

MMMX

Lic. Benito Juarez Intl

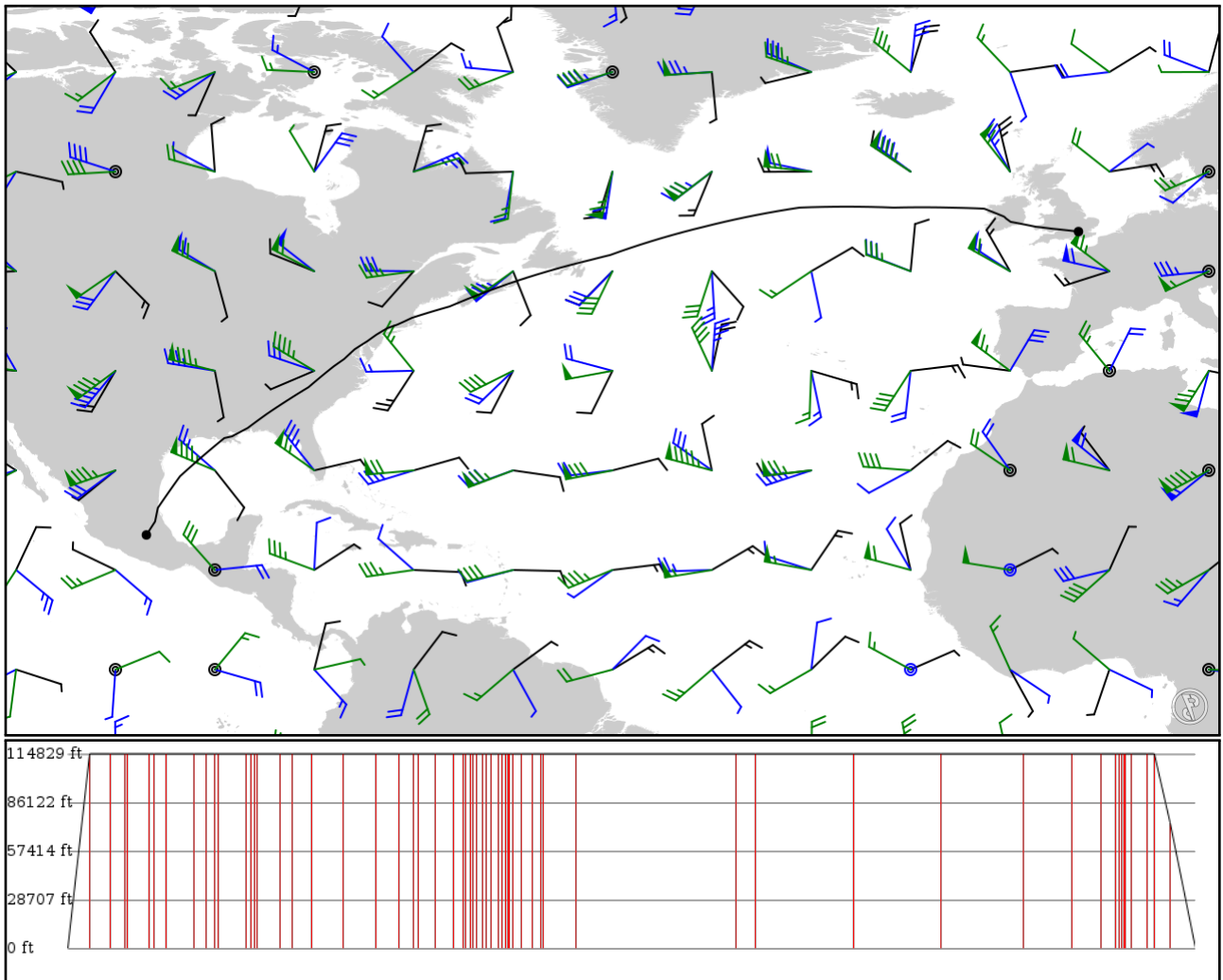
EGLL

London Heathrow

2024/05/05 0351Z

MMMX XOSOK V19 TAM UM575 CLONN M575 KENG5 M345 TBD V198 HRV J37 AJFEB J14 SPA J37 GVE J75 CMK V3
HFD J42 BOS J575 TUSKY N261A JOOPY X BEXET DEVOL GATGO AGINI RIKUL DIGAN TOMTO ABAGU L9 SLANY UL9
DIKAS EGLL

4874.00 nm / 9026.64 km



Notes

Using NAT tracks from 13/1/2019

Basic altitude profile:

- Ascent Rate: 2500ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 35000ft
- Cruise Speed: 420kts
- Descent Rate: 1500ft/min
- Descent Speed: 250kts

Options:

- Use NATs: yes

- Use PACOTS: yes
- Use low airways: yes
- Use high airways: yes

Route

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
MMMX	-	19.43630	0 ft	-	Lic. Benito Juarez Intl
APT	-	-99.07210	0 m		
XOSOK	-	20.85330	35,000 ft	99	-
FIX	-	-98.15560	10,668 m		
TAM	V19	22.28960	35,000 ft	87	TAMPICO
VOR	AWY-LO	-97.86300	10,668 m		
USBIL	UM575	23.14750	35,000 ft	60	-
FIX	AWY-HI	-97.27470	10,668 m		
TULUN	UM575	23.29780	35,000 ft	10	-
FIX	AWY-HI	-97.17080	10,668 m		
XOTUG	UM575	24.65970	35,000 ft	97	-
FIX	AWY-HI	-96.21530	10,668 m		
TIMAS	UM575	24.95210	35,000 ft	20	-
FIX	AWY-HI	-96.00690	10,668 m		
CLONN	UM575	25.63330	35,000 ft	48	-
FIX	AWY-HI	-95.51670	10,668 m		
CATFS	M575	27.08450	35,000 ft	123	-
FIX	AWY-HI	-93.88890	10,668 m		
ANKRR	M575	27.68210	35,000 ft	51	-
FIX	AWY-HI	-93.20040	10,668 m		
KENGs	M575	28.10430	35,000 ft	36	-
FIX	AWY-HI	-92.70720	10,668 m		
WAHOO	M345	28.25000	35,000 ft	12	-
FIX	AWY-HI	-92.53540	10,668 m		
TBD	M345	29.66430	35,000 ft	123	TIBBY (THIBODAUX)
VOR	AWY-HI	-90.82910	10,668 m		
OLEDD	V198	29.74420	35,000 ft	18	-
FIX	AWY-LO	-90.47720	10,668 m		
SAFES	V198	29.81760	35,000 ft	17	-
FIX	AWY-LO	-90.14980	10,668 m		
HRV	V198	29.85020	35,000 ft	7	HARVEY (NEW ORLEANS)
VOR	AWY-LO	-90.00300	10,668 m		
SJI	J37	30.72600	35,000 ft	100	SEMMES (MOBILE)
VOR	AWY-HI	-88.35930	10,668 m		
CATLN	J37	31.30720	35,000 ft	53	-
FIX	AWY-HI	-87.57990	10,668 m		
MGM	J37	32.22230	35,000 ft	84	MONTGOMERY
VOR	AWY-HI	-86.31970	10,668 m		
AJFEB	J37	33.64040	35,000 ft	137	-
FIX	AWY-HI	-84.17050	10,668 m		
SPA	J14	35.03360	35,000 ft	139	SPARTANBURG
VOR	AWY-HI	-81.92700	10,668 m		
COLZI	J37	36.22760	35,000 ft	99	-
FIX	AWY-HI	-80.50880	10,668 m		
SANNY	J37	37.00070	35,000 ft	65	-
FIX	AWY-HI	-79.55590	10,668 m		
LYH	J37	37.25460	35,000 ft	21	LYNCHBURG
VOR	AWY-HI	-79.23640	10,668 m		
GVE	J37	38.01360	35,000 ft	68	GORDONSVILLE
VOR	AWY-HI	-78.15300	10,668 m		
BINKS	J75	39.05200	35,000 ft	81	-
FIX	AWY-HI	-77.02990	10,668 m		
MURPH	J75	39.46420	35,000 ft	38	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	AWY-HI	-76.38530	10,668 m		
SACRI	J75	39.60200	35,000 ft	12	-
FIX	AWY-HI	-76.17350	10,668 m		
STOEN	J75	39.83820	35,000 ft	22	-
FIX	AWY-HI	-75.79860	10,668 m		
MXE	J75	39.91810	35,000 ft	7	MODENA
VOR	AWY-HI	-75.67080	10,668 m		
COPES	J75	40.13070	35,000 ft	18	-
FIX	AWY-HI	-75.37680	10,668 m		
BIGGY	J75	40.41970	35,000 ft	25	-
FIX	AWY-HI	-74.97270	10,668 m		
SBJ	J75	40.58300	35,000 ft	14	SOLBERG
VOR	AWY-HI	-74.74180	10,668 m		
JERSY	J75	40.79140	35,000 ft	19	-
FIX	AWY-HI	-74.39940	10,668 m		
DUEYS	J75	41.15260	35,000 ft	34	-
FIX	AWY-HI	-73.79680	10,668 m		
CMK	J75	41.28010	35,000 ft	12	CARMEL
VOR	AWY-HI	-73.58130	10,668 m		
RACEY	V3	41.41690	35,000 ft	19	-
FIX	AWY-LO	-73.19390	10,668 m		
SORRY	V3	41.47860	35,000 ft	8	-
FIX	AWY-LO	-73.01740	10,668 m		
YALER	V3	41.51570	35,000 ft	5	-
FIX	AWY-LO	-72.91090	10,668 m		
HFD	V3	41.64110	35,000 ft	17	HARTFORD
VOR	AWY-LO	-72.54740	10,668 m		
PUT	J42	41.95550	35,000 ft	36	PUTNAM
VOR	AWY-HI	-71.84410	10,668 m		
BOS	J42	42.35740	35,000 ft	45	BOSTON
VOR	AWY-HI	-70.98950	10,668 m		
SCUPP	J575	42.60310	35,000 ft	36	-
FIX	AWY-HI	-70.23040	10,668 m		
CANAL	J575	42.66900	35,000 ft	9	-
FIX	AWY-HI	-70.02270	10,668 m		
TUSKY	J575	43.56500	35,000 ft	143	-
FIX	AWY-HI	-67.00000	10,668 m		
JOOPY	N261A	48.50000	35,000 ft	690	-
FIX	AWY-HI	-52.00000	10,668 m		
49/50	X	49.00000	35,000 ft	84	-
LATLON	NAT	-50.00000	10,668 m		
52/40	X	52.00000	35,000 ft	421	-
LATLON	NAT	-40.00000	10,668 m		
54/30	X	54.00000	35,000 ft	380	-
LATLON	NAT	-30.00000	10,668 m		
54/20	X	54.00000	35,000 ft	352	-
LATLON	NAT	-20.00000	10,668 m		
BEXET	X	54.00000	35,000 ft	211	-
FIX	NAT	-14.00000	10,668 m		
DEVOL	-	53.89030	35,000 ft	126	-
FIX	-	-10.43420	10,668 m		
GATGO	-	53.30110	35,000 ft	63	-
FIX	-	-8.94167	10,668 m		
AGINI	-	53.15550	35,000 ft	15	-
FIX	-	-8.57947	10,668 m		
RIKUL	-	53.05770	35,000 ft	10	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	-	-8.34578	10,668 m		
DIGAN	-	52.93690	35,000 ft	9	-
FIX	-	-8.19758	10,668 m		
TOMTO	-	52.87360	35,000 ft	4	-
FIX	-	-8.15144	10,668 m		
ABAGU	-	52.50330	35,000 ft	28	-
FIX	-	-7.64667	10,668 m		
SLANY	L9	52.15860	35,000 ft	69	-
FIX	AWY-LO	-5.84222	10,668 m		
STU	UL9	51.99470	35,000 ft	31	STRUMBLE
VOR	AWY-HI	-5.04019	10,668 m		
DIKAS	UL9	51.77690	22,600 ft	67	-
FIX	AWY-HI	-3.25917	6,888 m		
EGLL	-	51.47120	0 ft	105	London Heathrow
APT	-	-0.46088	0 m		

MMM

Region: MEXICO
Timezone: AMERICA/MEXICO_CITY
Runways: 2

Elevation: 7,315 ft / 2,230 m
Location: 19.436300 -99.072100
Magnetic Var: 3.904 E

METAR

MMM 050245Z 07008KT 8SM SCT020 SCT080 21/08 A3024 NOSIG RMK SLP051 52015 906 8/530 HZY CI

TAF

TAF AMD MMM 050212Z 0502/0600 16010KT P6SM SCT020 BKN220 TX31/0520Z TN15/0512Z FM050400 00000KT P6SM SCT080 FM05

Frequencies

REC - 127.65 MHz - D-ATIS	CLD - 122.10 MHz - CLEARANCE DELIVERY
GND - 121.85 MHz - MEXICO GROUND	GND - 121.00 MHz - MEXICO GROUND
GND - 122.80 MHz - MEXICO GROUND	TWR - 118.55 MHz - MEXICO TOWER
TWR - 118.70 MHz - MEXICO TOWER	TWR - 118.15 MHz - MEXICO TOWER
APP - 119.75 MHz - MEXICO APPROACH	APP - 121.20 MHz - MEXICO APPROACH
DEP - 129.10 MHz - MEXICO DEPARTURE	DEP - 120.50 MHz - MEXICO DEPARTURE

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
05R	148 ft	13,427 ft	59.24	ASPHALT	1,841 ft	325 ft
	45 m	4,093 m	55.34		561 m	99 m
23L	148 ft	13,427 ft	239.25	ASPHALT	289 ft	0 ft
	45 m	4,093 m	235.35		88 m	0 m
05L	148 ft	12,912 ft	59.25	ASPHALT	1,568 ft	0 ft
	45 m	3,936 m	55.35		478 m	0 m
23R	148 ft	12,912 ft	239.26	ASPHALT	1,670 ft	177 ft
	45 m	3,936 m	235.36		509 m	54 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
05R	DME	IMWX	109.10 MHz	18 nm	-	-	7,316 ft
				33 km	-		7,316 m
23L	DME	IMEX	109.70 MHz	18 nm	-	-	7,316 ft
				33 km	-		7,316 m
05R	LOC-ILS	IMWX	109.10 MHz	18 nm	59.25	-	7,315 ft
				33 km	55.35		7,315 m
23L	LOC-ILS	IMEX	109.70 MHz	18 nm	239.25	-	7,315 ft
				33 km	235.35		7,315 m
05R	GS	IMWX	109.10 MHz	10 nm	59.25	3.00	7,315 ft
				19 km	55.35		7,315 m
23L	GS	IMEX	109.70 MHz	10 nm	239.25	3.00	7,315 ft
				19 km	235.35		7,315 m

EGLL

Region: UNITED KINGDOM
Timezone: EUROPE/LONDON
Runways: 2

Elevation: 83 ft / 25 m
Location: 51.471200 -0.460881
Magnetic Var: 0.375 E

METAR

EGLL 050320Z AUTO 17003KT 9999 NCD 08/07 Q1009 NOSIG

TAF

TAF AMD EGLL 050322Z 0503/0606 18006KT 9999 SCT040 PROB30 0503/0507 4000 BR PROB30 TEMPO 0512/0519 6000 SHRA PROB30

Frequencies

REC - 128.07 MHz - HEATHROW INFORMATION	REC - 121.92 MHz - HEATHROW INFORMATION
CLD - 121.97 MHz - HEATHROW DELIVERY	GND - 121.70 MHz - HEATHROW GROUND
GND - 121.85 MHz - HEATHROW GROUND	GND - 121.90 MHz - HEATHROW GROUND
TWR - 118.50 MHz - HEATHROW TOWER	TWR - 118.70 MHz - HEATHROW TOWER
TWR - 124.47 MHz - HEATHROW TOWER	APP - 119.72 MHz - HEATHROW DIRECTOR
APP - 120.40 MHz - HEATHROW DIRECTOR	APP - 134.97 MHz - HEATHROW DIRECTOR
APP - 125.62 MHz - HEATHROW RADAR	APP - 127.52 MHz - HEATHROW RADAR
DEP - 120.52 MHz - HEATHROW DEPARTURE	

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
09L	164 ft	12,770 ft	89.66	ASPHALT	1,007 ft	0 ft
	50 m	3,892 m	89.29		307 m	0 m
27R	164 ft	12,770 ft	269.70	ASPHALT	0 ft	177 ft
	50 m	3,892 m	269.33		0 m	54 m
09R	164 ft	11,975 ft	89.68	ASPHALT	1,004 ft	0 ft
	50 m	3,650 m	89.31		306 m	0 m
27L	164 ft	11,975 ft	269.72	ASPHALT	0 ft	95 ft
	50 m	3,650 m	269.35		0 m	29 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
09L	DME	IAA	110.30 MHz	18 nm	-	-	89 ft
				33 km	-		89 m
09R	DME	IBB	109.50 MHz	18 nm	-	-	84 ft
				33 km	-		84 m
27L	DME	ILL	109.50 MHz	18 nm	-	-	84 ft
				33 km	-		84 m
27R	DME	IRR	110.30 MHz	18 nm	-	-	89 ft
				33 km	-		89 m
09L	LOC-ILS	IAA	110.30 MHz	18 nm	89.68	-	83 ft
				33 km	89.30		83 m
09R	LOC-ILS	IBB	109.50 MHz	18 nm	89.70	-	83 ft
				33 km	89.32		83 m
27L	LOC-ILS	ILL	109.50 MHz	18 nm	269.70	-	83 ft
				33 km	269.32		83 m
27R	LOC-ILS	IRR	110.30 MHz	18 nm	269.68	-	83 ft
				33 km	269.30		83 m
09L	GS	IAA	110.30 MHz	10 nm	89.68	3.00	83 ft
				19 km	89.30		83 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
09R	GS	IBB	109.50 MHz	10 nm	89.70	3.00	83 ft
				19 km	89.32		83 m
27L	GS	ILL	109.50 MHz	10 nm	269.70	3.00	83 ft
				19 km	269.32		83 m
27R	GS	IRR	110.30 MHz	10 nm	269.68	3.00	83 ft
				19 km	269.30		83 m