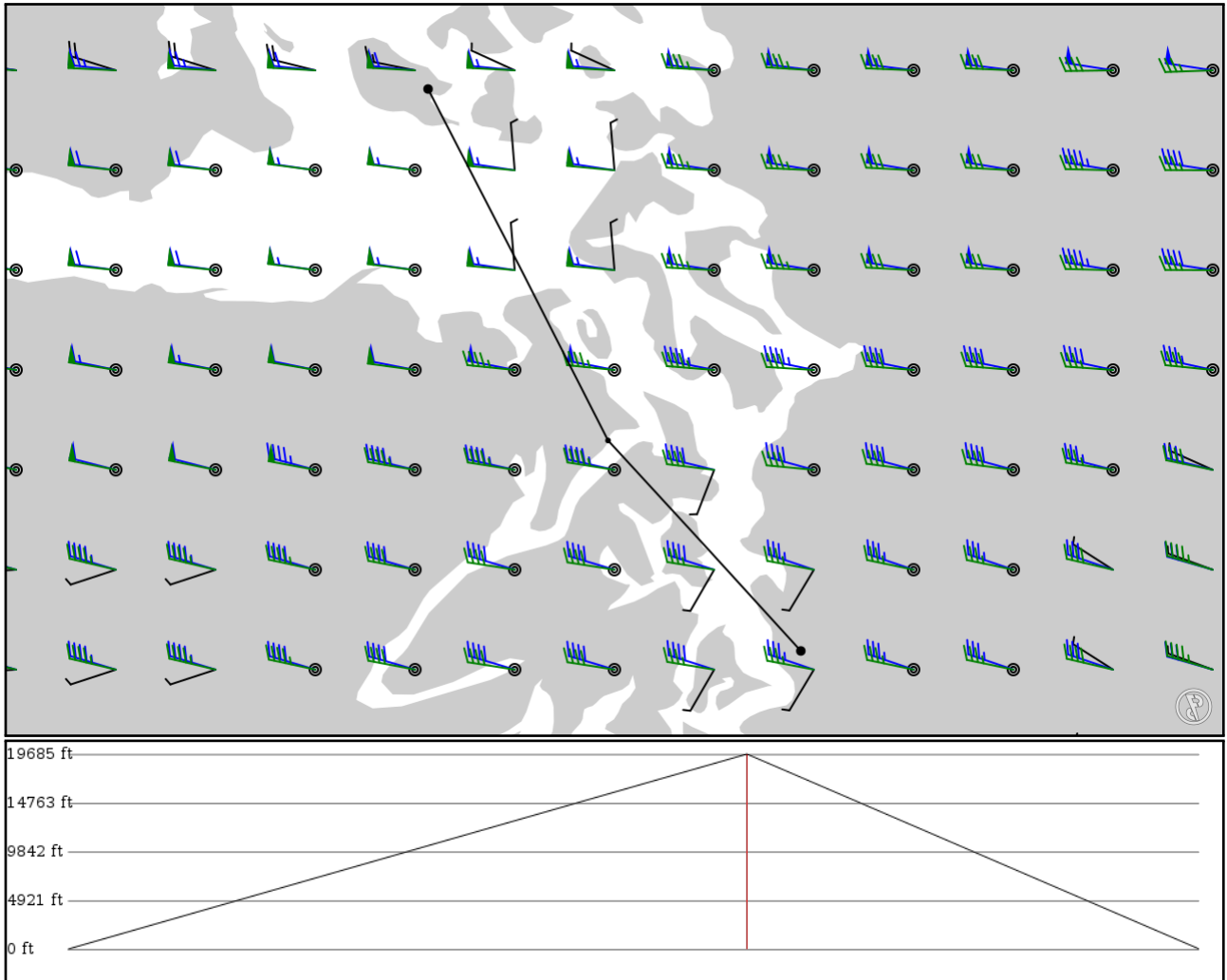


2024/05/23 0406Z

KFHR LOFAL KSEA

70.89 nm / 131.28 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<br>Type | Via | Lat<br>Lon | Alt      | Dist<br>(nm) | Name                |
|---------------|-----|------------|----------|--------------|---------------------|
| KFHR          | -   | 48.52197   | 0 ft     | -            | FRIDAY HARBOR       |
| APT           | -   | -123.02437 | 0 m      |              |                     |
| LOFAL         | -   | 47.85155   | 6,000 ft | 42           | -                   |
| FIX           | -   | -122.68052 | 1,829 m  |              |                     |
| KSEA          | -   | 47.45019   | 0 ft     | 28           | Seattle Tacoma Intl |
| APT           | -   | -122.31232 | 0 m      |              |                     |

## KSEA

Region: UNITED STATES  
Timezone: AMERICA/LOS\_ANGELES  
Runways: 3

Elevation: 432 ft / 132 m  
Location: 47.450200 -122.312000  
Magnetic Var: 14.769 E

## METAR

KSEA 230253Z 00000KT 10SM BKN070 14/04 A3005 RMK AO2 SLP181 T01440044 53012

## TAF

TAF AMD KSEA 230258Z 2303/2406 29005KT P6SM FEW040 BKN070 BKN250 FM230500 20004KT P6SM BKN070 FM230900 19008KT P6SM

## Frequencies

REC - 118.00 MHz - SEATTLE ATIS  
GND - 121.70 MHz - SEATTLE GROUND  
TWR - 120.95 MHz - SEATTLE TOWER  
DEP - 120.10 MHz - SEATTLE DEPARTURE  
CLD - 128.00 MHz - SEATTLE CLEARANCE  
TWR - 119.90 MHz - SEATTLE TOWER  
APP - 133.65 MHz - SEATTLE APPROACH

## Runways

| Ident | Width  | Length    | Bearing (true)<br>(mag) | Surface  | Threshold<br>Offset | Overrun<br>Length |
|-------|--------|-----------|-------------------------|----------|---------------------|-------------------|
| 16L   | 151 ft | 11,904 ft | 180.35                  | CONCRETE | 0 ft                | 400 ft            |
|       | 46 m   | 3,628 m   | 165.58                  |          | 0 m                 | 122 m             |
| 34R   | 151 ft | 11,904 ft | 0.35                    | CONCRETE | 0 ft                | 400 ft            |
|       | 46 m   | 3,628 m   | 345.58                  |          | 0 m                 | 122 m             |
| 16C   | 151 ft | 9,428 ft  | 180.34                  | CONCRETE | 0 ft                | 400 ft            |
|       | 46 m   | 2,874 m   | 165.57                  |          | 0 m                 | 122 m             |
| 34C   | 151 ft | 9,428 ft  | 0.34                    | CONCRETE | 0 ft                | 397 ft            |
|       | 46 m   | 2,874 m   | 345.57                  |          | 0 m                 | 121 m             |
| 16R   | 151 ft | 8,502 ft  | 180.34                  | CONCRETE | 0 ft                | 200 ft            |
|       | 46 m   | 2,591 m   | 165.57                  |          | 0 m                 | 61 m              |
| 34L   | 151 ft | 8,502 ft  | 0.34                    | CONCRETE | 0 ft                | 197 ft            |
|       | 46 m   | 2,591 m   | 345.57                  |          | 0 m                 | 60 m              |

## Approach Nav aids

| Runway | Type    | Ident | Frequency  | Range | Bearing (true)<br>(mag) | Slope | Elevation |
|--------|---------|-------|------------|-------|-------------------------|-------|-----------|
| 16C    | DME     | ISZI  | 111.70 MHz | 18 nm | -                       | -     | 470 ft    |
|        |         |       |            | 33 km | -                       |       | 470 m     |
| 16L    | DME     | ISNQ  | 110.30 MHz | 18 nm | -                       | -     | 369 ft    |
|        |         |       |            | 33 km | -                       |       | 369 m     |
| 16R    | DME     | ICJL  | 110.75 MHz | 18 nm | -                       | -     | 410 ft    |
|        |         |       |            | 33 km | -                       |       | 410 m     |
| 34C    | DME     | ITUC  | 111.70 MHz | 18 nm | -                       | -     | 470 ft    |
|        |         |       |            | 33 km | -                       |       | 470 m     |
| 34L    | DME     | IB EJ | 110.75 MHz | 18 nm | -                       | -     | 410 ft    |
|        |         |       |            | 33 km | -                       |       | 410 m     |
| 34R    | DME     | ISEA  | 110.30 MHz | 18 nm | -                       | -     | 469 ft    |
|        |         |       |            | 33 km | -                       |       | 469 m     |
| 16C    | LOC-ILS | ISZI  | 111.70 MHz | 18 nm | 180.34                  | -     | 355 ft    |
|        |         |       |            | 33 km | 165.57                  |       | 355 m     |
| 16L    | LOC-ILS | ISNQ  | 110.30 MHz | 18 nm | 180.34                  | -     | 338 ft    |
|        |         |       |            | 33 km | 165.57                  |       | 338 m     |
| 16R    | LOC-ILS | ICJL  | 110.75 MHz | 18 nm | 180.34                  | -     | 410 ft    |
|        |         |       |            | 33 km | 165.57                  |       | 410 m     |

| Runway | Type    | Ident | Frequency  | Range | Bearing (true)<br>(mag) | Slope | Elevation |
|--------|---------|-------|------------|-------|-------------------------|-------|-----------|
| 34C    | LOC-ILS | ITUC  | 111.70 MHz | 18 nm | 0.34                    | -     | 422 ft    |
|        |         |       |            | 33 km | 345.57                  |       | 422 m     |
| 34L    | LOC-ILS | IBEJ  | 110.75 MHz | 18 nm | 0.34                    | -     | 433 ft    |
|        |         |       |            | 33 km | 345.57                  |       | 433 m     |
| 34R    | LOC-ILS | ISEA  | 110.30 MHz | 18 nm | 0.34                    | -     | 428 ft    |
|        |         |       |            | 33 km | 345.57                  |       | 428 m     |
| 16C    | GS      | ISZI  | 111.70 MHz | 10 nm | 180.67                  | 3.00  | 418 ft    |
|        |         |       |            | 19 km | 165.90                  |       | 418 m     |
| 16L    | GS      | ISNQ  | 110.30 MHz | 10 nm | 180.69                  | 3.00  | 425 ft    |
|        |         |       |            | 19 km | 165.92                  |       | 425 m     |
| 16R    | GS      | ICJL  | 110.75 MHz | 10 nm | 180.67                  | 3.00  | 410 ft    |
|        |         |       |            | 19 km | 165.90                  |       | 410 m     |
| 34C    | GS      | ITUC  | 111.70 MHz | 10 nm | 0.67                    | 3.00  | 367 ft    |
|        |         |       |            | 19 km | 345.90                  |       | 367 m     |
| 34L    | GS      | IBEJ  | 110.75 MHz | 10 nm | 0.67                    | 3.00  | 360 ft    |
|        |         |       |            | 19 km | 345.90                  |       | 360 m     |
| 34R    | GS      | ISEA  | 110.30 MHz | 10 nm | 0.69                    | 2.75  | 355 ft    |
|        |         |       |            | 19 km | 345.92                  |       | 355 m     |