

MROC

Juan Santamaria Intl

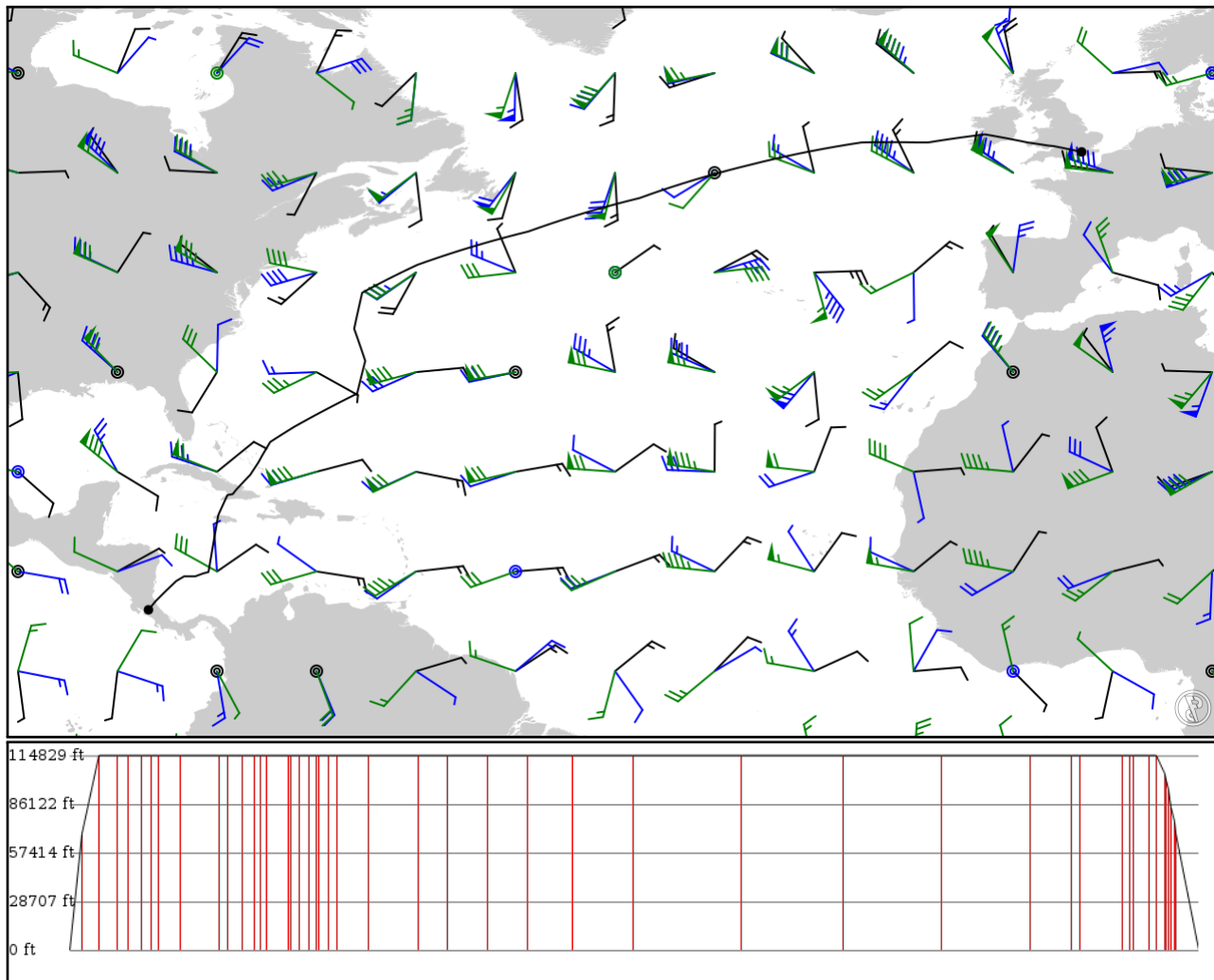
EGKK

London Gatwick

2024/05/16 0716Z

MROC COLOR **UA322** SPP SPP 1300N0-8100W 1300N0-8000W TOLIN OPLOS **UB510** SIA **UR625** UMZ **J5** UHG **UM331**
GHANN **M331** GECAL **L458** BDA **M590** ANVER MUNY **Y** XETBO SHA **L9** SLANY **UL9** STU **L9** ALVIN EGKK

5034.43 nm / 9323.77 km



Notes

Using NAT tracks from 26/6/2019

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
MROC APT	-	9.99387 -84.20890	0 ft 0 m	-	Juan Santamaria Intl
COLOR FIX	-	10.75280 -83.58320	20,900 ft 6,370 m	58	-
AMUBI FIX	UA322 AWY-HI	11.61830 -82.71670	35,000 ft 10,668 m	72	-
SPP VOR	UA322 AWY-HI	12.58250 -81.70530	35,000 ft 10,668 m	82	SAN ANDRES
SPP DME	-	12.58250 -81.70500	35,000 ft 10,668 m	0	SAN ANDRES VOR-DME
1300N0-8100W LATLON	-	13.00000 -81.00000	35,000 ft 10,668 m	48	-
1300N0-8000W LATLON	-	13.00000 -80.00000	35,000 ft 10,668 m	58	-
TOLIN FIX	-	13.25190 -79.32000	35,000 ft 10,668 m	42	-
OPLOS FIX	-	13.39310 -78.80390	35,000 ft 10,668 m	31	-
COLBY FIX	UB510 AWY-HI	15.00000 -78.53330	35,000 ft 10,668 m	97	-
BOSOM FIX	UB510 AWY-HI	17.85640 -78.03810	35,000 ft 10,668 m	173	-
SIA VOR	UB510 AWY-HI	18.50100 -77.92410	35,000 ft 10,668 m	39	SANGSTER
MATOS FIX	UR625 AWY-HI	19.48970 -77.47390	35,000 ft 10,668 m	64	-
UMZ VOR	UR625 AWY-HI	20.30280 -77.09940	35,000 ft 10,668 m	53	MANZANILLO
UBY NDB	J5 AWY-HI	20.39390 -76.61920	35,000 ft 10,668 m	27	BAYAMO
UHG VOR	J5 AWY-HI	20.79810 -76.30300	35,000 ft 10,668 m	30	HOLGUIN
GHANN FIX	UM331 AWY-HI	22.00000 -75.16670	35,000 ft 10,668 m	96	-
FORST FIX	M331 AWY-HI	22.10970 -75.05530	35,000 ft 10,668 m	9	-
ROSEA FIX	M331 AWY-HI	22.65660 -74.69670	35,000 ft 10,668 m	38	-
PAARR FIX	M331 AWY-HI	23.24500 -74.30690	35,000 ft 10,668 m	41	-
SMTTY FIX	M331 AWY-HI	23.78920 -74.00860	35,000 ft 10,668 m	36	-
AVNEY FIX	M331 AWY-HI	23.89550 -73.94990	35,000 ft 10,668 m	7	-
RENAH FIX	M331 AWY-HI	24.56660 -73.55220	35,000 ft 10,668 m	45	-
CANEE FIX	M331 AWY-HI	25.07970 -73.24470	35,000 ft 10,668 m	35	-
LFANO FIX	M331 AWY-HI	26.43390 -71.09840	35,000 ft 10,668 m	141	-
MEGGG FIX	M331 AWY-HI	28.36110 -67.52850	35,000 ft 10,668 m	222	-
GECAL	M331	29.42450	35,000 ft	127	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	AWY-HI	-65.42140	10,668 m		
BDA	L458	32.36440	35,000 ft	180	BERMUDA
VOR	AWY-HI	-64.68960	10,668 m		
ANVER	M590	35.25200	35,000 ft	180	-
FIX	AWY-HI	-65.68780	10,668 m		
MUNEY	-	38.50000	35,000 ft	198	-
FIX	-	-64.96440	10,668 m		
41/60	Y	41.00000	35,000 ft	273	-
LATLON	NAT	-60.00000	10,668 m		
44/50	Y	44.00000	35,000 ft	477	-
LATLON	NAT	-50.00000	10,668 m		
47/40	Y	47.00000	35,000 ft	457	-
LATLON	NAT	-40.00000	10,668 m		
50/30	Y	50.00000	35,000 ft	436	-
LATLON	NAT	-30.00000	10,668 m		
52/20	Y	52.00000	35,000 ft	396	-
LATLON	NAT	-20.00000	10,668 m		
LIMRI	Y	52.00000	35,000 ft	184	-
FIX	NAT	-15.00000	10,668 m		
XETBO	Y	52.00000	35,000 ft	36	-
FIX	NAT	-14.00000	10,668 m		
SHA	-	52.72100	35,000 ft	192	SHANNON
VOR	-	-8.88521	10,668 m		
TIPUR	L9	52.58920	35,000 ft	28	-
FIX	AWY-LO	-8.12517	10,668 m		
ABAGU	L9	52.50330	35,000 ft	18	-
FIX	AWY-LO	-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		
AMMAN	L9	51.84060	31,700 ft	39	-
FIX	AWY-LO	-3.99833	9,662 m		
INRUB	L9	51.81940	30,600 ft	5	-
FIX	AWY-LO	-3.86139	9,327 m		
UGBUD	L9	51.78720	28,900 ft	7	-
FIX	AWY-LO	-3.65278	8,809 m		
BCN	L9	51.72550	25,700 ft	14	BRECON
VOR	AWY-LO	-3.26303	7,833 m		
ERNOK	L9	51.69170	23,100 ft	11	-
FIX	AWY-LO	-2.94556	7,041 m		
ALVIN	L9	51.66250	21,000 ft	10	-
FIX	AWY-LO	-2.67833	6,401 m		
EGKK	-	51.14880	0 ft	98	London Gatwick
APT	-	-0.19185	0 m		

MROC

Region: COSTA RICA
Timezone: AMERICA/COSTA_RICA
Runways: 1

Elevation: 3,047 ft / 929 m
Location: 9.993980 -84.208700
Magnetic Var: 2.658 W

METAR

MROC 160700Z VRB02KT 9999 3500SW BCFG SCT002 BKN100 21/21 A3004 NOSIG

TAF

TAF MROC 160500Z 1606/1706 12005KT 9999 SCT025 TX30/1618Z TN20/1611Z FM161600 24008KT 9999 FEW035 TEMPO 1619/1622

Frequencies

REC - 127.67 MHz - ATIS
TWR - 118.60 MHz - COCO TOWER
APP - 120.50 MHz - COCO APPROACH
GND - 121.90 MHz - COCO GROUND
CLD - 121.30 MHz - CLEARANCE DELIVERY

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
07	148 ft	10,075 ft	69.18	ASPHALT	0 ft	190 ft
	45 m	3,071 m	71.84		0 m	58 m
25	148 ft	10,075 ft	249.19	ASPHALT	1,804 ft	0 ft
	45 m	3,071 m	251.85		550 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
07	DME	IOCO	109.50 MHz	18 nm	-	-	930 ft
				33 km	-		930 m
07	LOC-ILS	IOCO	109.50 MHz	18 nm	69.19	-	3,047 ft
				33 km	71.85		3,047 m
07	GS	IOCO	109.50 MHz	10 nm	69.19	3.00	3,047 ft
				19 km	71.85		3,047 m

EGKK

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

Elevation: 187 ft / 57 m
Location: 51.148800 -0.191923
Magnetic Var: 0.497 E

METAR

EGKK 160650Z 36004KT 310V030 CAVOK 13/11 Q1005

TAF

TAF EGKK 160459Z 1606/1712 VRB02KT 9999 FEW040 BECMG 1606/1608 24010KT PROB30 TEMPO 1606/1607 7000 BKN006 TEMPO 1

Frequencies

REC - 136.52 MHz - GATWICK INFORMATION	GND - 121.80 MHz - GATWICK GROUND
TWR - 124.22 MHz - GATWICK TOWER	TWR - 134.22 MHz - GATWICK TOWER
CLD - 121.95 MHz - GATWICK DELIVERY	APP - 118.95 MHz - GATWICK DIRECTOR
APP - 126.82 MHz - GATWICK DIRECTOR	APP - 129.02 MHz - GATWICK DIRECTOR

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
08R	148 ft	10,851 ft	77.60	ASPHALT	1,289 ft	0 ft
	45 m	3,308 m	77.10		393 m	0 m
26L	148 ft	10,851 ft	257.63	ASPHALT	1,388 ft	102 ft
	45 m	3,308 m	257.13		423 m	31 m
08L	148 ft	8,382 ft	77.59	ASPHALT	1,047 ft	0 ft
	45 m	2,555 m	77.09		319 m	0 m
26R	148 ft	8,382 ft	257.61	ASPHALT	1,358 ft	0 ft
	45 m	2,555 m	257.12		414 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
08R	DME	IGG	110.90 MHz	18 nm	-	-	274 ft
				33 km	-		274 m
26L	DME	IWW	110.90 MHz	18 nm	-	-	274 ft
				33 km	-		274 m
08R	LOC-ILS	IGG	110.90 MHz	18 nm	77.62	-	187 ft
				33 km	77.12		187 m
26L	LOC-ILS	IWW	110.90 MHz	18 nm	257.62	-	187 ft
				33 km	257.12		187 m
08R	GS	IGG	110.90 MHz	10 nm	77.62	3.00	187 ft
				19 km	77.12		187 m
26L	GS	IWW	110.90 MHz	10 nm	257.62	3.00	187 ft
				19 km	257.12		187 m