

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	03:10 10:50 16:30 22:50	1.09 ↓ 3.10 ↑ 0.99 ↓ 3.38 ↑	17 SAB	05:30 11:40 17:00 23:20	0.96 ↓ 2.97 ↑ 1.13 ↓ 3.31 ↑	01 DOM	06:10 12:30 18:10	0.40 ↓ 3.41 ↑ 0.83 ↓	17 TER	06:20 12:30 18:20	0.81 ↓ 3.30 ↑ 0.87 ↓	01 DOM	05:10 11:30 17:10 23:30	0.42 ↓ 3.21 ↑ 0.79 ↓ 3.36 ↑	17 TER	05:10 11:20 17:20 23:30	0.87 ↓ 3.19 ↑ 0.82 ↓ 3.41 ↑
02 SEX	05:30 11:50 17:20 23:40	0.55 ↓ 3.27 ↑ 1.00 ↓ 3.53 ↑	18 DOM	06:10 12:20 17:50	0.89 ↓ 3.10 ↑ 1.07 ↓	02 SEG	00:30 07:00 13:20 19:00	3.57 ↑ 0.32 ↓ 3.53 ↑ 0.74 ↓	18 QUA	00:30 07:00 13:10 19:00	3.56 ↑ 0.74 ↓ 3.42 ↑ 0.80 ↓	02 SEG	06:00 12:10 18:00	0.29 ↓ 3.46 ↑ 0.65 ↓	18 QUA	05:50 12:00 18:00	0.78 ↓ 3.43 ↑ 0.72 ↓
03 SAB	06:20 12:40 18:20	0.49 ↓ 3.41 ↑ 0.93 ↓	19 SEG	00:00 06:50 13:00 18:30	3.44 ↑ 0.83 ↓ 3.20 ↑ 1.03 ↓	03 TER	01:20 07:50 14:00 19:50	3.64 ↑ 0.29 ↓ 3.58 ↑ 0.68 ↓	19 QUI	01:10 07:30 13:40 19:50	3.63 ↑ 0.75 ↓ 3.48 ↑ 0.72 ↓	03 TER	00:20 06:40 12:50 18:50	3.56 ↑ 0.30 ↓ 3.63 ↑ 0.53 ↓	19 QUI	00:20 06:30 12:40 18:50	3.59 ↑ 0.72 ↓ 3.59 ↑ 0.62 ↓
04 DOM	00:30 07:20 13:30 19:10	3.62 ↑ 0.35 ↓ 3.47 ↑ 0.91 ↓	20 TER	00:50 07:20 13:30 19:10	3.51 ↑ 0.81 ↓ 3.25 ↑ 0.99 ↓	04 QUA	02:00 08:30 14:40 20:30	3.63 ↑ 0.41 ↓ 3.54 ↑ 0.71 ↓	20 SEX	02:00 08:10 14:20 20:30	3.59 ↑ 0.74 ↓ 3.48 ↑ 0.72 ↓	04 QUA	01:00 07:20 13:30 19:30	3.67 ↑ 0.38 ↓ 3.69 ↑ 0.54 ↓	20 SEX	01:00 07:10 13:10 19:30	3.68 ↑ 0.71 ↓ 3.68 ↑ 0.61 ↓
05 SEG	01:20 08:00 14:20 20:00	3.62 ↑ 0.44 ↓ 3.45 ↑ 0.89 ↓	21 QUA	01:30 08:00 14:10 20:00	3.52 ↑ 0.78 ↓ 3.25 ↑ 0.91 ↓	05 QUI	02:40 09:10 15:20 21:20	3.54 ↑ 0.56 ↓ 3.42 ↑ 0.72 ↓	21 SAB	02:40 08:50 15:00 21:20	3.50 ↑ 0.77 ↓ 3.41 ↑ 0.73 ↓	05 QUI	01:40 08:00 14:10 20:10	3.69 ↑ 0.49 ↓ 3.65 ↑ 0.58 ↓	21 SAB	01:40 07:40 13:50 20:10	3.66 ↑ 0.77 ↓ 3.67 ↑ 0.66 ↓
06 TER	02:10 08:50 15:10 20:50	3.55 ↑ 0.47 ↓ 3.13 ↑ 0.87 ↓	22 QUI	02:10 08:40 14:40 20:40	3.48 ↑ 0.77 ↓ 3.24 ↑ 0.90 ↓	06 SEX	03:30 09:40 15:50 22:00	3.36 ↑ 0.76 ↓ 3.26 ↑ 0.80 ↓	22 DOM	03:20 09:30 15:40 22:10	3.34 ↑ 0.83 ↓ 3.31 ↑ 0.80 ↓	06 SEX	02:20 08:30 14:40 20:50	3.59 ↑ 0.68 ↓ 3.54 ↑ 0.65 ↓	22 DOM	02:30 08:20 14:30 21:00	3.53 ↑ 0.83 ↓ 3.59 ↑ 0.71 ↓
07 QUA	03:00 09:40 15:50 21:40	3.41 ↑ 0.55 ↓ 3.26 ↑ 0.88 ↓	23 SEX	02:50 09:10 15:20 21:30	3.39 ↑ 0.82 ↓ 3.19 ↑ 0.87 ↓	07 SAB	04:10 10:20 16:30 22:40	3.15 ↑ 0.88 ↓ 3.08 ↑ 0.89 ↓	23 SEG	04:10 10:10 16:30 23:00	3.11 ↑ 0.92 ↓ 3.14 ↑ 0.91 ↓	07 SAB	03:00 09:00 15:10 21:30	3.42 ↑ 0.83 ↓ 3.36 ↑ 0.73 ↓	23 SEG	03:10 09:00 15:10 21:50	3.34 ↑ 0.91 ↓ 3.43 ↑ 0.81 ↓
08 QUI	03:50 10:20 16:30 22:30	3.24 ↑ 0.72 ↓ 3.13 ↑ 0.92 ↓	24 SAB	03:40 10:00 16:10 22:20	3.23 ↑ 0.82 ↓ 3.11 ↑ 0.89 ↓	08 DOM	04:50 10:50 17:00 23:30	2.93 ↑ 0.99 ↓ 2.90 ↑ 0.97 ↓	24 TER	05:10 11:00 17:20	2.87 ↑ 1.04 ↓ 2.97 ↑	08 DOM	03:30 09:30 15:30 22:00	3.20 ↑ 0.93 ↓ 3.17 ↑ 0.84 ↓	24 TER	04:00 09:50 16:00 22:50	3.08 ↑ 1.02 ↓ 3.19 ↑ 0.93 ↓
09 SEX	04:30 11:00 17:20 23:20	3.06 ↑ 0.88 ↓ 2.99 ↑ 0.98 ↓	25 DOM	04:30 10:40 17:00 23:30	3.05 ↑ 0.89 ↓ 3.02 ↑ 0.89 ↓	09 SEG	05:30 11:20 17:40	2.72 ↑ 1.06 ↓ 2.76 ↑	25 QUA	00:10 06:30 12:10 18:30	1.00 ↓ 2.69 ↑ 1.15 ↓ 2.83 ↑	09 SEG	04:10 10:00 16:00 22:40	2.94 ↑ 1.00 ↓ 2.96 ↑ 0.93 ↓	25 QUA	05:00 10:40 17:00	2.82 ↑ 1.15 ↓ 2.93 ↑
10 SAB	05:30 11:50 18:00	2.88 ↑ 1.00 ↓ 2.87 ↑	26 SEG	05:30 11:30 18:00	2.88 ↑ 0.97 ↓ 2.94 ↑	10 TER	00:20 06:20 12:00 18:20	1.07 ↓ 2.55 ↓ 1.13 ↓ 2.66 ↑	26 QUI	01:40 08:00 13:30 20:00	1.01 ↓ 2.62 ↑ 1.23 ↓ 2.79 ↑	10 TER	04:50 10:20 16:30 23:20	2.69 ↑ 1.10 ↓ 2.79 ↑ 1.03 ↓	26 QUI	00:00 06:20 11:50 18:20	1.03 ↓ 2.65 ↑ 1.26 ↓ 2.74 ↑
11 DOM	00:20 06:20 12:30 18:50	1.04 ↓ 2.73 ↑ 1.10 ↓ 2.79 ↑	27 TER	00:40 06:50 12:40 19:00	0.92 ↓ 2.76 ↑ 1.04 ↓ 2.90 ↑	11 QUA	01:20 07:20 12:40 19:10	1.16 ↓ 2.45 ↑ 1.19 ↓ 2.63 ↑	27 SEX	03:00 09:20 15:00 21:20	0.90 ↓ 2.71 ↑ 1.17 ↓ 2.89 ↑	11 QUA	05:30 10:50 17:10	2.48 ↑ 1.21 ↓ 2.65 ↑	27 SEX	01:20 07:50 13:30 19:50	1.05 ↓ 2.60 ↑ 1.27 ↓ 2.70 ↑
12 SEG	01:10 07:20 13:10 19:30	1.10 ↓ 2.63 ↑ 1.16 ↓ 2.76 ↑	28 QUA	01:50 08:10 13:50 20:20	0.95 ↓ 2.73 ↑ 1.11 ↓ 2.93 ↑	12 QUI	02:20 08:30 13:40 20:10	1.22 ↓ 2.43 ↑ 1.22 ↓ 2.68 ↑	28 SAB	04:10 10:30 16:10 22:30	0.66 ↓ 2.94 ↑ 1.00 ↓ 3.11 ↑	12 QUI	00:20 06:30 11:40 18:10	1.12 ↓ 2.35 ↑ 1.28 ↓ 2.55 ↑	28 SAB	02:50 09:10 14:50 21:10	0.84 ↓ 2.72 ↑ 1.13 ↓ 2.81 ↑
13 TER	02:10 08:20 14:00 20:20	1.14 ↓ 2.57 ↑ 1.20 ↓ 2.79 ↑	29 QUI	03:10 09:30 15:00 21:30	0.88 ↓ 2.79 ↑ 1.14 ↓ 3.04 ↑	13 SEX	03:20 09:40 14:50 21:10	1.21 ↓ 2.50 ↑ 1.22 ↓ 2.82 ↑				13 SEX	01:20 07:40 12:50 19:20	1.19 ↓ 2.34 ↑ 1.28 ↓ 2.56 ↑	29 DOM	03:50 10:10 16:00 22:20	0.65 ↓ 2.96 ↑ 0.88 ↓ 3.04 ↑
14 QUA	03:10 09:20 14:40 21:10	1.13 ↓ 2.59 ↑ 1.19 ↓ 2.87 ↑	30 SEX	04:20 10:40 16:10 22:40	0.70 ↓ 2.98 ↑ 1.09 ↓ 3.22 ↑	14 SAB	04:10 10:30 15:50 22:10	1.12 ↓ 2.69 ↑ 1.18 ↓ 3.01 ↑				14 SAB	02:30 08:50 14:10 20:40	1.21 ↓ 2.45 ↑ 1.23 ↓ 2.70 ↑	30 SEG	04:50 11:00 17:00 23:10	0.42 ↓ 3.24 ↑ 0.64 ↓ 3.31 ↑
15 QUI	04:00 10:20 15:30 21:50	1.09 ↓ 2.67 ↑ 1.19 ↓ 3.00 ↑	31 SAB	05:20 11:40 17:20 23:30	0.51 ↓ 3.20 ↑ 0.92 ↓ 3.42 ↑	15 DOM	05:00 11:10 16:40 23:00	1.01 ↓ 2.91 ↑ 1.09 ↓ 3.22 ↑				15 DOM	03:40 09:50 15:20 21:50	1.14 ↓ 2.65 ↑ 1.13 ↓ 2.92 ↑	31 TER	05:30 11:40 17:50	0.40 ↓ 3.48 ↑ 0.48 ↓
16 SEX	04:50 11:00 16:20 22:40	1.03 ↓ 2.82 ↑ 1.17 ↓ 3.16 ↑				16 SEG	05:40 11:50 17:30 23:50	0.90 ↓ 3.13 ↑ 0.99 ↓ 3.42 ↑				16 SEG	04:30 10:40 16:20 22:40	1.00 ↓ 2.92 ↑ 1.00 ↓ 3.17 ↑			

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 ☀	00:00 06:10 12:20 18:30	3.51 ↑ 0.44 ↓ 3.64 ↑ 0.45 ↓	17 SEX ☾	00:00 06:00 12:10 18:30	3.56 ↑ 0.75 ↓ 3.68 ↑ 0.55 ↓	01 SEX ☀	00:20 06:10 12:20 18:40	3.47 ↑ 0.78 ↓ 3.64 ↑ 0.56 ↓	17 DOM ☾	00:30 06:10 12:30 19:00	3.54 ↑ 0.90 ↓ 3.75 ↑ 0.59 ↓	01 SEG ☾	01:10 06:40 12:40 19:30	3.26 ↑ 1.07 ↓ 3.52 ↑ 0.78 ↓	17 QUA ☀	02:00 07:40 13:50 20:40	3.41 ↑ 1.01 ↓ 3.57 ↑ 0.55 ↓
02 QUI	00:40 06:50 13:00 19:10	3.63 ↑ 0.52 ↓ 3.71 ↑ 0.47 ↓	18 SAB	00:40 06:40 12:50 19:20	3.66 ↑ 0.77 ↓ 3.76 ↑ 0.53 ↓	02 SAB	01:00 06:40 12:50 19:20	3.48 ↑ 0.90 ↓ 3.64 ↑ 0.62 ↓	18 SEG	01:20 07:00 13:10 19:50	3.52 ↑ 0.95 ↓ 3.73 ↑ 0.63 ↓	02 TER	01:40 07:00 13:10 20:00	3.20 ↑ 1.10 ↓ 3.46 ↑ 0.83 ↓	18 QUI	02:50 08:30 14:40 21:30	3.32 ↑ 1.03 ↓ 3.42 ↑ 0.61 ↓
03 SEX	01:20 07:20 13:30 19:40	3.64 ↑ 0.70 ↓ 3.69 ↑ 0.58 ↓	19 DOM	01:30 07:20 13:30 20:00	3.62 ↑ 0.84 ↓ 3.74 ↑ 0.62 ↓	03 DOM	01:30 07:10 13:20 19:50	3.43 ↑ 0.97 ↓ 3.58 ↑ 0.71 ↓	19 TER	02:10 07:50 14:00 20:40	3.42 ↑ 1.01 ↓ 3.59 ↑ 0.70 ↓	03 QUA	02:10 07:40 13:40 20:30	3.10 ↑ 1.11 ↓ 3.38 ↑ 0.88 ↓	19 SEX	03:50 09:30 15:30 22:20	3.19 ↑ 0.99 ↓ 3.24 ↑ 0.71 ↓
04 SAB	02:00 07:50 14:00 20:20	3.55 ↑ 0.83 ↓ 3.59 ↑ 0.65 ↓	20 SEG	02:10 08:00 14:10 20:50	3.50 ↑ 0.92 ↓ 3.63 ↑ 0.70 ↓	04 SEG	02:10 07:40 13:40 20:20	3.29 ↑ 1.02 ↓ 3.47 ↑ 0.80 ↓	20 QUA	03:00 08:40 14:50 21:40	3.25 ↑ 1.07 ↓ 3.38 ↑ 0.74 ↓	04 QUI	02:40 08:10 14:20 21:10	2.96 ↑ 1.14 ↓ 3.27 ↑ 0.91 ↓	20 SAB	04:40 10:30 16:30 23:10	3.07 ↑ 0.98 ↓ 3.05 ↑ 0.82 ↓
05 DOM	02:30 08:20 14:20 20:50	3.39 ↑ 0.92 ↓ 3.44 ↑ 0.75 ↓	21 TER	03:00 08:40 14:50 21:40	3.29 ↑ 1.03 ↓ 3.44 ↑ 0.82 ↓	05 TER	02:40 08:00 14:10 21:00	3.11 ↑ 1.08 ↓ 3.33 ↑ 0.86 ↓	21 QUI	03:50 09:30 15:40 22:30	3.07 ↑ 1.14 ↓ 3.15 ↑ 0.85 ↓	05 SEX	03:20 08:50 15:00 21:40	2.83 ↑ 1.16 ↓ 3.13 ↑ 0.97 ↓	21 DOM ☀	05:30 11:30 17:30	2.97 ↑ 1.00 ↓ 2.90 ↑
06 SEG	03:00 08:40 14:50 21:30	3.18 ↑ 1.00 ↓ 3.25 ↑ 0.83 ↓	22 QUA	04:00 09:30 15:50 22:40	3.03 ↑ 1.14 ↓ 3.14 ↑ 0.93 ↓	06 QUA	03:10 08:30 14:40 21:30	2.91 ↑ 1.14 ↓ 3.18 ↑ 0.95 ↓	22 SEX	05:00 10:30 16:40 23:40	2.90 ↑ 1.18 ↓ 2.93 ↑ 0.88 ↓	06 SAB	03:50 09:30 15:40 22:30	2.73 ↑ 1.18 ↓ 3.00 ↑ 0.97 ↓	22 SEG	00:10 06:30 12:30 18:40	0.90 ↓ 2.89 ↑ 1.03 ↓ 2.79 ↑
07 TER	03:40 09:10 15:10 22:00	2.92 ↑ 1.07 ↓ 3.08 ↑ 0.94 ↓	23 QUI ☾	05:00 10:30 16:50 23:50	2.81 ↑ 1.23 ↓ 2.88 ↑ 1.00 ↓	07 QUI	03:40 09:00 15:20 22:10	2.71 ↑ 1.21 ↓ 3.02 ↑ 1.02 ↓	23 SAB ☀	06:00 11:50 17:50	2.81 ↑ 1.14 ↓ 2.79 ↑	07 DOM	04:40 10:30 16:40 23:20	2.66 ↑ 1.14 ↓ 2.83 ↑ 0.98 ↓	23 TER	01:00 07:20 13:40 19:40	1.00 ↓ 2.87 ↑ 1.02 ↓ 2.74 ↑
08 QUA	04:10 09:30 15:50 22:40	2.68 ↑ 1.18 ↓ 2.90 ↑ 1.04 ↓	24 SEX	06:20 11:50 18:00	2.68 ↑ 1.27 ↓ 2.72 ↑	08 SEX	04:20 09:50 16:00 23:00	2.55 ↑ 1.24 ↓ 2.86 ↑ 1.06 ↓	24 DOM	00:40 07:10 13:00 19:10	0.93 ↓ 2.78 ↑ 1.11 ↓ 2.74 ↑	08 SEG ☾	05:30 11:40 17:50	2.65 ↑ 1.06 ↓ 2.73 ↑	24 QUA	01:50 08:10 14:40 20:50	1.08 ↓ 2.88 ↑ 0.98 ↓ 2.72 ↑
09 QUI	04:50 10:10 16:30 23:30	2.47 ↑ 1.26 ↓ 2.74 ↑ 1.12 ↓	25 SAB	01:10 07:40 13:20 19:30	0.97 ↓ 2.66 ↑ 1.21 ↓ 2.69 ↑	09 SAB ☀	05:10 10:40 17:00 23:50	2.45 ↑ 1.28 ↓ 2.69 ↑ 1.10 ↓	25 SEG	01:50 08:10 14:10 20:20	0.89 ↓ 2.84 ↑ 1.01 ↓ 2.77 ↑	09 TER	00:10 06:40 12:50 19:00	0.99 ↓ 2.71 ↑ 0.98 ↓ 2.74 ↑	25 QUI	02:40 09:00 15:30 21:50	1.13 ↓ 2.94 ↑ 0.95 ↓ 2.78 ↑
10 SEX ☀	05:40 11:00 17:30	2.34 ↑ 1.32 ↓ 2.59 ↑	26 DOM	02:20 08:50 14:40 20:50	0.86 ↓ 2.77 ↑ 1.03 ↓ 2.79 ↑	10 DOM	06:10 12:00 18:10	2.45 ↑ 1.20 ↓ 2.61 ↑	26 TER	02:40 09:00 15:20 21:30	0.89 ↓ 2.95 ↑ 0.83 ↓ 2.87 ↑	10 QUA	01:10 07:40 14:00 20:20	0.97 ↓ 2.85 ↑ 0.89 ↓ 2.83 ↑	26 SEX	03:30 09:40 16:20 22:40	1.15 ↓ 3.04 ↑ 0.90 ↓ 2.87 ↑
11 SAB	00:30 06:50 12:20 18:40	1.16 ↓ 2.34 ↑ 1.29 ↓ 2.54 ↑	27 SEG	03:20 09:40 15:40 22:00	0.72 ↓ 2.98 ↑ 0.83 ↓ 2.98 ↑	11 SEG	01:00 07:20 13:20 19:30	1.06 ↓ 2.57 ↑ 1.07 ↓ 2.69 ↑	27 QUA	03:30 09:50 16:10 22:20	0.88 ↓ 3.10 ↑ 0.73 ↓ 3.01 ↑	11 QUI	02:10 08:40 15:10 21:30	0.95 ↓ 3.02 ↑ 0.80 ↓ 2.97 ↑	27 SAB	04:10 10:30 17:10 23:20	1.17 ↓ 3.15 ↑ 0.86 ↓ 2.99 ↑
12 DOM	01:40 08:10 13:50 20:10	1.15 ↓ 2.47 ↑ 1.17 ↓ 2.66 ↑	28 TER	04:10 10:30 16:40 22:50	0.64 ↓ 3.21 ↑ 0.61 ↓ 3.20 ↑	12 TER	02:00 08:20 14:40 20:50	1.01 ↓ 2.76 ↑ 0.93 ↓ 2.86 ↑	28 QUI	04:20 10:30 16:50 23:10	0.88 ↓ 3.25 ↑ 0.70 ↓ 3.14 ↑	12 SEX	03:10 09:40 16:10 22:30	0.94 ↓ 3.22 ↑ 0.72 ↓ 3.14 ↑	28 DOM	04:50 11:00 17:50	1.17 ↓ 3.27 ↑ 0.85 ↓
13 SEG	02:50 09:10 15:00 21:20	1.08 ↓ 2.69 ↑ 1.04 ↓ 2.88 ↑	29 QUA	05:00 11:10 17:20 23:40	0.58 ↓ 3.41 ↑ 0.55 ↓ 3.37 ↑	13 QUA	03:00 09:20 15:40 21:50	0.93 ↓ 3.02 ↑ 0.79 ↓ 3.08 ↑	29 SEX	05:00 11:10 17:40 23:50	0.93 ↓ 3.38 ↑ 0.65 ↓ 3.24 ↑	13 SAB	04:10 10:30 17:10 23:30	0.94 ↓ 3.42 ↑ 0.64 ↓ 3.29 ↑	29 SEG ☀	00:00 05:30 11:40 18:30	3.08 ↑ 1.15 ↓ 3.37 ↑ 0.84 ↓
14 TER	03:40 10:00 16:00 22:20	0.97 ↓ 2.97 ↑ 0.87 ↓ 3.14 ↑	30 QUI	05:40 11:50 18:00	0.64 ↓ 3.56 ↑ 0.54 ↓	14 QUI	03:50 10:10 16:40 22:50	0.88 ↓ 3.28 ↑ 0.65 ↓ 3.29 ↑	30 SAB	05:30 11:40 18:20	1.01 ↓ 3.48 ↑ 0.68 ↓	14 DOM ☾	05:10 11:20 18:00	0.94 ↓ 3.58 ↑ 0.60 ↓	30 TER	00:40 06:00 12:20 19:00	3.13 ↑ 1.13 ↓ 3.43 ↑ 0.85 ↓
15 QUA	04:30 10:50 17:00 23:10	0.86 ↓ 3.26 ↑ 0.70 ↓ 3.38 ↑				15 SEX	04:40 11:00 17:30 23:40	0.84 ↓ 3.51 ↑ 0.57 ↓ 3.46 ↑	31 DOM ☀	00:30 06:00 12:10 18:50	3.28 ↑ 1.06 ↓ 3.52 ↑ 0.75 ↓	15 SEG	00:20 06:00 12:10 19:00	3.41 ↑ 0.97 ↓ 3.66 ↑ 0.52 ↓			
16 QUI	05:20 11:30 17:40	0.77 ↓ 3.51 ↑ 0.62 ↓				16 SAB ☾	05:30 11:40 18:20	0.84 ↓ 3.68 ↑ 0.53 ↓				16 TER	01:10 06:50 13:00 19:50	3.45 ↑ 0.99 ↓ 3.66 ↑ 0.52 ↓			

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	01:10	3.16 ↑	17 SEX	02:40	3.47 ↑	01 SAB	01:50	3.28 ↑	17 SEG	03:30	3.40 ↑	01 TER	02:30	3.51 ↑	17 QUI	03:50	3.05 ↑
	06:40	1.10 ↓		08:30	0.78 ↓		07:40	0.90 ↓		09:40	0.72 ↓		08:50	0.72 ↓		10:30	0.92 ↓
	12:50	3.45 ↑		14:40	3.52 ↑		13:50	3.50 ↑		15:50	3.28 ↑		15:00	3.39 ↑		16:40	2.77 ↑
	19:40	0.83 ↓		21:10	0.52 ↓		20:20	0.76 ↓		22:00	0.83 ↓		21:00	0.81 ↓		22:10	1.12 ↓
02 QUI	01:50	3.13 ↑	18 SAB	03:30	3.37 ↑	02 DOM	02:20	3.29 ↑	18 TER	04:10	3.21 ↑	02 QUA	03:10	3.42 ↑	18 SEX 🌙	04:20	2.83 ↑
	07:20	1.07 ↓		09:20	0.78 ↓		08:20	0.87 ↓		10:20	0.82 ↓		09:40	0.77 ↓		11:20	1.05 ↓
	13:30	3.42 ↑		15:30	3.36 ↑		14:30	3.43 ↑		16:30	3.04 ↑		15:40	3.20 ↑		17:30	2.53 ↑
	20:10	0.84 ↓		22:00	0.61 ↓		20:50	0.79 ↓		22:30	0.97 ↓		21:40	0.89 ↓		22:50	1.20 ↓
03 SEX	02:20	3.09 ↑	19 DOM	04:10	3.25 ↑	03 SEG	03:00	3.25 ↑	19 QUA 🌙	04:40	3.01 ↑	03 QUI	03:50	3.29 ↑	19 SAB	05:00	2.65 ↑
	07:50	1.08 ↓		10:10	0.81 ↓		09:10	0.82 ↓		11:10	0.93 ↓		10:30	0.87 ↓		12:10	1.16 ↓
	14:10	3.36 ↑		16:10	3.19 ↑		15:20	3.29 ↑		17:20	2.81 ↑		16:40	2.94 ↑		18:20	2.38 ↑
	20:40	0.86 ↓		22:40	0.78 ↓		21:30	0.81 ↓		23:10	1.07 ↓		22:30	0.99 ↓		23:30	1.29 ↓
04 SAB	02:50	3.03 ↑	20 SEG	04:50	3.11 ↑	04 TER	03:40	3.20 ↑	20 QUI	05:20	2.82 ↑	04 SEX 🌙	04:40	3.10 ↑	20 DOM	05:50	2.52 ↑
	08:40	1.02 ↓		11:00	0.88 ↓		10:00	0.82 ↓		12:00	1.05 ↓		11:30	0.98 ↓		13:10	1.24 ↓
	14:50	3.26 ↑		17:00	3.00 ↑		16:00	3.14 ↑		18:10	2.60 ↑		17:40	2.72 ↑		19:30	2.33 ↑
	21:20	0.86 ↓		23:20	0.94 ↓		22:10	0.86 ↓		23:50	1.16 ↓		23:30	1.12 ↓			
05 DOM	03:30	2.97 ↑	21 TER 🌙	05:40	2.97 ↑	05 QUA 🌙	04:20	3.13 ↑	21 SEX	06:00	2.68 ↑	05 SAB	05:50	2.87 ↑	21 SEG	00:40	1.30 ↓
	09:20	1.01 ↓		11:50	0.97 ↓		10:50	0.88 ↓		13:00	1.18 ↓		12:50	1.05 ↓		07:10	2.51 ↑
	15:30	3.15 ↑		18:00	2.82 ↑		17:00	2.93 ↑		19:10	2.46 ↑		19:10	2.60 ↑		14:20	1.27 ↓
	22:00	0.87 ↓					23:00	0.92 ↓								20:50	2.39 ↑
06 SEG	04:10	2.93 ↑	22 QUA	00:10	1.06 ↓	06 QUI	05:20	3.00 ↑	22 SAB	00:30	1.23 ↓	06 DOM	00:40	1.23 ↓	22 TER	02:00	1.27 ↓
	10:10	0.99 ↓		06:20	2.86 ↑		11:50	0.94 ↓		07:00	2.61 ↑		07:10	2.76 ↑		08:20	2.61 ↑
	16:20	3.00 ↑		12:50	1.06 ↓		18:00	2.77 ↑		14:10	1.27 ↓		14:20	1.00 ↓		15:20	1.20 ↓
	22:40	0.91 ↓		19:00	2.67 ↑		23:50	1.02 ↓		20:30	2.39 ↑		20:40	2.63 ↑		21:40	2.59 ↑
07 TER 🌙	05:00	2.89 ↑	23 QUI	00:50	1.16 ↓	07 SEX	06:20	2.91 ↑	23 DOM	01:30	1.28 ↓	07 SEG	02:10	1.24 ↓	23 QUA	03:10	1.18 ↓
	11:10	0.96 ↓		07:10	2.78 ↑		13:10	0.98 ↓		08:00	2.63 ↑		08:40	2.81 ↑		09:30	2.81 ↑
	17:20	2.86 ↑		13:50	1.13 ↓		19:20	2.68 ↑		15:10	1.26 ↓		15:40	0.77 ↓		16:10	1.07 ↓
	23:30	0.94 ↓		20:10	2.57 ↑					21:30	2.45 ↑		22:00	2.82 ↑		22:20	2.84 ↑
08 QUA	05:50	2.88 ↑	24 SEX	01:40	1.23 ↓	08 SAB	01:00	1.11 ↓	24 SEG	02:40	1.30 ↓	08 TER	03:40	1.05 ↓	24 QUI	04:10	1.02 ↓
	12:20	0.93 ↓		08:00	2.77 ↑		07:30	2.88 ↑		09:00	2.73 ↑		10:00	2.99 ↑		10:30	3.06 ↑
	18:30	2.78 ↑		14:50	1.15 ↓		14:30	0.97 ↓		16:10	1.17 ↓		16:40	0.54 ↓		16:50	0.93 ↓
				21:10	2.55 ↑		20:50	2.70 ↑		22:20	2.62 ↑		23:00	3.10 ↑		23:00	3.12 ↑
09 QUI	00:30	0.96 ↓	25 SAB	02:30	1.27 ↓	09 DOM	02:20	1.16 ↓	25 TER	03:40	1.24 ↓	09 QUA	04:40	0.85 ↓	25 SEX	05:00	0.86 ↓
	07:00	2.90 ↑		08:50	2.81 ↑		08:50	2.94 ↑		10:00	2.90 ↑		11:00	3.26 ↑		11:10	3.31 ↑
	13:30	0.92 ↓		15:50	1.11 ↓		15:50	0.82 ↓		16:50	1.06 ↓		17:30	0.39 ↓		17:30	0.82 ↓
	19:40	2.78 ↑		22:10	2.62 ↑		22:10	2.84 ↑		23:10	2.84 ↑		23:50	3.39 ↑		23:40	3.36 ↑
10 SEX	01:30	1.01 ↓	26 DOM	03:20	1.27 ↓	10 SEG	03:40	1.12 ↓	26 QUA	04:30	1.13 ↓	10 QUI	05:40	0.61 ↓	26 SAB 🌙	05:40	0.73 ↓
	08:00	2.98 ↑		09:40	2.92 ↑		10:00	3.10 ↑		10:50	3.12 ↑		11:50	3.51 ↑		12:00	3.51 ↑
	14:50	0.87 ↓		16:40	1.05 ↓		16:50	0.64 ↓		17:30	0.94 ↓		18:20	0.27 ↓		18:10	0.75 ↓
	21:00	2.84 ↑		23:00	2.75 ↑		23:10	3.09 ↑		23:40	3.07 ↑						
11 SAB	02:40	1.04 ↓	27 SEG	04:10	1.24 ↓	11 TER	04:50	0.97 ↓	27 QUI	05:20	1.00 ↓	11 SEX 🌙	00:30	3.61 ↑	27 DOM	00:10	3.55 ↑
	09:10	3.10 ↑		10:30	3.07 ↑		11:10	3.31 ↑		11:40	3.33 ↑		06:30	0.47 ↓		06:30	0.62 ↓
	16:00	0.78 ↓		17:20	0.99 ↓		17:50	0.42 ↓		18:10	0.83 ↓		12:40	3.67 ↑		12:40	3.63 ↑
	22:10	2.97 ↑		23:40	2.91 ↑								19:00	0.32 ↓		18:40	0.75 ↓
12 DOM	03:50	1.05 ↓	28 TER	05:00	1.18 ↓	12 QUA 🌙	00:00	3.34 ↑	28 SEX 🌙	00:20	3.26 ↑	12 SAB	01:10	3.73 ↑	28 SEG	00:50	3.67 ↑
	10:10	3.26 ↑		11:20	3.22 ↑		05:50	0.80 ↓		06:00	0.88 ↓		07:10	0.46 ↓		07:10	0.59 ↓
	17:00	0.67 ↓		18:00	0.92 ↓		12:00	3.52 ↑		12:20	3.50 ↑		13:20	3.73 ↑		13:20	3.65 ↑
	23:20	3.14 ↑					18:40	0.30 ↓		18:40	0.77 ↓		19:40	0.42 ↓		19:20	0.76 ↓
13 SEG	04:50	1.04 ↓	29 QUA 🌙	00:10	3.07 ↑	13 QUI	00:50	3.53 ↑	29 SAB	00:50	3.41 ↑	13 DOM	01:50	3.73 ↑	29 TER	01:30	3.70 ↑
	11:10	3.43 ↑		05:40	1.10 ↓		06:40	0.69 ↓		06:50	0.75 ↓		07:50	0.50 ↓		07:50	0.62 ↓
	18:00	0.52 ↓		12:00	3.36 ↑		12:50	3.65 ↑		13:00	3.59 ↑		14:10	3.66 ↑		14:00	3.57 ↑
				18:40	0.85 ↓		19:20	0.34 ↓		19:10	0.76 ↓		20:10	0.63 ↓		20:00	0.80 ↓
14 TER 🌙	00:10	3.33 ↑	30 QUI	00:50	3.18 ↑	14 SEX	01:40	3.62 ↑	30 DOM	01:20	3.50 ↑	14 SEG	02:20	3.65 ↑	30 QUA	02:00	3.68 ↑
	05:50	0.98 ↓		06:20	1.02 ↓		07:30	0.59 ↓		07:30	0.69 ↓		08:30	0.58 ↓		08:30	0.71 ↓
	12:10	3.56 ↑		12:40	3.46 ↑		13:40	3.69 ↑		13:40	3.60 ↑		14:50	3.51 ↑		14:40	3.41 ↑
	18:50	0.44 ↓		19:10	0.81 ↓		20:10	0.33 ↓		19:50	0.73 ↓		20:50	0.76 ↓		20:30	0.90 ↓
15 QUA	01:10	3.43 ↑	31 SEX	01:20	3.26 ↑	15 SAB	02:20	3.62 ↑	31 SEG	01:50	3.54 ↑	15 TER	02:50	3.49 ↑			
	06:40	0.94 ↓		07:00	0.95 ↓		08:10	0.62 ↓		08:10	0.68 ↓		09:10	0.68 ↓			
	13:00	3.63 ↑		13:10	3.51 ↑		14:20	3.64 ↑		14:20	3.53 ↑		15:20	3.30 ↑			
	19:40	0.40 ↓		19:40	0.80 ↓		20:50	0.47 ↓		20:20	0.78 ↓		21:20	0.91 ↓			
16 QUI	01:50	3.50 ↑				16 DOM	03:00	3.54 ↑				16 QUA	03:20	3.28 ↑			
	07:40	0.82 ↓					09:00	0.62 ↓					09:50	0.80 ↓			
	13:50	3.61 ↑					15:10	3.48 ↑					16:00	3.03 ↑			
	20:30	0.39 ↓					21:20	0.69 ↓					21:50	1.02 ↓			

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	02:40	3.56 ↑	17 SAB	03:40	2.90 ↑	01 DOM	04:10	3.02 ↑	17 TER	04:40	2.68 ↑	01 TER	05:20	2.87 ↑	17 QUI	05:20	2.74 ↑
	09:20	0.79 ↓		10:40	1.03 ↓		11:10	0.98 ↓		11:30	1.08 ↓		12:10	0.88 ↓		11:40	0.98 ↓
	15:30	3.16 ↑		16:50	2.52 ↑		17:40	2.73 ↑		17:50	2.45 ↑		18:30	2.84 ↑		18:00	2.70 ↑
	21:20	0.98 ↓		22:00	1.28 ↓		23:10	1.24 ↓		23:40	1.19 ↓						
02 SEX	03:30	3.33 ↑	18 DOM	04:20	2.71 ↑	02 SEG	05:20	2.79 ↑	18 QUA	05:50	2.59 ↑	02 QUA	00:30	1.05 ↓	18 SEX	00:20	0.98 ↓
	10:10	0.92 ↓		11:20	1.12 ↓		12:30	0.98 ↓		12:30	1.06 ↓		06:30	2.79 ↑		06:20	2.71 ↑
	16:30	2.89 ↑		17:40	2.37 ↑		18:50	2.69 ↑		18:50	2.53 ↑		13:10	0.91 ↓		12:40	0.96 ↓
	22:10	1.11 ↓		22:50	1.33 ↓								19:30	2.86 ↑		19:00	2.79 ↑
03 SAB	04:20	3.07 ↑	19 SEG	05:10	2.56 ↑	03 TER	00:40	1.19 ↓	19 QUI	00:50	1.09 ↓	03 QUI	01:40	0.98 ↓	19 SAB	01:30	0.91 ↓
	11:20	1.01 ↓		12:20	1.16 ↓		06:50	2.71 ↑		07:00	2.63 ↑		07:50	2.78 ↑		07:40	2.76 ↑
	17:40	2.68 ↑		18:40	2.34 ↑		13:40	0.93 ↓		13:30	1.01 ↓		14:10	0.90 ↓		13:40	0.95 ↓
	23:10	1.23 ↓					20:10	2.75 ↑		19:50	2.69 ↑		20:30	2.94 ↑		20:00	2.93 ↑
04 DOM	05:30	2.81 ↑	20 TER	00:00	1.30 ↓	04 QUA	02:00	1.07 ↓	20 SEX	02:10	0.96 ↓	04 SEX	02:50	0.84 ↓	20 DOM	02:40	0.85 ↓
	12:40	1.06 ↓		06:20	2.49 ↑		08:10	2.76 ↑		08:20	2.77 ↑		09:00	2.84 ↑		08:50	2.86 ↑
	19:00	2.60 ↑		13:20	1.17 ↓		14:50	0.77 ↓		14:30	0.96 ↓		15:00	0.90 ↓		14:40	0.95 ↓
				19:50	2.44 ↑		21:10	2.93 ↑		20:50	2.91 ↑		21:20	3.07 ↑		21:00	3.11 ↑
05 SEG	00:40	1.27 ↓	21 QUA	01:30	1.19 ↓	05 QUI	03:10	0.86 ↓	21 SAB	03:10	0.84 ↓	05 SAB	03:40	0.75 ↓	21 SEG	03:40	0.79 ↓
	07:00	2.69 ↑		07:40	2.58 ↑		09:30	2.91 ↑		09:20	2.95 ↑		10:00	2.96 ↑		09:50	3.01 ↑
	14:00	0.99 ↓		14:30	1.12 ↓		15:40	0.70 ↓		15:20	0.90 ↓		15:50	0.91 ↓		15:40	0.96 ↓
	20:30	2.66 ↑		20:50	2.62 ↑		22:00	3.15 ↑		21:40	3.16 ↑		22:10	3.21 ↑		22:00	3.29 ↑
06 TER	02:10	1.18 ↓	22 QUI	02:40	1.07 ↓	06 SEX	04:10	0.64 ↓	22 DOM	04:10	0.73 ↓	06 DOM	04:30	0.67 ↓	22 TER	04:40	0.73 ↓
	08:30	2.75 ↑		09:00	2.77 ↑		10:20	3.13 ↑		10:20	3.15 ↑		10:50	3.10 ↑		11:00	3.15 ↑
	15:20	0.74 ↓		15:20	1.01 ↓		16:30	0.63 ↓		16:10	0.87 ↓		16:40	0.92 ↓		16:30	0.99 ↓
	21:40	2.87 ↑		21:40	2.88 ↑		22:50	3.36 ↑		22:30	3.39 ↑		22:50	3.34 ↑		22:50	3.47 ↑
07 QUA	03:30	0.93 ↓	23 SEX	03:40	0.91 ↓	07 SAB	05:00	0.51 ↓	23 SEG	05:00	0.65 ↓	07 SEG	05:20	0.62 ↓	23 QUA	05:40	0.65 ↓
	09:50	2.95 ↑		10:00	3.01 ↑		11:10	3.33 ↑		11:10	3.34 ↑		11:40	3.20 ↑		11:50	3.30 ↑
	16:20	0.52 ↓		16:10	0.91 ↓		17:20	0.61 ↓		17:00	0.87 ↓		17:20	0.98 ↓		17:30	1.00 ↓
	22:30	3.16 ↑		22:20	3.15 ↑		23:30	3.53 ↑		23:10	3.59 ↑		23:30	3.45 ↑		23:50	3.59 ↑
08 QUI	04:30	0.69 ↓	24 SAB	04:30	0.76 ↓	08 DOM	05:40	0.49 ↓	24 TER	05:50	0.61 ↓	08 TER	06:00	0.66 ↓	24 QUI	06:30	0.61 ↓
	10:50	3.21 ↑		10:50	3.25 ↑		12:00	3.45 ↑		12:00	3.45 ↑		12:20	3.27 ↑		12:50	3.38 ↑
	17:10	0.39 ↓		16:50	0.83 ↓		17:50	0.76 ↓		17:40	0.92 ↓		17:50	1.07 ↓		18:20	1.02 ↓
	23:20	3.42 ↑		23:00	3.41 ↑												
09 SEX	05:20	0.52 ↓	25 DOM	05:20	0.64 ↓	09 SEG	00:00	3.64 ↑	25 QUA	00:00	3.70 ↑	09 QUA	00:00	3.51 ↑	25 SEX	00:40	3.64 ↑
	11:40	3.45 ↑		11:40	3.45 ↑		06:30	0.46 ↓		06:40	0.60 ↓		06:40	0.71 ↓		07:20	0.59 ↓
	17:50	0.40 ↓		17:30	0.80 ↓		12:40	3.50 ↑		12:50	3.49 ↑		13:00	3.27 ↑		13:40	3.40 ↑
				23:40	3.62 ↑		18:30	0.85 ↓		18:30	0.96 ↓		18:30	1.09 ↓		19:10	1.03 ↓
10 SAB	00:00	3.63 ↑	26 SEG	06:10	0.57 ↓	10 TER	00:40	3.66 ↑	26 QUI	00:40	3.74 ↑	10 QUI	00:40	3.51 ↑	26 SAB	01:30	3.61 ↑
	06:10	0.39 ↓		12:20	3.58 ↑		07:10	0.54 ↓		07:30	0.62 ↓		07:20	0.76 ↓		08:10	0.59 ↓
	12:20	3.62 ↑		18:10	0.81 ↓		13:20	3.46 ↑		13:40	3.43 ↑		13:40	3.21 ↑		14:30	3.36 ↑
	18:30	0.47 ↓					19:00	0.97 ↓		19:20	1.02 ↓		19:00	1.12 ↓		20:10	0.97 ↓
11 DOM	00:40	3.73 ↑	27 TER	00:20	3.74 ↑	11 QUA	01:10	3.61 ↑	27 SEX	01:30	3.66 ↑	11 SEX	01:10	3.46 ↑	27 DOM	02:20	3.50 ↑
	06:50	0.41 ↓		06:50	0.58 ↓		07:40	0.68 ↓		08:20	0.66 ↓		08:00	0.81 ↓		09:00	0.61 ↓
	13:00	3.67 ↑		13:00	3.60 ↑		14:00	3.33 ↑		14:30	3.30 ↑		14:10	3.13 ↑		15:20	3.27 ↑
	19:10	0.59 ↓		18:50	0.86 ↓		19:30	1.05 ↓		20:10	1.07 ↓		19:30	1.14 ↓		21:00	0.96 ↓
12 SEG	01:10	3.75 ↑	28 QUA	01:00	3.78 ↑	12 QUI	01:40	3.50 ↑	28 SAB	02:20	3.49 ↑	12 SAB	01:40	3.37 ↑	28 SEG	03:10	3.35 ↑
	07:30	0.47 ↓		07:40	0.60 ↓		08:20	0.77 ↓		09:10	0.73 ↓		08:30	0.86 ↓		09:50	0.67 ↓
	13:40	3.61 ↑		13:50	3.51 ↑		14:30	3.17 ↑		15:20	3.14 ↑		14:40	3.01 ↑		16:10	3.17 ↑
	19:40	0.77 ↓		19:30	0.93 ↓		20:00	1.10 ↓		21:00	1.12 ↓		20:10	1.13 ↓		22:00	0.92 ↓
13 TER	01:40	3.67 ↑	29 QUI	01:40	3.72 ↑	13 SEX	02:10	3.34 ↑	29 DOM	03:10	3.27 ↑	13 DOM	02:10	3.26 ↑	29 TER	04:00	3.17 ↑
	08:10	0.57 ↓		08:20	0.72 ↓		08:50	0.87 ↓		10:00	0.82 ↓		09:00	0.90 ↓		10:40	0.76 ↓
	14:20	3.46 ↑		14:30	3.35 ↑		15:10	2.96 ↑		16:20	2.98 ↑		15:10	2.88 ↑		17:00	3.06 ↑
	20:10	0.91 ↓		20:20	1.00 ↓		20:30	1.15 ↓		22:00	1.13 ↓		20:40	1.15 ↓		23:00	0.92 ↓
14 QUA	02:10	3.52 ↑	30 SEX	02:30	3.53 ↑	14 SAB	02:40	3.17 ↑	30 SEG	04:10	3.04 ↑	14 SEG	02:50	3.12 ↑	30 QUA	05:00	3.01 ↑
	08:40	0.72 ↓		09:10	0.81 ↓		09:30	0.93 ↓		11:00	0.87 ↓		09:30	0.94 ↓		11:30	0.87 ↓
	15:00	3.24 ↑		15:30	3.10 ↑		15:40	2.76 ↑		17:20	2.88 ↑		15:40	2.77 ↑		17:50	2.98 ↑
	20:40	1.01 ↓		21:00	1.11 ↓		21:00	1.21 ↓		23:10	1.11 ↓		21:20	1.15 ↓			
15 QUI	02:40	3.32 ↑	31 SAB	03:10	3.31 ↑	15 DOM	03:10	3.00 ↑				15 TER	03:30	2.99 ↑	31 QUI	00:00	0.95 ↓
	09:20	0.83 ↓		10:10	0.89 ↓		10:00	1.01 ↓					10:10	0.96 ↓		06:10	2.87 ↑
	15:30	3.00 ↑		16:20	2.89 ↑		16:20	2.59 ↑					16:20	2.69 ↑		12:30	0.95 ↓
	21:00	1.10 ↓		22:00	1.19 ↓		21:40	1.25 ↓					22:10	1.12 ↓		19:30	2.80 ↑
16 SEX	03:10	3.11 ↑				16 SEG	03:50	2.83 ↑				16 QUA	04:20	2.85 ↑			
	10:00	0.93 ↓					10:40	1.06 ↓		10:50	0.98 ↓						
	16:10	2.74 ↑					17:00	2.48 ↑		17:10	2.67 ↑						
	21:30	1.18 ↓					22:30	1.26 ↓		23:10	1.06 ↓						