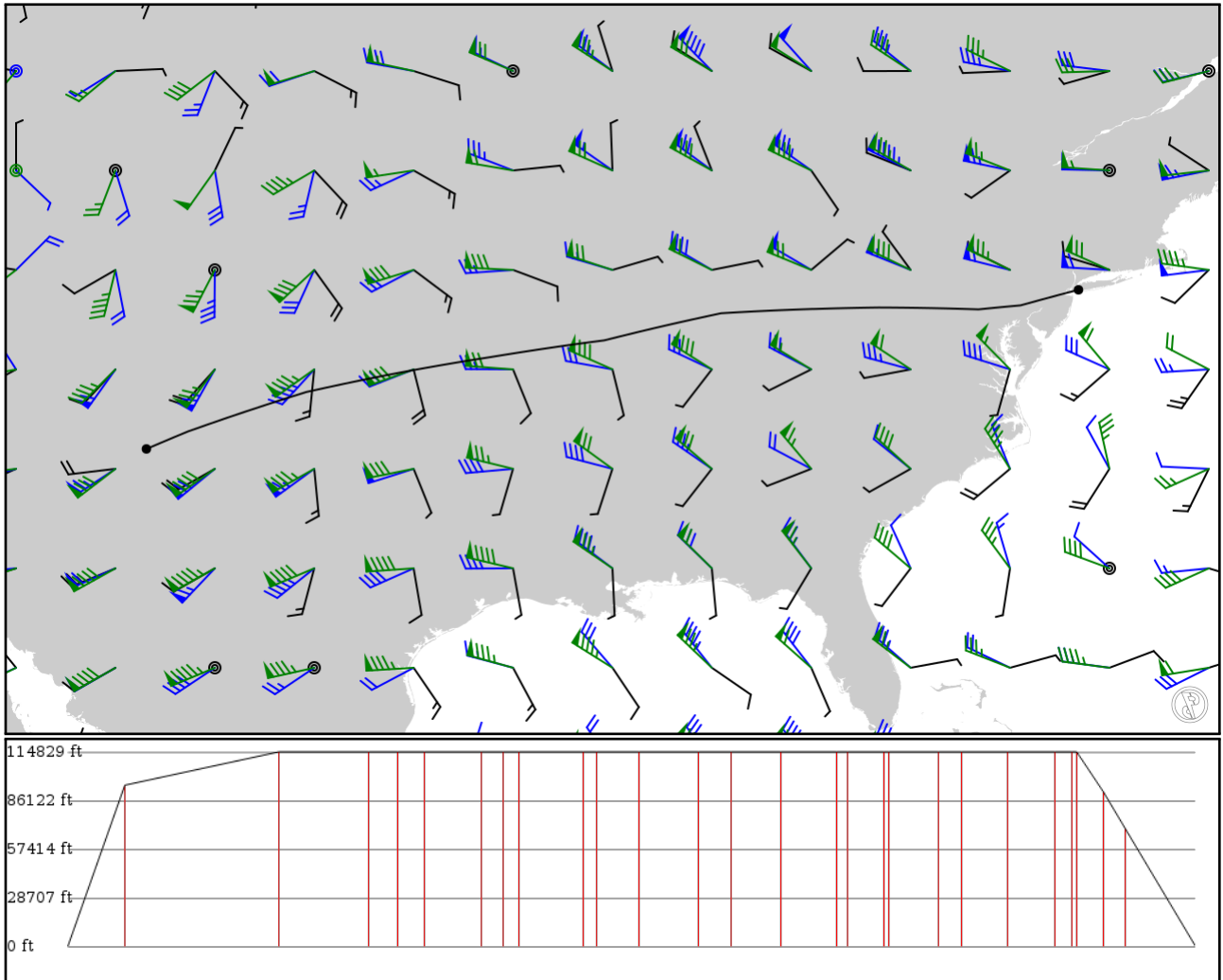


2024/05/03 1122Z

KABQ FTI J19 LBL J134 BUM J110 ZANDR Q480 AIR J110 VINSE Q480 BEETS J110 LARRI J230 BYRDD KJFK

1592.48 nm / 2949.27 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: no
- Use high airways: yes



## Route

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
KABQ APT	-	35.03820 -106.61000	0 ft 0 m	-	Albuquerque
FTI VOR	-	35.65760 -105.13600	29,000 ft 8,839 m	81	FORT UNION
LBL VOR	J19 AWY-HI	37.04440 -100.97100	35,000 ft 10,668 m	217	LIBERAL
VARNR FIX	J134 AWY-HI	37.58660 -98.39940	35,000 ft 10,668 m	127	-
ICT VOR	J134 AWY-HI	37.74530 -97.58380	35,000 ft 10,668 m	39	WICHITA
ROKNE FIX	J134 AWY-HI	37.88630 -96.80460	35,000 ft 10,668 m	37	-
DOSOA FIX	J134 AWY-HI	38.17070 -95.12680	35,000 ft 10,668 m	81	-
BUM VOR	J134 AWY-HI	38.27210 -94.48830	35,000 ft 10,668 m	30	BUTLER
SCAWT FIX	J110 AWY-HI	38.34490 -94.04220	35,000 ft 10,668 m	21	-
ELSTO FIX	J110 AWY-HI	38.63620 -92.13090	35,000 ft 10,668 m	91	-
KOOP FIX	J110 AWY-HI	38.69190 -91.74260	35,000 ft 10,668 m	18	-
STL VOR	J110 AWY-HI	38.86070 -90.48240	35,000 ft 10,668 m	59	SAINT LOUIS
COWES FIX	J110 AWY-HI	39.27820 -88.77190	35,000 ft 10,668 m	83	-
TILMN FIX	J110 AWY-HI	39.49560 -87.82880	35,000 ft 10,668 m	45	-
VHP VOR	J110 AWY-HI	39.81470 -86.36750	35,000 ft 10,668 m	70	BRICKYARD
FYLLS FIX	J110 AWY-HI	39.90680 -84.63050	35,000 ft 10,668 m	80	-
CREEP FIX	J110 AWY-HI	39.92090 -84.30870	35,000 ft 10,668 m	14	-
EMPTY FIX	J110 AWY-HI	39.96330 -83.18690	35,000 ft 10,668 m	51	-
BOWRR FIX	J110 AWY-HI	39.96610 -83.03240	35,000 ft 10,668 m	7	-
ZANDR FIX	J110 AWY-HI	40.00520 -81.53290	35,000 ft 10,668 m	69	-
AIR VOR	Q480 AWY-HI	40.01700 -80.81720	35,000 ft 10,668 m	32	BELLAIRE
LEJOY FIX	J110 AWY-HI	40.00340 -79.41490	35,000 ft 10,668 m	64	-
VINSE FIX	J110 AWY-HI	39.97120 -77.95590	35,000 ft 10,668 m	67	-
BEETS FIX	Q480 AWY-HI	39.95570 -77.44990	35,000 ft 10,668 m	23	-
LARRI FIX	J110 AWY-HI	39.95060 -77.29840	35,000 ft 10,668 m	6	-
SAAME FIX	J230 AWY-HI	40.03110 -76.48400	27,800 ft 8,473 m	37	-
BYRDD	J230	40.09220	21,200 ft	30	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	AWY-HI	-75.81870	6,462 m		
KJFK	-	40.64010	0 ft	99	John F. Kennedy Intl
APT	-	-73.77650	0 m		

## KABQ

Region: UNITED STATES

Timezone: AMERICA/DENVER

Runways: 3

Elevation: 5,354 ft / 1,632 m

Location: 35.038200 -106.610000

Magnetic Var: 7.894 E

## METAR

KABQ 031052Z 36007KT 10SM SCT220 12/M10 A2994 RMK A02 SLP074 T01171100

## TAF

TAF KABQ 030540Z 0306/0406 02006KT P6SM FEW120 FM031200 VRB06KT P6SM FEW100 FM031800 23010KT P6SM FEW140 TEMPO 031200 23010KT P6SM FEW140

## Frequencies

REC - 118.00 MHz - ATIS

CLD - 119.20 MHz - CLNC DEL

TWR - 123.77 MHz -

APP - 123.90 MHz - APP/DEP

APP - 127.40 MHz - APP/DEP

COM - 122.95 MHz - UNICOM

GND - 121.90 MHz -

TWR - 120.30 MHz -

APP - 124.40 MHz - APP/DEP

APP - 134.80 MHz - APP/DEP

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
08	150 ft	13,762 ft	90.43	CONCRETE	1,001 ft	551 ft
	46 m	4,195 m	82.53		305 m	168 m
26	150 ft	13,762 ft	270.45	CONCRETE	0 ft	1,001 ft
	46 m	4,195 m	262.56		0 m	305 m
03	150 ft	10,002 ft	44.66	CONCRETE	0 ft	400 ft
	46 m	3,049 m	36.76		0 m	122 m
21	150 ft	10,002 ft	224.67	CONCRETE	0 ft	0 ft
	46 m	3,049 m	216.78		0 m	0 m
12	150 ft	6,024 ft	128.99	CONCRETE	0 ft	0 ft
	46 m	1,836 m	121.10		0 m	0 m
30	150 ft	6,024 ft	309.00	CONCRETE	0 ft	0 ft
	46 m	1,836 m	301.11		0 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
08	DME	ISPT	111.90 MHz	18 nm	-	-	5,374 ft
				33 km	-		5,374 m
03	LOC-ILS	IBZY	111.50 MHz	18 nm	44.67	-	5,354 ft
				33 km	36.78		5,354 m
08	LOC-ILS	ISPT	111.90 MHz	18 nm	90.44	-	5,354 ft
				33 km	82.55		5,354 m
03	GS	IBZY	111.50 MHz	10 nm	44.67	3.00	5,354 ft
				19 km	36.78		5,354 m
08	GS	ISPT	111.90 MHz	10 nm	90.44	3.00	5,354 ft
				19 km	82.55		5,354 m

## KJFK

Region: UNITED STATES  
Timezone: AMERICA/NEW\_YORK  
Runways: 4

Elevation: 12 ft / 4 m  
Location: 40.640100 -73.776500  
Magnetic Var: 12.820 W

## METAR

KJFK 031051Z 08005KT 10SM BKN018 BKN250 13/09 A3015 RMK A02 SLP209 T01280094

## TAF

TAF AMD KJFK 030839Z 0309/0412 08008KT P6SM FEW025 FEW250 FM031200 08012G19KT P6SM BKN025 FM031600 10011KT P6SM S

## Frequencies

REC - 115.40 MHz - D-ATIS	REC - 117.70 MHz - D-ATIS
REC - 128.72 MHz - D-ATIS	COM - 122.95 MHz - UNICOM
CLD - 135.05 MHz - CLEARANCE DELIVERY	GND - 121.90 MHz - KENNEDY GROUND
GND - 121.65 MHz - KENNEDY GROUND	TWR - 119.10 MHz - KENNEDY TOWER
TWR - 123.90 MHz - KENNEDY TOWER	APP - 125.70 MHz - NEW YORK APPROACH
APP - 128.12 MHz - NEW YORK APPROACH	APP - 118.40 MHz - NEW YORK APPROACH
APP - 123.70 MHz - NEW YORK APPROACH	APP - 126.80 MHz - NEW YORK APPROACH
APP - 132.40 MHz - NEW YORK APPROACH	APP - 134.35 MHz - NEW YORK APPROACH
DEP - 135.90 MHz - NEW YORK DEPARTURE	DEP - 123.70 MHz - NEW YORK DEPARTURE
DEP - 124.75 MHz - NEW YORK DEPARTURE	DEP - 134.35 MHz - NEW YORK DEPARTURE

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
13R	200 ft	14,526 ft	120.83	CONCRETE	2,057 ft	390 ft
	61 m	4,428 m	133.65		627 m	119 m
31L	200 ft	14,526 ft	300.86	CONCRETE	3,271 ft	495 ft
	61 m	4,428 m	313.68		997 m	151 m
13L	151 ft	10,010 ft	120.85	CONCRETE	912 ft	387 ft
	46 m	3,051 m	133.67		278 m	118 m
31R	151 ft	10,010 ft	300.87	CONCRETE	1,037 ft	177 ft
	46 m	3,051 m	313.69		316 m	54 m
04R	200 ft	8,407 ft	30.67	ASPHALT	0 ft	440 ft
	61 m	2,562 m	43.49		0 m	134 m
22L	200 ft	8,407 ft	210.68	ASPHALT	0 ft	505 ft
	61 m	2,562 m	223.50		0 m	154 m
04L	200 ft	12,091 ft	30.67	CONCRETE	459 ft	200 ft
	61 m	3,685 m	43.49		140 m	61 m
22R	200 ft	12,091 ft	210.68	CONCRETE	3,425 ft	407 ft
	61 m	3,685 m	223.50		1,044 m	124 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
04L	DME	IHIQ	110.90 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
04R	DME	IJFK	109.50 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
13L	DME	ITLK	111.50 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
22L	DME	IIWY	110.90 MHz	18 nm	-	-	13 ft
				33 km	-		13 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
22R	DME	IJOC	109.50 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
31R	DME	IRTH	111.50 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
04L	LOC-ILS	IHIQ	110.90 MHz	18 nm	30.68	-	12 ft
				33 km	43.50		12 m
04R	LOC-ILS	IJFK	109.50 MHz	18 nm	30.67	-	12 ft
				33 km	43.49		12 m
13L	LOC-ILS	ITLK	111.50 MHz	18 nm	120.87	-	12 ft
				33 km	133.69		12 m
22L	LOC-ILS	IIWY	110.90 MHz	18 nm	210.67	-	12 ft
				33 km	223.49		12 m
22R	LOC-ILS	IJOC	109.50 MHz	18 nm	210.68	-	12 ft
				33 km	223.50		12 m
31L	LOC-ILS	IMOH	111.35 MHz	18 nm	300.84	-	12 ft
				33 km	313.66		12 m
31R	LOC-ILS	IRTH	111.50 MHz	18 nm	300.87	-	12 ft
				33 km	313.69		12 m
04L	GS	IHIQ	110.90 MHz	10 nm	30.68	3.00	12 ft
				19 km	43.50		12 m
04R	GS	IJFK	109.50 MHz	10 nm	30.67	3.00	12 ft
				19 km	43.49		12 m
13L	GS	ITLK	111.50 MHz	10 nm	120.87	3.00	12 ft
				19 km	133.69		12 m
22L	GS	IIWY	110.90 MHz	10 nm	210.67	3.00	12 ft
				19 km	223.49		12 m
22R	GS	IJOC	109.50 MHz	10 nm	210.68	3.00	12 ft
				19 km	223.50		12 m
31L	GS	IMOH	111.35 MHz	10 nm	300.84	3.00	12 ft
				19 km	313.66		12 m
31R	GS	IRTH	111.50 MHz	10 nm	300.87	3.00	12 ft
				19 km	313.69		12 m