

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	02:30 10:30 16:10 22:30	1.10 ↓ 2.99 ↑ 0.99 ↓ 3.29 ↑	17 SAB	05:20 11:30 16:50 23:10	0.76 ↓ 2.69 ↑ 0.93 ↓ 3.05 ↑	01 DOM	06:00 12:10 17:50	0.38 ↓ 3.31 ↑ 0.83 ↓	17 TER	06:10 12:20 18:00	0.64 ↓ 3.07 ↑ 0.72 ↓	01 DOM	04:50 11:10 16:50 23:10	0.48 ↓ 3.08 ↑ 0.78 ↓ 3.26 ↑	17 TER	05:00 11:10 17:00 23:20	0.72 ↓ 2.96 ↑ 0.67 ↓ 3.22 ↑
02 SEX	05:10 11:30 17:00 23:20	0.60 ↓ 3.17 ↑ 1.00 ↓ 3.46 ↑	18 DOM	06:00 12:10 17:30 23:50	0.70 ↓ 2.83 ↑ 0.89 ↓ 3.19 ↑	02 SEG	00:10 06:40 13:00 18:40	3.50 ↑ 0.39 ↓ 3.45 ↑ 0.75 ↓	18 QUA	00:20 06:40 12:50 18:40	3.35 ↑ 0.63 ↓ 3.23 ↑ 0.70 ↓	02 SEG	05:40 11:50 17:40	0.33 ↓ 3.34 ↑ 0.63 ↓	18 QUA	05:40 11:40 17:40	0.64 ↓ 3.23 ↑ 0.60 ↓
03 SAB	06:00 12:20 18:00	0.56 ↓ 3.32 ↑ 0.95 ↓	19 SEG	06:30 12:40 18:20	0.68 ↓ 2.96 ↑ 0.84 ↓	03 TER	01:00 07:30 13:40 19:30	3.58 ↑ 0.35 ↓ 3.51 ↑ 0.70 ↓	19 QUI	01:00 07:20 13:20 19:30	3.45 ↑ 0.63 ↓ 3.32 ↑ 0.66 ↓	03 TER	00:00 06:20 12:30 18:30	3.46 ↑ 0.33 ↓ 3.51 ↑ 0.52 ↓	19 QUI	00:00 06:10 12:20 18:30	3.42 ↑ 0.64 ↓ 3.42 ↑ 0.54 ↓
04 DOM	00:10 06:50 13:10 18:50	3.56 ↑ 0.53 ↓ 3.41 ↑ 0.94 ↓	20 TER	00:30 07:10 13:20 19:00	3.28 ↑ 0.65 ↓ 3.02 ↑ 0.82 ↓	04 QUA	01:40 08:10 14:20 20:20	3.58 ↑ 0.45 ↓ 3.46 ↑ 0.67 ↓	20 SEX	01:40 07:50 14:00 20:10	3.46 ↑ 0.71 ↓ 3.34 ↑ 0.70 ↓	04 QUA	00:40 07:10 13:10 19:10	3.58 ↑ 0.29 ↓ 3.58 ↑ 0.52 ↓	20 SEX	00:40 06:50 13:00 19:10	3.55 ↑ 0.66 ↓ 3.53 ↑ 0.58 ↓
05 SEG	01:00 07:40 14:00 19:40	3.58 ↑ 0.52 ↓ 3.40 ↑ 0.93 ↓	21 QUA	01:10 07:50 13:50 19:40	3.32 ↑ 0.64 ↓ 3.06 ↑ 0.83 ↓	05 QUI	02:30 08:50 15:00 21:00	3.47 ↑ 0.58 ↓ 3.33 ↑ 0.72 ↓	21 SAB	02:20 08:30 14:40 21:00	3.39 ↑ 0.77 ↓ 3.29 ↑ 0.73 ↓	05 QUI	01:30 07:40 13:50 19:50	3.58 ↑ 0.48 ↓ 3.53 ↑ 0.56 ↓	21 SAB	01:30 07:30 13:30 19:50	3.54 ↑ 0.72 ↓ 3.57 ↑ 0.67 ↓
06 TER	01:50 08:30 14:50 20:30	3.52 ↑ 0.55 ↓ 3.32 ↑ 0.92 ↓	22 QUI	01:50 08:20 14:30 20:20	3.31 ↑ 0.71 ↓ 3.04 ↑ 0.86 ↓	06 SEX	03:10 09:30 15:30 21:40	3.30 ↑ 0.71 ↓ 3.13 ↑ 0.78 ↓	22 DOM	03:10 09:10 15:20 21:50	3.22 ↑ 0.85 ↓ 3.18 ↑ 0.80 ↓	06 SEX	02:10 08:20 14:20 20:30	3.49 ↑ 0.60 ↓ 3.41 ↑ 0.62 ↓	22 DOM	02:10 08:00 14:10 20:40	3.46 ↑ 0.85 ↓ 3.51 ↑ 0.74 ↓
07 QUA	02:40 09:20 15:30 21:20	3.39 ↑ 0.60 ↓ 3.18 ↑ 0.92 ↓	23 SEX	02:40 09:00 15:10 21:10	3.21 ↑ 0.75 ↓ 2.99 ↑ 0.85 ↓	07 SAB	03:50 10:10 16:10 22:30	3.06 ↑ 0.83 ↓ 2.90 ↑ 0.81 ↓	23 SEG	04:00 09:50 16:10 22:40	2.99 ↑ 0.96 ↓ 3.00 ↑ 0.89 ↓	07 SAB	02:40 08:50 14:50 21:10	3.32 ↑ 0.76 ↓ 3.20 ↑ 0.69 ↓	23 SEG	02:50 08:40 14:50 21:30	3.29 ↑ 0.97 ↓ 3.36 ↑ 0.85 ↓
08 QUI	03:30 10:10 16:20 22:10	3.20 ↑ 0.69 ↓ 2.99 ↑ 0.91 ↓	24 SAB	03:20 09:40 15:50 22:10	3.09 ↑ 0.81 ↓ 2.92 ↑ 0.81 ↓	08 DOM	04:40 10:40 16:50 23:20	2.78 ↑ 0.93 ↓ 2.67 ↑ 0.86 ↓	24 TER	04:50 10:40 17:00 23:50	2.75 ↑ 1.06 ↓ 2.81 ↑ 0.93 ↓	08 DOM	03:20 09:20 15:20 21:50	3.06 ↑ 0.86 ↓ 2.96 ↑ 0.76 ↓	24 TER	03:40 09:30 15:40 22:30	3.02 ↑ 1.08 ↓ 3.11 ↑ 0.93 ↓
09 SEX	04:20 10:50 17:00 23:10	2.98 ↑ 0.82 ↓ 2.81 ↑ 0.89 ↓	25 DOM	04:20 10:20 16:40 23:10	2.89 ↑ 0.88 ↓ 2.81 ↑ 0.81 ↓	09 SEG	05:20 11:20 17:20	2.51 ↑ 0.98 ↓ 2.47 ↑	25 QUA	06:10 11:50 18:10	2.53 ↑ 1.14 ↓ 2.65 ↑	09 SEG	04:00 09:50 15:50 22:30	2.76 ↑ 0.93 ↓ 2.71 ↑ 0.82 ↓	25 QUA	04:40 10:20 16:40 23:40	2.72 ↑ 1.20 ↓ 2.82 ↑ 0.99 ↓
10 SAB	05:10 11:40 17:50	2.75 ↑ 0.92 ↓ 2.64 ↑	26 SEG	05:20 11:20 17:40	2.71 ↑ 0.92 ↓ 2.72 ↑	10 TER	00:10 06:20 11:50 18:10	0.91 ↓ 2.29 ↑ 1.02 ↓ 2.35 ↑	26 QUI	01:20 07:40 13:10 19:40	0.95 ↓ 2.45 ↑ 1.19 ↓ 2.65 ↑	10 TER	04:40 10:10 16:20 23:20	2.46 ↑ 1.01 ↓ 2.48 ↑ 0.89 ↓	26 QUI	06:00 11:30 18:00	2.49 ↑ 1.27 ↓ 2.60 ↑
11 DOM	00:00 06:10 12:20 18:30	0.91 ↓ 2.55 ↑ 1.00 ↓ 2.53 ↑	27 TER	00:10 06:30 12:20 18:40	0.85 ↓ 2.58 ↑ 1.00 ↓ 2.69 ↑	11 QUA	01:10 07:20 12:40 19:00	0.99 ↓ 2.16 ↑ 1.05 ↓ 2.32 ↑	27 SEX	02:40 09:10 14:40 21:00	0.90 ↓ 2.55 ↑ 1.15 ↓ 2.79 ↑	11 QUA	05:20 10:40 17:00	2.20 ↑ 1.10 ↓ 2.30 ↑	27 SEX	01:10 07:30 13:10 19:30	0.97 ↓ 2.42 ↑ 1.22 ↓ 2.57 ↑
12 SEG	01:00 07:10 13:10 19:20	0.93 ↓ 2.40 ↑ 1.06 ↓ 2.48 ↑	28 QUA	01:30 07:50 13:30 20:00	0.86 ↓ 2.56 ↑ 1.07 ↓ 2.77 ↑	12 QUI	02:10 08:30 13:40 20:10	1.04 ↓ 2.12 ↑ 1.06 ↓ 2.40 ↑	28 SAB	03:50 10:10 15:50 22:10	0.71 ↓ 2.81 ↑ 0.99 ↓ 3.02 ↑	12 QUI	00:10 06:30 11:30 18:00	0.95 ↓ 2.04 ↑ 1.14 ↓ 2.20 ↑	28 SAB	02:30 09:00 14:40 20:50	0.86 ↓ 2.55 ↑ 1.05 ↓ 2.71 ↑
13 TER	02:00 08:20 14:00 20:10	0.95 ↓ 2.30 ↑ 1.09 ↓ 2.51 ↑	29 QUI	02:50 09:10 14:50 21:10	0.86 ↓ 2.66 ↑ 1.10 ↓ 2.94 ↑	13 SEX	03:10 09:30 14:40 21:10	1.03 ↓ 2.22 ↑ 1.05 ↓ 2.56 ↑				13 SEX	01:20 07:40 12:40 19:20	1.03 ↓ 2.02 ↑ 1.11 ↓ 2.27 ↑	29 DOM	03:40 10:00 15:40 22:00	0.62 ↓ 2.81 ↑ 0.85 ↓ 2.94 ↑
14 QUA	03:00 09:20 14:40 21:00	0.95 ↓ 2.30 ↑ 1.07 ↓ 2.60 ↑	30 SEX	04:00 10:20 16:00 22:20	0.74 ↓ 2.85 ↑ 1.04 ↓ 3.13 ↑	14 SAB	04:10 10:20 15:40 22:00	0.94 ↓ 2.40 ↑ 0.99 ↓ 2.76 ↑				14 SAB	02:30 08:50 14:10 20:30	1.06 ↓ 2.14 ↑ 1.04 ↓ 2.45 ↑	30 SEG	04:30 10:50 16:40 22:50	0.45 ↓ 3.09 ↑ 0.60 ↓ 3.19 ↑
15 QUI	03:50 10:10 15:30 21:50	0.90 ↓ 2.39 ↑ 1.04 ↓ 2.73 ↑	31 SAB	05:00 11:20 17:00 23:10	0.58 ↓ 3.09 ↑ 0.92 ↓ 3.34 ↑	15 DOM	04:50 11:00 16:30 22:50	0.83 ↓ 2.64 ↑ 0.90 ↓ 2.99 ↑				15 DOM	03:30 09:50 15:10 21:40	0.98 ↓ 2.37 ↑ 0.95 ↓ 2.69 ↑	31 TER	05:20 11:30 17:30 23:40	0.31 ↓ 3.33 ↑ 0.43 ↓ 3.38 ↑
16 SEX	04:40 10:50 16:10 22:30	0.83 ↓ 2.54 ↑ 0.98 ↓ 2.89 ↑				16 SEG	05:30 11:40 17:20 23:40	0.72 ↓ 2.87 ↑ 0.79 ↓ 3.19 ↑				16 SEG	04:20 10:30 16:10 22:30	0.84 ↓ 2.67 ↑ 0.81 ↓ 2.96 ↑			

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 ☀	06:00 12:00 18:10	0.32 ↓ 3.49 ↑ 0.40 ↓	17 SEX ☾	05:40 11:50 18:10	0.70 ↓ 3.55 ↑ 0.51 ↓	01 SEX ☀	00:00 06:00 12:00 18:20	3.30 ↑ 0.62 ↓ 3.44 ↑ 0.46 ↓	17 DOM ☾	00:10 05:50 12:10 18:40	3.45 ↑ 0.88 ↓ 3.67 ↑ 0.62 ↓	01 SEG ☾	00:50 06:20 12:30 19:10	3.04 ↑ 0.89 ↓ 3.26 ↑ 0.64 ↓	17 QUA ☀	01:40 07:20 13:30 20:20	3.37 ↑ 1.06 ↓ 3.55 ↑ 0.64 ↓
02 QUI	00:20 06:30 12:40 18:50	3.50 ↑ 0.47 ↓ 3.55 ↑ 0.41 ↓	18 SAB	00:30 06:20 12:30 18:50	3.53 ↑ 0.75 ↓ 3.67 ↑ 0.59 ↓	02 SAB	00:40 06:30 12:30 19:00	3.31 ↑ 0.73 ↓ 3.43 ↑ 0.51 ↓	18 SEG	01:00 06:40 12:50 19:30	3.46 ↑ 0.96 ↓ 3.68 ↑ 0.69 ↓	02 TER	01:30 06:50 13:00 19:50	2.96 ↑ 0.92 ↓ 3.19 ↑ 0.68 ↓	18 QUI	02:30 08:10 14:20 21:10	3.29 ↑ 1.10 ↓ 3.41 ↑ 0.69 ↓
03 SEX	01:00 07:10 13:10 19:30	3.51 ↑ 0.57 ↓ 3.52 ↑ 0.47 ↓	19 DOM	01:10 07:00 13:10 19:40	3.55 ↑ 0.84 ↓ 3.67 ↑ 0.66 ↓	03 DOM	01:20 07:00 13:00 19:40	3.23 ↑ 0.81 ↓ 3.35 ↑ 0.58 ↓	19 TER	01:50 07:30 13:40 20:20	3.38 ↑ 1.05 ↓ 3.56 ↑ 0.78 ↓	03 QUA	02:00 07:20 13:30 20:20	2.85 ↑ 0.97 ↓ 3.10 ↑ 0.74 ↓	19 SEX	03:20 09:10 15:20 22:00	3.15 ↑ 1.09 ↓ 3.21 ↑ 0.76 ↓
04 SAB	01:40 07:40 13:40 20:00	3.42 ↑ 0.71 ↓ 3.41 ↑ 0.58 ↓	20 SEG	01:50 07:40 13:50 20:30	3.46 ↑ 0.96 ↓ 3.58 ↑ 0.76 ↓	04 SEG	01:50 07:30 13:30 20:10	3.10 ↑ 0.87 ↓ 3.22 ↑ 0.67 ↓	20 QUA	02:40 08:20 14:30 21:20	3.22 ↑ 1.15 ↓ 3.36 ↑ 0.81 ↓	04 QUI	02:30 08:00 14:10 21:00	2.71 ↑ 1.00 ↓ 2.97 ↑ 0.77 ↓	20 SAB	04:20 10:10 16:20 23:00	2.97 ↑ 1.02 ↓ 3.00 ↑ 0.78 ↓
05 DOM	02:20 08:10 14:10 20:40	3.23 ↑ 0.82 ↓ 3.23 ↑ 0.66 ↓	21 TER	02:40 08:20 14:30 21:20	3.26 ↑ 1.10 ↓ 3.40 ↑ 0.89 ↓	05 TER	02:20 07:50 14:00 20:50	2.91 ↑ 0.95 ↓ 3.05 ↑ 0.74 ↓	21 QUI	03:30 09:10 15:20 22:20	3.02 ↑ 1.22 ↓ 3.12 ↑ 0.84 ↓	05 SEX	03:00 08:30 14:50 21:30	2.57 ↑ 1.07 ↓ 2.83 ↑ 0.84 ↓	21 DOM ☀	05:10 11:10 17:20	2.82 ↑ 0.97 ↓ 2.81 ↑
06 SEG	02:50 08:30 14:30 21:10	2.99 ↑ 0.90 ↓ 3.01 ↑ 0.75 ↓	22 QUA	03:40 09:10 15:30 22:20	2.98 ↑ 1.22 ↓ 3.09 ↑ 0.96 ↓	06 QUA	03:00 08:20 14:30 21:20	2.67 ↑ 1.02 ↓ 2.88 ↑ 0.82 ↓	22 SEX	04:30 10:10 16:20 23:20	2.81 ↑ 1.23 ↓ 2.87 ↑ 0.88 ↓	06 SAB	03:40 09:20 15:30 22:20	2.44 ↑ 1.06 ↓ 2.70 ↑ 0.84 ↓	22 SEG	00:00 06:10 12:20 18:20	0.84 ↓ 2.70 ↑ 0.91 ↓ 2.66 ↑
07 TER	03:20 09:00 15:00 21:50	2.71 ↑ 0.97 ↓ 2.79 ↑ 0.82 ↓	23 QUI ☀	04:40 10:10 16:30 23:30	2.71 ↑ 1.30 ↓ 2.81 ↑ 0.98 ↓	07 QUI	03:30 08:50 15:00 22:00	2.44 ↑ 1.10 ↓ 2.72 ↑ 0.88 ↓	23 SAB ☀	05:40 11:30 17:40	2.65 ↑ 1.12 ↓ 2.69 ↑	07 DOM	04:30 10:20 16:30 23:00	2.34 ↑ 1.01 ↓ 2.54 ↑ 0.87 ↓	23 TER	00:50 07:10 13:20 19:30	0.92 ↓ 2.64 ↑ 0.89 ↓ 2.56 ↑
08 QUA	04:00 09:20 15:30 22:30	2.42 ↑ 1.08 ↓ 2.59 ↑ 0.90 ↓	24 SEX	06:00 11:30 17:50	2.51 ↑ 1.27 ↓ 2.60 ↑	08 SEX	04:10 09:30 15:50 22:50	2.25 ↑ 1.16 ↓ 2.52 ↑ 0.91 ↓	24 DOM	00:30 06:50 12:50 19:00	0.86 ↓ 2.59 ↑ 1.00 ↓ 2.61 ↑	08 SEG ☀	05:20 11:20 17:30	2.32 ↑ 0.93 ↓ 2.46 ↑	24 QUA	01:50 08:00 14:20 20:40	0.95 ↓ 2.65 ↑ 0.84 ↓ 2.52 ↑
09 QUI	04:40 10:00 16:20 23:30	2.17 ↑ 1.15 ↓ 2.38 ↑ 0.94 ↓	25 SAB	00:50 07:20 13:00 19:20	0.94 ↓ 2.48 ↑ 1.15 ↓ 2.57 ↑	09 SAB ☀	05:00 10:30 16:50 23:50	2.11 ↑ 1.15 ↓ 2.35 ↑ 0.90 ↓	25 SEG	01:40 08:00 14:00 20:10	0.81 ↓ 2.63 ↑ 0.88 ↓ 2.62 ↑	09 TER	00:00 06:20 12:30 18:50	0.84 ↓ 2.39 ↑ 0.82 ↓ 2.50 ↑	25 QUI	02:40 08:50 15:20 21:40	0.98 ↓ 2.70 ↑ 0.77 ↓ 2.56 ↑
10 SEX ☀	05:40 10:50 17:20	2.01 ↑ 1.19 ↓ 2.23 ↑	26 DOM	02:10 08:30 14:30 20:40	0.81 ↓ 2.61 ↑ 0.92 ↓ 2.67 ↑	10 DOM	06:00 11:50 18:00	2.10 ↑ 1.01 ↓ 2.31 ↑	26 TER	02:30 08:50 15:00 21:10	0.80 ↓ 2.76 ↑ 0.73 ↓ 2.72 ↑	10 QUA	01:00 07:20 13:50 20:00	0.83 ↓ 2.56 ↑ 0.72 ↓ 2.64 ↑	26 SEX	03:20 09:30 16:10 22:30	1.00 ↓ 2.80 ↑ 0.72 ↓ 2.63 ↑
11 SAB	00:30 06:50 12:10 18:40	0.97 ↓ 2.01 ↑ 1.10 ↓ 2.24 ↑	27 SEG	03:10 09:30 15:30 21:40	0.66 ↓ 2.82 ↑ 0.71 ↓ 2.86 ↑	11 SEG	00:50 07:10 13:10 19:20	0.88 ↓ 2.25 ↑ 0.87 ↓ 2.44 ↑	27 QUA	03:20 09:30 15:50 22:10	0.77 ↓ 2.91 ↑ 0.62 ↓ 2.83 ↑	11 QUI	02:00 08:20 14:50 21:10	0.84 ↓ 2.80 ↑ 0.69 ↓ 2.81 ↑	27 SAB	04:00 10:10 16:50 23:10	1.00 ↓ 2.91 ↑ 0.70 ↓ 2.73 ↑
12 DOM	01:40 08:00 13:40 20:00	0.98 ↓ 2.16 ↑ 0.97 ↓ 2.42 ↑	28 TER	04:00 10:10 16:20 22:30	0.55 ↓ 3.05 ↑ 0.54 ↓ 3.05 ↑	12 TER	01:50 08:10 14:20 20:40	0.86 ↓ 2.49 ↑ 0.76 ↓ 2.66 ↑	28 QUI	04:10 10:10 16:40 22:50	0.73 ↓ 3.05 ↑ 0.53 ↓ 2.95 ↑	12 SEX	03:00 09:20 15:50 22:10	0.87 ↓ 3.06 ↑ 0.67 ↓ 3.01 ↑	28 DOM	04:40 10:50 17:40 23:50	0.98 ↓ 3.02 ↑ 0.65 ↓ 2.81 ↑
13 SEG	02:40 09:00 14:50 21:10	0.94 ↓ 2.42 ↑ 0.85 ↓ 2.67 ↑	29 QUA	04:40 10:50 17:00 23:20	0.54 ↓ 3.24 ↑ 0.46 ↓ 3.20 ↑	13 QUA	02:50 09:10 15:20 21:40	0.82 ↓ 2.80 ↑ 0.66 ↓ 2.91 ↑	29 SEX	04:40 10:50 17:20 23:40	0.80 ↓ 3.16 ↑ 0.52 ↓ 3.01 ↑	13 SAB	03:50 10:10 16:50 23:10	0.90 ↓ 3.30 ↑ 0.63 ↓ 3.18 ↑	29 SEG ☀	05:20 11:30 18:10	0.94 ↓ 3.10 ↑ 0.68 ↓
14 TER	03:30 09:50 15:50 22:10	0.84 ↓ 2.74 ↑ 0.71 ↓ 2.95 ↑	30 QUI	05:20 11:30 17:40	0.56 ↓ 3.37 ↑ 0.44 ↓	14 QUI	03:40 09:50 16:10 22:30	0.79 ↓ 3.10 ↑ 0.60 ↓ 3.15 ↑	30 SAB	05:20 11:30 18:00	0.83 ↓ 3.24 ↑ 0.54 ↓	14 DOM ☀	04:50 11:00 17:40	0.92 ↓ 3.49 ↑ 0.63 ↓	30 TER	00:30 05:50 12:10 18:50	2.87 ↑ 0.92 ↓ 3.16 ↑ 0.67 ↓
15 QUA	04:20 10:30 16:40 23:00	0.75 ↓ 3.06 ↑ 0.58 ↓ 3.21 ↑				15 SEX	04:20 10:40 17:10 23:20	0.79 ↓ 3.37 ↑ 0.52 ↓ 3.34 ↑	31 DOM ☀	00:20 05:50 12:00 18:40	3.05 ↑ 0.87 ↓ 3.27 ↑ 0.57 ↓	15 SEG	00:00 05:40 11:50 18:30	3.32 ↑ 0.97 ↓ 3.60 ↑ 0.65 ↓			
16 QUI	05:00 11:10 17:20 23:40	0.70 ↓ 3.34 ↑ 0.54 ↓ 3.43 ↑				16 SAB ☀	05:10 11:20 17:50	0.81 ↓ 3.57 ↑ 0.57 ↓				16 TER	00:50 06:30 12:40 19:30	3.39 ↑ 1.01 ↓ 3.62 ↑ 0.60 ↓			

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	01:00 06:30 12:40 19:30	2.90 ↑ 0.90 ↓ 3.18 ↑ 0.66 ↓	17 SEX	02:20 08:10 14:20 20:50	3.42 ↑ 0.84 ↓ 3.50 ↑ 0.60 ↓	01 SAB	01:40 07:30 13:40 20:00	3.05 ↑ 0.74 ↓ 3.28 ↑ 0.67 ↓	17 SEG	03:10 09:20 15:30 21:50	3.30 ↑ 0.73 ↓ 3.22 ↑ 0.80 ↓	01 TER	02:10 08:30 14:40 20:40	3.35 ↑ 0.70 ↓ 3.27 ↑ 0.82 ↓	17 QUI	03:40 10:20 16:30 22:10	2.84 ↑ 0.84 ↓ 2.57 ↑ 1.05 ↓
02 QUI	01:30 07:00 13:20 20:00	2.89 ↑ 0.91 ↓ 3.16 ↑ 0.68 ↓	18 SAB	03:00 09:00 15:10 21:40	3.33 ↑ 0.84 ↓ 3.35 ↑ 0.66 ↓	02 DOM	02:10 08:10 14:20 20:40	3.06 ↑ 0.74 ↓ 3.22 ↑ 0.70 ↓	18 TER	03:50 10:10 16:20 22:20	3.07 ↑ 0.78 ↓ 2.93 ↑ 0.94 ↓	02 QUA	02:50 09:20 15:30 21:20	3.28 ↑ 0.76 ↓ 3.06 ↑ 0.91 ↓	18 SEX	04:10 11:10 17:20 22:40	2.57 ↑ 0.93 ↓ 2.28 ↑ 1.12 ↓
03 SEX	02:10 07:40 13:50 20:30	2.84 ↑ 0.92 ↓ 3.12 ↑ 0.72 ↓	19 DOM	03:50 09:50 16:00 22:30	3.16 ↑ 0.84 ↓ 3.14 ↑ 0.76 ↓	03 SEG	02:40 08:50 15:00 21:10	3.05 ↑ 0.77 ↓ 3.12 ↑ 0.78 ↓	19 QUA	04:30 11:00 17:10 23:00	2.82 ↑ 0.85 ↓ 2.63 ↑ 1.02 ↓	03 QUI	03:30 10:10 16:20 22:10	3.15 ↑ 0.85 ↓ 2.81 ↑ 1.01 ↓	19 SAB	04:50 12:10 18:20 23:30	2.34 ↑ 1.02 ↓ 2.08 ↑ 1.15 ↓
04 SAB	02:40 08:20 14:30 21:10	2.78 ↑ 0.93 ↓ 3.03 ↑ 0.74 ↓	20 SEG	04:30 10:40 16:50 23:10	2.97 ↑ 0.86 ↓ 2.90 ↑ 0.89 ↓	04 TER	03:20 09:40 15:50 21:50	2.99 ↑ 0.78 ↓ 2.95 ↑ 0.84 ↓	20 QUI	05:10 11:50 18:00 23:40	2.59 ↑ 0.93 ↓ 2.38 ↑ 1.08 ↓	04 SEX	04:20 11:10 17:20 23:00	2.94 ↑ 0.93 ↓ 2.56 ↑ 1.13 ↓	20 DOM	05:50 13:20 19:40	2.20 ↑ 1.11 ↓ 2.01 ↑
05 DOM	03:10 09:10 15:20 21:50	2.72 ↑ 0.90 ↓ 2.90 ↑ 0.77 ↓	21 TER	05:20 11:40 17:50	2.78 ↑ 0.87 ↓ 2.66 ↑	05 QUA	04:00 10:30 16:40 22:40	2.92 ↑ 0.82 ↓ 2.76 ↑ 0.90 ↓	21 SEX	05:50 13:00 19:10	2.40 ↑ 1.03 ↓ 2.18 ↑	05 SAB	05:30 12:30 18:50	2.69 ↑ 0.97 ↓ 2.41 ↑	21 SEG	00:40 07:00 14:20 20:50	1.13 ↓ 2.21 ↑ 1.12 ↓ 2.08 ↑
06 SEG	03:50 10:00 16:10 22:30	2.66 ↑ 0.88 ↓ 2.76 ↑ 0.81 ↓	22 QUA	00:00 06:10 12:40 18:50	0.99 ↓ 2.62 ↑ 0.91 ↓ 2.47 ↑	06 QUI	05:00 11:30 17:40 23:30	2.77 ↑ 0.85 ↓ 2.58 ↑ 0.99 ↓	22 SAB	00:30 06:50 14:00 20:30	1.12 ↓ 2.32 ↑ 1.09 ↓ 2.09 ↑	06 DOM	00:20 06:50 14:00 20:20	1.19 ↓ 2.59 ↑ 0.97 ↓ 2.46 ↑	22 TER	02:00 08:20 15:20 21:40	1.09 ↓ 2.36 ↑ 1.03 ↓ 2.29 ↑
07 TER	04:40 11:00 17:10 23:20	2.61 ↑ 0.82 ↓ 2.63 ↑ 0.83 ↓	23 QUI	00:50 07:00 13:40 20:00	1.07 ↓ 2.53 ↑ 0.96 ↓ 2.33 ↑	07 SEX	06:00 12:50 19:00	2.68 ↑ 0.86 ↓ 2.49 ↑	23 DOM	01:30 08:00 15:10 21:30	1.14 ↓ 2.35 ↑ 1.07 ↓ 2.16 ↑	07 SEG	01:50 08:20 15:20 21:40	1.19 ↓ 2.69 ↑ 0.82 ↓ 2.68 ↑	23 QUA	03:00 09:20 16:00 22:20	0.98 ↓ 2.57 ↑ 0.90 ↓ 2.57 ↑
08 QUA	05:40 12:00 18:10	2.58 ↑ 0.79 ↓ 2.56 ↑	24 SEX	01:40 07:50 14:40 21:00	1.13 ↓ 2.50 ↑ 0.97 ↓ 2.30 ↑	08 SAB	00:40 07:10 14:10 20:30	1.05 ↓ 2.68 ↑ 0.90 ↓ 2.53 ↑	24 SEG	02:40 09:00 16:00 22:20	1.14 ↓ 2.47 ↑ 0.97 ↓ 2.33 ↑	08 TER	03:20 09:40 16:20 22:40	1.04 ↓ 2.91 ↑ 0.61 ↓ 2.98 ↑	24 QUI	04:00 10:20 16:40 22:50	0.82 ↓ 2.82 ↑ 0.77 ↓ 2.86 ↑
09 QUI	00:10 06:40 13:10 19:30	0.88 ↓ 2.63 ↑ 0.78 ↓ 2.57 ↑	25 SAB	02:30 08:50 15:40 22:00	1.14 ↓ 2.55 ↑ 0.92 ↓ 2.36 ↑	09 DOM	02:00 08:30 15:30 21:50	1.11 ↓ 2.81 ↑ 0.84 ↓ 2.71 ↑	25 TER	03:30 09:50 16:40 23:00	1.05 ↓ 2.65 ↑ 0.86 ↓ 2.56 ↑	09 QUA	04:20 10:40 17:10 23:30	0.84 ↓ 3.17 ↑ 0.45 ↓ 3.27 ↑	25 SEX	04:40 11:00 17:20 23:20	0.68 ↓ 3.09 ↑ 0.66 ↓ 3.13 ↑
10 SEX	01:20 07:40 14:30 20:40	0.92 ↓ 2.76 ↑ 0.78 ↓ 2.68 ↑	26 DOM	03:20 09:40 16:30 22:50	1.12 ↓ 2.66 ↑ 0.84 ↓ 2.48 ↑	10 SEG	03:20 09:40 16:30 22:50	1.10 ↓ 3.01 ↑ 0.70 ↓ 2.97 ↑	26 QUA	04:20 10:40 17:20 23:30	0.92 ↓ 2.87 ↑ 0.75 ↓ 2.80 ↑	10 QUI	05:20 11:30 18:00	0.61 ↓ 3.42 ↑ 0.32 ↓	26 SAB	05:30 11:40 17:50	0.55 ↓ 3.31 ↑ 0.64 ↓
11 SAB	02:20 08:50 15:40 21:50	0.99 ↓ 2.95 ↑ 0.77 ↓ 2.84 ↑	27 SEG	04:10 10:20 17:10 23:30	1.05 ↓ 2.81 ↑ 0.78 ↓ 2.63 ↑	11 TER	04:30 10:50 17:30 23:40	0.97 ↓ 3.24 ↑ 0.49 ↓ 3.23 ↑	27 QUI	05:10 11:30 17:50	0.78 ↓ 3.08 ↑ 0.67 ↓	11 SEX	00:10 06:10 12:20 18:40	3.50 ↑ 0.47 ↓ 3.59 ↑ 0.35 ↓	27 DOM	00:00 06:10 12:20 18:30	3.35 ↑ 0.50 ↓ 3.46 ↑ 0.63 ↓
12 DOM	03:30 09:50 16:40 23:00	1.03 ↓ 3.16 ↑ 0.70 ↓ 3.03 ↑	28 TER	04:50 11:10 17:50	0.97 ↓ 2.95 ↑ 0.72 ↓	12 QUA	05:30 11:40 18:20	0.81 ↓ 3.45 ↑ 0.38 ↓	28 SEX	00:00 05:50 12:10 18:30	3.02 ↑ 0.67 ↓ 3.26 ↑ 0.60 ↓	12 SAB	00:50 06:50 13:10 19:20	3.62 ↑ 0.47 ↓ 3.64 ↑ 0.44 ↓	28 SEG	00:30 06:50 13:00 19:00	3.50 ↑ 0.52 ↓ 3.51 ↑ 0.71 ↓
13 SEG	04:30 10:50 17:40 23:50	1.03 ↓ 3.35 ↑ 0.58 ↓ 3.23 ↑	29 QUA	00:00 05:30 11:50 18:30	2.79 ↑ 0.88 ↓ 3.10 ↑ 0.65 ↓	13 QUI	00:30 06:20 12:30 19:00	3.44 ↑ 0.71 ↓ 3.60 ↑ 0.41 ↓	29 SAB	00:30 06:30 12:40 19:00	3.18 ↑ 0.61 ↓ 3.39 ↑ 0.61 ↓	13 DOM	01:30 07:30 13:50 20:00	3.63 ↑ 0.51 ↓ 3.60 ↑ 0.57 ↓	29 TER	01:10 07:30 13:40 19:40	3.56 ↑ 0.60 ↓ 3.47 ↑ 0.79 ↓
14 TER	05:30 11:50 18:30	0.98 ↓ 3.50 ↑ 0.52 ↓	30 QUI	00:30 06:10 12:20 19:00	2.93 ↑ 0.81 ↓ 3.22 ↑ 0.63 ↓	14 SEX	01:20 07:10 13:20 19:50	3.54 ↑ 0.63 ↓ 3.65 ↑ 0.39 ↓	30 DOM	01:00 07:10 13:20 19:30	3.30 ↑ 0.60 ↓ 3.43 ↑ 0.66 ↓	14 SEG	02:00 08:10 14:30 20:30	3.54 ↑ 0.58 ↓ 3.44 ↑ 0.75 ↓	30 QUA	01:50 08:10 14:30 20:20	3.53 ↑ 0.72 ↓ 3.30 ↑ 0.90 ↓
15 QUA	00:50 06:20 12:40 19:20	3.36 ↑ 0.96 ↓ 3.58 ↑ 0.48 ↓	31 SEX	01:10 06:50 13:00 19:30	3.01 ↑ 0.76 ↓ 3.27 ↑ 0.63 ↓	15 SAB	02:00 07:50 14:10 20:30	3.56 ↑ 0.66 ↓ 3.59 ↑ 0.52 ↓	31 SEG	01:40 07:50 14:00 20:10	3.34 ↑ 0.63 ↓ 3.39 ↑ 0.71 ↓	15 TER	02:30 09:00 15:10 21:10	3.36 ↑ 0.64 ↓ 3.19 ↑ 0.87 ↓			
16 QUI	01:30 07:20 13:30 20:10	3.44 ↑ 0.87 ↓ 3.58 ↑ 0.48 ↓				16 DOM	02:40 08:40 14:50 21:10	3.47 ↑ 0.65 ↓ 3.45 ↑ 0.66 ↓				16 QUA	03:10 09:40 15:50 21:40	3.11 ↑ 0.74 ↓ 2.89 ↑ 0.97 ↓			



OCA PREVÊ | Tábua de Marés 2026
Estação: Barcarena, PA
Latitude: 1°34'2.72" S | Longitude: 48°46'31.41" 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	02:20 09:00 15:10 21:00	3.46 ↑ 0.82 ↓ 3.09 ↑ 1.03 ↓	17 SAB	03:30 10:30 16:40 21:50	2.62 ↑ 0.91 ↓ 2.25 ↑ 1.18 ↓	01 DOM	03:50 10:50 17:10 22:50	2.96 ↑ 0.99 ↓ 2.59 ↑ 1.27 ↓	17 TER	04:30 11:30 17:40 23:30	2.35 ↑ 0.89 ↓ 2.11 ↑ 1.01 ↓	01 TER	05:00 11:50 18:10	2.80 ↑ 0.87 ↓ 2.66 ↑	17 QUI	05:10 11:30 17:50	2.45 ↑ 0.82 ↓ 2.35 ↑
02 SEX	03:10 09:50 16:10 21:50	3.24 ↑ 0.94 ↓ 2.80 ↑ 1.16 ↓	18 DOM	04:10 11:20 17:30 22:40	2.39 ↑ 0.96 ↓ 2.06 ↑ 1.20 ↓	02 SEG	05:10 12:10 18:40	2.69 ↑ 0.95 ↓ 2.50 ↑	18 QUA	05:40 12:20 18:40	2.28 ↑ 0.88 ↓ 2.19 ↑	02 QUA	00:10 06:20 13:00 19:20	1.00 ↓ 2.68 ↑ 0.84 ↓ 2.66 ↑	18 SEX	00:00 06:10 12:20 18:50	0.81 ↓ 2.43 ↑ 0.83 ↓ 2.46 ↑
03 SAB	04:00 11:00 17:20 22:50	2.97 ↑ 0.99 ↓ 2.53 ↑ 1.26 ↓	19 SEG	05:00 12:20 18:40	2.22 ↑ 0.99 ↓ 2.02 ↑	03 TER	00:20 06:30 13:30 19:50	1.15 ↓ 2.60 ↓ 0.87 ↓ 2.58 ↑	19 QUI	00:40 07:00 13:20 19:40	0.88 ↓ 2.37 ↑ 0.85 ↓ 2.38 ↑	03 QUI	01:20 07:30 14:00 20:20	0.90 ↓ 2.65 ↑ 0.83 ↓ 2.74 ↑	19 SAB	01:10 07:20 13:20 19:50	0.73 ↓ 2.51 ↑ 0.83 ↓ 2.66 ↑
04 DOM	05:10 12:20 18:50	2.68 ↑ 1.00 ↓ 2.40 ↑	20 TER	00:00 06:20 13:30 19:50	1.10 ↓ 2.19 ↑ 1.02 ↓ 2.12 ↑	04 QUA	01:50 08:00 14:40 20:50	0.97 ↓ 2.64 ↑ 0.73 ↓ 2.77 ↑	20 SEX	01:50 08:10 14:20 20:40	0.77 ↓ 2.54 ↑ 0.82 ↓ 2.65 ↑	04 SEX	02:30 08:40 14:50 21:10	0.76 ↓ 2.70 ↑ 0.82 ↓ 2.88 ↑	20 DOM	02:20 08:30 14:20 20:50	0.70 ↓ 2.66 ↑ 0.85 ↓ 2.90 ↑
05 SEG	00:20 06:40 13:50 20:10	1.24 ↓ 2.55 ↑ 0.94 ↓ 2.49 ↑	21 QUA	01:20 07:40 14:20 20:40	0.98 ↓ 2.33 ↑ 0.96 ↓ 2.33 ↑	05 QUI	03:00 09:10 15:30 21:40	0.76 ↓ 2.80 ↑ 0.64 ↓ 3.00 ↑	21 SAB	02:50 09:10 15:10 21:30	0.68 ↓ 2.75 ↑ 0.80 ↓ 2.94 ↑	05 SAB	03:30 09:40 15:40 21:50	0.62 ↓ 2.81 ↑ 0.79 ↓ 3.02 ↑	21 SEG	03:20 09:40 15:20 21:40	0.70 ↓ 2.84 ↑ 0.89 ↓ 3.14 ↑
06 TER	02:00 08:10 15:00 21:20	1.11 ↓ 2.65 ↑ 0.78 ↓ 2.73 ↑	22 QUI	02:30 08:50 15:10 21:30	0.87 ↓ 2.54 ↑ 0.87 ↓ 2.62 ↑	06 SEX	03:50 10:10 16:20 22:30	0.60 ↓ 2.99 ↑ 0.55 ↓ 3.21 ↑	22 DOM	03:50 10:00 15:50 22:10	0.61 ↓ 2.98 ↑ 0.80 ↓ 3.22 ↑	06 DOM	04:20 10:30 16:20 22:30	0.53 ↓ 2.92 ↑ 0.83 ↓ 3.15 ↑	22 TER	04:20 10:40 16:10 22:30	0.69 ↓ 3.02 ↑ 0.94 ↓ 3.36 ↑
07 QUA	03:10 09:30 16:00 22:20	0.91 ↓ 2.86 ↑ 0.57 ↓ 3.02 ↑	23 SEX	03:30 09:40 16:00 22:10	0.73 ↓ 2.80 ↑ 0.77 ↓ 2.92 ↑	07 SAB	04:40 11:00 17:00 23:10	0.46 ↓ 3.17 ↑ 0.57 ↓ 3.37 ↑	23 SEG	04:40 11:00 16:40 23:00	0.57 ↓ 3.17 ↑ 0.81 ↓ 3.44 ↑	07 SEG	05:00 11:20 17:00 23:10	0.53 ↓ 3.01 ↑ 0.86 ↓ 3.24 ↑	23 QUA	05:20 11:30 17:10 23:30	0.64 ↓ 3.19 ↑ 0.97 ↓ 3.50 ↑
08 QUI	04:10 10:30 16:50 23:00	0.67 ↓ 3.11 ↑ 0.42 ↓ 3.29 ↑	24 SAB	04:20 10:30 16:40 22:50	0.59 ↓ 3.06 ↑ 0.71 ↓ 3.21 ↑	08 DOM	05:30 11:40 17:40 23:40	0.37 ↓ 3.30 ↑ 0.62 ↓ 3.46 ↑	24 TER	05:30 11:40 17:30 23:40	0.57 ↓ 3.33 ↑ 0.85 ↓ 3.60 ↑	08 TER	05:50 12:00 17:40 23:50	0.49 ↓ 3.07 ↑ 0.89 ↓ 3.28 ↑	24 QUI	06:10 12:20 18:00	0.64 ↓ 3.31 ↑ 1.01 ↓
09 SEX	05:00 11:20 17:30 23:40	0.50 ↓ 3.34 ↑ 0.41 ↓ 3.49 ↑	25 DOM	05:00 11:20 17:20 23:30	0.53 ↓ 3.28 ↑ 0.68 ↓ 3.44 ↑	09 SEG	06:10 12:30 18:10	0.40 ↓ 3.32 ↑ 0.75 ↓	25 QUA	06:20 12:30 18:10	0.59 ↓ 3.40 ↑ 0.95 ↓	09 QUA	06:30 12:40 18:20	0.54 ↓ 3.07 ↑ 0.91 ↓	25 SEX	00:20 07:00 13:20 18:50	3.58 ↑ 0.64 ↓ 3.34 ↑ 1.05 ↓
10 SAB	05:50 12:00 18:10	0.37 ↓ 3.50 ↑ 0.46 ↓	26 SEG	05:50 12:00 17:50	0.49 ↓ 3.43 ↑ 0.75 ↓	10 TER	00:20 06:50 13:10 18:50	3.47 ↑ 0.47 ↓ 3.28 ↑ 0.82 ↓	26 QUI	00:30 07:10 13:20 19:00	3.64 ↑ 0.65 ↓ 3.37 ↑ 1.03 ↓	10 QUI	00:20 07:10 13:20 18:50	3.27 ↑ 0.60 ↓ 3.01 ↑ 0.94 ↓	26 SAB	01:10 07:50 14:10 19:50	3.57 ↑ 0.66 ↓ 3.32 ↑ 1.02 ↓
11 DOM	00:20 06:30 12:50 18:50	3.60 ↑ 0.38 ↓ 3.54 ↑ 0.55 ↓	27 TER	00:00 06:30 12:50 18:30	3.61 ↑ 0.55 ↓ 3.47 ↑ 0.83 ↓	11 QUA	00:50 07:30 13:40 19:20	3.41 ↑ 0.56 ↓ 3.17 ↑ 0.91 ↓	27 SEX	01:10 08:00 14:10 19:50	3.61 ↑ 0.72 ↓ 3.27 ↑ 1.12 ↓	11 SEX	01:00 07:40 14:00 19:20	3.21 ↑ 0.69 ↓ 2.91 ↑ 0.97 ↓	27 DOM	02:00 08:40 15:00 20:40	3.49 ↑ 0.69 ↓ 3.23 ↑ 1.04 ↓
12 SEG	00:50 07:10 13:30 19:20	3.61 ↑ 0.44 ↓ 3.48 ↑ 0.72 ↓	28 QUA	00:40 07:20 13:30 19:10	3.68 ↑ 0.61 ↓ 3.43 ↑ 0.93 ↓	12 QUI	01:20 08:10 14:20 19:50	3.29 ↑ 0.65 ↓ 2.98 ↑ 0.97 ↓	28 SAB	02:00 08:50 15:00 20:40	3.46 ↑ 0.80 ↓ 3.10 ↑ 1.20 ↓	12 SAB	01:30 08:20 14:30 19:50	3.11 ↑ 0.72 ↓ 2.78 ↑ 1.00 ↓	28 SEG	02:50 09:30 15:50 21:40	3.34 ↑ 0.74 ↓ 3.09 ↑ 0.98 ↓
13 TER	01:30 07:50 14:10 20:00	3.51 ↑ 0.53 ↓ 3.33 ↑ 0.82 ↓	29 QUI	01:20 08:00 14:20 20:00	3.64 ↑ 0.76 ↓ 3.27 ↑ 1.04 ↓	13 SEX	01:50 08:40 14:50 20:20	3.11 ↑ 0.76 ↓ 2.77 ↑ 1.03 ↓	29 DOM	02:50 09:40 16:00 21:40	3.25 ↑ 0.88 ↓ 2.91 ↑ 1.20 ↓	13 DOM	02:00 08:50 15:00 20:30	2.99 ↑ 0.76 ↓ 2.63 ↑ 1.01 ↓	29 TER	03:50 10:30 16:40 22:40	3.14 ↑ 0.75 ↓ 2.94 ↑ 0.93 ↓
14 QUA	02:00 08:30 14:40 20:30	3.34 ↑ 0.64 ↓ 3.11 ↑ 0.93 ↓	30 SEX	02:10 08:50 15:10 20:40	3.47 ↑ 0.87 ↓ 3.05 ↑ 1.18 ↓	14 SAB	02:20 09:20 15:30 20:50	2.91 ↑ 0.82 ↓ 2.53 ↑ 1.09 ↓	30 SEG	03:50 10:50 17:00 22:50	3.01 ↑ 0.84 ↓ 2.75 ↑ 1.13 ↓	14 SEG	02:40 09:30 15:30 21:10	2.84 ↑ 0.78 ↓ 2.49 ↑ 1.02 ↓	30 QUA	04:50 11:20 17:30 23:40	2.94 ↑ 0.83 ↓ 2.81 ↑ 0.90 ↓
15 QUI	02:30 09:10 15:20 20:50	3.12 ↑ 0.75 ↓ 2.82 ↑ 1.02 ↓	31 SAB	03:00 09:50 16:00 21:40	3.23 ↑ 0.93 ↓ 2.81 ↑ 1.26 ↓	15 DOM	03:00 10:00 16:10 21:30	2.70 ↑ 0.86 ↓ 2.31 ↑ 1.13 ↓				15 TER	03:20 10:00 16:10 22:00	2.69 ↑ 0.82 ↓ 2.38 ↑ 0.98 ↓	31 QUI	05:50 12:20 19:10	2.77 ↑ 0.89 ↓ 2.62 ↑
16 SEX	02:50 09:50 16:00 21:20	2.87 ↑ 0.84 ↓ 2.52 ↑ 1.09 ↓				16 SEG	03:40 10:40 16:50 22:20	2.51 ↑ 0.89 ↓ 2.16 ↑ 1.12 ↓				16 QUA	04:10 10:40 17:00 23:00	2.55 ↑ 0.83 ↓ 2.33 ↑ 0.89 ↓			