

Sounding analysis for station ABR (station number 72659)

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Lat: 45.45            Lon: -98.40            Elevation: 397.0 m

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Date: 05/30/98 at 1800Z

LCL: 875.91 mb

LFC: 551.10 mb

Equilibrium level: 242.12 mb

Total CAPE: 2249.3 J/kg

Total CIN: -305.7 J/kg

Freezing level: 602.12 mb

Lifted index: -4.74 degrees C

Total totals: 49.2

K-Index: 35.0

SWEAT index: 292.8

Maximum wind in the sounding: 89.36 kts at 196.10 mb