

MROC

Juan Santamaria Intl

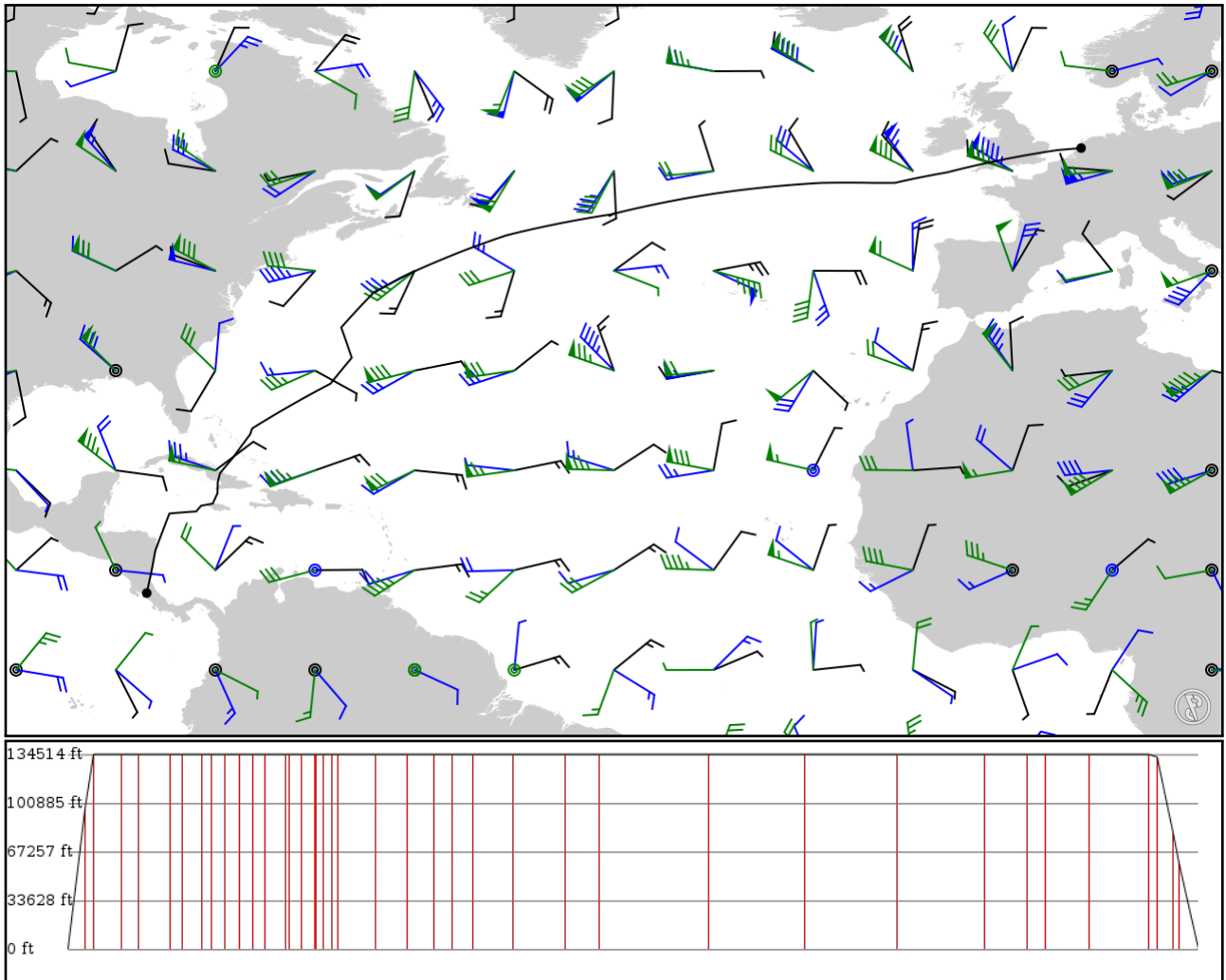
EHAM

Amsterdam Schiphol

2024/05/09 1118Z

MROC MAIZE **B767** BLU **UB767** PESTO SAXER **UB520** TESOL TALOS **UW9** SIA **UR625** NEFTU UNV **UM595** ERRCA **M595**
ISOLE MLSAP MILLE **M330** BDA **M590** ANVER SELIM **Z** NASBA GAPLI **UM197** REDFA EHAM

5198.40 nm / 9627.43 km



Notes

Using NAT tracks from 18/11/2023

Basic altitude profile:

- Ascent Rate: 2500ft/min
- Ascent Speed: 250kts
- Cruise Altitude: 41000ft
- 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 APT	-	9.99398 -84.20870	0 ft 0 m	-	Juan Santamaria Intl
MAIZE FIX	-	11.34060 -83.91960	29,500 ft 8,992 m	82	-
BLU VOR	B767 AWY-LO	11.99450 -83.77260	41,000 ft 12,497 m	40	BLUEFIELDS
PZA VOR	UB767 AWY-HI	14.04520 -83.38830	41,000 ft 12,497 m	125	PUERTO CABEZAS
CRUTA FIX	UB767 AWY-HI	15.25220 -82.93470	41,000 ft 12,497 m	77	-
PESTO FIX	UB767 AWY-HI	17.56170 -82.05170	41,000 ft 12,497 m	147	-
SAXER FIX	-	17.64470 -81.07720	41,000 ft 12,497 m	56	-
TESOL FIX	UB520 AWY-HI	17.76030 -79.50000	41,000 ft 12,497 m	90	-
TALOS FIX	-	18.29420 -79.03610	41,000 ft 12,497 m	41	-
SIA VOR	UW9 AWY-HI	18.50100 -77.92410	41,000 ft 12,497 m	64	SANGSTER
MATOS FIX	UR625 AWY-HI	19.48970 -77.47390	41,000 ft 12,497 m	64	-
NEFTU FIX	UR625 AWY-HI	20.55000 -77.44690	41,000 ft 12,497 m	63	-
UNV VOR	-	21.39500 -77.23080	41,000 ft 12,497 m	52	NUEVAS
ERRCA FIX	UM595 AWY-HI	22.70470 -76.13720	41,000 ft 12,497 m	99	-
WSSKY FIX	M595 AWY-HI	22.89060 -75.98000	41,000 ft 12,497 m	14	-
EVETS FIX	M595 AWY-HI	23.67820 -75.40840	41,000 ft 12,497 m	56	-
LOGVN FIX	M595 AWY-HI	24.53330 -74.77810	41,000 ft 12,497 m	61	-
STAAL FIX	M595 AWY-HI	24.61390 -74.71830	41,000 ft 12,497 m	5	-
ISOLE FIX	M595 AWY-HI	25.09190 -74.36080	41,000 ft 12,497 m	34	-
MLSAP FIX	-	25.63670 -74.17590	41,000 ft 12,497 m	34	-
MILLE FIX	-	25.92730 -73.72450	41,000 ft 12,497 m	30	-
RUDLI FIX	M330 AWY-HI	27.52360 -71.04810	41,000 ft 12,497 m	172	-
DUNIG FIX	M330 AWY-HI	28.82340 -68.74080	41,000 ft 12,497 m	144	-
SHEIL FIX	M330 AWY-HI	29.90980 -66.70880	41,000 ft 12,497 m	124	-
SICKL FIX	M330 AWY-HI	31.05920 -65.77960	41,000 ft 12,497 m	84	-
BDA VOR	M330 AWY-HI	32.36440 -64.68960	41,000 ft 12,497 m	96	BERMUDA
ANVER	M590	35.25200	41,000 ft	180	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	AWY-HI	-65.68780	12,497 m		
SELIM	-	38.50000	41,000 ft	243	-
FIX	-	-62.66890	12,497 m		
40/60	Z	40.00000	41,000 ft	153	-
LATLON	NAT	-60.00000	12,497 m		
44/50	Z	44.00000	41,000 ft	506	-
LATLON	NAT	-50.00000	12,497 m		
46/40	Z	46.00000	41,000 ft	440	-
LATLON	NAT	-40.00000	12,497 m		
48/30	Z	48.00000	41,000 ft	426	-
LATLON	NAT	-30.00000	12,497 m		
49/20	Z	49.00000	41,000 ft	402	-
LATLON	NAT	-20.00000	12,497 m		
BEDRA	Z	49.00000	41,000 ft	196	-
FIX	NAT	-15.00000	12,497 m		
NASBA	Z	49.00000	41,000 ft	78	-
FIX	NAT	-13.00000	12,497 m		
GAPLI	-	50.00000	41,000 ft	204	-
FIX	-	-8.00000	12,497 m		
CPT	UM197	51.49160	41,000 ft	272	COMPTON
VOR	AWY-HI	-1.21969	12,497 m		
IPRIL	UM197	51.67470	40,400 ft	38	-
FIX	AWY-HI	-0.22639	12,314 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 091100Z 08006KT 9999 FEW040 BKN100 21/18 A3000 NOSIG

TAF

MROC 090500Z 0906/1006 29004KT 9999 SCT020 TX30/0918Z TN21/0911Z BECMG 0906/0908 09006KT BECMG 0915/0917 24009KT

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: 2.042 E

METAR

EHAM 091055Z 29007KT 250V340 9999 FEW022 SCT031 16/11 Q1028 NOSIG

TAF

TAF EHAM 090459Z 0906/1012 03003KT 6000 BCFG NSC BECMG 0906/0908 24005KT 9999 NSW SCT020 BECMG 0910/0912 30008KT B

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