# RAP Mixed-Layer Convective Available Potential Energy and Convective Inhibition - Hour 01

Chart Valid: 06-13-2026 22:00:00 UTC / Unit Interval: Fill SBCAPE 100 J/kg, Blue Hatch SBCIN 50 J/kg

ML CAPE (J/kg)
9000
8000
7000
6000
5500
5000
4500
4000
3500
3000
2500
2000
1500
1000
500
0