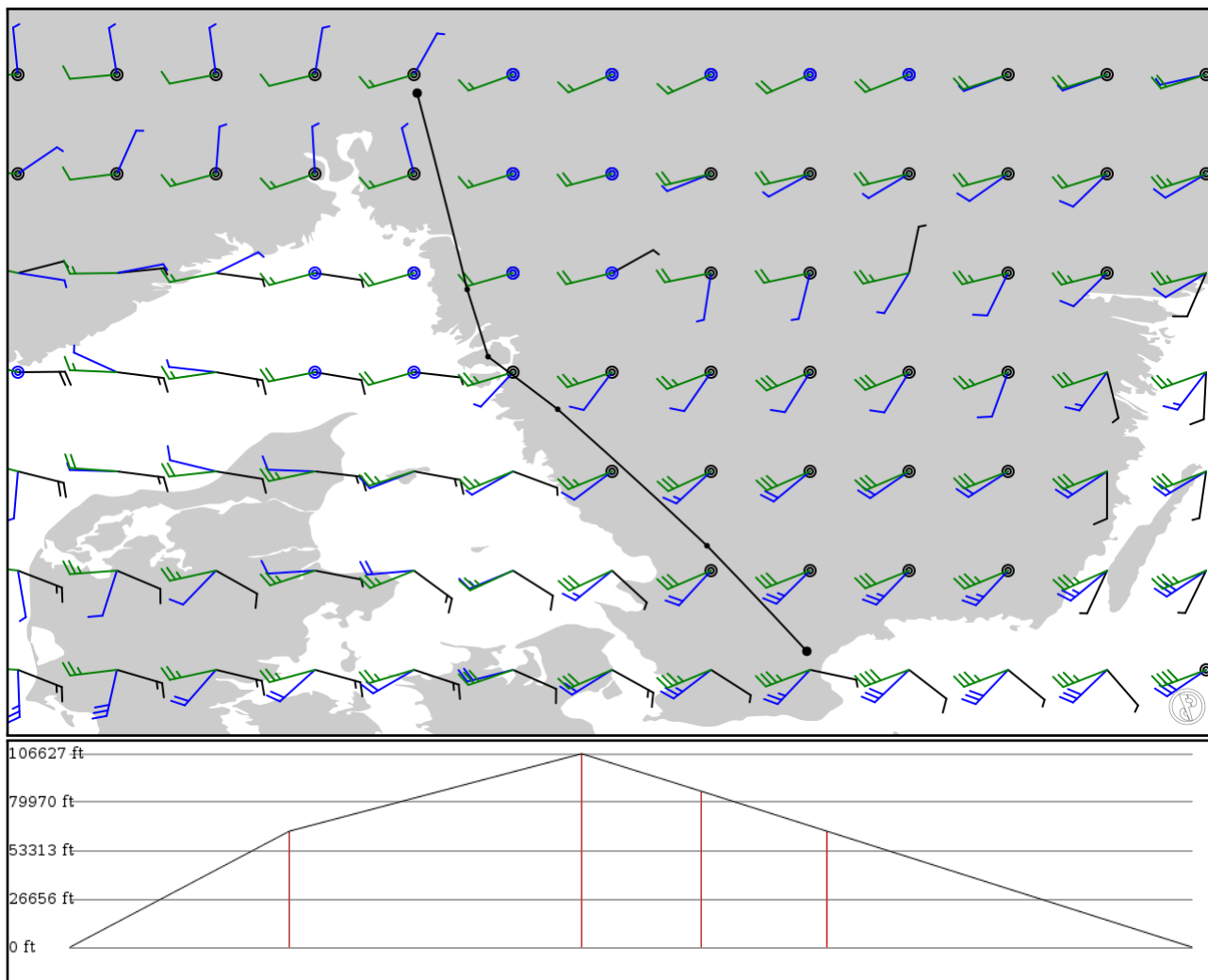


2024/05/03 0309Z

ESMK NILEN **L617** SABAK **L997** XENTA ENGM

279.71 nm / 518.02 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
ESMK	-	55.92070	0 ft	-	Kristianstad
APT	-	14.08800	0 m		
NILEN	-	56.72900	19,500 ft	54	-
FIX	-	13.32180	5,944 m		
LALIL	L617	57.77350	32,500 ft	72	-
FIX	AWY-HI	12.17720	9,906 m		
SABAK	L617	58.17660	26,200 ft	29	-
FIX	AWY-HI	11.64270	7,986 m		
XENTA	L997	58.69140	19,500 ft	31	-
FIX	AWY-HI	11.48270	5,944 m		
ENGM	-	60.19450	0 ft	91	Oslo Gardermoen
APT	-	11.09890	0 m		

## ESMK

Region: SWEDEN  
Timezone: EUROPE/STOCKHOLM  
Runways: 2

Elevation: 76 ft / 23 m  
Location: 55.920700 14.088000  
Magnetic Var: 5.172 E

## METAR

ESMK 030220Z AUTO 07007KT 9999 NCD 13/07 Q1012

## TAF

UNKNOWN

## Frequencies

TWR - 129.35 MHz -

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
11	115 ft	1,576 ft	111.12	GRASS	0 ft	0 ft
	35 m	480 m	105.94		0 m	0 m
29	115 ft	1,576 ft	291.12	GRASS	0 ft	0 ft
	35 m	480 m	285.95		0 m	0 m
01	148 ft	7,274 ft	7.13	ASPHALT	0 ft	0 ft
	45 m	2,217 m	1.96		0 m	0 m
19	148 ft	7,274 ft	187.13	ASPHALT	0 ft	0 ft
	45 m	2,217 m	181.96		0 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
19	LOC-ILS	MK	108.50 MHz	18 nm	187.13	-	76 ft
				33 km	181.96		76 m
19	GS	MK	108.50 MHz	10 nm	187.13	3.25	76 ft
				19 km	181.96		76 m

## ENGM

Region: NORWAY  
Timezone: EUROPE/OSLO  
Runways: 2

Elevation: 681 ft / 208 m  
Location: 60.194500 11.098900  
Magnetic Var: 4.477 E

## METAR

ENGM 030220Z 01004KT CAVOK 04/00 Q1020

## TAF

TAF ENGM 022300Z 0300/0324 03007KT CAVOK

## Frequencies

REC - 126.12 MHz - GARDERMOEN ARRIVAL INFORMATION  
CLD - 121.67 MHz - GARDERMOEN DELIVERY WEST  
GND - 121.75 MHz - GARDERMOEN GROUND  
GND - 121.90 MHz - GARDERMOEN GROUND EAST  
TWR - 120.10 MHz - GARDERMOEN TOWER  
APP - 120.45 MHz - OSLO APPROACH

REC - 127.15 MHz - GARDERMOEN DEPARTURE INFORMATION  
CLD - 121.92 MHz - GARDERMOEN DELIVERY EAST  
GND - 121.60 MHz - GARDERMOEN GROUND WEST  
TWR - 118.30 MHz - GARDERMOEN TOWER  
APP - 118.47 MHz - OSLO APPROACH

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
01R	148 ft	9,664 ft	16.01	ASPHALT	0 ft	486 ft
	45 m	2,946 m	11.53		0 m	148 m
19L	148 ft	9,664 ft	196.02	ASPHALT	0 ft	489 ft
	45 m	2,946 m	191.54		0 m	149 m
01L	148 ft	11,797 ft	15.99	ASPHALT	0 ft	423 ft
	45 m	3,596 m	11.52		0 m	129 m
19R	148 ft	11,797 ft	196.01	ASPHALT	0 ft	486 ft
	45 m	3,596 m	191.53		0 m	148 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
01L	DME	OBW	110.30 MHz	18 nm	-	-	709 ft
				33 km	-		709 m
01R	DME	ONE	111.95 MHz	18 nm	-	-	723 ft
				33 km	-		723 m
19L	DME	GME	110.55 MHz	18 nm	-	-	729 ft
				33 km	-		729 m
19R	DME	GSW	111.30 MHz	18 nm	-	-	727 ft
				33 km	-		727 m
01L	LOC-ILS	OBW	110.30 MHz	18 nm	16.00	-	681 ft
				33 km	11.52		681 m
01R	LOC-ILS	ONE	111.95 MHz	18 nm	16.04	-	681 ft
				33 km	11.56		681 m
19L	LOC-ILS	GME	110.55 MHz	18 nm	196.04	-	681 ft
				33 km	191.56		681 m
19R	LOC-ILS	GSW	111.30 MHz	18 nm	196.00	-	681 ft
				33 km	191.52		681 m
01L	GS	OBW	110.30 MHz	10 nm	16.00	3.00	681 ft
				19 km	11.52		681 m
01R	GS	ONE	111.95 MHz	10 nm	16.04	3.00	681 ft
				19 km	11.56		681 m

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
19L	GS	GME	110.55 MHz	10 nm	196.04	3.00	681 ft
				19 km	191.56		681 m
19R	GS	GSW	111.30 MHz	10 nm	196.00	3.00	681 ft
				19 km	191.52		681 m