

MPTO

Tocumen Intl

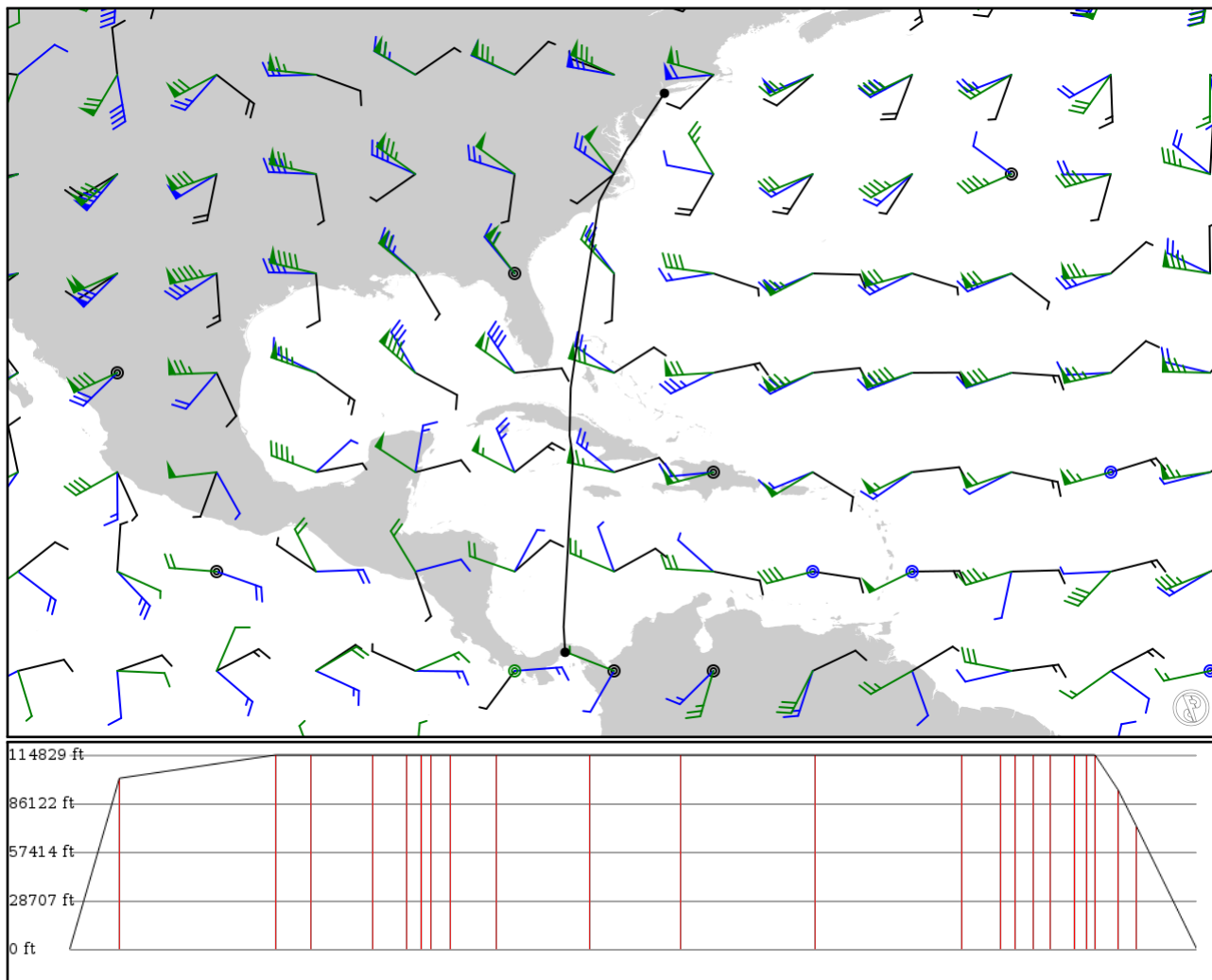
KJFK

John F Kennedy Intl

2024/05/03 1152Z

MPTO MARMA **G437** GONIS **L341** PIGBO **UL780** URSUS **AR23** ZFP **AR24** DIW **J174** ORF **J121** SIE KJFK

1943.19 nm / 3598.79 km



Notes

Basic altitude profile:

- Ascent Rate: 2500ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 380ft
- 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
MPTO	-	9.07136	0 ft	-	Tocumen Intl
APT	-	-79.38346	0 m		
MARMA	-	10.50833	30,800 ft	86	-
FIX	-	-79.46667	9,388 m		
DUXUN	G437	15.00000	35,000 ft	270	-
FIX	AWY-LO	-79.22306	10,668 m		
BOMEN	G437	16.00000	35,000 ft	60	-
FIX	AWY-LO	-79.17500	10,668 m		
GABAN	G437	17.79000	35,000 ft	107	-
FIX	AWY-LO	-79.07500	10,668 m		
FROST	G437	18.76000	35,000 ft	58	-
FIX	AWY-LO	-79.02000	10,668 m		
KODAK	G437	19.16500	35,000 ft	24	-
FIX	AWY-LO	-78.99667	10,668 m		
ALORA	G437	19.43000	35,000 ft	15	-
FIX	AWY-LO	-78.98167	10,668 m		
GONIS	G437	20.00000	35,000 ft	34	-
FIX	AWY-LO	-78.93639	10,668 m		
PIGBO	L341	21.31361	35,000 ft	79	-
FIX	AWY-LO	-79.12944	10,668 m		
URSUS	UL780	24.00005	35,000 ft	161	-
FIX	AWY-HI	-79.06980	10,668 m		
ZFP	AR23	26.55536	35,000 ft	154	FREEPORT VOR-DME
VOR	AWY-HI	-78.69786	10,668 m		
OHLAA	AR24	30.41465	35,000 ft	233	-
FIX	AWY-HI	-78.09827	10,668 m		
DIW	AR24	34.56853	35,000 ft	251	DIXON NDB
NDB	AWY-HI	-77.45294	10,668 m		
CLAPY	J174	35.59472	35,000 ft	67	-
FIX	AWY-HI	-76.90953	10,668 m		
GILMA	J174	35.97672	35,000 ft	25	-
FIX	AWY-HI	-76.70337	10,668 m		
EDDYS	J174	36.44044	35,000 ft	30	-
FIX	AWY-HI	-76.45011	10,668 m		
ORF	J174	36.89189	35,000 ft	29	NORFOLK VORTAC
VOR	AWY-HI	-76.20033	10,668 m		
SAWED	J121	37.53354	35,000 ft	41	-
FIX	AWY-HI	-75.85808	10,668 m		
KALDA	J121	37.84196	35,000 ft	21	-
FIX	AWY-HI	-75.62648	10,668 m		
SWL	J121	38.05659	35,000 ft	15	SNOW HILL VORTAC
DME	AWY-HI	-75.46390	10,668 m		
RADDS	J121	38.64856	28,700 ft	39	-
FIX	AWY-HI	-75.08847	8,748 m		
SIE	J121	39.09550	22,200 ft	30	SEA ISLE VORTAC
VOR	AWY-HI	-74.80033	6,767 m		
KJFK	-	40.63990	0 ft	104	John F Kennedy Intl
APT	-	-73.77666	0 m		

MPTO

Region: PANAMA
Timezone: AMERICA/PANAMA
Runways: 2

Elevation: 134 ft / 41 m
Location: 9.071400 -79.383500
Magnetic Var: 5.450 W

METAR

MPTO 031100Z VRB02KT 9999 SCT017 23/23 Q1007 NOSIG

TAF

TAF MPTO 030500Z 0306/0412 29006KT 9999 SCT016 TEMPO 0308/0312 VRB02KT PROB30 0318/0322 24008KT 6000 TSRA SCT015C

Frequencies

REC - 127.70 MHz - ATIS	TWR - 118.10 MHz - TOCUMEN TOWER
GND - 121.90 MHz - TOCUMEN GROUND	GND - 112.05 MHz - TOCUMEN GROUND
CLD - 129.80 MHz - CLEARANCE DELIVERY	APP - 121.20 MHz - PANAMA APPROACH
APP - 123.30 MHz - PANAMA APPROACH	APP - 119.70 MHz - PANAMA APPROACH
APP - 119.20 MHz - PANAMA APPROACH	

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
03R	148 ft	10,049 ft	29.33	CONCRETE	0 ft	0 ft
	45 m	3,063 m	34.78		0 m	0 m
21L	148 ft	10,049 ft	209.33	CONCRETE	0 ft	0 ft
	45 m	3,063 m	214.78		0 m	0 m
03L	148 ft	8,832 ft	30.67	ASPHALT	814 ft	0 ft
	45 m	2,692 m	36.12		248 m	0 m
21R	148 ft	8,832 ft	210.67	ASPHALT	0 ft	0 ft
	45 m	2,692 m	216.12		0 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
03R	DME	INAT	110.70 MHz	18 nm	-	-	50 ft
				33 km	-		50 m
03R	LOC-ILS	INAT	110.70 MHz	18 nm	29.33	-	134 ft
				33 km	34.78		134 m
03R	GS	INAT	110.70 MHz	10 nm	29.33	3.00	134 ft
				19 km	34.78		134 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 33 km	- -	-	13 ft 13 m
31R	DME	IRTH	111.50 MHz	18 nm 33 km	- -	-	13 ft 13 m
04L	LOC-ILS	IHIQ	110.90 MHz	18 nm 33 km	30.68 43.50	-	12 ft 12 m
04R	LOC-ILS	IJFK	109.50 MHz	18 nm 33 km	30.67 43.49	-	12 ft 12 m
13L	LOC-ILS	ITLK	111.50 MHz	18 nm 33 km	120.87 133.69	-	12 ft 12 m
22L	LOC-ILS	IIWY	110.90 MHz	18 nm 33 km	210.67 223.49	-	12 ft 12 m
22R	LOC-ILS	IJOC	109.50 MHz	18 nm 33 km	210.68 223.50	-	12 ft 12 m
31L	LOC-ILS	IMOH	111.35 MHz	18 nm 33 km	300.84 313.66	-	12 ft 12 m
31R	LOC-ILS	IRTH	111.50 MHz	18 nm 33 km	300.87 313.69	-	12 ft 12 m
04L	GS	IHIQ	110.90 MHz	10 nm 19 km	30.68 43.50	3.00	12 ft 12 m
04R	GS	IJFK	109.50 MHz	10 nm 19 km	30.67 43.49	3.00	12 ft 12 m
13L	GS	ITLK	111.50 MHz	10 nm 19 km	120.87 133.69	3.00	12 ft 12 m
22L	GS	IIWY	110.90 MHz	10 nm 19 km	210.67 223.49	3.00	12 ft 12 m
22R	GS	IJOC	109.50 MHz	10 nm 19 km	210.68 223.50	3.00	12 ft 12 m
31L	GS	IMOH	111.35 MHz	10 nm 19 km	300.84 313.66	3.00	12 ft 12 m
31R	GS	IRTH	111.50 MHz	10 nm 19 km	300.87 313.69	3.00	12 ft 12 m