

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	08:00 13:40 20:00	3.17 ↑ 0.75 ↓ 3.57 ↑	17 SAB	03:20 09:20 14:50 21:10	0.85 ↓ 2.99 ↑ 0.91 ↓ 3.36 ↑	01 DOM	04:00 10:10 15:40 22:00	0.35 ↓ 3.55 ↑ 0.66 ↓ 3.87 ↑	17 TER	04:20 10:20 16:10 22:30	0.52 ↓ 3.59 ↑ 0.56 ↓ 3.91 ↑	01 DOM	02:50 09:00 14:50 21:10	0.61 ↓ 3.56 ↑ 0.76 ↓ 3.83 ↑	17 TER	03:10 09:10 15:10 21:30	0.70 ↓ 3.68 ↑ 0.60 ↓ 3.97 ↑
02 SEX	02:50 09:10 14:40 21:00	0.55 ↓ 3.28 ↑ 0.72 ↓ 3.66 ↑	18 DOM	04:00 10:00 15:40 21:50	0.73 ↓ 3.12 ↑ 0.82 ↓ 3.46 ↑	02 SEG	04:40 10:50 16:30 22:50	0.21 ↓ 3.76 ↑ 0.47 ↓ 4.01 ↑	18 QUA	04:50 11:00 16:50 23:00	0.39 ↓ 3.73 ↑ 0.43 ↓ 4.03 ↑	02 SEG	03:40 09:40 15:40 22:00	0.35 ↓ 3.87 ↑ 0.47 ↓ 4.09 ↑	18 QUA	03:40 09:40 15:50 22:10	0.51 ↓ 3.93 ↑ 0.37 ↓ 4.19 ↑
03 SAB	03:50 10:10 15:40 22:00	0.42 ↓ 3.39 ↑ 0.66 ↓ 3.73 ↑	19 SEG	04:40 10:40 16:20 22:30	0.62 ↓ 3.22 ↑ 0.75 ↓ 3.54 ↑	03 TER	05:20 11:30 17:20 23:30	0.14 ↓ 3.86 ↑ 0.33 ↓ 4.06 ↑	19 QUI	05:20 11:30 17:30 23:40	0.32 ↓ 3.81 ↑ 0.34 ↓ 4.06 ↑	03 TER	04:20 10:20 16:20 22:40	0.22 ↓ 4.08 ↑ 0.29 ↓ 4.24 ↑	19 QUI	04:20 10:20 16:30 22:50	0.35 ↓ 4.10 ↑ 0.23 ↓ 4.29 ↑
04 DOM	04:50 11:00 16:30 22:50	0.28 ↓ 3.47 ↑ 0.61 ↓ 3.76 ↑	20 TER	05:10 11:20 17:00 23:10	0.53 ↓ 3.29 ↑ 0.69 ↓ 3.60 ↑	04 QUA	06:00 12:00 18:00	0.14 ↓ 3.87 ↑ 0.30 ↓	20 SEX	06:00 12:00 18:00	0.27 ↓ 3.85 ↑ 0.36 ↓	04 QUA	04:50 10:50 17:00 23:10	0.21 ↓ 4.18 ↑ 0.19 ↓ 4.29 ↑	20 SEX	04:50 10:50 17:10 23:20	0.30 ↓ 4.19 ↑ 0.17 ↓ 4.29 ↑
05 SEG	05:40 11:50 17:30 23:40	0.20 ↓ 3.50 ↑ 0.53 ↓ 3.74 ↑	21 QUA	05:50 11:50 17:40 23:50	0.44 ↓ 3.33 ↑ 0.63 ↓ 3.63 ↑	05 QUI	00:10 06:30 12:40 18:30	4.01 ↑ 0.23 ↓ 3.80 ↑ 0.35 ↓	21 SAB	00:20 06:30 12:30 18:50	4.00 ↑ 0.33 ↓ 3.84 ↑ 0.37 ↓	05 QUI	05:20 11:30 17:30 23:40	0.25 ↓ 4.17 ↑ 0.21 ↓ 4.23 ↑	21 SAB	05:30 11:30 17:50	0.30 ↓ 4.17 ↑ 4.09 ↓
06 TER	06:20 12:30 18:10	0.23 ↓ 3.49 ↑ 0.54 ↓	22 QUI	06:20 12:30 18:20	0.41 ↓ 3.36 ↑ 0.60 ↓	06 SEX	00:40 07:00 13:10 19:10	3.88 ↑ 0.36 ↓ 3.67 ↑ 0.44 ↓	22 DOM	01:00 07:00 13:10 19:30	3.86 ↑ 0.47 ↓ 3.75 ↑ 0.50 ↓	06 SEX	05:50 11:50 18:00	0.32 ↓ 4.07 ↑ 0.28 ↓	22 DOM	00:00 06:00 12:00 18:30	4.16 ↑ 0.42 ↓ 4.09 ↑ 0.33 ↓
07 QUA	00:30 07:00 13:20 19:00	3.66 ↑ 0.30 ↓ 3.41 ↑ 0.55 ↓	23 SEX	00:30 07:00 13:00 19:00	3.63 ↑ 0.40 ↓ 3.40 ↑ 0.58 ↓	07 SAB	01:20 07:30 13:40 19:50	3.68 ↑ 0.50 ↓ 3.50 ↑ 0.57 ↓	23 SEG	01:40 07:40 13:50 20:20	3.63 ↑ 0.65 ↓ 3.61 ↑ 0.69 ↓	07 SAB	00:10 06:20 12:20 18:30	4.07 ↑ 0.42 ↓ 3.90 ↑ 0.41 ↓	23 SEG	00:50 06:40 12:40 19:20	3.91 ↑ 0.59 ↓ 3.91 ↑ 0.51 ↓
08 QUI	01:10 07:40 13:50 19:40	3.55 ↑ 0.42 ↓ 3.33 ↑ 0.62 ↓	24 SAB	01:10 07:30 13:40 19:50	3.58 ↑ 0.46 ↓ 3.41 ↑ 0.59 ↓	08 DOM	01:50 08:00 14:10 20:30	3.43 ↑ 0.67 ↓ 3.33 ↑ 0.75 ↓	24 TER	02:40 08:30 14:40 21:30	3.30 ↑ 0.89 ↓ 3.39 ↑ 0.95 ↓	08 DOM	00:40 06:40 12:50 19:00	3.83 ↑ 0.59 ↓ 3.69 ↑ 0.59 ↓	24 TER	01:30 07:20 13:30 20:10	3.61 ↑ 0.84 ↓ 3.64 ↑ 0.78 ↓
09 SEX	01:50 08:20 14:30 20:30	3.39 ↑ 0.55 ↓ 3.23 ↑ 0.71 ↓	25 DOM	02:00 08:10 14:30 20:40	3.45 ↑ 0.55 ↓ 3.37 ↑ 0.67 ↓	09 SEG	02:30 08:30 14:40 21:10	3.15 ↑ 0.89 ↓ 3.15 ↑ 0.96 ↓	25 QUA	03:40 09:20 15:50 22:50	2.99 ↑ 1.17 ↓ 3.16 ↑ 1.20 ↓	09 SEG	01:10 07:10 13:10 19:40	3.54 ↑ 0.79 ↓ 3.47 ↑ 0.80 ↓	25 QUA	02:30 08:10 14:30 21:20	3.26 ↑ 1.11 ↓ 3.33 ↑ 1.07 ↓
10 SAB	02:40 08:50 15:10 21:20	3.21 ↑ 0.69 ↓ 3.13 ↑ 0.81 ↓	26 SEG	02:50 09:00 15:10 21:50	3.27 ↑ 0.71 ↓ 3.33 ↑ 0.81 ↓	10 TER	03:20 09:00 15:30 22:20	2.86 ↑ 1.13 ↓ 2.98 ↑ 1.18 ↓	26 QUI	05:20 10:50 17:20	2.80 ↑ 1.37 ↓ 3.07 ↑	10 TER	01:50 07:30 13:40 20:20	3.22 ↑ 1.06 ↓ 3.24 ↑ 1.05 ↓	26 QUI	03:50 09:20 15:40 22:50	2.97 ↑ 1.36 ↓ 3.10 ↑ 1.29 ↓
11 DOM	03:20 09:30 15:50 22:20	3.02 ↑ 0.83 ↓ 3.06 ↑ 0.93 ↓	27 TER	04:00 09:50 16:10 23:00	3.04 ↑ 0.90 ↓ 3.23 ↑ 0.96 ↓	11 QUA	04:20 09:50 16:30 23:40	2.62 ↑ 1.35 ↓ 2.85 ↑ 1.35 ↓	27 SEX	00:30 07:00 12:30 19:00	1.22 ↓ 2.90 ↑ 1.36 ↓ 3.22 ↑	11 QUA	02:30 08:10 14:30 21:20	2.90 ↑ 1.33 ↓ 3.00 ↑ 1.30 ↓	27 SEX	05:30 11:00 17:20	2.91 ↑ 1.50 ↓ 3.09 ↑
12 SEG	04:20 10:10 16:40 23:20	2.84 ↑ 0.95 ↓ 3.01 ↑ 1.01 ↓	28 QUA	05:20 11:00 17:30	2.87 ↑ 1.06 ↓ 3.18 ↑	12 QUI	05:50 11:10 17:50	2.52 ↑ 1.43 ↓ 2.86 ↑	28 SAB	01:50 08:10 13:50 20:10	0.93 ↓ 3.21 ↑ 1.10 ↓ 3.52 ↑	12 QUI	03:40 09:00 15:30 22:50	2.62 ↑ 1.59 ↓ 2.79 ↑ 1.51 ↓	28 SAB	00:20 06:50 12:40 18:50	1.18 ↓ 3.12 ↑ 1.30 ↓ 3.32 ↑
13 TER	05:20 11:00 17:30	2.71 ↑ 1.04 ↓ 3.01 ↑	29 QUI	00:30 06:50 12:20 18:50	1.02 ↓ 2.86 ↑ 1.12 ↓ 3.25 ↑	13 SEX	01:10 07:20 12:40 19:10	1.35 ↓ 2.62 ↑ 1.36 ↓ 3.01 ↑				13 SEX	05:30 10:40 17:10	2.53 ↑ 1.67 ↓ 2.78 ↑	29 DOM	01:30 07:50 13:40 20:00	0.88 ↓ 3.45 ↑ 0.95 ↓ 3.63 ↑
14 QUA	00:30 06:30 11:50 18:30	1.05 ↓ 2.66 ↑ 1.07 ↓ 3.05 ↑	30 SEX	01:50 08:10 13:40 20:00	0.90 ↓ 3.04 ↑ 1.04 ↓ 3.43 ↑	14 SAB	02:10 08:30 13:50 20:10	1.17 ↓ 2.86 ↑ 1.20 ↓ 3.24 ↑				14 SAB	00:30 07:00 12:30 18:50	1.50 ↓ 2.71 ↑ 1.53 ↓ 3.02 ↑	30 SEG	02:20 08:30 14:30 20:50	0.65 ↓ 3.77 ↑ 0.63 ↓ 3.92 ↑
15 QUI	01:30 07:30 12:50 19:30	1.03 ↓ 2.72 ↑ 1.05 ↓ 3.14 ↑	31 SAB	03:00 09:10 14:50 21:10	0.63 ↓ 3.30 ↑ 0.86 ↓ 3.66 ↑	15 DOM	03:00 09:10 14:50 21:10	0.94 ↓ 3.14 ↑ 0.97 ↓ 3.50 ↑				15 DOM	01:40 08:00 13:40 19:50	1.25 ↓ 3.03 ↑ 1.23 ↓ 3.35 ↑	31 TER	03:00 09:10 15:20 21:30	0.51 ↓ 4.04 ↑ 0.36 ↓ 4.13 ↑
16 SEX	02:30 08:30 13:50 20:20	0.96 ↓ 2.84 ↑ 0.98 ↓ 3.25 ↑				16 SEG	03:40 09:50 15:30 21:50	0.72 ↓ 3.39 ↑ 0.75 ↓ 3.73 ↑				16 SEG	02:30 08:40 14:30 20:40	0.95 ↓ 3.37 ↑ 0.90 ↓ 3.69 ↑			

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 ☀	03:40 09:40 15:50 22:10	0.41 ↓ 4.21 ↑ 0.26 ↓ 4.24 ↑	17 SEX ☾	03:40 09:40 16:00 22:20	0.43 ↓ 4.25 ↑ 0.20 ↓ 4.26 ↑	01 SEX ☀	03:20 09:30 16:00 22:10	0.62 ↓ 4.13 ↑ 0.35 ↓ 3.94 ↑	17 DOM ☾	03:40 09:50 16:30 22:50	0.59 ↓ 4.16 ↑ 0.30 ↓ 3.86 ↑	01 SEG ☾	03:50 10:00 16:40 22:50	0.85 ↓ 3.63 ↑ 0.71 ↓ 3.31 ↑	17 QUA ☀	05:10 11:20 18:10	0.79 ↓ 3.72 ↑ 0.40 ↓
02 QUI	04:10 10:10 16:30 22:40	0.41 ↓ 4.28 ↑ 0.20 ↓ 4.26 ↑	18 SAB	04:10 10:20 16:50 23:00	0.43 ↓ 4.30 ↑ 0.16 ↓ 4.21 ↑	02 SAB	03:50 10:00 16:30 22:40	0.62 ↓ 4.07 ↑ 0.41 ↓ 3.86 ↑	18 SEG	04:30 10:30 17:20 23:40	0.65 ↓ 4.07 ↑ 0.35 ↓ 3.72 ↑	02 TER	04:20 10:30 17:20 23:30	0.95 ↓ 3.50 ↑ 0.78 ↓ 3.18 ↑	18 QUI	00:30 06:10 12:20 19:10	3.45 ↑ 0.78 ↓ 3.61 ↑ 0.40 ↓
03 SEX	04:40 10:40 17:00 23:10	0.43 ↓ 4.24 ↑ 0.25 ↓ 4.17 ↑	19 DOM	04:50 11:00 17:30 23:50	0.48 ↓ 4.24 ↑ 0.24 ↓ 4.02 ↑	03 DOM	04:20 10:30 17:00 23:10	0.68 ↓ 3.94 ↑ 0.52 ↓ 3.69 ↑	19 TER	05:20 11:20 18:10	0.74 ↓ 3.89 ↑ 0.45 ↓	03 QUA	05:00 11:00 17:50	1.06 ↓ 3.36 ↑ 0.85 ↓	19 SEX	01:30 07:00 13:10 20:00	3.38 ↑ 0.80 ↓ 3.49 ↑ 0.49 ↓
04 SAB	05:10 11:10 17:30 23:40	0.48 ↓ 4.12 ↑ 0.35 ↓ 4.00 ↑	20 SEG	05:40 11:40 18:20	0.57 ↓ 4.07 ↑ 0.37 ↓	04 SEG	04:50 11:00 17:30 23:50	0.79 ↓ 3.76 ↑ 0.65 ↓ 3.47 ↑	20 QUA	00:40 06:10 12:20 19:10	3.53 ↑ 0.85 ↓ 3.66 ↑ 0.55 ↓	04 QUI	00:10 05:40 11:40 18:30	3.04 ↑ 1.16 ↓ 3.24 ↑ 0.89 ↓	20 SAB	02:20 08:00 14:10 20:40	3.32 ↑ 0.82 ↓ 3.37 ↑ 0.63 ↓
05 DOM	05:30 11:40 18:00	0.60 ↓ 3.92 ↑ 0.49 ↓	21 TER	00:40 06:20 12:20 19:10	3.76 ↑ 0.77 ↓ 3.83 ↑ 0.57 ↓	05 TER	05:20 11:20 18:10	0.95 ↓ 3.57 ↑ 0.78 ↓	21 QUI	01:40 07:10 13:20 20:10	3.35 ↑ 0.96 ↓ 3.45 ↑ 0.69 ↓	05 SEX	01:00 06:20 12:20 19:10	2.93 ↑ 1.24 ↓ 3.13 ↑ 0.92 ↓	21 DOM ☀	03:00 09:00 15:00 21:30	3.29 ↑ 0.87 ↓ 3.25 ↑ 0.76 ↓
06 SEG	00:10 06:00 12:00 18:30	3.75 ↑ 0.75 ↓ 3.71 ↑ 0.68 ↓	22 QUA	01:30 07:10 13:20 20:10	3.47 ↑ 0.98 ↓ 3.53 ↑ 0.81 ↓	06 QUA	00:20 05:50 11:50 18:40	3.24 ↑ 1.14 ↓ 3.38 ↑ 0.94 ↓	22 SEX	02:40 08:20 14:20 21:10	3.23 ↑ 1.07 ↓ 3.28 ↑ 0.83 ↓	06 SAB	01:40 07:10 13:10 20:00	2.88 ↑ 1.26 ↓ 3.06 ↑ 0.93 ↓	22 SEG	03:50 10:00 16:00 22:10	3.26 ↑ 0.92 ↓ 3.14 ↑ 0.87 ↓
07 TER	00:40 06:20 12:30 19:00	3.46 ↑ 0.99 ↓ 3.48 ↑ 0.89 ↓	23 QUI ☀	02:40 08:10 14:20 21:20	3.20 ↑ 1.19 ↓ 3.27 ↑ 1.04 ↓	07 QUI	01:10 06:30 12:30 19:30	3.01 ↑ 1.31 ↓ 3.18 ↑ 1.06 ↓	23 SAB ☾	03:40 09:30 15:30 22:10	3.19 ↑ 1.15 ↓ 3.19 ↑ 0.92 ↓	07 DOM	02:30 08:10 14:10 20:50	2.90 ↑ 1.22 ↓ 3.03 ↑ 0.93 ↓	23 TER	04:30 10:50 17:00 22:50	3.25 ↑ 0.92 ↓ 3.04 ↑ 0.95 ↓
08 QUA	01:20 06:50 13:00 19:50	3.16 ↑ 1.23 ↓ 3.25 ↑ 1.10 ↓	24 SEX	04:00 09:40 15:40 22:40	3.06 ↑ 1.37 ↓ 3.13 ↑ 1.14 ↓	08 SEX	02:00 07:20 13:20 20:20	2.83 ↑ 1.45 ↓ 2.99 ↑ 1.17 ↓	24 DOM	04:40 10:40 16:40 23:10	3.23 ↑ 1.11 ↓ 3.18 ↑ 0.94 ↓	08 SEG ☀	03:20 09:10 15:10 21:40	2.99 ↑ 1.14 ↓ 3.06 ↑ 0.92 ↓	24 QUA	05:10 11:50 17:50 23:30	3.27 ↑ 0.90 ↓ 2.98 ↑ 0.98 ↓
09 QUI	02:10 07:30 13:40 20:50	2.87 ↑ 1.47 ↓ 3.01 ↑ 1.31 ↓	25 SAB	05:20 11:10 17:10 23:50	3.10 ↑ 1.36 ↓ 3.17 ↑ 1.05 ↓	09 SAB ☾	03:00 08:30 14:30 21:30	2.76 ↑ 1.50 ↓ 2.87 ↑ 1.23 ↓	25 SEG	05:30 11:40 17:50 23:50	3.33 ↑ 0.97 ↓ 3.22 ↑ 0.94 ↓	09 TER	04:10 10:20 16:20 22:30	3.14 ↑ 1.02 ↓ 3.14 ↑ 0.90 ↓	25 QUI	06:00 12:40 18:50	3.31 ↑ 0.87 ↓ 2.96 ↑
10 SEX ☀	03:20 08:30 14:50 22:10	2.66 ↑ 1.66 ↓ 2.80 ↑ 1.46 ↓	26 DOM	06:20 12:20 18:30	3.30 ↑ 1.11 ↓ 3.34 ↑	10 DOM	04:10 09:50 15:50 22:40	2.82 ↑ 1.46 ↓ 2.92 ↑ 1.20 ↓	26 TER	06:10 12:40 18:50	3.46 ↑ 0.79 ↓ 3.30 ↑	10 QUA	05:00 11:30 17:30 23:30	3.32 ↑ 0.86 ↓ 3.23 ↑ 0.84 ↓	26 SEX	00:20 06:40 13:40 19:40	0.98 ↓ 3.35 ↑ 0.86 ↓ 2.98 ↑
11 SAB	05:00 10:20 16:30 23:40	2.65 ↑ 1.67 ↓ 2.82 ↑ 1.44 ↓	27 SEG	00:50 07:10 13:20 19:30	0.89 ↓ 3.54 ↑ 0.80 ↓ 3.56 ↑	11 SEG	05:10 11:10 17:20 23:40	3.00 ↑ 1.27 ↓ 3.12 ↑ 1.07 ↓	27 QUA	00:40 06:50 13:30 19:40	0.89 ↓ 3.59 ↑ 0.66 ↓ 3.37 ↑	11 QUI	05:50 12:30 18:40	3.52 ↑ 0.71 ↓ 3.34 ↑	27 SAB	01:00 07:30 14:20 20:30	0.97 ↓ 3.39 ↑ 0.85 ↓ 3.02 ↑
12 DOM	06:10 12:00 18:10	2.86 ↑ 1.48 ↓ 3.08 ↑	28 TER	01:40 07:50 14:00 20:20	0.75 ↓ 3.78 ↑ 0.58 ↓ 3.75 ↑	12 TER	06:00 12:20 18:30	3.27 ↑ 0.99 ↓ 3.36 ↑	28 QUI	01:20 07:30 14:10 20:20	0.84 ↓ 3.71 ↑ 0.59 ↓ 3.45 ↑	12 SEX	00:20 06:40 13:30 19:40	0.80 ↓ 3.69 ↑ 0.60 ↓ 3.43 ↑	28 DOM	01:50 08:10 15:10 21:20	0.96 ↓ 3.41 ↑ 0.85 ↓ 3.06 ↑
13 SEG	00:40 07:00 13:00 19:20	1.22 ↓ 3.18 ↑ 1.15 ↓ 3.41 ↑	29 QUA	02:20 08:20 14:40 21:00	0.67 ↓ 3.97 ↑ 0.43 ↓ 3.89 ↑	13 QUA	00:30 06:50 13:10 19:20	0.90 ↓ 3.56 ↑ 0.71 ↓ 3.61 ↑	29 SEX	02:00 08:10 14:50 21:00	0.80 ↓ 3.78 ↑ 0.57 ↓ 3.48 ↑	13 SAB	01:20 07:40 14:30 20:40	0.76 ↓ 3.81 ↑ 0.54 ↓ 3.50 ↑	29 SEG ☀	02:40 09:00 15:50 22:00	0.96 ↓ 3.41 ↑ 0.85 ↓ 3.08 ↑
14 TER	01:30 07:40 13:50 20:10	0.96 ↓ 3.52 ↑ 0.80 ↓ 3.74 ↑	30 QUI	02:50 09:00 15:20 21:40	0.64 ↓ 4.09 ↑ 0.35 ↓ 3.95 ↑	14 QUI	01:20 07:30 14:00 20:20	0.74 ↓ 3.83 ↑ 0.49 ↓ 3.80 ↑	30 SAB	02:30 08:50 15:30 21:40	0.78 ↓ 3.79 ↑ 0.59 ↓ 3.47 ↑	14 DOM ☾	02:20 08:30 15:20 21:40	0.76 ↓ 3.88 ↑ 0.51 ↓ 3.53 ↑	30 TER	03:20 09:40 16:30 22:40	0.98 ↓ 3.38 ↑ 0.83 ↓ 3.09 ↑
15 QUA	02:20 08:20 14:40 20:50	0.72 ↓ 3.83 ↑ 0.49 ↓ 4.02 ↑				15 SEX	02:10 08:10 14:50 21:10	0.62 ↓ 4.04 ↑ 0.35 ↓ 3.91 ↑	31 DOM ☀	03:10 09:20 16:10 22:20	0.79 ↓ 3.74 ↑ 0.64 ↓ 3.41 ↑	15 SEG	03:10 09:30 16:20 22:40	0.79 ↓ 3.87 ↑ 0.47 ↓ 3.52 ↑			
16 QUI	03:00 09:00 15:20 21:40	0.54 ↓ 4.09 ↑ 0.29 ↓ 4.19 ↑				16 SAB ☾	02:50 09:00 15:40 22:00	0.59 ↓ 4.16 ↑ 0.29 ↓ 3.93 ↑				16 TER	04:10 10:20 17:20 23:40	0.80 ↓ 3.82 ↑ 0.41 ↓ 3.49 ↑			

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	04:10	1.00 ↓	17 SEX	00:10	3.55 ↑	01 SAB	05:20	0.77 ↓	17 SEG	00:50	3.57 ↑	01 TER	00:00	3.63 ↑	17 QUI	00:50	3.26 ↑		
	10:20	3.34 ↑		06:00	0.58 ↓		11:30	3.51 ↑		06:50	0.48 ↓		06:10	0.51 ↓		07:20	0.81 ↓		
	17:10	0.80 ↓		12:10	3.73 ↑		17:50	0.58 ↓		13:00	3.58 ↑		12:20	3.65 ↑		13:20	2.98 ↑		
	23:20	3.07 ↑		18:40	0.32 ↓					19:10	0.56 ↓		18:20	0.54 ↓		19:00	1.02 ↓		
02 QUI	04:50	1.03 ↓	18 SAB	01:00	3.52 ↑	02 DOM	00:00	3.29 ↑	18 TER	01:20	3.42 ↑	02 QUA	00:30	3.61 ↑	18 SEX	01:20	3.04 ↑		
	11:00	3.30 ↑		06:40	0.57 ↓		05:50	0.75 ↓		07:30	0.61 ↓		06:50	0.58 ↓		08:00	1.03 ↓		
	17:40	0.78 ↓		12:50	3.64 ↑		12:00	3.53 ↑		13:30	3.33 ↑		13:00	3.46 ↑		14:00	2.66 ↑		
				19:20	0.41 ↓		18:30	0.53 ↓		19:30	0.73 ↓		19:00	0.66 ↓		19:30	1.26 ↓		
03 SEX	00:00	3.04 ↑	19 DOM	01:40	3.45 ↑	03 SEG	00:30	3.33 ↑	19 QUA	01:50	3.24 ↑	03 QUI	01:10	3.50 ↑	19 SAB	02:00	2.81 ↑		
	05:30	1.04 ↓		07:30	0.60 ↓		06:30	0.71 ↓		08:10	0.77 ↓		07:40	0.70 ↓		09:00	1.24 ↓		
	11:30	3.28 ↑		13:40	3.49 ↑		12:40	3.50 ↑		14:10	3.05 ↑		13:50	3.18 ↑		15:10	2.39 ↑		
	18:20	0.74 ↓		20:00	0.54 ↓		19:00	0.55 ↓		20:00	0.91 ↓		19:40	0.84 ↓		20:20	1.49 ↓		
04 SAB	00:40	3.02 ↑	20 SEG	02:10	3.36 ↑	04 TER	01:10	3.36 ↑	20 QUI	02:20	3.07 ↑	04 SEX	02:00	3.31 ↑	20 DOM	03:00	2.60 ↑		
	06:10	1.02 ↓		08:20	0.68 ↓		07:10	0.69 ↓		08:50	0.96 ↓		08:40	0.89 ↓		10:30	1.43 ↓		
	12:10	3.27 ↑		14:20	3.30 ↑		13:20	3.41 ↑		14:50	2.76 ↑		14:50	2.86 ↑		17:00	2.30 ↑		
	18:50	0.72 ↓		20:30	0.70 ↓		19:30	0.61 ↓		20:30	1.13 ↓		20:30	1.07 ↓		21:50	1.59 ↓		
05 DOM	01:10	3.05 ↑	21 TER	02:50	3.25 ↑	05 QUA	01:50	3.37 ↑	21 SEX	03:00	2.90 ↑	05 SAB	03:00	3.08 ↑	21 SEG	04:40	2.58 ↑		
	06:50	0.99 ↓		09:00	0.79 ↓		08:00	0.71 ↓		10:00	1.18 ↓		10:00	1.12 ↓		12:10	1.43 ↓		
	13:00	3.25 ↑		15:00	3.09 ↑		14:10	3.25 ↑		15:50	2.51 ↑		16:20	2.62 ↑		18:40	2.46 ↑		
	19:30	0.69 ↓		21:10	0.85 ↓		20:10	0.71 ↓		21:20	1.32 ↓		21:40	1.28 ↓		23:50	1.45 ↓		
06 SEG	01:50	3.10 ↑	22 QUA	03:30	3.15 ↑	06 QUI	02:30	3.35 ↑	22 SAB	04:00	2.76 ↑	06 DOM	04:20	2.93 ↑	22 TER	06:20	2.80 ↑		
	07:40	0.91 ↓		10:00	0.93 ↓		09:00	0.79 ↓		11:20	1.36 ↓		11:40	1.24 ↓		13:10	1.20 ↓		
	13:50	3.23 ↑		16:00	2.88 ↑		15:10	3.04 ↑		17:20	2.38 ↑		18:10	2.64 ↑		19:30	2.76 ↑		
	20:10	0.70 ↓		21:40	0.99 ↓		21:00	0.87 ↓		22:30	1.43 ↓		23:30	1.33 ↓					
07 TER	02:30	3.19 ↑	23 QUI	04:10	3.07 ↑	07 SEX	03:30	3.25 ↑	23 DOM	05:20	2.74 ↑	07 SEG	06:00	3.01 ↑	23 QUA	01:00	1.18 ↓		
	08:40	0.85 ↓		11:00	1.06 ↓		10:10	0.94 ↓		12:40	1.38 ↓		13:10	1.04 ↓		07:20	3.10 ↑		
	14:40	3.19 ↑		16:50	2.71 ↑		16:20	2.83 ↑		19:00	2.45 ↑		19:30	2.90 ↑		14:00	0.94 ↓		
	20:50	0.73 ↓		22:20	1.12 ↓		22:00	1.05 ↓								20:10	3.07 ↑		
08 QUA	03:20	3.26 ↑	24 SEX	05:00	3.01 ↑	08 SAB	04:30	3.16 ↑	24 SEG	00:00	1.38 ↓	08 TER	01:00	1.16 ↓	24 QUI	02:00	0.87 ↓		
	09:40	0.83 ↓		12:00	1.13 ↓		11:40	1.07 ↓		06:40	2.86 ↑		07:30	3.26 ↑		08:10	3.40 ↑		
	15:40	3.13 ↑		18:00	2.61 ↑		17:50	2.73 ↑		13:50	1.23 ↓		14:10	0.76 ↓		14:30	0.72 ↓		
	21:40	0.80 ↓		23:20	1.18 ↓		23:20	1.16 ↓		20:00	2.68 ↑		20:30	3.23 ↑		20:40	3.36 ↑		
09 QUI	04:10	3.33 ↑	25 SAB	06:00	3.01 ↑	09 DOM	05:50	3.15 ↑	25 TER	01:20	1.24 ↓	09 QUA	02:10	0.86 ↓	25 SEX	02:40	0.61 ↓		
	10:40	0.83 ↓		13:10	1.16 ↓		13:00	1.06 ↓		07:50	3.07 ↑		08:30	3.56 ↑		08:50	3.66 ↑		
	16:50	3.05 ↑		19:10	2.62 ↑		19:20	2.83 ↑		14:40	1.02 ↓		15:00	0.51 ↓		15:10	0.53 ↓		
	22:40	0.88 ↓								20:40	2.93 ↑		21:10	3.55 ↑		21:10	3.60 ↑		
10 SEX	05:00	3.39 ↑	26 DOM	00:20	1.19 ↓	10 SEG	00:40	1.15 ↓	26 QUA	02:20	1.03 ↓	10 QUI	03:00	0.58 ↓	26 SAB	03:10	0.44 ↓		
	11:50	0.83 ↓		07:00	3.06 ↑		07:10	3.27 ↑		08:40	3.29 ↑		09:20	3.82 ↑		09:30	3.85 ↑		
	18:00	3.01 ↑		14:10	1.11 ↓		14:20	0.87 ↓		15:20	0.82 ↓		15:50	0.32 ↓		15:40	0.41 ↓		
	23:40	0.94 ↓		20:10	2.73 ↑		20:40	3.06 ↑		21:20	3.17 ↑		21:50	3.77 ↑		21:40	3.77 ↑		
11 SAB	06:10	3.43 ↑	27 SEG	01:30	1.14 ↓	11 TER	02:00	1.02 ↓	27 QUI	03:00	0.83 ↓	11 SEX	03:50	0.37 ↓	27 DOM	03:50	0.32 ↓		
	13:00	0.83 ↓		08:00	3.15 ↑		08:30	3.48 ↑		09:20	3.50 ↑		10:00	3.98 ↑		10:10	3.94 ↑		
	19:20	3.04 ↑		15:00	1.02 ↓		15:20	0.62 ↓		15:50	0.67 ↓		16:20	0.30 ↓		16:10	0.36 ↓		
				21:10	2.87 ↑		21:30	3.33 ↑		21:50	3.36 ↑		22:20	3.89 ↑		22:10	3.88 ↑		
12 DOM	00:50	0.96 ↓	28 TER	02:20	1.07 ↓	12 QUA	03:10	0.81 ↓	28 SEX	03:40	0.67 ↓	12 SAB	04:30	0.27 ↓	28 SEG	04:30	0.29 ↓		
	07:10	3.50 ↑		08:50	3.25 ↑		09:30	3.69 ↑		10:00	3.66 ↑		10:40	4.03 ↑		10:40	3.95 ↑		
	14:20	0.78 ↓		15:40	0.91 ↓		16:10	0.41 ↓		16:20	0.54 ↓		16:50	0.33 ↓		16:40	0.39 ↓		
	20:30	3.14 ↑		21:50	3.02 ↑		22:20	3.56 ↑		22:20	3.49 ↑		23:00	3.90 ↑		22:50	3.90 ↑		
13 SEG	02:00	0.94 ↓	29 QUA	03:20	0.98 ↓	13 QUI	04:00	0.62 ↓	29 SAB	04:20	0.56 ↓	13 DOM	05:00	0.28 ↓	29 TER	05:10	0.32 ↓		
	08:20	3.59 ↑		09:30	3.35 ↑		10:20	3.85 ↑		10:30	3.77 ↑		11:20	3.96 ↑		11:20	3.84 ↑		
	15:20	0.67 ↓		16:20	0.79 ↓		17:00	0.25 ↓		16:50	0.47 ↓		17:20	0.39 ↓		17:20	0.45 ↓		
	21:40	3.28 ↑		22:30	3.13 ↑		23:00	3.70 ↑		22:50	3.58 ↑		23:30	3.82 ↑		23:20	3.86 ↑		
14 TER	03:10	0.89 ↓	30 QUI	04:00	0.90 ↓	14 SEX	04:50	0.46 ↓	30 DOM	04:50	0.52 ↓	14 SEG	05:40	0.33 ↓	30 QUA	05:50	0.42 ↓		
	09:30	3.66 ↑		10:10	3.43 ↑		11:10	3.92 ↑		11:10	3.80 ↑		11:50	3.81 ↑		12:00	3.63 ↑		
	16:20	0.50 ↓		16:50	0.70 ↓		17:30	0.27 ↓		17:20	0.44 ↓		17:50	0.49 ↓		17:50	0.59 ↓		
	22:40	3.41 ↑		23:00	3.20 ↑		23:40	3.74 ↑		23:20	3.63 ↑		23:50	3.67 ↑					
15 QUA	04:10	0.79 ↓	31 SEX	04:40	0.83 ↓	15 SAB	05:30	0.40 ↓	31 SEG	05:30	0.49 ↓	15 TER	06:10	0.46 ↓					
	10:30	3.73 ↑		10:50	3.48 ↑		11:50	3.89 ↑		11:40	3.77 ↑		12:20	3.57 ↑					
	17:10	0.38 ↓		17:20	0.63 ↓		18:10	0.31 ↓		17:50	0.47 ↓		18:10	0.63 ↓					
	23:30	3.50 ↑		23:30	3.25 ↑														
16 QUI	05:00	0.69 ↓				16 DOM	00:10	3.69 ↑				16 QUA	00:20	3.47 ↑					
	11:20	3.76 ↑					06:10	0.41 ↓					06:40	0.62 ↓					
	18:00	0.29 ↓					12:20	3.78 ↑					12:50	3.29 ↑					
							18:40	0.42 ↓					18:40	0.80 ↓					

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	00:00	3.71 ↑	17 SAB	00:30	3.02 ↑	01 DOM	01:40	3.05 ↑	17 TER	02:00	2.66 ↑	01 TER	02:50	3.06 ↑	17 QUI	02:40	2.92 ↑
	06:30	0.57 ↓		07:20	1.04 ↓		08:50	0.91 ↓		09:00	1.08 ↓		09:40	0.73 ↓		09:10	0.80 ↓
	12:50	3.32 ↑		13:30	2.57 ↑		15:10	2.71 ↑		15:40	2.49 ↑		16:10	2.95 ↑		15:40	2.88 ↑
	18:30	0.78 ↓		18:50	1.32 ↓		20:40	1.17 ↓		21:10	1.31 ↓		22:00	0.95 ↓		21:40	0.95 ↓
02 SEX	00:40	3.48 ↑	18 DOM	01:10	2.77 ↑	02 SEG	03:00	2.88 ↑	18 QUA	03:20	2.67 ↑	02 QUA	04:10	3.02 ↑	18 SEX	03:50	2.94 ↑
	07:30	0.76 ↓		08:20	1.21 ↓		10:10	1.00 ↓		10:10	1.05 ↓		10:40	0.76 ↓		10:00	0.81 ↓
	13:40	2.99 ↑		14:50	2.36 ↑		16:40	2.74 ↑		16:40	2.66 ↑		17:00	3.05 ↑		16:30	3.03 ↑
	19:20	1.01 ↓		19:50	1.51 ↓		22:20	1.22 ↓		22:30	1.17 ↓		23:10	0.86 ↓		22:50	0.86 ↓
03 SAB	01:40	3.17 ↑	19 SEG	02:20	2.55 ↑	03 TER	04:30	2.91 ↑	19 QUI	04:40	2.82 ↑	03 QUI	05:10	3.03 ↑	19 SAB	04:50	2.98 ↑
	08:40	0.99 ↓		09:50	1.33 ↓		11:20	0.91 ↓		11:10	0.93 ↓		11:30	0.76 ↓		11:00	0.78 ↓
	15:00	2.68 ↑		16:30	2.34 ↑		17:40	2.94 ↑		17:30	2.91 ↑		17:50	3.18 ↑		17:20	3.21 ↑
	20:20	1.24 ↓		21:30	1.54 ↓		23:40	1.03 ↓		23:40	0.93 ↓					23:50	0.74 ↓
04 DOM	02:50	2.90 ↑	20 TER	04:00	2.56 ↑	04 QUA	05:50	3.06 ↑	20 SEX	05:50	3.04 ↑	04 SEX	00:10	0.72 ↓	20 DOM	06:00	3.06 ↑
	10:10	1.19 ↓		11:10	1.30 ↓		12:20	0.74 ↓		12:00	0.76 ↓		06:10	3.08 ↑		11:50	0.74 ↓
	16:40	2.59 ↑		17:50	2.54 ↑		18:40	3.19 ↑		18:20	3.20 ↑		12:10	0.74 ↓		18:10	3.39 ↑
	22:00	1.36 ↓		23:20	1.36 ↓								18:30	3.31 ↑			
05 SEG	04:30	2.84 ↑	21 QUA	05:30	2.79 ↑	05 QUI	00:40	0.75 ↓	21 SAB	00:40	0.66 ↓	05 SAB	01:00	0.59 ↓	21 SEG	01:00	0.63 ↓
	11:40	1.14 ↓		12:20	1.08 ↓		06:50	3.27 ↑		06:50	3.26 ↑		07:10	3.14 ↑		07:10	3.15 ↑
	18:10	2.77 ↑		18:30	2.84 ↑		13:10	0.60 ↓		12:50	0.60 ↓		13:00	0.70 ↓		12:50	0.68 ↓
	23:50	1.27 ↓					19:20	3.44 ↑		19:00	3.48 ↑		19:10	3.44 ↑		19:10	3.55 ↑
06 TER	06:10	3.03 ↑	22 QUI	00:30	1.05 ↓	06 SEX	01:30	0.50 ↓	22 DOM	01:30	0.45 ↓	06 DOM	01:50	0.52 ↓	22 TER	02:00	0.55 ↓
	13:00	0.84 ↓		06:40	3.10 ↑		07:40	3.45 ↑		07:40	3.45 ↑		08:00	3.20 ↑		08:10	3.24 ↑
	19:10	3.09 ↑		13:00	0.84 ↓		13:50	0.52 ↓		13:30	0.48 ↓		13:40	0.66 ↓		13:50	0.64 ↓
				19:10	3.17 ↑		19:50	3.64 ↑		19:40	3.72 ↑		19:50	3.53 ↑		20:10	3.67 ↑
07 QUA	01:00	0.95 ↓	23 SEX	01:20	0.72 ↓	07 SAB	02:20	0.33 ↓	23 SEG	02:20	0.32 ↓	07 SEG	02:30	0.50 ↓	23 QUA	03:00	0.48 ↓
	07:20	3.32 ↑		07:30	3.40 ↑		08:30	3.58 ↑		08:30	3.58 ↑		08:40	3.24 ↑		09:10	3.33 ↑
	13:50	0.60 ↓		13:40	0.62 ↓		14:20	0.49 ↓		14:20	0.41 ↓		14:10	0.63 ↓		14:40	0.64 ↓
	20:00	3.41 ↑		19:50	3.48 ↑		20:30	3.78 ↑		20:30	3.87 ↑		20:30	3.58 ↑		21:10	3.74 ↑
08 QUI	02:00	0.60 ↓	24 SAB	02:00	0.46 ↓	08 DOM	02:50	0.29 ↓	24 TER	03:00	0.28 ↓	08 TER	03:10	0.52 ↓	24 QUI	04:00	0.40 ↓
	08:10	3.61 ↑		08:20	3.65 ↑		09:10	3.64 ↑		09:20	3.62 ↑		09:20	3.26 ↑		10:10	3.38 ↑
	14:30	0.46 ↓		14:20	0.45 ↓		14:50	0.47 ↓		15:00	0.43 ↓		14:50	0.63 ↓		15:40	0.62 ↓
	20:40	3.68 ↑		20:20	3.74 ↑		21:00	3.84 ↑		21:10	3.93 ↑		21:10	3.57 ↑		22:00	3.77 ↑
09 SEX	02:40	0.38 ↓	25 DOM	02:40	0.29 ↓	09 SEG	03:30	0.30 ↓	25 QUA	03:50	0.29 ↓	09 QUA	03:50	0.56 ↓	25 SEX	04:50	0.33 ↓
	09:00	3.81 ↑		09:00	3.82 ↑		09:40	3.64 ↑		10:10	3.57 ↑		10:00	3.23 ↑		11:10	3.41 ↑
	15:10	0.37 ↓		15:00	0.35 ↓		15:30	0.47 ↓		15:50	0.48 ↓		15:30	0.66 ↓		16:40	0.58 ↓
	21:10	3.87 ↑		21:00	3.93 ↑		21:40	3.81 ↑		22:00	3.88 ↑		21:50	3.50 ↑		23:00	3.74 ↑
10 SAB	03:20	0.25 ↓	26 SEG	03:20	0.21 ↓	10 TER	04:10	0.36 ↓	26 QUI	04:50	0.32 ↓	10 QUI	04:30	0.61 ↓	26 SAB	05:50	0.23 ↓
	09:40	3.92 ↑		09:40	3.89 ↑		10:10	3.56 ↑		11:00	3.45 ↑		10:40	3.15 ↑		12:00	3.41 ↑
	15:40	0.37 ↓		15:30	0.34 ↓		16:00	0.51 ↓		16:40	0.58 ↓		16:10	0.72 ↓		17:40	0.54 ↓
	21:40	3.96 ↑		21:40	4.01 ↑		22:10	3.70 ↑		22:50	3.74 ↑		22:20	3.40 ↑		23:50	3.69 ↑
11 DOM	04:00	0.21 ↓	27 TER	04:10	0.20 ↓	11 QUA	04:40	0.46 ↓	27 SEX	05:40	0.39 ↓	11 SEX	05:10	0.66 ↓	27 DOM	06:40	0.22 ↓
	10:10	3.94 ↑		10:20	3.84 ↑		10:50	3.40 ↑		12:00	3.27 ↑		11:10	3.05 ↑		12:50	3.38 ↑
	16:10	0.39 ↓		16:10	0.39 ↓		16:20	0.62 ↓		17:30	0.69 ↓		16:40	0.83 ↓		18:30	0.54 ↓
	22:10	3.94 ↑		22:20	3.98 ↑		22:30	3.55 ↑		23:40	3.55 ↑		23:00	3.27 ↑			
12 SEG	04:30	0.26 ↓	28 QUA	04:50	0.29 ↓	12 QUI	05:10	0.58 ↓	28 SAB	06:40	0.46 ↓	12 SAB	05:40	0.70 ↓	28 SEG	00:50	3.59 ↑
	10:40	3.86 ↑		11:00	3.69 ↑		11:20	3.20 ↑		13:00	3.10 ↑		11:50	2.93 ↑		07:30	0.27 ↓
	16:40	0.44 ↓		16:50	0.50 ↓		16:50	0.77 ↓		18:30	0.78 ↓		17:20	0.92 ↓		13:40	3.32 ↑
	22:40	3.84 ↑		23:00	3.86 ↑		23:00	3.37 ↑					23:30	3.16 ↑		19:30	0.55 ↓
13 TER	05:00	0.36 ↓	29 QUI	05:40	0.41 ↓	13 SEX	05:50	0.71 ↓	29 DOM	00:40	3.34 ↑	13 DOM	06:20	0.73 ↓	29 TER	01:40	3.47 ↑
	11:10	3.68 ↑		11:50	3.44 ↑		11:50	2.97 ↑		07:40	0.54 ↓		12:30	2.82 ↑		08:20	0.38 ↓
	17:00	0.54 ↓		17:30	0.68 ↓		17:20	0.95 ↓		14:00	2.98 ↑		18:00	1.01 ↓		14:30	3.26 ↑
	23:10	3.67 ↑		23:40	3.64 ↑		23:30	3.18 ↑		19:30	0.86 ↓					20:20	0.62 ↓
14 QUA	05:30	0.50 ↓	30 SEX	06:30	0.57 ↓	14 SAB	06:20	0.84 ↓	30 SEG	01:50	3.16 ↑	14 SEG	00:10	3.06 ↑	30 QUA	02:30	3.32 ↑
	11:40	3.44 ↑		12:50	3.13 ↑		12:30	2.75 ↑		08:40	0.65 ↓		07:00	0.75 ↓		09:00	0.55 ↓
	17:30	0.68 ↓		18:20	0.87 ↓		17:50	1.13 ↓		15:00	2.93 ↑		13:20	2.74 ↑		15:20	3.19 ↑
	23:30	3.47 ↑								20:40	0.93 ↓		18:40	1.07 ↓		21:20	0.72 ↓
15 QUI	06:00	0.67 ↓	31 SAB	00:40	3.33 ↑	15 DOM	00:10	2.98 ↑				15 TER	00:50	2.98 ↑	31 QUI	03:30	3.15 ↑
	12:10	3.16 ↑		07:30	0.74 ↓		07:10	0.95 ↓					07:40	0.77 ↓		09:50	0.71 ↓
	17:50	0.88 ↓		13:50	2.86 ↑		13:30	2.55 ↑					14:00	2.73 ↑		16:10	3.15 ↑
				19:20	1.05 ↓		18:40	1.27 ↓					19:30	1.07 ↓			
16 SEX	00:00	3.25 ↑				16 SEG	00:50	2.79 ↑				16 QUA	01:40	2.93 ↑			
	06:40	0.85 ↓					08:00	1.03 ↓					08:20	0.79 ↓			
	12:50	2.85 ↑					14:30	2.46 ↑					14:50	2.77 ↑			
	18:20	1.09 ↓					19:40	1.35 ↓					20:30	1.03 ↓			