

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	08:20 14:00 20:30	3.48 ↑ 0.74 ↓ 3.83 ↑	17 SAB	03:10 09:10 14:40 21:10	0.83 ↓ 3.06 ↑ 0.91 ↓ 3.53 ↑	01 DOM	03:50 10:00 15:40 22:00	0.35 ↓ 3.68 ↑ 0.64 ↓ 3.95 ↑	17 TER	04:10 10:10 16:00 22:20	0.53 ↓ 3.49 ↑ 0.63 ↓ 3.86 ↑	01 DOM	02:40 08:50 14:40 21:00	0.52 ↓ 3.51 ↑ 0.73 ↓ 3.75 ↑	17 TER	03:00 09:10 15:00 21:20	0.63 ↓ 3.46 ↑ 0.62 ↓ 3.77 ↑
02 SEX	03:10 09:20 15:00 21:20	0.51 ↓ 3.60 ↑ 0.69 ↓ 3.94 ↑	18 DOM	03:50 09:50 15:30 21:50	0.72 ↓ 3.19 ↑ 0.84 ↓ 3.66 ↑	02 SEG	04:40 10:40 16:30 22:40	0.21 ↓ 3.76 ↑ 0.52 ↓ 3.98 ↑	18 QUA	04:40 10:50 16:40 23:00	0.47 ↓ 3.64 ↑ 0.54 ↓ 3.93 ↑	02 SEG	03:30 09:40 15:30 21:40	0.33 ↓ 3.72 ↑ 0.56 ↓ 3.90 ↑	18 QUA	03:40 09:40 15:50 22:00	0.48 ↓ 3.70 ↑ 0.45 ↓ 3.94 ↑
03 SAB	04:00 10:10 15:50 22:10	0.40 ↓ 3.68 ↑ 0.66 ↓ 3.99 ↑	19 SEG	04:30 10:30 16:10 22:30	0.61 ↓ 3.30 ↑ 0.79 ↓ 3.74 ↑	03 TER	05:20 11:20 17:10 23:30	0.17 ↓ 3.76 ↑ 0.45 ↓ 3.93 ↑	19 QUI	05:20 11:20 17:30 23:40	0.39 ↓ 3.73 ↑ 0.42 ↓ 3.92 ↑	03 TER	04:10 10:20 16:10 22:30	0.25 ↓ 3.84 ↑ 0.44 ↓ 3.97 ↑	19 QUI	04:20 10:20 16:30 22:40	0.37 ↓ 3.88 ↑ 0.36 ↓ 4.02 ↑
04 DOM	04:50 11:00 16:30 22:50	0.30 ↓ 3.70 ↑ 0.66 ↓ 3.96 ↑	20 TER	05:10 11:10 16:50 23:10	0.52 ↓ 3.38 ↑ 0.74 ↓ 3.78 ↑	04 QUA	06:00 12:00 17:50	0.19 ↓ 3.68 ↑ 0.42 ↓	20 SEX	06:00 12:00 18:10	0.35 ↓ 3.76 ↑ 0.41 ↓	04 QUA	04:50 10:50 16:50 23:10	0.21 ↓ 3.85 ↑ 0.36 ↓ 3.93 ↑	20 SEX	04:50 11:00 17:10 23:20	0.38 ↓ 3.97 ↑ 0.32 ↓ 3.99 ↑
05 SEG	05:40 11:40 17:20 23:40	0.23 ↓ 3.64 ↑ 0.60 ↓ 3.87 ↑	21 QUA	05:50 11:50 17:40 23:50	0.45 ↓ 3.44 ↑ 0.64 ↓ 3.76 ↑	05 QUI	00:10 06:30 12:30 18:30	3.79 ↑ 0.29 ↓ 3.53 ↑ 0.42 ↓	21 SAB	00:20 06:30 12:40 19:00	3.84 ↑ 0.43 ↓ 3.73 ↑ 0.41 ↓	05 QUI	05:20 11:30 17:30 23:40	0.27 ↓ 3.79 ↑ 0.32 ↓ 3.80 ↑	21 SAB	05:30 11:30 18:00	0.37 ↓ 3.98 ↑ 0.29 ↓
06 TER	06:20 12:20 18:10	0.27 ↓ 3.52 ↑ 0.55 ↓	22 QUI	06:20 12:30 18:20	0.47 ↓ 3.46 ↑ 0.62 ↓	06 SEX	00:40 07:00 13:10 19:10	3.60 ↑ 0.41 ↓ 3.37 ↑ 0.47 ↓	22 DOM	01:10 07:10 13:20 19:50	3.68 ↑ 0.50 ↓ 3.64 ↑ 0.52 ↓	06 SEX	05:50 12:00 18:10	0.35 ↓ 3.66 ↑ 0.33 ↓	22 DOM	00:00 06:00 12:10 18:40	3.87 ↑ 0.48 ↓ 3.90 ↑ 0.39 ↓
07 QUA	00:20 07:00 13:10 18:50	3.72 ↑ 0.36 ↓ 3.37 ↑ 0.58 ↓	23 SEX	00:40 07:00 13:10 19:10	3.70 ↑ 0.48 ↓ 3.46 ↑ 0.59 ↓	07 SAB	01:20 07:30 13:40 19:50	3.38 ↑ 0.53 ↓ 3.21 ↑ 0.58 ↓	23 SEG	01:50 07:50 14:10 20:40	3.48 ↑ 0.63 ↓ 3.50 ↑ 0.72 ↓	07 SAB	00:20 06:20 12:30 18:40	3.60 ↑ 0.45 ↓ 3.50 ↑ 0.41 ↓	23 SEG	00:50 06:40 13:00 19:30	3.67 ↑ 0.57 ↓ 3.74 ↑ 0.52 ↓
08 QUI	01:10 07:40 13:50 19:40	3.52 ↑ 0.47 ↓ 3.20 ↑ 0.62 ↓	24 SAB	01:20 07:40 13:50 20:10	3.58 ↑ 0.54 ↓ 3.43 ↑ 0.62 ↓	08 DOM	02:00 08:00 14:20 20:40	3.15 ↑ 0.68 ↓ 3.07 ↑ 0.73 ↓	24 TER	02:50 08:50 15:10 21:50	3.23 ↑ 0.79 ↓ 3.32 ↑ 0.95 ↓	08 DOM	00:50 06:50 12:50 19:20	3.37 ↑ 0.56 ↓ 3.34 ↑ 0.52 ↓	24 TER	01:40 07:20 13:40 20:30	3.41 ↑ 0.71 ↓ 3.54 ↑ 0.73 ↓
09 SEX	01:50 08:20 14:30 20:30	3.31 ↑ 0.61 ↓ 3.06 ↑ 0.72 ↓	25 DOM	02:20 08:30 14:50 21:10	3.43 ↑ 0.63 ↓ 3.36 ↑ 0.75 ↓	09 SEG	02:40 08:40 15:00 21:30	2.92 ↑ 0.82 ↓ 2.94 ↑ 0.92 ↓	25 QUA	04:00 09:50 16:20 23:10	3.00 ↑ 0.99 ↓ 3.17 ↑ 1.11 ↓	09 SEG	01:20 07:10 13:20 20:00	3.14 ↑ 0.73 ↓ 3.19 ↑ 0.68 ↓	25 QUA	02:30 08:20 14:40 21:30	3.14 ↑ 0.86 ↓ 3.30 ↑ 0.98 ↓
10 SAB	02:40 09:00 15:10 21:20	3.10 ↑ 0.76 ↓ 2.94 ↑ 0.86 ↓	26 SEG	03:20 09:20 15:50 22:20	3.26 ↑ 0.77 ↓ 3.29 ↑ 0.92 ↓	10 TER	03:30 09:20 15:50 22:30	2.72 ↑ 0.98 ↓ 2.85 ↑ 1.11 ↓	26 QUI	05:30 11:10 17:40	2.89 ↑ 1.12 ↓ 3.16 ↑	10 TER	02:00 07:40 14:00 20:40	2.90 ↑ 0.89 ↓ 3.03 ↑ 0.88 ↓	26 QUI	03:50 09:20 15:50 23:00	2.86 ↑ 1.07 ↓ 3.09 ↑ 1.14 ↓
11 DOM	03:30 09:40 16:00 22:20	2.91 ↑ 0.89 ↓ 2.87 ↑ 1.02 ↓	27 TER	04:30 10:20 16:50 23:40	3.11 ↑ 0.92 ↓ 3.26 ↑ 1.00 ↓	11 QUA	04:30 10:10 16:50 23:50	2.56 ↑ 1.12 ↓ 2.81 ↑ 1.24 ↓	27 SEX	00:40 06:50 12:30 19:00	0.98 ↓ 3.01 ↑ 1.07 ↓ 3.31 ↑	11 QUA	02:40 08:20 14:50 21:50	2.68 ↑ 1.04 ↓ 2.89 ↑ 1.10 ↓	27 SEX	05:10 10:50 17:20	2.80 ↑ 1.20 ↓ 3.03 ↑
12 SEG	04:30 10:30 17:00 23:30	2.76 ↑ 1.00 ↓ 2.86 ↑ 1.13 ↓	28 QUA	05:40 11:30 18:00	3.06 ↑ 0.98 ↓ 3.32 ↑	12 QUI	05:50 11:10 18:00	2.51 ↑ 1.20 ↓ 2.88 ↑	28 SAB	01:50 08:00 13:40 20:00	0.72 ↓ 3.25 ↑ 0.92 ↓ 3.53 ↑	12 QUI	03:40 09:10 15:50 23:00	2.51 ↑ 1.20 ↓ 2.78 ↑ 1.26 ↓	28 SAB	00:20 06:40 12:20 18:40	0.99 ↓ 2.98 ↑ 1.13 ↓ 3.20 ↑
13 TER	05:30 11:20 17:50	2.69 ↑ 1.05 ↓ 2.93 ↑	29 QUI	00:50 07:00 12:40 19:10	0.92 ↓ 3.14 ↑ 0.95 ↓ 3.48 ↑	13 SEX	01:00 07:00 12:20 19:00	1.19 ↓ 2.61 ↑ 1.15 ↓ 3.05 ↑				13 SEX	05:10 10:30 17:20	2.42 ↑ 1.29 ↓ 2.79 ↑	29 DOM	01:20 07:40 13:30 19:40	0.76 ↓ 3.25 ↑ 0.92 ↓ 3.43 ↑
14 QUA	00:30 06:40 12:10 18:40	1.12 ↓ 2.70 ↑ 1.05 ↓ 3.05 ↑	30 SEX	02:00 08:10 13:50 20:10	0.73 ↓ 3.32 ↑ 0.86 ↓ 3.66 ↑	14 SAB	02:00 08:00 13:30 20:00	1.04 ↓ 2.82 ↑ 1.03 ↓ 3.27 ↑				14 SAB	00:20 06:30 12:00 18:30	1.23 ↓ 2.56 ↑ 1.20 ↓ 2.97 ↑	30 SEG	02:20 08:30 14:20 20:40	0.51 ↓ 3.52 ↑ 0.71 ↓ 3.66 ↑
15 QUI	01:30 07:30 13:00 19:40	1.05 ↓ 2.79 ↑ 1.01 ↓ 3.21 ↑	31 SAB	03:00 09:10 14:50 21:10	0.52 ↓ 3.51 ↑ 0.75 ↓ 3.83 ↑	15 DOM	02:50 08:50 14:30 20:50	0.86 ↓ 3.06 ↑ 0.89 ↓ 3.51 ↑				15 DOM	01:30 07:40 13:10 19:40	1.04 ↓ 2.84 ↑ 1.02 ↓ 3.24 ↑	31 TER	03:00 09:10 15:10 21:20	0.40 ↓ 3.73 ↑ 0.52 ↓ 3.80 ↑
16 SEX	02:30 08:30 13:50 20:20	0.95 ↓ 2.92 ↑ 0.96 ↓ 3.37 ↑				16 SEG	03:30 09:30 15:20 21:40	0.68 ↓ 3.29 ↑ 0.74 ↓ 3.71 ↑				16 SEG	02:20 08:20 14:10 20:30	0.82 ↓ 3.16 ↑ 0.82 ↓ 3.53 ↑			

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	0.34 ↓	17 SEX ☾	03:40	0.44 ↓	01 SEX ☀	03:40	0.52 ↓	17 DOM	03:50	0.56 ↓	01 SEG	04:00	0.77 ↓	17 QUA	05:10	0.66 ↓
	09:50	3.86 ↑		09:50	4.03 ↑		09:50	3.81 ↑		10:10	4.12 ↑		10:20	3.65 ↑		11:30	3.93 ↑
	15:50	0.40 ↓		16:10	0.33 ↓		16:10	0.42 ↓		16:50	0.32 ↓		17:00	0.57 ↓		18:10	0.35 ↓
	22:00	3.86 ↑		22:20	3.99 ↑		22:20	3.62 ↑		22:50	3.82 ↑		23:00	3.23 ↑			
02 QUI	04:10	0.37 ↓	18 SAB	04:20	0.44 ↓	02 SAB	04:10	0.56 ↓	18 SEG	04:40	0.57 ↓	02 TER	04:30	0.84 ↓	18 QUI	00:20	3.52 ↑
	10:20	3.88 ↑		10:30	4.10 ↑		10:20	3.78 ↑		10:50	4.07 ↑		10:50	3.61 ↑		06:00	0.64 ↓
	16:30	0.33 ↓		17:00	0.27 ↓		16:40	0.43 ↓		17:30	0.37 ↓		17:30	0.60 ↓		12:10	3.77 ↑
	22:40	3.82 ↑		23:10	3.94 ↑		22:50	3.51 ↑		23:40	3.68 ↑		23:30	3.14 ↑		19:00	0.39 ↓
03 SEX	04:50	0.37 ↓	19 DOM	05:00	0.47 ↓	03 DOM	04:30	0.65 ↓	19 TER	05:20	0.65 ↓	03 QUA	05:00	0.91 ↓	19 SEX	01:10	3.37 ↑
	10:50	3.82 ↑		11:10	4.08 ↑		10:40	3.70 ↑		11:40	3.94 ↑		11:20	3.53 ↑		06:40	0.70 ↓
	17:10	0.31 ↓		17:40	0.33 ↓		17:20	0.45 ↓		18:20	0.41 ↓		18:10	0.63 ↓		13:00	3.59 ↑
	23:20	3.69 ↑		23:50	3.79 ↑		23:20	3.37 ↑								19:50	0.49 ↓
04 SAB	05:10	0.49 ↓	20 SEG	05:40	0.55 ↓	04 SEG	05:00	0.73 ↓	20 QUA	00:30	3.49 ↑	04 QUI	00:10	3.04 ↑	20 SAB	02:00	3.20 ↑
	11:20	3.71 ↑		11:10	3.61 ↑		06:00	0.75 ↓		05:40	0.95 ↓		07:40	0.70 ↓			
	17:40	0.36 ↓		17:50	0.53 ↓		12:20	3.74 ↑		12:00	3.43 ↑		13:50	3.38 ↑			
	23:50	3.51 ↑		23:50	3.20 ↑		19:10	0.50 ↓		18:50	0.67 ↓		20:40	0.65 ↓			
05 DOM	05:40	0.57 ↓	21 TER	00:30	3.58 ↑	05 TER	05:20	0.86 ↓	21 QUI	01:20	3.27 ↑	05 SEX	00:50	2.96 ↑	21 DOM ☾	02:50	3.06 ↑
	11:50	3.58 ↑		06:20	0.66 ↓		11:40	3.49 ↑		06:50	0.81 ↓		06:20	0.98 ↓		08:40	0.80 ↓
	18:10	0.45 ↓		12:30	3.76 ↑		18:30	0.60 ↓		13:10	3.52 ↑		12:40	3.31 ↑		14:50	3.17 ↑
				19:20	0.53 ↓					20:00	0.65 ↓		19:30	0.73 ↓		21:30	0.81 ↓
06 SEG	00:20	3.30 ↑	22 QUA	01:20	3.32 ↑	06 QUA	00:20	3.03 ↑	22 SEX	02:10	3.07 ↑	06 SAB	01:30	2.91 ↑	22 SEG	03:40	2.97 ↑
	06:00	0.72 ↓		07:00	0.80 ↓		05:50	0.96 ↓		07:50	0.86 ↓		07:10	0.99 ↓		09:40	0.94 ↓
	12:10	3.44 ↑		13:20	3.52 ↑		12:20	3.35 ↑		14:10	3.29 ↑		13:30	3.20 ↑		15:50	3.01 ↑
	18:50	0.55 ↓		20:10	0.73 ↓		19:00	0.74 ↓		21:00	0.82 ↓		20:20	0.78 ↓		22:20	0.93 ↓
07 TER	00:50	3.08 ↑	23 QUI ☀	02:20	3.05 ↑	07 QUI	01:00	2.87 ↑	23 SAB ☾	03:20	2.91 ↑	07 DOM	02:20	2.89 ↑	23 TER	04:40	2.95 ↑
	06:30	0.83 ↓		08:00	0.92 ↓		06:30	1.03 ↓		09:00	0.97 ↓		08:10	0.98 ↓		10:50	1.07 ↓
	12:40	3.28 ↑		14:20	3.26 ↑		13:00	3.19 ↑		15:10	3.09 ↑		14:30	3.12 ↑		16:50	2.91 ↑
	19:30	0.70 ↓		21:20	0.95 ↓		19:50	0.84 ↓		22:10	0.96 ↓		21:10	0.86 ↓		23:10	0.99 ↓
08 QUA	01:20	2.87 ↑	24 SEX	03:40	2.83 ↑	08 SEX	01:50	2.74 ↑	24 DOM	04:30	2.88 ↑	08 SEG ☾	03:30	2.89 ↑	24 QUA	05:30	3.00 ↑
	07:00	0.97 ↓		09:10	1.07 ↓		07:20	1.10 ↓		10:10	1.09 ↓		09:20	0.99 ↓		11:50	1.07 ↓
	13:20	3.11 ↑		15:30	3.05 ↑		13:50	3.04 ↑		16:30	2.98 ↑		15:40	3.08 ↑		18:00	2.89 ↑
	20:10	0.88 ↓		22:40	1.08 ↓		20:40	0.96 ↓		23:10	0.98 ↓		22:10	0.90 ↓			
09 QUI	02:10	2.67 ↑	25 SAB	05:00	2.81 ↑	09 SAB ☾	02:50	2.64 ↑	25 SEG	05:30	2.98 ↑	09 TER	04:30	2.99 ↑	25 QUI	00:00	0.99 ↓
	07:40	1.10 ↓		10:30	1.19 ↓		08:20	1.16 ↓		11:30	1.11 ↓		10:40	0.97 ↓		06:20	3.09 ↑
	14:10	2.94 ↑		17:00	2.98 ↑		14:50	2.93 ↑		17:40	3.02 ↑		16:50	3.11 ↑		13:00	1.01 ↓
	21:10	1.06 ↓		23:50	0.98 ↓		21:50	1.05 ↓					23:10	0.88 ↓		19:00	2.94 ↑
10 SEX ☀	03:10	2.53 ↑	26 DOM	06:10	2.99 ↑	10 DOM	04:00	2.64 ↑	26 TER	00:10	0.90 ↓	10 QUA	05:40	3.17 ↑	26 SEX	00:50	0.96 ↓
	08:30	1.24 ↓		12:00	1.13 ↓		09:40	1.17 ↓		06:30	3.15 ↑		12:00	0.89 ↓		07:10	3.22 ↑
	15:20	2.82 ↑		18:10	3.11 ↑		16:10	2.92 ↑		12:30	0.99 ↓		18:00	3.22 ↑		13:50	0.92 ↓
	22:20	1.20 ↓					23:00	1.05 ↓		18:40	3.12 ↑					19:50	3.00 ↑
11 SAB	04:30	2.47 ↑	27 SEG	00:50	0.80 ↓	11 SEG	05:20	2.78 ↑	27 QUA	01:00	0.82 ↓	11 QUI	00:10	0.80 ↓	27 SAB	01:30	0.92 ↓
	10:00	1.29 ↓		07:10	3.23 ↑		11:10	1.08 ↓		07:10	3.31 ↑		06:40	3.41 ↑		08:00	3.34 ↑
	16:40	2.80 ↑		13:10	0.92 ↓		17:30	3.03 ↑		13:30	0.83 ↓		13:00	0.76 ↓		14:40	0.84 ↓
	23:40	1.17 ↓		19:20	3.31 ↑					19:40	3.24 ↑		19:10	3.38 ↑		20:40	3.07 ↑
12 DOM	06:00	2.62 ↑	28 TER	01:40	0.65 ↓	12 TER	00:00	0.93 ↓	28 QUI	01:40	0.76 ↓	12 SEX	01:10	0.70 ↓	28 DOM	02:10	0.89 ↓
	11:40	1.17 ↓		08:00	3.47 ↑		06:20	3.06 ↑		08:00	3.47 ↑		07:30	3.65 ↑		08:40	3.45 ↑
	18:00	2.97 ↑		14:00	0.72 ↓		12:30	0.90 ↓		14:20	0.71 ↓		14:00	0.63 ↓		15:20	0.77 ↓
				20:10	3.49 ↑		18:40	3.25 ↑		20:30	3.32 ↑		20:10	3.53 ↑		21:20	3.13 ↑
13 SEG	00:50	0.99 ↓	29 QUA	02:20	0.57 ↓	13 QUA	00:50	0.77 ↓	29 SEX	02:20	0.73 ↓	13 SAB	02:00	0.65 ↓	29 SEG ☀	02:50	0.88 ↓
	07:00	2.94 ↑		08:40	3.65 ↑		07:10	3.38 ↑		08:30	3.57 ↑		08:20	3.85 ↑		09:20	3.54 ↑
	12:50	0.96 ↓		14:50	0.56 ↓		13:30	0.69 ↓		15:00	0.64 ↓		15:00	0.51 ↓		16:00	0.70 ↓
	19:10	3.25 ↑		21:00	3.61 ↑		19:40	3.50 ↑		21:10	3.37 ↑		21:00	3.65 ↑		22:00	3.17 ↑
14 TER	01:40	0.77 ↓	30 QUI	03:00	0.53 ↓	14 QUI	01:40	0.63 ↓	30 SAB	02:50	0.73 ↓	14 DOM ☾	02:50	0.63 ↓	30 TER	03:30	0.87 ↓
	07:50	3.29 ↑		09:10	3.76 ↑		08:00	3.68 ↑		09:10	3.64 ↑		09:10	3.99 ↑		10:00	3.59 ↑
	13:50	0.73 ↓		15:30	0.47 ↓		14:20	0.53 ↓		15:40	0.59 ↓		15:50	0.42 ↓		16:40	0.64 ↓
	20:10	3.54 ↑		21:40	3.65 ↑		20:30	3.70 ↑		21:50	3.36 ↑		21:50	3.71 ↑		22:40	3.18 ↑
15 QUA	02:20	0.61 ↓			15 SEX	02:30	0.53 ↓	31 DOM ☀	03:30	0.73 ↓	15 SEG	03:40	0.63 ↓				
	08:30	3.61 ↑				08:50	3.92 ↑					09:40	3.67 ↑	10:00	4.05 ↑		
	14:40	0.54 ↓				15:10	0.42 ↓					16:20	0.57 ↓	16:40	0.35 ↓		
	21:00	3.78 ↑				21:20	3.83 ↑					22:20	3.31 ↑	22:40	3.71 ↑		
16 QUI	03:00	0.49 ↓			16 SAB ☾	03:10	0.52 ↓					16 TER	04:20	0.67 ↓			
	09:20	3.87 ↑				09:30	4.07 ↑						10:40	4.02 ↑			
	15:30	0.39 ↓				16:00	0.35 ↓						17:20	0.37 ↓			
	21:40	3.94 ↑				22:10	3.87 ↑						23:30	3.64 ↑			

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	0.87 ↓	17 SEX	00:00	3.66 ↑	01 SAB	05:20	0.63 ↓	17 SEG	00:50	3.54 ↑	01 TER	00:10	3.78 ↑	17 QUI	01:10	3.26 ↑
	10:30	3.62 ↑		05:50	0.50 ↓		11:40	3.75 ↑		07:00	0.38 ↓		06:30	0.42 ↓		07:50	0.64 ↓
	17:20	0.58 ↓		12:00	3.86 ↑		18:00	0.47 ↓		13:10	3.51 ↑		12:40	3.72 ↑		13:50	2.93 ↑
	23:10	3.19 ↑		18:40	0.26 ↓					19:20	0.45 ↓		18:40	0.52 ↓		19:30	0.85 ↓
02 QUI	04:50	0.85 ↓	18 SAB	00:40	3.54 ↑	02 DOM	00:00	3.48 ↑	18 TER	01:20	3.36 ↑	02 QUA	00:50	3.72 ↑	18 SEX 🌞	01:50	3.07 ↑
	11:10	3.61 ↑		06:30	0.51 ↓		06:00	0.59 ↓		07:40	0.50 ↓		07:20	0.49 ↓		08:30	0.84 ↓
	17:50	0.58 ↓		12:50	3.69 ↑		12:20	3.71 ↑		13:40	3.26 ↑		13:30	3.52 ↑		14:30	2.69 ↑
	23:50	3.19 ↑		19:20	0.36 ↓		18:40	0.45 ↓		19:50	0.61 ↓		19:20	0.62 ↓		20:00	1.04 ↓
03 SEX	05:30	0.84 ↓	19 DOM	01:30	3.39 ↑	03 SEG	00:40	3.50 ↑	19 QUA 🌞	02:00	3.18 ↑	03 QUI	01:40	3.58 ↑	19 SAB	02:30	2.89 ↑
	11:50	3.57 ↑		07:20	0.52 ↓		06:50	0.54 ↓		08:20	0.66 ↓		08:10	0.65 ↓		09:30	1.07 ↓
	18:30	0.55 ↓		13:30	3.48 ↑		13:00	3.61 ↑		14:20	3.00 ↑		14:20	3.29 ↑		15:30	2.48 ↑
				20:00	0.50 ↓		19:10	0.54 ↓		20:20	0.78 ↓		20:10	0.75 ↓		20:50	1.20 ↓
04 SAB	00:30	3.18 ↑	20 SEG	02:10	3.22 ↑	04 TER	01:20	3.49 ↑	20 QUI	02:40	3.01 ↑	04 SEX 🌞	02:30	3.41 ↑	20 DOM	03:30	2.75 ↑
	06:10	0.82 ↓		08:10	0.62 ↓		07:40	0.57 ↓		09:10	0.87 ↓		09:10	0.87 ↓		10:40	1.26 ↓
	12:30	3.51 ↑		14:20	3.24 ↑		13:50	3.48 ↑		15:10	2.76 ↑		15:20	3.05 ↑		16:50	2.36 ↑
	19:00	0.61 ↓		20:40	0.66 ↓		20:00	0.58 ↓		21:00	0.95 ↓		21:10	0.94 ↓		22:00	1.31 ↓
05 DOM	01:10	3.19 ↑	21 TER 🌞	02:50	3.08 ↑	05 QUA 🌞	02:10	3.43 ↑	21 SEX	03:30	2.87 ↑	05 SAB	03:40	3.22 ↑	21 SEG	04:50	2.71 ↑
	07:00	0.77 ↓		09:00	0.77 ↓		08:30	0.69 ↓		10:10	1.10 ↓		10:30	1.09 ↓		12:00	1.28 ↓
	13:20	3.42 ↑		15:10	3.02 ↑		14:40	3.31 ↑		16:10	2.55 ↑		16:40	2.87 ↑		18:20	2.47 ↑
	19:50	0.61 ↓		21:20	0.82 ↓		20:40	0.73 ↓		21:50	1.12 ↓		22:20	1.12 ↓		23:30	1.26 ↓
06 SEG	02:00	3.18 ↑	22 QUA	03:40	2.96 ↑	06 QUI	03:10	3.34 ↑	22 SAB	04:30	2.77 ↑	06 DOM	05:00	3.12 ↑	22 TER	06:10	2.84 ↑
	08:00	0.74 ↓		10:00	0.97 ↓		09:40	0.86 ↓		11:30	1.28 ↓		12:00	1.08 ↓		13:10	1.11 ↓
	14:10	3.32 ↑		16:00	2.83 ↑		15:50	3.12 ↑		17:30	2.45 ↑		18:10	2.92 ↑		19:20	2.74 ↑
	20:30	0.69 ↓		22:00	0.96 ↓		21:40	0.88 ↓		22:50	1.23 ↓		23:50	1.13 ↓			
07 TER 🌞	02:50	3.18 ↑	23 QUI	04:30	2.89 ↑	07 SEX	04:10	3.26 ↑	23 DOM	05:40	2.79 ↑	07 SEG	06:20	3.22 ↑	23 QUA	00:50	1.09 ↓
	09:00	0.80 ↓		11:10	1.14 ↓		10:50	1.02 ↓		12:50	1.26 ↓		13:10	0.87 ↓		07:20	3.10 ↑
	15:10	3.23 ↑		17:10	2.68 ↑		17:00	3.00 ↑		18:50	2.53 ↑		19:30	3.17 ↑		14:00	0.89 ↓
	21:30	0.77 ↓		22:50	1.07 ↓		22:50	1.01 ↓								20:10	3.05 ↑
08 QUA	03:50	3.19 ↑	24 SEX	05:30	2.89 ↑	08 SAB	05:20	3.25 ↑	24 SEG	00:10	1.20 ↓	08 TER	01:10	0.97 ↓	24 QUI	01:50	0.88 ↓
	10:10	0.89 ↓		12:20	1.19 ↓		12:20	1.01 ↓		06:50	2.93 ↑		07:30	3.45 ↑		08:10	3.38 ↑
	16:20	3.15 ↑		18:20	2.65 ↑		18:20	3.03 ↑		13:50	1.10 ↓		14:20	0.56 ↓		14:40	0.70 ↓
	22:20	0.87 ↓		23:50	1.11 ↓					19:50	2.73 ↑		20:30	3.46 ↑		20:50	3.36 ↑
09 QUI	04:50	3.24 ↑	25 SAB	06:30	2.97 ↑	09 DOM	00:10	1.01 ↓	25 TER	01:10	1.10 ↓	09 QUA	02:10	0.77 ↓	25 SEX	02:40	0.67 ↓
	11:20	0.94 ↓		13:20	1.12 ↓		06:40	3.36 ↑		07:50	3.15 ↑		08:30	3.70 ↑		09:00	3.64 ↑
	17:30	3.13 ↑		19:20	2.72 ↑		13:30	0.84 ↓		14:30	0.92 ↓		15:10	0.35 ↓		15:20	0.54 ↓
	23:30	0.89 ↓					19:40	3.20 ↑		20:40	2.98 ↑		21:10	3.71 ↑		21:20	3.62 ↑
10 SEX	06:00	3.36 ↑	26 DOM	00:50	1.08 ↓	10 SEG	01:20	0.92 ↓	26 QUA	02:10	0.94 ↓	10 QUI	03:10	0.55 ↓	26 SAB 🌞	03:30	0.49 ↓
	12:40	0.88 ↓		07:20	3.11 ↑		07:50	3.56 ↑		08:40	3.39 ↑		09:20	3.90 ↑		09:40	3.83 ↑
	18:40	3.21 ↑		14:10	1.01 ↓		14:30	0.63 ↓		15:20	0.72 ↓		15:50	0.24 ↓		15:50	0.46 ↓
				20:20	2.84 ↑		20:40	3.43 ↑		21:20	3.22 ↑		22:00	3.90 ↑		22:00	3.82 ↑
11 SAB	00:30	0.86 ↓	27 SEG	01:40	1.02 ↓	11 TER	02:20	0.80 ↓	27 QUI	03:00	0.78 ↓	11 SEX 🌞	03:50	0.42 ↓	27 DOM	04:10	0.39 ↓
	07:00	3.53 ↑		08:10	3.27 ↑		08:40	3.76 ↑		09:20	3.61 ↑		10:10	4.02 ↑		10:20	3.94 ↑
	13:40	0.76 ↓		15:00	0.88 ↓		15:30	0.38 ↓		15:50	0.59 ↓		16:30	0.19 ↓		16:30	0.40 ↓
	19:50	3.34 ↑		21:00	2.99 ↑		21:30	3.65 ↑		21:50	3.43 ↑		22:30	3.95 ↑		22:30	3.94 ↑
12 DOM	01:30	0.81 ↓	28 TER	02:30	0.95 ↓	12 QUA 🌞	03:20	0.64 ↓	28 SEX 🌞	03:50	0.61 ↓	12 SAB	04:40	0.28 ↓	28 SEG	04:50	0.34 ↓
	08:00	3.71 ↑		09:00	3.43 ↑		09:40	3.94 ↑		10:00	3.78 ↑		10:50	4.02 ↑		11:00	3.95 ↑
	14:40	0.62 ↓		15:40	0.75 ↓		16:10	0.28 ↓		16:30	0.45 ↓		17:00	0.25 ↓		17:00	0.45 ↓
	20:50	3.50 ↑		21:40	3.14 ↑		22:20	3.81 ↑		22:30	3.60 ↑		23:10	3.93 ↑		23:10	3.99 ↑
13 SEG	02:30	0.75 ↓	29 QUA 🌞	03:20	0.85 ↓	13 QUI	04:10	0.49 ↓	29 SAB	04:30	0.49 ↓	13 DOM	05:20	0.24 ↓	29 TER	05:30	0.35 ↓
	08:50	3.86 ↑		09:40	3.58 ↑		10:20	4.03 ↑		10:40	3.88 ↑		11:30	3.91 ↑		11:40	3.87 ↑
	15:40	0.45 ↓		16:20	0.63 ↓		17:00	0.14 ↓		17:00	0.41 ↓		17:40	0.28 ↓		17:40	0.47 ↓
	21:40	3.63 ↑		22:20	3.26 ↑		23:00	3.86 ↑		23:00	3.72 ↑		23:40	3.81 ↑		23:50	3.94 ↑
14 TER 🌞	03:20	0.71 ↓	30 QUI	04:00	0.77 ↓	14 SEX	04:50	0.41 ↓	30 DOM	05:10	0.42 ↓	14 SEG	05:50	0.29 ↓	30 QUA	06:20	0.37 ↓
	09:50	3.98 ↑		10:20	3.69 ↑		11:10	4.03 ↑		11:20	3.90 ↑		12:00	3.71 ↑		12:20	3.70 ↑
	16:30	0.31 ↓		16:50	0.56 ↓		17:30	0.20 ↓		17:30	0.42 ↓		18:10	0.39 ↓		18:10	0.60 ↓
	22:30	3.71 ↑		22:50	3.36 ↑		23:40	3.83 ↑		23:40	3.77 ↑						
15 QUA	04:10	0.65 ↓	31 SEX	04:40	0.70 ↓	15 SAB	05:40	0.32 ↓	31 SEG	05:50	0.39 ↓	15 TER	00:10	3.64 ↑			
	10:30	4.01 ↑		11:00	3.75 ↑		11:50	3.93 ↑		12:00	3.84 ↑		06:30	0.35 ↓			
	17:10	0.27 ↓		17:30	0.47 ↓		18:10	0.23 ↓		18:10	0.42 ↓		12:40	3.47 ↑			
	23:20	3.73 ↑		23:30	3.44 ↑								18:30	0.55 ↓			
16 QUI	05:00	0.57 ↓				16 DOM	00:20	3.71 ↑				16 QUA	00:40	3.45 ↑			
	11:20	3.98 ↑					06:20	0.32 ↓					07:10	0.47 ↓			
	18:00	0.21 ↓					12:30	3.75 ↑					13:10	3.20 ↑			
							18:40	0.35 ↓					19:00	0.69 ↓			

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	00:30 07:00 13:10 19:00	3.82 ↑ 0.50 ↓ 3.47 ↑ 0.67 ↓	17 SAB	01:10 08:00 14:00 19:20	3.12 ↑ 0.84 ↓ 2.67 ↑ 1.12 ↓	01 DOM	01:50 08:50 15:00 20:40	3.39 ↑ 0.84 ↓ 2.93 ↑ 0.99 ↓	17 TER	02:30 09:20 15:30 21:10	2.92 ↑ 0.99 ↓ 2.62 ↑ 1.14 ↓	01 TER	02:40 09:30 15:50 21:40	3.24 ↑ 0.84 ↓ 2.97 ↑ 0.98 ↓	17 QUI	03:10 09:30 16:00 22:00	3.07 ↑ 0.87 ↓ 2.95 ↑ 0.96 ↓
02 SEX	01:10 07:50 14:00 19:40	3.64 ↑ 0.67 ↓ 3.21 ↑ 0.85 ↓	18 DOM	01:50 08:50 14:50 20:10	2.93 ↑ 1.01 ↓ 2.51 ↑ 1.24 ↓	02 SEG	03:00 10:00 16:20 22:00	3.17 ↑ 1.00 ↓ 2.85 ↑ 1.12 ↓	18 QUA	03:40 10:20 16:40 22:40	2.88 ↑ 1.03 ↓ 2.71 ↑ 1.09 ↓	02 QUA	03:50 10:30 17:00 22:50	3.09 ↑ 0.93 ↓ 3.02 ↑ 1.05 ↓	18 SEX	04:20 10:30 17:00 23:20	3.05 ↑ 0.90 ↓ 3.08 ↑ 0.94 ↓
03 SAB	02:10 09:00 15:10 20:50	3.40 ↑ 0.89 ↓ 2.95 ↑ 1.01 ↓	19 SEG	02:50 10:00 16:10 21:30	2.79 ↑ 1.17 ↓ 2.43 ↑ 1.29 ↓	03 TER	04:20 11:10 17:30 23:20	3.04 ↑ 1.01 ↓ 2.97 ↑ 1.12 ↓	19 QUI	05:00 11:30 17:50	2.94 ↑ 0.97 ↓ 2.94 ↑	03 QUI	05:10 11:30 18:00	3.05 ↑ 0.92 ↓ 3.15 ↑	19 SAB	05:30 11:30 18:00	3.10 ↑ 0.87 ↓ 3.27 ↑
04 DOM	03:20 10:20 16:30 22:10	3.16 ↑ 1.10 ↓ 2.80 ↑ 1.16 ↓	20 TER	04:10 11:10 17:30 23:10	2.74 ↑ 1.19 ↓ 2.54 ↑ 1.21 ↓	04 QUA	05:40 12:20 18:40	3.10 ↑ 0.84 ↓ 3.21 ↑	20 SEX	00:00 06:10 12:20 18:40	0.97 ↓ 3.11 ↑ 0.84 ↓ 3.23 ↑	04 SEX	00:10 06:10 12:30 18:50	0.99 ↓ 3.12 ↑ 0.84 ↓ 3.31 ↑	20 DOM	00:30 06:40 12:30 19:00	0.85 ↓ 3.22 ↑ 0.80 ↓ 3.50 ↑
05 SEG	04:40 11:40 18:00 23:40	3.04 ↑ 1.07 ↓ 2.93 ↑ 1.16 ↓	21 QUA	05:40 12:20 18:40	2.86 ↑ 1.06 ↓ 2.82 ↑	05 QUI	00:40 06:50 13:10 19:30	0.95 ↓ 3.28 ↑ 0.69 ↓ 3.45 ↑	21 SAB	01:00 07:10 13:10 19:30	0.79 ↓ 3.33 ↑ 0.71 ↓ 3.53 ↑	05 SAB	01:10 07:10 13:10 19:30	0.85 ↓ 3.21 ↑ 0.80 ↓ 3.45 ↑	21 SEG	01:30 07:40 13:30 19:50	0.74 ↓ 3.37 ↑ 0.72 ↓ 3.71 ↑
06 TER	06:00 12:50 19:10	3.14 ↑ 0.83 ↓ 3.20 ↑	22 QUI	00:30 06:50 13:10 19:30	1.03 ↓ 3.10 ↑ 0.86 ↓ 3.15 ↑	06 SEX	01:40 07:50 14:00 20:10	0.73 ↓ 3.46 ↑ 0.57 ↓ 3.64 ↑	22 DOM	02:00 08:00 14:00 20:20	0.62 ↓ 3.53 ↑ 0.61 ↓ 3.78 ↑	06 DOM	02:00 08:10 14:00 20:20	0.73 ↓ 3.30 ↑ 0.75 ↓ 3.57 ↑	22 TER	02:30 08:40 14:20 20:40	0.63 ↓ 3.51 ↑ 0.69 ↓ 3.88 ↑
07 QUA	01:00 07:20 13:50 20:00	0.96 ↓ 3.38 ↑ 0.58 ↓ 3.48 ↑	23 SEX	01:30 07:40 14:00 20:10	0.80 ↓ 3.38 ↑ 0.67 ↓ 3.47 ↑	07 SAB	02:30 08:40 14:40 20:50	0.57 ↓ 3.59 ↑ 0.53 ↓ 3.78 ↑	23 SEG	02:50 08:50 14:50 21:00	0.50 ↓ 3.69 ↑ 0.56 ↓ 3.97 ↑	07 SEG	02:50 08:50 14:40 21:00	0.65 ↓ 3.35 ↑ 0.75 ↓ 3.64 ↑	23 QUA	03:20 09:30 15:10 21:30	0.54 ↓ 3.61 ↑ 0.69 ↓ 3.99 ↑
08 QUI	02:00 08:10 14:40 20:50	0.72 ↓ 3.62 ↑ 0.40 ↓ 3.73 ↑	24 SAB	02:20 08:30 14:40 20:50	0.60 ↓ 3.62 ↑ 0.55 ↓ 3.75 ↑	08 DOM	03:10 09:20 15:20 21:30	0.47 ↓ 3.66 ↑ 0.53 ↓ 3.84 ↑	24 TER	03:40 09:40 15:30 21:50	0.42 ↓ 3.76 ↑ 0.58 ↓ 4.06 ↑	08 TER	03:30 09:40 15:10 21:30	0.61 ↓ 3.35 ↑ 0.77 ↓ 3.66 ↑	24 QUI	04:10 10:20 16:00 22:20	0.46 ↓ 3.67 ↑ 0.68 ↓ 4.03 ↑
09 SEX	02:50 09:00 15:20 21:30	0.52 ↓ 3.80 ↑ 0.33 ↓ 3.90 ↑	25 DOM	03:10 09:20 15:20 21:30	0.45 ↓ 3.80 ↑ 0.48 ↓ 3.95 ↑	09 SEG	03:50 10:00 15:50 22:00	0.43 ↓ 3.64 ↑ 0.58 ↓ 3.82 ↑	25 QUA	04:20 10:30 16:10 22:30	0.42 ↓ 3.76 ↑ 0.63 ↓ 4.07 ↑	09 QUA	04:10 10:20 15:50 22:10	0.58 ↓ 3.31 ↑ 0.79 ↓ 3.65 ↑	25 SEX	05:00 11:10 16:50 23:10	0.38 ↓ 3.67 ↑ 0.65 ↓ 3.99 ↑
10 SAB	03:30 09:50 15:50 22:00	0.39 ↓ 3.90 ↑ 0.36 ↓ 3.95 ↑	26 SEG	03:50 10:00 16:00 22:10	0.37 ↓ 3.90 ↑ 0.46 ↓ 4.06 ↑	10 TER	04:30 10:40 16:20 22:30	0.42 ↓ 3.54 ↑ 0.64 ↓ 3.75 ↑	26 QUI	05:10 11:10 16:50 23:10	0.39 ↓ 3.68 ↑ 0.71 ↓ 3.99 ↑	10 QUI	04:50 10:50 16:20 22:40	0.57 ↓ 3.23 ↑ 0.84 ↓ 3.60 ↑	26 SAB	05:50 11:50 17:30 23:50	0.32 ↓ 3.60 ↑ 0.67 ↓ 3.88 ↑
11 DOM	04:20 10:30 16:30 22:40	0.29 ↓ 3.88 ↑ 0.37 ↓ 3.93 ↑	27 TER	04:40 10:40 16:30 22:50	0.31 ↓ 3.89 ↑ 0.54 ↓ 4.08 ↑	11 QUA	05:10 11:10 16:50 23:00	0.45 ↓ 3.39 ↑ 0.72 ↓ 3.64 ↑	27 SEX	06:00 12:00 17:40	0.40 ↓ 3.55 ↑ 0.73 ↓	11 SEX	05:30 11:30 16:50 23:10	0.57 ↓ 3.14 ↑ 0.91 ↓ 3.52 ↑	27 DOM	06:40 12:40 18:20	0.31 ↓ 3.50 ↑ 0.64 ↓
12 SEG	04:50 11:00 17:00 23:10	0.30 ↓ 3.77 ↑ 0.45 ↓ 3.82 ↑	28 QUA	05:20 11:30 17:10 23:30	0.35 ↓ 3.78 ↑ 0.60 ↓ 4.00 ↑	12 QUI	05:40 11:50 17:20 23:30	0.52 ↓ 3.21 ↑ 0.82 ↓ 3.50 ↑	28 SAB	06:50 12:50 18:30	0.45 ↓ 3.38 ↑ 0.76 ↓	12 SAB	06:00 12:00 17:30 23:50	0.61 ↓ 3.04 ↑ 0.93 ↓ 3.43 ↑	28 SEG	00:40 07:20 13:30 19:20	3.73 ↑ 0.41 ↓ 3.36 ↑ 0.60 ↓
13 TER	05:30 11:40 17:30 23:30	0.33 ↓ 3.57 ↑ 0.54 ↓ 3.66 ↑	29 QUI	06:00 12:10 17:50	0.44 ↓ 3.61 ↑ 0.70 ↓	13 SEX	06:20 12:20 17:40	0.59 ↓ 3.03 ↑ 0.97 ↓	29 DOM	00:50 07:40 13:50 19:20	3.64 ↑ 0.55 ↓ 3.19 ↑ 0.82 ↓	13 DOM	06:40 12:40 18:10	0.62 ↓ 2.96 ↑ 0.94 ↓	29 TER	01:30 08:10 14:20 20:10	3.54 ↑ 0.52 ↓ 3.22 ↑ 0.68 ↓
14 QUA	06:10 12:10 17:50	0.40 ↓ 3.35 ↑ 0.70 ↓	30 SEX	00:10 06:50 13:00 18:40	3.85 ↑ 0.52 ↓ 3.38 ↑ 0.77 ↓	14 SAB	00:10 07:00 12:50 18:20	3.35 ↑ 0.68 ↓ 2.87 ↑ 1.03 ↓	30 SEG	01:40 08:30 14:50 20:30	3.43 ↑ 0.70 ↓ 3.04 ↑ 0.86 ↓	14 SEG	00:30 07:10 13:10 18:50	3.32 ↑ 0.70 ↓ 2.92 ↑ 0.97 ↓	30 QUA	02:20 09:00 15:10 21:10	3.34 ↑ 0.68 ↓ 3.11 ↑ 0.81 ↓
15 QUI	00:00 06:40 12:40 18:20	3.49 ↑ 0.53 ↓ 3.11 ↑ 0.82 ↓	31 SAB	01:00 07:50 13:50 19:30	3.63 ↑ 0.65 ↓ 3.15 ↑ 0.88 ↓	15 DOM	00:40 07:40 13:40 19:00	3.18 ↑ 0.79 ↓ 2.73 ↑ 1.11 ↓				15 TER	01:10 07:50 14:00 19:50	3.21 ↑ 0.75 ↓ 2.90 ↑ 0.92 ↓	31 QUI	03:20 09:50 16:10	3.14 ↑ 0.83 ↓ 3.03 ↑
16 SEX	00:30 07:20 13:20 18:40	3.31 ↑ 0.67 ↓ 2.87 ↑ 1.00 ↓				16 SEG	01:30 08:20 14:30 20:00	3.03 ↑ 0.90 ↓ 2.64 ↑ 1.13 ↓				16 QUA	02:10 08:40 15:00 20:50	3.13 ↑ 0.80 ↓ 2.90 ↑ 0.94 ↓			