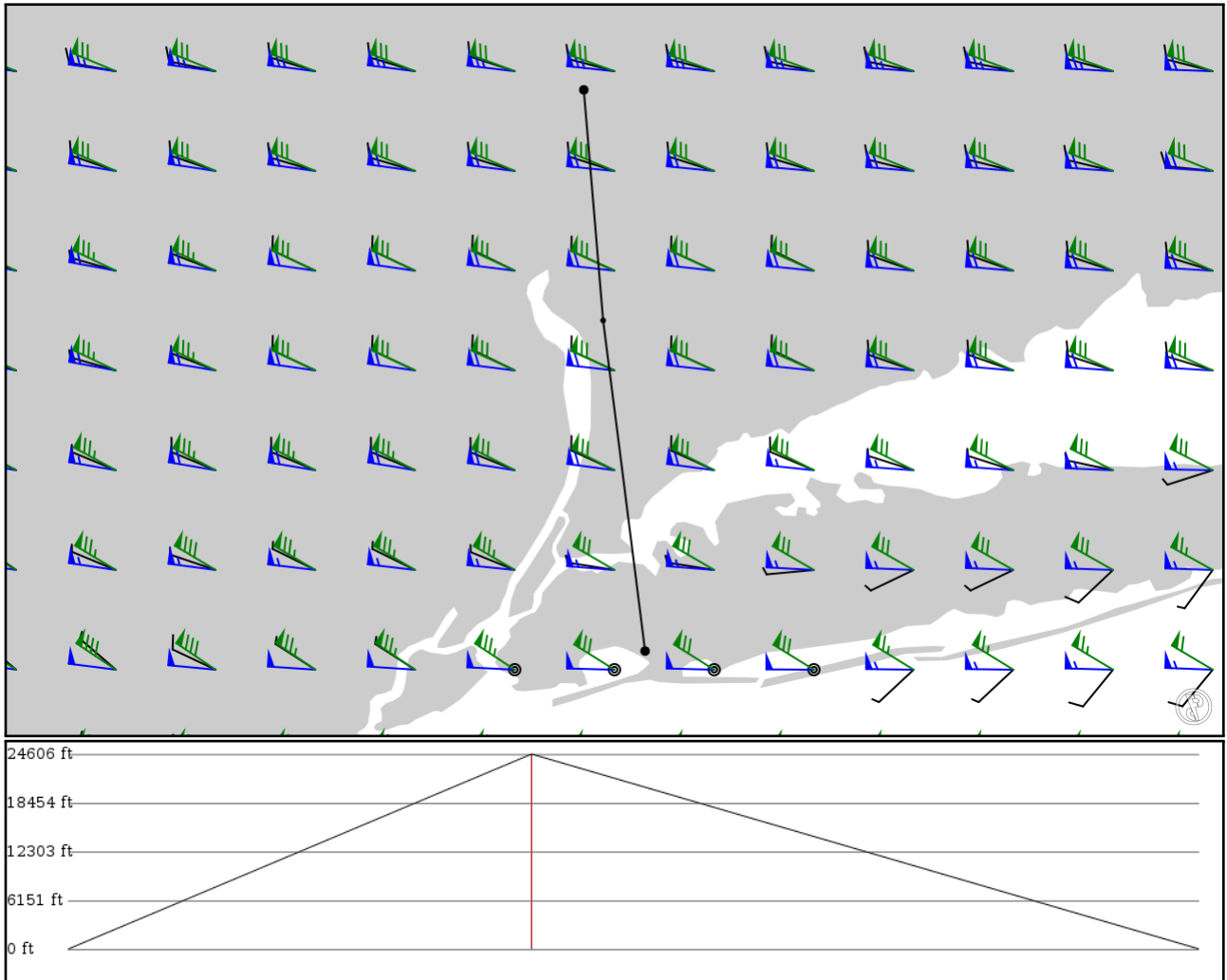


2024/05/04 0203Z

KPOU MICAL KJFK

59.46 nm / 110.11 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
KPOU	-	41.62660	0 ft	-	DUTCHESS COUNTY
APT	-	-73.88430	0 m		
MICAL	-	41.22130	7,500 ft	24	-
FIX	-	-73.85030	2,286 m		
KJFK	-	40.64010	0 ft	35	John F. Kennedy Intl
APT	-	-73.77650	0 m		

## KPOU

Region: UNITED STATES  
Timezone: AMERICA/NEW\_YORK  
Runways: 3

Elevation: 165 ft / 50 m  
Location: 41.626600 -73.884300  
Magnetic Var: 12.963 W

## METAR

KPOU 040053Z 00000KT 10SM FEW110 16/06 A3018 RMK A02 SLP216 T01560061

## TAF

KPOU 032323Z 0400/0424 17003KT P6SM FEW120 BKN250 FM041600 16008KT P6SM SCT050 BKN200

## Frequencies

REC - 126.75 MHz - ASOS  
COM - 122.95 MHz - UNICOM  
GND - 121.80 MHz -  
COM - 124.00 MHz - CTAF  
CLD - 121.80 MHz - CLNC DEL  
TWR - 124.00 MHz -

## Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
06	98 ft	4,999 ft	50.69	ASPHALT	0 ft	0 ft
	30 m	1,524 m	63.66		0 m	0 m
24	98 ft	4,999 ft	230.70	ASPHALT	115 ft	299 ft
	30 m	1,524 m	243.67		35 m	91 m
15	98 ft	2,744 ft	138.79	ASPHALT	0 ft	0 ft
	30 m	836 m	151.75		0 m	0 m
33	98 ft	2,744 ft	318.79	ASPHALT	0 ft	0 ft
	30 m	836 m	331.75		0 m	0 m
07	98 ft	1,359 ft	50.67	GRASS	0 ft	0 ft
	30 m	414 m	63.63		0 m	0 m
25	98 ft	1,359 ft	230.67	GRASS	0 ft	0 ft
	30 m	414 m	243.64		0 m	0 m

## Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
06	LOC-ILS	IPOU	111.30 MHz	18 nm	50.66	-	159 ft
				33 km	63.62		159 m
06	GS	IPOU	111.30 MHz	10 nm	51.36	3.00	149 ft
				19 km	64.32		149 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 040051Z 17004KT 10SM FEW017 BKN250 11/08 A3023 RMK A02 SLP235 T01060078

## TAF

TAF KJFK 032326Z 0400/0506 14009KT P6SM FEW020 SCT250 FM040600 08006KT P6SM SCT015 BKN100 TEMPO 0408/0412 BKN020

## 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	-	-	13 ft
				33 km	-		13 m
31R	DME	IRTH	111.50 MHz	18 nm	-	-	13 ft
				33 km	-		13 m
04L	LOC-ILS	IHIQ	110.90 MHz	18 nm	30.68	-	12 ft
				33 km	43.50		12 m
04R	LOC-ILS	IJFK	109.50 MHz	18 nm	30.67	-	12 ft
				33 km	43.49		12 m
13L	LOC-ILS	ITLK	111.50 MHz	18 nm	120.87	-	12 ft
				33 km	133.69		12 m
22L	LOC-ILS	IIWY	110.90 MHz	18 nm	210.67	-	12 ft
				33 km	223.49		12 m
22R	LOC-ILS	IJOC	109.50 MHz	18 nm	210.68	-	12 ft
				33 km	223.50		12 m
31L	LOC-ILS	IMOH	111.35 MHz	18 nm	300.84	-	12 ft
				33 km	313.66		12 m
31R	LOC-ILS	IRTH	111.50 MHz	18 nm	300.87	-	12 ft
				33 km	313.69		12 m
04L	GS	IHIQ	110.90 MHz	10 nm	30.68	3.00	12 ft
				19 km	43.50		12 m
04R	GS	IJFK	109.50 MHz	10 nm	30.67	3.00	12 ft
				19 km	43.49		12 m
13L	GS	ITLK	111.50 MHz	10 nm	120.87	3.00	12 ft
				19 km	133.69		12 m
22L	GS	IIWY	110.90 MHz	10 nm	210.67	3.00	12 ft
				19 km	223.49		12 m
22R	GS	IJOC	109.50 MHz	10 nm	210.68	3.00	12 ft
				19 km	223.50		12 m
31L	GS	IMOH	111.35 MHz	10 nm	300.84	3.00	12 ft
				19 km	313.66		12 m
31R	GS	IRTH	111.50 MHz	10 nm	300.87	3.00	12 ft
				19 km	313.69		12 m