

# LPPT

Lisbon Humberto Delgado

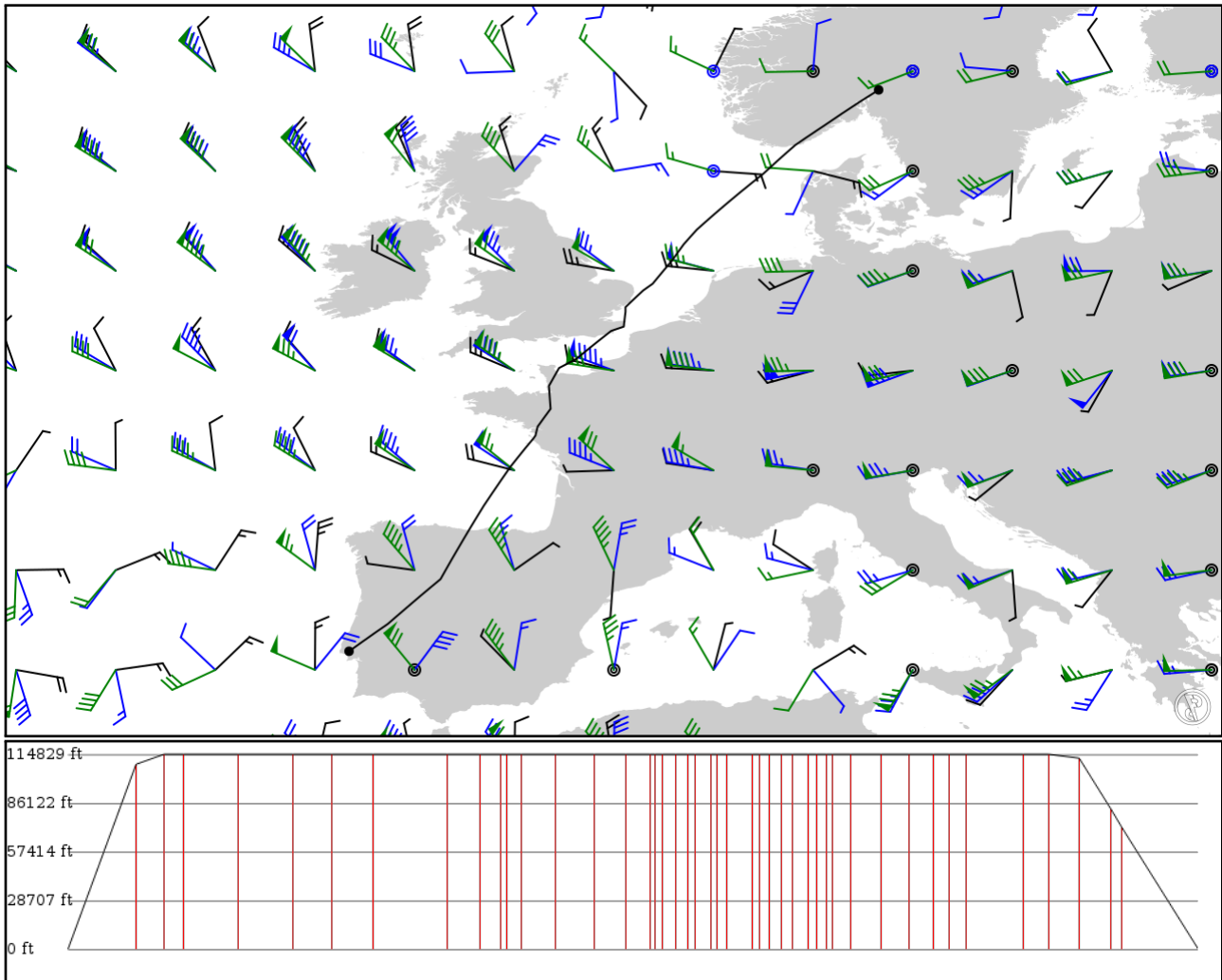
# ENGM

Oslo Gardermoen

2024/05/19 1009Z

LPPT ABRAT **UN745** RIVRO **G52** ZMR **UN873** DESAB **UN867** RINSO **UM184** DIKRO **UZ273** ANGLO **UM189** NEVIL **M189**  
JACKO ARTOV **M604** SVA **M609** PIPEX ENGM

1531.60 nm / 2836.53 km



## Notes

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
LPPT	-	38.77850	0 ft	-	Lisbon Humberto Delgado
APT	-	-9.13528	0 m		
ABRAT	-	39.82170	33,200 ft	93	-
FIX	-	-7.65417	10,119 m		
PINOX	UN745	40.29060	35,000 ft	37	-
FIX	AWY-HI	-7.10917	10,668 m		
RIVRO	UN745	40.62280	35,000 ft	26	-
FIX	AWY-HI	-6.72275	10,668 m		
ZMR	G52	41.53020	35,000 ft	73	ZAMORA
VOR	AWY-LO	-5.63969	10,668 m		
NUBLO	UN873	42.66600	35,000 ft	74	-
FIX	AWY-HI	-4.98889	10,668 m		
RONSI	UN873	43.48440	35,000 ft	53	-
FIX	AWY-HI	-4.50358	10,668 m		
DELOG	UN873	44.32890	35,000 ft	55	-
FIX	AWY-HI	-3.98750	10,668 m		
DESAB	UN873	45.83030	35,000 ft	100	-
FIX	AWY-HI	-2.95917	10,668 m		
TEPRA	UN867	46.49580	35,000 ft	45	-
FIX	AWY-HI	-2.42444	10,668 m		
NORMI	UN867	46.89610	35,000 ft	27	-
FIX	AWY-HI	-2.09194	10,668 m		
MOKOR	UN867	47.00690	35,000 ft	7	-
FIX	AWY-HI	-2.01389	10,668 m		
TERPO	UN867	47.34890	35,000 ft	20	-
FIX	AWY-HI	-1.92889	10,668 m		
RINSO	UN867	48.02720	35,000 ft	45	-
FIX	AWY-HI	-1.43583	10,668 m		
EKRAS	UM184	48.89940	35,000 ft	52	-
FIX	AWY-HI	-1.49917	10,668 m		
DIKRO	UM184	49.58470	35,000 ft	43	-
FIX	AWY-HI	-1.11083	10,668 m		
ANGLO	UZ273	49.92830	35,000 ft	32	-
FIX	AWY-HI	-0.45500	10,668 m		
NEVIL	UM189	50.00000	35,000 ft	5	-
FIX	AWY-HI	-0.36823	10,668 m		
OSPOL	M189	50.15000	35,000 ft	11	-
FIX	AWY-LO	-0.18551	10,668 m		
HAWKE	M189	50.37420	35,000 ft	17	-
FIX	AWY-LO	0.09028	10,668 m		
WAFFU	M189	50.58250	35,000 ft	15	-
FIX	AWY-LO	0.34972	10,668 m		
HASTY	M189	50.72830	35,000 ft	11	-
FIX	AWY-LO	0.53333	10,668 m		
LYD	M189	50.99970	35,000 ft	20	LYDD
VOR	AWY-LO	0.87866	10,668 m		
SANDY	M189	51.06420	35,000 ft	8	-
FIX	AWY-LO	1.06750	10,668 m		
DVR	M189	51.16260	35,000 ft	12	DOVER
VOR	AWY-LO	1.35909	10,668 m		
JACKO	M189	51.73580	35,000 ft	34	-
FIX	AWY-LO	1.42667	10,668 m		
ARTOV	-	51.90530	35,000 ft	10	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	-	1.42583	10,668 m		
OTBAP	M604	52.10330	35,000 ft	14	-
FIX	AWY-HI	1.63333	10,668 m		
ABEDA	M604	52.32780	35,000 ft	16	-
FIX	AWY-HI	1.87111	10,668 m		
LEDBO	M604	52.54310	35,000 ft	15	-
FIX	AWY-HI	2.10222	10,668 m		
ENITO	M604	52.80140	35,000 ft	20	-
FIX	AWY-HI	2.46750	10,668 m		
BEKMO	M604	52.98610	35,000 ft	12	-
FIX	AWY-HI	2.61944	10,668 m		
OKAMA	M604	53.17080	35,000 ft	12	-
FIX	AWY-HI	2.77278	10,668 m		
GIVPO	M604	53.28610	35,000 ft	7	-
FIX	AWY-HI	2.86917	10,668 m		
ROKAN	M604	53.66330	35,000 ft	25	-
FIX	AWY-HI	3.18889	10,668 m		
VENAS	M604	54.30560	35,000 ft	41	-
FIX	AWY-HI	3.65222	10,668 m		
LARGA	M604	54.86390	35,000 ft	37	-
FIX	AWY-HI	4.15333	10,668 m		
INPUT	M604	55.30500	35,000 ft	31	-
FIX	AWY-HI	4.65139	10,668 m		
INBOB	M604	55.60690	35,000 ft	21	-
FIX	AWY-HI	5.00000	10,668 m		
BUSOM	M604	55.94190	35,000 ft	24	-
FIX	AWY-HI	5.39472	10,668 m		
DANKO	M604	57.00000	35,000 ft	76	-
FIX	AWY-HI	6.69783	10,668 m		
LANTI	M604	57.48390	35,000 ft	33	-
FIX	AWY-HI	7.22743	10,668 m		
SVA	M604	58.08450	34,300 ft	42	SVENSHEIA (KRISTIANSAND)
VOR	AWY-HI	7.90831	10,455 m		
VAVET	M609	58.64620	25,200 ft	42	-
FIX	AWY-HI	8.73716	7,681 m		
PIPEX	M609	58.84730	21,900 ft	15	-
FIX	AWY-HI	9.04226	6,675 m		
ENGM	-	60.19450	0 ft	102	Oslo Gardermoen
APT	-	11.09890	0 m		

## LPPT

Region: PORTUGAL  
Timezone: EUROPE/LISBON  
Runways: 2

Elevation: 374 ft / 114 m  
Location: 38.778800 -9.135190  
Magnetic Var: 1.566 W

## METAR

LPPT 190930Z 32006KT 300V360 9999 FEW022 17/11 Q1014

## TAF

TAF LPPT 190500Z 1906/2012 30007KT 9999 SCT012 BECMG 1908/1910 SCT020 TEMPO 1910/1918 FEW020 BKN045 BECMG 1910/19

## Frequencies

REC - 121.95 MHz - ATIS	REC - 124.15 MHz - ATIS
TWR - 118.10 MHz - LISBOA TOWER	TWR - 118.50 MHz - LISBOA TOWER
GND - 121.75 MHz - LISBOA GROUND	CLD - 118.95 MHz - CLEARANCE DELIVERY
APP - 119.10 MHz - LISBOA APPROACH	APP - 119.55 MHz - LISBOA APPROACH
APP - 125.35 MHz - LISBOA ARRIVAL	

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
03	148 ft	12,505 ft	22.65	ASPHALT	302 ft	0 ft
	45 m	3,812 m	24.21		92 m	0 m
21	148 ft	12,505 ft	202.66	ASPHALT	1,965 ft	0 ft
	45 m	3,812 m	204.22		599 m	0 m
17	148 ft	7,612 ft	168.14	ASPHALT	0 ft	0 ft
	45 m	2,320 m	169.70		0 m	0 m
35	148 ft	7,612 ft	348.14	ASPHALT	194 ft	299 ft
	45 m	2,320 m	349.71		59 m	91 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
03	DME	ILI	109.10 MHz	18 nm	-	-	419 ft
				33 km	-		419 m
21	DME	ILB	109.50 MHz	18 nm	-	-	423 ft
				33 km	-		423 m
03	LOC-ILS	ILI	109.10 MHz	18 nm	22.66	-	374 ft
				33 km	24.23		374 m
21	LOC-ILS	ILB	109.50 MHz	18 nm	202.59	-	335 ft
				33 km	204.15		335 m
03	GS	ILI	109.10 MHz	10 nm	22.66	3.00	374 ft
				19 km	24.23		374 m
21	GS	ILB	109.50 MHz	10 nm	203.42	3.00	423 ft
				19 km	204.99		423 m

## ENGM

Region: NORWAY  
Timezone: EUROPE/OSLO  
Runways: 2

Elevation: 681 ft / 208 m  
Location: 60.194500 11.098900  
Magnetic Var: 4.485 E

## METAR

ENGM 190920Z 20004KT 140V280 CAVOK 21/06 Q1012 NOSIG

## TAF

TAF ENGM 190500Z 1906/2006 VRB05KT CAVOK BECMG 1912/1914 01010KT

## Frequencies

REC - 126.12 MHz - GARDERMOEN ARRIVAL INFORMATION  
CLD - 121.67 MHz - GARDERMOEN DELIVERY WEST  
GND - 121.75 MHz - GARDERMOEN GROUND  
GND - 121.90 MHz - GARDERMOEN GROUND EAST  
TWR - 120.10 MHz - GARDERMOEN TOWER  
APP - 120.45 MHz - OSLO APPROACH

REC - 127.15 MHz - GARDERMOEN DEPARTURE INFORMATION  
CLD - 121.92 MHz - GARDERMOEN DELIVERY EAST  
GND - 121.60 MHz - GARDERMOEN GROUND WEST  
TWR - 118.30 MHz - GARDERMOEN TOWER  
APP - 118.47 MHz - OSLO APPROACH

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
01R	148 ft	9,664 ft	16.01	ASPHALT	0 ft	486 ft
	45 m	2,946 m	11.52		0 m	148 m
19L	148 ft	9,664 ft	196.02	ASPHALT	0 ft	489 ft
	45 m	2,946 m	191.54		0 m	149 m
01L	148 ft	11,797 ft	15.99	ASPHALT	0 ft	423 ft
	45 m	3,596 m	11.51		0 m	129 m
19R	148 ft	11,797 ft	196.01	ASPHALT	0 ft	486 ft
	45 m	3,596 m	191.52		0 m	148 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
01L	DME	OBW	110.30 MHz	18 nm	-	-	709 ft
				33 km	-		709 m
01R	DME	ONE	111.95 MHz	18 nm	-	-	723 ft
				33 km	-		723 m
19L	DME	GME	110.55 MHz	18 nm	-	-	729 ft
				33 km	-		729 m
19R	DME	GSW	111.30 MHz	18 nm	-	-	727 ft
				33 km	-		727 m
01L	LOC-ILS	OBW	110.30 MHz	18 nm	16.00	-	681 ft
				33 km	11.52		681 m
01R	LOC-ILS	ONE	111.95 MHz	18 nm	16.04	-	681 ft
				33 km	11.56		681 m
19L	LOC-ILS	GME	110.55 MHz	18 nm	196.04	-	681 ft
				33 km	191.56		681 m
19R	LOC-ILS	GSW	111.30 MHz	18 nm	196.00	-	681 ft
				33 km	191.52		681 m
01L	GS	OBW	110.30 MHz	10 nm	16.00	3.00	681 ft
				19 km	11.52		681 m
01R	GS	ONE	111.95 MHz	10 nm	16.04	3.00	681 ft
				19 km	11.56		681 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
19L	GS	GME	110.55 MHz	10 nm	196.04	3.00	681 ft
				19 km	191.56		681 m
19R	GS	GSW	111.30 MHz	10 nm	196.00	3.00	681 ft
				19 km	191.52		681 m