EPSC
GOLENIOW

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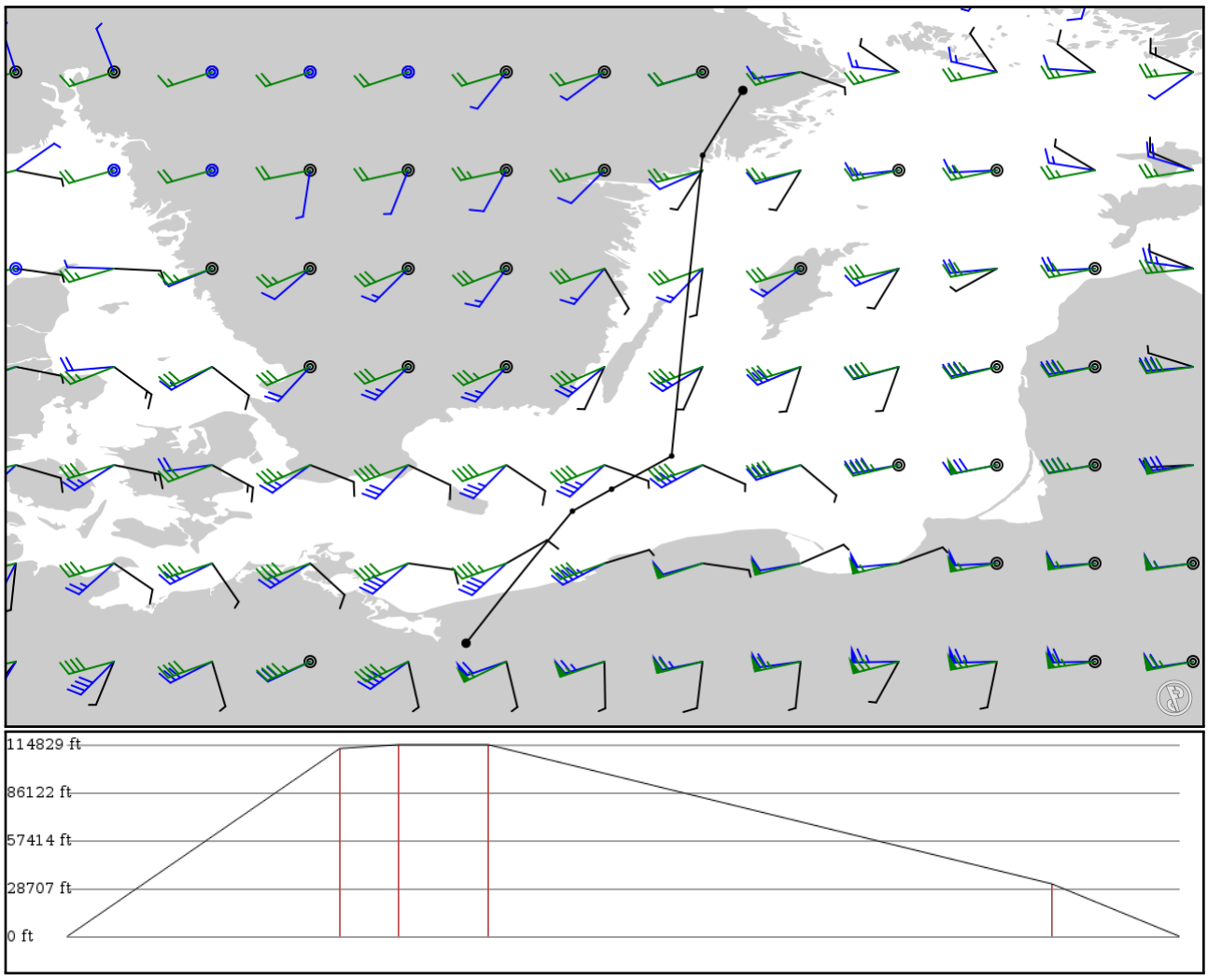
ESSA
Stockholm Arlanda

2024/06/03 2008Z

EPSC RUMAR LARMA PENOR **M607** TRS ESSA

391.52 nm / 725.10 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
EPSC APT	–	53.58473 14.90220	0 ft 0 m	–	GOLENIOW
RUMAR FIX	–	55.03353 16.07089	34,300 ft 10,455 m	96	–
LARMA FIX	–	55.27444 16.50167	35,000 ft 10,668 m	20	–
PENOR FIX	–	55.63861 17.16139	35,000 ft 10,668 m	31	–
TRS VOR	M607 AWY-LO	58.93792 17.50222	9,600 ft 2,926 m	198	TROSA VOR-DME
ESSA APT	–	59.65014 17.94363	0 ft 0 m	44	Stockholm Arlanda

EPSC

Region: POLAND
Timezone: EUROPE/WARSAW
Runways: 1

Elevation: 152 ft / 46 m
Location: 53.584500 14.903600
Magnetic Var: 5.184 E

METAR

EPSC 031930Z 23004KT 9999 SCT032 14/11 Q1014

TAF

TAF EPSC 031730Z 0318/0418 25005KT 9999 BKN030 PROB40 0401/0406 BKN010 TEMPO 0412/0418 SCT030TCU

Frequencies

TWR - 121.25 MHz - SZCZECIN TWR

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
13	197 ft	8,190 ft	130.95	ASPHALT	0 ft	0 ft
	60 m	2,496 m	125.76		0 m	0 m
31	197 ft	8,190 ft	310.97	ASPHALT	0 ft	0 ft
	60 m	2,496 m	305.79		0 m	0 m

Approach Navaids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
31	DME	SZC	110.50 MHz	18 nm	-	-	197 ft
				33 km	-		197 m
31	LOC-ILS	SZC	110.50 MHz	18 nm	310.96	-	152 ft
				33 km	305.78		152 m
31	GS	SZC	110.50 MHz	10 nm	310.96	3.00	152 ft
				19 km	305.78		152 m

ESSA

Region: SWEDEN
Timezone: EUROPE/STOCKHOLM
Runways: 3

Elevation: 138 ft / 42 m
Location: 59.651900 17.918600
Magnetic Var: 7.132 E

METAR

ESSA 031920Z 26009KT CAVOK 19/11 Q1002 NOSIG

TAF

TAF ESSA 031730Z 0318/0418 20006KT CAVOK BECMG 0402/0404 27010KT BECMG 0412/0414 21006KT

Frequencies

REC - 119.00 MHz - ATIS
APP - 123.75 MHz - STOCKHOLM CONTROL APPROACH
APP - 126.65 MHz - STOCKHOLM CONTROL APPROACH
DEP - 120.15 MHz - STOCKHOLM CONTROL DEPARTURE
TWR - 118.50 MHz - ARLANDA TOWER
TWR - 128.72 MHz - ARLANDA TOWER
GND - 121.70 MHz - ARLANDA GROUND
GND - 121.92 MHz - ARLANDA GROUND

REC - 121.62 MHz - ATIS
APP - 120.15 MHz - STOCKHOLM CONTROL APPROACH
DEP - 123.75 MHz - STOCKHOLM CONTROL DEPARTURE
DEP - 126.65 MHz - STOCKHOLM CONTROL DEPARTURE
TWR - 125.12 MHz - ARLANDA TOWER
TWR - 123.10 MHz - ARLANDA TOWER
GND - 121.97 MHz - ARLANDA GROUND
CLD - 121.82 MHz - CLEARANCE DELIVERY

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
01L	148 ft 45 m	10,817 ft 3,297 m	10.38 3.24	ASPHALT	0 ft 0 m	154 ft 47 m
19R	148 ft 45 m	10,817 ft 3,297 m	190.38 183.25	ASPHALT	0 ft 0 m	164 ft 50 m
01R	148 ft 45 m	8,151 ft 2,484 m	10.38 3.24	ASPHALT	0 ft 0 m	223 ft 68 m
19L	148 ft 45 m	8,151 ft 2,484 m	190.38 183.25	ASPHALT	0 ft 0 m	0 ft 0 m
08	148 ft 45 m	8,180 ft 2,493 m	75.84 68.71	ASPHALT	0 ft 0 m	161 ft 49 m
26	148 ft 45 m	8,180 ft 2,493 m	255.88 248.75	ASPHALT	0 ft 0 m	161 ft 49 m

Approach Navaids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
01L	LOC-ILS	SSA	109.90 MHz	18 nm 33 km	10.38 3.25	-	138 ft 138 m
01R	LOC-ILS	TSA	109.35 MHz	18 nm 33 km	10.38 3.25	-	138 ft 138 m
19L	LOC-ILS	USA	111.35 MHz	18 nm 33 km	190.38 183.25	-	138 ft 138 m
19R	LOC-ILS	NSA	110.70 MHz	18 nm 33 km	190.38 183.25	-	138 ft 138 m
26	LOC-ILS	ESA	110.10 MHz	18 nm 33 km	255.86 248.73	-	138 ft 138 m
08	LOC-LOC	WSA	109.55 MHz	18 nm 33 km	75.86 68.73	-	138 ft 138 m
01L	GS	SSA	109.90 MHz	10 nm 19 km	10.38 3.25	3.00	138 ft 138 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
01R	GS	TSA	109.35 MHz	10 nm	10.38	3.00	138 ft
				19 km	3.25		138 m
19L	GS	USA	111.35 MHz	10 nm	190.38	3.00	138 ft
				19 km	183.25		138 m
19R	GS	NSA	110.70 MHz	10 nm	190.38	3.00	138 ft
				19 km	183.25		138 m
26	GS	ESA	110.10 MHz	10 nm	255.86	3.00	138 ft
				19 km	248.73		138 m