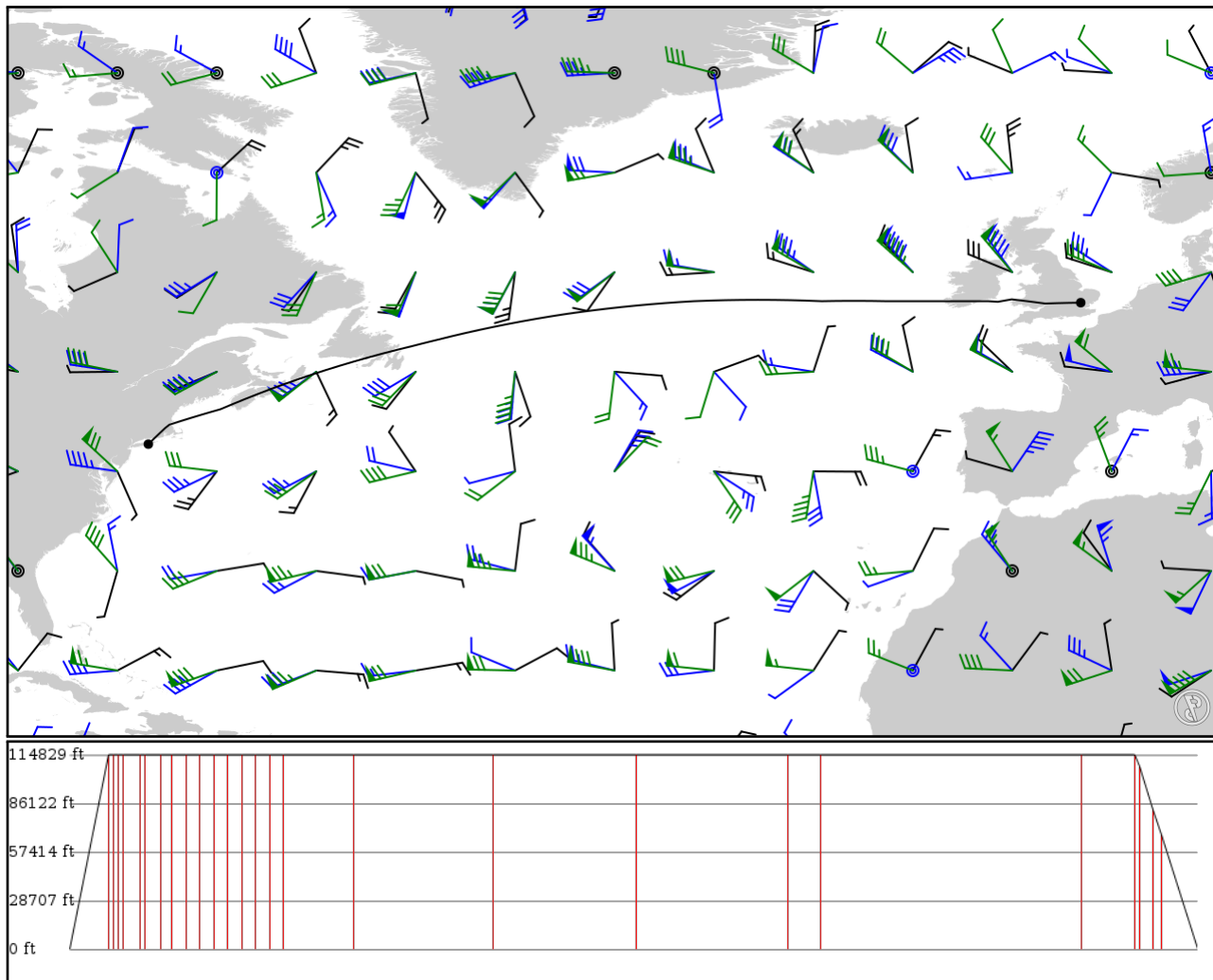


2024/05/23 0854Z

EGSS OKTAD **UN14** PEMOB **UN30** BANBA 5200N0700W 5200N0800W 5200N0900W 5200N01000W 5200N01100W
5200N01200W 5200N01300W 5200N01400W LIMRI **C** JOOPY **N261A** TUSKY **J575** BOS **V16** MILIS KFOK

2986.13 nm / 5530.32 km



Notes

Using NAT tracks from 15/3/2024

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
EGSS	-	51.88510	0 ft	-	Stansted
APT	-	0.23499	0 m		
OKTAD	-	51.81780	35,000 ft	103	-
FIX	-	-2.54611	10,668 m		
DOBEM	UN14	51.86970	35,000 ft	14	-
FIX	AWY-HI	-2.92917	10,668 m		
TOPRO	UN14	51.91170	35,000 ft	12	-
FIX	AWY-HI	-3.24917	10,668 m		
MEDOG	UN14	51.95030	35,000 ft	11	-
FIX	AWY-HI	-3.54944	10,668 m		
ABAPO	UN14	52.10280	35,000 ft	47	-
FIX	AWY-HI	-4.80333	10,668 m		
PEMOB	UN14	52.14390	35,000 ft	13	-
FIX	AWY-HI	-5.16139	10,668 m		
BANBA	UN30	51.95280	35,000 ft	41	-
FIX	AWY-HI	-6.23917	10,668 m		
5200N0700W	-	52.00000	35,000 ft	28	-
LATLON	-	-7.00000	10,668 m		
5200N0800W	-	52.00000	35,000 ft	36	-
LATLON	-	-8.00000	10,668 m		
5200N0900W	-	52.00000	35,000 ft	36	-
LATLON	-	-9.00000	10,668 m		
5200N01000W	-	52.00000	35,000 ft	36	-
LATLON	-	-10.00000	10,668 m		
5200N01100W	-	52.00000	35,000 ft	36	-
LATLON	-	-11.00000	10,668 m		
5200N01200W	-	52.00000	35,000 ft	36	-
LATLON	-	-12.00000	10,668 m		
5200N01300W	-	52.00000	35,000 ft	36	-
LATLON	-	-13.00000	10,668 m		
5200N01400W	-	52.00000	35,000 ft	36	-
LATLON	-	-14.00000	10,668 m		
LIMRI	-	52.00000	35,000 ft	36	-
FIX	-	-15.00000	10,668 m		
52/20	C	52.00000	35,000 ft	184	-
LATLON	NAT	-20.00000	10,668 m		
52/30	C	52.00000	35,000 ft	369	-
LATLON	NAT	-30.00000	10,668 m		
51/40	C	51.00000	35,000 ft	378	-
LATLON	NAT	-40.00000	10,668 m		
49/50	C	49.00000	35,000 ft	403	-
LATLON	NAT	-50.00000	10,668 m		
JOOPY	C	48.50000	35,000 ft	84	-
FIX	NAT	-52.00000	10,668 m		
TUSKY	N261A	43.56500	35,000 ft	690	-
FIX	AWY-HI	-67.00000	10,668 m		
CANAL	J575	42.66900	35,000 ft	143	-
FIX	AWY-HI	-70.02270	10,668 m		
SCUPP	J575	42.60310	32,900 ft	9	-
FIX	AWY-HI	-70.23040	10,028 m		
BOS	J575	42.35740	25,100 ft	36	BOSTON
VOR	AWY-HI	-70.98950	7,650 m		
MILIS	V16	42.10520	20,600 ft	20	-

Ident Type	Via	Lat Lon	Alt	Dist (nm)	Name
FIX	AWY-LO	-71.31160	6,279 m		
KFOK	-	40.84320	0 ft	96	Francis S Gabreski Airport
APT	-	-72.63280	0 m		

EGSS

Region: UNITED KINGDOM
Timezone: EUROPE/LONDON
Runways: 1

Elevation: 348 ft / 106 m
Location: 51.885100 0.234989
Magnetic Var: 0.583 E

METAR

EGSS 230820Z 26011KT 9999 OVC017 13/09 Q1012

TAF

TAF AMD EGSS 230526Z 2306/2412 25009KT 9000 BKN010 BECMG 2306/2309 9999 SCT025 PROB30 TEMPO 2402/2408 BKN012

Frequencies

DEP - 120.62 MHz - ESSEX RADAR	APP - 120.62 MHz - ESSEX RADAR
APP - 132.05 MHz - STANSTED APPROACH	CLD - 121.95 MHz - STANSTED CLEARANCE DELIVERY
GND - 121.72 MHz - STANSTED GROUND	TWR - 123.80 MHz - STANSTED TOWER
TWR - 125.55 MHz - STANSTED TOWER	APP - 136.20 MHz - STANSTED DIRECT
REC - 114.55 MHz - ATIS	REC - 127.17 MHz - ATIS

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
04	151 ft	9,984 ft	42.78	ASPHALT	974 ft	0 ft
	46 m	3,043 m	42.20		297 m	0 m
22	151 ft	9,984 ft	222.81	ASPHALT	0 ft	0 ft
	46 m	3,043 m	222.22		0 m	0 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
04	DME	ISED	110.50 MHz	18 nm	-	-	348 ft
				33 km	-		348 m
22	DME	ISX	110.50 MHz	18 nm	-	-	348 ft
				33 km	-		348 m
04	LOC-ILS	ISED	110.50 MHz	18 nm	42.80	-	348 ft
				33 km	42.22		348 m
22	LOC-ILS	ISX	110.50 MHz	18 nm	222.80	-	348 ft
				33 km	222.22		348 m
04	GS	ISED	110.50 MHz	10 nm	42.80	3.00	348 ft
				19 km	42.22		348 m
22	GS	ISX	110.50 MHz	10 nm	222.80	3.00	348 ft
				19 km	222.22		348 m

KFOK

Region: UNITED STATES
Timezone: AMERICA/NEW_YORK
Runways: 3

Elevation: 66 ft / 20 m
Location: 40.843200 -72.632800
Magnetic Var: 13.350 W

METAR

KFOK 230753Z AUTO 23006KT 10SM CLR 17/14 A2990 RMK A02 SLP123 T01670144

TAF

UNKNOWN

Frequencies

REC - 119.92 MHz - AWOS
GND - 121.80 MHz - SUFFOLK GROUND
COM - 122.95 MHz - UNICOM

APP - 125.97 MHz - NEW YORK APPROACH
TWR - 125.30 MHz - SUFFOLK TOWER

Runways

Ident	Width	Length	Bearing (true) (mag)	Surface	Threshold Offset	Overrun Length
06	150 ft	9,010 ft	42.39	ASPHALT	0 ft	1,001 ft
	46 m	2,746 m	55.74		0 m	305 m
24	150 ft	9,010 ft	222.41	ASPHALT	0 ft	1,001 ft
	46 m	2,746 m	235.76		0 m	305 m
01	150 ft	5,006 ft	357.50	ASPHALT	0 ft	0 ft
	46 m	1,526 m	10.85		0 m	0 m
19	150 ft	5,006 ft	177.50	ASPHALT	0 ft	0 ft
	46 m	1,526 m	190.85		0 m	0 m
15	150 ft	5,008 ft	132.62	ASPHALT	0 ft	1,001 ft
	46 m	1,526 m	145.97		0 m	305 m
33	150 ft	5,008 ft	312.62	ASPHALT	0 ft	1,001 ft
	46 m	1,526 m	325.97		0 m	305 m

Approach Nav aids

Runway	Type	Ident	Frequency	Range	Bearing (true) (mag)	Slope	Elevation
24	LOC-ILS	IFOK	111.70 MHz	18 nm	222.40	-	66 ft
				33 km	235.75		66 m
24	GS	IFOK	111.70 MHz	10 nm	222.40	3.00	66 ft
				19 km	235.75		66 m