

To estimate the descent rate in feet per minute (FPM) based on ground speed in knots

Rule of Thumb:

Multiply your ground speed in knots by 5 to get an approximate descent rate in feet per minute.

For example, if an aircraft is traveling at 120 knots ground speed, a descent rate of approximately 600 FPM ($120 \times 5 = 600$) would be appropriate. This calculation provides a starting point, and adjustments may be needed based on factors like wind and desired glidepath.

$$80 \times 5 = 400$$
