

3.2 Flygväg baserad på områdesnavigering

3.2 Area navigation routes

RNAV ROUTES						
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.						
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address
				Odd	Even	
1	2	3	4	5		6
L24 (RNAV 5)	△ MASEV FIR BDRY 601040N 0123205E	NIL	196.9	FL 285 / FL 095 Class C	↓	For continuation, see AIP Norway.
	△ EVLAN FIR BDRY 601508N 0190643E	NIL				For continuation, see AIP Finland.
L77 (RNAV 5)	△ LUPET FIR BDRY 593825N 0195235E	NIL	24.4	FL 660 / FL 095 Class C	↓	For continuation, see AIP Finland.
	△ XILAN 593933.5N 0190433.8E	NIL	61.3	FL 285 / FL 095 Class C	↓	
	△ KOGAV 600452.0N 0171346.6E	NIL	55.1	FL 285 / FL 095 Class C	↓	
	△ BORLÄNGE VOR/DME BOR 602517.4N 0153109.1E	NIL	68.9	FL 285 / FL 095 Class C	↑	↓
	△ UMSAK 612528N 0142301E	NIL	67.4	FL 285 / FL 095 Class C	↑	↓
	△ OVDAL 622343N 0131205E	NIL				To avoid ES R13 TEMPO radar vectoring on ATC instructions. Route extension: Max 1 NM.
	△ TOGMI FIR BDRY 614543N 0193225E	NIL	208.7	FL 285 / FL 245 Class C	↑	↓
L80 (RNAV 5)	△ GIKAV FIR BDRY 640204N 0134738E	NIL				For continuation, see AIP Norway.

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Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
L87 (RNAV 5)	Δ KELAS FIR BDRY 602807N 0191033E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	For continuation, see AIP Finland.
			26.0			↓	
	Δ HAMMAR DVOR/DME HMR 601645.2N 0182329.6E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	
			76.9			↓	
	Δ PETEV 591225.8N 0170043.5E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	
			39.1			↓	
	Δ TONSA 583632.9N 0163112.9E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	
			19.9			↓	
	Δ PELUP 581643.8N 0162840.5E	NIL	_____	FL 660 / FL 095 Class C	↑	↓	
			42.2				
	Δ VIBAR 573441N 0162326E	NIL	_____	FL 285 / FL 095 Class C	↑	↓	
		21.6					
Δ MOVIS 571309.7N 0162050.1E	NIL	_____	FL 285 / FL 095 Class C	↑	↓		
		32.2					
Δ KALMAR VOR/DME KAL 564107.2N 0161702.8E	NIL	_____	FL 285 / FL 195 Class C	_____	_____	CDR1 H24	
		76.1			↓		
Δ ETRUS 552824N 0153805E	NIL	_____	FL 285 / FL 195 Class C	_____	_____		
		35.4			↓		
Δ LUSID FIR BDRY 545500N 0151746E	NIL	_____		_____	_____	For continuation, see AIP Poland.	

RNAV ROUTES							
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Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
L199 (RNAV 5)	△ RASEL FIR BDRY 580141N 0202453E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	For continuation, see AIP Latvia. To avoid ES R71 and ES D175 TEMPO radar vectoring on ATC instruction. Route extension: 6 NM NIKEG: Entry point for traffic from ESKN CDR1 H24
			77.7		↓		
	△ NIKEG 584128N 0181815E	NIL	_____	FL 285 / FL 095 Class C	↑	_____	To avoid ES R71 and ES D175 TEMPO radar vectoring on ATC instruction. Route extension: 6 NM NIKEG: Entry point for traffic from ESKN. CDR1 H24
			15.1		↓		
	△ NILUG 584857N 0175305E	NIL	_____	FL 285 / FL 095 Class C	↑	_____	To avoid ES R71 TEMPO radar vectoring on ATC instruction. Route extension: 6 NM CDR1 H24
			14.0		↓		
	△ TROSA DVOR/DME TRS 585616.5N 0173008.3E	NIL	_____	FL 285 / FL 095 Class C	↑	_____	CDR1 H24
			80.1		↓		
	△ IBGAX 594320N 0152345E	NIL	_____	FL 285 / FL 095 Class C	↑	_____	CDR1 H24
			34.9		↑		
	△ LEGPO 600246N 0142618E	NIL	_____	FL 285 / FL 095 Class C	↓	_____	Flight level change over LEGPO. To avoid ES R200 TEMPO radar vectoring on ATS instruction. Route extension: 10 NM.
			42.0		↑		
	△ GEVRU 604434N 0141947E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	
		33.3	↓		↑		
△ DIKVI 611744N 0142147E	NIL	_____	FL 285 / FL 095 Class C	↓	↑		
		27.5		↓	↑		
△ GOKEP 614509N 0142330E	NIL	_____	FL 285 / FL 095 Class C	↓	↑		
		52.9		↓	↑		
△ DIBVA 623752N 0142655E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	Flight level change over OSS.	
		34.2		↓	↑		
△ ÖSTERSUND DVOR/DME OSS 631158.4N 0142915.2E	NIL	_____	FL 285 / FL 095 Class C	↑	↓	Flight level change over OSS.	
		48.4		↑	↓		
△ NETAV 635947N 0141437E	NIL	_____					

RNAV ROUTES							
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Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
L617 (RNAV 5)	Δ KOLOB FIR BDRY 544923N 0145639E	NIL	_____	FL 285 / FL 245 Class C	_____	_____	For continuation, see AIP Poland.
			15.9			↓	
	Δ RØNNE VOR ROE 550356.08N 0144531.29E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	To avoid ES R35 and ES R50 TEMPO radar vectoring on ATC instruction. Route extension: 2 NM
			111.2		↑	↓	CDR1 H24
	Δ NILEN 564344.3N 0131918.6E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	To avoid ES R50 TEMPO radar vectoring on ATC instruction. Route extension: Max 2 NM Above FL285 AVBL westbound only. CDR1 H24
			25.6		↑	↓	
	Δ ARQUS 570545.0N 0125543.1E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	CDR1 H24
			47.5		↑	↓	
Δ LALIL 574625N 0121038E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	CDR1 H24	
		29.7		↑	↓		
Δ SABAK 581035.6N 0113833.8E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	Above FL285 AVBL westbound only. CDR1 H24	
		49.9		↑	↓		
Δ REPKU FIR BDRY 584821N 0103629E	NIL	_____		_____	_____	For continuation, see AIP Norway.	
L621 (RNAV 5)	Δ LUSID FIR BDRY 545500N 0151746E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	For continuation, see AIP Poland.
			20.6			↓	To avoid EK R95/R96 TEMPO radar vectoring on ATC instruction. Route extension: 2 NM.
	Δ RØNNE VOR ROE 550356.08N 0144531.29E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	
			30.9		↑	↓	
	Δ ELVIX 552443N 0140539E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	
			22.5		↑	↓	
	Δ MAXUM 553940.5N 0133614.4E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	
			35.6		↑	↓	
Δ INRER 560309.7N 0124849.2E	NIL	_____	FL 285 / FL 095 Class C	_____	_____		
		10.7		↑	↓		
Δ ERNOV 561007.9N 0123425.6E	NIL	_____	FL 660 / FL 095 Class C	_____	_____		
		9.8		↑	↓		
Δ KULUD FIR BDRY 561538N 0121959E	NIL	_____		_____	_____	For continuation, see AIP Denmark.	

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Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
L727 (RNAV 5)	Δ MOGLU FIR BDRY 590730N 0114609E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	For continuation, see AIP Norway.
			7.2		↓		
	Δ GETPA 590209N 0115532E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	
			13.6		↓		
	Δ KORET 584839N 0115405E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	
			15.4		↓		
			27.7		↓		
			216.5		↓		
							To avoid ES R103 TEMPO radar vectoring on ATC instruction. Route extension: Max 1 NM
							To avoid ES R204 TEMPO radar vectoring on ATC instruction. Route extension: Max 2 NM
							To avoid ES R30A TEMPO radar vectoring on ATC instruction. Route extension: Max 1 NM
							To avoid ES R64S TEMPO radar vectoring on ATC instruction. Route extension: Max 1 NM
	Δ PENOR FIR BDRY 553819N 0170941E	NIL	_____		_____	_____	For continuation, see AIP Poland.
L734 (RNAV 5)	Δ NEBSI FIR BDRY 585418N 0205629E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	For continuation, see AIP Estonia. To avoid ES R71 and ES D175 TEMPO radar vectoring on ATC instruction. Route extension: 2 NM NEBSI: Entry point for traffic from ESKN. CDR1 H24 CDR1 H24 To avoid ES R22 TEMPO radar vectoring on ATC instruction. Route extension: 5 NM CDR1 H24
			95.4		↓		
	Δ NILUG 584857N 0175305E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	
			64.1		↑	↓	
	Δ GIMLO 584225.2N 0155036.8E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	
			49.9		↑	↓	
	Δ DETSO 583600N 0141552E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	
			30.2		↓		
	Δ MOXAM 583152.9N 0131850.1E	NIL	_____		_____	_____	

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				Odd	Even		
1	2	3	4	5		6	
L983 (RNAV 5)	Δ MATEK FIR BDRY 550059N 0124803E	NIL	_____		_____	_____	For continuation, see AIP Denmark.
			6.9	FL 660 / FL 095 Class C	↓	↑	Above FL285 AVBL eastbound only.
	Δ DETUS 550122.1N 0125958.8E	NIL	_____		_____	_____	
			14.8	FL 285 / FL 095 Class C	↓	↑	
	Δ BALOX 550208N 0132537E	NIL	_____		_____	_____	
			23.8	FL 660 / FL 095 Class C	↓	↑	Above FL285 AVBL eastbound only.
	Δ TELMO 550316.6N 0140658.6E	NIL	_____		_____	_____	
			10.0	FL 285 / FL 095 Class C	↓	↑	
Δ GIROR 550336N 0142424E	NIL	_____		_____	_____		
		12.1	FL 285 / FL 095 Class C	↓	↑		
Δ RØNNE VOR ROE 550356.08N 0144531.29E	NIL	_____		_____	_____		
		45.3	FL 285 / FL 095 Class C	↓	↑	To avoid ES D138 and D139 TEMPO radar vectoring on ATC instructions. Route extension: GND-FL200 Max 40 NM. FL200 and above Max 20 NM.	
Δ RUMAR FIR BDRY 550201N 0160415E	NIL	_____		_____	_____	For continuation, see AIP Poland.	
L987 (RNAV 5)	Δ MALIV 550945.8N 0130212.7E	NIL	_____		_____	_____	
			16.8	FL 285 / FL 095 Class C	↓	↑	
	Δ SIMEG 551500N 0133004E	NIL	_____		_____	_____	
			74.3	FL 660 / FL 095 Class C	↓	↑	To avoid ES R55A/ES D138 TEMPO radar vectoring on ATC instruction. Route extension: 3 NM Above FL285 AVBL eastbound only.
	Δ ETRUS 552824N 0153805E	NIL	_____		_____	_____	
		53.0	FL 285 / FL 095 Class C	↓	↑	To avoid ES D138 TEMPO radar vectoring on ATC instruction. Route extension: 3 NM	
Δ PENOR FIR BDRY 553819N 0170941E	NIL	_____		_____	_____	For continuation, see AIP Poland	

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				Odd	Even		
1	2	3	4	5		6	
L990 (RNAV 5)	△ KOSKA FIR BDRY 591058N 0204034E	NIL	189.7	FL 285 / FL 095 Class C		↓	For continuation, see AIP Finland.
	△ LATVI 565301.0N 0163608.4E	NIL	15.9	FL 285 / FL 095 Class C		↓	
	△ KALMAR VOR/DME KAL 564107.2N 0161702.8E	NIL	13.9	FL 285 / FL 095 Class C	↑	↓	To avoid ES R38 TEMPO radar vectoring on ATC instructions. Route extension: Max 3 NM
	△ LAGIS 563317.8N 0155613.2E	NIL	44.7	FL 285 / FL 095 Class C	↑	↓	To avoid ES R38 TEMPO radar vectoring on ATC instructions. Route extension: Max 3 NM
	△ KOTAM 560758N 0145012E	NIL	36.4	FL 660 / FL 095 Class C	↑	↓	To avoid ES R38 TEMPO radar vectoring on ATC instructions. Route extension: Max 3 NM
	△ EKRAL 554636.4N 0135746.2E	NIL	24.6	FL 285 / FL 095 Class C		↓	
	△ STURUP VOR/DME SUP 553204.3N 0132246.5E	NIL	15.6	FL 285 / FL 095 Class C		↓	
	△ ADVIS 552305N 0130023E	NIL	13.6	FL 285 / FL 095 Class C		↓	ATS provided by Copenhagen APP/ACC.
	△ LILBI FIR BDRY 551511N 0124058E	NIL					For continuation, see AIP Denmark.

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				Odd	Even		
1	2	3	4	5		6	
L997 (RNAV 5)	Δ VEDAR FIR BDRY 563154N 0120725E	NIL	—	FL 660 / FL 095 Class C	—	—	For continuation, see AIP Denmark.
			24.1			↓	
	Δ LASLI 565542N 0120042E	NIL	—	FL 660 / FL 095 Class C	—	—	
			6.9			↓	
	Δ RISMA 570231.0N 0115845.0E	NIL	—	FL 285 / FL 095 Class C	—	—	
			23.1			↓	
	Δ GIXUN 572516N 0115209E	NIL	—	FL 285 / FL 095 Class C	—	—	
			46.0			↓	
Δ SABAK 581035.6N 0113833.8E	NIL	—	FL 660 / FL 095 Class C	—	—	For continuation, see AIP Norway.	
		31.4			↓		
Δ XENTA 584129N 0112858E	NIL	—	FL 660 / FL 095 Class C	—	—		
		25.4			↓		
Δ REGMA FIR BDRY 590632N 0112058E	NIL	—		—	—		
		71.0		↑	↓		
Δ SALLO FIR BDRY 545500.0N 0132310.3E	NIL	—	FL 285 / FL 095 Class C	—	—		
		71.0					
M44 (RNAV 5)	Δ INRER 560309.7N 0124849.2E	NIL	—		—	—	For continuation, see AIP Germany.
			71.0				
M82 (RNAV 5)	Δ ROVPA FIR BDRY 604402N 0122344E	NIL	—	FL 285 / FL 245 Class C	—	—	For continuation, see AIP Norway.
			21.8		↓	↑	
	Δ BUGAX 610000N 0125357E	NIL	—	FL 285 / FL 245 Class C	—	—	
			62.5		↓	↑	
	Δ GOKEP 614509N 0142330E	NIL	—	FL 285 / FL 245 Class C	—	—	
			179.3		↓	↑	
	Δ RASEN 634843N 0190551E	NIL	—	FL 285 / FL 095 Class C	—	—	
			102.7		↓		
Δ ELBOG 650945.6N 0213053.4E	NIL	—	FL 285 / FL 095 Class C	—	—	To avoid ES R13 TEMPO radar vectoring on ATC instruction. Route extension: Max 4 NM	
		83.6		↓			
Δ MISMO FIR BDRY 661029N 0234910E	NIL	—		—	—	For continuation, see AIP Finland.	

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				Odd	Even		
1	2	3	4	5		6	
M92 (RNAV 5)	Δ NEBSI FIR BDRY 585418N 0205629E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	For continuation, see AIP Estonia. Above FL285 AVBL westbound only.
			43.4		↑	↓	
	Δ DIGOX 590656N 0193610E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	
		31.6	↑		↓		
	Δ ALOLA 591536N 0183706E	NIL	_____				

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				Odd	Even		
1	2	3	4	5		6	
M607 (RNAV 5)	△ PENOR FIR BDRY 553819N 0170941E	NIL	_____		_____	_____	For continuation, see AIP Poland.
			42.1	FL 285 / FL 095 Class C	↑	↓	CDR1 H24
	△ TESPO 562016N 0171343E	NIL	_____		_____	_____	
			70.0	FL 285 / FL 095 Class C	↑	↓	CDR1 H24
	△ ARMOD 573003N 0172046E	NIL	_____		_____	_____	
			66.9	FL 660 / FL 095 Class C	↑	↓	CDR1 H24
	△ INGIS 583640.2N 0172755.4E	NIL	_____		_____	_____	
			10.2	FL 660 / FL 095 Class C	↑	↓	CDR1 H24
	△ NUGPU 584649N 0172904E	NIL	_____		_____	_____	
			9.5	FL 660 / FL 095 Class C	↑	↓	CDR1 H24
	△ TROSA DVOR/DME TRS 585616.5N 0173008.3E	NIL	_____		_____	_____	
			87.4	FL 285 / FL 095 Class C	↓		
	△ RESNA 602201.0N 0180129.4E	NIL	_____		_____	_____	
			39.8	FL 285 / FL 095 Class C	↓		
	△ ARTAB 610000N 0182517E	NIL	_____		_____	_____	
			52.3	FL 285 / FL 095 Class C	↓		
	△ RIKPA 614947N 0185800E	NIL	_____		_____	_____	
			60.2	FL 285 / FL 095 Class C	↓		
△ EDAXA 624654N 0193756E	NIL	_____		_____	_____		
		30.4	FL 285 / FL 095 Class C	↓		LENSO: Exit point for traffic on P- RNAV STAR to ESNU.	
△ LENSO 631539.2N 0195908.0E	NIL	_____		_____	_____		
		4.5	FL 285 / FL 095 Class C	↓		UMSOM: Exit point for traffic on conventional STAR to ESNU.	
△ UMSOM 631955N 0200221E	NIL	_____		_____	_____		
		36.5	FL 285 / FL 095 Class C	↓			
△ LAPIX 635421N 0202844E	NIL	_____		_____	_____		
		20.9	FL 285 / FL 095 Class C	↓			
△ SOPLI 641403.5N 0204425.8E	NIL	_____		_____	_____		
		48.2	FL 285 / FL 095 Class C	↓		GOSDI: Exit point for traffic on RNAV STAR to ESPA	
△ GOSDI 645918.6N 0212154.2E	NIL	_____		_____	_____		
		11.2	FL 285 / FL 095 Class C	↓		To avoid ES R58 TEMPO radar vectoring on ATC instructions. Route extension: MAX 2 NM.	
△ ELBOG 650945.6N 0213053.4E	NIL	_____		_____	_____		

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				Odd	Even	
1	2	3	4	5		6
		46.3	FL 285 / FL 095 Class C	↓		
△ BESLA 655127.1N 0221836.9E	NIL					
		41.6	FL 285 / FL 095 Class C	↓	↑	
△ MISMO FIR BDRY 661029N 0234910E	NIL					For continuation, see AIP Finland.
M611 (RNAV 5)						
△ EVONA FIR BDRY 570954N 0195529E	NIL					For continuation, see AIP Latvia.
		124.7	FL 285 / FL 095 Class C	↑		
△ KOLJA 560000N 0164853E	NIL					
		98.9	FL 285 / FL 095 Class C	↑	↓	To avoid ES R55/ES D166 TEMPO radar vectoring on ATC instructions. Route extension: Max 4 NM CDR1 H24
△ ELVIX 552443N 0140539E	NIL					
		39.2	FL 285 / FL 095 Class C	↑	↓	CDR1 H24
△ MALIV 550945.8N 0130212.7E	NIL					
		10.3	FL 285 / FL 095 Class C	↑	↓	CDR1 H24
△ ODARU FIR BDRY 550545N 0124541E	NIL					For continuation, see AIP Denmark.
M736 (RNAV 5)						
△ RASMU 564530.2N 0134855.0E	NIL					
		25.4	FL 660 / FL 095 Class C	↓	↑	Above FL285 AVBL eastbound only.
△ NEXIL 562020.9N 0134359.2E	NIL					
		41.0	FL 285 / FL 095 Class C	↓	↑	
△ MAXUM 553940.5N 0133614.4E	NIL					
		15.1	FL 285 / FL 095 Class C	↓	↑	
△ TIDVU 552440.7N 0133327.1E	NIL					
		9.9	FL 285 / FL 095 Class C	↓	↑	
△ SIMEG 551500N 0133004E	NIL					
		13.1	FL 660 / FL 095 Class C	↓	↑	Above FL285 AVBL westbound only.
△ BALOX 550208N 0132537E	NIL					
		7.3	FL 660 / FL 095 Class C	↓	↑	Above FL285 AVBL westbound only.
△ SALLO FIR BDRY 545500.0N 0132310.3E	NIL					For continuation, see AIP Germany.

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ±5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
M743 (RNAV 5)	△ TIDVU 552440.7N 0133327.1E	NIL	20.0	FL 660 / FL 095 Class C		↑	To avoid ES R55 TEMPO radar vectoring on ATC instruction. Route extension: 2 NM
	△ ROXUB 551547N 0140448E	NIL	26.2	FL 660 / FL 095 Class C		↑	To avoid ES R55 TEMPO radar vectoring on ATC instruction. Route extension: 2 NM
	△ RØNNE VOR ROE 550356.08N 0144531.29E	NIL					
M745 (RNAV 5)	△ AGMOL 644313N 0150554E	NIL	168.7	FL 285 / FL 195 Class C	↓	↑	To avoid ES R02 TEMPO radar vectoring on ATC instruction. Route extension: Max 5 NM. CDR1 H24
	△ DEXOP 665626N 0191619E	NIL	32.1	FL 285 / FL 095 Class C	↓	↑	To avoid ES R02 TEMPO radar vectoring on ATC instruction. Route extension: Max 5 NM. CDR1 H24
	△ VAGAS 672057.2N 0200907.7E	NIL	43.0	FL 285 / FL 095 Class C	↓	↑	CDR1 H24
	△ EMLET 674500N 0214154E	NIL	43.7	FL 285 / FL 095 Class C	↓	↑	CDR1 H24
	△ DOPUD FIR BDRY 680829N 0231918E	NIL					For continuation, see AIP Finland.
M851 (RNAV 5)	△ ALOLA 591536N 0183706E	NIL	16.5	FL 660 / FL 095 Class C	↓		
	△ APTUG 591936N 0190820E	NIL	39.7	FL 660 / FL 095 Class C	↓		
	△ NISIX FIR BDRY 591907N 0202554E	NIL					For continuation, see AIP Finland.

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
M852 (RNAV 5)	△ VADIN FIR BDRY 570816.0N 0113838.0E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	For continuation, see AIP Denmark. Eastbound AVBL above FL245 only.
	△ GIXUN 572516N 0115209E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	Eastbound AVBL above FL245 only.
	△ ELBUX 573318.6N 0115836.7E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	
	△ LALIL 574625N 0121038E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	
	△ NEGIL 581504.8N 0123731.2E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	
	△ OGIRO 584614N 0130740E	NIL	_____	FL 660 / FL 095 Class C	↓	↑	OGIRO: Entry/exit point for traffic from/to ESOK.
	△ LEGPO 600246N 0142618E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	OGIRO: Entry/exit point for traffic from/to ESOK. LEGPO: Entry/exit point for traffic from/to ESSD.
	△ DEGED 620601N 0164844E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	LEGPO: Entry/exit point for traffic from/to ESSD.
	△ GAJPA 630013.5N 0180104.9E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	GAJPA: Entry/exit point for traffic from/to ESNU.
	△ RASEN 634843N 0190551E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	GAJPA: Entry/exit point for traffic from/to ESNU.
	△ MOTIG 635548N 0191604E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	
	△ AMPAD 641856N 0195004E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	TIMOB: Exit point for traffic on RNAV STAR to ESPA
	△ TIMOB 650411.4N 0210005.1E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	TIMOB: Exit point for traffic on RNAV STAR to ESPA
	△ RISEM 651308.6N 0211431.6E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	
	△ BESLA 655127.1N 0221836.9E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	CDR1 H24

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ±5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
M864 (RNAV 5)	△ ASKEB 662422N 0231658E	NIL	24.6	FL 285 / FL 095 Class C	↓	↑	CDR1 H24
	△ PERKE FIR BDRY 664407N 0235332E	NIL					For continuation, see AIP Finland.
	△ NINTA FIR BDRY 561344N 0181708E	NIL	10.7	FL 285 / FL 095 Class C	↑	↓	For continuation, see AIP Lithuania.
	△ DIPEB 561057N 0175835E	NIL	40.6	FL 285 / FL 095 Class C	↑	↓	
	△ KOLJA 560000N 0164853E	NIL	51.0	FL 285 / FL 095 Class C	↑	↓	
	△ ETRUS 552824N 0153805E	NIL	48.9	FL 285 / FL 095 Class C		↓	To avoid ES D138 TEMPO radar vectoring on ATC instruction. Route extension: 3 NM
	△ GIROR 550336N 0142424E	NIL	16.6	FL 285 / FL 095 Class C		↓	
	△ UNGAV FIR BDRY 545500N 0135941E	NIL					For continuation, see AIP Germany.
M865 (RNAV 5)	△ RØNNE VOR ROE 550356.08N 0144531.29E	NIL	61.3	FL 285 / FL 095 Class C	↓	↑	
	△ LARMA FIR BDRY 551628N 0163006E	NIL					For continuation, see AIP Poland.
M990 (RNAV 5)	△ KOLJA 560000N 0164853E	NIL	30.2	FL 285 / FL 245 Class C	↓	↑	
	△ GISON FIR BDRY 555554N 0174206E	NIL					For continuation, see AIP Russia.

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
M996 (RNAV 5)	△ SUVAR FIR BDRY 610905N 0124310E	NIL	_____		_____	_____	For continuation, see AIP Norway.
			53.2	FL 285 / FL 095 Class C	↓	↑	GEVRU: Entry/exit point for traffic from/to ESKS.
	△ GEVRU 604434N 0141947E	NIL	_____		_____	_____	
			40.2	FL 285 / FL 095 Class C	↓	↑	GEVRU: Entry/exit point for traffic from/to ESKS.
	△ BORLÄNGE VOR/DME BOR 602517.4N 0153109.1E	NIL	_____		_____	_____	
			33.1	FL 285 / FL 095 Class C	↓	↑	
	△ PERAX 600434N 0162253E	NIL	_____		_____	_____	
			23.8	FL 285 / FL 095 Class C	↓	↑	
	△ ELTOK 594928.0N 0165923.7E	NIL	_____		_____	_____	
			55.6	FL 285 / FL 095 Class C	↓	↑	
	△ TROSA DVOR/DME TRS 585616.5N 0173008.3E	NIL	_____		_____	_____	
			7.0	FL 660 / FL 095 Class C	↓	↑	Below FL285 flight level change over TRS. Southbound traffic even and northbound traffic odd FL.
	△ APZER 584942N 0173438E	NIL	_____		_____	_____	
			14.7	FL 660 / FL 095 Class C	↓	↑	Below FL285 southbound traffic even and northbound traffic odd FL. DISRU: Entry/exit point for traffic from/to ESKN.
△ DISRU 583550N 0174401E	NIL	_____		_____	_____		
		25.7	FL 660 / FL 095 Class C	↓	↑	Below FL285 southbound traffic even and northbound traffic odd FL. DISRU: Entry/exit point for traffic from/to ESKN.	
△ ROGMI 581137.6N 0180006.3E	NIL	_____		_____	_____		
		34.0	FL 285 / FL 095 Class C	↑	↓		
△ VISBY VOR/DME VSB 573934.3N 0182048.7E	NIL	_____		_____	_____		
		61.8	FL 285 / FL 095 Class C	↓	↑		
△ GELDA FIR BDRY 565217N 0193400E	NIL	_____		_____	_____	For continuation, see AIP Latvia.	
N3 (RNAV 5)	△ MOTIG 635548N 0191604E	NIL	_____		_____	_____	
			20.3	FL 660 / FL 285 Class C	↑	↓	CDR1 H24
	△ TUDGI 640849N 0184044E	NIL	_____		_____	_____	
			99.6	FL 660 / FL 285 Class C	↑	↓	CDR1 H24
	△ VESER 651120N 0154047E	NIL	_____		_____	_____	
		14.7	FL 660 / FL 285 Class C	↑	↓	CDR1 H24	
△ TIXOR 652013N 0151301E	NIL	_____		_____	_____		

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
N5 (RNAV 5)	△ BAKLA FIR BDRY 612145N 0192457E	NIL	36.6	FL 285 / FL 095 Class C	↑	↓	For continuation, see AIP Finland.
	△ SIPRI 605044N 0184506E	NIL	35.7	FL 660 / FL 095 Class C		↓	
	△ HAMMAR DVOR/DME HMR 601645.2N 0182329.6E	NIL	52.4	FL 660 / FL 095 Class C	↓		Flight level change over HMR.
	△ BABAP 592520.2N 0184227.5E	NIL	28.8	FL 660 / FL 095 Class C	↓		
	△ ODIBI 585707N 0185232E	NIL	127.1	FL 285 / FL 095 Class C	↓		To avoid ES R71 and ES D175 TEMPO radar vectoring on ATC instruction. Route extension 4 NM.
	△ GELDA FIR BDRY 565217N 0193400E	NIL					For continuation, see AIP Latvia.
	N15 (RNAV 5)	△ ERNOV 561007.9N 0123425.6E	NIL	49.3	FL 660 / FL 095 Class C		↓
△ LASLI 565542N 0120042E		NIL	6.9	FL 285 / FL 095 Class C		↓	Flight level change over RISMA.
△ RISMA 570231.0N 0115845.0E		NIL	42.9	FL 285 / FL 095 Class C	↓		
△ DEGAV 574341N 0122025E		NIL	32.8	FL 285 / FL 095 Class C	↓		NEGIL: Exit point for traffic to ESOK.
△ NEGIL 581504.8N 0123731.2E		NIL	132.7	FL 285 / FL 245 Class C	↓	↑	CDR1 H24
△ MILNU 595837N 0151801E		NIL	80.9	FL 285 / FL 245 Class C	↓	↑	
△ UMLAX 610000N 0170411E		NIL	115.9	FL 285 / FL 245 Class C	↓	↑	
△ BODRI FIR BDRY 622454N 0194927E		NIL					For continuation, see AIP Finland.

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
N33 (RNAV 5)	△ BIKRU FIR BDRY 545500N 0141000E	NIL	_____	FL 285 / FL 245 Class C	_____	_____	For continuation, see AIP Germany.
			29.9		↓	↑	
	△ ELVIX 552443N 0140539E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	To avoid ES R55A/ES R34 TEMPO radar vectoring on ATC instruction. Route extension: 2 NM CDR1 H24
			46.8		↓	↑	
	△ ETPIG 561115N 0141254E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	Above FL285 AVBL westbound only. CDR1 H24
			34.8		↓	↑	
△ DEKIK 564552N 0141828E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	CDR1 H24	
		23.8			↑		
△ NEMBA 570931N 0142214E	NIL	_____		_____	_____		
N133 (RNAV 5)	△ SOLKA FIR BDRY 631951N 0120309E	NIL	_____	FL 285 / FL 115 Class C	_____	_____	For continuation, see AIP Norway.
			36.6		↓	↑	
	△ MAVIP 625624N 0130456E	NIL	_____	FL 285 / FL 195 Class C	_____	_____	To avoid ES R13 TEMPO radar vectoring on ATC instructions. Route extension: Max 3 NM
			33.0		↓		
	△ OVDAL 622343N 0131205E	NIL	_____	FL 285 / FL 195 Class C	_____	_____	
		104.6	↓		↑		
△ GEVRU 604434N 0141947E	NIL	_____		_____	_____		

RNAV ROUTES								
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.								
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address		
				Odd	Even			
1	2	3	4	5		6		
N150 (RNAV 5)	Δ EGAGO FIR BDRY 614033N 0121300E	NIL	_____		_____	_____	For continuation, see AIP Norway.	
			79.8	FL 285 / FL 195 Class C	↓	↑		
	Δ MAVIP 625624N 0130456E	NIL	_____		_____	_____		
			70.9	FL 285 / FL 195 Class C	↓	↑		
	Δ NETAV 635947N 0141437E	NIL	_____		_____	_____		
			32.9	FL 285 / FL 195 Class C	↓	↑		
	Δ NUGTA 642902N 0144849E	NIL	_____		_____	_____		
			16.0	FL 660 / FL 195 Class C	↓	↑		CDR1 H24
	Δ AGMOL 644313N 0150554E	NIL	_____		_____	_____		
			31.9	FL 660 / FL 195 Class C	↓	↑		CDR1 H24
	Δ VESER 651120N 0154047E	NIL	_____		_____	_____		
			59.1	FL 660 / FL 195 Class C	↓	↑		CDR1 H24
	Δ OSTAX 660307N 0164853E	NIL	_____		_____	_____		
			39.3	FL 660 / FL 195 Class C	↓	↑		CDR1 H24
Δ UPEVA 663714N 0173644E	NIL	_____		_____	_____			
		77.8	FL 660 / FL 195 Class C	↓	↑	CDR1 H24		
Δ OGRIN 674358N 0191809E	NIL	_____		_____	_____			
		41.6	FL 660 / FL 195 Class C	↓	↑	To avoid ES R01 TEMPO radar vectoring on ATC instruction. Route extension: MAX 10 NM CDR1 H24		
Δ PEMAB 681911N 0201625E	NIL	_____		_____	_____			
		16.1	FL 285 / FL 195 Class C	↓	↑	To avoid ES R01 TEMPO radar vectoring on ATC instruction. Route extension: MAX 10 NM CDR1 H24		
Δ NOVRI 683242N 0203944E	NIL	_____		_____	_____			
		20.6	FL 285 / FL 195 Class C	↓	↑	To avoid ES R01 TEMPO radar vectoring on ATC instruction. Route extension: MAX 10 NM		
Δ OGLAV FIR BDRY 684959N 0211022E	NIL	_____		_____	_____	For continuation, see AIP Finland.		

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
N195 (RNAV 5)	Δ TOPLA 570809.1N 0122020.2E	NIL	119.1	FL 285 / FL 095 Class C	↓	—	To avoid ES R41A and ES R55A TEMPO radar vectoring on ATC instructions. Route extension: Max 1 NM. CDR1 H24
	Δ ELVIX 552443N 0140539E	NIL	30.3	FL 285 / FL 095 Class C	↓	—	To avoid ES R55A TEMPO radar vectoring on ATC instruction. Route extension: 1 NM
	Δ KEKOV 545658N 0142628E	NIL	19.0	FL 285 / FL 095 Class C	↓	—	For continuation, see AIP Poland.
	Δ KOLOB FIR BDRY 544923N 0145639E	NIL					
N197 (RNAV 5)	Δ NEREN FIR BDRY 583740N 0204618E	NIL	185.9	FL 285 / FL 095 Class C	↑	↓	For continuation, see AIP Estonia. To avoid ES R28 TEMPO radar vectoring on ATC instruction. Route extension: 1 NM CDR1 H24
	Δ KALMAR VOR/DME KAL 564107.2N 0161702.8E	NIL					
N607 (RNAV 5)	Δ MAKUR FIR BDRY 572547.0N 0112425.0E	NIL	19.9	FL 285 / FL 095 Class C	↓	—	For continuation, see AIP Denmark.
	Δ ELBUX 573318.6N 0115836.7E	NIL	105.6	FL 285 / FL 095 Class C	↓	—	LURAR: Exit point for traffic to ESSL, ESCF, ESSP and ESKN. CDR1 H24
	Δ LURAR 581906N 0145704E	NIL					
N616 (RNAV 5)	Δ NEKET FIR BDRY 581816N 0203443E	NIL	64.0	FL 285 / FL 095 Class C	—	↓	For continuation, see AIP Latvia.
	Δ TOMBU 591346.0N 0193404.2E	NIL	29.9	FL 660 / FL 095 Class C	—	↓	
	Δ XILAN 593933.5N 0190433.8E	NIL					

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ±5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
N623 (RNAV 5)	△ NEKET FIR BDRY 581816N 0203443E	NIL	_____		_____	_____	For continuation, see AIP Latvia.
			4.4	FL 285 / FL 095 Class C	↑	↓	
	△ INSUK 582127N 0202852E	NIL	_____		_____	_____	
			54.3	FL 285 / FL 095 Class C	↑	↓	
	△ NEKLA 590000.0N 0191549.1E	NIL	_____		_____	_____	
			45.7	FL 285 / FL 095 Class C	↑	↓	
	△ TEBBY DVOR/DME TEB 593154.1N 0181211.9E	NIL	_____		_____	_____	
			47.5	FL 285 / FL 095 Class C		↓	
	△ AROS DVOR/DME ARS 593510.4N 0163901.2E	NIL	_____		_____	_____	
			13.2	FL 660 / FL 095 Class C		↓	
	△ BEDLA 593744N 0161330E	NIL	_____		_____	_____	
			25.8	FL 660 / FL 095 Class C		↓	
△ IBGAX 594320N 0152345E	NIL	_____		_____	_____		
		22.8	FL 285 / FL 095 Class C		↓	EBURI: Exit point for traffic to ESOK	
△ EBURI 594800N 0143938E	NIL	_____		_____	_____		
		59.7	FL 660 / FL 095 Class C		↓	EBURI: Exit point for traffic to ESOK	
△ TEKVA 595905N 0124310E	NIL	_____		_____	_____		
		10.0	FL 660 / FL 095 Class C		↓		
△ ESEBA FIR BDRY 600046N 0122332E	NIL	_____		_____	_____	For continuation, see AIP Norway.	
N624 (RNAV 5)	△ KOLJA 560000N 0164853E	NIL	_____		_____	_____	
			228.3	FL 285 / FL 245 Class C		↑	
	△ KOSKA FIR BDRY 591058N 0204034E	NIL	_____		_____	_____	For continuation, see AIP Finland.
N746 (RNAV 5)	△ GORPI FIR BDRY 545500N 0153918E	NIL	_____		_____	_____	For continuation, see AIP Poland.
			76.2	FL 285 / FL 195 Class C	↓	↑	To avoid ES D139 TEMPO radar vectoring on ATC instructions. Route extension: Max 3 NM
	△ KOLJA 560000N 0164853E	NIL	_____		_____	_____	
			24.6	FL 285 / FL 195 Class C	↓		
	△ TESPO 562016N 0171343E	NIL	_____		_____	_____	
		201.6	FL 285 / FL 245 Class C	↓		ALAMI is a "fly over" point.	
	△ ALAMI FIR BDRY 590252N 0205457E	NIL	_____		_____	_____	For continuation, see AIP Finland.

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
N850 (RNAV 5)	Δ ELRID 593409N 0182718E	NIL	47.4	FL 285 / FL 095 Class C		↓	
	Δ NOSLI 590422.0N 0171529.2E	NIL	36.2	FL 660 / FL 095 Class C		↓	
	Δ TONSA 583632.9N 0163112.9E	NIL	48.0	FL 660 / FL 095 Class C		↓	TONSA: Entry point for traffic from ESKN.
	Δ ABAMA 575912N 0153411E	NIL	26.0	FL 660 / FL 095 Class C		↓	MOKNI: Exit point for traffic to ESMX.
	Δ MOKNI 573847N 0150405E	NIL	37.0	FL 660 / FL 095 Class C		↓	
	Δ NEMBA 570931N 0142214E	NIL	9.0	FL 285 / FL 095 Class C		↓	GELMA: Exit point for traffic to ESMK.
	Δ GELMA 570223N 0141213E	NIL	21.2	FL 285 / FL 095 Class C		↓	
	Δ RASMU 564530.2N 0134855.0E	NIL	57.5	FL 285 / FL 095 Class C		↓	RASMU: Entry point for traffic from ESGJ/ESMX.
	Δ REKMO 555922N 0124724E	NIL	6.7	FL 285 / FL 095 Class C		↓	
	Δ MISBI FIR BDRY 555355N 0124021E	NIL					For continuation, see AIP Denmark.

RNAV ROUTES								
RNAV 5 represents a navigation accuracy of ±5 NM on a 95 per cent containment basis.								
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address		
				Odd	Even			
1	2	3	4	5		6		
N851 (RNAV 5)	△ LEBDA FIR BDRY 552225N 0123743E	NIL	_____		_____	_____	For continuation, see AIP Denmark.	
			12.2	FL 285 / FL 095 Class C	↓			
	△ MOSIN 553310N 0124753E	NIL	_____		_____	_____		
			17.3	FL 285 / FL 095 Class C	↓			
	△ GORAX 554822N 0130226E	NIL	_____		_____	_____		
			23.8	FL 285 / FL 095 Class C	↓			
	△ KEMAX 560735N 0132714E	NIL	_____		_____	_____		
			15.8	FL 660 / FL 095 Class C	↓			
	△ NEXIL 562020.9N 0134359.2E	NIL	_____		_____	_____		
			16.8	FL 660 / FL 095 Class C	↓			ROXEN: Exit point for traffic to ESGJ.
	△ ROXEN 563352N 0140200E	NIL	_____		_____	_____		
			15.1	FL 285 / FL 095 Class C	↓			ROXEN: Entry point for traffic from ESMK.
	△ DEKIK 564552N 0141828E	NIL	_____		_____	_____		
			11.7	FL 285 / FL 095 Class C	↓			
	△ VEPIP 565513N 0143111E	NIL	_____		_____	_____		
			33.1	FL 285 / FL 095 Class C	↓			
△ BEDOS 572135N 0150750E	NIL	_____		_____	_____			
		17.0	FL 660 / FL 095 Class C	↓		BEDOS: Entry point for traffic from ESTA/ESMT.		
△ NEFYN 573502N 0152703E	NIL	_____		_____	_____			
		24.6	FL 660 / FL 095 Class C	↓		MIKNA: Exit point for traffic to ESSL/ESSP.		
△ MIKNA 575425N 0155519E	NIL	_____		_____	_____			
		28.5	FL 660 / FL 095 Class C	↓				
△ PELUP 581643.8N 0162840.5E	NIL	_____		_____	_____			
		51.0	FL 660 / FL 095 Class C	↓		PELUP: Entry point for traffic from ESGJ.		
△ TROSA DVOR/DME TRS 585616.5N 0173008.3E	NIL	_____		_____	_____			
		62.4	FL 285 / FL 095 Class C	↓				
△ TOVRI 594459.3N 0184600.6E	NIL	_____		_____	_____			
		23.5	FL 660 / FL 095 Class C	↓		To avoid ES R15 TEMPO radar vectoring on ATC instructions. Route extension: Max 2 NM		
△ RIKUM FIR BDRY 595815N 0192429E	NIL	_____		_____	_____	For continuation, see AIP Finland.		

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
N866 (RNAV 5)	Δ BEDLA 593744N 0161330E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	
			11.5			↓	
	Δ TABUT 593109N 0155501E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	
			33.8			↓	
	Δ DEPEX 591131N 0150121E	NIL	_____	FL 660 / FL 095 Class C	_____	_____	
			27.6			↓	
	Δ LAPSI 585514N 0141820E	NIL	_____	FL 285 / FL 095 Class C	_____	_____	
			38.9			↓	
Δ MOXAM 583152.9N 0131850.1E	NIL	_____	FL 285 / FL 095 Class C	_____	_____		
		27.5			↓		
Δ NEGIL 581504.8N 0123731.2E	NIL	_____	FL 285 / FL 095 Class C	_____	_____		
		57.5			↑	↓	NEGIL: Entry point for traffic from ESOK.
Δ INVOL FIR BDRY 573916N 0111317E	NIL	_____		_____	_____	For continuation, see AIP Denmark.	

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ±5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
N872 (RNAV 5)	△ RUNGA FIR BDRY 594459N 0194327E	NIL	_____		_____	_____	For continuation, see AIP Finland.
			20.4	FL 660 / FL 095 Class C		↓	
	△ XILAN 593933.5N 0190433.8E	NIL	_____		_____	_____	
			19.7	FL 285 / FL 095 Class C		↓	
	△ ELRID 593409N 0182718E	NIL	_____		_____	_____	
			8.0	FL 285 / FL 095 Class C		↓	
	△ TEBBY DVOR/DME TEB 593154.1N 0181211.9E	NIL	_____		_____	_____	
			41.5	FL 285 / FL 095 Class C		↓	
	△ PETEV 591225.8N 0170043.5E	NIL	_____		_____	_____	
			23.7	FL 660 / FL 095 Class C		↓	
	△ TIPIX 585416.9N 0163127.1E	NIL	_____		_____	_____	
			13.5	FL 660 / FL 095 Class C		↓	
	△ LIBSI 584352.6N 0161458.6E	NIL	_____		_____	_____	
			25.6	FL 660 / FL 095 Class C		↓	
	△ KOXIM 582401N 0154408E	NIL	_____		_____	_____	
			23.5	FL 660 / FL 095 Class C		↓	
△ ELPAX 580544N 0151624E	NIL	_____		_____	_____	ELPAX: Entry point for traffic from ESSP/ESSL. TOKSI: Exit point for traffic to ESMT.	
		71.6	FL 660 / FL 095 Class C		↓	To avoid ES R30 TEMPO radar vectoring on ATC instruction. Route extension: Max 2 NM	
△ TOKSI 570920.1N 0135439.7E	NIL	_____		_____	_____	To avoid ES R50 TEMPO radar vectoring on ATC instruction. Route extension: Max 2 NM	
		32.1	FL 660 / FL 095 Class C		↓	TOKSI: Entry point for traffic from ESGJ.	
△ NILEN 564344.3N 0131918.6E	NIL	_____		_____	_____	To avoid ES R50 TEMPO radar vectoring on ATC instruction. Route extension: Max 2 NM	
		6.6	FL 660 / FL 095 Class C		↓		
△ MISMA 563828.5N 0131210.1E	NIL	_____		_____	_____	To avoid ES R50 TEMPO radar vectoring on ATC instruction. Route extension: Max 2 NM	
		35.3	FL 660 / FL 095 Class C		↓		
△ ERNOV 561007.9N 0123425.6E	NIL	_____		_____	_____		
		3.3	FL 285 / FL 095 Class C		↓		
△ KOPIM FIR BDRY 560802N 0122954E	NIL	_____		_____	_____	For continuation, see AIP Denmark.	

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
N873 (RNAV 5)	△ LOBBI FIR BDRY 571905.0N 0112953.0E	NIL	21.1	FL 285 / FL 095 Class C	↓		For continuation, see AIP Denmark.
	△ ELBUX 573318.6N 0115836.7E	NIL	15.7	FL 285 / FL 095 Class C	↓		
	△ DEGAV 574341N 0122025E	NIL	40.4	FL 285 / FL 095 Class C	↓		
	△ LABAN 581009.8N 0131739.5E	NIL	40.1	FL 660 / FL 095 Class C	↓		DETSO: Exit point for traffic to ESOE.
	△ DETSO 583600N 0141552E	NIL	57.2	FL 660 / FL 095 Class C	↓		DETSO: Entry point for traffic from ESGT/ESIB.
	△ PELIT 591202N 0154116E	NIL	20.6	FL 660 / FL 095 Class C	↓		
	△ TORVA 592445N 0161243E	NIL	17.0	FL 660 / FL 095 Class C	↓		
	△ AROS DVOR/DME ARS 593510.4N 0163901.2E	NIL	24.6	FL 285 / FL 095 Class C	↓		
	△ LINSÄ 594328N 0172442E	NIL	60.3	FL 285 / FL 095 Class C	↓		To avoid ES R15 TEMPO radarvectoring on ATC instructions. Route extension: Max 6 NM
	△ DODAM FIR BDRY 600240N 0191806E	NIL					For continuation, see AIP Finland.
	N983 (RNAV 5)	△ RØNNE VOR ROE 550356.08N 0144531.29E	NIL	15.8	FL 285 / FL 095 Class C	↓	↑
△ AMROR FIR BDRY 545324N 0150550E		NIL					For continuation, see AIP Poland.
P12 (RNAV 5)	△ DETNI FIR BDRY 545500N 0142039E	NIL	16.9	FL 285 / FL 095 Class C	↓		For continuation, see AIP Germany.
	△ RØNNE VOR ROE 550356.08N 0144531.29E	NIL	38.8	FL 285 / FL 095 Class C	↓	↑	To avoid ES D138 TEMPO radar vectoring on ATC instructions. Route extension: Max 3 NM
	△ ETRUS 552824N 0153805E	NIL					

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ±5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
P156 (RNAV 5)	△ BABAP 592520.2N 0184227.5E	NIL	30.6	FL 660 / FL 095 Class C	↓		
	△ NEKLA 590000.0N 0191549.1E	NIL	68.8	FL 285 / FL 095 Class C	↓		
	△ RASEL FIR BDRY 580141N 0202453E	NIL				For continuation, see AIP Latvia.	
P600 (RNAV 5)	△ GILEN FIR BDRY 680139N 0170604E	NIL	46.6	FL 660 / FL 195 Class C		↓	
	△ LIVLI 671543N 0164848E	NIL	83.6	FL 660 / FL 195 Class C		↓	
	△ BAMIP 655647N 0154142E	NIL	38.6	FL 660 / FL 195 Class C		↓	
	△ TIXOR 652013N 0151301E	NIL	45.8	FL 660 / FL 195 Class C		↓	
	△ ATLEM 643642N 0144040E	NIL	38.7	FL 660 / FL 195 Class C		↓	
	△ NETAV 635947N 0141437E	NIL	100.4	FL 660 / FL 195 Class C		↓	
	△ OVDAL 622343N 0131205E	NIL	56.0	FL 660 / FL 195 Class C		↓	
	△ XELVI FIR BDRY 612959N 0124005E	NIL				For continuation, see AIP Norway.	
	P605 (RNAV 5)	△ MOSAT FIR BDRY 550231N 0124717E	NIL	11.2	FL 285 / FL 095 Class C	↓	
		△ MALIV 550945.8N 0130212.7E	NIL	23.3	FL 285 / FL 095 Class C	↓	
△ TIDVU 552440.7N 0133327.1E		NIL	25.9	FL 660 / FL 095 Class C	↓	↑	
△ EKRAL 554636.4N 0135746.2E		NIL	26.1	FL 660 / FL 095 Class C	↓	↑	
△ ETPIG 561115N 0141254E		NIL			↓	↑	
						CDR1 H24	
					For continuation, see AIP Denmark.		

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
P606 (RNAV 5)	Δ KALMAR VOR/DME KAL 564107.2N 0161702.8E	NIL	66.5	FL 285 / FL 095 Class C	↓		To avoid ES R28 TEMPO radar vectoring on ATC instruction. Route extension: Max 6 NM ALAMI is a "fly over" point For continuation, see AIP Finland.
	Δ OLANU 572808N 0174307E	NIL	138.9	FL 285 / FL 095 Class C	↓		
	Δ ALAMI FIR BDRY 590252N 0205457E	NIL					
P607 (RNAV 5)	Δ ROGED FIR BDRY 603046N 0123624E	NIL	137.7	FL 285 / FL 095 Class C	↓		For continuation, see AIP Norway.
	Δ ELTOK 594928.0N 0165923.7E	NIL	14.1	FL 285 / FL 095 Class C	↓	↑	
	Δ LINSÄ 594328N 0172442E	NIL	26.8	FL 285 / FL 095 Class C	↓	↑	
	Δ TEBBY DVOR/DME TEB 593154.1N 0181211.9E	NIL	16.8	FL 285 / FL 095 Class C	↓	↑	
	Δ BABAP 592520.2N 0184227.5E	NIL	14.4	FL 660 / FL 095 Class C	↓	↑	
	Δ APTUG 591936N 0190820E	NIL	14.4	FL 660 / FL 095 Class C	↓	↑	
	Δ TOMBU 591346.0N 0193404.2E	NIL	46.8	FL 285 / FL 095 Class C	↓	↑	
	Δ NEBSI FIR BDRY 585418N 0205629E	NIL					
						For continuation, see AIP Estonia.	

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ±5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
P609 (RNAV 5)	Δ VATEX FIR BDRY 591903N 0114914E	NIL	_____		_____	_____	For continuation, see AIP Norway.
			4.3	FL 660 / FL 095 Class C	↓	↑	CDR1 H24
	Δ OKSAT 591946N 0115726E	NIL	_____		_____	_____	
			42.7	FL 660 / FL 095 Class C	↓	↑	Above FL285 AVBL eastbound only. CDR1 H24
	Δ KARLSTAD VOR/DME KSD 592632.8N 0131953.6E	NIL	_____		_____	_____	
			89.1	FL 660 / FL 095 Class C	↓	↑	To avoid ES R18 TEMPO radar vectoring on ATC instruction. Route extension 1 NM Above FL285 AVBL westbound only. CDR1 H24
	Δ BEDLA 593744N 0161330E	NIL	_____		_____	_____	
			20.6	FL 285 / FL 095 Class C	↓	↑	
	Δ ARGIB 595053N 0164441E	NIL	_____		_____	_____	
		49.5	FL 285 / FL 095 Class C	↓	↑		
Δ RESNA 602201.0N 0180129.4E	NIL	_____		_____	_____		
		35.9	FL 285 / FL 095 Class C	↓	↑		
Δ SIPRI 605044N 0184506E	NIL	_____		_____	_____		
		36.6	FL 285 / FL 095 Class C	↓	↑		
Δ BAKLA FIR BDRY 612145N 0192457E	NIL	_____		_____	_____	For continuation, see AIP Finland.	
P739 (RNAV 5)	Δ DEREK FIR BDRY 574022N 0201239E	NIL	_____		_____	_____	For continuation, see AIP Latvia.
			150.5	FL 285 / FL 095 Class C		↓	
Δ KOLJA 560000N 0164853E	NIL	_____		_____	_____		
P850 (RNAV 5)	Δ ROGED FIR BDRY 603046N 0123624E	NIL	_____		_____	_____	For continuation, see AIP Norway.
			69.8	FL 285 / FL 245 Class C	↓	↑	
	Δ DIKVI 611744N 0142147E	NIL	_____		_____	_____	
			38.4	FL 285 / FL 245 Class C	↓	↑	
	Δ ETOMI 614257N 0152159E	NIL	_____		_____	_____	
		107.2	FL 285 / FL 245 Class C	↓	↑		
Δ GAJPA 630013.5N 0180104.9E	NIL	_____		_____	_____		

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
P854 (RNAV 5)	△ LAMPI FIR BDRY 633219N 0210212E	NIL	11.7	FL 285 / FL 095 Class C	↑	↓	For continuation, see AIP Finland.
	△ ROSMO 634159N 0204739E	NIL	15.0	FL 285 / FL 095 Class C	↑	↓	
	△ LAPIX 635421N 0202844E	NIL					
P855 (RNAV 5)	△ TOGMI FIR BDRY 614543N 0193225E	NIL	228.3	FL 285 / FL 245 Class C	↑	↓	For continuation, see AIP Finland.
	△ SOLKA FIR BDRY 631951N 0120309E	NIL					For continuation, see AIP Norway.
P862 (RNAV 5)	△ EVONA FIR BDRY 570954N 0195529E	NIL	260.4	FL 285 / FL 095 Class C	↑		For continuation, see AIP Latvia. To avoid ES R34, ES R55, ES R63, ES R64 and ES D164-166 TEMPO radar vectoring on ATC instruction. Route extension: Max 4 NM CDR1 H24
	△ MALIV 550945.8N 0130212.7E	NIL					
P863 (RNAV 5)	△ DEREK FIR BDRY 574022N 0201239E	NIL	199.5	FL 285 / FL 095 Class C		↓	For continuation, see AIP Latvia. CDR1 H24
	△ KOTAM 560758N 0145012E	NIL					
P998 (RNAV 5)	△ SUTEV FIR BDRY 643314N 0224416E	NIL	61.3	FL 285 / FL 095 Class C	↑	↓	For continuation, see AIP Finland. CDR1 H24
	△ LULEÅ VOR/DME SLU 653224.8N 0220803.3E	NIL					
Q44 (RNAV 5)	△ KEMAX 560735N 0132714E	NIL	35.0	FL 660 / FL 095 Class C	↓		CDR1 H24
	△ IDPAL 562738N 0141841E	NIL	246.1	FL 285 / FL 095 Class C	↓		CDR1 H24
	△ NEREN FIR BDRY 583740N 0204618E	NIL					For continuation, see AIP Estonia.
Q800 (RNAV 5)	△ POKEN FIR BDRY 544910N 0143351E	NIL	72.2	FL 285 / FL 095 Class C	↓	↑	For continuation, see AIP Poland. To avoid EK R95, EK R96, ES D138 and ES D139 TEMPO radar vectoring on ATC instruction. Route extension: GND-FL200 Max 27 NM. FL200 and above MAX 7 NM.
	△ LARMA FIR BDRY 551628N 0163006E	NIL					For continuation, see AIP Poland.

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
T31 (RNAV 5)	Δ BODRI FIR BDRY 622454N 0194927E	NIL	99.3	FL 285 / FL 095 Class C		↓	
	Δ SIPRI 605044N 0184506E	NIL	35.7	FL 660 / FL 095 Class C		↓	
	Δ HAMMAR DVOR/DME HMR 601645.2N 0182329.6E	NIL	80.3	FL 285 / FL 095 Class C		↓	
	Δ NOSLI 590422.0N 0171529.2E	NIL					
T63 (RNAV 5)	Δ USIKI FIR BDRY 661527N 0152342E	NIL	20.1	FL 285 / FL 105 Class C	↓		For continuation, see AIP Norway.
	Δ BAMIP 655647N 0154142E	NIL					
T64 (RNAV 5)	Δ SOLKA FIR BDRY 631951N 0120309E	NIL	52.1	FL 285 / FL 115 Class C	↓	↑	
	Δ DIRAV 634923N 0133907E	NIL	18.8	FL 285 / FL 115 Class C	↓	↑	
	Δ NETAV 635947N 0141437E	NIL					

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
T65 (RNAV 5)	△ OSKOK FIR BDRY 621911N 0121544E	NIL	_____	FL 660 / FL 285 Class C	↓	↑	For continuation, see AIP Norway.
	43.7						
	△ MAVIP 625624N 0130456E	NIL	_____	FL 660 / FL 195 Class C	↓		
	55.3						
	△ DIRAV 634923N 0133907E	NIL	_____	FL 660 / FL 195 Class C	↓		
	13.3						
	△ GIKAV FIR BDRY 640204N 0134738E	NIL	_____	FL 660 / FL 195 Class C	↓		
	27.1						
	△ NOGBO FIR BDRY 642745N 0140650E	NIL	_____	FL 660 / FL 195 Class C	↓		
	112.7						
	△ USIKI FIR BDRY 661527N 0152342E	NIL	_____	FL 660 / FL 195 Class C	↓		
4.7							
△ LIDNA FIR BDRY 661952N 0152739E	NIL	_____	FL 660 / FL 195 Class C	↓			
29.1							
△ ABAXI FIR BDRY 664706N 0155233E	NIL	_____	FL 660 / FL 195 Class C	↓			
30.6							
△ TIPEL FIR BDRY 671543N 0161948E	NIL	_____	FL 660 / FL 195 Class C	↓			
49.4							
△ GILEN FIR BDRY 680139N 0170604E	NIL	_____					
T70 (RNAV 5)	△ SUTEV FIR BDRY 643314N 0224416E	NIL	_____	FL 285 / FL 095 Class C	↑	↓	For continuation, see AIP Finland. To avoid ES R07 and ES R09 TEMPO radar vectoring on ATC instruction. Route extension: 1 NM CDR1 H24
	45.5						
	△ KETEL 641156.8N 0211150.0E	NIL	_____	FL 285 / FL 095 Class C	↑	↓	
	25.9						
	△ LAPIX 635421N 0202844E	NIL	_____	FL 285 / FL 095 Class C	↑	↓	
	85.7						
△ GAJPA 630013.5N 0180104.9E	NIL	_____	FL 285 / FL 095 Class C	↑	↓		
175.2							
△ XELVI FIR BDRY 612959N 0124005E	NIL	_____				For continuation, see AIP Norway.	

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
T81 (RNAV 5)	Δ BESLA 655127.1N 0221836.9E	NIL	44.8	FL 285 / FL 095 Class C		↓	To avoid ES R58 TEMPO radar vectoring on ATC instructions. Route extension: Max 1 NM.
	Δ VERAG 650731.9N 0215913.5E	NIL	59.4	FL 285 / FL 095 Class C		↓	
	Δ KETEL 641156.8N 0211150.0E	NIL	31.9	FL 285 / FL 095 Class C		↓	
	Δ ROSMO 634159N 0204739E	NIL	17.9	FL 285 / FL 095 Class C		↓	
	Δ VALAK FIR BDRY 632507N 0203427E	NIL					
T89 (RNAV 5)	Δ IRGAL FIR BDRY 624950N 0200039E	NIL	10.8	FL 285 / FL 095 Class C	↑	↓	For continuation, see AIP Finland. To avoid ES R70 TEMPO radar vectoring on ATC instruction. Route extension: 2 NM
	Δ EDAXA 624654N 0193756E	NIL	88.7	FL 285 / FL 095 Class C	↑	↓	
	Δ DEGED 620601N 0164844E	NIL	47.1	FL 285 / FL 095 Class C	↑	↓	
	Δ ETOMI 614257N 0152159E	NIL	83.3	FL 285 / FL 245 Class C	↑	↓	
	Δ BUGAX 610000N 0125357E	NIL					
T311 (RNAV 5)	Δ EGAGO FIR BDRY 614033N 0121300E	NIL	51.5	FL 285 / FL 195 Class C	↓	↑	For continuation, see AIP Norway.
	Δ OVDAL 622343N 0131205E	NIL					
T314 (RNAV 5)	Δ RESNA 602201.0N 0180129.4E	NIL	16.5	FL 285 / FL 095 Class C	↓		
	Δ DEGAL 603820N 0175724E	NIL	74.7	FL 285 / FL 095 Class C	↓		
	Δ ZIPCO 615214.4N 0173757.2E	NIL	39.9	FL 285 / FL 095 Class C	↓		
	Δ SUNDSVALL DVOR/DME SUN 623142.4N 0172655.4E	NIL					

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
T316 (RNAV 5)	Δ SUNDSVALL DVOR/DME SUN 623142.4N 0172655.4E	NIL	39.5	FL 285 / FL 095 Class C		↓	
	Δ FOXSA 615451.4N 0175629.3E	NIL	3.0	FL 285 / FL 095 Class C		↓	
	Δ ASVOB 615204N 0175841E	NIL	65.4	FL 285 / FL 095 Class C		↓	
	Δ SIPRI 605044N 0184506E	NIL	35.7	FL 660 / FL 095 Class C	↓		Flight level change over HMR.
	Δ HAMMAR DVOR/DME HMR 601645.2N 0182329.6E	NIL	52.4	FL 285 / FL 095 Class C	↓		Flight level change over HMR.
	Δ BABAP 592520.2N 0184227.5E	NIL	10.1	FL 660 / FL 095 Class C	↓		
	Δ ALOLA 591536N 0183706E	NIL	20.0	FL 660 / FL 095 Class C	↓		To avoid ES R71 TEMPO radar vectoring on ATC instruction. Route extension: 15 NM
	Δ NEPVA 585544N 0183359E	NIL	41.3	FL 285 / FL 095 Class C	↓		To avoid ES R71 and D175 TEMPO radar vectoring on ATC instruction. Route extension: 15 NM
	Δ GOTAL 581438.0N 0182743.0E	NIL	35.3	FL 285 / FL 095 Class C	↓		
	Δ VISBY VOR/DME VSB 573934.3N 0182048.7E	NIL	127.7	FL 285 / FL 095 Class C	↓	↑	
	Δ PENOR FIR BDRY 553819N 0170941E	NIL					For continuation, see AIP Poland.

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
T317 (RNAV 5)	Δ AROS DVOR/DME ARS 593510.4N 0163901.2E	NIL	_____	FL 660 / FL 095 Class C	↓	_____	
	Δ ELTOK 594928.0N 0165923.7E	NIL	_____	FL 285 / FL 095 Class C	↓	_____	
	Δ RESNA 602201.0N 0180129.4E	NIL	_____	FL 285 / FL 095 Class C	↓	_____	To avoid ES D171 TEMPO radar vectoring on ATC instructions. Route extension: Max 2 NM
	Δ ÖRNSKÖLDSVIK VOR/DME OSK 632421.8N 0185936.8E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	RASEN: Entry/exit point for traffic from/to ESNL. CDR1 H24
	Δ RASEN 634843N 0190551E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	RASEN: Entry/exit point for traffic from/to ESNL. REKMI: Entry/exit point for traffic from/to ESNX. CDR1 H24
	Δ REKMI 651059N 0192821E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	REKMI: Entry/exit point for traffic from/to ESNX. CDR1 H24
	Δ OSKIR 654015N 0193656E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	To avoid ES R02 TEMPO radar vectoring on ATC instructions. Route extension: Max 8 NM ITVAV: Entry/exit point for traffic from/to ESNL. CDR1 H24
	Δ ITVAV 664430N 0195658E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	ITVAV: Entry/exit point for traffic from/to ESNL. CDR1 H24
	Δ VAGAS 672057.2N 0200907.7E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	CDR1 H24
	Δ KIRUNA DVOR/DME KRA 674909.3N 0202015.3E	NIL	_____	FL 285 / FL 095 Class C	↓	↑	To avoid ES R01 TEMPO radar vectoring on ATC instruction. Route extension: 22 NM. CDR1 H24
	Δ NOVRI 683242N 0203944E	NIL	_____	_____	_____	_____	_____
	T318 (RNAV 5)	Δ ÖRNSKÖLDSVIK VOR/DME OSK 632421.8N 0185936.8E	NIL	_____	FL 285 / FL 095 Class C	_____	↓
Δ SIPRI 605044N 0184506E		NIL	_____	_____	_____	_____	_____

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
T320 (RNAV 5)	△ EKMIK FIR BDRY 651506N 0234339E	NIL	_____		_____	_____	For continuation, see AIP Finland.
			43.6	FL 285 / FL 095 Class C	↑	↓	CDR1 H24
	△ LULEÅ VOR/DME SLU 653224.8N 0220803.3E	NIL	_____		_____	_____	
			41.4	FL 285 / FL 095 Class C	↑	↓	To avoid ES R05 TEMPO radar vectoring on ATC instruction. Route extension: Max 4 NM CDR1 H24
	△ BEGDO 655414N 0204253E	NIL	_____		_____	_____	
			86.8	FL 285 / FL 095 Class C	↑	↓	To avoid ES R02 TEMPO radar vectoring on ATC instruction. Route extension: Max 13 NM CDR1 H24
	△ UPEVA 663714N 0173644E	NIL	_____		_____	_____	
			40.8	FL 285 / FL 095 Class C	↑	↓	CDR1 H24
	△ MIMKI FIR BDRY 665609N 0160526E	NIL	_____		_____	_____	For continuation, see AIP Norway.
T365 (RNAV 5)	△ ALOLA 591536N 0183706E	NIL	_____		_____	_____	
			20.2	FL 660 / FL 095 Class C	↓	_____	
	△ ODIBI 585707N 0185232E	NIL	_____		_____	_____	
T400 (RNAV 5)	△ EGAGO FIR BDRY 614033N 0121300E	NIL	_____		_____	_____	For continuation, see AIP Norway.
			85.2	FL 285 / FL 245 Class C	↓	↑	
	△ DIBVA 623752N 0142655E	NIL	_____		_____	_____	
			129.6	FL 285 / FL 245 Class C	↓	↑	
	△ LUKIG 635855N 0181039E	NIL	_____		_____	_____	
			16.5	FL 285 / FL 245 Class C	↓	↑	CDR1 H24
	△ TUDGI 640849N 0184044E	NIL	_____		_____	_____	
			61.5	FL 285 / FL 245 Class C	↓	↑	CDR1 H24
	△ UNKAS 645309N 0201910E	NIL	_____		_____	_____	
			30.9	FL 285 / FL 095 Class C	↓	↑	CDR1 H24
	△ RISEM 651308.6N 0211431.6E	NIL	_____		_____	_____	
			39.4	FL 285 / FL 095 Class C	_____	↑	
△ LAMOS 654817.0N 0215653.3E	NIL	_____		_____	_____		
		57.4	FL 285 / FL 095 Class C	_____	↑	CDR1 H24	
△ ABALA 663930N 0230000E	NIL	_____		_____	_____		
		28.3	FL 285 / FL 095 Class C	_____	↑	CDR1 H24	
△ NEBET FIR BDRY 670205N 0234301E	NIL	_____		_____	_____	For continuation, see AIP Finland.	

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ±5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
T401 (RNAV 5)	△ KETEL 641156.8N 0211150.0E	NIL	80.6	FL 285 / FL 095 Class C	↑	↓	CDR1 H24
	△ LUKIG 635855N 0181039E	NIL	168.4	FL 285 / FL 095 Class C	↑	↓	
	△ SOLKA FIR BDRY 631951N 0120309E	NIL					For continuation, see AIP Norway.
T402 (RNAV 5)	△ JÖNKÖPING DVOR/DME JON 574537.6N 0140355.5E	NIL	107.5	FL 660 / FL 095 Class C		↓	To avoid ES R50 TEMPO radar vectoring on ATC instruction. Route extension: Max 1 NM. CDR1 H24
	△ ERNOV 561007.9N 0123425.6E	NIL	4.1	FL 285 / FL 095 Class C		↓	
	△ AMSUR FIR BDRY 560602N 0123350E	NIL					For continuation, see AIP Denmark.
T403 (RNAV 5)	△ VERAG 650731.9N 0215913.5E	NIL	44.9	FL 285 / FL 095 Class C		↓	To avoid ES R58A TEMPO radar vectoring on ATC instruction. Route extension: Max 2 NM CDR1 H24
	△ UNKAS 645309N 0201910E	NIL					
T404 (RNAV 5)	△ XONTU FIR BDRY 655626N 0240436E	NIL	71.6	FL 285 / FL 095 Class C		↓	For continuation, see AIP Finland.
	△ VERAG 650731.9N 0215913.5E	NIL	109.0	FL 285 / FL 095 Class C		↓	To avoid ES R58A TEMPO radar vectoring on ATC instruction. Route extension: Max 4 NM
	△ RASEN 634843N 0190551E	NIL					
T408 (RNAV 5)	△ KEMAX 560735N 0132714E	NIL	35.0	FL 660 / FL 095 Class C	↓		CDR1 H24
	△ OTVEB 562930N 0141610E	NIL	262.9	FL 285 / FL 095 Class C	↓		ALAMI is a "fly over" point. CDR1 H24
	△ ALAMI FIR BDRY 590252N 0205457E	NIL					For continuation, see AIP Finland.

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
T519 (RNAV 5)	Δ NOGBO FIR BDRY 642745N 0140650E	NIL	181.2	FL 660 / FL 195 Class C	↓	↑	
	Δ LIVLI 671543N 0164848E	NIL	101.3	FL 660 / FL 195 Class C	↓	↑	
	Δ PEMAB 681911N 0201625E	NIL					
Y40 (RNAV 5)	Δ XILAN 593933.5N 0190433.8E	NIL	106.6	FL 285 / FL 245 Class C	↓		
	Δ RASEL FIR BDRY 580141N 0202453E	NIL					For continuation, see AIP Latvia.
Y41 (RNAV 5)	Δ LARMA FIR BDRY 551628N 0163006E	NIL	237.0	FL 285 / FL 095 Class C		↓	For continuation, see AIP Poland. To avoid ES D164/ES D166/ES R63 TEMPO radar vectoring on ATC instruction. Route extension : Max 20 NM CDR1 H24
	Δ SABAK 581035.6N 0113833.8E	NIL					
Y42 (RNAV 5)	Δ TINKA 591218.7N 0161747.0E	NIL	18.8	FL 660 / FL 095 Class C	↑	↓	
	Δ PELIT 591202N 0154116E	NIL	20.5	FL 660 / FL 095 Class C	↑	↓	Above FL285 AVBL westbound only.
	Δ DEPEX 591131N 0150121E	NIL					
Y43 (RNAV 5)	Δ KELIN 581436.9N 0120315.0E	NIL	32.4	FL 285 / FL 095 Class C	↑		To avoid ES R43 TEMPO radar vectoring on ATC instruction. Route extension : Max 2 NM
	Δ XENTA 584129N 0112858E	NIL	28.2	FL 660 / FL 095 Class C	↑	↓	Above FL285 AVBL westbound only.
	Δ REPKU FIR BDRY 584821N 0103629E	NIL					For continuation, see AIP Norway.
Y44 (RNAV 5)	Δ PENOR FIR BDRY 553819N 0170941E	NIL	237.0	FL 285 / FL 095 Class C		↓	For continuation, see AIP Poland. To avoid ES R64M/S TEMPO radar vectoring on ATC instruction. Route extension : Max 2 NM
	Δ SABAK 581035.6N 0113833.8E	NIL					

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
Y96 (RNAV 5)	Δ EVLAN FIR BDRY 601508N 0190643E	NIL	_____		_____	_____	For continuation, see AIP Finland.
			41.5	FL 285 / FL 095 Class C	↑	↓	
	Δ DEGAL 603820N 0175724E	NIL	_____		_____	_____	
			179.4	FL 285 / FL 095 Class C	↑	↓	
Y130 (RNAV 5)	Δ OXOTI 624508N 0133124E	NIL	_____		_____	_____	For continuation, see AIP Latvia. To avoid ES R22 TEMPO radar vectoring on ATC instruction. Route extension: 9 NM CDR1 H24
			16.6	FL 285 / FL 095 Class C	↑	↓	
	Δ MAVIP 625624N 0130456E	NIL	_____		_____	_____	
			197.6	FL 285 / FL 095 Class C	↑	↓	
Y360 (RNAV 5)	Δ RASEL FIR BDRY 580141N 0202453E	NIL	_____		_____	_____	For continuation, see AIP Finland.
			43.5	FL 285 / FL 095 Class C		↓	
Y430 (RNAV 5)	Δ LUPET FIR BDRY 593825N 0195235E	NIL	_____		_____	_____	To avoid ES R22, ES R25 and ES R75 TEMPO radar vectoring on ATC instruction. Route extension: 3 NM CDR1 H24
			40.0	FL 660 / FL 095 Class C	↓		
	Δ ELRID 593409N 0182718E	NIL	_____		_____	_____	
			72.8	FL 660 / FL 095 Class C	↓		
Y440 (RNAV 5)	Δ LABAN 581009.8N 0131739.5E	NIL	_____		_____	_____	To avoid ES R22 and ES R208 TEMPO radar vectoring on ATC instruction. Route extension: 3 NM CDR1 H24
			52.7	FL 660 / FL 095 Class C	↓		
	Δ UMTON 583242N 0142020E	NIL	_____		_____	_____	
Y440 (RNAV 5)	Δ TINKA 591218.7N 0161747.0E	NIL	_____		_____	_____	CDR1 H24
	Δ BOMGU FIR BDRY 585424N 0104307E	NIL	_____		_____	_____	
	Δ SABAK 581035.6N 0113833.8E	NIL	_____		_____	_____	CDR1 H24

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
Z11 (RNAV 5)	Δ KOGAV 600452.0N 0171346.6E	NIL	181.7	FL 285 / FL 095 Class C		↓	To avoid ES R209 TEMPO radar vectoring on ATC instructions. Route extension: Max 10 NM.
	Δ OVDAL 622343N 0131205E	NIL	44.2	FL 285 / FL 115 Class C		↓	
	Δ TIGBA FIR BDRY 625614N 0120731E	NIL					
Z15 (RNAV 5)	Δ ROVPA FIR BDRY 604402N 0122344E	NIL	25.1	FL 285 / FL 095 Class C	↓		To avoid ES R200 TEMPO radar vectoring on ATC instruction. Route extension: Max 2 NM
	Δ LOMLA 603526.5N 0131137.0E	NIL	122.6	FL 285 / FL 095 Class C	↓		
	Δ ELTOK 594928.0N 0165923.7E	NIL					
Z108 (RNAV 5)	Δ NOGBO FIR BDRY 642745N 0140650E	NIL	17.1	FL 285 / FL 115 Class C	↓	↑	For continuation, see AIP Norway. CDR1 H24
	Δ ATLEM 643642N 0144040E	NIL	12.7	FL 285 / FL 115 Class C	↓	↑	
	Δ AGMOL 644313N 0150554E	NIL					
Z132 (RNAV 5)	Δ LATKU 583326N 0115813E	NIL	17.3	FL 660 / FL 095 Class C	↑		Above FL285 AVBL eastbound only. For continuation, see AIP Norway.
	Δ XENTA 584129N 0112858E	NIL	27.1	FL 660 / FL 095 Class C	↑	↓	
	Δ BOMGU FIR BDRY 585424N 0104307E	NIL					
Z155 (RNAV 5)	Δ TOGMI FIR BDRY 614543N 0193225E	NIL	16.8	FL 285 / FL 245 Class C	↑	↓	
	Δ RIKPA 614947N 0185800E	NIL	194.5	FL 285 / FL 245 Class C	↑	↓	
	Δ OLGUV FIR BDRY 622603N 0121053E	NIL					

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ±5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
Z166 (RNAV 5)	Δ VATEX FIR BDRY 591903N 0114914E	NIL	_____		_____	_____	
			30.3	FL 660 / FL 095 Class C	↓	↑	
	Δ NIBNO 594424N 0122132E	NIL	_____		_____	_____	
			69.9	FL 285 / FL 095 Class C	↓	↑	EBURI: Entry point for traffic from ESOK.
	Δ EBURI 594800N 0143938E	NIL	_____		_____	_____	
			63.2	FL 285 / FL 095 Class C	↓	↑	EBURI: Entry point for traffic from ESOK.
	Δ ARGIB 595053N 0164441E	NIL	_____		_____	_____	
Z183 (RNAV 5)	Δ MASEV FIR BDRY 601040N 0123205E	NIL	_____		_____	_____	
			57.7	FL 660 / FL 095 Class C	↓	_____	
	Δ LEGPO 600246N 0142618E	NIL	_____		_____	_____	
			26.3	FL 285 / FL 095 Class C	↓	_____	
	Δ MILNU 595837N 0151801E	NIL	_____		_____	_____	
			44.3	FL 285 / FL 095 Class C	↓	_____	
	Δ ARGIB 595053N 0164441E	NIL	_____		_____	_____	
			7.6	FL 285 / FL 095 Class C	↓	_____	
Δ ELTOK 594928.0N 0165923.7E	NIL	_____		_____	_____		
Z212 (RNAV 5)	Δ POKEN FIR BDRY 544910N 0143351E	NIL	_____		_____	_____	
			16.2	FL 285 / FL 095 Class C	↓	↑	For continuation, see AIP Poland.
	Δ RØNNE VOR ROE 550356.08N 0144531.29E	NIL	_____		_____	_____	
Z226 (RNAV 5)	Δ PELUP 581643.8N 0162840.5E	NIL	_____		_____	_____	
			54.8	FL 660 / FL 095 Class C	↓	_____	To avoid ES R71 TEMPO radar vectoring on ATC instructions. Route extension: NIL
	Δ NILUG 584857N 0175305E	NIL	_____		_____	_____	
Z227 (RNAV 5)	Δ VIBAR 573441N 0162326E	NIL	_____		_____	_____	
			88.3	FL 660 / FL 095 Class C	↓	_____	To avoid ES R71 TEMPO radar vectoring on ATC instructions. Route extension: NIL
	Δ NILUG 584857N 0175305E	NIL	_____		_____	_____	CDR1 H24

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ± 5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
Z228 (RNAV 5)	Δ ARMOD 573003N 0172046E	NIL	80.9	FL 660 / FL 095 Class C	↓		To avoid ES R71 TEMPO radar vectoring on ATC instruction. Route extension: 4 NM CDR1 H24
	Δ NILUG 584857N 0175305E	NIL					
Z229 (RNAV 5)	Δ ROGMI 581137.6N 0180006.3E	NIL	37.6	FL 660 / FL 095 Class C	↓		To avoid ES R71 and ES D175 TEMPO radar vectoring on ATC instruction. Route extension: 9 NM
	Δ NILUG 584857N 0175305E	NIL					
Z255 (RNAV 5)	Δ KOGAV 600452.0N 0171346.6E	NIL	116.4	FL 285 / FL 095 Class C		↓	To avoid ES R209 TEMPO radar vectoring on ATC instruction. Route extension: Max 5 NM
	Δ UMSAK 612528N 0142301E	NIL	80.8	FL 285 / FL 095 Class C		↓	To avoid ES R13 TEMPO radar vectoring on ATC instruction. Route extension: Max 3 NM
	Δ OSKOK FIR BDRY 621911N 0121544E	NIL					For continuation, see AIP Norway.
Z259 (RNAV 5)	Δ KARLSTAD VOR/DME KSD 592632.8N 0131953.6E	NIL	37.6	FL 660 / FL 095 Class C		↓	CDR1 H24
	Δ TEKVA 595905N 0124310E	NIL	10.0	FL 660 / FL 095 Class C		↓	
	Δ ESEBA FIR BDRY 600046N 0122332E	NIL					
Z265 (RNAV 5)	Δ TOGMI FIR BDRY 614543N 0193225E	NIL	178.9	FL 285 / FL 245 Class C	↑	↓	
	Δ OXOTI 624508N 0133124E	NIL	40.0	FL 285 / FL 245 Class C	↑	↓	
	Δ TIGBA FIR BDRY 625614N 0120731E	NIL					

RNAV ROUTES							
RNAV 5 represents a navigation accuracy of ±5 NM on a 95 per cent containment basis.							
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address	
				Odd	Even		
1	2	3	4	5		6	
Z330 (RNAV 5)	△ ELVIX 552443N 0140539E	NIL	50.1	FL 285 / FL 095 Class C	↓		To avoid ES R34, ES R35 and ES R38A/B TEMPO radar vectoring on ATC instruction. Route extension: 11 NM CDR1 H24
	△ KOTAM 560758N 0145012E	NIL	37.5	FL 285 / FL 095 Class C	↓		CDR1 H24
	△ TEMLI 564041.5N 0152301.7E	NIL	63.3	FL 285 / FL 095 Class C	↓	↑	CDR1 H24
	△ VIBAR 573441N 0162326E	NIL	89.0	FL 660 / FL 095 Class C	↓		CDR1 H24
	△ TROSA DVOR/DME TRS 585616.5N 0173008.3E	NIL					
Z371 (RNAV 5)	△ GEVRU 604434N 0141947E	NIL	64.4	FL 285 / FL 195 Class C	↑	↓	To avoid ES R13 TEMPO radar vectoring on ATC instruction. Route extension: Max 3 NM.
	△ ARPIV 613914N 0130957E	NIL	47.5	FL 285 / FL 115 Class C	↑	↓	
	△ OSKOK FIR BDRY 621911N 0121544E	NIL					For continuation, see AIP Norway
Z400 (RNAV 5)	△ TIDVU 552440.7N 0133327.1E	NIL	29.7	FL 660 / FL 095 Class C		↑	
	△ BAKLI FIR BDRY 545500.0N 0133338.8E	NIL					For continuation, see AIP Germany.
Z418 (RNAV 5)	△ BORLÄNGE VOR/DME BOR 602517.4N 0153109.1E	NIL	94.4	FL 285 / FL 095 Class C		↓	BOR: Exit for traffic to ESKS. To avoid ES R200 TEMPO radar vectoring on ATC instruction. Route extension: 2 NM
	△ ROVPA FIR BDRY 604402N 0122344E	NIL					ROVPA: Entry for traffic from ESKS. For continuation, see AIP Norway.
Z451 (RNAV 5)	△ ASTOS 560714N 0125741E	NIL	44.7	FL 660 / FL 095 Class C	↓		
	△ ROXEN 563352N 0140200E	NIL					

RNAV ROUTES						
RNAV 5 represents a navigation accuracy of ±5 NM on a 95 per cent containment basis.						
Route designator (RNAV/RNP type) Name of significant points Coordinates	Way-point IDENT (NIL)	Geodesic DIST NM	Upper limits / Lower limits Airspace classification	Direction of cruising levels		Remarks Controlling unit Logon Channel address
				Odd	Even	
1	2	3	4	5		6
Z490 (RNAV 5)	△ ASTOS 560714N 0125741E	NIL	16.5	FL 660 / FL 095 Class C	↓	
	△ KEMAX 560735N 0132714E	NIL	46.4	FL 660 / FL 095 Class C	↓	
	△ KOTAM 560758N 0145012E	NIL				
Z491 (RNAV 5)	△ SIMEG 551500N 0133004E	NIL	24.2	FL 660 / FL 095 Class C	↓	
	△ TELMO 550316.6N 0140658.6E	NIL	12.9	FL 285 / FL 095 Class C	↓	
	△ KEKOV 545658N 0142628E	NIL	8.9	FL 285 / FL 095 Class C	↓	
	△ POKEN FIR BDRY 544910N 0143351E	NIL				For continuation, see AIP Poland.
Z493 (RNAV 5)	△ SIMEG 551500N 0133004E	NIL	30.5	FL 660 / FL 095 Class C	↓	CDR1 H24 For continuation, see AIP Germany.
	△ BIKRU FIR BDRY 545500N 0141000E	NIL				
Z540 (RNAV 5)	△ NEKLA 590000.0N 0191549.1E	NIL	25.4	FL 660 / FL 095 Class C	↑	↓
	△ ALOLA 591536N 0183706E	NIL				
Z702 (RNAV 5)	△ EVBAS FIR BDRY 560844N 0122840E	NIL	71.4	FL 285 / FL 245 Class C	↓	For continuation, see AIP Denmark.
	△ DEKIK 564552N 0141828E	NIL				
Z703 (RNAV 5)	△ ELPAX 580544N 0151624E	NIL	75.5	FL 660 / FL 095 Class C		↓ CDR1 H24
	△ UMIXA 570924N 0134302E	NIL	70.7	FL 285 / FL 095 Class C		↓ CDR1 H24
	△ KULUD FIR BDRY 561538N 0121959E	NIL				For continuation, see AIP Denmark.
Z731 (RNAV 5)	△ MAKUR FIR BDRY 572547.0N 0112425.0E	NIL	45.5	FL 285 / FL 095 Class C	↓	For continuation, see AIP Denmark.
	△ SABAK 581035.6N 0113833.8E	NIL				