

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	08:10 14:30 20:50	2.78 ↑ 0.24 ↓ 2.77 ↑	17 SAB	02:20 08:30 14:40 21:00	0.32 ↓ 2.75 ↑ 0.27 ↓ 2.82 ↑	01 DOM	03:40 09:50 16:00 22:20	0.40 ↓ 2.68 ↑ 0.39 ↓ 2.76 ↑	17 TER	04:10 10:20 16:10 22:30	0.40 ↓ 2.74 ↑ 0.45 ↓ 3.07 ↑	01 DOM	02:00 08:10 14:20 20:40	0.50 ↓ 2.50 ↑ 0.49 ↓ 2.55 ↑	17 TER	02:40 08:50 14:40 21:10	0.39 ↓ 2.58 ↑ 0.47 ↓ 2.85 ↑
02 SEX	03:00 09:20 15:30 21:50	0.28 ↓ 2.81 ↑ 0.26 ↓ 2.82 ↑	18 DOM	03:20 09:30 15:40 22:00	0.40 ↓ 2.79 ↑ 0.33 ↓ 2.95 ↑	02 SEG	04:50 11:00 16:50 23:10	0.33 ↓ 2.75 ↑ 0.42 ↓ 2.92 ↑	18 QUA	05:10 11:20 17:10 23:30	0.31 ↓ 2.92 ↑ 0.45 ↓ 3.26 ↑	02 SEG	03:20 09:30 15:20 21:50	0.45 ↓ 2.50 ↑ 0.53 ↓ 2.64 ↑	18 QUA	03:50 10:10 16:00 22:10	0.30 ↓ 2.71 ↑ 0.45 ↓ 3.00 ↑
03 SAB	04:10 10:20 16:30 22:50	0.25 ↓ 2.88 ↑ 0.27 ↓ 2.92 ↑	19 SEG	04:20 10:30 16:30 23:00	0.43 ↓ 2.88 ↑ 0.38 ↓ 3.13 ↑	03 TER	05:40 11:50 17:40	0.29 ↓ 2.84 ↑ 0.46 ↓	19 QUI	06:00 12:20 18:00	0.22 ↓ 3.12 ↑ 0.44 ↓	03 TER	04:20 10:40 16:20 22:40	0.36 ↓ 2.60 ↑ 0.53 ↓ 2.80 ↑	19 QUI	04:50 11:10 17:00 23:10	0.19 ↓ 2.96 ↑ 0.38 ↓ 3.19 ↑
04 DOM	05:00 11:20 17:20 23:40	0.28 ↓ 2.96 ↑ 0.30 ↓ 3.04 ↑	20 TER	05:20 11:30 17:20 23:50	0.41 ↓ 3.00 ↑ 0.43 ↓ 3.33 ↑	04 QUA	00:00 06:30 12:40 18:20	3.06 ↑ 0.25 ↓ 2.93 ↓ 0.51 ↓	20 SEX	00:20 06:50 13:10 19:00	3.43 ↑ 0.15 ↓ 3.30 ↓ 0.35 ↓	04 QUA	05:20 11:30 17:10 23:30	0.25 ↓ 2.76 ↑ 0.52 ↓ 2.95 ↑	20 SEX	05:40 12:00 18:00	0.12 ↓ 3.21 ↑ 0.27 ↓
05 SEG	06:00 12:10 18:00	0.27 ↓ 3.01 ↑ 0.39 ↓	21 QUA	06:20 12:20 18:10	0.32 ↓ 3.12 ↑ 0.46 ↓	05 QUI	00:30 07:10 13:20 19:00	3.18 ↑ 0.25 ↓ 3.03 ↑ 0.54 ↓	21 SAB	01:00 07:30 13:50 19:40	3.55 ↑ 0.14 ↓ 3.45 ↑ 0.33 ↓	05 QUI	06:00 12:20 18:00	0.21 ↓ 2.92 ↑ 0.48 ↓	21 SAB	00:10 06:30 12:50 18:50	3.36 ↑ 0.08 ↓ 3.40 ↑ 0.19 ↓
06 TER	00:20 06:50 12:50 18:40	3.16 ↑ 0.29 ↓ 3.05 ↑ 0.47 ↓	22 QUI	00:30 07:10 13:10 19:00	3.50 ↑ 0.25 ↓ 3.24 ↑ 0.46 ↓	06 SEX	01:10 07:40 13:50 19:30	3.26 ↑ 0.27 ↓ 3.12 ↑ 0.55 ↓	22 DOM	01:50 08:10 14:30 20:30	3.60 ↑ 0.16 ↓ 3.51 ↑ 0.25 ↓	06 SEX	00:10 06:30 12:50 18:40	3.09 ↑ 0.24 ↓ 3.09 ↑ 0.45 ↓	22 DOM	00:50 07:10 13:30 19:30	3.50 ↑ 0.13 ↓ 3.53 ↑ 0.18 ↓
07 QUA	01:00 07:30 13:40 19:20	3.25 ↑ 0.33 ↓ 3.04 ↑ 0.54 ↓	23 SEX	01:10 07:50 14:00 19:50	3.59 ↑ 0.21 ↓ 3.33 ↑ 0.43 ↓	07 SAB	01:40 08:10 14:20 20:10	3.32 ↑ 0.28 ↓ 3.19 ↑ 0.46 ↓	23 SEG	02:40 08:50 15:10 21:10	3.57 ↑ 0.19 ↓ 3.47 ↑ 0.23 ↓	07 SAB	00:40 07:00 13:20 19:10	3.21 ↑ 0.27 ↓ 3.22 ↑ 0.41 ↓	23 SEG	01:40 07:50 14:00 20:10	3.57 ↑ 0.19 ↓ 3.57 ↑ 0.19 ↓
08 QUI	01:30 08:10 14:20 19:50	3.30 ↑ 0.34 ↓ 3.03 ↑ 0.60 ↓	24 SAB	02:00 08:30 14:50 20:40	3.62 ↑ 0.18 ↓ 3.37 ↑ 0.37 ↓	08 DOM	02:10 08:40 14:50 20:50	3.34 ↑ 0.25 ↓ 3.25 ↑ 0.35 ↓	24 TER	03:20 09:40 15:50 22:00	3.48 ↑ 0.19 ↓ 3.35 ↑ 0.21 ↓	08 DOM	01:20 07:30 13:40 19:50	3.31 ↑ 0.28 ↓ 3.34 ↑ 0.31 ↓	24 TER	02:20 08:30 14:40 20:50	3.57 ↑ 0.24 ↓ 3.50 ↑ 0.22 ↓
09 SEX	02:00 08:40 14:50 20:30	3.31 ↑ 0.34 ↓ 3.04 ↑ 0.57 ↓	25 DOM	02:50 09:20 15:30 21:30	3.56 ↑ 0.13 ↓ 3.36 ↑ 0.31 ↓	09 SEG	02:50 09:10 15:20 21:20	3.34 ↑ 0.20 ↓ 3.26 ↑ 0.24 ↓	25 QUA	04:10 10:30 16:30 22:50	3.33 ↑ 0.22 ↓ 3.16 ↑ 0.25 ↓	09 SEG	01:50 08:00 14:10 20:20	3.40 ↑ 0.26 ↓ 3.41 ↑ 0.22 ↓	25 QUA	03:10 09:20 15:20 21:40	3.48 ↑ 0.26 ↓ 3.36 ↑ 0.25 ↓
10 SAB	02:40 09:10 15:30 21:10	3.29 ↑ 0.30 ↓ 3.03 ↑ 0.49 ↓	26 SEG	03:40 10:00 16:20 22:20	3.44 ↑ 0.14 ↓ 3.26 ↑ 0.26 ↓	10 TER	03:30 09:50 15:50 22:00	3.30 ↑ 0.13 ↓ 3.22 ↑ 0.14 ↓	26 QUI	05:00 11:20 17:20 23:40	3.11 ↑ 0.27 ↓ 2.93 ↑ 0.34 ↓	10 TER	02:30 08:40 14:40 20:50	3.45 ↑ 0.19 ↓ 3.44 ↑ 0.14 ↓	26 QUI	03:50 10:00 16:00 22:20	3.31 ↑ 0.31 ↓ 3.16 ↑ 0.34 ↓
11 DOM	03:10 09:50 16:00 21:50	3.23 ↑ 0.23 ↓ 3.02 ↑ 0.39 ↓	27 TER	04:30 10:50 17:10 23:20	3.27 ↑ 0.17 ↓ 3.11 ↑ 0.24 ↓	11 QUA	04:10 10:30 16:30 22:50	3.22 ↑ 0.09 ↓ 3.13 ↑ 0.09 ↓	27 SEX	06:00 12:10 18:30	2.87 ↑ 0.35 ↓ 2.70 ↑	11 QUA	03:00 09:10 15:20 21:30	3.44 ↑ 0.14 ↓ 3.40 ↑ 0.08 ↓	27 SEX	04:40 10:50 16:50 23:20	3.07 ↑ 0.35 ↓ 2.94 ↑ 0.42 ↓
12 SEG	03:50 10:20 16:40 22:40	3.13 ↑ 0.18 ↓ 2.99 ↑ 0.28 ↓	28 QUA	05:30 11:50 18:00	3.07 ↑ 0.21 ↓ 2.92 ↑	12 QUI	05:00 11:20 17:20 23:40	3.10 ↑ 0.08 ↓ 3.01 ↑ 0.13 ↓	28 SAB	00:50 07:00 13:10 19:30	0.44 ↓ 2.65 ↑ 0.43 ↓ 2.57 ↑	12 QUI	03:40 09:50 16:00 22:20	3.35 ↑ 0.10 ↓ 3.29 ↑ 0.08 ↓	28 SAB	05:30 11:40 17:50	2.79 ↑ 0.42 ↓ 2.73 ↑
13 TER	04:40 11:10 17:20 23:30	3.03 ↑ 0.13 ↓ 2.93 ↑ 0.21 ↓	29 QUI	00:20 06:30 12:50 19:00	0.27 ↓ 2.89 ↑ 0.27 ↓ 2.75 ↑	13 SEX	05:50 12:10 18:20	2.94 ↑ 0.12 ↓ 2.88 ↑				13 SEX	04:30 10:40 16:50 23:10	3.20 ↑ 0.08 ↓ 3.15 ↑ 0.15 ↓	29 DOM	00:20 06:30 12:30 18:50	0.50 ↓ 2.54 ↑ 0.52 ↓ 2.58 ↑
14 QUA	05:30 11:50 18:10	2.92 ↑ 0.14 ↓ 2.85 ↑	30 SEX	01:20 07:40 13:50 20:10	0.34 ↓ 2.74 ↑ 0.34 ↓ 2.64 ↑	14 SAB	00:40 06:50 13:00 19:20	0.23 ↓ 2.79 ↑ 0.20 ↓ 2.80 ↑				14 SAB	05:20 11:30 17:40	2.98 ↑ 0.13 ↓ 2.99 ↑	30 SEG	01:40 07:50 13:40 20:00	0.50 ↓ 2.38 ↑ 0.59 ↓ 2.51 ↑
15 QUI	00:20 06:30 12:50 19:00	0.19 ↓ 2.82 ↑ 0.16 ↓ 2.79 ↑	31 SAB	02:30 08:40 15:00 21:20	0.40 ↓ 2.67 ↑ 0.37 ↓ 2.65 ↑	15 DOM	01:40 08:00 14:00 20:30	0.36 ↓ 2.67 ↑ 0.30 ↓ 2.79 ↑				15 DOM	00:10 06:20 12:30 18:50	0.26 ↓ 2.75 ↑ 0.24 ↓ 2.86 ↑	31 TER	02:50 09:10 14:50 21:00	0.44 ↓ 2.40 ↑ 0.62 ↓ 2.55 ↑
16 SEX	01:20 07:30 13:40 20:00	0.24 ↓ 2.76 ↑ 0.22 ↓ 2.77 ↑				16 SEG	03:00 09:10 15:10 21:40	0.43 ↓ 2.65 ↑ 0.39 ↓ 2.89 ↑				16 SEG	01:20 07:30 13:30 20:00	0.36 ↓ 2.59 ↑ 0.37 ↓ 2.80 ↑			

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 ☀	03:50	0.33 ↓	17 SEX ☾	04:20	0.14 ↓	01 SEX ☀	03:50	0.28 ↓	17 DOM	04:50	0.13 ↓	01 SEG	04:30	0.32 ↓	17 QUA	00:00	3.19 ↑
	10:10	2.55 ↑		10:50	3.03 ↑		10:20	2.73 ↑		11:10	3.20 ↑		10:50	3.00 ↑		06:10	0.25 ↓
	15:50	0.58 ↓		16:50	0.24 ↓		16:10	0.44 ↓		17:20	0.11 ↓		17:00	0.32 ↓		12:20	3.25 ↑
	22:00	2.68 ↑		23:00	3.11 ↑		22:20	2.74 ↑		23:40	3.22 ↑		23:10	3.04 ↑		18:40	0.25 ↓
02 QUI	04:40	0.25 ↓	18 SAB	05:10	0.12 ↓	02 SAB	04:30	0.28 ↓	18 SEG	05:40	0.16 ↓	02 TER	05:10	0.33 ↓	18 QUI	00:50	3.21 ↑
	11:00	2.75 ↑		11:40	3.26 ↑		10:50	2.92 ↑		12:00	3.32 ↑		11:30	3.17 ↑		06:50	0.35 ↓
	16:50	0.48 ↓		17:50	0.11 ↓		17:00	0.34 ↓		18:10	0.11 ↓		17:40	0.33 ↓		13:10	3.31 ↑
	22:50	2.83 ↑		23:50	3.30 ↑		23:00	2.93 ↑					23:50	3.19 ↑		19:30	0.30 ↓
03 SEX	05:20	0.22 ↓	19 DOM	06:00	0.13 ↓	03 DOM	05:10	0.30 ↓	19 TER	00:20	3.35 ↑	03 QUA	05:50	0.34 ↓	19 SEX	01:40	3.17 ↑
	11:40	2.95 ↑		12:20	3.43 ↑		11:30	3.10 ↑		06:30	0.20 ↓		12:00	3.35 ↑		07:20	0.48 ↓
	17:30	0.42 ↓		18:30	0.10 ↓		17:40	0.28 ↓		12:40	3.39 ↑		18:20	0.36 ↓		13:40	3.35 ↑
	23:40	3.00 ↑					23:50	3.11 ↑		19:00	0.16 ↓					20:10	0.36 ↓
04 SAB	05:50	0.26 ↓	20 SEG	00:40	3.45 ↑	04 SEG	05:50	0.30 ↓	20 QUA	01:10	3.39 ↑	04 QUI	00:30	3.29 ↑	20 SAB	02:20	3.11 ↑
	12:10	3.13 ↑		06:50	0.15 ↓		12:00	3.26 ↑		07:10	0.29 ↓		06:30	0.33 ↓		08:00	0.55 ↓
	18:10	0.35 ↓		13:00	3.51 ↑		18:10	0.27 ↓		13:20	3.41 ↑		12:40	3.49 ↑		14:20	3.33 ↑
				19:10	0.14 ↓					19:40	0.27 ↓		19:00	0.37 ↓		21:00	0.35 ↓
05 DOM	00:20	3.16 ↑	21 TER	01:30	3.51 ↑	05 TER	00:20	3.29 ↑	21 QUI	01:50	3.36 ↑	05 SEX	01:10	3.33 ↑	21 DOM ☀	03:00	3.03 ↑
	06:30	0.27 ↓		07:30	0.24 ↓		06:20	0.32 ↓		07:50	0.37 ↓		07:10	0.33 ↓		08:40	0.59 ↓
	12:40	3.28 ↑		13:40	3.51 ↑		12:30	3.40 ↑		14:00	3.39 ↑		13:20	3.60 ↑		14:50	3.27 ↑
	18:40	0.31 ↓		19:50	0.21 ↓		18:50	0.26 ↓		20:20	0.37 ↓		19:50	0.32 ↓		21:30	0.36 ↓
06 SEG	00:50	3.31 ↑	22 QUA	02:10	3.50 ↑	06 QUA	01:00	3.41 ↑	22 SEX	02:30	3.25 ↑	06 SAB	01:50	3.32 ↑	22 SEG	03:40	2.94 ↑
	07:00	0.28 ↓		08:10	0.31 ↓		07:00	0.29 ↓		08:20	0.47 ↓		07:50	0.33 ↓		09:20	0.58 ↓
	13:10	3.41 ↑		14:20	3.45 ↑		13:10	3.51 ↑		14:40	3.33 ↑		14:00	3.63 ↑		15:30	3.17 ↑
	19:20	0.23 ↓		20:40	0.27 ↓		19:20	0.27 ↓		21:10	0.40 ↓		20:40	0.26 ↓		22:10	0.31 ↓
07 TER	01:30	3.43 ↑	23 QUI ☀	02:50	3.40 ↑	07 QUI	01:30	3.46 ↑	23 SAB ☾	03:10	3.09 ↑	07 DOM	02:40	3.26 ↑	23 TER	04:30	2.84 ↑
	07:30	0.27 ↓		08:50	0.36 ↓		07:30	0.27 ↓		09:00	0.52 ↓		08:30	0.35 ↓		10:00	0.55 ↓
	13:30	3.49 ↑		15:00	3.33 ↑		13:40	3.58 ↑		15:20	3.22 ↓		14:50	3.59 ↑		16:10	3.03 ↑
	19:50	0.19 ↓		21:20	0.36 ↓		20:00	0.25 ↓		21:50	0.43 ↓		21:30	0.19 ↓		22:50	0.27 ↓
08 QUA	02:00	3.50 ↑	24 SEX	03:30	3.21 ↑	08 SEX	02:10	3.43 ↑	24 DOM	04:00	2.90 ↑	08 SEG ☀	03:30	3.16 ↑	24 QUA	05:10	2.78 ↑
	08:00	0.23 ↓		09:30	0.41 ↓		08:10	0.23 ↓		09:40	0.56 ↓		09:20	0.36 ↓		11:00	0.47 ↓
	14:10	3.53 ↑		15:40	3.18 ↑		14:20	3.58 ↑		16:00	3.08 ↑		15:40	3.46 ↑		17:00	2.88 ↑
	20:20	0.16 ↓		22:10	0.42 ↓		20:50	0.23 ↓		22:40	0.40 ↓		22:20	0.14 ↓		23:30	0.23 ↓
09 QUI	02:30	3.48 ↑	25 SAB	04:10	2.97 ↑	09 SAB ☾	02:50	3.31 ↑	25 SEG	04:50	2.72 ↑	09 TER	04:30	3.04 ↑	25 QUI	05:50	2.73 ↑
	08:40	0.16 ↓		10:10	0.46 ↓		08:50	0.22 ↓		10:30	0.57 ↓		10:20	0.36 ↓		11:50	0.40 ↓
	14:50	3.51 ↑		16:20	3.00 ↑		15:10	3.52 ↑		16:40	2.92 ↑		16:30	3.26 ↑		17:50	2.75 ↑
	21:00	0.14 ↓		23:00	0.45 ↓		21:40	0.21 ↓		23:30	0.36 ↓		23:10	0.12 ↓			
10 SEX ☀	03:10	3.37 ↑	26 DOM	05:10	2.71 ↑	10 DOM	03:40	3.14 ↑	26 TER	05:50	2.57 ↑	10 QUA	05:30	2.93 ↑	26 SEX	00:20	0.22 ↓
	09:20	0.13 ↓		11:00	0.52 ↓		09:40	0.25 ↓		11:20	0.58 ↓		11:30	0.35 ↓		06:40	2.68 ↑
	15:30	3.42 ↑		17:10	2.81 ↑		16:00	3.39 ↑		17:30	2.75 ↑		17:30	3.05 ↑		12:50	0.35 ↓
	21:50	0.15 ↓					22:30	0.20 ↓								18:50	2.67 ↑
11 SAB	04:00	3.19 ↑	27 SEG	00:00	0.46 ↓	11 SEG	04:40	2.94 ↑	27 QUA	00:20	0.33 ↓	11 QUI	00:10	0.13 ↓	27 SAB	01:10	0.24 ↓
	10:10	0.13 ↓		06:10	2.49 ↑		10:30	0.32 ↓		06:50	2.49 ↑		06:40	2.84 ↑		07:30	2.66 ↑
	16:20	3.28 ↑		11:50	0.58 ↓		16:50	3.19 ↑		12:30	0.56 ↓		12:40	0.34 ↓		13:40	0.33 ↓
	22:50	0.19 ↓		18:10	2.64 ↑		23:30	0.20 ↓		18:30	2.61 ↑		18:40	2.89 ↑		19:50	2.65 ↑
12 DOM	04:50	2.94 ↑	28 TER	01:00	0.44 ↓	12 TER	05:50	2.77 ↑	28 QUI	01:10	0.31 ↓	12 SEX	01:10	0.17 ↓	28 DOM	02:10	0.27 ↓
	11:00	0.21 ↓		07:20	2.38 ↑		11:40	0.39 ↓		07:40	2.51 ↑		07:40	2.82 ↑		08:20	2.69 ↑
	17:20	3.10 ↑		13:00	0.63 ↓		17:50	2.99 ↑		13:30	0.51 ↓		13:50	0.30 ↓		14:40	0.34 ↓
	23:50	0.26 ↓		19:10	2.53 ↑					19:30	2.55 ↑		20:00	2.81 ↑		20:50	2.70 ↑
13 SEG	06:00	2.72 ↑	29 QUA	02:00	0.39 ↓	13 QUA	00:40	0.19 ↓	29 SEX	02:00	0.30 ↓	13 SAB	02:20	0.19 ↓	29 SEG ☀	03:00	0.30 ↓
	12:00	0.32 ↓		08:30	2.41 ↑		07:00	2.69 ↑		08:30	2.59 ↑		08:50	2.84 ↑		09:20	2.77 ↑
	18:20	2.93 ↑		14:10	0.62 ↓		12:50	0.44 ↓		14:30	0.45 ↓		15:00	0.23 ↓		15:30	0.37 ↓
				20:20	2.51 ↑		19:00	2.84 ↑		20:40	2.58 ↑		21:10	2.86 ↑		21:40	2.80 ↑
14 TER	01:00	0.30 ↓	30 QUI	03:00	0.32 ↓	14 QUI	01:50	0.18 ↓	30 SAB	02:50	0.31 ↓	14 DOM ☾	03:20	0.21 ↓	30 TER	03:50	0.33 ↓
	07:20	2.58 ↑		09:30	2.55 ↑		08:20	2.71 ↑		09:20	2.70 ↑		09:50	2.93 ↑		10:10	2.91 ↑
	13:10	0.44 ↓		15:20	0.54 ↓		14:10	0.40 ↓		15:30	0.37 ↓		16:00	0.19 ↓		16:20	0.41 ↓
	19:30	2.82 ↑		21:20	2.59 ↑		20:20	2.80 ↑		21:30	2.70 ↑		22:20	2.97 ↑		22:40	2.91 ↑
15 QUA	02:20	0.27 ↓				15 SEX	02:50	0.17 ↓	31 DOM ☀	03:40	0.32 ↓	15 SEG	04:20	0.21 ↓			
	08:40	2.60 ↑			09:20		2.86 ↑	10:00		2.85 ↑	10:40		3.04 ↑				
	14:30	0.47 ↓			15:30		0.27 ↓	16:20		0.32 ↓	17:00		0.16 ↓				
	20:40	2.82 ↑			21:30		2.89 ↑	22:30		2.87 ↑	23:10		3.10 ↑				
16 QUI	03:20	0.21 ↓				16 SAB ☾	03:50	0.15 ↓				16 TER	05:20	0.21 ↓			
	09:50	2.78 ↑			10:20		3.03 ↑			11:40	3.15 ↑						
	15:50	0.37 ↓			16:30		0.15 ↓			17:50	0.20 ↓						
	21:50	2.94 ↑			22:40		3.05 ↑										

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	04:40	0.34 ↓	17 SEX	00:40	3.03 ↑	01 SAB	00:00	3.04 ↑	17 SEG	01:50	3.13 ↑	01 TER	01:20	3.46 ↑	17 QUI	02:00	3.39 ↑		
	11:00	3.09 ↑		06:30	0.41 ↓		05:50	0.46 ↓		07:30	0.48 ↓		07:20	0.28 ↓		08:10	0.25 ↓		
	17:20	0.41 ↓		12:50	3.24 ↑		12:10	3.42 ↑		13:30	3.31 ↑		13:30	3.60 ↑		14:10	3.41 ↑		
	23:20	3.03 ↑		19:20	0.24 ↓		18:40	0.28 ↓		20:00	0.25 ↓		19:50	0.14 ↓		20:20	0.26 ↓		
02 QUI	05:20	0.38 ↓	18 SAB	01:30	3.05 ↑	02 DOM	00:50	3.20 ↑	18 TER	02:10	3.23 ↑	02 QUA	02:00	3.56 ↑	18 SEX 🌙	02:30	3.41 ↑		
	11:40	3.29 ↑		07:10	0.50 ↓		06:40	0.45 ↓		08:00	0.46 ↓		08:00	0.24 ↓		08:40	0.19 ↓		
	18:10	0.40 ↓		13:20	3.31 ↑		12:50	3.56 ↑		14:00	3.33 ↑		14:10	3.62 ↑		14:50	3.41 ↑		
				20:00	0.26 ↓		19:30	0.19 ↓		20:30	0.26 ↓		20:30	0.16 ↓		21:00	0.19 ↓		
03 SEX	00:10	3.13 ↑	19 DOM	02:10	3.07 ↑	03 SEG	01:40	3.33 ↑	19 QUA 🌙	02:40	3.27 ↑	03 QUI	02:40	3.56 ↑	19 SAB	03:00	3.38 ↑		
	06:00	0.42 ↓		07:40	0.58 ↓		07:20	0.44 ↓		08:40	0.36 ↓		08:50	0.18 ↓		09:10	0.14 ↓		
	12:20	3.47 ↑		13:50	3.33 ↑		13:40	3.63 ↑		14:40	3.33 ↑		15:00	3.57 ↑		15:30	3.34 ↑		
	18:50	0.38 ↓		20:30	0.29 ↓		20:10	0.15 ↓		21:00	0.24 ↓		21:10	0.19 ↓		21:30	0.15 ↓		
04 SAB	01:00	3.22 ↑	20 SEG	02:40	3.09 ↑	04 TER	02:20	3.43 ↑	20 QUI	03:10	3.27 ↑	04 SEX 🌙	03:20	3.46 ↑	20 DOM	03:40	3.30 ↑		
	06:40	0.45 ↓		08:20	0.57 ↓		08:10	0.37 ↓		09:10	0.27 ↓		09:30	0.19 ↓		09:50	0.13 ↓		
	13:10	3.59 ↑		14:30	3.30 ↑		14:20	3.62 ↑		15:20	3.30 ↑		15:50	3.43 ↑		16:10	3.20 ↑		
	19:40	0.30 ↓		21:00	0.29 ↓		20:50	0.13 ↓		21:30	0.20 ↓		22:00	0.21 ↓		22:20	0.11 ↓		
05 DOM	01:50	3.27 ↑	21 TER 🌙	03:20	3.08 ↑	05 QUA 🌙	03:00	3.45 ↑	21 SEX	03:40	3.23 ↑	05 SAB	04:00	3.28 ↑	21 SEG	04:20	3.17 ↑		
	07:30	0.44 ↓		09:00	0.51 ↓		09:00	0.29 ↓		09:50	0.17 ↓		10:20	0.22 ↓		10:40	0.17 ↓		
	13:50	3.65 ↑		15:00	3.24 ↑		15:10	3.54 ↑		16:00	3.23 ↑		16:40	3.23 ↑		16:50	2.98 ↑		
	20:30	0.21 ↓		21:40	0.25 ↓		21:30	0.14 ↓		22:10	0.15 ↓		22:50	0.25 ↓		23:00	0.15 ↓		
06 SEG	02:30	3.30 ↑	22 QUA	03:50	3.07 ↑	06 QUI	03:50	3.38 ↑	22 SAB	04:10	3.14 ↑	06 DOM	04:50	3.05 ↑	22 TER	05:20	3.03 ↑		
	08:20	0.41 ↓		09:40	0.41 ↓		09:50	0.22 ↓		10:30	0.12 ↓		11:10	0.31 ↓		11:40	0.24 ↓		
	14:30	3.61 ↑		15:40	3.16 ↑		16:00	3.40 ↑		16:40	3.11 ↑		17:30	2.98 ↑		17:50	2.76 ↑		
	21:10	0.15 ↓		22:10	0.21 ↓		22:20	0.14 ↓		22:50	0.13 ↓		23:40	0.32 ↓					
07 TER 🌙	03:20	3.28 ↑	23 QUI	04:20	3.03 ↑	07 SEX	04:30	3.24 ↑	23 DOM	05:00	3.02 ↑	07 SEG	05:50	2.82 ↑	23 QUA	00:00	0.23 ↓		
	09:10	0.37 ↓		10:20	0.31 ↓		10:50	0.19 ↓		11:20	0.14 ↓		12:20	0.41 ↓		06:20	2.89 ↑		
	15:20	3.49 ↑		16:30	3.05 ↑		17:00	3.21 ↑		17:30	2.95 ↑		18:30	2.72 ↑		12:50	0.33 ↓		
	22:00	0.10 ↓		22:50	0.17 ↓		23:20	0.17 ↓		23:40	0.14 ↓					19:00	2.59 ↑		
08 QUA	04:10	3.22 ↑	24 SEX	05:00	2.95 ↑	08 SAB	05:30	3.04 ↑	24 SEG	05:50	2.89 ↑	08 TER	00:40	0.41 ↓	24 QUI	01:00	0.35 ↓		
	10:10	0.31 ↓		11:10	0.23 ↓		11:40	0.24 ↓		12:10	0.23 ↓		07:00	2.64 ↑		07:20	2.81 ↑		
	16:10	3.32 ↑		17:20	2.94 ↑		18:00	3.00 ↑		18:20	2.77 ↑		13:30	0.48 ↓		14:00	0.37 ↓		
	22:50	0.09 ↓		23:30	0.17 ↓								19:40	2.53 ↑		20:20	2.53 ↑		
09 QUI	05:10	3.11 ↑	25 SAB	05:50	2.85 ↑	09 DOM	00:10	0.25 ↓	25 TER	00:40	0.19 ↓	09 QUA	01:50	0.49 ↓	25 SEX	02:10	0.45 ↓		
	11:10	0.26 ↓		12:00	0.20 ↓		06:30	2.83 ↑		06:50	2.79 ↑		08:10	2.57 ↑		08:30	2.81 ↑		
	17:20	3.13 ↑		18:10	2.83 ↑		12:40	0.32 ↓		13:10	0.35 ↓		14:50	0.45 ↓		15:20	0.31 ↓		
	23:40	0.13 ↓					19:00	2.81 ↑		19:30	2.63 ↑		21:00	2.48 ↑		21:40	2.64 ↑		
10 SEX	06:00	2.98 ↑	26 DOM	00:20	0.18 ↓	10 SEG	01:20	0.31 ↓	26 QUA	01:30	0.30 ↓	10 QUI	03:00	0.52 ↓	26 SAB 🌙	03:20	0.48 ↓		
	12:10	0.25 ↓		06:40	2.76 ↑		07:30	2.68 ↑		08:00	2.75 ↑		09:20	2.63 ↑		09:40	2.92 ↑		
	18:20	2.96 ↑		12:50	0.25 ↓		13:50	0.41 ↓		14:30	0.43 ↓		16:00	0.33 ↓		16:20	0.22 ↓		
				19:10	2.73 ↑		20:10	2.68 ↑		20:40	2.58 ↑		22:20	2.58 ↑		22:40	2.88 ↑		
11 SAB	00:40	0.19 ↓	27 SEG	01:20	0.22 ↓	11 TER	02:20	0.38 ↓	27 QUI	02:40	0.39 ↓	11 SEX 🌙	04:00	0.52 ↓	27 DOM	04:30	0.41 ↓		
	07:00	2.86 ↑		07:30	2.72 ↑		08:50	2.63 ↑		09:00	2.82 ↑		10:20	2.77 ↑		10:40	3.09 ↑		
	13:20	0.26 ↓		13:50	0.33 ↓		15:10	0.41 ↓		15:40	0.42 ↓		17:00	0.20 ↓		17:10	0.15 ↓		
	19:30	2.83 ↑		20:00	2.68 ↑		21:20	2.65 ↑		21:50	2.65 ↑		23:20	2.75 ↑		23:40	3.13 ↑		
12 DOM	01:50	0.24 ↓	28 TER	02:20	0.28 ↓	12 QUA 🌙	03:30	0.40 ↓	28 SEX 🌙	03:40	0.46 ↓	12 SAB	05:00	0.47 ↓	28 SEG	05:30	0.29 ↓		
	08:10	2.77 ↑		08:40	2.73 ↑		09:50	2.73 ↑		10:10	2.97 ↑		11:10	2.92 ↑		11:40	3.29 ↑		
	14:30	0.28 ↓		14:50	0.42 ↓		16:20	0.34 ↓		16:40	0.34 ↓		17:40	0.16 ↓		18:00	0.12 ↓		
	20:40	2.80 ↑		21:10	2.69 ↑		22:30	2.71 ↑		23:00	2.82 ↑								
13 SEG	03:00	0.27 ↓	29 QUA 🌙	03:10	0.35 ↓	13 QUI	04:30	0.41 ↓	29 SAB	04:40	0.48 ↓	13 DOM	00:10	2.93 ↑	29 TER	00:20	3.37 ↑		
	09:20	2.77 ↑		09:40	2.84 ↑		10:50	2.88 ↑		11:00	3.17 ↑		05:50	0.42 ↓		06:20	0.21 ↓		
	15:30	0.31 ↓		16:00	0.46 ↓		17:20	0.25 ↓		17:40	0.22 ↓		11:50	3.06 ↑		12:30	3.45 ↑		
	21:50	2.83 ↑		22:10	2.76 ↑		23:40	2.81 ↑		23:50	3.06 ↑		18:20	0.17 ↓		18:40	0.16 ↓		
14 TER 🌙	04:00	0.28 ↓	30 QUI	04:00	0.41 ↓	14 SEX	05:20	0.43 ↓	30 DOM	05:40	0.42 ↓	14 SEG	00:40	3.10 ↑	30 QUA	01:00	3.52 ↑		
	10:20	2.86 ↑		10:30	3.03 ↑		11:40	3.04 ↑		11:50	3.35 ↑		06:30	0.40 ↓		07:10	0.14 ↓		
	16:40	0.27 ↓		17:00	0.42 ↓		18:10	0.19 ↓		18:20	0.18 ↓		12:30	3.18 ↑		13:20	3.56 ↑		
	22:50	2.91 ↑		23:10	2.88 ↑								18:50	0.23 ↓		19:30	0.16 ↓		
15 QUA	04:50	0.32 ↓	31 SEX	05:00	0.43 ↓	15 SAB	00:30	2.93 ↑	31 SEG	00:40	3.28 ↑	15 TER	01:10	3.23 ↑					
	11:20	2.99 ↑		11:20	3.23 ↑		06:10	0.45 ↓		06:30	0.37 ↓		07:10	0.35 ↓					
	17:40	0.25 ↓		17:50	0.37 ↓		12:20	3.17 ↑		12:40	3.50 ↑		13:10	3.28 ↑					
	23:50	2.97 ↑					19:00	0.16 ↓		19:10	0.12 ↓		19:20	0.28 ↓					
16 QUI	05:40	0.36 ↓				16 DOM	01:10	3.05 ↑				16 QUA	01:30	3.33 ↑					
	12:00	3.14 ↑					06:50	0.48 ↓					07:40	0.31 ↓					
	18:30	0.24 ↓					13:00	3.25 ↑					13:40	3.36 ↑					



OCA PREVÊ | Tábua de Marés 2026
Estação: Ilha de Caviana, PA
Latitude: 0°21'6.07" N | Longitude: 50°26'57.45" 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	01:40	3.59 ↑	17 SAB	01:50	3.47 ↑	01 DOM	02:40	3.41 ↑	17 TER	02:50	3.54 ↑	01 TER	03:00	3.31 ↑	17 QUI	03:10	3.52 ↑
	07:50	0.15 ↓		08:10	0.22 ↓		09:00	0.35 ↓		09:20	0.22 ↓		09:40	0.38 ↓		09:50	0.13 ↓
	14:00	3.60 ↑		14:20	3.43 ↑		15:10	3.28 ↑		15:20	3.16 ↑		15:40	2.98 ↑		16:00	3.13 ↑
	20:10	0.22 ↓		20:20	0.23 ↓		21:10	0.40 ↓		21:10	0.28 ↓		21:30	0.56 ↓		21:50	0.34 ↓
02 SEX	02:10	3.56 ↑	18 DOM	02:30	3.48 ↑	02 SEG	03:20	3.28 ↑	18 QUA	03:30	3.44 ↑	02 QUA	03:40	3.18 ↑	18 SEX	04:00	3.36 ↑
	08:30	0.19 ↓		08:50	0.19 ↓		09:50	0.40 ↓		10:10	0.18 ↓		10:30	0.36 ↓		10:40	0.09 ↓
	14:40	3.55 ↑		15:00	3.35 ↑		15:50	3.05 ↑		16:20	3.00 ↑		16:40	2.80 ↑		17:00	3.04 ↑
	20:50	0.27 ↓		21:00	0.18 ↓		21:50	0.46 ↓		22:10	0.30 ↓		22:10	0.59 ↓		22:50	0.32 ↓
03 SAB	02:50	3.45 ↑	19 SEG	03:10	3.43 ↑	03 TER	04:00	3.11 ↑	19 QUI	04:20	3.28 ↑	03 QUI	04:20	3.00 ↑	19 SAB	05:00	3.17 ↑
	09:10	0.26 ↓		09:30	0.19 ↓		10:40	0.43 ↓		11:10	0.15 ↓		11:10	0.34 ↓		11:40	0.08 ↓
	15:30	3.40 ↑		15:40	3.19 ↑		16:50	2.80 ↑		17:20	2.86 ↑		17:30	2.67 ↑		18:00	2.95 ↑
	21:30	0.31 ↓		21:40	0.17 ↓		22:40	0.52 ↓		23:10	0.35 ↓		23:10	0.58 ↓			
04 DOM	03:40	3.28 ↑	20 TER	04:00	3.33 ↑	04 QUA	04:50	2.92 ↑	20 SEX	05:20	3.09 ↑	04 SEX	05:10	2.82 ↑	20 DOM	00:00	0.29 ↓
	10:00	0.32 ↓		10:20	0.20 ↓		11:40	0.42 ↓		12:10	0.14 ↓		12:00	0.31 ↓		06:10	2.99 ↑
	16:10	3.17 ↑		16:30	2.98 ↑		17:50	2.58 ↑		18:30	2.76 ↑		18:30	2.57 ↑		12:40	0.12 ↓
	22:20	0.35 ↓		22:30	0.22 ↓		23:30	0.59 ↓								19:00	2.88 ↑
05 SEG	04:30	3.07 ↑	21 QUA	04:50	3.17 ↑	05 QUI	05:50	2.73 ↑	21 SAB	00:20	0.38 ↓	05 SAB	00:10	0.55 ↓	21 SEG	01:10	0.27 ↓
	10:50	0.40 ↓		11:20	0.22 ↓		12:40	0.40 ↓		06:30	2.91 ↑		06:10	2.66 ↑		07:20	2.87 ↑
	17:10	2.88 ↑		17:30	2.77 ↑		19:00	2.45 ↑		13:10	0.15 ↓		12:50	0.30 ↓		13:40	0.18 ↓
	23:10	0.41 ↓		23:30	0.30 ↓					19:40	2.74 ↑		19:20	2.55 ↑		20:10	2.84 ↑
06 TER	05:20	2.85 ↑	22 QUI	05:50	3.00 ↑	06 SEX	00:40	0.62 ↓	22 DOM	01:40	0.36 ↓	06 DOM	01:10	0.51 ↓	22 TER	02:20	0.25 ↓
	12:00	0.46 ↓		12:30	0.25 ↓		06:50	2.58 ↑		07:40	2.83 ↑		07:10	2.56 ↑		08:30	2.85 ↑
	18:10	2.61 ↑		18:50	2.61 ↑		13:40	0.35 ↓		14:10	0.17 ↓		13:40	0.30 ↓		14:50	0.21 ↓
							20:10	2.45 ↑		20:40	2.83 ↑		20:10	2.58 ↑		21:10	2.88 ↑
07 QUA	00:10	0.50 ↓	23 SEX	00:30	0.41 ↓	07 SAB	01:50	0.61 ↓	23 SEG	02:50	0.29 ↓	07 SEG	02:20	0.45 ↓	23 QUA	03:30	0.22 ↓
	06:30	2.66 ↑		06:50	2.86 ↑		07:50	2.52 ↑		09:00	2.85 ↑		08:20	2.56 ↑		09:40	2.92 ↑
	13:10	0.47 ↓		13:40	0.25 ↓		14:40	0.30 ↓		15:20	0.16 ↓		14:40	0.31 ↓		15:50	0.23 ↓
	19:30	2.42 ↑		20:00	2.61 ↑		21:10	2.56 ↑		21:40	2.96 ↑		21:00	2.65 ↑		22:10	2.97 ↑
08 QUI	01:10	0.59 ↓	24 SAB	01:50	0.46 ↓	08 DOM	03:00	0.53 ↓	24 TER	04:00	0.18 ↓	08 TER	03:10	0.39 ↓	24 QUI	04:30	0.21 ↓
	07:30	2.55 ↑		08:00	2.81 ↑		09:00	2.57 ↑		10:00	2.99 ↑		09:20	2.64 ↑		10:40	3.03 ↑
	14:20	0.41 ↓		14:50	0.21 ↓		15:30	0.28 ↓		16:20	0.15 ↓		15:30	0.33 ↓		16:50	0.23 ↓
	20:40	2.42 ↑		21:20	2.72 ↑		22:00	2.71 ↑		22:40	3.11 ↑		21:50	2.76 ↑		23:10	3.08 ↑
09 SEX	02:30	0.61 ↓	25 DOM	03:10	0.40 ↓	09 SEG	04:00	0.42 ↓	25 QUA	04:50	0.14 ↓	09 QUA	04:00	0.35 ↓	25 SEX	05:30	0.20 ↓
	08:40	2.55 ↑		09:20	2.87 ↑		10:00	2.70 ↑		11:10	3.14 ↑		10:10	2.78 ↑		11:40	3.12 ↑
	15:20	0.32 ↓		15:50	0.16 ↓		16:10	0.29 ↓		17:10	0.18 ↓		16:10	0.35 ↓		17:40	0.27 ↓
	21:50	2.55 ↑		22:20	2.95 ↑		22:40	2.87 ↑		23:30	3.25 ↑		22:30	2.89 ↑			
10 SAB	03:40	0.54 ↓	26 SEG	04:20	0.27 ↓	10 TER	04:40	0.35 ↓	26 QUI	05:40	0.15 ↓	10 QUI	04:40	0.36 ↓	26 SAB	00:00	3.21 ↑
	09:40	2.65 ↑		10:20	3.04 ↑		10:50	2.86 ↑		12:00	3.29 ↑		10:50	2.93 ↑		06:20	0.23 ↓
	16:20	0.22 ↓		16:40	0.15 ↓		17:00	0.29 ↓		18:00	0.22 ↓		17:00	0.35 ↓		12:30	3.17 ↑
	22:50	2.74 ↑		23:10	3.18 ↑		23:10	3.02 ↑					23:10	3.05 ↑		18:30	0.32 ↓
11 DOM	04:30	0.47 ↓	27 TER	05:20	0.14 ↓	11 QUA	05:20	0.31 ↓	27 SEX	00:20	3.34 ↑	11 SEX	05:30	0.37 ↓	27 DOM	00:50	3.30 ↑
	10:40	2.80 ↑		11:20	3.23 ↑		11:30	3.03 ↑		06:30	0.19 ↓		11:40	3.06 ↑		07:10	0.26 ↓
	17:00	0.20 ↓		17:30	0.16 ↓		17:30	0.34 ↓		12:40	3.37 ↑		17:30	0.38 ↓		13:20	3.17 ↑
	23:30	2.94 ↑		23:50	3.37 ↑		23:50	3.16 ↑		18:50	0.26 ↓		23:50	3.22 ↑		19:10	0.42 ↓
12 SEG	05:20	0.37 ↓	28 QUA	06:00	0.13 ↓	12 QUI	06:00	0.30 ↓	28 SAB	01:00	3.41 ↑	12 SAB	06:10	0.39 ↓	28 SEG	01:30	3.37 ↑
	11:20	2.95 ↑		12:20	3.39 ↑		12:10	3.18 ↑		07:20	0.25 ↓		12:10	3.17 ↑		08:00	0.27 ↓
	17:40	0.22 ↓		18:20	0.18 ↓		18:10	0.34 ↓		13:30	3.36 ↑		18:10	0.38 ↓		14:00	3.15 ↑
										19:30	0.35 ↓			19:50		0.51 ↓	
13 TER	00:00	3.10 ↑	29 QUI	00:40	3.47 ↑	13 SEX	00:20	3.29 ↑	29 DOM	01:40	3.42 ↑	13 DOM	00:30	3.39 ↑	29 TER	02:00	3.38 ↑
	06:00	0.32 ↓		06:50	0.12 ↓		06:30	0.32 ↓		08:10	0.31 ↓		06:50	0.40 ↓		08:40	0.30 ↓
	12:10	3.10 ↑		13:00	3.50 ↑		12:40	3.30 ↑		14:10	3.28 ↑		12:50	3.23 ↑		14:50	3.08 ↑
	18:10	0.29 ↓		19:10	0.21 ↓		18:40	0.35 ↓		20:10	0.43 ↓		18:50	0.37 ↓		20:30	0.57 ↓
14 QUA	00:30	3.23 ↑	30 SEX	01:20	3.52 ↑	14 SAB	00:50	3.42 ↑	30 SEG	02:20	3.39 ↑	14 SEG	01:10	3.53 ↑	30 QUA	02:40	3.33 ↑
	06:30	0.30 ↓		07:30	0.19 ↓		07:10	0.32 ↓		08:50	0.38 ↓		07:30	0.37 ↓		09:20	0.30 ↓
	12:40	3.25 ↑		13:40	3.52 ↑		13:20	3.36 ↑		15:00	3.14 ↑		13:30	3.26 ↑		15:30	3.02 ↑
	18:40	0.33 ↓		19:50	0.28 ↓		19:20	0.31 ↓		20:40	0.53 ↓		19:20	0.39 ↓		21:10	0.58 ↓
15 QUI	00:50	3.34 ↑	31 SAB	02:00	3.49 ↑	15 DOM	01:30	3.51 ↑				15 TER	01:40	3.61 ↑	31 QUI	03:10	3.23 ↑
	07:00	0.28 ↓		08:10	0.29 ↓		07:50	0.30 ↓					08:20	0.28 ↓		10:00	0.29 ↓
	13:10	3.36 ↑		14:30	3.44 ↑		13:50	3.36 ↑					14:20	3.25 ↑		16:10	2.95 ↑
	19:20	0.31 ↓		20:30	0.35 ↓		19:50	0.28 ↓					20:10	0.37 ↓			
16 SEX	01:20	3.43 ↑				16 SEG	02:00	3.56 ↑				16 QUA	02:30	3.61 ↑			
	07:30	0.26 ↓					08:30	0.27 ↓					09:00	0.21 ↓			
	13:50	3.43 ↑					14:30	3.28 ↑					15:10	3.20 ↑			
	19:50	0.28 ↓					20:30	0.26 ↓					21:00	0.35 ↓			