

JANEIRO						FEVEREIRO						MARÇO					
DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)
01 QUI	00:40	1.23 ↓	17 SAB	05:00	0.81 ↓	01 DOM ☀️	05:40	0.36 ↓	17 TER ☾️	06:00	0.62 ↓	01 DOM	04:30	0.55 ↓	17 TER	04:40	0.75 ↓
	09:40	2.71 ↑		11:10	2.60 ↑		11:40	3.06 ↑		12:00	3.15 ↑		10:40	3.07 ↑		10:50	3.25 ↑
	15:10	0.81 ↓		16:20	0.92 ↓		17:20	0.69 ↓		17:50	0.68 ↓		16:20	0.75 ↓		16:40	0.67 ↓
	21:40	3.09 ↑		22:50	2.98 ↑		23:40	3.36 ↑					22:50	3.36 ↑		23:00	3.59 ↑
02 SEX	04:30	0.60 ↓	18 DOM ☾️	05:40	0.77 ↓	02 SEG	06:20	0.29 ↓	18 QUA	00:10	3.50 ↑	02 SEG	05:20	0.35 ↓	18 QUA ☾️	05:20	0.60 ↓
	10:50	2.80 ↑		11:50	2.71 ↑		12:30	3.24 ↑		06:30	0.57 ↓		11:20	3.34 ↑		11:20	3.47 ↑
	16:20	0.78 ↓		17:10	0.88 ↓		18:10	0.56 ↓		12:30	3.28 ↑		17:10	0.54 ↓		17:20	0.53 ↓
	22:40	3.17 ↑		23:30	3.07 ↑					18:30	0.59 ↓		23:30	3.59 ↑		23:40	3.77 ↑
03 SAB ☀️	05:40	0.44 ↓	19 SEG	06:20	0.71 ↓	03 TER	00:30	3.49 ↑	19 QUI	00:40	3.61 ↑	03 TER ☀️	06:00	0.28 ↓	19 QUI	06:00	0.50 ↓
	11:50	2.91 ↑		12:30	2.81 ↑		07:00	0.27 ↓		07:10	0.50 ↓		12:00	3.53 ↑		11:50	3.62 ↑
	17:20	0.74 ↓		18:00	0.83 ↓		13:10	3.36 ↑		13:10	3.35 ↑		17:50	0.43 ↓		18:00	0.45 ↓
	23:40	3.22 ↑					19:00	0.46 ↓		19:10	0.54 ↓						
04 DOM	06:30	0.36 ↓	20 TER	00:20	3.13 ↑	04 QUA	01:10	3.56 ↑	20 SEX	01:20	3.63 ↑	04 QUA	00:10	3.74 ↑	20 SEX	00:20	3.86 ↑
	12:40	3.02 ↑		07:00	0.65 ↓		07:40	0.28 ↓		07:40	0.51 ↓		06:30	0.34 ↓		06:30	0.50 ↓
	18:20	0.67 ↓		13:00	2.88 ↑		13:50	3.38 ↑		13:40	3.38 ↑		12:30	3.64 ↑		12:30	3.69 ↑
				18:40	0.80 ↓		19:40	0.45 ↓		19:40	0.56 ↓		18:30	0.38 ↓		18:40	0.42 ↓
05 SEG	00:30	3.27 ↑	21 QUA	00:50	3.19 ↑	05 QUI	01:50	3.54 ↑	21 SAB	02:00	3.57 ↑	05 QUI	00:50	3.78 ↑	21 SAB	01:00	3.85 ↑
	07:20	0.30 ↓		07:30	0.62 ↓		08:10	0.38 ↓		08:10	0.56 ↓		07:00	0.42 ↓		07:00	0.55 ↓
	13:30	3.08 ↑		13:40	2.92 ↑		14:20	3.34 ↑		14:10	3.37 ↑		13:00	3.65 ↑		13:00	3.69 ↑
	19:10	0.63 ↓		19:20	0.76 ↓		20:10	0.50 ↓		20:30	0.54 ↓		19:10	0.38 ↓		19:20	0.46 ↓
06 TER	01:20	3.28 ↑	22 QUI	01:30	3.22 ↑	06 SEX	02:20	3.45 ↑	22 DOM	02:40	3.43 ↑	06 SEX	01:20	3.76 ↑	22 DOM	01:40	3.73 ↑
	08:10	0.27 ↓		08:10	0.57 ↓		08:40	0.48 ↓		08:50	0.62 ↓		07:30	0.49 ↓		07:40	0.60 ↓
	14:20	3.08 ↑		14:10	2.95 ↑		14:50	3.23 ↑		14:50	3.30 ↑		13:30	3.58 ↑		13:40	3.61 ↑
	20:00	0.60 ↓		20:00	0.72 ↓		20:50	0.53 ↓		21:10	0.61 ↓		19:40	0.46 ↓		20:10	0.50 ↓
07 QUA	02:10	3.24 ↑	23 SEX	02:10	3.21 ↑	07 SAB	03:00	3.28 ↑	23 SEG	03:30	3.19 ↑	07 SAB	01:50	3.64 ↑	23 SEG	02:20	3.52 ↑
	08:50	0.33 ↓		08:40	0.58 ↓		09:10	0.57 ↓		09:20	0.75 ↓		07:50	0.59 ↓		08:20	0.72 ↓
	15:00	3.04 ↑		14:50	2.96 ↑		15:20	3.09 ↑		15:30	3.17 ↑		14:00	3.44 ↑		14:20	3.45 ↑
	20:40	0.62 ↓		20:40	0.69 ↓		21:30	0.59 ↓		22:10	0.70 ↓		20:10	0.54 ↓		21:00	0.61 ↓
08 QUI	02:50	3.15 ↑	24 SAB	02:50	3.14 ↑	08 DOM	03:30	3.06 ↑	24 TER ☾️	04:20	2.91 ↑	08 DOM	02:20	3.45 ↑	24 TER	03:10	3.22 ↑
	09:30	0.42 ↓		09:10	0.60 ↓		09:40	0.67 ↓		10:10	0.89 ↓		08:20	0.66 ↓		09:00	0.87 ↓
	15:40	2.95 ↑		15:20	2.98 ↑		15:50	2.92 ↑		16:30	2.98 ↑		14:20	3.27 ↑		15:10	3.22 ↑
	21:30	0.62 ↓		21:30	0.65 ↓		22:10	0.68 ↓		23:10	0.85 ↓		20:40	0.64 ↓		21:50	0.76 ↓
09 SEX	03:30	3.02 ↑	25 DOM	03:40	3.01 ↑	09 SEG ☾️	04:10	2.79 ↑	25 QUA	05:30	2.62 ↑	09 SEG	02:50	3.19 ↑	25 QUA ☾️	04:10	2.89 ↑
	10:00	0.54 ↓		09:50	0.64 ↓		10:10	0.80 ↓		11:10	1.05 ↓		08:40	0.80 ↓		09:50	1.03 ↓
	16:20	2.85 ↑		16:10	2.94 ↑		16:30	2.75 ↑		17:30	2.80 ↑		14:50	3.07 ↑		16:00	2.97 ↑
	22:20	0.65 ↓		22:30	0.66 ↓		23:00	0.80 ↓					21:20	0.76 ↓		23:10	0.93 ↓
10 SAB ☾️	04:20	2.84 ↑	26 SEG ☾️	04:40	2.81 ↑	10 TER	05:00	2.52 ↑	26 QUI	00:40	1.02 ↓	10 TER	03:20	2.89 ↑	26 QUI	05:30	2.62 ↑
	10:40	0.63 ↓		10:40	0.72 ↓		10:50	0.95 ↓		07:00	2.46 ↑		09:10	0.97 ↓		11:00	1.17 ↓
	16:50	2.77 ↑		17:00	2.89 ↑		17:10	2.59 ↑		12:20	1.18 ↓		15:20	2.86 ↑		17:20	2.77 ↑
	23:10	0.70 ↓		23:30	0.73 ↓					19:00	2.76 ↑		22:00	0.91 ↓			
11 DOM	05:10	2.66 ↑	27 TER	05:40	2.61 ↑	11 QUA	00:00	0.95 ↓	27 SEX	02:10	1.03 ↓	11 QUA ☾️	04:10	2.57 ↑	27 SEX	00:30	1.08 ↓
	11:10	0.72 ↓		11:30	0.84 ↓		06:10	2.31 ↑		08:30	2.54 ↑		09:50	1.16 ↓		07:00	2.54 ↑
	17:30	2.69 ↑		17:50	2.82 ↑		11:30	1.12 ↓		14:00	1.19 ↓		16:00	2.64 ↑		12:30	1.26 ↓
							18:10	2.50 ↑		20:30	2.88 ↑		23:00	1.06 ↓		19:00	2.76 ↑
12 SEG	00:00	0.76 ↓	28 QUA	00:50	0.84 ↓	12 QUI	01:20	1.12 ↓	28 SAB	03:30	0.80 ↓	12 QUI	05:20	2.32 ↑	28 SAB	02:00	0.98 ↓
	06:00	2.49 ↑		07:00	2.47 ↑		07:40	2.24 ↑		09:40	2.78 ↑		10:40	1.33 ↓		08:20	2.71 ↑
	11:50	0.81 ↓		12:30	0.97 ↓		12:50	1.18 ↓		15:20	1.00 ↓		17:10	2.44 ↑		14:00	1.15 ↓
	18:20	2.64 ↑		19:10	2.79 ↑		19:30	2.56 ↑		21:50	3.10 ↑					20:30	2.94 ↑
13 TER	01:00	0.83 ↓	29 QUI	02:10	0.90 ↓	13 SEX	02:40	1.17 ↓				13 SEX	00:30	1.23 ↓	29 DOM	03:10	0.73 ↓
	07:10	2.37 ↑		08:30	2.47 ↑		09:00	2.34 ↑					07:00	2.26 ↑		09:20	2.98 ↑
	12:40	0.89 ↓		13:50	1.03 ↓		14:10	1.18 ↓					12:10	1.35 ↓		15:10	0.86 ↓
	19:10	2.65 ↑		20:30	2.86 ↑		20:50	2.72 ↑					18:50	2.50 ↑		21:30	3.20 ↑
14 QUA	02:10	0.89 ↓	30 SEX	03:30	0.81 ↓	14 SAB	03:50	1.05 ↓				14 SAB	02:00	1.29 ↓	30 SEG	04:00	0.56 ↓
	08:20	2.34 ↑		09:50	2.60 ↑		10:00	2.54 ↑					08:30	2.41 ↑		10:00	3.26 ↑
	13:30	0.95 ↓		15:10	0.99 ↓		15:20	1.10 ↓					13:50	1.29 ↓		16:00	0.60 ↓
	20:10	2.70 ↑		21:40	3.00 ↑		21:50	2.92 ↑					20:20	2.74 ↑		22:30	3.43 ↑
15 QUI	03:10	0.90 ↓	31 SAB	04:40	0.59 ↓	15 DOM	04:40	0.89 ↓				15 DOM	03:10	1.13 ↓	31 TER	04:40	0.47 ↓
	09:20	2.39 ↑		10:50	2.82 ↑		10:50	2.76 ↑					09:30	2.68 ↑		10:40	3.50 ↑
	14:30	0.96 ↓		16:20	0.87 ↓		16:20	0.95 ↓					15:10	1.12 ↓		16:50	0.39 ↓
	21:00	2.79 ↑		22:50	3.17 ↑		22:40	3.14 ↑					21:30	3.03 ↑		23:10	3.62 ↑
16 SEX	04:10	0.87 ↓				16 SEG	05:20	0.75 ↓				16 SEG	04:00	0.93 ↓			
	10:20	2.48 ↑					11:30	2.97 ↑					10:10	2.98 ↑			
	15:30	0.95 ↓					17:10	0.79 ↓					16:00	0.87 ↓			
	22:00	2.88 ↑					23:30	3.34 ↑					22:20	3.33 ↑			

ABRIL						MAIO						JUNHO					
DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)
01 QUA ☀	05:10 11:10 17:30 23:40	0.50 ↓ 3.66 ↓ 0.31 ↓ 3.75 ↑	17 SEX ☾	05:10 11:10 17:40	0.54 ↓ 3.73 ↑ 0.33 ↓	01 SEX ☀	05:00 11:00 17:30 23:40	0.62 ↓ 3.59 ↑ 0.40 ↓ 3.46 ↑	17 DOM ☾	05:10 11:20 18:00	0.60 ↓ 3.60 ↑ 0.41 ↓	01 SEG ☾	05:20 11:30 18:20	0.73 ↓ 3.18 ↑ 0.69 ↓	17 QUA ☀	01:20 06:50 13:00 19:50	3.02 ↑ 0.70 ↓ 3.25 ↑ 0.39 ↓
02 QUI	05:50 11:50 18:00	0.48 ↓ 3.73 ↑ 0.35 ↓	18 SAB	00:00 05:50 11:50 18:20	3.77 ↑ 0.53 ↓ 3.78 ↑ 0.36 ↓	02 SAB	05:30 11:30 18:00	0.63 ↓ 3.56 ↑ 0.49 ↓	18 SEG	00:20 06:00 12:10 19:00	3.36 ↑ 0.65 ↓ 3.52 ↑ 0.42 ↓	02 TER	00:20 05:50 12:00 18:50	2.88 ↑ 0.81 ↓ 3.08 ↑ 0.76 ↓	18 QUI	02:10 07:40 13:50 20:50	3.00 ↑ 0.71 ↓ 3.18 ↑ 0.34 ↓
03 SEX	00:20 06:10 12:10 18:30	3.76 ↑ 0.57 ↓ 3.73 ↑ 0.42 ↓	19 DOM	00:40 06:30 12:30 19:00	3.72 ↑ 0.57 ↓ 3.73 ↑ 0.43 ↓	03 DOM	00:10 05:50 12:00 18:30	3.40 ↑ 0.67 ↓ 3.47 ↑ 0.58 ↓	19 TER	01:10 06:50 13:00 19:50	3.24 ↑ 0.72 ↓ 3.38 ↑ 0.49 ↓	03 QUA	01:00 06:20 12:30 19:20	2.76 ↑ 0.91 ↓ 2.97 ↑ 0.81 ↓	19 SEX	03:00 08:40 14:50 21:40	2.95 ↑ 0.69 ↓ 3.08 ↑ 0.38 ↓
04 SAB	00:40 06:40 12:40 19:00	3.73 ↑ 0.60 ↓ 3.64 ↓ 0.51 ↓	20 SEG	01:20 07:10 13:10 19:50	3.58 ↑ 0.67 ↓ 3.59 ↑ 0.52 ↓	04 SEG	00:40 06:20 12:30 19:00	3.27 ↑ 0.73 ↓ 3.33 ↑ 0.68 ↓	20 QUA	02:10 07:40 13:50 20:50	3.07 ↑ 0.81 ↓ 3.20 ↑ 0.53 ↓	04 QUI	01:40 07:00 13:10 20:00	2.64 ↑ 0.99 ↓ 2.86 ↑ 0.82 ↓	20 SAB	03:50 09:40 15:40 22:20	2.87 ↑ 0.68 ↓ 2.96 ↑ 0.49 ↓
05 DOM	01:10 07:00 13:10 19:30	3.59 ↑ 0.67 ↓ 3.49 ↑ 0.60 ↓	21 TER	02:10 07:50 14:00 20:50	3.34 ↑ 0.81 ↓ 3.37 ↑ 0.61 ↓	05 TER	01:10 06:50 12:50 19:30	3.08 ↑ 0.83 ↓ 3.19 ↑ 0.78 ↓	21 QUI	03:10 08:40 14:50 21:50	2.90 ↑ 0.87 ↓ 3.01 ↑ 0.60 ↓	05 SEX	02:20 07:40 13:50 20:50	2.53 ↑ 1.05 ↓ 2.76 ↑ 0.81 ↓	21 DOM ☾	04:40 10:30 16:40 23:10	2.80 ↑ 0.70 ↓ 2.82 ↑ 0.58 ↓
06 SEG	01:40 07:30 13:30 20:00	3.38 ↑ 0.76 ↓ 3.32 ↑ 0.72 ↓	22 QUA	03:10 08:40 14:50 21:50	3.05 ↑ 0.94 ↓ 3.12 ↑ 0.74 ↓	06 QUA	01:40 07:20 13:20 20:10	2.87 ↑ 0.97 ↓ 3.03 ↑ 0.86 ↓	22 SEX	04:10 09:50 15:50 22:50	2.75 ↑ 0.91 ↓ 2.85 ↑ 0.67 ↓	06 SAB	03:10 08:30 14:40 21:30	2.46 ↑ 1.06 ↓ 2.66 ↑ 0.80 ↓	22 SEG	05:30 11:30 17:40 23:50	2.75 ↑ 0.71 ↓ 2.68 ↑ 0.69 ↓
07 TER	02:10 07:50 14:00 20:30	3.12 ↑ 0.92 ↓ 3.12 ↑ 0.85 ↓	23 QUI ☾	04:10 09:40 16:00 23:00	2.80 ↑ 1.05 ↓ 2.88 ↑ 0.88 ↓	07 QUI	02:20 07:50 14:00 20:50	2.65 ↑ 1.10 ↓ 2.84 ↑ 0.94 ↓	23 SAB ☾	05:20 11:00 17:00 23:50	2.65 ↑ 0.94 ↓ 2.74 ↑ 0.72 ↓	07 DOM	04:00 09:30 15:40 22:20	2.44 ↑ 1.01 ↓ 2.58 ↑ 0.77 ↓	23 TER	06:10 12:30 18:40	2.74 ↑ 0.71 ↓ 2.59 ↑
08 QUA	02:50 08:20 14:30 21:20	2.83 ↑ 1.09 ↓ 2.92 ↑ 0.97 ↓	24 SEX	05:30 11:00 17:20	2.62 ↑ 1.13 ↓ 2.74 ↑	08 SEX	03:20 08:40 14:40 21:50	2.46 ↑ 1.20 ↓ 2.65 ↑ 0.97 ↓	24 DOM	06:10 12:10 18:20	2.68 ↑ 0.91 ↓ 2.69 ↑	08 SEG ☾	04:50 10:50 16:50 23:20	2.48 ↑ 0.90 ↓ 2.56 ↑ 0.75 ↓	24 QUA	00:40 07:00 13:30 19:40	0.76 ↓ 2.76 ↑ 0.69 ↓ 2.54 ↑
09 QUI	03:30 09:00 15:10 22:20	2.55 ↑ 1.26 ↓ 2.69 ↑ 1.08 ↓	25 SAB	00:20 06:50 12:30 18:50	0.93 ↓ 2.62 ↑ 1.15 ↓ 2.74 ↑	09 SAB ☾	04:20 09:40 15:50 23:00	2.34 ↑ 1.24 ↓ 2.47 ↑ 0.98 ↓	25 SEG	00:50 07:10 13:20 19:30	0.72 ↓ 2.77 ↑ 0.77 ↓ 2.73 ↑	09 TER	05:40 12:00 18:00	2.59 ↑ 0.81 ↓ 2.59 ↑	25 QUI	01:20 07:40 14:30 20:40	0.81 ↓ 2.81 ↑ 0.67 ↓ 2.53 ↑
10 SEX ☾	04:40 10:00 16:20 23:40	2.33 ↑ 1.38 ↓ 2.45 ↑ 1.17 ↓	26 DOM	01:30 07:50 13:50 20:00	0.85 ↓ 2.79 ↑ 0.94 ↓ 2.90 ↑	10 DOM	05:30 11:10 17:20	2.36 ↑ 1.15 ↓ 2.46 ↑	26 TER	01:40 07:50 14:10 20:30	0.72 ↓ 2.90 ↑ 0.63 ↓ 2.81 ↑	10 QUA	00:10 06:40 13:00 19:10	0.74 ↓ 2.75 ↑ 0.72 ↓ 2.68 ↑	26 SEX	02:10 08:30 15:20 21:30	0.83 ↓ 2.88 ↑ 0.67 ↓ 2.57 ↑
11 SAB	06:20 11:40 18:00	2.30 ↑ 1.33 ↓ 2.45 ↑	27 SEG	02:30 08:40 14:50 21:10	0.71 ↓ 3.02 ↑ 0.67 ↓ 3.08 ↑	11 SEG	00:10 06:40 12:40 18:50	0.97 ↓ 2.51 ↑ 1.02 ↓ 2.65 ↑	27 QUA	02:20 08:30 15:00 21:20	0.73 ↓ 3.05 ↑ 0.52 ↓ 2.89 ↑	11 QUI	01:10 07:30 14:10 20:20	0.72 ↓ 2.93 ↑ 0.63 ↓ 2.79 ↑	27 SAB	02:50 09:20 16:10 22:20	0.84 ↓ 2.94 ↑ 0.68 ↓ 2.61 ↑
12 DOM	01:10 07:40 13:20 19:40	1.20 ↓ 2.48 ↑ 1.23 ↓ 2.72 ↑	28 TER	03:10 09:20 15:40 21:50	0.66 ↓ 3.24 ↑ 0.46 ↓ 3.27 ↑	12 TER	01:10 07:30 13:50 20:00	0.90 ↓ 2.76 ↑ 0.84 ↓ 2.88 ↑	28 QUI	03:00 09:10 15:50 22:00	0.72 ↓ 3.17 ↑ 0.45 ↓ 2.96 ↑	12 SEX	02:00 08:20 15:10 21:20	0.71 ↓ 3.11 ↑ 0.56 ↓ 2.90 ↑	28 DOM	03:40 10:00 17:00 23:00	0.83 ↓ 2.99 ↑ 0.70 ↓ 2.66 ↑
13 SEG	02:20 08:30 14:30 20:50	1.07 ↓ 2.77 ↑ 1.01 ↓ 3.03 ↑	29 QUA	03:50 10:00 16:20 22:40	0.62 ↓ 3.42 ↑ 0.36 ↓ 3.37 ↑	13 QUA	02:10 08:20 14:40 21:00	0.78 ↓ 3.04 ↑ 0.65 ↓ 3.11 ↑	29 SEX	03:40 09:50 16:30 22:40	0.70 ↓ 3.25 ↑ 0.47 ↓ 3.00 ↑	13 SAB	03:00 09:20 16:10 22:20	0.69 ↓ 3.24 ↑ 0.52 ↓ 2.97 ↑	29 SEG ☾	04:20 10:50 17:40 23:40	0.83 ↓ 3.00 ↑ 0.73 ↓ 2.70 ↑
14 TER	03:10 09:20 15:20 21:40	0.88 ↓ 3.08 ↑ 0.76 ↓ 3.33 ↑	30 QUI	04:30 10:30 17:00 23:10	0.60 ↓ 3.54 ↑ 0.33 ↓ 3.45 ↑	14 QUI	03:00 09:10 15:40 21:50	0.67 ↓ 3.29 ↑ 0.48 ↓ 3.30 ↑	30 SAB	04:10 10:30 17:10 23:20	0.70 ↓ 3.28 ↑ 0.53 ↓ 2.99 ↑	14 DOM ☾	04:00 10:10 17:10 23:20	0.68 ↓ 3.32 ↑ 0.48 ↓ 3.01 ↑	30 TER	05:10 11:30 18:20	0.83 ↓ 3.00 ↑ 0.75 ↓
15 QUA	03:50 10:00 16:10 22:30	0.72 ↓ 3.36 ↑ 0.54 ↓ 3.57 ↑				15 SEX	03:40 09:50 16:30 22:40	0.61 ↓ 3.49 ↑ 0.39 ↓ 3.40 ↑	31 DOM ☾	04:40 11:00 17:40 23:50	0.71 ↓ 3.26 ↑ 0.62 ↓ 2.96 ↑	15 SEG	04:50 11:10 18:00	0.70 ↓ 3.33 ↑ 0.47 ↓			
16 QUI	04:30 10:30 16:50 23:10	0.61 ↓ 3.59 ↑ 0.42 ↓ 3.73 ↑				16 SAB ☾	04:30 10:40 17:10 23:30	0.57 ↓ 3.58 ↑ 0.39 ↓ 3.42 ↑				16 TER	00:20 05:50 12:10 19:00	3.03 ↑ 0.71 ↓ 3.29 ↑ 0.40 ↓			

JULHO						AGOSTO						SETEMBRO					
DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)
01 QUA	00:20	2.71 ↑	17 SEX	02:00	3.20 ↑	01 SAB	01:20	3.01 ↑	17 SEG	02:30	3.40 ↑	01 TER	01:50	3.43 ↑	17 QUI	02:30	3.16 ↑
	05:50	0.86 ↓		07:40	0.51 ↓		07:00	0.75 ↓		08:30	0.46 ↓		08:00	0.58 ↓		09:00	0.75 ↓
	12:00	2.99 ↑		13:50	3.40 ↑		13:20	3.29 ↑		14:40	3.47 ↑		14:10	3.50 ↑		15:10	2.97 ↑
	18:50	0.76 ↓		20:30	0.22 ↓		19:50	0.59 ↓		21:00	0.53 ↓		20:20	0.66 ↓		21:00	0.96 ↓
02 QUI	01:00	2.70 ↑	18 SAB	02:40	3.19 ↑	02 DOM	01:50	3.03 ↑	18 TER	03:00	3.25 ↑	02 QUA	02:20	3.38 ↑	18 SEX	03:10	2.91 ↑
	06:30	0.88 ↓		08:30	0.47 ↓		07:40	0.71 ↓		09:10	0.55 ↓		08:40	0.64 ↓		09:50	0.89 ↓
	12:40	2.96 ↑		14:40	3.33 ↑		13:50	3.29 ↑		15:20	3.22 ↑		14:50	3.30 ↑		16:00	2.64 ↓
	19:30	0.74 ↓		21:10	0.30 ↓		20:20	0.59 ↓		21:30	0.66 ↓		20:50	0.77 ↓		21:30	1.16 ↓
03 SEX	01:40	2.68 ↑	19 DOM	03:20	3.12 ↑	03 SEG	02:20	3.05 ↑	19 QUA	03:30	3.06 ↑	03 QUI	03:00	3.27 ↑	19 SAB	03:50	2.66 ↑
	07:10	0.90 ↓		09:10	0.51 ↓		08:20	0.69 ↓		09:50	0.66 ↓		09:30	0.72 ↓		10:50	1.05 ↓
	13:20	2.94 ↑		15:20	3.20 ↑		14:30	3.23 ↑		16:00	2.93 ↑		15:40	3.02 ↑		17:10	2.37 ↑
	20:00	0.72 ↓		21:50	0.42 ↓		20:50	0.61 ↓		22:00	0.80 ↓		21:30	0.91 ↓		22:30	1.30 ↓
04 SAB	02:10	2.67 ↑	20 SEG	04:00	3.01 ↑	04 TER	02:50	3.06 ↑	20 QUI	04:10	2.85 ↑	04 SEX	03:50	3.08 ↑	20 DOM	04:50	2.45 ↑
	07:50	0.89 ↓		10:00	0.55 ↓		09:00	0.68 ↓		10:40	0.80 ↓		10:30	0.85 ↓		12:10	1.22 ↓
	13:50	2.92 ↑		16:00	3.02 ↑		15:10	3.11 ↑		16:50	2.62 ↑		16:50	2.70 ↑		18:40	2.28 ↑
	20:40	0.68 ↓		22:20	0.57 ↓		21:20	0.66 ↓		22:30	0.98 ↓		22:20	1.07 ↓			
05 DOM	02:50	2.67 ↑	21 TER	04:30	2.90 ↑	05 QUA	03:30	3.04 ↑	21 SEX	04:50	2.65 ↑	05 SAB	04:50	2.86 ↑	21 SEG	00:00	1.34 ↓
	08:30	0.86 ↓		10:40	0.63 ↓		09:50	0.69 ↓		11:40	0.97 ↓		11:50	1.02 ↓		06:30	2.48 ↑
	14:40	2.88 ↑		16:50	2.79 ↑		16:00	2.92 ↑		17:50	2.37 ↑		18:10	2.49 ↑		13:40	1.31 ↓
	21:10	0.66 ↓		23:00	0.70 ↓		22:00	0.74 ↓		23:20	1.13 ↓		23:40	1.19 ↓		20:10	2.42 ↓
06 SEG	03:30	2.68 ↑	22 QUA	05:10	2.77 ↑	06 QUI	04:20	2.96 ↑	22 SAB	05:50	2.52 ↑	06 DOM	06:10	2.74 ↑	22 TER	01:40	1.33 ↓
	09:20	0.79 ↓		11:40	0.73 ↓		10:50	0.75 ↓		13:00	1.16 ↓		13:20	1.13 ↓		08:00	2.69 ↑
	15:30	2.82 ↑		17:40	2.57 ↑		17:00	2.69 ↑		19:20	2.26 ↑		19:50	2.50 ↑		14:50	1.16 ↓
	21:50	0.65 ↓		23:30	0.83 ↓		22:50	0.86 ↓								21:10	2.68 ↑
07 TER	04:10	2.72 ↑	23 QUI	06:00	2.68 ↑	07 SEX	05:10	2.86 ↑	23 DOM	00:30	1.23 ↓	07 SEG	01:20	1.23 ↓	23 QUA	02:50	1.15 ↓
	10:20	0.73 ↓		12:40	0.85 ↓		12:00	0.87 ↓		07:10	2.54 ↑		07:50	2.82 ↑		09:10	2.98 ↑
	16:20	2.73 ↑		18:50	2.39 ↑		18:10	2.48 ↑		14:30	1.22 ↓		14:50	0.96 ↓		15:40	0.96 ↓
	22:40	0.66 ↓					23:50	1.00 ↓		20:50	2.35 ↑		21:10	2.73 ↑		21:50	2.97 ↑
08 QUA	05:00	2.76 ↑	24 SEX	00:20	0.94 ↓	08 SAB	06:20	2.77 ↑	24 SEG	02:00	1.25 ↓	08 TER	02:50	1.08 ↓	24 QUI	03:40	0.90 ↓
	11:20	0.71 ↓		06:50	2.63 ↑		13:30	0.99 ↓		08:40	2.70 ↑		09:20	3.05 ↑		10:00	3.27 ↑
	17:20	2.63 ↑		13:50	0.94 ↓		19:40	2.43 ↑		15:40	1.08 ↓		16:00	0.66 ↓		16:20	0.78 ↓
	23:20	0.72 ↓		20:00	2.32 ↑					21:50	2.56 ↑		22:10	3.04 ↑		22:20	3.24 ↑
09 QUI	05:50	2.79 ↑	25 SAB	01:20	1.02 ↓	09 DOM	01:10	1.08 ↓	25 TER	03:20	1.15 ↓	09 QUA	03:50	0.82 ↓	25 SEX	04:30	0.66 ↓
	12:30	0.73 ↓		07:50	2.66 ↑		07:50	2.80 ↑		09:40	2.92 ↑		10:20	3.34 ↑		10:50	3.51 ↑
	18:30	2.54 ↑		15:00	0.96 ↓		15:00	0.94 ↓		16:30	0.90 ↓		16:50	0.44 ↓		17:00	0.64 ↓
				21:10	2.36 ↑		21:10	2.55 ↑		22:30	2.81 ↑		22:50	3.34 ↑		23:00	3.45 ↑
10 SEX	00:20	0.79 ↓	26 DOM	02:20	1.04 ↓	10 SEG	02:40	1.06 ↓	26 QUA	04:10	0.97 ↓	10 QUI	04:50	0.52 ↓	26 SAB	05:00	0.54 ↓
	06:50	2.84 ↑		08:50	2.75 ↑		09:10	2.95 ↑		10:30	3.15 ↑		11:10	3.60 ↑		11:20	3.71 ↑
	13:40	0.77 ↓		16:00	0.91 ↓		16:10	0.73 ↓		17:10	0.75 ↓		17:30	0.34 ↓		17:30	0.58 ↓
	19:50	2.53 ↑		22:10	2.47 ↑		22:20	2.79 ↑		23:10	3.03 ↑		23:30	3.57 ↑		23:30	3.60 ↑
11 SAB	01:20	0.86 ↓	27 SEG	03:20	1.02 ↓	11 TER	03:50	0.94 ↓	27 QUI	05:00	0.78 ↓	11 SEX	05:30	0.38 ↓	27 DOM	05:40	0.46 ↓
	07:50	2.91 ↑		09:50	2.86 ↑		10:20	3.17 ↑		11:20	3.35 ↑		11:50	3.78 ↑		12:00	3.80 ↑
	14:50	0.78 ↓		16:50	0.84 ↓		17:10	0.48 ↓		17:40	0.66 ↓		18:10	0.30 ↓		18:00	0.56 ↓
	21:10	2.59 ↑		23:00	2.62 ↑		23:20	3.06 ↑		23:40	3.22 ↑						
12 DOM	02:30	0.89 ↓	28 TER	04:20	0.95 ↓	12 QUA	05:00	0.70 ↓	28 SEX	05:30	0.67 ↓	12 SAB	00:10	3.71 ↑	28 SEG	00:00	3.69 ↑
	09:00	3.01 ↑		10:50	2.97 ↑		11:20	3.39 ↑		11:50	3.53 ↑		06:10	0.31 ↓		06:20	0.43 ↓
	16:10	0.68 ↓		17:30	0.77 ↓		18:00	0.29 ↓		18:10	0.60 ↓		12:30	3.87 ↑		12:40	3.80 ↑
	22:20	2.71 ↑		23:40	2.76 ↑								18:40	0.38 ↓		18:40	0.56 ↓
13 SEG	03:50	0.85 ↓	29 QUA	05:10	0.87 ↓	13 QUI	00:10	3.29 ↑	29 SAB	00:10	3.34 ↑	13 DOM	00:40	3.75 ↑	29 TER	00:40	3.69 ↑
	10:10	3.12 ↑		11:30	3.10 ↑		05:50	0.52 ↓		06:10	0.59 ↓		06:50	0.31 ↓		07:00	0.47 ↓
	17:10	0.56 ↓		18:10	0.70 ↓		12:10	3.58 ↑		12:30	3.63 ↑		13:00	3.86 ↑		13:10	3.72 ↑
	23:30	2.85 ↑					18:40	0.22 ↓		18:40	0.57 ↓		19:10	0.47 ↓		19:10	0.64 ↓
14 TER	04:50	0.79 ↓	30 QUI	00:10	2.89 ↑	14 SEX	00:50	3.46 ↑	30 DOM	00:40	3.42 ↑	14 SEG	01:10	3.70 ↑	30 QUA	01:10	3.65 ↑
	11:20	3.22 ↑		05:50	0.81 ↓		06:40	0.38 ↓		06:50	0.54 ↓		07:20	0.41 ↓		07:40	0.54 ↓
	18:10	0.38 ↓		12:10	3.19 ↑		12:50	3.70 ↑		13:00	3.67 ↑		13:40	3.74 ↑		14:00	3.51 ↑
				18:50	0.63 ↓		19:20	0.21 ↓		19:10	0.58 ↓		19:40	0.56 ↓		19:50	0.74 ↓
15 QUA	00:20	3.02 ↑	31 SEX	00:50	2.96 ↑	15 SAB	01:20	3.53 ↑	31 SEG	01:10	3.45 ↑	15 TER	01:40	3.56 ↑			
	05:50	0.69 ↓		06:30	0.76 ↓		07:20	0.35 ↓		07:20	0.57 ↓		08:00	0.49 ↓			
	12:10	3.33 ↑		12:40	3.27 ↑		13:30	3.71 ↑		13:40	3.62 ↑		14:10	3.55 ↑			
	19:00	0.26 ↓		19:20	0.60 ↓		20:00	0.26 ↓		19:40	0.61 ↓		20:10	0.66 ↓			
16 QUI	01:10	3.15 ↑				16 DOM	02:00	3.50 ↑				16 QUA	02:10	3.38 ↑			
	06:50	0.57 ↓					08:00	0.38 ↓					08:30	0.61 ↓			
	13:10	3.39 ↑					14:10	3.63 ↑					14:40	3.28 ↑			
	19:50	0.18 ↓					20:30	0.39 ↓									

OUTUBRO						NOVEMBRO						DEZEMBRO					
DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)	DIA	HH:MM	ALT (m)
01 QUI	01:50	3.51 ↑	17 SAB	02:20	2.90 ↑	01 DOM	03:20	2.93 ↑	17 TER	03:30	2.46 ↑	01 TER	04:30	2.82 ↑	17 QUI	04:20	2.56 ↑
	08:20	0.65 ↓		09:10	0.92 ↓		10:30	0.80 ↓		10:40	0.91 ↓		11:20	0.61 ↓		10:50	0.72 ↓
	14:40	3.26 ↑		15:30	2.57 ↑		16:50	2.65 ↑		17:10	2.35 ↑		17:40	2.71 ↑		17:10	2.56 ↑
	20:30	0.87 ↓		20:50	1.22 ↓		22:30	1.06 ↓		22:50	1.10 ↓		23:40	0.81 ↓		23:20	0.81 ↓
02 SEX	02:30	3.31 ↑	18 DOM	03:00	2.66 ↑	02 SEG	04:40	2.77 ↑	18 QUA	04:50	2.42 ↑	02 QUA	05:40	2.74 ↑	18 SEX	05:30	2.54 ↑
	09:20	0.75 ↓		10:00	1.03 ↓		11:40	0.87 ↓		11:40	0.91 ↓		12:10	0.67 ↓		11:40	0.72 ↓
	15:40	2.95 ↑		16:30	2.36 ↑		18:10	2.61 ↑		18:10	2.46 ↑		18:30	2.76 ↑		18:00	2.67 ↑
	21:10	1.03 ↓		21:50	1.32 ↓		23:50	1.08 ↓									
03 SAB	03:30	3.04 ↑	19 SEG	04:00	2.43 ↑	03 TER	06:10	2.72 ↑	19 QUI	00:10	1.00 ↓	03 QUI	00:40	0.73 ↓	19 SAB	00:30	0.74 ↓
	10:20	0.90 ↓		11:20	1.11 ↓		12:50	0.84 ↓		06:20	2.54 ↑		06:50	2.72 ↑		06:40	2.57 ↑
	16:50	2.67 ↑		18:00	2.30 ↑		19:10	2.74 ↑		12:40	0.86 ↓		13:00	0.71 ↓		12:30	0.74 ↓
	22:20	1.15 ↓		23:20	1.30 ↓					19:00	2.66 ↑		19:20	2.86 ↑		19:00	2.81 ↑
04 DOM	04:40	2.81 ↑	20 TER	05:40	2.41 ↑	04 QUA	01:10	0.95 ↓	20 SEX	01:20	0.86 ↓	04 SEX	01:40	0.62 ↓	20 DOM	01:30	0.69 ↓
	11:50	1.04 ↓		12:40	1.16 ↓		07:30	2.82 ↑		07:30	2.72 ↑		08:00	2.74 ↑		07:40	2.63 ↑
	18:20	2.53 ↑		19:10	2.44 ↑		13:50	0.75 ↓		13:30	0.79 ↓		13:50	0.72 ↓		13:30	0.74 ↓
	23:50	1.23 ↓					20:10	2.94 ↑		19:50	2.90 ↑		20:10	2.97 ↑		19:50	2.96 ↑
05 SEG	06:10	2.74 ↑	21 QUA	01:00	1.22 ↓	05 QUI	02:20	0.69 ↓	21 SAB	02:20	0.69 ↓	05 SAB	02:40	0.51 ↓	21 SEG	02:40	0.65 ↓
	13:20	1.03 ↓		07:10	2.62 ↑		08:30	2.99 ↑		08:30	2.92 ↑		08:50	2.80 ↑		08:50	2.72 ↑
	19:40	2.65 ↑		13:50	1.07 ↓		14:40	0.67 ↓		14:20	0.71 ↓		14:30	0.75 ↓		14:20	0.75 ↓
				20:10	2.70 ↑		20:50	3.15 ↑		20:40	3.14 ↑		20:50	3.08 ↑		20:50	3.09 ↑
06 TER	01:30	1.17 ↓	22 QUI	02:10	1.03 ↓	06 SEX	03:10	0.49 ↓	22 DOM	03:10	0.55 ↓	06 DOM	03:30	0.46 ↓	22 TER	03:40	0.63 ↓
	07:50	2.86 ↑		08:30	2.90 ↑		09:30	3.14 ↑		09:30	3.08 ↑		09:40	2.84 ↑		09:50	2.81 ↑
	14:30	0.85 ↓		14:40	0.91 ↓		15:20	0.65 ↓		15:10	0.65 ↓		15:10	0.75 ↓		15:20	0.76 ↓
	20:40	2.91 ↑		20:50	2.99 ↑		21:30	3.34 ↑		21:20	3.33 ↑		21:30	3.16 ↑		21:50	3.19 ↑
07 QUA	02:40	0.91 ↓	23 SEX	03:00	0.78 ↓	07 SAB	04:00	0.34 ↓	23 SEG	04:00	0.47 ↓	07 SEG	04:20	0.46 ↓	23 QUA	04:40	0.59 ↓
	09:00	3.11 ↑		09:20	3.18 ↑		10:10	3.27 ↑		10:20	3.19 ↑		10:30	2.86 ↑		11:00	2.87 ↑
	15:30	0.62 ↓		15:30	0.74 ↓		16:00	0.63 ↓		16:00	0.61 ↓		15:50	0.75 ↓		16:20	0.76 ↓
	21:30	3.20 ↑		21:30	3.26 ↑		22:10	3.46 ↑		22:10	3.45 ↑		22:10	3.19 ↑		22:50	3.24 ↑
08 QUI	03:40	0.59 ↓	24 SAB	03:50	0.57 ↓	08 DOM	04:40	0.32 ↓	24 TER	04:50	0.44 ↓	08 TER	05:00	0.53 ↓	24 QUI	05:40	0.53 ↓
	10:00	3.36 ↑		10:10	3.40 ↑		10:50	3.34 ↑		11:10	3.23 ↑		11:10	2.88 ↑		12:00	2.93 ↑
	16:10	0.53 ↓		16:00	0.65 ↓		16:40	0.62 ↓		16:40	0.64 ↓		16:30	0.75 ↓		17:20	0.75 ↓
	22:10	3.45 ↑		22:10	3.48 ↑		22:40	3.53 ↑		23:00	3.49 ↑		22:50	3.18 ↑		23:40	3.28 ↑
09 SEX	04:20	0.43 ↓	25 DOM	04:30	0.44 ↓	09 SEG	05:20	0.37 ↓	25 QUA	05:40	0.46 ↓	09 QUA	05:40	0.62 ↓	25 SEX	06:40	0.42 ↓
	10:40	3.58 ↑		10:50	3.57 ↑		11:30	3.34 ↑		12:00	3.21 ↑		11:40	2.88 ↑		12:50	3.00 ↑
	16:50	0.47 ↓		16:40	0.58 ↓		17:10	0.65 ↓		17:30	0.68 ↓		17:10	0.77 ↓		18:20	0.72 ↓
	22:50	3.64 ↑		22:50	3.63 ↑		23:20	3.51 ↑		23:40	3.46 ↑		23:30	3.13 ↑			
10 SAB	05:10	0.27 ↓	26 SEG	05:10	0.40 ↓	10 TER	05:50	0.48 ↓	26 QUI	06:30	0.49 ↓	10 QUI	06:10	0.71 ↓	26 SAB	00:40	3.28 ↑
	11:20	3.71 ↑		11:30	3.64 ↑		12:00	3.30 ↑		12:50	3.14 ↑		12:20	2.83 ↑		07:30	0.36 ↓
	17:20	0.52 ↓		17:20	0.57 ↓		17:40	0.68 ↓		18:20	0.74 ↓		17:40	0.81 ↓		13:50	3.02 ↑
	23:30	3.73 ↑		23:20	3.71 ↑		23:50	3.43 ↑								19:20	0.66 ↓
11 DOM	05:40	0.31 ↓	27 TER	05:50	0.42 ↓	11 QUA	06:20	0.59 ↓	27 SEX	00:30	3.36 ↑	11 SEX	00:00	3.05 ↑	27 DOM	01:40	3.25 ↑
	12:00	3.74 ↑		12:10	3.61 ↑		12:30	3.20 ↑		07:30	0.48 ↓		06:50	0.76 ↓		08:20	0.32 ↓
	17:50	0.57 ↓		18:00	0.61 ↓		18:10	0.73 ↓		13:50	3.02 ↑		13:00	2.75 ↑		14:40	3.02 ↑
										19:20	0.78 ↓		18:20	0.87 ↓		20:20	0.60 ↓
12 SEG	00:00	3.74 ↑	28 QUA	00:00	3.69 ↑	12 QUI	00:20	3.29 ↑	28 SAB	01:30	3.22 ↑	12 SAB	00:30	2.95 ↑	28 SEG	02:30	3.21 ↑
	06:20	0.36 ↓		06:40	0.45 ↓		06:50	0.68 ↓		08:20	0.52 ↓		07:20	0.78 ↓		09:10	0.31 ↓
	12:30	3.70 ↑		13:00	3.48 ↑		13:00	3.04 ↑		14:40	2.91 ↑		13:30	2.66 ↑		15:30	2.98 ↑
	18:20	0.61 ↓		18:40	0.69 ↓		18:40	0.82 ↓		20:10	0.83 ↓		19:00	0.93 ↓		21:10	0.59 ↓
13 TER	00:30	3.66 ↑	29 QUI	00:40	3.59 ↑	13 SEX	00:40	3.14 ↑	29 DOM	02:20	3.07 ↑	13 DOM	01:10	2.85 ↑	29 TER	03:20	3.11 ↑
	06:50	0.47 ↓		07:30	0.52 ↓		07:30	0.75 ↓		09:20	0.53 ↓		08:00	0.78 ↓		10:00	0.36 ↓
	13:00	3.58 ↑		13:40	3.30 ↑		13:40	2.84 ↑		15:50	2.78 ↑		14:10	2.57 ↑		16:20	2.91 ↑
	18:50	0.67 ↓		19:20	0.81 ↓		19:10	0.94 ↓		21:20	0.83 ↓		19:40	0.98 ↓		22:10	0.58 ↓
14 QUA	00:50	3.53 ↑	30 SEX	01:30	3.40 ↑	14 SAB	01:10	2.97 ↑	30 SEG	03:30	2.93 ↑	14 SEG	01:40	2.76 ↑	30 QUA	04:20	2.96 ↑
	07:20	0.58 ↓		08:20	0.61 ↓		08:00	0.83 ↓		10:20	0.57 ↓		08:40	0.76 ↓		10:50	0.46 ↓
	13:30	3.39 ↑		14:40	3.05 ↑		14:20	2.64 ↑		16:50	2.71 ↑		15:00	2.50 ↑		17:00	2.85 ↑
	19:20	0.75 ↓		20:10	0.92 ↓		19:40	1.07 ↓		22:30	0.83 ↓		20:20	1.00 ↓		23:00	0.61 ↓
15 QUI	01:20	3.33 ↑	31 SAB	02:20	3.17 ↑	15 DOM	01:50	2.79 ↑				15 TER	02:30	2.68 ↑	31 QUI	05:10	2.80 ↑
	07:50	0.69 ↓		09:20	0.70 ↓		08:50	0.87 ↓			09:20		0.74 ↓	11:30		0.60 ↓	
	14:00	3.13 ↑		15:40	2.82 ↑		15:10	2.47 ↑			15:40		2.47 ↑	18:00		2.78 ↑	
	19:40	0.89 ↓		21:10	1.01 ↓		20:30	1.15 ↓			21:20		0.95 ↓				
16 SEX	01:50	3.12 ↑				16 SEG	02:30	2.61 ↑				16 QUA	03:20	2.61 ↑			
	08:30	0.80 ↓			09:40		0.90 ↓			10:00	0.73 ↓						
	14:40	2.84 ↑			16:10		2.36 ↑			16:20	2.49 ↑						
	20:10	1.06 ↓			21:30		1.17 ↓			22:20	0.88 ↓						