



OCA PREVÊ | Tábua de Marés 2026
Estação: Joanes, PA
Latitude: 0°52'53.23" S | Longitude: 48°30'26.17" W | UTC -3

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	09:00 14:30 20:50	3.26 ↑ 0.59 ↓ 3.51 ↑	17 SAB	03:10 09:30 15:00 21:20	0.67 ↓ 2.97 ↑ 0.76 ↓ 3.30 ↑	01 DOM	04:10 10:20 16:10 22:20	0.27 ↓ 3.44 ↑ 0.45 ↓ 3.54 ↑	17 TER	04:20 10:20 16:30 22:50	0.39 ↓ 3.41 ↑ 0.38 ↓ 3.55 ↑	01 DOM	03:00 09:10 15:10 21:20	0.47 ↓ 3.27 ↑ 0.52 ↓ 3.39 ↑	17 TER	03:10 09:20 15:30 21:50	0.49 ↓ 3.37 ↑ 0.35 ↓ 3.50 ↑
02 SEX	03:30 09:50 15:30 21:40	0.28 ↓ 3.38 ↑ 0.52 ↓ 3.58 ↑	18 DOM	04:00 10:10 15:50 22:10	0.55 ↓ 3.12 ↑ 0.66 ↓ 3.39 ↑	02 SEG	04:50 11:00 16:50 23:10	0.26 ↓ 3.51 ↑ 0.40 ↓ 3.56 ↑	18 QUA	05:00 11:00 17:20 23:30	0.29 ↓ 3.55 ↑ 0.27 ↓ 3.60 ↑	02 SEG	03:50 09:50 15:50 22:10	0.33 ↓ 3.45 ↑ 0.38 ↓ 3.52 ↑	18 QUA	03:50 10:00 16:20 22:30	0.33 ↓ 3.59 ↑ 0.18 ↓ 3.65 ↑
03 SAB	04:20 10:40 16:20 22:30	0.23 ↓ 3.45 ↑ 0.48 ↓ 3.59 ↑	19 SEG	04:40 10:50 16:40 22:50	0.47 ↓ 3.25 ↑ 0.56 ↓ 3.45 ↑	03 TER	05:30 11:30 17:40 23:50	0.30 ↓ 3.50 ↑ 0.38 ↓ 3.51 ↑	19 QUI	05:30 11:40 18:00	0.29 ↓ 3.62 ↑ 0.26 ↓	03 TER	04:20 10:30 16:40 22:50	0.32 ↓ 3.55 ↑ 0.28 ↓ 3.58 ↑	19 QUI	04:30 10:40 17:00 23:20	0.23 ↓ 3.73 ↑ 0.12 ↓ 3.69 ↑
04 DOM	05:10 11:20 17:10 23:20	0.24 ↓ 3.46 ↑ 0.48 ↓ 3.54 ↑	20 TER	05:10 11:20 17:30 23:40	0.45 ↓ 3.34 ↑ 0.49 ↓ 3.45 ↑	04 QUA	06:00 12:10 18:20	0.39 ↓ 3.45 ↑ 0.41 ↓	20 SEX	00:10 06:10 12:20 18:50	3.56 ↑ 0.31 ↓ 3.62 ↑ 0.29 ↓	04 QUA	05:00 11:00 17:10 23:30	0.32 ↓ 3.58 ↑ 0.28 ↓ 3.55 ↑	20 SEX	05:10 11:20 17:40	0.21 ↓ 3.79 ↑ 0.14 ↓
05 SEG	05:50 12:00 17:50	0.32 ↓ 3.41 ↑ 0.52 ↓	21 QUA	05:50 12:00 18:10	0.43 ↓ 3.38 ↑ 0.48 ↓	05 QUI	00:20 06:30 12:30 18:50	3.40 ↑ 0.48 ↓ 3.34 ↑ 0.48 ↓	21 SAB	00:50 06:50 13:00 19:30	3.44 ↑ 0.37 ↓ 3.55 ↑ 0.40 ↓	05 QUI	05:20 11:30 17:50	0.39 ↓ 3.55 ↑ 0.30 ↓	21 SAB	00:00 05:40 11:50 18:30	3.64 ↑ 0.29 ↓ 3.76 ↑ 0.21 ↓
06 TER	00:00 06:30 12:40 18:40	3.44 ↑ 0.44 ↓ 3.31 ↑ 0.56 ↓	22 QUI	00:20 06:30 12:40 19:00	3.40 ↑ 0.44 ↓ 3.39 ↑ 0.48 ↓	06 SEX	01:00 06:50 13:00 19:30	3.23 ↑ 0.59 ↓ 3.23 ↑ 0.56 ↓	22 DOM	01:40 07:30 13:40 20:20	3.25 ↑ 0.49 ↓ 3.42 ↑ 0.55 ↓	06 SEX	00:00 05:50 12:00 18:20	3.45 ↑ 0.45 ↓ 3.47 ↑ 0.38 ↓	22 DOM	00:40 06:20 12:30 19:10	3.49 ↑ 0.38 ↓ 3.64 ↑ 0.37 ↓
07 QUA	00:40 07:00 13:10 19:20	3.30 ↑ 0.57 ↓ 3.18 ↑ 0.63 ↓	23 SEX	01:10 07:10 13:30 19:50	3.30 ↑ 0.49 ↓ 3.35 ↑ 0.52 ↓	07 SAB	01:30 07:20 13:30 20:10	3.04 ↑ 0.67 ↓ 3.12 ↑ 0.66 ↓	23 SEG	02:30 08:10 14:30 21:20	3.02 ↑ 0.66 ↓ 3.23 ↑ 0.73 ↓	07 SAB	00:30 06:10 12:20 18:50	3.29 ↑ 0.54 ↓ 3.37 ↑ 0.48 ↓	23 SEG	01:20 07:00 13:20 20:00	3.28 ↑ 0.54 ↓ 3.44 ↑ 0.57 ↓
08 QUI	01:20 07:30 13:40 20:00	3.12 ↑ 0.69 ↓ 3.05 ↑ 0.71 ↓	24 SAB	02:00 07:50 14:10 20:50	3.15 ↑ 0.58 ↓ 3.28 ↑ 0.60 ↓	08 DOM	02:10 07:40 14:00 20:50	2.83 ↑ 0.80 ↓ 3.02 ↑ 0.77 ↓	24 TER	03:30 09:10 15:30 22:30	2.79 ↑ 0.82 ↓ 3.02 ↑ 0.91 ↓	08 DOM	01:00 06:40 12:50 19:30	3.10 ↑ 0.63 ↓ 3.27 ↑ 0.60 ↓	24 TER	02:10 07:50 14:10 21:00	3.01 ↑ 0.70 ↓ 3.18 ↑ 0.79 ↓
09 SEX	02:10 08:00 14:20 20:50	2.93 ↑ 0.79 ↓ 2.93 ↑ 0.79 ↓	25 DOM	03:00 08:40 15:10 21:50	2.97 ↑ 0.67 ↓ 3.16 ↑ 0.70 ↓	09 SEG	02:50 08:20 14:40 21:40	2.63 ↑ 0.89 ↓ 2.91 ↑ 0.90 ↓	25 QUA	04:50 10:20 16:50 23:50	2.63 ↑ 0.96 ↓ 2.88 ↑ 0.96 ↓	09 SEG	01:30 07:00 13:20 20:00	2.90 ↑ 0.76 ↓ 3.16 ↑ 0.74 ↓	25 QUA	03:10 08:50 15:10 22:10	2.75 ↑ 0.89 ↓ 2.92 ↑ 1.00 ↓
10 SAB	02:50 08:40 15:00 21:40	2.74 ↑ 0.87 ↓ 2.84 ↑ 0.86 ↓	26 SEG	04:00 09:40 16:10 23:10	2.81 ↑ 0.78 ↓ 3.07 ↑ 0.79 ↓	10 TER	03:40 09:00 15:40 22:40	2.45 ↑ 1.01 ↓ 2.80 ↑ 1.02 ↓	26 QUI	06:10 11:40 18:10	2.65 ↑ 1.02 ↓ 2.88 ↑	10 TER	02:00 07:30 14:00 20:50	2.70 ↑ 0.89 ↓ 3.01 ↑ 0.89 ↓	26 QUI	04:20 10:00 16:30 23:30	2.58 ↑ 1.04 ↓ 2.74 ↑ 1.07 ↓
11 DOM	03:40 09:10 15:40 22:40	2.58 ↑ 0.96 ↓ 2.79 ↑ 0.94 ↓	27 TER	05:20 10:50 17:20	2.73 ↑ 0.87 ↓ 3.03 ↑	11 QUA	04:40 10:00 16:40 23:50	2.34 ↑ 1.10 ↓ 2.72 ↑ 1.10 ↓	27 SEX	01:10 07:30 13:00 19:30	0.83 ↓ 2.82 ↑ 0.92 ↓ 3.02 ↑	11 QUA	02:40 08:20 14:50 21:40	2.52 ↑ 1.01 ↓ 2.83 ↑ 1.05 ↓	27 SEX	05:50 11:30 18:00	2.60 ↑ 1.08 ↓ 2.74 ↑
12 SEG	04:40 10:00 16:30 23:40	2.47 ↑ 1.02 ↓ 2.77 ↑ 0.98 ↓	28 QUA	00:20 06:30 12:00 18:30	0.79 ↓ 2.78 ↑ 0.89 ↓ 3.08 ↑	12 QUI	06:00 11:10 17:50	2.36 ↑ 1.14 ↓ 2.75 ↑	28 SAB	02:10 08:20 14:10 20:30	0.63 ↓ 3.05 ↑ 0.73 ↓ 3.21 ↑	12 QUI	03:40 09:20 16:00 23:00	2.35 ↑ 1.14 ↓ 2.65 ↑ 1.16 ↓	28 SAB	00:40 07:00 12:50 19:20	0.96 ↓ 2.79 ↑ 0.94 ↓ 2.90 ↑
13 TER	05:50 11:00 17:30	2.45 ↑ 1.05 ↓ 2.82 ↑	29 QUI	01:30 07:40 13:20 19:40	0.66 ↓ 2.93 ↑ 0.82 ↓ 3.20 ↑	13 SEX	01:00 07:10 12:40 19:10	1.06 ↓ 2.51 ↑ 1.04 ↓ 2.88 ↑				13 SEX	05:10 10:50 17:30	2.30 ↑ 1.17 ↓ 2.62 ↑	29 DOM	01:40 07:50 14:00 20:20	0.78 ↓ 3.03 ↑ 0.70 ↓ 3.11 ↑
14 QUA	00:40 06:50 12:00 18:30	0.97 ↓ 2.52 ↑ 1.04 ↓ 2.92 ↑	30 SEX	02:30 08:40 14:20 20:40	0.50 ↓ 3.12 ↑ 0.70 ↓ 3.33 ↑	14 SAB	02:00 08:10 13:50 20:10	0.91 ↓ 2.74 ↑ 0.89 ↓ 3.07 ↑				14 SAB	00:20 06:40 12:30 19:00	1.13 ↓ 2.48 ↑ 1.04 ↓ 2.78 ↑	30 SEG	02:30 08:40 14:50 21:10	0.61 ↓ 3.26 ↑ 0.48 ↓ 3.31 ↑
15 QUI	01:40 07:50 13:00 19:30	0.90 ↓ 2.65 ↑ 0.98 ↓ 3.05 ↑	31 SAB	03:20 09:30 15:20 21:30	0.37 ↓ 3.30 ↑ 0.56 ↓ 3.46 ↑	15 DOM	02:50 09:00 14:50 21:10	0.72 ↓ 2.99 ↑ 0.70 ↓ 3.27 ↑				15 DOM	01:30 07:40 13:40 20:10	0.95 ↓ 2.77 ↑ 0.82 ↓ 3.02 ↑	31 TER	03:10 09:20 15:30 21:50	0.50 ↓ 3.44 ↑ 0.33 ↓ 3.46 ↑
16 SEX	02:30 08:40 14:00 20:30	0.78 ↓ 2.81 ↑ 0.88 ↓ 3.18 ↑				16 SEG	03:40 09:40 15:40 22:00	0.53 ↓ 3.22 ↑ 0.53 ↓ 3.44 ↑				16 SEG	02:30 08:30 14:40 21:00	0.70 ↓ 3.08 ↑ 0.57 ↓ 3.29 ↑			

Simbologia das fases lunares:
Horários no padrão local (UTC -3)
Dados de nível sem georreferenciamento
● Lua Nova ● Quarto Minguante ● Lua Cheia ● Quarto Crescente
© Observatório da Costa Amazônica | 2026



OCA PREVÊ | Tábua de Marés 2026
Estação: Joanes, PA
Latitude: 0°52'53.23" S | Longitude: 48°30'26.17" W | UTC -3

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	0.43 ↓	17 SEX ☾	04:00	0.25 ↓	01 SEX ☀	03:40	0.54 ↓	17 DOM	04:20	0.34 ↓	01 SEG	04:00	0.68 ↓	17 QUA	00:00	3.43 ↑
	09:50	3.55 ↑		10:10	3.83 ↑		09:40	3.54 ↑		10:30	3.80 ↑		10:20	3.45 ↑		05:40	0.52 ↓
	16:10	0.25 ↓		16:40	0.06 ↓		16:20	0.30 ↓		17:10	0.15 ↓		17:00	0.49 ↓		11:50	3.51 ↑
	22:30	3.52 ↑		23:00	3.69 ↑		22:30	3.36 ↑		23:30	3.55 ↑		23:10	3.13 ↑		18:30	0.39 ↓
02 QUI	04:20	0.42 ↓	18 SAB	04:40	0.25 ↓	02 SAB	04:10	0.53 ↓	18 SEG	05:00	0.42 ↓	02 TER	04:40	0.70 ↓	18 QUI	00:40	3.31 ↑
	10:20	3.59 ↑		10:50	3.85 ↑		10:10	3.55 ↑		11:10	3.71 ↑		10:50	3.41 ↑		06:30	0.59 ↓
	16:50	0.23 ↓		17:30	0.09 ↓		16:50	0.34 ↓		17:50	0.28 ↓		17:30	0.56 ↓		12:40	3.34 ↑
	23:00	3.50 ↑		23:40	3.63 ↑		23:00	3.30 ↑		17:50	0.28 ↓		23:40	3.08 ↑		19:10	0.54 ↓
03 SEX	04:50	0.43 ↓	19 DOM	05:20	0.32 ↓	03 DOM	04:30	0.58 ↓	19 TER	00:10	3.42 ↑	03 QUA	05:20	0.75 ↓	19 SEX	01:20	3.17 ↑
	10:50	3.58 ↑		11:30	3.78 ↑		10:40	3.52 ↑		05:50	0.51 ↓		11:30	3.32 ↑		07:20	0.67 ↓
	17:20	0.27 ↓		18:10	0.22 ↓		17:20	0.41 ↓		12:00	3.54 ↑		18:00	0.64 ↓		13:30	3.15 ↑
	23:30	3.41 ↑		23:30	3.20 ↑		23:30	3.20 ↑		18:40	0.43 ↓		18:40	0.64 ↓		19:50	0.69 ↓
04 SAB	05:10	0.48 ↓	20 SEG	00:20	3.47 ↑	04 SEG	05:00	0.64 ↓	20 QUA	00:50	3.24 ↑	04 QUI	00:10	3.03 ↑	20 SAB	02:00	3.02 ↑
	11:20	3.53 ↑		06:00	0.45 ↓		11:10	3.46 ↑		06:40	0.64 ↓		06:00	0.80 ↓		08:10	0.76 ↓
	17:50	0.36 ↓		12:10	3.62 ↑		17:50	0.51 ↓		12:50	3.32 ↑		12:10	3.21 ↑		14:20	2.95 ↑
				18:50	0.41 ↓					19:20	0.62 ↓		18:40	0.71 ↓		20:30	0.82 ↓
05 DOM	00:00	3.27 ↑	21 TER	01:00	3.25 ↑	05 TER	00:00	3.08 ↑	21 QUI	01:40	3.04 ↑	05 SEX	00:50	2.98 ↑	21 DOM ☀	02:50	2.89 ↑
	05:30	0.58 ↓		06:50	0.59 ↓		05:30	0.73 ↓		07:30	0.77 ↓		06:50	0.84 ↓		09:10	0.84 ↓
	11:40	3.46 ↑		13:00	3.38 ↑		11:40	3.36 ↑		13:40	3.09 ↑		13:00	3.06 ↑		15:20	2.77 ↑
	18:20	0.47 ↓		19:40	0.61 ↓		18:20	0.63 ↓		20:10	0.79 ↓		19:20	0.78 ↓		21:20	0.93 ↓
06 SEG	00:20	3.11 ↑	22 QUA	01:50	3.00 ↑	06 QUA	00:30	2.97 ↑	22 SEX	02:30	2.86 ↑	06 SAB	01:40	2.91 ↑	22 SEG	03:40	2.81 ↑
	06:00	0.66 ↓		07:30	0.78 ↓		06:10	0.81 ↓		08:30	0.89 ↓		07:50	0.86 ↓		10:10	0.91 ↓
	12:10	3.36 ↑		13:50	3.11 ↑		12:20	3.22 ↑		14:40	2.86 ↑		14:00	2.89 ↑		16:20	2.64 ↑
	18:50	0.60 ↓		20:30	0.83 ↓		19:00	0.75 ↓		21:10	0.95 ↓		20:10	0.84 ↓		22:00	1.00 ↓
07 TER	00:50	2.94 ↑	23 QUI ☀	02:50	2.76 ↑	07 QUI	01:10	2.84 ↑	23 SAB ☀	03:30	2.73 ↑	07 DOM	02:30	2.86 ↑	23 TER	04:30	2.78 ↑
	06:30	0.77 ↓		08:30	0.94 ↓		06:50	0.92 ↓		09:40	0.98 ↓		09:00	0.86 ↓		11:20	0.96 ↓
	12:40	3.23 ↑		14:50	2.85 ↑		13:10	3.02 ↑		15:50	2.69 ↑		15:10	2.76 ↑		17:30	2.59 ↑
	19:30	0.74 ↓		21:40	1.02 ↓		19:40	0.87 ↓		22:10	1.06 ↓		21:10	0.88 ↓		22:50	1.04 ↓
08 QUA	01:30	2.77 ↑	24 SEX	04:00	2.61 ↑	08 SEX	01:50	2.73 ↑	24 DOM	04:30	2.70 ↑	08 SEG ☀	03:30	2.84 ↑	24 QUA	05:20	2.82 ↑
	07:00	0.91 ↓		09:50	1.05 ↓		07:50	1.00 ↓		10:50	1.00 ↓		10:10	0.84 ↓		12:20	0.93 ↓
	13:30	3.04 ↑		16:10	2.67 ↑		14:00	2.82 ↑		17:10	2.64 ↑		16:20	2.71 ↑		18:30	2.61 ↑
	20:10	0.89 ↓		22:50	1.11 ↓		20:40	0.97 ↓		23:10	1.09 ↓		22:20	0.88 ↓		23:50	1.03 ↓
09 QUI	02:10	2.60 ↑	25 SAB	05:10	2.63 ↑	09 SAB ☀	02:50	2.61 ↑	25 SEG	05:30	2.78 ↑	09 TER	04:40	2.90 ↑	25 QUI	06:10	2.91 ↑
	07:50	1.03 ↓		11:20	1.07 ↓		09:00	1.04 ↓		12:00	0.93 ↓		11:30	0.76 ↓		13:10	0.85 ↓
	14:20	2.82 ↑		17:40	2.66 ↑		15:20	2.64 ↑		18:20	2.70 ↑		17:40	2.78 ↑		19:30	2.69 ↑
	21:00	1.04 ↓		21:40	1.05 ↓		21:40	1.05 ↓					23:20	0.84 ↓			
10 SEX ☀	03:10	2.45 ↑	26 DOM	00:00	1.06 ↓	10 DOM	04:00	2.58 ↑	26 TER	00:10	1.04 ↓	10 QUA	05:50	3.07 ↑	26 SEX	00:40	0.98 ↓
	09:00	1.14 ↓		06:20	2.78 ↑		10:30	0.99 ↓		06:20	2.91 ↑		12:40	0.62 ↓		07:00	3.02 ↑
	15:30	2.61 ↑		12:40	0.92 ↓		16:50	2.62 ↑		13:00	0.79 ↓		18:50	2.94 ↑		14:00	0.77 ↓
	22:20	1.14 ↓		18:50	2.81 ↑		23:00	1.01 ↓		19:20	2.82 ↑					20:10	2.80 ↑
11 SAB	04:30	2.39 ↑	27 SEG	01:00	0.93 ↓	11 SEG	05:20	2.72 ↑	27 QUA	00:50	0.96 ↓	11 QUI	00:30	0.73 ↓	27 SAB	01:30	0.91 ↓
	10:40	1.12 ↓		07:10	2.99 ↑		12:00	0.84 ↓		07:10	3.07 ↑		06:50	3.27 ↑		07:50	3.14 ↑
	17:10	2.57 ↑		13:30	0.71 ↓		18:20	2.77 ↑		13:50	0.65 ↓		13:40	0.46 ↓		14:40	0.69 ↓
	23:40	1.11 ↓		19:50	3.00 ↑					20:10	2.95 ↑		20:00	3.13 ↑		21:00	2.90 ↑
12 DOM	06:00	2.57 ↑	28 TER	01:50	0.79 ↓	12 TER	00:10	0.88 ↓	28 QUI	01:40	0.85 ↓	12 SEX	01:30	0.61 ↓	28 DOM	02:20	0.84 ↓
	12:20	0.96 ↓		08:00	3.19 ↑		06:30	2.99 ↑		07:50	3.22 ↑		07:50	3.46 ↑		08:30	3.24 ↑
	18:40	2.75 ↑		14:20	0.52 ↓		13:10	0.62 ↓		14:30	0.55 ↓		14:30	0.32 ↓		15:20	0.62 ↓
				20:40	3.17 ↑		19:20	3.01 ↑		20:50	3.06 ↑		20:50	3.30 ↑		21:40	2.99 ↑
13 SEG	00:50	0.93 ↓	29 QUA	02:30	0.68 ↓	13 QUA	01:10	0.69 ↓	29 SEX	02:20	0.76 ↓	13 SAB	02:20	0.53 ↓	29 SEG ☀	03:00	0.78 ↓
	07:10	2.88 ↑		08:40	3.36 ↑		07:20	3.27 ↑		08:30	3.34 ↑		08:40	3.60 ↑		09:20	3.32 ↑
	13:30	0.70 ↓		15:10	0.37 ↓		14:00	0.40 ↓		15:10	0.48 ↓		15:30	0.19 ↓		16:00	0.57 ↓
	19:50	3.03 ↑		21:20	3.30 ↑		20:20	3.25 ↑		21:30	3.14 ↑		21:40	3.43 ↑		22:10	3.07 ↑
14 TER	01:50	0.69 ↓	30 QUI	03:10	0.59 ↓	14 QUI	02:00	0.52 ↓	30 SAB	02:50	0.70 ↓	14 DOM ☾	03:20	0.44 ↓	30 TER	03:40	0.74 ↓
	08:00	3.20 ↑		09:10	3.48 ↑		08:20	3.53 ↑		09:00	3.41 ↑		09:30	3.68 ↑		10:00	3.36 ↑
	14:30	0.43 ↓		15:40	0.32 ↓		14:50	0.22 ↓		15:50	0.45 ↓		16:10	0.18 ↓		16:40	0.54 ↓
	20:40	3.30 ↑		22:00	3.36 ↑		21:10	3.45 ↑		22:00	3.17 ↑		22:30	3.49 ↑		22:50	3.12 ↑
15 QUA	02:40	0.47 ↓				15 SEX	02:50	0.39 ↓	31 DOM ☀	03:30	0.66 ↓	15 SEG	04:10	0.43 ↓			
	08:50	3.49 ↑			09:00		3.71 ↑	09:40		3.45 ↑	10:20		3.68 ↑				
	15:20	0.21 ↓			15:40		0.11 ↓	16:20		0.46 ↓	17:00		0.20 ↓				
	21:30	3.52 ↑			22:00		3.57 ↑	22:40		3.16 ↑	23:10		3.49 ↑				
16 QUI	03:20	0.32 ↓				16 SAB ☾	03:40	0.32 ↓				16 TER	04:50	0.47 ↓			
	09:30	3.70 ↑			09:50		3.80 ↑			11:10	3.62 ↑						
	16:00	0.09 ↓			16:30		0.08 ↓			17:40	0.29 ↓						
	22:20	3.65 ↑			22:40		3.61 ↑										

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	04:30	0.69 ↓	17 SEX	00:20	3.44 ↑	01 SAB	05:50	0.45 ↓	17 SEG	00:50	3.35 ↑	01 TER	00:30	3.63 ↑	17 QUI	01:10	3.17 ↑		
	10:40	3.37 ↑		06:20	0.45 ↓		12:00	3.43 ↑		07:20	0.48 ↓		07:00	0.36 ↓		07:50	0.72 ↓		
	17:10	0.55 ↓		12:30	3.43 ↑		18:10	0.41 ↓		13:20	3.16 ↑		13:10	3.32 ↑		13:50	2.73 ↑		
	23:20	3.16 ↑		18:40	0.46 ↓					19:10	0.61 ↓		19:00	0.46 ↓		19:20	0.88 ↓		
02 QUI	05:10	0.69 ↓	18 SAB	01:00	3.33 ↑	02 DOM	00:20	3.44 ↑	18 TER	01:20	3.21 ↑	02 QUA	01:10	3.51 ↑	18 SEX	01:40	3.01 ↑		
	11:20	3.34 ↑		07:00	0.52 ↓		06:40	0.43 ↓		07:50	0.60 ↓		07:50	0.50 ↓		08:30	0.88 ↓		
	17:50	0.55 ↓		13:10	3.27 ↑		12:40	3.35 ↑		14:00	2.92 ↑		14:00	3.10 ↑		14:30	2.53 ↑		
				19:20	0.58 ↓		18:40	0.47 ↓		19:30	0.75 ↓		19:40	0.61 ↓		🌙	20:00	1.02 ↓	
03 SEX	00:00	3.18 ↑	19 DOM	01:30	3.20 ↑	03 SEG	01:00	3.43 ↑	19 QUA	01:50	3.07 ↑	03 QUI	02:00	3.32 ↑	19 SAB	02:30	2.81 ↑		
	06:00	0.66 ↓		07:50	0.60 ↓		07:20	0.48 ↓		08:30	0.74 ↓		08:50	0.67 ↓		09:20	1.05 ↓		
	12:10	3.28 ↑		13:50	3.07 ↑		13:30	3.22 ↑		14:30	2.69 ↑		14:50	2.86 ↑		15:20	2.35 ↑		
	18:30	0.57 ↓		19:50	0.69 ↓		19:20	0.53 ↓		🌙	20:00		0.88 ↓	20:30		0.78 ↓	20:50	1.16 ↓	
04 SAB	00:40	3.18 ↑	20 SEG	02:00	3.06 ↑	04 TER	01:40	3.37 ↑	20 QUI	02:30	2.93 ↑	04 SEX	03:00	3.09 ↑	20 DOM	03:30	2.62 ↑		
	06:50	0.65 ↓		08:30	0.70 ↓		08:20	0.54 ↓		09:20	0.89 ↓		09:50	0.87 ↓		10:30	1.18 ↓		
	12:50	3.18 ↑		14:40	2.86 ↑		14:20	3.05 ↑		15:20	2.48 ↑		16:00	2.65 ↑		16:40	2.26 ↑		
	19:10	0.60 ↓		20:20	0.80 ↓		20:10	0.61 ↓		20:40	1.01 ↓		🌙	21:40		0.93 ↓	22:20	1.20 ↓	
05 DOM	01:20	3.17 ↑	21 TER	02:40	2.94 ↑	05 QUA	02:30	3.26 ↑	21 SEX	03:10	2.79 ↑	05 SAB	04:10	2.89 ↑	21 SEG	05:00	2.53 ↑		
	07:40	0.66 ↓		09:20	0.81 ↓		09:20	0.66 ↓		10:20	1.05 ↓		11:10	0.99 ↓		11:50	1.20 ↓		
	13:50	3.05 ↑		15:30	2.66 ↑		15:20	2.85 ↑		16:10	2.33 ↑		17:30	2.60 ↑		18:00	2.38 ↑		
	19:50	0.66 ↓		🌙	21:00		0.90 ↓	🌙		21:00	0.74 ↓		21:30	1.13 ↓		23:00	1.02 ↓		
06 SEG	02:10	3.13 ↑	22 QUA	03:20	2.84 ↑	06 QUI	03:30	3.12 ↑	22 SAB	04:10	2.67 ↑	06 DOM	05:30	2.83 ↑	22 TER	00:00	1.11 ↓		
	08:40	0.68 ↓		10:20	0.93 ↓		10:20	0.79 ↓		11:30	1.16 ↓		12:30	0.93 ↓		06:30	2.66 ↑		
	14:50	2.91 ↑		16:20	2.50 ↑		16:30	2.70 ↑		17:30	2.29 ↑		18:50	2.75 ↑		13:00	1.06 ↓		
	20:40	0.72 ↓		21:40	1.00 ↓		22:10	0.86 ↓		22:50	1.17 ↓					19:10	2.66 ↑		
07 TER	03:00	3.09 ↑	23 QUI	04:10	2.77 ↑	07 SEX	04:40	3.01 ↑	23 DOM	05:30	2.65 ↑	07 SEG	00:30	0.95 ↓	23 QUA	01:20	0.91 ↓		
	09:50	0.72 ↓		11:20	1.02 ↓		11:40	0.86 ↓		12:40	1.15 ↓		07:00	2.94 ↑		07:40	2.89 ↑		
	15:50	2.80 ↑		17:20	2.43 ↑		17:50	2.69 ↑		18:50	2.41 ↑		13:40	0.72 ↓		14:00	0.82 ↓		
	21:40	0.78 ↓		22:30	1.08 ↓		23:20	0.93 ↓					20:00	2.99 ↑		20:10	2.98 ↑		
08 QUA	04:00	3.05 ↑	24 SEX	05:10	2.76 ↑	08 SAB	05:50	3.00 ↑	24 SEG	00:10	1.13 ↓	08 TER	01:50	0.74 ↓	24 QUI	02:20	0.65 ↓		
	11:00	0.75 ↓		12:20	1.04 ↓		12:50	0.80 ↓		06:50	2.76 ↑		08:10	3.15 ↑		08:40	3.16 ↑		
	17:10	2.75 ↑		18:30	2.45 ↑		19:10	2.82 ↑		13:40	1.02 ↓		14:40	0.49 ↓		14:50	0.59 ↓		
	22:40	0.83 ↓		23:40	1.09 ↓					19:50	2.64 ↑		20:50	3.24 ↑		20:50	3.27 ↑		
09 QUI	05:10	3.08 ↑	25 SAB	06:10	2.82 ↑	09 DOM	00:40	0.88 ↓	25 TER	01:30	0.97 ↓	09 QUA	02:50	0.50 ↓	25 SEX	03:10	0.41 ↓		
	12:10	0.72 ↓		13:20	0.99 ↓		07:10	3.10 ↑		08:00	2.94 ↑		09:00	3.37 ↑		09:30	3.39 ↑		
	18:20	2.82 ↑		19:30	2.56 ↑		14:00	0.61 ↓		14:30	0.82 ↓		15:20	0.36 ↓		15:30	0.40 ↓		
	23:50	0.82 ↓					20:20	3.02 ↑		20:40	2.89 ↑		21:30	3.46 ↑		21:30	3.52 ↑		
10 SEX	06:20	3.17 ↑	26 DOM	00:40	1.05 ↓	10 SEG	01:50	0.75 ↓	26 QUA	02:30	0.77 ↓	10 QUI	03:40	0.31 ↓	26 SAB	04:00	0.22 ↓		
	13:20	0.60 ↓		07:10	2.93 ↑		08:10	3.26 ↑		08:50	3.16 ↑		09:50	3.54 ↑		10:10	3.57 ↑		
	19:30	2.96 ↑		14:10	0.89 ↓		15:00	0.41 ↓		15:20	0.62 ↓		16:00	0.29 ↓		16:10	0.28 ↓		
				20:30	2.71 ↑		21:10	3.25 ↑		21:20	3.14 ↑		22:10	3.61 ↑		22:10	3.70 ↑		
11 SAB	01:00	0.75 ↓	27 SEG	01:50	0.94 ↓	11 TER	03:00	0.56 ↓	27 QUI	03:30	0.55 ↓	11 SEX	04:20	0.20 ↓	27 DOM	04:40	0.13 ↓		
	07:20	3.30 ↑		08:10	3.07 ↑		09:10	3.43 ↑		09:40	3.35 ↑		10:40	3.63 ↑		10:50	3.65 ↑		
	14:20	0.46 ↓		15:00	0.76 ↓		15:50	0.26 ↓		16:00	0.45 ↓		16:40	0.27 ↓		16:40	0.26 ↓		
	20:30	3.14 ↑		21:10	2.89 ↑		22:00	3.43 ↑		22:00	3.36 ↑		22:40	3.66 ↑		22:50	3.79 ↑		
12 DOM	02:10	0.64 ↓	28 TER	02:40	0.83 ↓	12 QUA	03:50	0.41 ↓	28 SEX	04:10	0.40 ↓	12 SAB	05:00	0.17 ↓	28 SEG	05:20	0.13 ↓		
	08:20	3.43 ↑		09:00	3.20 ↑		10:00	3.56 ↑		10:30	3.50 ↑		11:10	3.64 ↑		11:30	3.63 ↑		
	15:10	0.34 ↓		15:40	0.63 ↓		16:30	0.21 ↓		16:30	0.36 ↓		17:10	0.32 ↓		17:20	0.27 ↓		
	21:30	3.30 ↑		21:50	3.06 ↑		22:40	3.56 ↑		22:40	3.53 ↑		23:10	3.64 ↑		23:30	3.79 ↑		
13 SEG	03:00	0.56 ↓	29 QUA	03:30	0.70 ↓	13 QUI	04:40	0.30 ↓	29 SAB	05:00	0.27 ↓	13 DOM	05:40	0.21 ↓	29 TER	06:00	0.20 ↓		
	09:20	3.53 ↑		09:50	3.32 ↑		10:50	3.63 ↑		11:10	3.57 ↑		11:50	3.54 ↑		12:10	3.53 ↑		
	16:00	0.24 ↓		16:20	0.52 ↓		17:10	0.22 ↓		17:10	0.29 ↓		17:40	0.39 ↓		18:00	0.35 ↓		
	22:20	3.43 ↑		🌙	22:30		3.21 ↑	23:20		3.60 ↑	23:20		3.63 ↑	23:40		3.56 ↑			
14 TER	04:00	0.46 ↓	30 QUI	04:20	0.59 ↓	14 SEX	05:20	0.28 ↓	30 DOM	05:40	0.24 ↓	14 SEG	06:10	0.31 ↓	30 QUA	00:10	3.70 ↑		
	10:10	3.59 ↑		10:40	3.41 ↑		11:30	3.62 ↑		11:50	3.57 ↑		12:20	3.38 ↑		06:40	0.34 ↓		
	16:50	0.20 ↓		17:00	0.44 ↓		17:40	0.30 ↓		17:40	0.32 ↓		18:00	0.50 ↓		12:50	3.34 ↑		
	23:00	3.50 ↑		23:00	3.32 ↑		23:50	3.57 ↑		23:50	3.67 ↑					18:40	0.49 ↓		
15 QUA	04:50	0.42 ↓	31 SEX	05:10	0.49 ↓	15 SAB	06:00	0.30 ↓	31 SEG	06:20	0.27 ↓	15 TER	00:10	3.45 ↑					
	11:00	3.60 ↑		11:20	3.44 ↑		12:10	3.53 ↑		12:30	3.48 ↑		06:40	0.43 ↓					
	17:30	0.25 ↓		17:30	0.42 ↓		18:10	0.40 ↓		18:20	0.36 ↓		12:50	3.18 ↑					
	23:40	3.50 ↑		23:40	3.40 ↑								18:30	0.60 ↓					
16 QUI	05:40	0.41 ↓				16 DOM	00:20	3.48 ↑				16 QUA	00:40	3.31 ↑					
	11:50	3.54 ↑					06:40	0.38 ↓					07:10	0.57 ↓					
	18:10	0.33 ↓					12:50	3.36 ↑					13:20	2.95 ↑					
							18:40	0.50 ↓					18:50	0.74 ↓					

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	00:50	3.53 ↑	17 SAB	01:10	3.02 ↑	01 DOM	02:20	2.96 ↑	17 TER	02:50	2.66 ↑	01 TER	03:20	2.81 ↑	17 QUI	03:40	2.71 ↑
	07:30	0.51 ↓		07:50	0.89 ↓		09:10	0.92 ↓		09:10	1.01 ↓		09:40	0.95 ↓		09:30	0.88 ↓
	13:40	3.10 ↑		13:50	2.62 ↑		15:30	2.70 ↑		15:30	2.61 ↑		16:00	2.79 ↑		16:00	2.91 ↑
	19:20	0.66 ↓		19:30	1.04 ↓		21:20	0.97 ↓		22:00	0.99 ↓		22:20	0.92 ↓		22:50	0.80 ↓
02 SEX	01:40	3.28 ↑	18 DOM	02:00	2.81 ↑	02 SEG	03:40	2.75 ↑	18 QUA	04:10	2.58 ↑	02 QUA	04:40	2.70 ↑	18 SEX	05:00	2.70 ↑
	08:20	0.72 ↓		08:40	1.03 ↓		10:20	1.04 ↓		10:20	1.02 ↓		10:40	1.02 ↓		10:40	0.87 ↓
	14:30	2.84 ↑		14:50	2.46 ↑		16:40	2.67 ↑		16:40	2.68 ↑		17:00	2.82 ↑		17:10	3.00 ↑
	20:20	0.83 ↓		20:40	1.13 ↓		22:50	1.01 ↓		23:20	0.90 ↓		23:30	0.89 ↓			
03 SAB	02:40	3.01 ↑	19 SEG	03:00	2.60 ↑	03 TER	05:10	2.69 ↑	19 QUI	05:40	2.66 ↑	03 QUI	05:50	2.72 ↑	19 SAB	00:00	0.72 ↓
	09:30	0.93 ↓		09:40	1.14 ↓		11:30	1.04 ↓		11:30	0.94 ↓		11:40	1.01 ↓		06:20	2.80 ↑
	15:40	2.63 ↑		16:00	2.38 ↑		17:50	2.79 ↑		17:50	2.89 ↑		17:50	2.92 ↑		11:50	0.80 ↓
	21:30	0.99 ↓		22:10	1.13 ↓									18:10		3.16 ↑	
04 DOM	03:50	2.78 ↑	20 TER	04:30	2.51 ↑	04 QUA	00:10	0.90 ↓	20 SEX	00:30	0.73 ↓	04 SEX	00:40	0.78 ↓	20 DOM	01:10	0.59 ↓
	10:50	1.06 ↓		11:00	1.15 ↓		06:30	2.79 ↑		06:50	2.86 ↑		06:50	2.81 ↑		07:20	2.97 ↑
	17:10	2.59 ↑		17:20	2.49 ↑		12:30	0.94 ↓		12:30	0.80 ↓		12:30	0.96 ↓		12:50	0.72 ↓
	23:00	1.05 ↓		23:40	1.02 ↓		18:40	2.98 ↑		18:50	3.15 ↑		18:40	3.05 ↑		19:10	3.34 ↑
05 SEG	05:20	2.72 ↑	21 QUA	06:10	2.64 ↑	05 QUI	01:10	0.70 ↓	21 SAB	01:30	0.52 ↓	05 SAB	01:30	0.66 ↓	21 SEG	02:10	0.44 ↓
	12:10	1.00 ↓		12:20	1.02 ↓		07:30	2.97 ↑		07:50	3.09 ↑		07:50	2.92 ↑		08:20	3.15 ↑
	18:20	2.75 ↑		18:30	2.76 ↑		13:20	0.81 ↓		13:30	0.63 ↓		13:20	0.88 ↓		13:50	0.62 ↓
							19:30	3.18 ↑		19:40	3.40 ↑		19:30	3.19 ↑		20:10	3.49 ↑
06 TER	00:30	0.94 ↓	22 QUI	01:00	0.80 ↓	06 SEX	02:00	0.51 ↓	22 DOM	02:30	0.33 ↓	06 DOM	02:20	0.56 ↓	22 TER	03:00	0.32 ↓
	06:50	2.85 ↑		07:20	2.88 ↑		08:20	3.15 ↑		08:40	3.30 ↑		08:40	3.02 ↑		09:20	3.30 ↑
	13:10	0.83 ↓		13:20	0.80 ↓		14:10	0.68 ↓		14:20	0.49 ↓		14:00	0.81 ↓		14:50	0.52 ↓
	19:30	3.00 ↑		19:30	3.08 ↑		20:20	3.36 ↑		20:30	3.61 ↑		20:10	3.30 ↑		21:00	3.60 ↑
07 QUA	01:30	0.71 ↓	23 SEX	02:00	0.54 ↓	07 SAB	02:50	0.36 ↓	23 SEG	03:20	0.20 ↓	07 SEG	03:00	0.50 ↓	23 QUA	03:50	0.24 ↓
	07:50	3.08 ↑		08:20	3.15 ↑		09:10	3.28 ↑		09:30	3.45 ↑		09:20	3.10 ↑		10:10	3.41 ↑
	14:10	0.62 ↓		14:10	0.59 ↓		14:50	0.60 ↓		15:10	0.40 ↓		14:40	0.75 ↓		15:40	0.48 ↓
	20:10	3.24 ↑		20:20	3.38 ↑		20:50	3.48 ↑		21:20	3.73 ↑		20:50	3.37 ↑		22:00	3.65 ↑
08 QUI	02:30	0.46 ↓	24 SAB	02:50	0.32 ↓	08 DOM	03:30	0.29 ↓	24 TER	04:00	0.16 ↓	08 TER	03:40	0.48 ↓	24 QUI	04:40	0.20 ↓
	08:50	3.29 ↑		09:10	3.38 ↑		09:50	3.35 ↑		10:20	3.52 ↑		09:50	3.14 ↑		10:50	3.48 ↑
	14:50	0.49 ↓		14:50	0.43 ↓		15:20	0.57 ↓		16:00	0.37 ↓		15:20	0.71 ↓		16:30	0.46 ↓
	21:00	3.45 ↑		21:00	3.61 ↑		21:30	3.55 ↑		22:10	3.76 ↑		21:30	3.41 ↑		22:50	3.64 ↑
09 SEX	03:20	0.27 ↓	25 DOM	03:40	0.15 ↓	09 SEG	04:10	0.28 ↓	25 QUA	04:50	0.16 ↓	09 QUA	04:20	0.48 ↓	25 SEX	05:20	0.26 ↓
	09:30	3.47 ↑		09:50	3.55 ↑		10:20	3.37 ↑		11:00	3.52 ↑		10:30	3.14 ↑		11:40	3.47 ↑
	15:30	0.41 ↓		15:40	0.30 ↓		15:50	0.56 ↓		16:40	0.42 ↓		15:50	0.71 ↓		17:20	0.47 ↓
	21:30	3.58 ↑		21:50	3.77 ↑		22:00	3.55 ↑		22:50	3.72 ↑		22:10	3.40 ↑		23:30	3.57 ↑
10 SAB	04:00	0.18 ↓	26 SEG	04:20	0.10 ↓	10 TER	04:40	0.33 ↓	26 QUI	05:30	0.26 ↓	10 QUI	04:50	0.51 ↓	26 SAB	06:10	0.31 ↓
	10:10	3.55 ↑		10:40	3.62 ↑		10:50	3.31 ↑		11:50	3.45 ↑		11:00	3.11 ↑		12:20	3.41 ↑
	16:00	0.40 ↓		16:20	0.28 ↓		16:20	0.59 ↓		17:30	0.48 ↓		16:30	0.72 ↓		18:10	0.51 ↓
	22:10	3.65 ↑		22:30	3.83 ↑		22:30	3.51 ↑		23:40	3.60 ↑		22:40	3.36 ↑			
11 DOM	04:30	0.18 ↓	27 TER	05:00	0.12 ↓	11 QUA	05:10	0.41 ↓	27 SEX	06:20	0.37 ↓	11 SEX	05:20	0.57 ↓	27 DOM	00:20	3.45 ↑
	10:50	3.55 ↑		11:20	3.60 ↑		11:20	3.21 ↑		12:30	3.32 ↑		11:30	3.07 ↑		06:50	0.44 ↓
	16:30	0.42 ↓		17:00	0.32 ↓		16:50	0.66 ↓		18:20	0.58 ↓		17:10	0.75 ↓		13:00	3.30 ↑
	22:40	3.64 ↑		23:10	3.79 ↑		23:00	3.43 ↑					23:20	3.29 ↑		19:00	0.57 ↓
12 SEG	05:10	0.23 ↓	28 QUA	05:50	0.20 ↓	12 QUI	05:40	0.52 ↓	28 SAB	00:30	3.41 ↑	12 SAB	05:50	0.63 ↓	28 SEG	01:10	3.29 ↑
	11:20	3.47 ↑		12:00	3.49 ↑		11:50	3.08 ↑		07:00	0.53 ↓		12:00	3.03 ↑		07:30	0.57 ↓
	17:00	0.47 ↓		17:40	0.42 ↓		17:20	0.75 ↓		13:20	3.15 ↑		17:50	0.79 ↓		13:40	3.17 ↑
	23:00	3.57 ↑		23:50	3.67 ↑		23:30	3.33 ↑		19:10	0.69 ↓					19:50	0.64 ↓
13 TER	05:40	0.32 ↓	29 QUI	06:30	0.36 ↓	13 SEX	06:10	0.63 ↓	29 DOM	01:20	3.20 ↑	13 DOM	00:00	3.19 ↑	29 TER	02:00	3.10 ↑
	11:50	3.32 ↑		12:40	3.31 ↑		12:20	2.96 ↑		07:50	0.69 ↓		06:30	0.68 ↓		08:10	0.71 ↓
	17:20	0.57 ↓		18:20	0.57 ↓		18:00	0.82 ↓		14:10	2.99 ↑		12:40	2.99 ↑		14:30	3.04 ↑
	23:30	3.47 ↑								20:10	0.79 ↓		18:30	0.83 ↓		20:50	0.73 ↓
14 QUA	06:10	0.45 ↓	30 SEX	00:30	3.47 ↑	14 SAB	00:10	3.19 ↑	30 SEG	02:20	2.98 ↑	14 SEG	00:40	3.07 ↑	30 QUA	03:00	2.90 ↑
	12:20	3.14 ↑		07:10	0.55 ↓		06:50	0.74 ↓		08:40	0.83 ↓		07:00	0.75 ↓		08:50	0.83 ↓
	17:50	0.67 ↓		13:30	3.09 ↑		12:50	2.85 ↑		15:00	2.85 ↑		13:20	2.95 ↑		15:10	2.93 ↑
				19:10	0.72 ↓		18:40	0.91 ↓		21:10	0.87 ↓		19:30	0.83 ↓		21:50	0.83 ↓
15 QUI	00:00	3.35 ↑	31 SAB	01:20	3.22 ↑	15 DOM	00:50	3.02 ↑		07:20	0.86 ↓	15 TER	01:30	2.94 ↑	31 QUI	03:50	2.74 ↑
	06:40	0.59 ↓		08:10	0.74 ↓		07:20	0.86 ↓					07:50	0.79 ↓		09:40	0.93 ↓
	12:40	2.96 ↑		14:20	2.87 ↑		13:30	2.75 ↑					14:00	2.93 ↑		16:00	2.86 ↑
	18:20	0.78 ↓		20:10	0.86 ↓		19:30	0.98 ↓					20:30	0.83 ↓			
16 SEX	00:30	3.20 ↑			16 SEG	01:40	2.83 ↑				16 QUA	02:30	2.80 ↑				
	07:10	0.74 ↓				08:10	0.95 ↓					08:40	0.83 ↓				
	13:10	2.78 ↑				14:20	2.66 ↑					15:00	2.89 ↑				
	18:50	0.91 ↓				20:40	1.01 ↓					21:40	0.82 ↓				