

**RNAV (DME/DME or GNSS)  
STAR RWY 19R/19L**



**Prescribed Coding of RNAV STAR for RWY 19R/19L****REMARK**

Aircraft to STOCKHOLM/Arlanda shall not be operated at an airspeed of more than 250 kt IAS below FL100 unless otherwise instructed.

STARs to RWY 19L and RWY 19R are identical. Which RWY to be used will be assigned by ATC in the inbound clearance.

Clearance limit is normally the IAF.

From IAF aircraft will be radar vectored to final approach.

In case of radio communication failure, see AD 2.22 para 3.

All RNAV STARs are based on GNSS or DME/DME for position update.

**ELTOK 7P**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/RDH (°/ft)	Rec Navaid	Navigation Specification
IF	ELTOK	-	-	-	-	-FL110	-	-	-	RNAV1
TF	SA821	-	078°(083.4°)	8.1	-	-	-	-	-	RNAV1
TF	BALVI	-	114°(119.0°)	11.6	-	-	-	-	-	RNAV1

STAR instruction: ELTOK (FL110 or below) – SA821 – BALVI

**HMR 4P**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/RDH (°/ft)	Rec Navaid	Navigation Specification
IF	HMR	-	-	-	-	-FL130	-	-	-	RNAV1
TF	SA541	-	179°(184.1°)	11.7	-	-	-	-	-	RNAV1
TF	ERK	-	179°(184.1°)	11.4	-	-	-	-	-	RNAV1

STAR instruction: HMR (FL130 or below) – SA541 – ERK

**NILUG 2P**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/RDH (°/ft)	Rec Navaid	Navigation Specification
IF	NILUG	-	-	-	-	-FL170	-	-	-	RNAV1
TF	SA630	-	021°(026.0°)	18.9	-	-	-	-	-	RNAV1
TF	TEB	-	358°(003.4°)	26.2	-	-	-	-	-	RNAV1
TF	ERK	-	005°(010.4°)	22.3	-	-	-	-	-	RNAV1

STAR instruction: NILUG (FL170 or below) – SA630 – TEB – ERK

**XILAN 5P**

Path Term	Waypoint Identifier	Fly-over	Course °M(°T)	Dist (NM)	Turn Dir	Rest Alts (ft AMSL)	Speed Limits (kt)	VPA/RDH (°/ft)	Rec Navaid	Navigation Specification
IF	XILAN	-	-	-	-	-FL150	-	-	-	RNAV1
TF	SA570	-	249°(254.3°)	12.1	-	-	-	-	-	RNAV1
TF	TEB	-	249°(254.0°)	15.6	-	-	-	-	-	RNAV1
TF	ERK	-	005°(010.4°)	22.3	-	-	-	-	-	RNAV1

STAR instruction: XILAN (FL150 or below) – SA570 – TEB – ERK