3GP

3° Glidepath

Top of Descent		Rate of Descent			
Feet	NM	GS	FPM	FPM	GS
1,000	3.1	60	318	100	18.8
2,000	6.3	70	372	200	37.7
3,000	9.4	80	425	300	56.5
4,000	12.6	90	478	400	75.4
5,000	**15.7**			**500**	**94.2**
6,000	18.8	**100**	**531**	600	113.1
7,000	22.0	110	584	700	131.9
8,000	25.1	120	637	800	150.7
9,000	28.3	130	690	900	169.6
		140	743		
10,000	**31.4**	**150**	**796**	**1,000**	**188.4**
11,000	34.5	160	849	1,100	207.3
12,000	37.7	170	902	1,200	226.1
13,000	40.8	180	955	1,300	244.9
14,000	44.0	190	1,008	1,400	263.8
15,000	**47.1**			**1,500**	**282.6**
16,000	50.2	**200**	**1,061**	1,600	301.5
17,000	53.4	210	1,115	1,700	320.3
18,000	56.5	220	1,168	1,800	339.2
19,000	59.7	230	1,221	1,900	358.0
		240	1,274		
20,000	**62.8**	**250**	**1,327**	**2,000**	**376.8**
21,000	65.9	260	1,380	2,100	395.7
22,000	69.1	270	1,433	2,200	414.5
23,000	72.2	280	1,486	2,300	433.4
24,000	75.4	290	1,539	2,400	452.2
25,000	**78.5**			**2,500**	**471.1**
26,000	81.6	**300**	**1,592**	2,600	489.9
27,000	84.8	310	1,645	2,700	508.7
28,000	87.9	320	1,698	2,800	527.6
29,000	91.1	330	1,751	2,900	546.4
		340	1,804		
30,000	**94.2**	**350**	**1,858**	**3,000**	**565.3**
31,000	97.4	360	1,911	3,100	584.1
32,000	100.5	370	1,964	3,200	602.9
33,000	103.6	380	2,017	3,300	621.8
34,000	106.8	390	2,070	3,400	640.6
Rule of thumb	*Feet / 318 ±*	*Ground speed (kt) x 5.3 ±*		*FPM / 5.3 ±*	

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3P

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Feet	NM	GS	FPM	FPM	GS
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3,000	9.4	80	425	300	56.5
4,000	12.6	90	478	400	75.4
5,000	**15.7**			**500**	**94.2**
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34,000	106.8	390	2,070	3,400	640.6
Feet / 318 ±		***GS (kt) x 5.3***		***FPM / 5.3 ±***	

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