

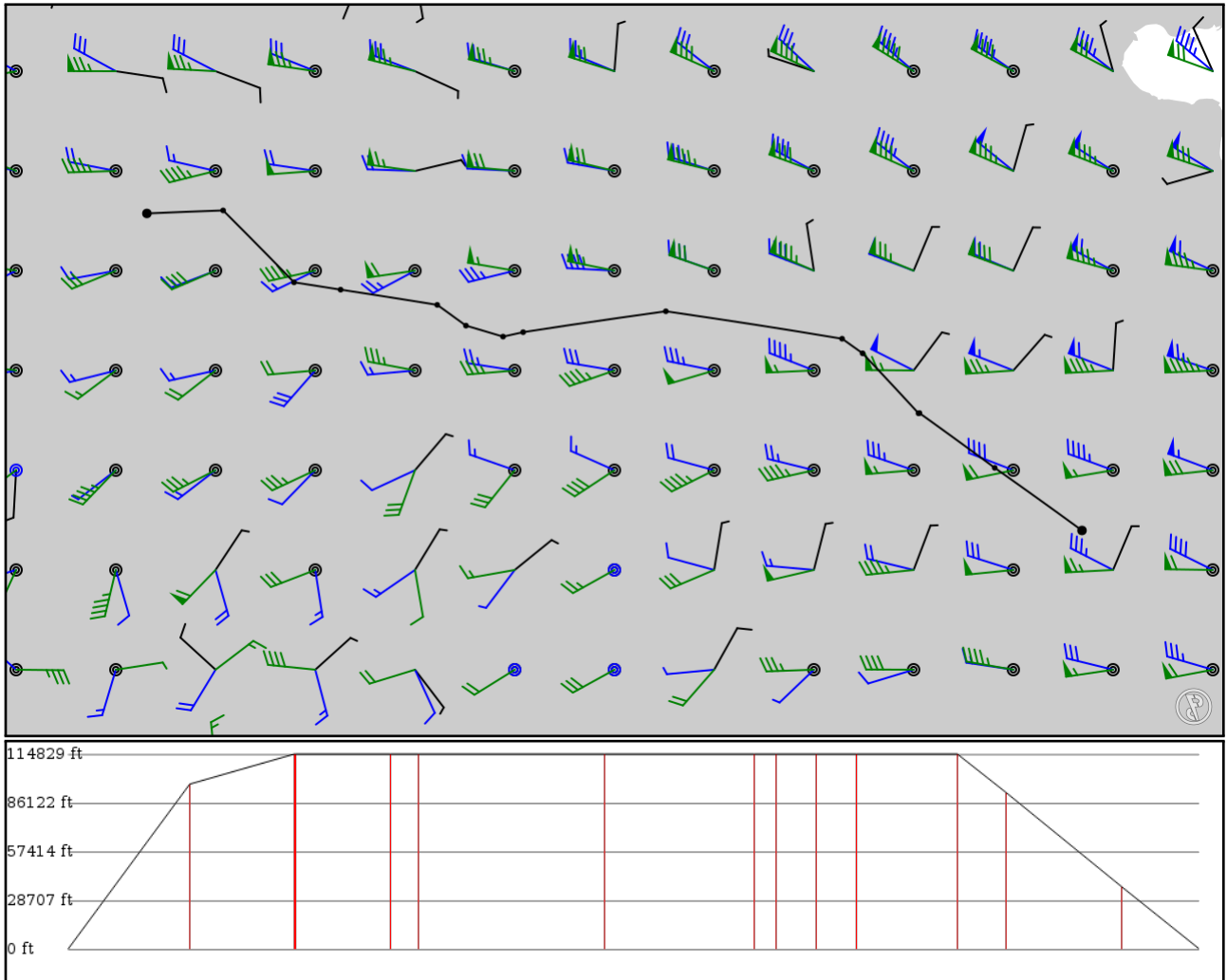
**ZSOF**  
XINQIAO

**ZLLL**  
Lanzhou-Zhongchuan

2024/05/29 0447Z

ZSOF FYG **B208** ZHO ZHO **B208** CGO DZY YCE MIZ DOVOP XODAS **W154** HO **W198** DOVTI ZLLL

770.17 nm / 1426.36 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
ZSOF	-	31.98840	0 ft	-	XINQIAO
APT	-	116.97700	0 m		
FYG	-	32.88330	29,600 ft	82	FUYANG
VOR	-	115.73000	9,022 m		
ZHO	B208	33.66500	35,000 ft	71	ZHOUKOU
VOR	AWY-HI	114.65500	10,668 m		
ZHO	-	33.66170	35,000 ft	0	ZHOUKOU VOR-DME
DME	-	114.64200	10,668 m		
CGO	B208	34.51830	35,000 ft	65	XINZHENG
VOR	AWY-HI	113.84300	10,668 m		
DZY	-	34.72670	35,000 ft	19	ZHONGYUAN
VOR	-	113.55000	10,668 m		
YCE	-	35.11830	35,000 ft	126	YUNCHENG
VOR	-	111.03300	10,668 m		
MIZ	-	34.82000	35,000 ft	101	MIZI
VOR	-	108.99500	10,668 m		
DOVOP	-	34.75670	35,000 ft	14	-
FIX	-	108.70800	10,668 m		
XODAS	-	34.91330	35,000 ft	27	-
FIX	-	108.17800	10,668 m		
HO	W154	35.21000	35,000 ft	26	CHANGWU
NDB	AWY-HI	107.76800	10,668 m		
VISIN	W198	35.42670	35,000 ft	68	-
FIX	AWY-HI	106.38800	10,668 m		
JIG	W198	35.53170	28,100 ft	33	JINGNING
VOR	AWY-HI	105.72300	8,565 m		
DOVTI	W198	36.55830	11,200 ft	78	-
FIX	AWY-HI	104.71000	3,414 m		
ZLLL	-	36.51520	0 ft	52	Lanzhou-Zhongchuan
APT	-	103.62100	0 m		

## ZSOF

Region: CHINA  
Timezone: ASIA/SHANGHAI  
Runways: 1

Elevation: 208 ft / 63 m  
Location: 31.988400 116.977000  
Magnetic Var: 5.689 W

## METAR

ZSOF 290400Z 13008MPS 090V150 CAVOK 27/09 Q1008 NOSIG

## TAF

TAF ZSOF 282106Z 2900/2924 13004MPS 6000 NSC TX28/2906Z TN16/2921Z

## Frequencies

REC - 128.85 MHz - ATIS  
GND - 121.62 MHz -  
TWR - 118.75 MHz -  
APP - 119.85 MHz -

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
15	148 ft	11,169 ft	150.14	CONCRETE	0 ft	200 ft
	45 m	3,404 m	155.83		0 m	61 m
33	148 ft	11,169 ft	330.15	CONCRETE	0 ft	200 ft
	45 m	3,404 m	335.84		0 m	61 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
15	LOC-ILS	IHF	109.30 MHz	18 nm	150.15	-	210 ft
				33 km	155.84		210 m
33	LOC-ILS	IXQ	108.50 MHz	18 nm	330.15	-	210 ft
				33 km	335.84		210 m
15	GS	IHF	109.30 MHz	10 nm	150.15	3.00	210 ft
				19 km	155.84		210 m
33	GS	IXQ	108.50 MHz	10 nm	330.15	3.00	210 ft
				19 km	335.84		210 m

## ZLLL

Region: CHINA  
Timezone: ASIA/CHONGQING  
Runways: 1

Elevation: 6,388 ft / 1,947 m  
Location: 36.513500 103.621000  
Magnetic Var: 2.465 W

## METAR

ZLLL 290400Z 19002MPS 140V250 9999 FEW016 14/06 Q1020 NOSIG

## TAF

TAF ZLLL 282112Z 2900/2924 22004MPS 4000 -RA SCT015 BKN033 TX14/2909Z TN07/2922Z BECMG 2907/2908 5000 BR

## Frequencies

REC - 128.45 MHz - LANZHOU ATIS	CLD - 121.70 MHz - LANZHOU DELIVERY
GND - 121.95 MHz - LANZHOU GROUND	GND - 121.62 MHz - LANZHOU APRON
TWR - 118.10 MHz - LANZHOU TOWER	APP - 120.25 MHz - LANZHOU APPROACH
APP - 119.15 MHz - LANZHOU APPROACH	APP - 124.20 MHz - LANZHOU APPROACH
APP - 119.45 MHz - LANZHOU APPROACH	APP - 119.82 MHz - LANZHOU APPROACH
COM - 122.80 MHz - LANZHOU UNICOM	

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
18	148 ft	13,153 ft	177.12	CONCRETE	0 ft	197 ft
	45 m	4,009 m	179.58		0 m	60 m
36	148 ft	13,153 ft	357.12	CONCRETE	0 ft	200 ft
	45 m	4,009 m	359.58		0 m	61 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
36	DME	IYY	109.30 MHz	18 nm	-	-	6,341 ft
				33 km	-		6,341 m
18	LOC-ILS	IKQ	108.50 MHz	18 nm	177.12	-	6,388 ft
				33 km	179.58		6,388 m
36	LOC-ILS	IYY	109.30 MHz	18 nm	357.12	-	6,388 ft
				33 km	359.58		6,388 m
18	GS	IKQ	108.50 MHz	10 nm	177.12	3.00	6,388 ft
				19 km	179.58		6,388 m
36	GS	IYY	109.30 MHz	10 nm	357.12	3.00	6,388 ft
				19 km	359.58		6,388 m