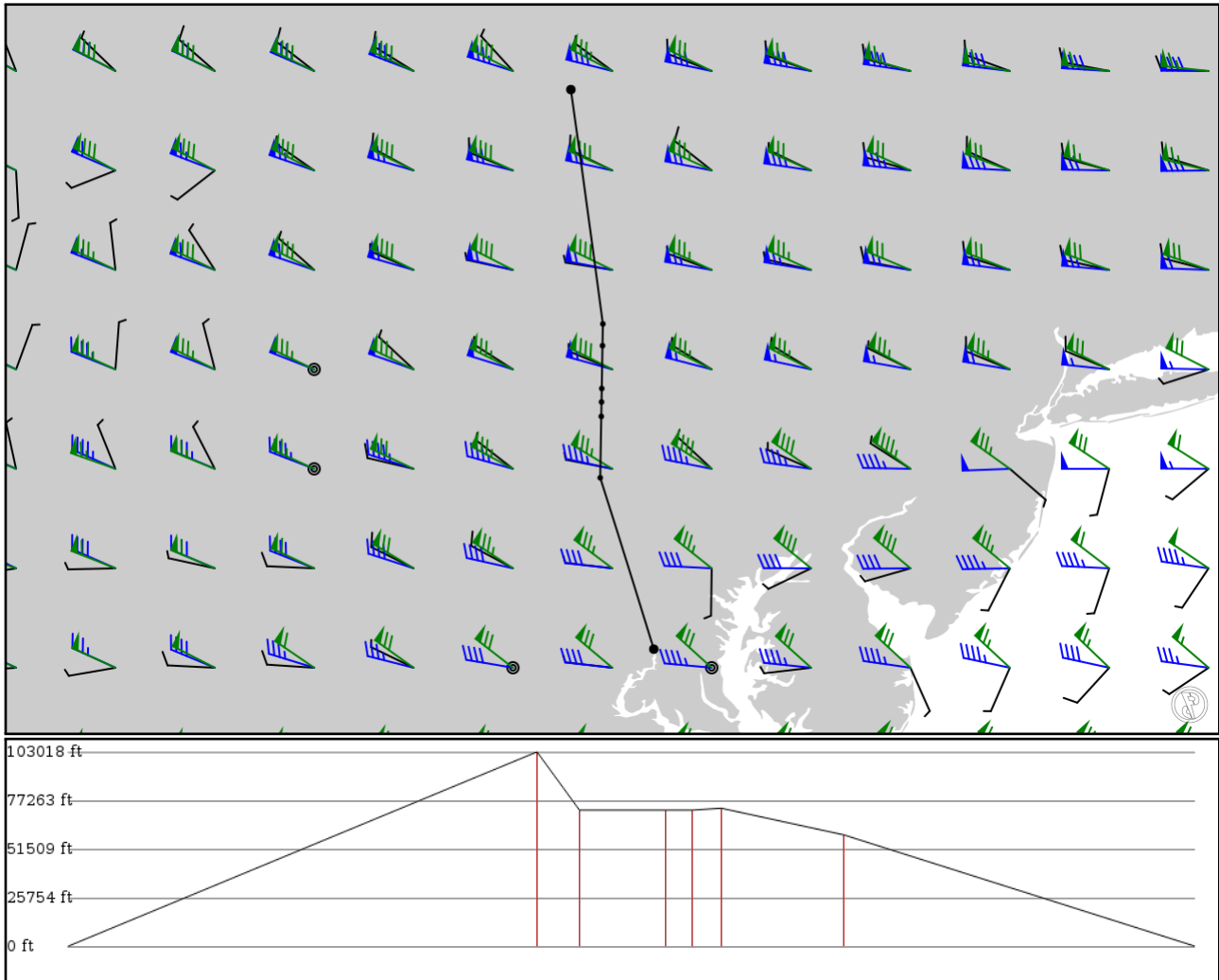


2024/05/10 0444Z

KROC WUNDR **J220** MICAH KDCA

259.09 nm / 479.83 km



## Notes

Basic altitude profile:

- Ascent Rate: 2000ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 32000ft
- Cruise Speed: 380kts
- Descent Rate: 1500ft/min
- Descent Speed: 250kts

Options:

- Use NATs: no
- Use PACOTS: no
- Use low airways: yes
- Use high airways: yes



## Route

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
KROC APT	-	43.11932 -77.67045	0 ft 0 m	-	GREATER ROCHESTER INTL
WUNDR FIX	-	41.33230 -77.42625	31,400 ft 9,571 m	107	-
BIGEO FIX	J220 AWY-HI	41.16634 -77.42914	22,000 ft 6,706 m	9	-
FORTT FIX	J220 AWY-HI	40.83980 -77.43469	22,000 ft 6,706 m	19	-
OGESY FIX	J220 AWY-HI	40.73712 -77.43656	22,000 ft 6,706 m	6	-
VALLO FIX	J220 AWY-HI	40.62682 -77.43846	22,300 ft 6,797 m	6	-
MICAH FIX	J220 AWY-HI	40.15920 -77.44640	18,000 ft 5,486 m	28	-
KDCA APT	-	38.85205 -77.03770	0 ft 0 m	80	Washington National

## KROC

Region: UNITED STATES  
Timezone: AMERICA/NEW\_YORK  
Runways: 3

Elevation: 558 ft / 170 m  
Location: 43.119300 -77.670500  
Magnetic Var: 11.323 W

## METAR

KROC 100354Z 02006KT 10SM FEW065 SCT075 OVC090 11/06 A2980 RMK A02 SLP094 T01110056

## TAF

KROC 092338Z 1000/1024 05008KT P6SM FEW050 SCT130 OVC150 FM101100 05004KT 6SM -RA BR OVC025 FM101400 05005KT 5SM -

## Frequencies

REC - 124.82 MHz - ATIS	COM - 122.95 MHz - UNICOM
CLD - 118.80 MHz - CLEARANCE DELIVERY	GND - 121.70 MHz - ROCHESTER GROUND
TWR - 118.30 MHz - ROCHESTER TOWER	APP - 119.55 MHz - ROCHESTER APPROACH
APP - 123.70 MHz - ROCHESTER APPROACH	

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
04	150 ft	8,009 ft	31.55	ASPHALT	0 ft	39 ft
	46 m	2,441 m	42.88		0 m	12 m
22	150 ft	8,009 ft	211.56	ASPHALT	0 ft	0 ft
	46 m	2,441 m	222.89		0 m	0 m
10	150 ft	6,408 ft	87.64	ASPHALT	299 ft	400 ft
	46 m	1,953 m	98.96		91 m	122 m
28	150 ft	6,408 ft	267.66	ASPHALT	600 ft	39 ft
	46 m	1,953 m	278.98		183 m	12 m
07	100 ft	3,994 ft	63.76	ASPHALT	0 ft	151 ft
	30 m	1,217 m	75.08		0 m	46 m
25	100 ft	3,994 ft	243.76	ASPHALT	0 ft	151 ft
	30 m	1,217 m	255.09		0 m	46 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
04	LOC-ILS	IMCU	110.70 MHz	18 nm	31.56	-	558 ft
				33 km	42.88		558 m
22	LOC-ILS	IMWD	110.70 MHz	18 nm	211.56	-	558 ft
				33 km	222.88		558 m
28	LOC-ILS	IROC	109.50 MHz	18 nm	267.65	-	558 ft
				33 km	278.97		558 m
04	GS	IMCU	110.70 MHz	10 nm	31.56	3.00	558 ft
				19 km	42.88		558 m
22	GS	IMWD	110.70 MHz	10 nm	211.56	3.00	558 ft
				19 km	222.88		558 m
28	GS	IROC	109.50 MHz	10 nm	267.65	3.00	558 ft
				19 km	278.97		558 m

## KDCA

Region: UNITED STATES  
Timezone: AMERICA/NEW\_YORK  
Runways: 3

Elevation: 15 ft / 5 m  
Location: 38.851400 -77.037700  
Magnetic Var: 10.879 W

## METAR

KDCA 100437Z 03010G24KT 1 1/2SM R01/5500VP6000FT +TSRA SCT023 OVC048CB 16/13 A2965 RMK A02 LTG DSNT S AND SW RAB31

## TAF

TAF AMD KDCA 100302Z 1003/1106 10007KT P6SM VCTS BKN030CB FM100400 07005KT P6SM -SHRA BKN015 FM100700 07004KT P6SM

## Frequencies

REC - 132.65 MHz - ATIS	COM - 122.95 MHz - UNICOM
CLD - 128.25 MHz - CLEARANCE DELIVERY	GND - 121.70 MHz - WASHINGTON GROUND
TWR - 119.10 MHz - WASHINGTON TOWER	TWR - 134.35 MHz - WASHINGTON TOWER
APP - 119.85 MHz - POTOMAC APPROACH	APP - 124.20 MHz - POTOMAC APPROACH
APP - 124.70 MHz - POTOMAC APPROACH	DEP - 118.95 MHz - POTOMAC DEPARTURE
DEP - 125.65 MHz - POTOMAC DEPARTURE	

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
01	151 ft	7,183 ft	355.53	ASPHALT	0 ft	200 ft
	46 m	2,190 m	6.41		0 m	61 m
19	151 ft	7,183 ft	175.53	ASPHALT	0 ft	197 ft
	46 m	2,190 m	186.41		0 m	60 m
15	151 ft	5,205 ft	142.76	ASPHALT	0 ft	413 ft
	46 m	1,587 m	153.64		0 m	126 m
33	151 ft	5,205 ft	322.77	ASPHALT	0 ft	180 ft
	46 m	1,587 m	333.65		0 m	55 m
04	151 ft	5,009 ft	25.45	ASPHALT	203 ft	0 ft
	46 m	1,527 m	36.33		62 m	0 m
22	151 ft	5,009 ft	205.46	ASPHALT	0 ft	381 ft
	46 m	1,527 m	216.34		0 m	116 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
01	DME	IDCA	109.90 MHz	18 nm	-	-	15 ft
				33 km	-		15 m
19	DME	IVWH	108.50 MHz	18 nm	-	-	15 ft
				33 km	-		15 m
01	LOC-ILS	IDCA	109.90 MHz	18 nm	355.51	-	15 ft
				33 km	6.39		15 m
01	GS	IDCA	109.90 MHz	10 nm	355.51	3.00	15 ft
				19 km	6.39		15 m