9	night	Oct 10	UTC
9h	off at LHR	5h	17h	LHR-MAD	07:00-09:30
		14:00 UTC	16h	MAD-LHR	10:30-12:30
				LHR-FCO	13:30-16:00
				FCO-LHR	17:00-19:40

1 LHR - CDG 2030-2150 1(20)h 10h

max 10 flight hours day — can be extended by max 2h:
 min rest of 16h — night rest ext. by 2x extension
 max 40 flight hours in any 7 days period — or from night before
 min 24h at home base in any 7 days period $\min\left\{\frac{\text{extra night rest}}{3}, 1h\right\}$

$\hookrightarrow \min\left\{\frac{1h}{3}, 1h\right\} = 20 \text{ min}$

night Oct 10/11: $16 + 2 \cdot 1h = 18h$

\hookrightarrow Oct 11: 15:50 UTC / CDG

Oct 11 originally: 11:40 UTC LHR