

MROC

Juan Santamaria Intl

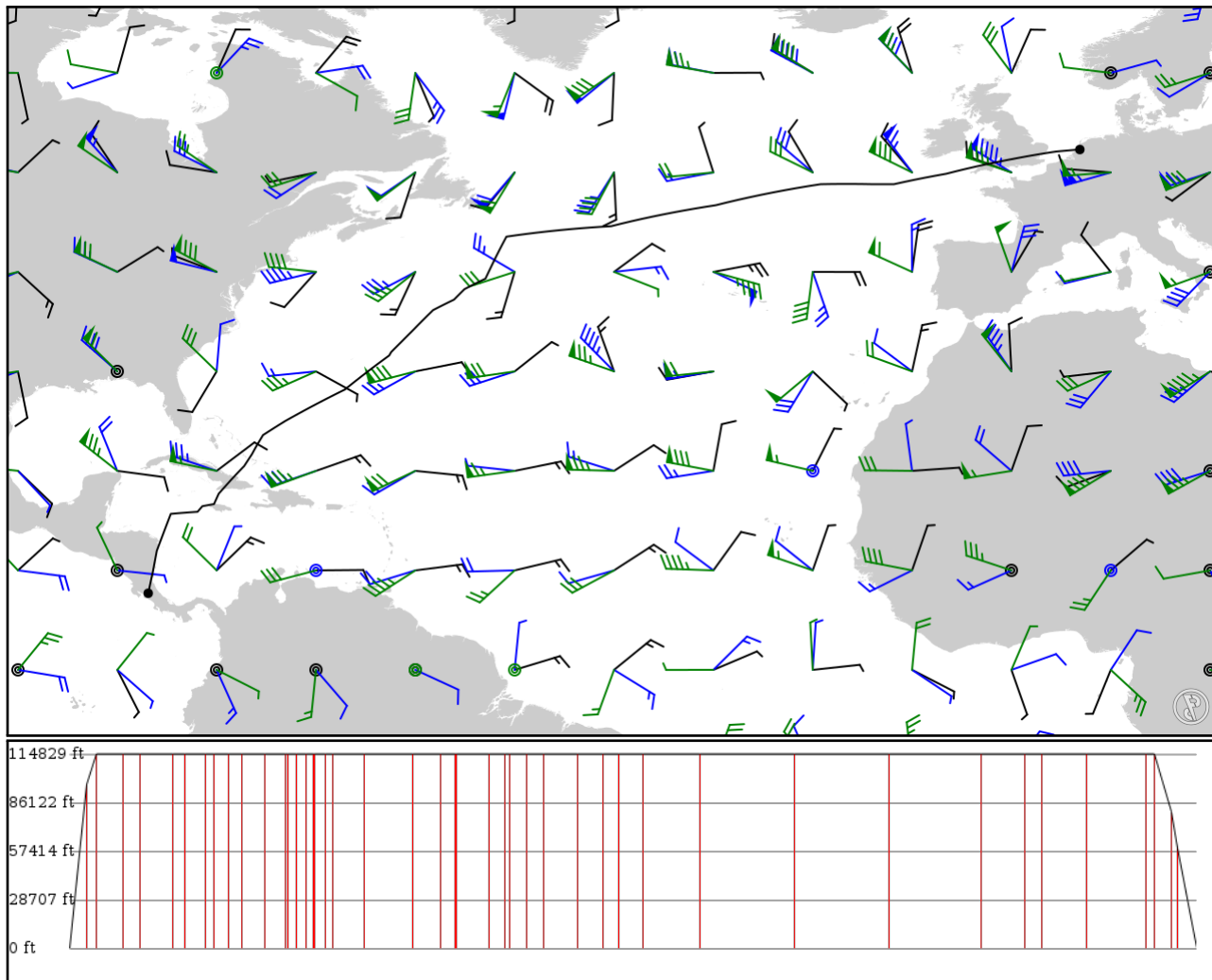
EHAM

Amsterdam Schiphol

2024/05/09 1730Z

MROC MAIZE **B767** BLU **UB767** PESTO SAXER **UB520** TESOL TALOS **UW9** SIA **UR625** MATOS UHG **UM331** GHANN **M331**
NUMBR 3300N06100W 3400N06000W 3500N05900W 3700N05700W 3800N05500W 3900N05400W 4000N05200W 44/50
Z NASBA GAPLI **UM197** REDFA EHAM

5139.96 nm / 9519.20 km



Notes

Using NAT tracks from 3/8/2022

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	-	9.99398	0 ft	-	Juan Santamaria Intl
APT	-	-84.20870	0 m		
MAIZE	-	11.34060	29,500 ft	82	-
FIX	-	-83.91960	8,992 m		
BLU	B767	11.99450	35,000 ft	40	BLUEFIELDS
VOR	AWY-LO	-83.77260	10,668 m		
PZA	UB767	14.04520	35,000 ft	125	PUERTO CABEZAS
VOR	AWY-HI	-83.38830	10,668 m		
CRUTA	UB767	15.25220	35,000 ft	77	-
FIX	AWY-HI	-82.93470	10,668 m		
PESTO	UB767	17.56170	35,000 ft	147	-
FIX	AWY-HI	-82.05170	10,668 m		
SAXER	-	17.64470	35,000 ft	56	-
FIX	-	-81.07720	10,668 m		
TESOL	UB520	17.76030	35,000 ft	90	-
FIX	AWY-HI	-79.50000	10,668 m		
TALOS	-	18.29420	35,000 ft	41	-
FIX	-	-79.03610	10,668 m		
SIA	UW9	18.50100	35,000 ft	64	SANGSTER
VOR	AWY-HI	-77.92410	10,668 m		
MATOS	UR625	19.48970	35,000 ft	64	-
FIX	AWY-HI	-77.47390	10,668 m		
UHG	-	20.79810	35,000 ft	102	HOLGUIN
VOR	-	-76.30300	10,668 m		
GHANN	UM331	22.00000	35,000 ft	96	-
FIX	AWY-HI	-75.16670	10,668 m		
FORST	M331	22.10970	35,000 ft	9	-
FIX	AWY-HI	-75.05530	10,668 m		
ROSEA	M331	22.65660	35,000 ft	38	-
FIX	AWY-HI	-74.69670	10,668 m		
PAARR	M331	23.24500	35,000 ft	41	-
FIX	AWY-HI	-74.30690	10,668 m		
SMTTY	M331	23.78920	35,000 ft	36	-
FIX	AWY-HI	-74.00860	10,668 m		
AVNEY	M331	23.89550	35,000 ft	7	-
FIX	AWY-HI	-73.94990	10,668 m		
RENAH	M331	24.56660	35,000 ft	45	-
FIX	AWY-HI	-73.55220	10,668 m		
CANEE	M331	25.07970	35,000 ft	35	-
FIX	AWY-HI	-73.24470	10,668 m		
LFANO	M331	26.43390	35,000 ft	141	-
FIX	AWY-HI	-71.09840	10,668 m		
MEGGG	M331	28.36110	35,000 ft	222	-
FIX	AWY-HI	-67.52850	10,668 m		
GECAL	M331	29.42450	35,000 ft	127	-
FIX	AWY-HI	-65.42140	10,668 m		
KURTS	M331	30.16640	35,000 ft	65	-
FIX	AWY-HI	-64.49520	10,668 m		
TONEY	M331	30.22310	35,000 ft	5	-
FIX	AWY-HI	-64.42340	10,668 m		
YEPSY	M331	31.86460	35,000 ft	147	-
FIX	AWY-HI	-62.28740	10,668 m		
NUMBR	M331	32.67070	35,000 ft	73	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	AWY-HI	-61.19230	10,668 m		
3300N06100W	-	33.00000	35,000 ft	22	-
LATLON	-	-61.00000	10,668 m		
3400N06000W	-	34.00000	35,000 ft	78	-
LATLON	-	-60.00000	10,668 m		
3500N05900W	-	35.00000	35,000 ft	77	-
LATLON	-	-59.00000	10,668 m		
3700N05700W	-	37.00000	35,000 ft	154	-
LATLON	-	-57.00000	10,668 m		
3800N05500W	-	38.00000	35,000 ft	112	-
LATLON	-	-55.00000	10,668 m		
3900N05400W	-	39.00000	35,000 ft	76	-
LATLON	-	-54.00000	10,668 m		
4000N05200W	-	40.00000	35,000 ft	110	-
LATLON	-	-52.00000	10,668 m		
44/50	-	44.00000	35,000 ft	256	-
LATLON	-	-50.00000	10,668 m		
45/40	Z	45.00000	35,000 ft	432	-
LATLON	NAT	-40.00000	10,668 m		
47/30	Z	47.00000	35,000 ft	433	-
LATLON	NAT	-30.00000	10,668 m		
49/20	Z	49.00000	35,000 ft	419	-
LATLON	NAT	-20.00000	10,668 m		
BEDRA	Z	49.00000	35,000 ft	196	-
FIX	NAT	-15.00000	10,668 m		
NASBA	Z	49.00000	35,000 ft	78	-
FIX	NAT	-13.00000	10,668 m		
GAPLI	-	50.00000	35,000 ft	204	-
FIX	-	-8.00000	10,668 m		
CPT	UM197	51.49160	35,000 ft	272	COMPTON
VOR	AWY-HI	-1.21969	10,668 m		
IPRIL	UM197	51.67470	35,000 ft	38	-
FIX	AWY-HI	-0.22639	10,668 m		
RATLO	UM197	51.99140	24,600 ft	73	-
FIX	AWY-HI	1.68194	7,498 m		
REDFA	UM197	52.11460	18,100 ft	30	-
FIX	AWY-HI	2.48795	5,517 m		
EHAM	-	52.30810	0 ft	84	Amsterdam Schiphol
APT	-	4.76417	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: 2.655 W

METAR

MROC 091700Z 13006KT 080V180 9999 FEW045 SCT180 BKN230 31/19 A3001 BECMG 24007KT

TAF

TAF MROC 091100Z 0912/1012 09008KT 9999 FEW040 SCT200 TX30/0918Z TN21/1011Z BECMG 0915/0917 24009KT TEMPO 0919/09

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	251.84		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

EHAM

Region: NETHERLANDS
Timezone: EUROPE/AMSTERDAM
Runways: 6

Elevation: -11 ft / -3 m
Location: 52.308100 4.764170
Magnetic Var: 2.043 E

METAR

EHAM 091655Z 31006KT CAVOK 16/09 Q1025 NOSIG

TAF

TAF EHAM 091121Z 0912/1018 30008KT 9999 FEW030 BECMG 0922/1001 35004KT 4500 BCFG TEMPO 1003/1006 0600 BECMG 1006/

Frequencies

GND - 121.55 MHz - SCHIPHOL GROUND	GND - 121.70 MHz - SCHIPHOL GROUND
GND - 121.80 MHz - SCHIPHOL GROUND	GND - 121.90 MHz - SCHIPHOL GROUND
GND - 121.60 MHz - SCHIPHOL GROUND	TWR - 119.22 MHz - SCHIPHOL TOWER
TWR - 118.10 MHz - SCHIPHOL TOWER	TWR - 118.27 MHz - SCHIPHOL TOWER
TWR - 119.90 MHz - SCHIPHOL TOWER	APP - 118.80 MHz - AMSTERDAM RADAR
APP - 120.55 MHz - AMSTERDAM RADAR	APP - 127.78 MHz - AMSTERDAM RADAR
APP - 119.05 MHz - SCHIPHOL APPROACH	APP - 118.08 MHz - SCHIPHOL APPROACH
APP - 126.68 MHz - SCHIPHOL APPROACH	APP - 118.40 MHz - SCHIPHOL ARRIVAL
APP - 131.15 MHz - SCHIPHOL ARRIVAL	DEP - 121.20 MHz - SCHIPHOL DEPARTURE
REC - 122.20 MHz - SCHIPHOL ATIS	

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
09	145 ft	11,319 ft	86.77	ASPHALT	325 ft	0 ft
	44 m	3,450 m	84.73		99 m	0 m
27	145 ft	11,319 ft	266.81	ASPHALT	0 ft	0 ft
	44 m	3,450 m	264.77		0 m	0 m
18L	150 ft	11,150 ft	183.24	ASPHALT	1,886 ft	0 ft
	46 m	3,399 m	181.20		575 m	0 m
36R	150 ft	11,150 ft	3.24	ASPHALT	0 ft	0 ft
	46 m	3,399 m	1.20		0 m	0 m
18C	145 ft	10,813 ft	183.22	ASPHALT	0 ft	0 ft
	44 m	3,296 m	181.17		0 m	0 m
36C	145 ft	10,813 ft	3.22	ASPHALT	1,473 ft	0 ft
	44 m	3,296 m	1.17		449 m	0 m
18R	190 ft	12,467 ft	183.19	ASPHALT	886 ft	0 ft
	58 m	3,800 m	181.15		270 m	0 m
36L	190 ft	12,467 ft	3.19	ASPHALT	0 ft	0 ft
	58 m	3,800 m	1.15		0 m	0 m
06	150 ft	11,288 ft	57.85	ASPHALT	814 ft	0 ft
	46 m	3,441 m	55.81		248 m	0 m
24	150 ft	11,288 ft	237.89	ASPHALT	0 ft	0 ft
	46 m	3,441 m	235.85		0 m	0 m
04	140 ft	6,624 ft	41.18	ASPHALT	0 ft	0 ft
	43 m	2,019 m	39.14		0 m	0 m
22	140 ft	6,624 ft	221.20	ASPHALT	0 ft	0 ft
	43 m	2,019 m	219.16		0 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
06	DME	KAG	110.55 MHz	18 nm 33 km	- -	-	-11 ft -11 m
18R	DME	VPB	110.10 MHz	18 nm 33 km	- -	-	-11 ft -11 m
22	DME	SCH	109.15 MHz	18 nm 33 km	- -	-	-11 ft -11 m
27	DME	BVB	111.55 MHz	18 nm 33 km	- -	-	-11 ft -11 m
36C	DME	MSA	108.75 MHz	18 nm 33 km	- -	-	-11 ft -11 m
36R	DME	ABA	111.95 MHz	18 nm 33 km	- -	-	-11 ft -11 m
06	LOC-ILS	KAG	110.55 MHz	18 nm 33 km	57.88 55.84	-	-11 ft -11 m
18C	LOC-ILS	ZWA	109.50 MHz	18 nm 33 km	183.22 181.18	-	-11 ft -11 m
18R	LOC-ILS	VPB	110.10 MHz	18 nm 33 km	183.19 181.15	-	-11 ft -11 m
22	LOC-ILS	SCH	109.15 MHz	18 nm 33 km	221.20 219.16	-	-11 ft -11 m
27	LOC-ILS	BVB	111.55 MHz	18 nm 33 km	266.79 264.75	-	-11 ft -11 m
36C	LOC-ILS	MSA	108.75 MHz	18 nm 33 km	3.22 1.18	-	-11 ft -11 m
36R	LOC-ILS	ABA	111.95 MHz	18 nm 33 km	3.24 1.20	-	-11 ft -11 m
06	GS	KAG	110.55 MHz	10 nm 19 km	57.88 55.84	3.00	-11 ft -11 m
18C	GS	ZWA	109.50 MHz	10 nm 19 km	183.22 181.18	3.00	-11 ft -11 m
18R	GS	VPB	110.10 MHz	10 nm 19 km	183.19 181.15	3.00	-11 ft -11 m
22	GS	SCH	109.15 MHz	10 nm 19 km	221.20 219.16	3.00	-11 ft -11 m
27	GS	BVB	111.55 MHz	10 nm 19 km	266.79 264.75	3.00	-11 ft -11 m
36C	GS	MSA	108.75 MHz	10 nm 19 km	3.22 1.18	3.00	-11 ft -11 m
36R	GS	ABA	111.95 MHz	10 nm 19 km	3.24 1.20	3.00	-11 ft -11 m