

http://glossary.ametsoc.org/wiki/Stability_index

In the definitions, T_p and D_p correspond to the **temperature** and **dewpoint** at **pressure** levels p . Those most commonly used are the following.

Showalter stability index: An index given by

$$S = (T_{500} - T_L),$$

where T_L is the temperature (°C) of a parcel lifted from 850 to 500 mb, **dry-adiabatically** to **saturation** and **moist-adiabatically** above that. As the index decreases to zero and below, the likelihood of **showers** and **thunderstorms** is considered to increase (Showalter 1947).

K-index: This index is due to George (1960) and is defined by

$$K = (T_{850} - T_{500}) + D_{850} - (T_{700} - D_{700}).$$

The first term is a **lapse rate** term, while the second and third are related to the moisture between 850 and 700 mb, and are strongly influenced by the 700-mb temperature–dewpoint **spread**. As this index increases from a value of 20 or so, the likelihood of showers and thunderstorms is expected to increase.

Totals Indices: The Total Totals index is attributable to Miller (1972). It is defined as the sum of two indices:

$$TT = VT + CT$$

where VT is the Vertical Totals index, defined by

$$VT = T_{850} - T_{500},$$

A value of about 40 corresponds to a **dry-adiabatic lapse rate**. For a **moist-adiabatic lapse rate** it is about 20 for $T_{850} = 15^\circ\text{C}$, about 30 for $T_{850} = 0^\circ\text{C}$. **The**

Cross Totals index, CT , is defined by

$$CT = D_{850} - T_{500},$$

so is strongly influenced by the 850-mb moisture. Showers and thunderstorms become increasingly likely from TT values of about 30, and severe thunderstorms are considered likely for values of 50 or more.

Lifted index: This index, developed by Galway (1956), is

$$L = (T_L - T_{500}),$$

so is nominally identical to the Showalter index, except that the parcel being lifted (dry-adiabatically to saturation and then moist-adiabatically to 500 mb) is defined by the **dry adiabat** running through the predicted surface afternoon temperature maximum and the mean **mixing ratio** in the lowest 900 m of the sounding. If no further heating is expected, as with a sounding taken in the late afternoon, then the mean **potential temperature** in the lowest 900 m of the sounding defines the dry adiabat used for the parcel. Numerous variations, focused on how the lifted parcel is defined, have been used since the original definition. The values of this index tend to be somewhat lower than those of Showalter, and the interpretation depends to some extent on how the lifted parcel is defined.

SWEAT index: (Or severe weather threat index; also abbreviated SWI.) Another index attributable to Miller (1972), used mainly for analyzing the potential for severe thunderstorms, is defined as

$$SW = 20(TT - 49) + 12D_{850} + 2V_{850} + V_{500} + 125[\sin(\Delta V_{500 - 850}) + 0.2]$$

where TT is the Total Totals index (set to zero if less than 49), V_{850} and V_{500} are the 850- and 500-mb **wind speeds**, and $\Delta V_{500 - 850}$ is the 500-mb **wind direction** minus the 850-mb wind direction, in degrees. The last term is set to zero if any of the following conditions are not met: 1) 850-mb wind direction is in the range from 130 to 250 degrees; 2) 500-mb wind direction is in the range 210 to 310 degrees; 3) the difference in wind directions is positive, or 4) both 850- and 500-mb wind speeds are at least 15 knots. No term in the formula is allowed to be negative. The severe thunderstorm threat is considered to increase from values of about 300 and higher; **tornadoes** are considered to increase in likelihood from values of about 400 and up.

Showalter, A. K. 1947. A stability index for forecasting thunderstorms. Bull. Amer. Meteor. Soc., 34. 250–252.

George, J. J. 1960. Weather Forecasting for Aeronautics. Academic Press, . 673 pp.

Miller, R. C. 1972. Notes on analysis and severe storm forecasting procedures of the Air Force Global Weather Central. Tech. Rept. 200(R). Headquarters, Air Weather Service, USAF, . 190 pp.

Galway, J. G. 1956. The lifted index as a predictor of latent instability. Bull. Amer. Meteor. Soc., 528–529.

12120: Leba (Poland)

Latitude: 54-45N Longitude: 017-32E Altitude: 2 m.

Daily summary at 23:00 UTC. (00:10 mean solar time)																
Time interval: 31 days before 2014/07/31																
Date	Temperature (C)			Td Avg (C)	Hr. Avg (%)	Wind (km/h)			Pres. s.lev (Hp)	Prec. (mm)	Tot Cl Oct	low Cl Oct	Sun D-1 (h)	Vis Km	Daily weather summary	
	Max	Min	Avg			Dir.	Int.	Gust								
07/01	18.5	10.1	15.8	11.3	75.6	WNW	19.1	----	1014.2	0.0	4.1		9.2			
07/02	18.0	9.9	14.3	10.6	77.8	W	19.8	50.4	1017.4	1.3	4.6		12.8			
07/03	18.8	13.3	16.1	11.7	75.6	W	20.6	46.8	1020.3	0.0	6.5		10.5			
07/04	24.0	14.5	19.3	11.0	59.9	ESE	11.3	----	1016.2	Tr			7.5			
07/05		15.5	23.0	12.3	52.5	SE	15.2	39.6	1009.6	0.0	5.2		10.8			
07/06	24.6	16.6	20.5	15.4	73.2	WNW	9.9	----	1012.1	0.0			7.9			
07/07	28.3	15.3	22.9	17.2	71.0	E	10.7	----	1015.4	0.0	4.2		13.0			
07/08	27.2	19.2	23.1	17.9	72.7	ESE	17.1	36.0	1011.5	4.0	5.9		10.9			
07/09	26.0	18.6	22.2	16.5	70.9	ENE	22.1	50.4	1009.0	0.0			3.9			
07/10	22.7	17.8	20.0	16.2	78.6	ENE	20.4	46.8	1011.2	0.0			14.9			
07/11	19.8	15.4	17.6	13.7	78.5	ENE	23.0	50.4	1014.0	0.0	4.2		15.2			
07/12	16.6	14.0	15.0	13.4	90.0	NE	13.5	----	1010.3	9.8	7.6	6.6	10.8			
07/13	21.7	12.4	16.7	13.6	83.5	WSW	22.7	61.2	1006.0	7.1	6.4	5.1	---			
07/14	22.1	12.4	17.4	14.9	85.0	SSW	17.1	61.2	1010.1	10.0	7.0	4.9	4.8			
07/15	21.7	13.8	18.5	15.0	81.2	W	18.3	----	1017.8	0.0	4.6		1.2			
07/16	24.1	12.8	18.3	14.4	79.3	W	9.6	----	1021.2	0.0			9.6			
07/17	21.1	11.8	16.9	13.5	81.9	NNE	7.7	50.4	1022.9	0.0			12.5			
07/18	21.9	8.8	17.1	12.7	76.4	NE	8.9	----	1021.8	0.0			12.0			
07/19	23.6	11.2	19.1	14.3	74.5	ENE	14.4	----	1019.1	0.0			15.1			
07/20	24.1	16.2	19.8	16.3	80.4	ENE	23.0	50.4	1015.2	0.0			14.1			
07/21	21.4	16.3	18.8	17.0	89.2	ENE	17.3	----	1015.5	0.0			12.1			
07/22	22.9	14.0	19.4	17.4	87.5	NE	16.4	----	1019.5	0.0			12.5			
07/23	22.0	17.2	19.4	16.9	85.8	ENE	18.3	39.6	1020.8	0.0			14.8			
07/24	22.7	17.1	20.0	16.7	81.2	ENE	20.7	46.8	1019.1	0.0			14.9			
07/25	23.7	17.5	20.9	16.8	77.9	ENE	17.6	50.4	1017.8	0.0			14.4			
07/26	28.3	15.9	21.9	15.7	69.0	SE	11.3	39.6	1016.9	Tr	6.4		14.2			
07/27		19.2	23.4	17.0	69.5	SE	13.2	50.4	1014.7	0.0	6.7		4.8			
07/28	26.2	16.9	21.1	17.8	82.2	ENE	8.0	36.0	1012.9	7.0	4.8		5.2			
07/29	27.0	17.2	21.4	18.9	85.5	NE	11.6	36.0	1009.2	0.0	4.5		9.7			
07/30		19.1	24.4	17.0	65.7	S	12.5	46.8	1006.1	0.0	4.0		10.4			
07/31	23.3	14.4	20.3	16.3	79.2	WNW	16.5	39.6	1011.3	Tr	4.5		11.6			

12120 Leba Observations at 00Z 01 Jul 2014

Station number: 12120
 Observation time: 140701/0000
 Station latitude: 54.75
 Station longitude: 17.53
 Station elevation: 6.0
 Showalter index: 3.03
 Lifted index: 0.60
 LIFT computed using virtual temperature: 0.58
 SWEAT index: 90.28
 K index: 13.70
 Cross totals index: 23.70
 Vertical totals index: 25.90
 Totals totals index: 49.60
 Convective Available Potential Energy: 31.38
 CAPE using virtual temperature: 50.68
 Convective Inhibition: -37.49
 CINS using virtual temperature: -31.11
 Equilibrium Level: 644.39
 Equilibrium Level using virtual temperature: 641.05
 Level of Free Convection: 865.31
 LFCT using virtual temperature: 871.70
 Bulk Richardson Number: 14.26
 Bulk Richardson Number using CAPV: 23.04
 Temp [K] of the Lifted Condensation Level: 283.12
 Pres [hPa] of the Lifted Condensation Level: 941.14
 Mean mixed layer potential temperature: 288.09
 Mean mixed layer mixing ratio: 8.28
 1000 hPa to 500 hPa thickness: 5487.00
 Precipitable water [mm] for entire sounding: 20.55

12120 Leba Observations at 12Z 01 Jul 2014

Station information and sounding indices
 Station number: 12120
 Observation time: 140701/1200
 Station latitude: 54.75
 Station longitude: 17.53
 Station elevation: 6.0
 Showalter index: 2.71
 Lifted index: -1.16
 LIFT computed using virtual temperature: -1.27
 SWEAT index: 100.51
 K index: 23.20
 Cross totals index: 23.40
 Vertical totals index: 28.10
 Totals totals index: 51.50
 Convective Available Potential Energy: 177.10
 CAPE using virtual temperature: 220.05

Convective Inhibition: -16.20
 CINS using virtual temperature: -8.46
 Equilibrium Level: 426.87
 Equilibrium Level using virtual temperature: 424.52
 Level of Free Convection: 871.96
 LFCT using virtual temperature: 890.40
 Bulk Richardson Number: 50.02
 Bulk Richardson Number using CAPV: 62.14
 Temp [K] of the Lifted Condensation Level: 282.14
 Pres [hPa] of the Lifted Condensation Level: 933.81
 Mean mixed layer potential temperature: 287.73
 Mean mixed layer mixing ratio: 7.79
 1000 hPa to 500 hPa thickness: 5458.00
 Precipitable water [mm] for entire sounding: 18.41

12120 Leba Observations at 00Z 02 Jul 2014

Station information and sounding indices
 Station number: 12120
 Observation time: 140702/0000
 Station latitude: 54.75
 Station longitude: 17.53
 Station elevation: 6.0
 Showalter index: 4.16
 Lifted index: 2.07
 LIFT computed using virtual temperature: 2.05
 SWEAT index: 60.22
 K index: 23.60
 Cross totals index: 21.90
 Vertical totals index: 26.90
 Totals totals index: 48.80
 Convective Available Potential Energy: 5.05
 CAPE using virtual temperature: 9.92
 Convective Inhibition: -59.36
 CINS using virtual temperature: -46.42
 Equilibrium Level: 649.29
 Equilibrium Level using virtual temperature: 641.32
 Level of Free Convection: 753.38
 LFCT using virtual temperature: 762.47
 Bulk Richardson Number: 2.01
 Bulk Richardson Number using CAPV: 3.95
 Temp [K] of the Lifted Condensation Level: 280.19
 Pres [hPa] of the Lifted Condensation Level: 922.21
 Mean mixed layer potential temperature: 286.76
 Mean mixed layer mixing ratio: 6.89
 1000 hPa to 500 hPa thickness: 5454.00
 Precipitable water [mm] for entire sounding: 18.63

12120 Leba Observations at 12Z 02 Jul 2014

Station information and sounding indices

Station information and sounding indices
 Station number: 12120
 Observation time: 140702/1200
 Station latitude: 54.75
 Station longitude: 17.53
 Station elevation: 6.0
 Showalter index: 2.39
 Lifted index: -0.40
 LIFT computed using virtual temperature: -0.54
 SWEAT index: 133.70
 K index: 20.20
 Cross totals index: 24.40
 Vertical totals index: 27.90
 Totals totals index: 52.30
 Convective Available Potential Energy: 162.86
 CAPE using virtual temperature: 209.21
 Convective Inhibition: -1.72
 CINS using virtual temperature: -0.61
 Equilibrium Level: 353.63
 Equilibrium Level using virtual temperature: 353.36
 Level of Free Convection: 922.06
 LFCT using virtual temperature: 924.97
 Bulk Richardson Number: 18.91
 Bulk Richardson Number using CAPV: 24.29
 Temp [K] of the Lifted Condensation Level: 281.18
 Pres [hPa] of the Lifted Condensation Level: 928.77
 Mean mixed layer potential temperature: 287.19
 Mean mixed layer mixing ratio: 7.32
 1000 hPa to 500 hPa thickness: 5440.00
 Precipitable water [mm] for entire sounding: 17.85

12120 Leba Observations at 00Z 03 Jul 2014

Station information and sounding indices
 Station number: 12120
 Observation time: 140703/0000
 Station latitude: 54.75
 Station longitude: 17.53
 Station elevation: 6.0
 Showalter index: 2.67
 Lifted index: -0.04
 LIFT computed using virtual temperature: -0.17
 SWEAT index: 114.62
 K index: 22.50
 Cross totals index: 23.70
 Vertical totals index: 27.30
 Totals totals index: 51.00
 Convective Available Potential Energy: 29.92
 CAPE using virtual temperature: 50.07
 Convective Inhibition: -27.58

CINS using virtual temperature: -23.09
Equilibrium Level: 454.77
Equilibrium Level using virtual temperature:
433.40
Level of Free Convection: 869.73
LFCT using virtual temperature: 877.29
Bulk Richardson Number: 3.09
Bulk Richardson Number using CAPV: 5.17
Temp [K] of the Lifted Condensation Level: 282.85
Pres [hPa] of the Lifted Condensation Level:
948.09
Mean mixed layer potential temperature: 287.21
Mean mixed layer mixing ratio: 8.05
1000 hPa to 500 hPa thickness: 5467.00
Precipitable water [mm] for entire sounding: 20.50
12120 Leba Observations at 12Z 03 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140703/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 11.16
Lifted index: 7.44
LIFT computed using virtual temperature: 7.52
SWEAT index: 66.05
K index: 0.50
Cross totals index: 10.90
Vertical totals index: 22.90
Totals totals index: 33.80
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 280.35
Pres [hPa] of the Lifted Condensation Level: 912.01
Mean mixed layer potential temperature: 287.84
Mean mixed layer mixing ratio: 7.04
1000 hPa to 500 hPa thickness: 5512.00
Precipitable water [mm] for entire sounding: 17.87
12120 Leba Observations at 00Z 04 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140704/0000
Station latitude: 54.75

Station longitude: 17.53
Station elevation: 6.0
Showalter index: 12.98
Lifted index: 7.02
LIFT computed using virtual temperature: 6.91
SWEAT index: 66.05
K index: 15.90
Cross totals index: 8.30
Vertical totals index: 21.30
Totals totals index: 29.60
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 1.44
Convective Inhibition: 0.00
CINS using virtual temperature: -60.91
Equilibrium Level using virtual temperature: 774.90
LFCT using virtual temperature: 808.25
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.05
Temp [K] of the Lifted Condensation Level: 280.71
Pres [hPa] of the Lifted Condensation Level: 877.72
Mean mixed layer potential temperature: 291.39
Mean mixed layer mixing ratio: 7.53
1000 hPa to 500 hPa thickness: 5577.00
Precipitable water [mm] for entire sounding: 22.11
12120 Leba Observations at 12Z 04 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140704/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 10.36
Lifted index: 6.39
LIFT computed using virtual temperature: 6.37
SWEAT index: 66.05
K index: 17.80
Cross totals index: 9.90
Vertical totals index: 23.90
Totals totals index: 33.80
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 278.28
Pres [hPa] of the Lifted Condensation Level:
823.02
Mean mixed layer potential temperature: 294.23

Mean mixed layer mixing ratio: 6.76
1000 hPa to 500 hPa thickness: 5600.00
Precipitable water [mm] for entire sounding: 23.83
12120 Leba Observations at 00Z 05 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140705/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 5.97
Lifted index: 6.59
LIFT computed using virtual temperature: 6.35
SWEAT index: 76.79
K index: 3.70
Cross totals index: 14.70
Vertical totals index: 25.70
Totals totals index: 40.40
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 278.16
Pres [hPa] of the Lifted Condensation Level:
800.72
Mean mixed layer potential temperature: 296.41
Mean mixed layer mixing ratio: 6.91
1000 hPa to 500 hPa thickness: 5647.00
Precipitable water [mm] for entire sounding: 19.02
12120 Leba Observations at 12Z 05 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140705/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 3.61
Lifted index: 2.92
LIFT computed using virtual temperature: 2.83
SWEAT index: 116.33
K index: 6.30
Cross totals index: 18.30
Vertical totals index: 26.30
Totals totals index: 44.60
Convective Available Potential Energy: 0.00

CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 277.92
Pres [hPa] of the Lifted Condensation Level:
770.89
Mean mixed layer potential temperature: 299.38
Mean mixed layer mixing ratio: 7.05
1000 hPa to 500 hPa thickness: 5650.00
Precipitable water [mm] for entire sounding: 20.37

12120 Leba Observations at 00Z 06 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140706/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 1.16
Lifted index: 0.79
LIFT computed using virtual temperature: 0.60
SWEAT index: 113.03
K index: 22.70
Cross totals index: 20.90
Vertical totals index: 26.90
Totals totals index: 47.80
Convective Available Potential Energy: 0.14
CAPE using virtual temperature: 2.75
Convective Inhibition: -146.17
CINS using virtual temperature: -131.57
Equilibrium Level: 547.22
Equilibrium Level using virtual temperature: 537.84
Level of Free Convection: 727.20
LFCT using virtual temperature: 737.98
Bulk Richardson Number: 0.14
Bulk Richardson Number using CAPV: 2.67
Temp [K] of the Lifted Condensation Level: 283.24
Pres [hPa] of the Lifted Condensation Level:
842.03
Mean mixed layer potential temperature: 297.52
Mean mixed layer mixing ratio: 9.31
1000 hPa to 500 hPa thickness: 5646.00
Precipitable water [mm] for entire sounding: 32.00

12120 Leba Observations at 12Z 06 Jul 2014

Station information and sounding indices

Station number: 12120

Observation time: 140706/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 2.08
Lifted index: 1.59
LIFT computed using virtual temperature: 1.49
SWEAT index: 107.31
K index: 32.40
Cross totals index: 19.70
Vertical totals index: 26.70
Totals totals index: 46.40

Convective Available Potential Energy: 0.46
CAPE using virtual temperature: 3.99
Convective Inhibition: -244.42
CINS using virtual temperature: -225.96

Equilibrium Level: 606.41
Equilibrium Level using virtual temperature: 594.72
Level of Free Convection: 638.88
LFCT using virtual temperature: 669.09
Bulk Richardson Number: 0.05
Bulk Richardson Number using CAPV: 0.40
Temp [K] of the Lifted Condensation Level: 285.81
Pres [hPa] of the Lifted Condensation Level:
902.55
Mean mixed layer potential temperature: 294.33
Mean mixed layer mixing ratio: 10.31
1000 hPa to 500 hPa thickness: 5642.00
Precipitable water [mm] for entire sounding: 33.76

12120 Leba Observations at 00Z 07 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140707/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 0.33
Lifted index: 1.12
LIFT computed using virtual temperature: 0.81
SWEAT index: 145.25
K index: 33.10
Cross totals index: 22.30
Vertical totals index: 25.70
Totals totals index: 48.00
Convective Available Potential Energy: 0.84
CAPE using virtual temperature: 4.19
Convective Inhibition: -214.30
CINS using virtual temperature: -202.04
Equilibrium Level: 508.10

Equilibrium Level using virtual temperature:
506.29
Level of Free Convection: 677.73
LFCT using virtual temperature: 681.12
Bulk Richardson Number: 0.10
Bulk Richardson Number using CAPV: 0.48
Temp [K] of the Lifted Condensation Level: 286.21
Pres [hPa] of the Lifted Condensation Level:
899.35
Mean mixed layer potential temperature: 295.04
Mean mixed layer mixing ratio: 10.62
1000 hPa to 500 hPa thickness: 5656.00
Precipitable water [mm] for entire sounding: 34.98

12120 Leba Observations at 12Z 07 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140707/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: -1.14
Lifted index: -1.86
LIFT computed using virtual temperature: -2.36
SWEAT index: 171.43
K index: 34.30
Cross totals index: 23.30
Vertical totals index: 26.70
Totals totals index: 50.00
Convective Available Potential Energy: 360.50
CAPE using virtual temperature: 445.46
Convective Inhibition: -79.49
CINS using virtual temperature: -68.51
Equilibrium Level: 241.83
Equilibrium Level using virtual temperature: 241.73
Level of Free Convection: 770.13
LFCT using virtual temperature: 786.28
Bulk Richardson Number: 29.66
Bulk Richardson Number using CAPV: 36.65
Temp [K] of the Lifted Condensation Level: 286.15
Pres [hPa] of the Lifted Condensation Level: 856.11
Mean mixed layer potential temperature: 299.16
Mean mixed layer mixing ratio: 11.13
1000 hPa to 500 hPa thickness: 5667.00
Precipitable water [mm] for entire sounding: 36.43

12120 Leba Observations at 00Z 08 Jul 2014

Station information and sounding indices

Station number: 12120

Observation time: 140708/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: -1.06
Lifted index: -1.04
LIFT computed using virtual temperature: -1.35
SWEAT index: 179.77
K index: 33.90
Cross totals index: 23.40
Vertical totals index: 25.70
Totals totals index: 49.10
Convective Available Potential Energy: 276.82
CAPE using virtual temperature: 345.25
Convective Inhibition: -109.85
CINS using virtual temperature: -103.04
Equilibrium Level: 251.32
Equilibrium Level using virtual temperature: 251.33
Level of Free Convection: 797.92
LFCT using virtual temperature: 803.90
Bulk Richardson Number: 9.49
Bulk Richardson Number using CAPV: 11.84
Temp [K] of the Lifted Condensation Level: 289.27
Pres [hPa] of the Lifted Condensation Level: 928.11
Mean mixed layer potential temperature: 295.52
Mean mixed layer mixing ratio: 12.58
1000 hPa to 500 hPa thickness: 5669.00
Precipitable water [mm] for entire sounding: 40.32

12120 Leba Observations at 12Z 08 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140708/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Lifted index: -1.84
LIFT computed using virtual temperature: -2.20
Convective Available Potential Energy: 82.25
CAPE using virtual temperature: 103.24
Convective Inhibition: -150.85
CINS using virtual temperature: -110.51
Level of Free Convection: 754.87
LFCT using virtual temperature: 772.49
Temp [K] of the Lifted Condensation Level: 288.56
Pres [hPa] of the Lifted Condensation Level: 899.30
Mean mixed layer potential temperature: 297.46
Mean mixed layer mixing ratio: 12.43
Precipitable water [mm] for entire sounding: 29.40

12120 Leba Observations at 00Z 09 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140709/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: -1.34
Lifted index: -0.78
LIFT computed using virtual temperature: -1.23
SWEAT index: 214.73
K index: 35.60
Cross totals index: 22.80
Vertical totals index: 27.70
Totals totals index: 50.50
Convective Available Potential Energy: 98.86
CAPE using virtual temperature: 156.44
Convective Inhibition: -155.57
CINS using virtual temperature: -142.83
Equilibrium Level: 470.75
Equilibrium Level using virtual temperature: 454.07
Level of Free Convection: 740.65
LFCT using virtual temperature: 749.66
Bulk Richardson Number: 94.72
Bulk Richardson Number using CAPV: 149.90
Temp [K] of the Lifted Condensation Level: 285.55
Pres [hPa] of the Lifted Condensation Level: 855.45
Mean mixed layer potential temperature: 298.60
Mean mixed layer mixing ratio: 10.70
1000 hPa to 500 hPa thickness: 5673.00
Precipitable water [mm] for entire sounding: 34.21

12120 Leba Observations at 12Z 09 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140709/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 2.91
Lifted index: -0.06
LIFT computed using virtual temperature: -0.51
SWEAT index: 141.47
K index: 22.90
Cross totals index: 18.10
Vertical totals index: 27.10
Totals totals index: 45.20

Convective Available Potential Energy: 235.44
CAPE using virtual temperature: 328.77
Convective Inhibition: -147.07
CINS using virtual temperature: -107.68
Equilibrium Level: 287.31
Equilibrium Level using virtual temperature: 287.01
Level of Free Convection: 726.28
LFCT using virtual temperature: 752.76
Bulk Richardson Number: 78.41
Bulk Richardson Number using CAPV: 109.50
Temp [K] of the Lifted Condensation Level: 284.89
Pres [hPa] of the Lifted Condensation Level: 854.06
Mean mixed layer potential temperature: 298.04
Mean mixed layer mixing ratio: 10.27
1000 hPa to 500 hPa thickness: 5654.00
Precipitable water [mm] for entire sounding: 24.86

12120 Leba Observations at 00Z 10 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140710/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 2.47
Lifted index: -0.02
LIFT computed using virtual temperature: -0.37
SWEAT index: 128.90
K index: 8.70
Cross totals index: 19.30
Vertical totals index: 27.30
Totals totals index: 46.60
Convective Available Potential Energy: 173.85
CAPE using virtual temperature: 197.38
Convective Inhibition: -317.79
CINS using virtual temperature: -205.11
Equilibrium Level: 281.27
Equilibrium Level using virtual temperature: 281.00
Level of Free Convection: 499.61
LFCT using virtual temperature: 516.88
Bulk Richardson Number: 251.10
Bulk Richardson Number using CAPV: 285.09
Temp [K] of the Lifted Condensation Level: 284.13
Pres [hPa] of the Lifted Condensation Level: 860.35
Mean mixed layer potential temperature: 296.63
Mean mixed layer mixing ratio: 9.72
1000 hPa to 500 hPa thickness: 5645.00

Precipitable water [mm] for entire sounding: 20.62	CINS using virtual temperature: -62.74	Station information and sounding indices
12120 Leba Observations at 12Z 10 Jul 2014	Equilibrium Level: 296.14	Station number: 12120
Station information and sounding indices	Equilibrium Level using virtual temperature: 295.66	Observation time: 140712/0000
Station number: 12120	Level of Free Convection: 789.70	Station latitude: 54.75
Observation time: 140710/1200	LFCT using virtual temperature: 836.29	Station longitude: 17.53
Station latitude: 54.75	Bulk Richardson Number: 14.60	Station elevation: 6.0
Station longitude: 17.53	Bulk Richardson Number using CAPV: 19.59	Showalter index: 0.20
Station elevation: 6.0	Temp [K] of the Lifted Condensation Level: 286.46	Lifted index: 0.68
Showalter index: 3.50	Pres [hPa] of the Lifted Condensation Level: 916.29	LIFT computed using virtual temperature: 0.48
Lifted index: 1.39	Mean mixed layer potential temperature: 293.73	SWEAT index: 210.96
LIFT computed using virtual temperature: 1.07	Mean mixed layer mixing ratio: 10.61	K index: 20.90
SWEAT index: 118.39	1000 hPa to 500 hPa thickness: 5604.00	Cross totals index: 26.10
K index: 19.90	Precipitable water [mm] for entire sounding: 26.58	Vertical totals index: 26.50
Cross totals index: 18.70	12120 Leba Observations at 12Z 11 Jul 2014	Totals totals index: 52.60
Vertical totals index: 26.70	Station information and sounding indices	Convective Available Potential Energy: 0.22
Totals totals index: 45.40	Station number: 12120	CAPE using virtual temperature: 1.58
Convective Available Potential Energy: 0.00	Observation time: 140711/1200	Convective Inhibition: -23.85
CAPE using virtual temperature: 0.00	Station latitude: 54.75	CINS using virtual temperature: -21.67
Convective Inhibition: 0.00	Station longitude: 17.53	Equilibrium Level: 747.17
CINS using virtual temperature: 0.00	Station elevation: 6.0	Equilibrium Level using virtual temperature: 742.83
Bulk Richardson Number: 0.00	Showalter index: 8.33	Level of Free Convection: 759.10
Bulk Richardson Number using CAPV: 0.00	Lifted index: 1.64	LFCT using virtual temperature: 761.22
Temp [K] of the Lifted Condensation Level: 282.19	LIFT computed using virtual temperature: 1.43	Bulk Richardson Number: 0.02
Pres [hPa] of the Lifted Condensation Level: 847.26	SWEAT index: 67.99	Bulk Richardson Number using CAPV: 0.12
Mean mixed layer potential temperature: 295.90	K index: -6.70	Temp [K] of the Lifted Condensation Level: 283.18
Mean mixed layer mixing ratio: 8.70	Cross totals index: 16.10	Pres [hPa] of the Lifted Condensation Level: 927.43
1000 hPa to 500 hPa thickness: 5623.00	Vertical totals index: 24.10	Mean mixed layer potential temperature: 289.35
Precipitable water [mm] for entire sounding: 20.87	Totals totals index: 40.20	Mean mixed layer mixing ratio: 8.41
12120 Leba Observations at 00Z 11 Jul 2014	Convective Available Potential Energy: 16.93	1000 hPa to 500 hPa thickness: 5532.00
Station information and sounding indices	CAPE using virtual temperature: 30.79	Precipitable water [mm] for entire sounding: 21.24
Station number: 12120	Convective Inhibition: -0.76	12120 Leba Observations at 12Z 12 Jul 2014
Observation time: 140711/0000	CINS using virtual temperature: 0.00	Station information and sounding indices
Station latitude: 54.75	Equilibrium Level: 835.62	Station number: 12120
Station longitude: 17.53	Equilibrium Level using virtual temperature: 827.07	Observation time: 140712/1200
Station elevation: 6.0	Level of Free Convection: 916.59	Station latitude: 54.75
Showalter index: -0.69	LFCT using virtual temperature: 928.29	Station longitude: 17.53
Lifted index: -1.28	Bulk Richardson Number: 27.89	Station elevation: 6.0
LIFT computed using virtual temperature: -1.61	Bulk Richardson Number using CAPV: 50.72	Showalter index: 5.81
SWEAT index: 209.93	Temp [K] of the Lifted Condensation Level: 283.12	Lifted index: 7.14
K index: 28.60	Pres [hPa] of the Lifted Condensation Level: 928.29	LIFT computed using virtual temperature: 7.25
Cross totals index: 24.80	Mean mixed layer potential temperature: 289.22	SWEAT index: 136.73
Vertical totals index: 26.30	Mean mixed layer mixing ratio: 8.36	K index: 26.50
Totals totals index: 51.10	1000 hPa to 500 hPa thickness: 5529.00	Cross totals index: 20.40
Convective Available Potential Energy: 280.33	Precipitable water [mm] for entire sounding: 13.95	Vertical totals index: 20.70
CAPE using virtual temperature: 376.18	12120 Leba Observations at 00Z 12 Jul 2014	Totals totals index: 41.10
Convective Inhibition: -71.06	Station information and sounding indices	Convective Available Potential Energy: 0.28
	Station number: 12120	CAPE using virtual temperature: 0.69
	Observation time: 140712/1200	
	Station latitude: 54.75	
	Station longitude: 17.53	
	Station elevation: 6.0	
	Showalter index: 5.81	
	Lifted index: 7.14	
	LIFT computed using virtual temperature: 7.25	
	SWEAT index: 136.73	
	K index: 26.50	
	Cross totals index: 20.40	
	Vertical totals index: 20.70	
	Totals totals index: 41.10	
	Convective Available Potential Energy: 0.28	
	CAPE using virtual temperature: 0.69	

Convective Inhibition: -0.17
CINS using virtual temperature: -0.04
Equilibrium Level: 921.98
Equilibrium Level using virtual temperature: 918.96
Level of Free Convection: 941.35
LFCT using virtual temperature: 945.57
Bulk Richardson Number: 0.02
Bulk Richardson Number using CAPV: 0.05
Temp [K] of the Lifted Condensation Level: 284.78
Pres [hPa] of the Lifted Condensation Level: 969.45
Mean mixed layer potential temperature: 287.34
Mean mixed layer mixing ratio: 8.96
1000 hPa to 500 hPa thickness: 5573.00
Precipitable water [mm] for entire sounding: 33.21
12120 Leba Observations at 00Z 13 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140713/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 1.66
Lifted index: 4.18
LIFT computed using virtual temperature: 4.29
SWEAT index: 147.13
K index: 32.30
Cross totals index: 23.00
Vertical totals index: 24.10
Totals totals index: 47.10
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 286.05
Pres [hPa] of the Lifted Condensation Level: 966.32
Mean mixed layer potential temperature: 288.88
Mean mixed layer mixing ratio: 9.77
1000 hPa to 500 hPa thickness: 5601.00
Precipitable water [mm] for entire sounding: 36.26
12120 Leba Observations at 12Z 13 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140713/1200

Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 5.97
Lifted index: 4.44
LIFT computed using virtual temperature: 4.20
SWEAT index: 136.96
K index: 15.00
Cross totals index: 19.80
Vertical totals index: 21.90
Totals totals index: 41.70
Convective Available Potential Energy: 2.61
CAPE using virtual temperature: 6.50
Convective Inhibition: -0.80
CINS using virtual temperature: -0.38
Equilibrium Level: 811.39
Equilibrium Level using virtual temperature: 810.15
Level of Free Convection: 922.82
LFCT using virtual temperature: 923.84
Bulk Richardson Number: 0.27
Bulk Richardson Number using CAPV: 0.66
Temp [K] of the Lifted Condensation Level: 283.83
Pres [hPa] of the Lifted Condensation Level: 925.03
Mean mixed layer potential temperature: 290.24
Mean mixed layer mixing ratio: 8.81
1000 hPa to 500 hPa thickness: 5562.00
Precipitable water [mm] for entire sounding: 22.18
12120 Leba Observations at 00Z 14 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140714/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 3.95
Lifted index: 3.08
LIFT computed using virtual temperature: 3.09
SWEAT index: 103.64
K index: 25.20
Cross totals index: 19.70
Vertical totals index: 26.70
Totals totals index: 46.40
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00

Temp [K] of the Lifted Condensation Level: 281.73
Pres [hPa] of the Lifted Condensation Level: 902.01
Mean mixed layer potential temperature: 290.18
Mean mixed layer mixing ratio: 7.85
1000 hPa to 500 hPa thickness: 5542.00
Precipitable water [mm] for entire sounding: 24.09
12120 Leba Observations at 12Z 14 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140714/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 4.74
Lifted index: 1.78
LIFT computed using virtual temperature: 1.70
SWEAT index: 185.71
K index: 27.60
Cross totals index: 20.10
Vertical totals index: 23.50
Totals totals index: 43.60
Convective Available Potential Energy: 46.65
CAPE using virtual temperature: 62.80
Convective Inhibition: -11.25
CINS using virtual temperature: -5.78
Equilibrium Level: 622.83
Equilibrium Level using virtual temperature: 622.84
Level of Free Convection: 855.27
LFCT using virtual temperature: 873.70
Bulk Richardson Number: 1.35
Bulk Richardson Number using CAPV: 1.81
Temp [K] of the Lifted Condensation Level: 284.67
Pres [hPa] of the Lifted Condensation Level: 909.96
Mean mixed layer potential temperature: 292.46
Mean mixed layer mixing ratio: 9.47
1000 hPa to 500 hPa thickness: 5579.00
Precipitable water [mm] for entire sounding: 30.83
12120 Leba Observations at 00Z 15 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140715/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0

Showalter index: 2.17
Lifted index: 0.33
LIFT computed using virtual temperature: 0.28
SWEAT index: 160.96
K index: 29.40
Cross totals index: 22.00
Vertical totals index: 25.10
Totals totals index: 47.10
Convective Available Potential Energy: 29.21
CAPE using virtual temperature: 33.95
Convective Inhibition: -61.11
CINS using virtual temperature: -43.94
Equilibrium Level: 571.65
Equilibrium Level using virtual temperature: 569.31
Level of Free Convection: 672.95
LFCT using virtual temperature: 679.51
Bulk Richardson Number: 10.21
Bulk Richardson Number using CAPV: 11.87
Temp [K] of the Lifted Condensation Level: 286.30
Pres [hPa] of the Lifted Condensation Level: 926.81
Mean mixed layer potential temperature: 292.60
Mean mixed layer mixing ratio: 10.37
1000 hPa to 500 hPa thickness: 5597.00

Precipitable water [mm] for entire sounding: 34.35
12120 Leba Observations at 12Z 15 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140715/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 3.40
Lifted index: 2.99
LIFT computed using virtual temperature: 2.72
SWEAT index: 174.01
K index: 26.50
Cross totals index: 20.90
Vertical totals index: 24.30
Totals totals index: 45.20
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 285.00
Pres [hPa] of the Lifted Condensation Level: 928.57
Mean mixed layer potential temperature: 291.11
Mean mixed layer mixing ratio: 9.49
1000 hPa to 500 hPa thickness: 5592.00

Precipitable water [mm] for entire sounding: 24.81
12120 Leba Observations at 00Z 16 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140716/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 9.05
Lifted index: 9.16
LIFT computed using virtual temperature: 8.96
SWEAT index: 94.16
K index: 3.10
Cross totals index: 15.30
Vertical totals index: 20.30
Totals totals index: 35.60
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 281.24
Pres [hPa] of the Lifted Condensation Level: 890.35
Mean mixed layer potential temperature: 290.76
Mean mixed layer mixing ratio: 7.78
1000 hPa to 500 hPa thickness: 5606.00
Precipitable water [mm] for entire sounding: 20.14
12120 Leba Observations at 12Z 16 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140716/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 7.23
Lifted index: 5.97
LIFT computed using virtual temperature: 5.74
SWEAT index: 113.99
K index: 23.50
Cross totals index: 17.40
Vertical totals index: 20.50
Totals totals index: 37.90
Convective Available Potential Energy: 0.13
CAPE using virtual temperature: 0.45
Convective Inhibition: -78.10

CINS using virtual temperature: -65.49
Equilibrium Level: 697.66
Equilibrium Level using virtual temperature: 696.23
Level of Free Convection: 699.54
LFCT using virtual temperature: 708.78
Bulk Richardson Number: 0.02
Bulk Richardson Number using CAPV: 0.06
Temp [K] of the Lifted Condensation Level: 282.76
Pres [hPa] of the Lifted Condensation Level: 877.09
Mean mixed layer potential temperature: 293.57
Mean mixed layer mixing ratio: 8.65
1000 hPa to 500 hPa thickness: 5620.00
Precipitable water [mm] for entire sounding: 25.02

12120 Leba Observations at 00Z 17 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140717/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 7.40
Lifted index: 7.06
LIFT computed using virtual temperature: 6.85
SWEAT index: 123.99
K index: 5.30
Cross totals index: 17.30
Vertical totals index: 20.50
Totals totals index: 37.80
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 285.22
Pres [hPa] of the Lifted Condensation Level: 948.03
Mean mixed layer potential temperature: 289.62
Mean mixed layer mixing ratio: 9.56
1000 hPa to 500 hPa thickness: 5622.00
Precipitable water [mm] for entire sounding: 21.27
12120 Leba Observations at 12Z 17 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140717/1200

Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 6.95
Lifted index: 6.51
LIFT computed using virtual temperature: 6.39
SWEAT index: 115.59
K index: -4.60
Cross totals index: 18.00
Vertical totals index: 21.30
Totals totals index: 39.30
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 282.37
Pres [hPa] of the Lifted Condensation Level: 897.26
Mean mixed layer potential temperature: 291.27
Mean mixed layer mixing ratio: 8.36
1000 hPa to 500 hPa thickness: 5611.00
Precipitable water [mm] for entire sounding: 19.40
12120 Leba Observations at 00Z 18 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140718/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 13.85
Lifted index: 7.64
LIFT computed using virtual temperature: 7.64
SWEAT index: 53.82
K index: -19.10
Cross totals index: -3.70
Vertical totals index: 25.30
Totals totals index: 21.60
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 280.87
Pres [hPa] of the Lifted Condensation Level: 891.46
Mean mixed layer potential temperature: 290.26
Mean mixed layer mixing ratio: 7.49

1000 hPa to 500 hPa thickness: 5611.00
Precipitable water [mm] for entire sounding: 15.17
12120 Leba Observations at 12Z 18 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140718/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 8.32
Lifted index: 6.72
LIFT computed using virtual temperature: 6.51
SWEAT index: 25.25
K index: 15.30
Cross totals index: 11.10
Vertical totals index: 26.10
Totals totals index: 37.20
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 279.03
Pres [hPa] of the Lifted Condensation Level: 846.08
Mean mixed layer potential temperature: 292.69
Mean mixed layer mixing ratio: 6.97
1000 hPa to 500 hPa thickness: 5604.00
Precipitable water [mm] for entire sounding: 19.27
12120 Leba Observations at 00Z 19 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140719/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 8.91
Lifted index: 4.19
LIFT computed using virtual temperature: 4.05
SWEAT index: 23.31
K index: 13.50
Cross totals index: 8.30
Vertical totals index: 27.30
Totals totals index: 35.60
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00

Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 281.70
Pres [hPa] of the Lifted Condensation Level: 881.63
Mean mixed layer potential temperature: 292.04
Mean mixed layer mixing ratio: 8.11
1000 hPa to 500 hPa thickness: 5605.00
Precipitable water [mm] for entire sounding: 17.44
12120 Leba Observations at 12Z 19 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140719/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 2.33
Lifted index: 2.04
LIFT computed using virtual temperature: 1.73
SWEAT index: 120.17
K index: 4.40
Cross totals index: 21.20
Vertical totals index: 25.30
Totals totals index: 46.50
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 282.46
Pres [hPa] of the Lifted Condensation Level: 856.07
Mean mixed layer potential temperature: 295.31
Mean mixed layer mixing ratio: 8.69
1000 hPa to 500 hPa thickness: 5628.00
Precipitable water [mm] for entire sounding: 21.46
12120 Leba Observations at 00Z 20 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140720/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 2.29
Lifted index: 6.81

LIFT computed using virtual temperature: 6.72
SWEAT index: 140.33
K index: 22.10
Cross totals index: 20.10
Vertical totals index: 26.10
Totals totals index: 46.20
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 279.10
Pres [hPa] of the Lifted Condensation Level: 838.42
Mean mixed layer potential temperature: 293.54
Mean mixed layer mixing ratio: 7.56
1000 hPa to 500 hPa thickness: 5626.00
Precipitable water [mm] for entire sounding: 24.36

12120 Leba Observations at 12Z 20 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140720/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 1.07
Lifted index: -1.35
LIFT computed using virtual temperature: -1.71
SWEAT index: 128.45
K index: 8.10
Cross totals index: 21.10
Vertical totals index: 28.10
Totals totals index: 49.20
Convective Available Potential Energy: 146.17
CAPE using virtual temperature: 222.49
Convective Inhibition: -122.33
CINS using virtual temperature: -101.27
Equilibrium Level: 437.99
Equilibrium Level using virtual temperature: 434.54
Level of Free Convection: 762.33
LFCT using virtual temperature: 767.74
Bulk Richardson Number: 1.49
Bulk Richardson Number using CAPV: 2.27
Temp [K] of the Lifted Condensation Level: 285.72
Pres [hPa] of the Lifted Condensation Level: 892.90
Mean mixed layer potential temperature: 295.14

Mean mixed layer mixing ratio: 10.39
1000 hPa to 500 hPa thickness: 5616.00
Precipitable water [mm] for entire sounding: 26.54

12120 Leba Observations at 00Z 21 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140721/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 6.70
Lifted index: 2.24
LIFT computed using virtual temperature: 2.00
SWEAT index: 59.54
K index: 9.50
Cross totals index: 15.10
Vertical totals index: 25.10
Totals totals index: 40.20
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 285.93
Pres [hPa] of the Lifted Condensation Level: 928.26
Mean mixed layer potential temperature: 292.10
Mean mixed layer mixing ratio: 10.36
1000 hPa to 500 hPa thickness: 5623.00
Precipitable water [mm] for entire sounding: 19.23

12120 Leba Observations at 12Z 21 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140721/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 5.59
Lifted index: 2.24
LIFT computed using virtual temperature: 1.91
SWEAT index: 103.65
K index: 15.50
Cross totals index: 18.10
Vertical totals index: 23.10
Totals totals index: 41.20
Convective Available Potential Energy: 0.49

CAPE using virtual temperature: 4.59
Convective Inhibition: -9.98
CINS using virtual temperature: -4.98
Equilibrium Level: 871.78
Equilibrium Level using virtual temperature: 857.10
Level of Free Convection: 890.87
LFCT using virtual temperature: 911.31
Bulk Richardson Number: 0.07
Bulk Richardson Number using CAPV: 0.64
Temp [K] of the Lifted Condensation Level: 287.41
Pres [hPa] of the Lifted Condensation Level: 948.52
Mean mixed layer potential temperature: 291.80
Mean mixed layer mixing ratio: 10.93
1000 hPa to 500 hPa thickness: 5629.00
Precipitable water [mm] for entire sounding: 25.33

12120 Leba Observations at 00Z 22 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140722/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 1.23
Lifted index: -0.41
LIFT computed using virtual temperature: -0.67
SWEAT index: 135.71
K index: 27.80
Cross totals index: 21.80
Vertical totals index: 26.70
Totals totals index: 48.50
Convective Available Potential Energy: 101.89
CAPE using virtual temperature: 155.58
Convective Inhibition: -111.35
CINS using virtual temperature: -93.19
Equilibrium Level: 310.72
Equilibrium Level using virtual temperature: 310.11
Level of Free Convection: 794.55
LFCT using virtual temperature: 808.02
Bulk Richardson Number: 260.52
Bulk Richardson Number using CAPV: 397.80
Temp [K] of the Lifted Condensation Level: 285.32
Pres [hPa] of the Lifted Condensation Level: 891.56
Mean mixed layer potential temperature: 294.86
Mean mixed layer mixing ratio: 10.21
1000 hPa to 500 hPa thickness: 5621.00
Precipitable water [mm] for entire sounding: 25.60

12120 Leba Observations at 12Z 22 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140722/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 1.44
Lifted index: -0.36
LIFT computed using virtual temperature: -0.61
SWEAT index: 104.34
K index: 25.70
Cross totals index: 20.90
Vertical totals index: 28.90
Totals totals index: 49.80
Convective Available Potential Energy: 17.22
CAPE using virtual temperature: 36.37
Convective Inhibition: -166.95
CINS using virtual temperature: -139.42
Equilibrium Level: 302.06
Equilibrium Level using virtual temperature: 301.99
Level of Free Convection: 703.05
LFCT using virtual temperature: 725.73
Bulk Richardson Number: 17.43
Bulk Richardson Number using CAPV: 36.81
Temp [K] of the Lifted Condensation Level: 282.46
Pres [hPa] of the Lifted Condensation Level: 863.81
Mean mixed layer potential temperature: 294.54
Mean mixed layer mixing ratio: 8.75
1000 hPa to 500 hPa thickness: 5591.00
Precipitable water [mm] for entire sounding: 23.20
12120 Leba Observations at 00Z 23 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140723/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 2.31
Lifted index: -0.40
LIFT computed using virtual temperature: -0.66
SWEAT index: 121.59
K index: 3.90
Cross totals index: 21.30
Vertical totals index: 26.30
Totals totals index: 47.60
Convective Available Potential Energy: 125.48
CAPE using virtual temperature: 199.40
Convective Inhibition: -104.81

CINS using virtual temperature: -84.96
Equilibrium Level: 301.83
Equilibrium Level using virtual temperature: 301.53
Level of Free Convection: 827.86
LFCT using virtual temperature: 835.18
Bulk Richardson Number: 36.49
Bulk Richardson Number using CAPV: 57.99
Temp [K] of the Lifted Condensation Level: 285.39
Pres [hPa] of the Lifted Condensation Level: 907.18
Mean mixed layer potential temperature: 293.47
Mean mixed layer mixing ratio: 10.11
1000 hPa to 500 hPa thickness: 5593.00
Precipitable water [mm] for entire sounding: 20.75
12120 Leba Observations at 12Z 23 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140723/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 3.12
Lifted index: 0.36
LIFT computed using virtual temperature: 0.10
SWEAT index: 141.35
K index: 21.30
Cross totals index: 20.10
Vertical totals index: 27.10
Totals totals index: 47.20
Convective Available Potential Energy: 21.61
CAPE using virtual temperature: 47.88
Convective Inhibition: -94.39
CINS using virtual temperature: -69.72
Equilibrium Level: 658.32
Equilibrium Level using virtual temperature: 512.21
Level of Free Convection: 772.47
LFCT using virtual temperature: 786.51
Bulk Richardson Number: 9.09
Bulk Richardson Number using CAPV: 20.13
Temp [K] of the Lifted Condensation Level: 282.44
Pres [hPa] of the Lifted Condensation Level: 870.30
Mean mixed layer potential temperature: 293.89
Mean mixed layer mixing ratio: 8.71
1000 hPa to 500 hPa thickness: 5574.00
Precipitable water [mm] for entire sounding: 21.10
12120 Leba Observations at 00Z 24 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140724/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 2.30
Lifted index: 0.27
LIFT computed using virtual temperature: 0.01
SWEAT index: 118.28
K index: 28.90
Cross totals index: 20.90
Vertical totals index: 26.90
Totals totals index: 47.80
Convective Available Potential Energy: 33.62
CAPE using virtual temperature: 52.84
Convective Inhibition: -112.87
CINS using virtual temperature: -96.14
Equilibrium Level: 653.92
Equilibrium Level using virtual temperature: 639.66
Level of Free Convection: 790.77
LFCT using virtual temperature: 799.20
Bulk Richardson Number: 20.20
Bulk Richardson Number using CAPV: 31.76
Temp [K] of the Lifted Condensation Level: 283.28
Pres [hPa] of the Lifted Condensation Level: 873.34
Mean mixed layer potential temperature: 294.48
Mean mixed layer mixing ratio: 9.23
1000 hPa to 500 hPa thickness: 5594.00
Precipitable water [mm] for entire sounding: 25.98
12120 Leba Observations at 12Z 24 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140724/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 5.69
Lifted index: 5.47
LIFT computed using virtual temperature: 5.26
SWEAT index: 104.33
K index: 8.90
Cross totals index: 17.90
Vertical totals index: 23.90
Totals totals index: 41.80
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00

CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 277.75
Pres [hPa] of the Lifted Condensation Level:
806.72
Mean mixed layer potential temperature: 295.34
Mean mixed layer mixing ratio: 6.81
1000 hPa to 500 hPa thickness: 5607.00
Precipitable water [mm] for entire sounding: 16.13
12120 Leba Observations at 00Z 25 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140725/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 4.40
Lifted index: 2.23
LIFT computed using virtual temperature: 1.98
SWEAT index: 117.36
K index: 5.90
Cross totals index: 18.30
Vertical totals index: 25.30
Totals totals index: 43.60
Convective Available Potential Energy: 0.00
CAPE using virtual temperature: 0.00
Convective Inhibition: 0.00
CINS using virtual temperature: 0.00
Bulk Richardson Number: 0.00
Bulk Richardson Number using CAPV: 0.00
Temp [K] of the Lifted Condensation Level: 282.47
Pres [hPa] of the Lifted Condensation Level:
853.30
Mean mixed layer potential temperature: 295.58
Mean mixed layer mixing ratio: 8.94
1000 hPa to 500 hPa thickness: 5622.00
Precipitable water [mm] for entire sounding: 19.43
12120 Leba Observations at 12Z 25 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140725/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 0.65
Lifted index: -0.35

LIFT computed using virtual temperature: -0.67
SWEAT index: 161.25
K index: 26.70
Cross totals index: 22.10
Vertical totals index: 27.10
Totals totals index: 49.20
Convective Available Potential Energy: 23.71
CAPE using virtual temperature: 71.10
Convective Inhibition: -78.13
CINS using virtual temperature: -63.57
Equilibrium Level: 468.36
Equilibrium Level using virtual temperature: 451.09
Level of Free Convection: 775.43
LFCT using virtual temperature: 786.53
Bulk Richardson Number: 1.20
Bulk Richardson Number using CAPV: 3.60
Temp [K] of the Lifted Condensation Level: 282.82
Pres [hPa] of the Lifted Condensation Level:
836.96
Mean mixed layer potential temperature: 297.59
Mean mixed layer mixing ratio: 9.14
1000 hPa to 500 hPa thickness: 5627.00
Precipitable water [mm] for entire sounding: 26.25
12120 Leba Observations at 00Z 26 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140726/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: -0.84
Lifted index: -1.82
LIFT computed using virtual temperature: -1.97
SWEAT index: 205.93
K index: 34.40
Cross totals index: 22.90
Vertical totals index: 28.90
Totals totals index: 51.80
Convective Available Potential Energy: 294.68
CAPE using virtual temperature: 341.22
Convective Inhibition: -169.17
CINS using virtual temperature: -148.94
Equilibrium Level: 298.97
Equilibrium Level using virtual temperature:
298.62
Level of Free Convection: 766.10
LFCT using virtual temperature: 773.33
Bulk Richardson Number: 279.18
Bulk Richardson Number using CAPV: 323.27

Temp [K] of the Lifted Condensation Level: 285.15
Pres [hPa] of the Lifted Condensation Level:
873.94
Mean mixed layer potential temperature: 296.37
Mean mixed layer mixing ratio: 10.28
1000 hPa to 500 hPa thickness: 5634.00
Precipitable water [mm] for entire sounding: 32.70
12120 Leba Observations at 12Z 26 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140726/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: 3.02
Lifted index: 0.01
LIFT computed using virtual temperature: -0.19
SWEAT index: 129.36
K index: 26.90
Cross totals index: 19.30
Vertical totals index: 26.30
Totals totals index: 45.60
Convective Available Potential Energy: 60.09
CAPE using virtual temperature: 93.33
Convective Inhibition: -55.54
CINS using virtual temperature: -37.70
Equilibrium Level: 394.21
Equilibrium Level using virtual temperature:
382.84
Level of Free Convection: 775.29
LFCT using virtual temperature: 789.08
Bulk Richardson Number: 5.18
Bulk Richardson Number using CAPV: 8.05
Temp [K] of the Lifted Condensation Level: 283.33
Pres [hPa] of the Lifted Condensation Level: 841.47
Mean mixed layer potential temperature: 297.67
Mean mixed layer mixing ratio: 9.37
1000 hPa to 500 hPa thickness: 5632.00
Precipitable water [mm] for entire sounding: 30.99
12120 Leba Observations at 00Z 27 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140727/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: -0.41
Lifted index: 0.15

LIFT computed using virtual temperature: -0.24
SWEAT index: 181.59
K index: 36.40
Cross totals index: 22.30
Vertical totals index: 27.30
Totals totals index: 49.60
Convective Available Potential Energy: 209.21
CAPE using virtual temperature: 243.50
Convective Inhibition: -144.42
CINS using virtual temperature: -133.90
Equilibrium Level: 301.77
Equilibrium Level using virtual temperature:
299.87
Level of Free Convection: 737.47
LFCT using virtual temperature: 741.18
Bulk Richardson Number: 32.75
Bulk Richardson Number using CAPV: 38.12
Temp [K] of the Lifted Condensation Level: 283.70
Pres [hPa] of the Lifted Condensation Level:
837.42
Mean mixed layer potential temperature: 298.48
Mean mixed layer mixing ratio: 9.73
1000 hPa to 500 hPa thickness: 5644.00
Precipitable water [mm] for entire sounding: 35.85
12120 Leba Observations at 12Z 27 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140727/1200
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: -1.19
Lifted index: -1.15
LIFT computed using virtual temperature: -1.42
SWEAT index: 198.74
K index: 27.90
Cross totals index: 22.90
Vertical totals index: 27.90
Totals totals index: 50.80
Convective Available Potential Energy: 239.51
CAPE using virtual temperature: 306.89
Convective Inhibition: -75.05
CINS using virtual temperature: -63.55
Equilibrium Level: 291.25
Equilibrium Level using virtual temperature:
290.46
Level of Free Convection: 748.18
LFCT using virtual temperature: 758.03
Bulk Richardson Number: 17.33

Bulk Richardson Number using CAPV: 22.21
Temp [K] of the Lifted Condensation Level: 283.00
Pres [hPa] of the Lifted Condensation Level:
808.49
Mean mixed layer potential temperature: 300.74
Mean mixed layer mixing ratio: 9.58
1000 hPa to 500 hPa thickness: 5663.00
Precipitable water [mm] for entire sounding: 32.83
12120 Leba Observations at 00Z 28 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140728/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: -2.09
Lifted index: -0.28
LIFT computed using virtual temperature: -0.38
SWEAT index: 218.28
K index: 36.10
Cross totals index: 23.60
Vertical totals index: 28.10
Totals totals index: 51.70
Convective Available Potential Energy: 73.23
CAPE using virtual temperature: 92.37
Convective Inhibition: -191.33
CINS using virtual temperature: -179.86
Equilibrium Level: 480.89
Equilibrium Level using virtual temperature:
474.50
Level of Free Convection: 693.53
LFCT using virtual temperature: 710.24
Bulk Richardson Number: 80.08
Bulk Richardson Number using CAPV: 101.02
Temp [K] of the Lifted Condensation Level: 285.47
Pres [hPa] of the Lifted Condensation Level:
866.29
Mean mixed layer potential temperature: 297.44
Mean mixed layer mixing ratio: 10.55
1000 hPa to 500 hPa thickness: 5670.00
Precipitable water [mm] for entire sounding: 38.84
12120 Leba Observations at 12Z 28 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140728/1200
Station latitude: 54.75
Station longitude: 17.53

Station elevation: 6.0
Showalter index: -0.47
Lifted index: -0.24
LIFT computed using virtual temperature: -0.52
SWEAT index: 168.34
K index: 29.50
Cross totals index: 21.70
Vertical totals index: 27.70
Totals totals index: 49.40
Convective Available Potential Energy: 59.63
CAPE using virtual temperature: 88.15
Convective Inhibition: -230.52
CINS using virtual temperature: -196.58
Equilibrium Level: 464.05
Equilibrium Level using virtual temperature: 458.76
Level of Free Convection: 649.95
LFCT using virtual temperature: 668.43
Bulk Richardson Number: 2.70
Bulk Richardson Number using CAPV: 3.99
Temp [K] of the Lifted Condensation Level: 286.69
Pres [hPa] of the Lifted Condensation Level:
885.42
Mean mixed layer potential temperature: 296.85
Mean mixed layer mixing ratio: 11.17
1000 hPa to 500 hPa thickness: 5677.00
Precipitable water [mm] for entire sounding: 35.35
12120 Leba Observations at 00Z 29 Jul 2014

Station information and sounding indices

Station number: 12120
Observation time: 140729/0000
Station latitude: 54.75
Station longitude: 17.53
Station elevation: 6.0
Showalter index: -1.42
Lifted index: -1.67
LIFT computed using virtual temperature: -2.06
SWEAT index: 182.40
K index: 36.00
Cross totals index: 22.80
Vertical totals index: 26.70
Totals totals index: 49.50
Convective Available Potential Energy: 730.73
CAPE using virtual temperature: 800.75
Convective Inhibition: -149.57
CINS using virtual temperature: -125.57
Equilibrium Level: 211.50
Equilibrium Level using virtual temperature: 211.36
Level of Free Convection: 790.27
LFCT using virtual temperature: 796.21

Bulk Richardson Number: 63.08	LIFT computed using virtual temperature: -2.00	Pres [hPa] of the Lifted Condensation Level: 817.74
Bulk Richardson Number using CAPV: 69.12	SWEAT index: 200.45	Mean mixed layer potential temperature: 301.51
Temp [K] of the Lifted Condensation Level: 289.78	K index: 34.70	Mean mixed layer mixing ratio: 10.57
Pres [hPa] of the Lifted Condensation Level: 918.91	Cross totals index: 22.30	1000 hPa to 500 hPa thickness: 5689.00
Mean mixed layer potential temperature: 296.89	Vertical totals index: 28.30	Precipitable water [mm] for entire sounding: 29.51
Mean mixed layer mixing ratio: 13.15	Totals totals index: 50.60	12120 Leba Observations at 00Z 31 Jul 2014
1000 hPa to 500 hPa thickness: 5681.00	Convective Available Potential Energy: 339.29	Station information and sounding indices
Precipitable water [mm] for entire sounding: 40.26	CAPE using virtual temperature: 414.09	Station number: 12120
12120 Leba Observations at 12Z 29 Jul 2014	Convective Inhibition: -166.63	Observation time: 140731/0000
Station information and sounding indices	CINS using virtual temperature: -152.49	Station latitude: 54.75
Station number: 12120	Equilibrium Level: 262.31	Station longitude: 17.53
Observation time: 140729/1200	Equilibrium Level using virtual temperature: 260.25	Station elevation: 6.0
Station latitude: 54.75	Level of Free Convection: 771.35	Showalter index: -1.86
Station longitude: 17.53	LFCT using virtual temperature: 775.23	Lifted index: -3.28
Station elevation: 6.0	Bulk Richardson Number: 70.38	LIFT computed using virtual temperature: -3.58
Showalter index: -2.11	Bulk Richardson Number using CAPV: 85.90	SWEAT index: 217.94
Lifted index: -3.79	Temp [K] of the Lifted Condensation Level: 286.52	K index: 37.70
LIFT computed using virtual temperature: -4.27	Pres [hPa] of the Lifted Condensation Level: 856.12	Cross totals index: 24.00
SWEAT index: 217.02	Mean mixed layer potential temperature: 299.54	Vertical totals index: 26.50
K index: 34.90	Mean mixed layer mixing ratio: 11.43	Totals totals index: 50.50
Cross totals index: 23.70	1000 hPa to 500 hPa thickness: 5689.00	Convective Available Potential Energy: 1046.51
Vertical totals index: 27.30	Precipitable water [mm] for entire sounding: 37.45	CAPE using virtual temperature: 1110.26
Totals totals index: 51.00	12120 Leba Observations at 12Z 30 Jul 2014	Convective Inhibition: -43.49
Convective Available Potential Energy: 1279.26	Station information and sounding indices	CINS using virtual temperature: -26.96
CAPE using virtual temperature: 1395.87	Station number: 12120	Equilibrium Level: 234.55
Convective Inhibition: -74.63	Observation time: 140730/1200	Equilibrium Level using virtual temperature: 234.29
CINS using virtual temperature: -59.85	Station latitude: 54.75	Level of Free Convection: 815.15
Equilibrium Level: 193.00	Station longitude: 17.53	LFCT using virtual temperature: 827.81
Equilibrium Level using virtual temperature: 192.99	Station elevation: 6.0	Bulk Richardson Number: 34.18
Level of Free Convection: 799.03	Showalter index: -0.03	Bulk Richardson Number using CAPV: 36.26
LFCT using virtual temperature: 825.00	Lifted index: -0.92	Temp [K] of the Lifted Condensation Level: 291.71
Bulk Richardson Number: 54.24	LIFT computed using virtual temperature: -1.37	Pres [hPa] of the Lifted Condensation Level: 961.04
Bulk Richardson Number using CAPV: 59.19	SWEAT index: 157.37	Mean mixed layer potential temperature: 295.06
Temp [K] of the Lifted Condensation Level: 288.55	K index: 20.30	Mean mixed layer mixing ratio: 14.21
Pres [hPa] of the Lifted Condensation Level: 873.19	Cross totals index: 21.10	1000 hPa to 500 hPa thickness: 5665.00
Mean mixed layer potential temperature: 299.97	Vertical totals index: 27.10	Precipitable water [mm] for entire sounding: 43.61
Mean mixed layer mixing ratio: 12.79	Totals totals index: 48.20	12120 Leba Observations at 12Z 31 Jul 2014
1000 hPa to 500 hPa thickness: 5689.00	Convective Available Potential Energy: 252.39	Station information and sounding indices
Precipitable water [mm] for entire sounding: 38.00	CAPE using virtual temperature: 371.57	Station number: 12120
12120 Leba Observations at 00Z 30 Jul 2014	Convective Inhibition: -72.73	Observation time: 140731/1200
Station information and sounding indices	CINS using virtual temperature: -59.80	Station latitude: 54.75
Station number: 12120	Equilibrium Level: 256.19	Station longitude: 17.53
Observation time: 140730/0000	Equilibrium Level using virtual temperature: 255.85	Station elevation: 6.0
Station latitude: 54.75	Level of Free Convection: 784.50	Showalter index: 7.80
Station longitude: 17.53	LFCT using virtual temperature: 794.05	Lifted index: 3.24
Station elevation: 6.0	Bulk Richardson Number: 14.97	LIFT computed using virtual temperature: 2.94
Showalter index: -1.48	Bulk Richardson Number using CAPV: 22.05	
Lifted index: -1.62	Temp [K] of the Lifted Condensation Level: 284.65	

SWEAT index: 120.68
K index: 22.00
Cross totals index: 16.50
Vertical totals index: 20.70
Totals totals index: 37.20
Convective Available Potential Energy: 17.31
CAPE using virtual temperature: 32.00
Convective Inhibition: -19.79
CINS using virtual temperature: -8.82
Equilibrium Level: 797.32
Equilibrium Level using virtual temperature:
794.00
Level of Free Convection: 872.72
LFCT using virtual temperature: 890.47
Bulk Richardson Number: 0.82
Bulk Richardson Number using CAPV: 1.51
Temp [K] of the Lifted Condensation Level: 286.37
Pres [hPa] of the Lifted Condensation Level: 918.71
Mean mixed layer potential temperature: 293.41
Mean mixed layer mixing ratio: 10.57
1000 hPa to 500 hPa thickness: 5631.00
Precipitable water [mm] for entire sounding: 24.57
Description of the data columns or sounding
indices.

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Questions about the weather data provided by this
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