

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	06:20 13:10 20:20	0.59 ↓ 1.99 ↑ 0.16 ↓	17 SAB	02:40 07:30 14:00 21:00	1.57 ↑ 0.60 ↓ 1.79 ↑ 0.27 ↓	01 DOM	03:10 08:30 14:50 21:30	1.82 ↑ 0.55 ↓ 1.97 ↑ 0.22 ↓	17 TER	03:20 08:50 15:10 21:40	1.74 ↑ 0.53 ↓ 1.89 ↑ 0.42 ↓	01 DOM	01:50 07:30 13:50 20:20	1.76 ↑ 0.43 ↓ 1.84 ↑ 0.19 ↓	17 TER	02:10 07:50 14:10 20:40	1.71 ↑ 0.44 ↓ 1.85 ↑ 0.37 ↓
02 SEX	02:30 07:30 14:00 21:10	1.68 ↑ 0.67 ↓ 2.04 ↑ 0.17 ↓	18 DOM	03:20 08:20 14:40 21:30	1.65 ↑ 0.62 ↓ 1.81 ↑ 0.36 ↓	02 SEG	03:50 09:30 15:40 22:20	1.91 ↑ 0.49 ↓ 2.01 ↑ 0.24 ↓	18 QUA	03:50 09:30 15:50 22:20	1.75 ↑ 0.53 ↓ 1.94 ↑ 0.43 ↓	02 SEG	02:40 08:20 14:40 21:10	1.88 ↑ 0.39 ↓ 1.96 ↑ 0.19 ↓	18 QUA	02:40 08:30 15:00 21:10	1.79 ↑ 0.46 ↓ 1.93 ↑ 0.45 ↓
03 SAB	03:20 08:30 14:50 21:50	1.78 ↑ 0.70 ↓ 2.05 ↑ 0.24 ↓	19 SEG	03:50 09:10 15:20 22:00	1.69 ↑ 0.61 ↓ 1.84 ↑ 0.43 ↓	03 TER	04:30 10:10 16:20 23:00	1.92 ↑ 0.51 ↓ 2.02 ↑ 0.31 ↓	19 QUI	04:10 10:00 16:20 22:50	1.78 ↑ 0.54 ↓ 1.97 ↑ 0.45 ↓	03 TER	03:20 09:10 15:30 22:00	1.95 ↑ 0.36 ↓ 2.03 ↑ 0.22 ↓	19 QUI	03:10 09:10 15:40 21:40	1.85 ↑ 0.47 ↓ 1.97 ↑ 0.53 ↓
04 DOM	04:10 09:30 15:40 22:30	1.84 ↑ 0.67 ↓ 2.02 ↑ 0.32 ↓	20 TER	04:20 09:40 15:50 22:40	1.69 ↑ 0.62 ↓ 1.88 ↑ 0.42 ↓	04 QUA	05:10 10:50 17:00 23:40	1.87 ↑ 0.51 ↓ 1.99 ↑ 0.37 ↓	20 SEX	04:40 10:50 17:00 23:20	1.80 ↑ 0.47 ↓ 1.91 ↑ 0.45 ↓	04 QUA	04:00 09:50 16:10 22:40	1.95 ↑ 0.38 ↓ 2.06 ↑ 0.30 ↓	20 SEX	03:40 10:00 16:10 22:10	1.92 ↑ 0.44 ↓ 1.96 ↑ 0.57 ↓
05 SEG	05:00 10:20 16:20 23:10	1.83 ↑ 0.65 ↓ 1.97 ↑ 0.38 ↓	21 QUA	04:40 10:20 16:30 23:10	1.68 ↑ 0.57 ↓ 1.89 ↑ 0.42 ↓	05 QUI	05:40 11:20 17:40	1.80 ↑ 0.52 ↓ 1.91 ↑	21 SAB	05:20 11:40 17:50 23:50	1.81 ↑ 0.40 ↓ 1.78 ↑ 0.42 ↓	05 QUI	04:30 10:30 16:50 23:10	1.93 ↑ 0.40 ↓ 2.02 ↑ 0.41 ↓	21 SAB	04:10 10:50 16:50 22:30	1.98 ↑ 0.41 ↓ 1.87 ↑ 0.60 ↓
06 TER	05:40 11:10 17:00	1.80 ↑ 0.61 ↓ 1.91 ↑	22 QUI	05:10 11:00 17:20 23:50	1.65 ↑ 0.51 ↓ 1.85 ↑ 0.37 ↓	06 SEX	00:10 06:10 12:10 18:20	0.43 ↓ 1.71 ↑ 0.44 ↓ 1.78 ↑	22 DOM	06:00 12:40 18:30	1.82 ↑ 0.32 ↓ 1.63 ↑	06 SEX	05:00 11:10 17:20 23:30	1.86 ↑ 0.40 ↓ 1.91 ↑ 0.49 ↓	22 DOM	04:50 11:40 17:30 23:00	2.00 ↑ 0.38 ↓ 1.74 ↑ 0.59 ↓
07 QUA	00:00 06:10 11:50 17:50	0.38 ↓ 1.75 ↑ 0.57 ↓ 1.83 ↑	23 SEX	05:50 11:50 18:00	1.63 ↑ 0.41 ↓ 1.78 ↑	07 SAB	00:40 06:40 13:00 19:00	0.43 ↓ 1.62 ↑ 0.38 ↓ 1.62 ↑	23 SEG	00:20 06:50 13:50 19:30	0.40 ↓ 1.78 ↑ 0.28 ↓ 1.46 ↑	07 SAB	05:20 11:50 18:00 23:40	1.79 ↑ 0.39 ↓ 1.74 ↑ 0.52 ↓	23 SEG	05:30 12:30 18:20 23:40	1.98 ↑ 0.35 ↓ 1.59 ↑ 0.56 ↓
08 QUI	00:40 06:50 12:30 18:40	0.40 ↓ 1.65 ↑ 0.51 ↓ 1.74 ↑	24 SAB	00:30 06:30 12:50 19:00	0.32 ↓ 1.62 ↑ 0.31 ↓ 1.64 ↑	08 DOM	01:00 07:10 14:00 19:50	0.41 ↓ 1.56 ↑ 0.33 ↓ 1.45 ↑	24 TER	01:00 07:50 15:00 20:50	0.39 ↓ 1.71 ↑ 0.30 ↓ 1.35 ↑	08 DOM	05:50 12:40 18:30	1.72 ↑ 0.35 ↓ 1.54 ↑	24 TER	06:20 13:30 19:20	1.87 ↑ 0.33 ↓ 1.45 ↑
09 SEX	01:20 07:30 13:20 19:30	0.39 ↓ 1.55 ↑ 0.42 ↓ 1.63 ↑	25 DOM	01:10 07:20 14:00 20:00	0.28 ↓ 1.62 ↑ 0.25 ↓ 1.50 ↑	09 SEG	01:30 08:00 15:00 20:50	0.36 ↓ 1.53 ↑ 0.32 ↓ 1.32 ↑	25 QUA	02:00 08:50 16:20 22:20	0.39 ↓ 1.64 ↑ 0.34 ↓ 1.34 ↑	09 SEG	00:00 06:20 13:30 19:20	0.47 ↓ 1.66 ↑ 0.32 ↓ 1.37 ↑	25 QUA	00:30 07:10 14:30 20:40	0.53 ↓ 1.73 ↑ 0.34 ↓ 1.37 ↑
10 SAB	02:00 08:10 14:20 20:30	0.38 ↓ 1.49 ↑ 0.35 ↓ 1.52 ↑	26 SEG	01:50 08:20 15:20 21:10	0.27 ↓ 1.62 ↑ 0.26 ↓ 1.40 ↑	10 TER	02:10 08:50 16:10 22:00	0.32 ↓ 1.52 ↑ 0.33 ↓ 1.25 ↑	26 QUI	03:20 10:10 17:30 23:40	0.41 ↓ 1.60 ↑ 0.33 ↓ 1.44 ↑	10 TER	00:30 07:00 14:30 20:10	0.41 ↓ 1.58 ↑ 0.33 ↓ 1.26 ↑	26 QUI	01:50 08:20 15:40 22:00	0.47 ↓ 1.57 ↑ 0.37 ↓ 1.38 ↑
11 DOM	02:40 09:00 15:30 21:30	0.35 ↓ 1.48 ↑ 0.32 ↓ 1.42 ↑	27 TER	02:40 09:30 16:40 22:30	0.29 ↓ 1.65 ↑ 0.31 ↓ 1.38 ↑	11 QUA	02:50 09:50 17:20 23:10	0.33 ↓ 1.52 ↑ 0.33 ↓ 1.27 ↑	27 SEX	04:50 11:30 18:30	0.50 ↓ 1.63 ↑ 0.29 ↓	11 QUA	01:10 08:00 15:20 21:20	0.37 ↓ 1.50 ↑ 0.34 ↓ 1.22 ↑	27 SEX	03:20 09:50 16:50 23:20	0.46 ↓ 1.48 ↑ 0.37 ↓ 1.48 ↑
12 SEG	03:20 09:50 16:50 22:40	0.34 ↓ 1.52 ↑ 0.30 ↓ 1.36 ↑	28 QUA	03:40 10:40 18:00	0.36 ↓ 1.71 ↑ 0.29 ↓	12 QUI	04:00 10:50 18:10	0.37 ↓ 1.54 ↑ 0.31 ↓	28 SAB	00:50 06:20 12:40 19:30	1.60 ↑ 0.51 ↓ 1.72 ↑ 0.22 ↓	12 QUI	02:20 09:00 16:20 22:30	0.33 ↓ 1.43 ↑ 0.37 ↓ 1.27 ↑	28 SAB	05:00 11:10 18:00	0.47 ↓ 1.52 ↑ 0.32 ↓
13 TER	04:00 10:40 17:50 23:50	0.36 ↓ 1.59 ↑ 0.26 ↓ 1.36 ↑	29 QUI	00:00 05:00 11:50 19:00	1.44 ↑ 0.48 ↓ 1.78 ↑ 0.24 ↓	13 SEX	00:20 05:10 11:50 19:00	1.35 ↑ 0.46 ↓ 1.57 ↑ 0.30 ↓				13 SEX	03:40 10:10 17:10 23:40	0.36 ↓ 1.41 ↑ 0.39 ↓ 1.37 ↑	29 DOM	00:20 06:10 12:30 19:00	1.63 ↑ 0.41 ↓ 1.65 ↑ 0.24 ↓
14 QUA	04:50 11:40 18:50	0.41 ↓ 1.66 ↑ 0.20 ↓	30 SEX	01:10 06:20 12:50 19:50	1.57 ↑ 0.58 ↓ 1.86 ↑ 0.22 ↓	14 SAB	01:10 06:20 12:50 19:40	1.49 ↑ 0.52 ↓ 1.64 ↑ 0.32 ↓				14 SAB	05:00 11:20 18:10	0.43 ↓ 1.46 ↑ 0.39 ↓	30 SEG	01:20 07:10 13:30 19:50	1.76 ↑ 0.32 ↓ 1.81 ↑ 0.21 ↓
15 QUI	01:00 05:40 12:30 19:40	1.39 ↑ 0.48 ↓ 1.73 ↑ 0.18 ↓	31 SAB	02:10 07:30 13:50 20:40	1.72 ↑ 0.58 ↓ 1.93 ↑ 0.21 ↓	15 DOM	02:00 07:30 13:40 20:20	1.61 ↑ 0.51 ↓ 1.72 ↑ 0.36 ↓				15 DOM	00:30 06:10 12:30 19:00	1.50 ↑ 0.45 ↓ 1.56 ↑ 0.38 ↓	31 TER	02:10 08:00 14:20 20:40	1.86 ↑ 0.27 ↓ 1.96 ↑ 0.21 ↓
16 SEX	01:50 06:40 13:20 20:20	1.48 ↑ 0.55 ↓ 1.77 ↑ 0.22 ↓				16 SEG	02:40 08:10 14:30 21:00	1.70 ↑ 0.53 ↓ 1.80 ↑ 0.39 ↓				16 SEG	01:20 07:10 13:20 19:50	1.62 ↑ 0.43 ↓ 1.71 ↑ 0.38 ↓			

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 ☀	02:50 08:50 15:10 21:20	1.94 ↓ 0.24 ↓ 2.03 ↑ 0.29 ↓	17 SEX ☾	02:40 09:10 15:20 21:00	1.97 ↑ 0.36 ↓ 1.93 ↑ 0.63 ↓	01 SEX ☀	02:50 09:20 15:30 21:00	1.97 ↓ 0.15 ↓ 1.89 ↑ 0.54 ↓	17 DOM ☾	02:50 10:00 16:00 21:00	2.15 ↑ 0.26 ↓ 1.78 ↑ 0.78 ↓	01 SEG ☾	03:10 10:30 16:40 21:10	1.95 ↓ 0.22 ↓ 1.62 ↑ 0.71 ↓	17 QUA ☀	04:00 11:10 17:20 22:40	2.04 ↑ 0.39 ↓ 1.79 ↑ 0.74 ↓
02 QUI	03:30 09:30 15:50 22:00	1.96 ↑ 0.27 ↓ 2.03 ↑ 0.38 ↓	18 SAB	03:10 10:00 16:10 21:30	2.07 ↑ 0.35 ↓ 1.86 ↑ 0.69 ↓	02 SAB	03:20 10:00 16:20 21:20	2.00 ↑ 0.20 ↓ 1.79 ↑ 0.65 ↓	18 SEG	03:30 10:40 16:50 21:40	2.16 ↑ 0.33 ↓ 1.73 ↑ 0.81 ↓	02 TER	03:40 11:00 17:00 21:50	1.89 ↑ 0.31 ↓ 1.59 ↑ 0.69 ↓	18 QUI	04:50 11:50 18:10 23:40	1.93 ↑ 0.43 ↓ 1.73 ↑ 0.64 ↓
03 SEX	03:50 10:10 16:30 22:20	1.97 ↑ 0.31 ↓ 1.95 ↑ 0.52 ↓	19 DOM	03:50 10:50 16:50 22:00	2.12 ↑ 0.35 ↓ 1.78 ↑ 0.72 ↓	03 DOM	03:40 10:50 16:50 21:40	1.97 ↑ 0.23 ↓ 1.69 ↑ 0.69 ↓	19 TER	04:10 11:20 17:30 22:30	2.10 ↑ 0.40 ↓ 1.70 ↑ 0.80 ↓	03 QUA	04:10 11:20 17:30 22:30	1.82 ↑ 0.39 ↓ 1.54 ↑ 0.64 ↓	19 SEX	05:30 12:30 18:50	1.82 ↑ 0.44 ↓ 1.67 ↑
04 SAB	04:20 11:00 17:10 23:10	1.93 ↑ 0.30 ↓ 1.80 ↑ 0.61 ↓	20 SEG	04:20 11:40 17:30 23:30	2.12 ↑ 0.35 ↓ 1.68 ↑ 0.73 ↓	04 SEG	04:10 11:20 17:20 22:00	1.92 ↑ 0.31 ↓ 1.58 ↑ 0.68 ↓	20 QUA	04:50 12:00 18:20 23:30	1.99 ↑ 0.44 ↓ 1.64 ↑ 0.72 ↓	04 QUI	04:40 11:40 18:00 23:20	1.75 ↑ 0.41 ↓ 1.49 ↑ 0.54 ↓	20 SAB	00:30 06:30 13:20 19:40	0.57 ↓ 1.71 ↑ 0.40 ↓ 1.58 ↑
05 DOM	04:40 11:40 17:40 22:40	1.87 ↑ 0.33 ↓ 1.64 ↑ 0.61 ↓	21 TER	05:00 12:20 18:20 23:20	2.04 ↑ 0.39 ↓ 1.58 ↑ 0.69 ↓	05 TER	04:30 11:50 17:50 22:40	1.85 ↑ 0.36 ↓ 1.48 ↑ 0.62 ↓	21 QUI	05:40 12:50 19:10	1.82 ↑ 0.43 ↓ 1.58 ↑	05 SEX	05:20 12:20 18:30	1.67 ↑ 0.35 ↓ 1.44 ↑	21 DOM ☾	01:30 07:30 14:10 20:30	0.47 ↓ 1.62 ↑ 0.36 ↓ 1.51 ↑
06 SEG	05:10 12:20 18:10 23:10	1.81 ↑ 0.34 ↓ 1.48 ↑ 0.55 ↓	22 QUA	05:50 13:10 19:20	1.88 ↑ 0.39 ↓ 1.49 ↑	06 QUA	05:00 12:20 18:20 23:30	1.76 ↑ 0.36 ↓ 1.40 ↑ 0.54 ↓	22 SEX	00:40 06:30 13:40 20:10	0.60 ↓ 1.66 ↑ 0.41 ↓ 1.52 ↑	06 SAB	00:10 06:10 13:00 19:20	0.45 ↓ 1.58 ↑ 0.29 ↓ 1.39 ↑	22 SEG	02:30 08:30 15:10 21:30	0.40 ↓ 1.56 ↑ 0.34 ↓ 1.48 ↑
07 TER	05:40 13:00 18:50 23:50	1.73 ↑ 0.33 ↓ 1.35 ↑ 0.48 ↓	23 QUI ☾	00:30 06:50 14:00 20:30	0.61 ↓ 1.68 ↑ 0.39 ↓ 1.44 ↑	07 QUI	05:40 12:50 19:10	1.63 ↑ 0.34 ↓ 1.35 ↑	23 SAB ☾	01:50 07:40 14:40 21:10	0.49 ↓ 1.53 ↑ 0.38 ↓ 1.48 ↑	07 DOM	01:10 07:10 14:00 20:20	0.34 ↓ 1.50 ↑ 0.22 ↓ 1.37 ↑	23 TER	03:40 09:40 16:00 22:20	0.36 ↓ 1.52 ↑ 0.35 ↓ 1.52 ↑
08 QUA	06:20 13:40 19:40	1.61 ↑ 0.32 ↓ 1.28 ↑	24 SEX	01:50 08:00 15:10 21:40	0.51 ↓ 1.51 ↑ 0.38 ↓ 1.44 ↑	08 SEX	00:30 06:30 13:30 20:00	0.44 ↓ 1.50 ↑ 0.30 ↓ 1.32 ↑	24 DOM	03:00 09:00 15:50 22:10	0.43 ↓ 1.49 ↑ 0.35 ↓ 1.49 ↑	08 SEG ☾	02:10 08:20 15:00 21:20	0.27 ↓ 1.47 ↑ 0.21 ↓ 1.40 ↑	24 QUA	04:50 10:50 16:50 23:10	0.31 ↓ 1.51 ↑ 0.38 ↓ 1.60 ↑
09 QUI	00:40 07:10 14:20 20:40	0.43 ↓ 1.48 ↑ 0.31 ↓ 1.26 ↑	25 SAB	03:30 09:30 16:20 22:50	0.46 ↓ 1.44 ↑ 0.37 ↓ 1.50 ↑	09 SAB ☾	01:40 07:40 14:30 21:00	0.34 ↓ 1.39 ↑ 0.27 ↓ 1.33 ↑	25 SEG	04:10 10:20 16:50 23:10	0.38 ↓ 1.52 ↑ 0.33 ↓ 1.55 ↑	09 TER	03:20 09:40 15:50 22:20	0.25 ↓ 1.49 ↑ 0.25 ↓ 1.49 ↑	25 QUI	05:50 12:00 17:30	0.24 ↓ 1.51 ↑ 0.44 ↓
10 SEX ☾	02:00 08:10 15:20 21:40	0.35 ↓ 1.37 ↑ 0.33 ↓ 1.30 ↑	26 DOM	04:40 10:50 17:20 23:50	0.42 ↓ 1.50 ↑ 0.34 ↓ 1.60 ↑	10 DOM	02:50 08:50 15:30 22:00	0.29 ↓ 1.38 ↑ 0.28 ↓ 1.38 ↑	26 TER	05:20 11:30 17:50	0.32 ↓ 1.60 ↑ 0.31 ↓	10 QUA	04:40 10:50 16:50 23:20	0.29 ↓ 1.54 ↑ 0.33 ↓ 1.64 ↑	26 SEX	00:00 07:00 13:10 18:10	1.71 ↑ 0.14 ↓ 1.52 ↑ 0.51 ↓
11 SAB	03:20 09:30 16:20 22:50	0.34 ↓ 1.34 ↑ 0.36 ↓ 1.39 ↑	27 SEG	05:50 12:00 18:30	0.34 ↓ 1.63 ↑ 0.26 ↓	11 SEG	04:00 10:10 16:40 23:10	0.30 ↓ 1.46 ↑ 0.33 ↓ 1.48 ↑	27 QUA	00:00 06:20 12:30 18:30	1.65 ↑ 0.24 ↓ 1.68 ↑ 0.36 ↓	11 QUI	05:50 12:00 17:40	0.31 ↓ 1.60 ↑ 0.43 ↓	27 SAB	00:50 08:00 14:10 18:50	1.81 ↑ 0.07 ↓ 1.53 ↑ 0.58 ↓
12 DOM	04:40 10:50 17:20 23:50	0.38 ↓ 1.42 ↑ 0.39 ↓ 1.50 ↑	28 TER	00:40 06:40 13:00 19:20	1.72 ↑ 0.28 ↓ 1.78 ↑ 0.24 ↓	12 TER	05:10 11:20 17:40	0.33 ↓ 1.58 ↑ 0.37 ↓	28 QUI	00:50 07:20 13:30 19:10	1.77 ↑ 0.15 ↓ 1.73 ↑ 0.43 ↓	12 SEX	00:10 07:00 13:10 18:20	1.81 ↑ 0.28 ↓ 1.65 ↑ 0.54 ↓	28 DOM	01:30 08:40 15:00 19:40	1.88 ↑ 0.10 ↓ 1.56 ↑ 0.62 ↓
13 SEG	05:40 12:00 18:20	0.39 ↓ 1.57 ↑ 0.40 ↓	29 QUA	01:30 07:40 14:00 20:00	1.82 ↑ 0.19 ↓ 1.88 ↑ 0.30 ↓	13 QUA	00:00 06:10 12:30 18:30	1.61 ↑ 0.34 ↓ 1.70 ↑ 0.43 ↓	29 SEX	01:30 08:10 14:30 19:40	1.88 ↑ 0.11 ↓ 1.72 ↑ 0.53 ↓	13 SAB	01:00 08:10 14:20 19:10	1.97 ↑ 0.19 ↓ 1.66 ↑ 0.66 ↓	29 SEG ☾	02:10 09:20 15:40 20:20	1.89 ↑ 0.17 ↓ 1.61 ↑ 0.66 ↓
14 TER	00:40 06:40 13:00 19:20	1.61 ↑ 0.38 ↓ 1.72 ↑ 0.39 ↓	30 QUI	02:10 08:30 14:50 20:40	1.91 ↑ 0.16 ↓ 1.91 ↑ 0.39 ↓	14 QUI	00:50 07:10 13:30 19:10	1.77 ↑ 0.32 ↓ 1.78 ↑ 0.52 ↓	30 SAB	02:10 09:00 15:20 20:10	1.96 ↑ 0.10 ↓ 1.69 ↑ 0.63 ↓	14 DOM ☾	01:50 09:00 15:10 20:00	2.08 ↑ 0.19 ↓ 1.71 ↑ 0.75 ↓	30 TER	02:50 10:00 16:10 21:10	1.87 ↑ 0.25 ↓ 1.65 ↑ 0.65 ↓
15 QUA	01:30 07:30 13:50 20:00	1.73 ↑ 0.37 ↓ 1.85 ↑ 0.44 ↓				15 SEX	01:30 08:10 14:30 19:50	1.93 ↑ 0.29 ↓ 1.80 ↑ 0.61 ↓	31 DOM ☾	02:40 09:50 16:00 20:40	1.98 ↑ 0.13 ↓ 1.66 ↑ 0.69 ↓	15 SEG	02:40 09:50 16:00 20:50	2.12 ↑ 0.22 ↓ 1.74 ↑ 0.80 ↓			
16 QUI	02:10 08:20 14:40 20:30	1.85 ↑ 0.36 ↓ 1.92 ↑ 0.54 ↓				16 SAB ☾	02:10 09:10 15:20 20:20	2.07 ↑ 0.25 ↓ 1.79 ↑ 0.72 ↓				16 TER	03:20 10:30 16:40 21:50	2.11 ↑ 0.31 ↓ 1.78 ↑ 0.78 ↓			

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	03:20	1.83 ↑	17 SEX	04:50	1.95 ↑	01 SAB	04:20	1.86 ↑	17 SEG	06:00	1.86 ↑	01 TER	05:20	1.82 ↑	17 QUI	01:20	0.33 ↓		
	10:20	0.38 ↓		11:30	0.42 ↓		10:50	0.43 ↓		12:20	0.45 ↓		11:20	0.45 ↓		07:10	1.44 ↑		
	16:30	1.66 ↑		17:50	1.81 ↑		17:00	1.66 ↑		18:20	1.70 ↑		17:30	1.86 ↑		12:10	0.51 ↓		
	21:50	0.62 ↓		23:30	0.56 ↓		22:40	0.52 ↓								18:40	1.62 ↑		
02 QUI	04:00	1.79 ↑	18 SAB	05:30	1.89 ↑	02 DOM	05:00	1.85 ↑	18 TER	00:40	0.41 ↓	02 QUA	00:10	0.34 ↓	18 SEX 🌙	02:10	0.33 ↓		
	10:50	0.42 ↓		12:20	0.40 ↓		11:30	0.37 ↓		06:40	1.70 ↑		06:10	1.66 ↑		08:00	1.30 ↑		
	17:00	1.62 ↑		18:20	1.73 ↑		17:30	1.65 ↑		12:50	0.44 ↓		11:50	0.43 ↓		12:50	0.46 ↓		
	22:30	0.58 ↓					23:30	0.43 ↓		18:50	1.62 ↑		18:20	1.82 ↑		19:30	1.52 ↑		
03 SEX	04:30	1.77 ↑	19 DOM	00:10	0.53 ↓	03 SEG	05:40	1.80 ↑	19 QUA 🌙	01:30	0.36 ↓	03 QUI	01:10	0.28 ↓	19 SAB	03:10	0.35 ↓		
	11:20	0.41 ↓		06:20	1.81 ↑		12:00	0.33 ↓		07:30	1.52 ↑		07:00	1.50 ↑		09:00	1.24 ↑		
	17:30	1.57 ↑		13:00	0.39 ↓		18:10	1.64 ↑		13:10	0.42 ↓		12:30	0.42 ↓		13:50	0.40 ↓		
	23:10	0.51 ↓		19:00	1.63 ↑					19:30	1.57 ↑		19:10	1.76 ↑		20:30	1.43 ↑		
04 SAB	05:10	1.75 ↑	20 SEG	01:00	0.45 ↓	04 TER	00:20	0.34 ↓	20 QUI	02:40	0.32 ↓	04 SEX 🌙	02:20	0.26 ↓	20 DOM	04:00	0.37 ↓		
	11:50	0.37 ↓		07:00	1.70 ↑		06:30	1.68 ↑		08:30	1.37 ↑		08:10	1.36 ↑		10:10	1.26 ↑		
	18:00	1.53 ↑		13:40	0.37 ↓		12:40	0.28 ↓		13:50	0.38 ↓		13:20	0.42 ↓		15:20	0.37 ↓		
	23:50	0.43 ↓		19:50	1.55 ↑		18:50	1.64 ↑		20:20	1.53 ↑		20:10	1.67 ↑		21:50	1.39 ↑		
05 DOM	06:00	1.69 ↑	21 TER 🌙	02:00	0.38 ↓	05 QUA 🌙	01:20	0.27 ↓	21 SEX	03:50	0.33 ↓	05 SAB	03:40	0.31 ↓	21 SEG	04:50	0.40 ↓		
	12:40	0.27 ↓		08:00	1.58 ↑		07:20	1.54 ↑		09:40	1.27 ↑		09:40	1.31 ↑		11:10	1.35 ↑		
	18:40	1.49 ↑		14:20	0.36 ↓		13:20	0.26 ↓		14:30	0.38 ↓		14:40	0.40 ↓		16:40	0.41 ↓		
				20:30	1.51 ↑		19:50	1.63 ↑		21:20	1.51 ↑		21:30	1.59 ↑		23:00	1.41 ↑		
06 SEG	00:40	0.34 ↓	22 QUA	03:10	0.34 ↓	06 QUI	02:40	0.23 ↓	22 SAB	05:00	0.32 ↓	06 DOM	04:50	0.36 ↓	22 TER	05:50	0.40 ↓		
	06:50	1.62 ↑		09:00	1.46 ↑		08:30	1.40 ↑		11:00	1.25 ↑		11:00	1.38 ↑		12:10	1.47 ↑		
	13:20	0.22 ↓		15:00	0.36 ↓		14:00	0.29 ↓		15:40	0.40 ↓		16:10	0.45 ↓		17:50	0.42 ↓		
	19:30	1.47 ↑		21:20	1.52 ↑		20:50	1.64 ↑		22:30	1.51 ↑		22:50	1.59 ↑					
07 TER 🌙	01:40	0.26 ↓	23 QUI	04:20	0.31 ↓	07 SEX	04:00	0.28 ↓	23 DOM	05:50	0.31 ↓	07 SEG	06:00	0.34 ↓	23 QUA	00:10	1.51 ↑		
	07:50	1.54 ↑		10:20	1.38 ↑		10:00	1.34 ↑		12:00	1.33 ↑		12:10	1.54 ↑		06:40	0.39 ↓		
	14:10	0.19 ↓		15:40	0.38 ↓		15:00	0.34 ↓		17:00	0.46 ↓		17:40	0.50 ↓		13:00	1.59 ↑		
	20:30	1.49 ↑		22:20	1.56 ↑		22:00	1.67 ↑		23:40	1.54 ↑					18:50	0.39 ↓		
08 QUA	03:00	0.23 ↓	24 SEX	05:30	0.26 ↓	08 SAB	05:20	0.32 ↓	24 SEG	06:40	0.30 ↓	08 TER	00:10	1.67 ↑	24 QUI	01:10	1.64 ↑		
	09:00	1.46 ↑		11:40	1.33 ↑		11:20	1.38 ↑		13:00	1.44 ↑		07:00	0.29 ↓		07:30	0.38 ↓		
	15:00	0.21 ↓		16:30	0.43 ↓		16:10	0.43 ↓		18:10	0.49 ↓		13:10	1.72 ↑		13:40	1.70 ↑		
	21:30	1.56 ↑		23:10	1.63 ↑		23:10	1.72 ↑					19:00	0.43 ↓		19:40	0.38 ↓		
09 QUI	04:20	0.28 ↓	25 SAB	06:30	0.20 ↓	09 DOM	06:30	0.28 ↓	25 TER	00:40	1.59 ↑	09 QUA	01:20	1.79 ↑	25 SEX	02:00	1.77 ↑		
	10:20	1.44 ↑		12:40	1.37 ↑		12:40	1.49 ↑		07:30	0.30 ↓		07:50	0.26 ↓		08:10	0.40 ↓		
	15:50	0.29 ↓		17:20	0.49 ↓		17:40	0.55 ↓		13:40	1.59 ↑		14:10	1.85 ↑		14:20	1.77 ↑		
	22:40	1.67 ↑								19:10	0.47 ↓		20:00	0.35 ↓		20:20	0.40 ↓		
10 SEX	05:40	0.30 ↓	26 DOM	00:10	1.69 ↑	10 SEG	00:20	1.80 ↑	26 QUA	01:30	1.67 ↑	10 QUI	02:20	1.91 ↑	26 SAB 🌙	02:40	1.88 ↑		
	11:40	1.46 ↑		07:30	0.14 ↓		07:30	0.23 ↓		08:10	0.33 ↓		08:40	0.25 ↓		08:50	0.43 ↓		
	16:50	0.41 ↓		13:40	1.45 ↑		13:40	1.65 ↑		14:20	1.69 ↑		15:00	1.94 ↑		15:00	1.83 ↑		
	23:40	1.81 ↑		18:20	0.55 ↓		19:00	0.57 ↓		20:00	0.45 ↓		20:50	0.32 ↓		21:00	0.42 ↓		
11 SAB	06:50	0.25 ↓	27 SEG	01:00	1.74 ↑	11 TER	01:30	1.87 ↑	27 QUI	02:20	1.76 ↑	11 SEX 🌑	03:10	2.01 ↑	27 DOM	03:20	1.93 ↑		
	13:00	1.52 ↑		08:10	0.18 ↓		08:20	0.23 ↓		08:50	0.36 ↓		09:30	0.25 ↓		09:20	0.49 ↓		
	17:50	0.55 ↓		14:30	1.54 ↑		14:40	1.78 ↑		15:00	1.75 ↑		15:40	1.99 ↑		15:30	1.89 ↑		
				19:20	0.57 ↓		20:10	0.50 ↓		20:40	0.47 ↓		21:30	0.36 ↓		21:40	0.44 ↓		
12 DOM	00:40	1.92 ↑	28 TER	01:50	1.77 ↑	12 QUA 🌑	02:30	1.94 ↑	28 SEX 🌙	03:00	1.84 ↑	12 SAB	03:50	2.07 ↑	28 SEG	03:50	1.94 ↑		
	07:50	0.20 ↓		08:50	0.24 ↓		09:10	0.23 ↓		09:20	0.42 ↓		10:10	0.31 ↓		09:50	0.55 ↓		
	14:10	1.59 ↑		15:00	1.65 ↑		15:20	1.91 ↑		15:30	1.77 ↑		16:20	1.97 ↑		15:50	1.97 ↑		
	18:50	0.66 ↓		20:20	0.55 ↓		21:00	0.48 ↓		21:20	0.47 ↓		22:10	0.40 ↓		22:20	0.44 ↓		
13 SEG	01:30	2.00 ↑	29 QUA 🌙	02:40	1.78 ↑	13 QUI	03:20	2.00 ↑	29 SAB	03:30	1.91 ↑	13 DOM	04:30	2.06 ↑	29 TER	04:30	1.87 ↑		
	08:40	0.21 ↓		09:20	0.34 ↓		09:50	0.29 ↓		10:00	0.42 ↓		10:50	0.39 ↓		10:10	0.60 ↓		
	15:00	1.71 ↑		15:30	1.71 ↑		16:10	1.94 ↑		16:00	1.78 ↑		16:50	1.93 ↑		16:20	2.03 ↑		
	20:00	0.69 ↓		21:00	0.55 ↓		21:50	0.46 ↓		21:50	0.50 ↓		22:50	0.42 ↓		23:10	0.39 ↓		
14 TER 🌑	02:30	2.03 ↑	30 QUI	03:10	1.81 ↑	14 SEX	04:00	2.04 ↑	30 DOM	04:10	1.93 ↑	14 SEG	05:10	1.96 ↑	30 QUA	05:10	1.76 ↑		
	09:30	0.23 ↓		09:50	0.41 ↓		10:40	0.30 ↓		10:30	0.44 ↓		11:10	0.50 ↓		10:40	0.60 ↓		
	15:50	1.80 ↑		16:00	1.72 ↑		16:40	1.95 ↑		16:30	1.79 ↑		17:10	1.86 ↑		17:00	2.03 ↑		
	21:00	0.67 ↓		21:40	0.54 ↓		22:30	0.49 ↓		22:30	0.47 ↓		23:40	0.39 ↓					
15 QUA	03:20	2.03 ↑	31 SEX	03:50	1.83 ↑	15 SAB	04:40	2.03 ↑	31 SEG	04:40	1.91 ↑	15 TER	05:40	1.82 ↑					
	10:10	0.32 ↓		10:20	0.44 ↓		11:20	0.36 ↓		10:50	0.47 ↓		11:30	0.55 ↓					
	16:30	1.86 ↑		16:30	1.70 ↑		17:20	1.87 ↑		17:00	1.82 ↑		17:30	1.78 ↑					
	22:00	0.61 ↓		22:10	0.54 ↓		23:10	0.49 ↓		23:20	0.40 ↓								
16 QUI	04:10	1.99 ↑				16 DOM	05:20	1.97 ↑				16 QUA	00:20	0.37 ↓					
	10:50	0.38 ↓					11:50	0.42 ↓					06:20	1.63 ↑					
	17:10	1.86 ↑					17:50	1.79 ↑					11:50	0.54 ↓					
	22:50	0.57 ↓					23:50	0.47 ↓					18:00	1.71 ↑					



OCA PREVÊ | Tábua de Marés 2026
Estação: Acará, PA
Latitude: 2°2'55.86" S | Longitude: 48°17'8.37" W | UTC -3

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	00:10	0.33 ↓	17 SAB	01:30	0.34 ↓	01 DOM	01:30	0.40 ↓	17 TER	02:10	0.30 ↓	01 TER	02:00	0.41 ↓	17 QUI	02:20	0.19 ↓
	06:00	1.61 ↑		07:30	1.31 ↑		07:50	1.46 ↑		08:30	1.33 ↑		08:30	1.52 ↑		08:50	1.39 ↑
	11:10	0.60 ↓		12:30	0.48 ↓		13:20	0.51 ↓		14:30	0.29 ↓		14:30	0.41 ↓		15:00	0.25 ↓
	17:40	1.96 ↑		18:50	1.50 ↓		19:30	1.57 ↓		20:30	1.36 ↑		20:30	1.52 ↑		21:00	1.45 ↑
02 SEX	01:00	0.32 ↓	18 DOM	02:10	0.34 ↓	02 SEG	02:30	0.40 ↓	18 QUA	03:10	0.28 ↓	02 QUA	03:10	0.36 ↓	18 SEX	03:20	0.19 ↓
	06:50	1.48 ↑		08:20	1.27 ↑		08:50	1.45 ↑		09:40	1.37 ↑		09:40	1.50 ↑		09:50	1.46 ↑
	12:00	0.57 ↓		13:40	0.38 ↓		14:40	0.43 ↓		15:40	0.29 ↓		15:40	0.38 ↓		16:10	0.28 ↓
	18:40	1.81 ↑		19:50	1.37 ↑		20:50	1.46 ↑		21:40	1.40 ↑		21:40	1.52 ↑		22:10	1.48 ↑
03 SAB	02:00	0.32 ↓	19 SEG	03:00	0.35 ↓	03 TER	03:40	0.39 ↓	19 QUI	04:10	0.29 ↓	03 QUI	04:10	0.34 ↓	19 SAB	04:10	0.25 ↓
	08:00	1.38 ↑		09:20	1.30 ↑		10:10	1.48 ↑		10:40	1.45 ↑		10:40	1.54 ↑		10:50	1.58 ↑
	13:10	0.50 ↓		15:00	0.33 ↓		16:10	0.40 ↓		16:40	0.31 ↓		16:50	0.34 ↓		17:20	0.31 ↓
	19:40	1.63 ↑		21:10	1.32 ↑		22:20	1.47 ↑		22:50	1.50 ↑		22:50	1.57 ↑		23:30	1.53 ↑
04 DOM	03:00	0.36 ↓	20 TER	03:50	0.36 ↓	04 QUA	04:50	0.37 ↓	20 SEX	05:10	0.33 ↓	04 SEX	05:10	0.33 ↓	20 DOM	05:00	0.35 ↓
	09:20	1.36 ↑		10:20	1.36 ↑		11:10	1.58 ↑		11:40	1.56 ↑		11:40	1.62 ↑		11:40	1.73 ↑
	14:40	0.43 ↓		16:20	0.35 ↓		17:20	0.35 ↓		17:50	0.33 ↓		17:50	0.29 ↓		18:30	0.30 ↓
	21:10	1.50 ↑		22:30	1.37 ↑		23:30	1.58 ↑									
05 SEG	04:10	0.39 ↓	21 QUA	04:50	0.39 ↓	05 QUI	05:50	0.32 ↓	21 SAB	00:00	1.61 ↑	05 SAB	00:00	1.64 ↑	21 SEG	00:40	1.58 ↑
	10:40	1.43 ↑		11:20	1.46 ↑		12:10	1.69 ↑		06:00	0.38 ↓		06:00	0.36 ↓		05:50	0.49 ↓
	16:20	0.44 ↓		17:20	0.36 ↓		18:20	0.28 ↓		12:30	1.70 ↑		12:30	1.74 ↑		12:30	1.89 ↑
	22:40	1.49 ↑		23:40	1.49 ↑					18:50	0.32 ↓		19:00	0.17 ↓		19:40	0.23 ↓
06 TER	05:20	0.39 ↓	22 QUI	05:50	0.39 ↓	06 SEX	00:30	1.73 ↑	22 DOM	01:00	1.71 ↑	06 DOM	01:10	1.69 ↑	22 TER	01:50	1.62 ↑
	11:40	1.58 ↑		12:20	1.58 ↑		06:50	0.27 ↓		06:40	0.47 ↓		06:50	0.41 ↓		06:40	0.62 ↓
	17:40	0.40 ↓		18:20	0.36 ↓		13:10	1.80 ↑		13:10	1.86 ↑		13:10	1.86 ↑		13:20	2.01 ↑
							19:20	0.20 ↓		19:50	0.28 ↓		19:50	0.11 ↓		20:30	0.22 ↓
07 QUA	00:00	1.59 ↑	23 SEX	00:40	1.64 ↑	07 SAB	01:30	1.84 ↑	23 SEG	02:00	1.75 ↑	07 SEG	02:10	1.71 ↑	23 QUA	02:50	1.65 ↑
	06:20	0.34 ↓		06:50	0.39 ↓		07:40	0.28 ↓		07:20	0.58 ↓		07:30	0.51 ↓		07:30	0.73 ↓
	12:50	1.72 ↑		13:10	1.69 ↑		13:50	1.91 ↑		13:50	2.00 ↑		13:50	1.94 ↑		14:10	2.09 ↑
	18:50	0.31 ↓		19:10	0.35 ↓		20:10	0.16 ↓		20:40	0.27 ↓		20:50	0.05 ↓		21:20	0.24 ↓
08 QUI	01:00	1.76 ↑	24 SAB	01:30	1.77 ↑	08 DOM	02:30	1.89 ↑	24 TER	03:00	1.74 ↑	08 TER	03:10	1.68 ↑	24 QUI	03:40	1.70 ↑
	07:20	0.27 ↓		07:30	0.43 ↓		08:20	0.37 ↓		08:00	0.69 ↓		08:00	0.62 ↓		08:20	0.80 ↓
	13:40	1.85 ↑		13:50	1.81 ↑		14:30	1.99 ↑		14:30	2.10 ↑		14:20	1.98 ↑		15:00	2.10 ↑
	19:40	0.26 ↓		20:00	0.35 ↓		21:00	0.14 ↓		21:30	0.28 ↓		21:30	0.10 ↓		22:10	0.28 ↓
09 SEX	02:00	1.90 ↑	25 DOM	02:20	1.85 ↑	09 SEG	03:20	1.88 ↑	25 QUA	03:50	1.72 ↑	09 QUA	04:00	1.65 ↑	25 SEX	04:20	1.76 ↑
	08:10	0.25 ↓		08:10	0.49 ↓		08:50	0.51 ↓		08:30	0.79 ↓		08:30	0.71 ↓		09:20	0.79 ↓
	14:30	1.94 ↑		14:20	1.92 ↑		15:00	2.02 ↑		15:00	2.16 ↑		15:00	1.97 ↑		15:40	2.06 ↑
	20:30	0.23 ↓		20:50	0.34 ↓		21:50	0.14 ↓		22:20	0.30 ↓		22:20	0.15 ↓		22:50	0.37 ↓
10 SAB	02:50	2.00 ↑	26 SEG	03:00	1.88 ↑	10 TER	04:10	1.81 ↑	26 QUI	04:30	1.71 ↑	10 QUI	04:30	1.65 ↑	26 SAB	05:00	1.78 ↑
	09:00	0.27 ↓		08:40	0.59 ↓		09:10	0.65 ↓		09:10	0.83 ↓		09:10	0.72 ↓		10:20	0.72 ↓
	15:10	1.99 ↑		14:50	2.03 ↑		15:30	2.01 ↑		15:40	2.14 ↑		15:30	1.91 ↑		16:30	1.98 ↑
	21:10	0.27 ↓		21:40	0.33 ↓		22:30	0.20 ↓		23:00	0.37 ↓		22:50	0.27 ↓		23:30	0.43 ↓
11 DOM	03:30	2.04 ↑	27 TER	03:50	1.84 ↑	11 QUA	04:50	1.72 ↑	27 SEX	05:10	1.69 ↑	11 SEX	05:00	1.63 ↑	27 DOM	05:40	1.77 ↑
	09:30	0.40 ↓		09:00	0.70 ↓		09:30	0.73 ↓		10:00	0.82 ↓		09:40	0.72 ↓		11:10	0.65 ↓
	15:40	2.01 ↑		15:20	2.12 ↑		15:50	1.95 ↑		16:30	2.04 ↑		16:00	1.83 ↑		17:20	1.87 ↑
	22:00	0.26 ↓		22:20	0.37 ↓		23:10	0.27 ↓		23:40	0.43 ↓		23:20	0.37 ↓			
12 SEG	04:20	1.97 ↑	28 QUA	04:30	1.77 ↑	12 QUI	05:30	1.61 ↑	28 SAB	05:50	1.67 ↑	12 SAB	05:20	1.58 ↑	28 SEG	06:10	0.45 ↓
	10:00	0.53 ↓		09:30	0.75 ↓		10:00	0.73 ↓		11:00	0.75 ↓		10:30	0.63 ↓		06:20	1.72 ↑
	16:10	1.99 ↑		16:00	2.14 ↑		16:20	1.87 ↑		17:10	1.91 ↑		16:40	1.73 ↑		12:10	0.55 ↓
	22:40	0.30 ↓		23:10	0.36 ↓		23:50	0.33 ↓					23:40	0.42 ↓		18:10	1.77 ↑
13 TER	05:00	1.86 ↑	29 QUI	05:10	1.69 ↑	13 SEX	05:50	1.53 ↑	29 DOM	06:30	1.63 ↑	13 DOM	05:40	1.52 ↑	29 TER	06:50	0.44 ↓
	10:20	0.63 ↓		10:10	0.74 ↓		10:30	0.68 ↓		12:10	0.61 ↓		11:10	0.55 ↓		07:10	1.64 ↑
	16:30	1.93 ↑		16:40	2.09 ↑		16:50	1.77 ↑		18:10	1.73 ↑		17:20	1.64 ↑		13:00	0.48 ↓
	23:30	0.30 ↓												19:00		1.68 ↑	
14 QUA	05:40	1.70 ↑	30 SEX	06:00	0.36 ↓	14 SAB	06:20	0.37 ↓	30 SEG	01:10	0.44 ↓	14 SEG	06:20	0.39 ↓	30 QUA	01:40	0.38 ↓
	10:40	0.66 ↓		06:00	1.59 ↑		06:20	1.45 ↑		07:30	1.56 ↑		06:20	1.47 ↑		08:00	1.56 ↑
	16:50	1.86 ↑		10:50	0.73 ↓		11:20	0.58 ↓		13:20	0.49 ↓		12:00	0.44 ↓		14:00	0.42 ↓
				17:20	1.97 ↑		17:30	1.64 ↑		19:20	1.59 ↑		18:00	1.57 ↑		20:00	1.60 ↑
15 QUI	00:10	0.32 ↓	31 SAB	00:40	0.39 ↓	15 DOM	00:40	0.38 ↓				15 TER	00:40	0.33 ↓	31 QUI	02:40	0.33 ↓
	06:10	1.55 ↑		06:50	1.52 ↑		06:50	1.38 ↑					07:00	1.42 ↑		09:00	1.51 ↑
	11:00	0.64 ↓		12:00	0.64 ↓		12:20	0.46 ↓					12:50	0.35 ↓		15:10	0.37 ↓
	17:20	1.77 ↑		18:20	1.77 ↑		18:20	1.50 ↑					18:50	1.50 ↑			
16 SEX	00:50	0.34 ↓				16 SEG	01:20	0.34 ↓				16 QUA	01:30	0.24 ↓			
	06:50	1.41 ↑		07:40	1.34 ↑					07:50	1.38 ↑						
	11:30	0.58 ↓		13:20	0.36 ↓					13:50	0.27 ↓						
	18:00	1.65 ↑		19:20	1.39 ↑					19:50	1.46 ↑						