

FPNM

**Convert Feet Per Minute to Feet Per Nautical Mile**

FPM ▼	GS ►	60	70	80	90	100	110	120	130	140
100		100	86	75	67	60	55	50	46	43
150		150	129	113	100	90	82	75	69	64
200		200	171	150	133	120	109	100	92	86
250		250	214	188	167	150	136	125	115	107
300		300	257	225	200	180	164	150	138	129
350		350	300	263	233	210	191	175	162	150
400		400	343	300	267	240	218	200	185	171
450		450	386	338	300	270	245	225	208	193
500		500	429	375	333	300	273	250	231	214
550		550	471	413	367	330	300	275	254	236
600		600	514	450	400	360	327	300	277	257
650		650	557	488	433	390	355	325	300	279
700		700	600	525	467	420	382	350	323	300
750		750	643	563	500	450	409	375	346	321
800		800	686	600	533	480	436	400	369	343
850		850	729	638	567	510	464	425	392	364
900		900	771	675	600	540	491	450	415	386
950		950	814	713	633	570	518	475	438	407
1000		1000	857	750	667	600	545	500	462	429
1050		1050	900	788	700	630	573	525	485	450
1100		1100	943	825	733	660	600	550	508	471
1150		1150	986	863	767	690	627	575	531	493
1200		1200	1029	900	800	720	655	600	554	514

FPM = Feet Per Minute from VSI

GS = Ground speed in knots from GPS

Yellow highlighted area = Feet Per Nautical Mile (FPNM) from Departure Procedure

FPM

**Convert Feet Per Nautical Mile to Feet Per Minute**

FPNM ▼	GS ►	60	70	80	90	100	110	120	130	140
100		100	117	133	150	167	183	200	217	233
150		150	175	200	225	250	275	300	325	350
200		200	233	267	300	333	367	400	433	467
250		250	292	333	375	417	458	500	542	583
300		300	350	400	450	500	550	600	650	700
350		350	408	467	525	583	642	700	758	817
400		400	467	533	600	667	733	800	867	933
450		450	525	600	675	750	825	900	975	1050
500		500	583	667	750	833	917	1000	1083	1167
550		550	642	733	825	917	1008	1100	1192	1283
600		600	700	800	900	1000	1100	1200	1300	1400
650		650	758	867	975	1083	1192	1300	1408	1517
700		700	817	933	1050	1167	1283	1400	1517	1633
750		750	875	1000	1125	1250	1375	1500	1625	1750
800		800	933	1067	1200	1333	1467	1600	1733	1867
850		850	992	1133	1275	1417	1558	1700	1842	1983
900		900	1050	1200	1350	1500	1650	1800	1950	2100
950		950	1108	1267	1425	1583	1742	1900	2058	2217
1000		1000	1167	1333	1500	1667	1833	2000	2167	2333
1050		1050	1225	1400	1575	1750	1925	2100	2275	2450
1100		1100	1283	1467	1650	1833	2017	2200	2383	2567
1150		1150	1342	1533	1725	1917	2108	2300	2492	2683
1200		1200	1400	1600	1800	2000	2200	2400	2600	2800

FPNM = Feet Per Nautical Mile from Departure Procedures

GS = Ground speed in knots from GPS

Yellow highlighted area = Feet Per Minute (FPM) from VSI