

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	05:30 12:10 17:40	0.60 ↓ 2.79 ↑ 0.75 ↓	17 SAB	00:10 07:00 13:10 18:30	2.89 ↑ 0.64 ↓ 2.66 ↑ 0.86 ↓	01 DOM	00:50 07:40 13:50 19:30	3.09 ↑ 0.16 ↓ 2.95 ↑ 0.56 ↓	17 TER	01:20 08:00 14:00 19:50	3.03 ↑ 0.51 ↓ 2.88 ↑ 0.61 ↓	01 DOM	06:30 12:40 18:20	0.26 ↓ 2.84 ↑ 0.59 ↓	17 TER	00:20 06:40 12:50 18:50	2.88 ↑ 0.61 ↓ 2.85 ↑ 0.58 ↓
02 SEX	00:10 07:00 13:10 18:40	3.09 ↑ 0.30 ↓ 2.88 ↑ 0.71 ↓	18 DOM	01:00 07:50 13:50 19:20	2.96 ↑ 0.57 ↓ 2.73 ↑ 0.80 ↓	02 SEG	01:50 08:30 14:40 20:20	3.18 ↑ 0.10 ↓ 3.03 ↑ 0.50 ↓	18 QUA	02:00 08:30 14:30 20:30	3.11 ↑ 0.50 ↓ 2.96 ↑ 0.54 ↓	02 SEG	00:40 07:20 13:30 19:20	3.04 ↑ 0.15 ↓ 3.01 ↑ 0.42 ↓	18 QUA	01:00 07:20 13:30 19:30	3.03 ↑ 0.54 ↓ 3.01 ↑ 0.49 ↓
03 SAB	01:00 07:50 14:00 19:40	3.18 ↑ 0.24 ↓ 2.95 ↑ 0.65 ↓	19 SEG	01:40 08:20 14:30 20:00	3.03 ↑ 0.57 ↓ 2.77 ↑ 0.75 ↓	03 TER	02:40 09:10 15:20 21:10	3.21 ↑ 0.16 ↓ 3.06 ↑ 0.47 ↓	19 QUI	02:40 09:00 15:10 21:10	3.14 ↑ 0.51 ↓ 3.01 ↑ 0.50 ↓	03 TER	01:40 08:00 14:10 20:10	3.17 ↑ 0.15 ↓ 3.13 ↑ 0.33 ↓	19 QUI	01:50 08:00 14:10 20:20	3.13 ↑ 0.52 ↓ 3.11 ↑ 0.39 ↓
04 DOM	01:50 08:40 14:50 20:30	3.22 ↑ 0.20 ↓ 2.97 ↑ 0.63 ↓	20 TER	02:20 09:00 15:00 20:40	3.06 ↑ 0.54 ↓ 2.81 ↑ 0.70 ↓	04 QUA	03:20 09:50 16:00 21:50	3.20 ↑ 0.26 ↓ 3.03 ↑ 0.51 ↓	20 SEX	03:20 09:40 15:40 22:00	3.13 ↑ 0.48 ↓ 3.04 ↑ 0.44 ↓	04 QUA	02:20 08:40 14:50 20:50	3.24 ↑ 0.21 ↓ 3.18 ↑ 0.35 ↓	20 SEX	02:30 08:30 14:40 21:00	3.17 ↑ 0.52 ↓ 3.18 ↑ 0.37 ↓
05 SEG	02:40 09:30 15:40 21:20	3.20 ↑ 0.21 ↓ 2.94 ↑ 0.62 ↓	21 QUA	03:00 09:30 15:30 21:20	3.07 ↑ 0.54 ↓ 2.83 ↑ 0.65 ↓	05 QUI	04:00 10:30 16:30 22:30	3.12 ↑ 0.38 ↓ 2.97 ↑ 0.55 ↓	21 SAB	04:00 10:10 16:20 22:40	3.06 ↑ 0.52 ↓ 3.03 ↑ 0.46 ↓	05 QUI	03:00 09:20 15:30 21:30	3.24 ↑ 0.31 ↓ 3.15 ↑ 0.40 ↓	21 SAB	03:10 09:10 15:20 21:40	3.15 ↑ 0.52 ↓ 3.19 ↑ 0.40 ↓
06 TER	03:30 10:10 16:20 22:00	3.14 ↑ 0.32 ↓ 2.89 ↑ 0.67 ↓	22 QUI	03:40 10:00 16:10 22:10	3.04 ↑ 0.55 ↓ 2.84 ↑ 0.58 ↓	06 SEX	04:40 11:00 17:10 23:20	3.01 ↑ 0.53 ↓ 2.87 ↑ 0.58 ↓	22 DOM	04:50 10:50 17:00 23:30	2.94 ↑ 0.54 ↓ 2.98 ↑ 0.49 ↓	06 SEX	03:40 09:50 16:00 22:10	3.16 ↑ 0.48 ↓ 3.08 ↑ 0.47 ↓	22 DOM	03:50 09:40 16:00 22:30	3.07 ↑ 0.59 ↓ 3.15 ↑ 0.42 ↓
07 QUA	04:10 10:50 17:00 22:50	3.05 ↑ 0.43 ↓ 2.82 ↑ 0.67 ↓	23 SEX	04:20 10:40 16:50 23:00	2.98 ↑ 0.53 ↓ 2.83 ↑ 0.53 ↓	07 SAB	05:20 11:30 17:40	2.86 ↑ 0.64 ↓ 2.78 ↑	23 SEG	05:40 11:40 17:50	2.78 ↑ 0.57 ↓ 2.87 ↑	07 SAB	04:20 10:20 16:30 22:50	3.03 ↑ 0.60 ↓ 2.98 ↑ 0.54 ↓	23 SEG	04:30 10:20 16:40 23:20	2.94 ↑ 0.63 ↓ 3.05 ↑ 0.49 ↓
08 QUI	05:00 11:30 17:40 23:40	2.92 ↑ 0.53 ↓ 2.74 ↑ 0.68 ↓	24 SAB	05:10 11:20 17:40 23:50	2.87 ↑ 0.53 ↓ 2.79 ↑ 0.53 ↓	08 DOM	00:00 06:00 12:00 18:20	0.64 ↓ 2.70 ↑ 0.70 ↓ 2.68 ↑	24 TER	00:30 06:40 12:30 18:50	0.55 ↓ 2.61 ↑ 0.65 ↓ 2.74 ↑	08 DOM	04:50 10:50 16:50 23:30	2.88 ↑ 0.67 ↓ 2.87 ↑ 0.62 ↓	24 TER	05:20 11:10 17:30	2.76 ↑ 0.68 ↓ 2.89 ↑
09 SEX	05:50 12:10 18:30	2.78 ↑ 0.62 ↓ 2.65 ↑	25 DOM	06:00 12:10 18:30	2.75 ↑ 0.53 ↓ 2.75 ↑	09 SEG	00:50 06:50 12:40 19:00	0.70 ↓ 2.55 ↑ 0.74 ↓ 2.60 ↑	25 QUA	01:40 07:50 13:30 20:00	0.64 ↓ 2.47 ↑ 0.74 ↓ 2.64 ↑	09 SEG	05:30 11:10 17:30	2.70 ↑ 0.74 ↓ 2.75 ↑	25 QUA	00:10 06:20 12:00 18:20	0.59 ↓ 2.56 ↑ 0.76 ↓ 2.73 ↑
10 SAB	00:30 06:40 12:50 19:10	0.70 ↓ 2.65 ↑ 0.69 ↓ 2.60 ↑	26 SEG	00:50 07:00 13:00 19:20	0.54 ↓ 2.63 ↑ 0.59 ↓ 2.72 ↑	10 TER	01:40 07:40 13:20 19:50	0.78 ↓ 2.42 ↑ 0.79 ↓ 2.54 ↑	26 QUI	02:50 09:10 14:40 21:20	0.72 ↓ 2.42 ↑ 0.83 ↓ 2.62 ↑	10 TER	00:10 06:10 11:50 18:10	0.69 ↓ 2.52 ↑ 0.77 ↓ 2.62 ↑	26 QUI	01:20 07:30 13:10 19:30	0.68 ↓ 2.41 ↑ 0.82 ↓ 2.57 ↑
11 DOM	01:30 07:30 13:40 20:00	0.73 ↓ 2.55 ↑ 0.74 ↓ 2.57 ↑	27 TER	02:00 08:10 14:00 20:30	0.60 ↓ 2.54 ↑ 0.67 ↓ 2.71 ↑	11 QUA	02:40 08:40 14:10 20:50	0.86 ↓ 2.34 ↑ 0.86 ↓ 2.53 ↑	27 SEX	04:10 10:30 16:10 22:30	0.68 ↓ 2.48 ↑ 0.83 ↓ 2.72 ↑	11 QUA	00:50 07:00 12:30 18:50	0.77 ↓ 2.36 ↑ 0.82 ↓ 2.52 ↑	27 SEX	02:30 08:50 14:30 21:00	0.74 ↓ 2.37 ↑ 0.87 ↓ 2.53 ↑
12 SEG	02:30 08:30 14:20 20:50	0.78 ↓ 2.47 ↑ 0.79 ↓ 2.58 ↑	28 QUA	03:20 09:30 15:10 21:40	0.66 ↓ 2.52 ↑ 0.75 ↓ 2.75 ↑	12 QUI	03:50 09:50 15:10 21:50	0.91 ↓ 2.33 ↑ 0.91 ↓ 2.57 ↑	28 SAB	05:20 11:40 17:20 23:40	0.52 ↓ 2.65 ↑ 0.74 ↓ 2.87 ↑	12 QUI	01:50 08:00 13:20 19:50	0.85 ↓ 2.27 ↑ 0.88 ↓ 2.46 ↑	28 SAB	03:50 10:10 16:00 22:20	0.67 ↓ 2.47 ↑ 0.81 ↓ 2.63 ↑
13 TER	03:30 09:30 15:10 21:40	0.81 ↓ 2.44 ↑ 0.84 ↓ 2.63 ↑	29 QUI	04:30 10:40 16:20 22:50	0.64 ↓ 2.58 ↑ 0.80 ↓ 2.84 ↑	13 SEX	04:50 11:00 16:20 22:50	0.88 ↓ 2.37 ↑ 0.94 ↓ 2.66 ↑				13 SEX	03:00 09:10 14:30 21:00	0.94 ↓ 2.25 ↑ 0.92 ↓ 2.48 ↑	29 DOM	05:00 11:20 17:10 23:30	0.50 ↓ 2.66 ↑ 0.66 ↓ 2.80 ↑
14 QUA	04:30 10:40 16:10 22:40	0.80 ↓ 2.45 ↑ 0.88 ↓ 2.70 ↑	30 SEX	05:40 12:00 17:30	0.50 ↓ 2.68 ↑ 0.76 ↓	14 SAB	05:50 11:50 17:20 23:50	0.77 ↓ 2.50 ↑ 0.90 ↓ 2.78 ↑				14 SAB	04:10 10:20 15:50 22:20	0.93 ↓ 2.33 ↑ 0.93 ↓ 2.57 ↑	30 SEG	06:00 12:10 18:10	0.32 ↓ 2.88 ↑ 0.47 ↓
15 QUI	05:30 11:30 17:00 23:30	0.74 ↓ 2.51 ↑ 0.90 ↓ 2.79 ↑	31 SAB	00:00 06:40 13:00 18:30	2.96 ↑ 0.33 ↓ 2.82 ↑ 0.68 ↓	15 DOM	06:30 12:40 18:10	0.70 ↓ 2.63 ↑ 0.83 ↓				15 DOM	05:10 11:20 17:00 23:20	0.83 ↓ 2.48 ↑ 0.86 ↓ 2.72 ↑	31 TER	00:30 06:50 13:00 19:00	2.99 ↑ 0.22 ↓ 3.06 ↑ 0.34 ↓
16 SEX	06:20 12:30 17:50	0.67 ↓ 2.57 ↑ 0.88 ↓				16 SEG	00:40 07:20 13:20 19:00	2.91 ↑ 0.58 ↓ 2.77 ↑ 0.73 ↓				16 SEG	06:00 12:10 18:00	0.70 ↓ 2.67 ↑ 0.72 ↓			

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 ☀	01:20 07:30 13:40 19:50	3.13 ↑ 0.24 ↓ 3.19 ↑ 0.26 ↓	17 SEX ☾	01:30 07:30 13:40 20:00	3.11 ↑ 0.51 ↓ 3.22 ↑ 0.34 ↓	01 SEX ☀	01:40 07:30 13:40 20:10	3.09 ↑ 0.50 ↓ 3.21 ↑ 0.29 ↓	17 DOM ☾	02:00 07:40 13:50 20:30	3.05 ↑ 0.63 ↓ 3.31 ↑ 0.36 ↓	01 SEG ☾	02:30 08:00 14:10 21:00	2.88 ↑ 0.79 ↓ 3.10 ↑ 0.53 ↓	17 QUA ☀	03:20 09:00 15:10 22:00	2.92 ↑ 0.72 ↓ 3.17 ↑ 0.37 ↓
02 QUI	02:00 08:10 14:20 20:30	3.21 ↑ 0.31 ↓ 3.23 ↑ 0.28 ↓	18 SAB	02:10 08:00 14:20 20:50	3.15 ↑ 0.58 ↓ 3.27 ↑ 0.31 ↓	02 SAB	02:20 08:10 14:10 20:50	3.08 ↑ 0.58 ↓ 3.20 ↑ 0.37 ↓	18 SEG	02:40 08:20 14:40 21:20	3.04 ↑ 0.70 ↓ 3.26 ↑ 0.38 ↓	02 TER	03:10 08:30 14:40 21:30	2.80 ↑ 0.82 ↓ 3.05 ↑ 0.61 ↓	18 QUI	04:10 09:50 16:00 22:50	2.84 ↑ 0.73 ↓ 3.05 ↑ 0.42 ↓
03 SEX	02:40 08:40 14:50 21:10	3.20 ↑ 0.46 ↓ 3.21 ↑ 0.35 ↓	19 DOM	03:00 08:40 14:50 21:30	3.10 ↑ 0.61 ↓ 3.29 ↑ 0.38 ↓	03 DOM	03:00 08:30 14:40 21:20	3.00 ↑ 0.71 ↓ 3.14 ↑ 0.49 ↓	19 TER	03:30 09:00 15:20 22:10	2.94 ↑ 0.77 ↓ 3.19 ↑ 0.43 ↓	03 QUA	03:40 09:00 15:10 22:10	2.71 ↑ 0.84 ↓ 2.98 ↑ 0.64 ↓	19 SEX	05:00 10:40 16:50 23:30	2.75 ↑ 0.73 ↓ 2.92 ↑ 0.52 ↓
04 SAB	03:20 09:10 15:20 21:50	3.12 ↑ 0.59 ↓ 3.14 ↑ 0.44 ↓	20 SEG	03:40 09:20 15:30 22:10	3.01 ↑ 0.67 ↓ 3.22 ↑ 0.48 ↓	04 SEG	03:30 09:00 15:10 22:00	2.90 ↑ 0.77 ↓ 3.06 ↑ 0.57 ↓	20 QUA	04:20 09:50 16:00 23:00	2.81 ↑ 0.80 ↓ 3.05 ↑ 0.50 ↓	04 QUI	04:10 09:30 15:50 22:40	2.62 ↑ 0.86 ↓ 2.89 ↑ 0.66 ↓	20 SAB	05:50 11:30 17:40	2.66 ↑ 0.74 ↓ 2.78 ↑
05 DOM	03:50 09:40 15:50 22:20	3.00 ↑ 0.68 ↓ 3.04 ↑ 0.55 ↓	21 TER	04:20 10:00 16:20 23:00	2.88 ↑ 0.74 ↓ 3.07 ↑ 0.55 ↓	05 TER	04:00 09:30 15:40 22:30	2.76 ↑ 0.80 ↓ 2.96 ↑ 0.65 ↓	21 QUI	05:10 10:40 17:00 23:50	2.67 ↑ 0.83 ↓ 2.87 ↑ 0.57 ↓	05 SEX	04:40 10:20 16:30 23:20	2.54 ↑ 0.81 ↓ 2.80 ↑ 0.66 ↓	21 DOM ☀	00:20 06:40 12:30 18:40	0.57 ↓ 2.60 ↑ 0.72 ↓ 2.66 ↑
06 SEG	04:30 10:00 16:10 22:50	2.83 ↑ 0.75 ↓ 2.93 ↑ 0.64 ↓	22 QUA	05:10 10:50 17:10	2.70 ↑ 0.79 ↓ 2.88 ↑	06 QUA	04:30 10:00 16:10 23:00	2.62 ↑ 0.83 ↓ 2.85 ↑ 0.70 ↓	22 SEX	06:00 11:40 17:50	2.56 ↑ 0.83 ↓ 2.71 ↑	06 SAB	05:20 11:10 17:20	2.48 ↑ 0.77 ↓ 2.68 ↑	22 SEG	01:10 07:30 13:40 19:40	0.63 ↓ 2.57 ↑ 0.71 ↓ 2.57 ↑
07 TER	05:00 10:30 16:40 23:30	2.66 ↑ 0.79 ↓ 2.81 ↑ 0.70 ↓	23 QUI ☀	00:00 06:10 11:50 18:00	0.61 ↓ 2.52 ↑ 0.83 ↓ 2.70 ↑	07 QUI	05:10 10:30 16:50 23:40	2.48 ↑ 0.87 ↓ 2.73 ↑ 0.73 ↓	23 SAB ☾	00:50 07:10 12:50 19:00	0.61 ↓ 2.46 ↑ 0.80 ↓ 2.58 ↑	07 DOM	00:00 06:10 12:00 18:20	0.66 ↓ 2.46 ↑ 0.75 ↓ 2.58 ↑	23 TER	02:00 08:30 14:40 20:50	0.69 ↓ 2.57 ↑ 0.72 ↓ 2.53 ↑
08 QUA	05:40 11:00 17:20	2.48 ↑ 0.84 ↓ 2.67 ↑	24 SEX	01:00 07:20 13:00 19:20	0.69 ↓ 2.40 ↑ 0.85 ↓ 2.54 ↑	08 SEX	05:50 11:20 17:40	2.37 ↑ 0.87 ↓ 2.59 ↑	24 DOM	01:50 08:10 14:00 20:10	0.64 ↓ 2.47 ↑ 0.78 ↓ 2.53 ↑	08 SEG ☀	00:50 07:10 13:10 19:20	0.65 ↓ 2.47 ↑ 0.69 ↓ 2.54 ↑	24 QUA	03:00 09:20 15:50 22:00	0.72 ↓ 2.63 ↑ 0.69 ↓ 2.53 ↑
09 QUI	00:20 06:20 11:50 18:10	0.76 ↓ 2.34 ↑ 0.86 ↓ 2.54 ↑	25 SAB	02:10 08:40 14:20 20:40	0.71 ↓ 2.38 ↑ 0.84 ↓ 2.50 ↑	09 SAB ☀	00:30 06:40 12:20 18:40	0.75 ↓ 2.31 ↑ 0.85 ↓ 2.49 ↑	25 SEG	02:50 09:10 15:20 21:30	0.65 ↓ 2.54 ↑ 0.72 ↓ 2.56 ↑	09 TER	01:40 08:10 14:20 20:30	0.66 ↓ 2.55 ↑ 0.66 ↓ 2.57 ↑	25 QUI	03:50 10:10 16:50 23:00	0.77 ↓ 2.71 ↑ 0.63 ↓ 2.58 ↑
10 SEX ☀	01:10 07:20 12:50 19:10	0.82 ↓ 2.25 ↑ 0.88 ↓ 2.44 ↑	26 DOM	03:20 09:50 15:40 22:00	0.67 ↓ 2.50 ↑ 0.77 ↓ 2.58 ↑	10 DOM	01:30 07:50 13:40 19:50	0.77 ↓ 2.34 ↑ 0.79 ↓ 2.47 ↑	26 TER	03:50 10:10 16:20 22:30	0.62 ↓ 2.67 ↑ 0.63 ↓ 2.66 ↑	10 QUA	02:40 09:10 15:40 21:40	0.67 ↓ 2.68 ↑ 0.64 ↓ 2.65 ↑	26 SEX	04:40 11:00 17:40 23:50	0.80 ↓ 2.81 ↑ 0.59 ↓ 2.66 ↑
11 SAB	02:10 08:30 14:00 20:30	0.87 ↓ 2.26 ↑ 0.89 ↓ 2.45 ↑	27 SEG	04:30 10:50 16:50 23:00	0.54 ↓ 2.68 ↑ 0.61 ↓ 2.75 ↑	11 SEG	02:30 08:50 14:50 21:10	0.77 ↓ 2.44 ↑ 0.76 ↓ 2.55 ↑	27 QUA	04:40 11:00 17:20 23:30	0.61 ↓ 2.82 ↑ 0.51 ↓ 2.77 ↑	11 QUI	03:40 10:10 16:40 22:50	0.69 ↓ 2.83 ↑ 0.59 ↓ 2.75 ↑	27 SAB	05:30 11:50 18:30	0.81 ↓ 2.90 ↑ 0.54 ↓
12 DOM	03:20 09:40 15:20 21:40	0.89 ↓ 2.36 ↑ 0.86 ↓ 2.54 ↑	28 TER	05:20 11:40 17:50	0.46 ↓ 2.88 ↑ 0.44 ↓	12 TER	03:30 09:50 16:10 22:20	0.75 ↓ 2.61 ↑ 0.69 ↓ 2.68 ↑	28 QUI	05:30 11:50 18:10	0.60 ↓ 2.95 ↑ 0.43 ↓	12 SEX	04:40 11:10 17:40	0.69 ↓ 2.98 ↑ 0.52 ↓	28 DOM	00:40 06:10 12:30 19:20	2.72 ↑ 0.83 ↓ 2.97 ↑ 0.51 ↓
13 SEG	04:20 10:40 16:30 22:50	0.83 ↓ 2.54 ↑ 0.78 ↓ 2.70 ↑	29 QUA	00:00 06:10 12:30 18:40	2.91 ↑ 0.40 ↓ 3.04 ↑ 0.32 ↓	13 QUA	04:30 10:50 17:10 23:20	0.70 ↓ 2.81 ↑ 0.58 ↓ 2.83 ↑	29 SEX	00:30 06:10 12:30 19:00	2.85 ↑ 0.64 ↓ 3.05 ↑ 0.38 ↓	13 SAB	00:00 05:40 12:00 18:40	2.83 ↑ 0.68 ↓ 3.12 ↑ 0.41 ↓	29 SEG ☀	01:30 06:50 13:10 20:00	2.74 ↑ 0.84 ↓ 3.02 ↑ 0.53 ↓
14 TER	05:20 11:30 17:30 23:50	0.71 ↓ 2.75 ↑ 0.65 ↓ 2.87 ↑	30 QUI	00:50 06:50 13:10 19:30	3.04 ↑ 0.44 ↓ 3.16 ↑ 0.25 ↓	14 QUI	05:20 11:40 18:10	0.65 ↓ 3.00 ↑ 0.45 ↓	30 SAB	01:10 06:50 13:10 19:40	2.91 ↑ 0.69 ↓ 3.11 ↑ 0.41 ↓	14 DOM ☀	00:50 06:30 12:50 19:30	2.92 ↑ 0.69 ↓ 3.21 ↑ 0.37 ↓	30 TER	02:10 07:30 13:50 20:40	2.76 ↑ 0.84 ↓ 3.03 ↑ 0.55 ↓
15 QUA	06:00 12:20 18:30	0.63 ↓ 2.94 ↑ 0.49 ↓				15 SEX	00:20 06:10 12:30 19:00	2.95 ↑ 0.61 ↓ 3.15 ↑ 0.36 ↓	31 DOM ☀	01:50 07:30 13:40 20:20	2.92 ↑ 0.73 ↓ 3.12 ↑ 0.47 ↓	15 SEG	01:50 07:20 13:40 20:20	2.94 ↑ 0.70 ↓ 3.24 ↑ 0.34 ↓			
16 QUI	00:40 06:50 13:00 19:20	3.02 ↑ 0.53 ↓ 3.11 ↑ 0.37 ↓				16 SAB ☀	01:10 06:50 13:10 19:50	3.03 ↑ 0.64 ↓ 3.26 ↑ 0.31 ↓				16 TER	02:40 08:10 14:30 21:10	2.94 ↑ 0.71 ↓ 3.22 ↑ 0.35 ↓			

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	02:40	2.76 ↑	17 SEX	04:00	2.95 ↑	01 SAB	03:20	2.85 ↑	17 SEG	04:50	2.97 ↑	01 TER	04:00	3.07 ↑	17 QUI	05:10	2.81 ↑		
	08:10	0.81 ↓		09:40	0.60 ↓		09:10	0.62 ↓		11:00	0.51 ↓		10:20	0.43 ↓		11:50	0.69 ↓		
	14:20	3.03 ↑		15:50	3.12 ↑		15:20	3.05 ↑		17:10	2.93 ↑		16:30	2.97 ↑		18:00	2.56 ↑		
	21:10	0.59 ↓		22:30	0.35 ↓		21:50	0.52 ↓		23:10	0.60 ↓		22:20	0.56 ↓		23:30	0.81 ↓		
02 QUI	03:20	2.72 ↑	18 SAB	04:40	2.90 ↑	02 DOM	03:50	2.87 ↑	18 TER	05:20	2.87 ↑	02 QUA	04:40	3.03 ↑	18 SEX 🌙	05:50	2.66 ↑		
	08:40	0.81 ↓		10:30	0.59 ↓		09:50	0.57 ↓		11:40	0.59 ↓		11:00	0.48 ↓		12:40	0.77 ↓		
	15:00	3.00 ↑		16:40	3.01 ↑		16:00	3.00 ↑		17:50	2.77 ↑		17:10	2.83 ↑		18:50	2.39 ↑		
	21:40	0.61 ↓		23:10	0.45 ↓		22:20	0.52 ↓		23:50	0.68 ↓		23:10	0.56 ↓					
03 SEX	03:50	2.70 ↑	19 DOM	05:20	2.82 ↑	03 SEG	04:30	2.87 ↑	19 QUA 🌙	06:00	2.75 ↑	03 QUI	05:20	2.95 ↑	19 SAB	00:10	0.86 ↓		
	09:20	0.77 ↓		11:20	0.60 ↓		10:40	0.50 ↓		12:30	0.67 ↓		12:00	0.52 ↓		06:40	2.53 ↑		
	15:40	2.95 ↑		17:30	2.87 ↑		16:40	2.92 ↑		18:30	2.60 ↑		18:00	2.66 ↑		13:40	0.87 ↓		
	22:10	0.61 ↓		23:50	0.55 ↓		23:00	0.50 ↓					23:50	0.65 ↓		19:40	2.27 ↑		
04 SAB	04:20	2.68 ↑	20 SEG	06:00	2.75 ↑	04 TER	05:10	2.86 ↑	20 QUI	00:20	0.75 ↓	04 SEX 🌙	06:10	2.82 ↑	20 DOM	01:10	0.90 ↓		
	10:00	0.73 ↓		12:10	0.63 ↓		11:20	0.52 ↓		06:40	2.64 ↑		13:00	0.61 ↓		07:30	2.44 ↑		
	16:20	2.89 ↑		18:20	2.73 ↑		17:30	2.80 ↑		13:20	0.76 ↓		19:10	2.49 ↑		14:40	0.95 ↓		
	22:50	0.58 ↓					23:40	0.52 ↓		19:30	2.44 ↑					20:50	2.24 ↑		
05 DOM	05:00	2.66 ↑	21 TER 🌙	00:30	0.64 ↓	05 QUA 🌙	05:50	2.83 ↑	21 SEX	01:10	0.81 ↓	05 SAB	00:50	0.72 ↓	21 SEG	02:10	0.94 ↓		
	10:50	0.66 ↓		06:50	2.66 ↑		12:20	0.52 ↓		07:30	2.55 ↑		07:20	2.67 ↑		08:40	2.43 ↑		
	17:00	2.80 ↑		13:00	0.68 ↓		18:30	2.66 ↑		14:20	0.85 ↓		14:10	0.72 ↓		15:50	0.95 ↓		
	23:30	0.56 ↓		19:10	2.60 ↑					20:30	2.33 ↑		20:20	2.40 ↑		22:00	2.30 ↑		
06 SEG	05:40	2.65 ↑	22 QUA	01:10	0.71 ↓	06 QUI	00:30	0.56 ↓	22 SAB	02:00	0.87 ↓	06 DOM	02:00	0.81 ↓	22 TER	03:30	0.95 ↓		
	11:50	0.59 ↓		07:30	2.61 ↑		06:50	2.75 ↑		08:30	2.50 ↑		08:30	2.60 ↑		10:00	2.51 ↑		
	17:50	2.70 ↑		14:00	0.73 ↓		13:20	0.58 ↓		15:30	0.92 ↓		15:30	0.75 ↓		16:50	0.87 ↓		
				20:10	2.49 ↑		19:30	2.55 ↑		21:40	2.29 ↑		21:50	2.42 ↑		23:00	2.44 ↑		
07 TER 🌙	00:10	0.57 ↓	23 QUI	02:00	0.78 ↓	07 SEX	01:20	0.65 ↓	23 DOM	03:00	0.94 ↓	07 SEG	03:30	0.85 ↓	23 QUA	04:40	0.89 ↓		
	06:30	2.65 ↑		08:30	2.58 ↑		07:50	2.71 ↑		09:30	2.52 ↑		10:00	2.64 ↑		11:00	2.65 ↑		
	12:50	0.57 ↓		15:10	0.79 ↓		14:40	0.66 ↓		16:30	0.90 ↓		16:50	0.60 ↓		17:40	0.75 ↓		
	18:50	2.62 ↑		21:10	2.43 ↑		20:40	2.49 ↑		22:40	2.34 ↑		23:10	2.56 ↑		23:50	2.62 ↑		
08 QUA	01:00	0.58 ↓	24 SEX	02:50	0.85 ↓	08 SAB	02:30	0.73 ↓	24 SEG	04:00	0.97 ↓	08 TER	04:50	0.77 ↓	24 QUI	05:40	0.76 ↓		
	07:30	2.66 ↑		09:20	2.60 ↑		09:00	2.70 ↑		10:30	2.59 ↑		11:10	2.79 ↑		12:00	2.80 ↑		
	13:50	0.59 ↓		16:10	0.80 ↓		15:50	0.71 ↓		17:30	0.81 ↓		17:50	0.43 ↓		18:20	0.66 ↓		
	20:00	2.57 ↑		22:20	2.41 ↑		22:00	2.51 ↑		23:40	2.45 ↑								
09 QUI	02:00	0.62 ↓	25 SAB	03:50	0.90 ↓	09 DOM	03:40	0.82 ↓	25 TER	05:10	0.93 ↓	09 QUA	00:10	2.77 ↑	25 SEX	00:30	2.81 ↑		
	08:30	2.71 ↑		10:20	2.65 ↑		10:10	2.77 ↑		11:30	2.71 ↑		06:00	0.59 ↓		06:30	0.62 ↓		
	15:00	0.63 ↓		17:10	0.75 ↓		17:10	0.60 ↓		18:20	0.70 ↓		12:20	2.97 ↑		12:50	2.95 ↑		
	21:10	2.58 ↑		23:20	2.46 ↑		23:20	2.60 ↑					18:50	0.23 ↓		19:00	0.58 ↓		
10 SEX	03:00	0.69 ↓	26 DOM	04:40	0.93 ↓	10 SEG	05:00	0.80 ↓	26 QUA	00:30	2.59 ↑	10 QUI	01:00	2.98 ↑	26 SAB 🌙	01:10	2.98 ↑		
	09:30	2.79 ↑		11:10	2.73 ↑		11:20	2.89 ↑		06:00	0.84 ↓		07:00	0.40 ↓		07:20	0.48 ↓		
	16:20	0.64 ↓		18:10	0.66 ↓		18:10	0.44 ↓		12:20	2.85 ↑		13:10	3.14 ↑		13:30	3.08 ↑		
	22:30	2.62 ↑								19:00	0.62 ↓		19:40	0.13 ↓		19:40	0.52 ↓		
11 SAB	04:10	0.74 ↓	27 SEG	00:10	2.55 ↑	11 TER	00:30	2.75 ↑	27 QUI	01:10	2.74 ↑	11 SEX 🌙	01:50	3.13 ↑	27 DOM	01:40	3.10 ↑		
	10:40	2.89 ↑		05:40	0.91 ↓		06:00	0.73 ↓		06:50	0.72 ↓		07:50	0.28 ↓		08:00	0.41 ↓		
	17:30	0.55 ↓		12:00	2.83 ↑		12:30	3.02 ↑		13:10	2.97 ↑		14:00	3.24 ↑		14:10	3.14 ↑		
	23:40	2.70 ↑		18:50	0.63 ↓		19:10	0.26 ↓		19:40	0.55 ↓		20:20	0.16 ↓		20:10	0.53 ↓		
12 DOM	05:10	0.77 ↓	28 TER	01:00	2.63 ↑	12 QUA 🌙	01:20	2.91 ↑	28 SEX 🌙	01:50	2.86 ↑	12 SAB	02:30	3.21 ↑	28 SEG	02:20	3.18 ↑		
	11:40	3.01 ↑		06:20	0.88 ↓		07:00	0.60 ↓		07:30	0.63 ↓		08:30	0.28 ↓		08:40	0.38 ↓		
	18:30	0.42 ↓		12:50	2.91 ↑		13:20	3.15 ↑		13:50	3.07 ↑		14:50	3.25 ↑		14:50	3.13 ↑		
				19:40	0.56 ↓		20:00	0.16 ↓		20:10	0.54 ↓		21:00	0.25 ↓		20:40	0.57 ↓		
13 SEG	00:40	2.80 ↑	29 QUA 🌙	01:40	2.72 ↑	13 QUI	02:10	3.03 ↑	29 SAB	02:20	2.96 ↑	13 DOM	03:10	3.21 ↑	29 TER	02:50	3.23 ↑		
	06:10	0.76 ↓		07:10	0.81 ↓		08:00	0.45 ↓		08:20	0.51 ↓		09:20	0.27 ↓		09:20	0.39 ↓		
	12:40	3.10 ↑		13:30	2.99 ↑		14:10	3.23 ↑		14:30	3.11 ↑		15:30	3.20 ↑		15:30	3.07 ↑		
	19:20	0.34 ↓		20:10	0.57 ↓		20:50	0.12 ↓		20:40	0.53 ↓		21:30	0.43 ↓		21:20	0.58 ↓		
14 TER 🌙	01:40	2.88 ↑	30 QUI	02:20	2.77 ↑	14 SEX	03:00	3.09 ↑	30 DOM	02:50	3.02 ↑	14 SEG	03:40	3.16 ↑	30 QUA	03:30	3.21 ↑		
	07:10	0.69 ↓		07:50	0.75 ↓		08:50	0.39 ↓		09:00	0.45 ↓		10:00	0.36 ↓		10:00	0.44 ↓		
	13:30	3.18 ↑		14:10	3.04 ↑		15:00	3.24 ↑		15:10	3.11 ↑		16:10	3.09 ↑		16:10	2.96 ↑		
	20:20	0.20 ↓		20:50	0.53 ↓		21:30	0.19 ↓		21:20	0.49 ↓		22:00	0.58 ↓		22:00	0.61 ↓		
15 QUA	02:30	2.94 ↑	31 SEX	02:50	2.82 ↑	15 SAB	03:40	3.09 ↑	31 SEG	03:20	3.07 ↑	15 TER	04:10	3.07 ↑					
	08:00	0.66 ↓		08:30	0.68 ↓		09:30	0.43 ↓		09:40	0.42 ↓		10:30	0.50 ↓					
	14:20	3.21 ↑		14:40	3.06 ↑		15:40	3.19 ↑		15:40	3.08 ↑		16:40	2.94 ↑					
	21:00	0.24 ↓		21:20	0.53 ↓		22:10	0.30 ↓		21:50	0.51 ↓		22:30	0.68 ↓					
16 QUI	03:10	2.98 ↑				16 DOM	04:10	3.06 ↑				16 QUA	04:40	2.94 ↑					
	08:50	0.63 ↓					10:20	0.43 ↓					11:10	0.59 ↓					
	15:10	3.18 ↑					16:30	3.07 ↑					17:20	2.75 ↑					
	21:50	0.25 ↓					22:40	0.47 ↓					23:00	0.75 ↓					

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	04:10 10:50 16:50 22:40	3.14 ↑ 0.48 ↓ 2.81 ↑ 0.67 ↓	17 SAB	05:10 12:10 18:10 23:40	2.69 ↑ 0.78 ↓ 2.37 ↑ 0.88 ↓	01 DOM	05:30 12:30 18:40	2.79 ↑ 0.65 ↓ 2.45 ↑	17 TER	00:10 06:20 13:10 19:20	0.84 ↓ 2.49 ↑ 0.76 ↓ 2.34 ↑	01 TER	00:20 06:30 13:10 19:30	0.76 ↓ 2.65 ↑ 0.62 ↓ 2.51 ↑	17 QUI	00:50 06:50 13:20 19:40	0.67 ↓ 2.54 ↑ 0.63 ↓ 2.54 ↑
02 SEX	05:00 11:40 17:50 23:30	2.98 ↑ 0.57 ↓ 2.61 ↑ 0.74 ↓	18 DOM	05:50 13:00 19:00	2.54 ↑ 0.84 ↓ 2.26 ↑	02 SEG	00:20 06:40 13:40 20:00	0.84 ↓ 2.60 ↑ 0.67 ↓ 2.40 ↑	18 QUA	01:10 07:30 14:00 20:20	0.81 ↓ 2.46 ↑ 0.77 ↓ 2.42 ↑	02 QUA	01:30 07:40 14:10 20:40	0.73 ↓ 2.57 ↑ 0.64 ↓ 2.54 ↑	18 SEX	01:50 08:00 14:10 20:40	0.65 ↓ 2.54 ↑ 0.65 ↓ 2.63 ↑
03 SAB	05:50 12:40 18:50	2.81 ↑ 0.66 ↓ 2.45 ↑	19 SEG	00:30 06:50 13:50 20:10	0.91 ↓ 2.43 ↑ 0.88 ↓ 2.25 ↑	03 TER	01:40 08:00 14:50 21:10	0.82 ↓ 2.52 ↑ 0.66 ↓ 2.47 ↑	19 QUI	02:30 08:40 15:00 21:20	0.76 ↓ 2.50 ↑ 0.75 ↓ 2.56 ↑	03 QUI	02:40 08:50 15:10 21:40	0.70 ↓ 2.56 ↑ 0.64 ↓ 2.64 ↑	19 SAB	03:00 09:10 15:10 21:40	0.65 ↓ 2.58 ↑ 0.67 ↓ 2.76 ↑
04 DOM	00:30 07:00 13:50 20:10	0.81 ↓ 2.61 ↑ 0.73 ↓ 2.36 ↑	20 TER	01:40 08:00 15:00 21:10	0.90 ↓ 2.41 ↑ 0.90 ↓ 2.33 ↑	04 QUA	03:10 09:20 15:50 22:20	0.76 ↓ 2.56 ↑ 0.60 ↓ 2.63 ↑	20 SEX	03:40 09:50 16:00 22:20	0.72 ↓ 2.61 ↑ 0.72 ↓ 2.74 ↑	04 SEX	03:50 10:00 16:10 22:30	0.63 ↓ 2.63 ↑ 0.62 ↓ 2.78 ↑	20 DOM	04:10 10:20 16:10 22:30	0.64 ↓ 2.66 ↑ 0.70 ↓ 2.90 ↑
05 SEG	01:50 08:20 15:10 21:30	0.85 ↓ 2.53 ↑ 0.72 ↓ 2.42 ↑	21 QUA	03:00 09:20 16:00 22:10	0.88 ↓ 2.48 ↑ 0.85 ↓ 2.49 ↑	05 QUI	04:20 10:30 16:50 23:10	0.63 ↓ 2.69 ↑ 0.51 ↓ 2.83 ↑	21 SAB	04:40 10:50 16:50 23:10	0.64 ↓ 2.74 ↑ 0.69 ↓ 2.93 ↑	05 SAB	05:00 11:10 17:00 23:20	0.50 ↓ 2.72 ↑ 0.63 ↓ 2.92 ↑	21 SEG	05:20 11:20 17:00 23:30	0.57 ↓ 2.75 ↑ 0.74 ↓ 3.04 ↑
06 TER	03:20 09:40 16:30 22:50	0.83 ↓ 2.58 ↑ 0.57 ↓ 2.59 ↑	22 QUI	04:10 10:30 16:50 23:10	0.81 ↓ 2.62 ↑ 0.77 ↓ 2.68 ↑	06 SEX	05:20 11:40 17:40	0.47 ↓ 2.85 ↑ 0.45 ↓	22 DOM	05:40 11:50 17:40	0.54 ↓ 2.86 ↑ 0.66 ↓	06 DOM	05:50 12:00 17:50	0.42 ↓ 2.83 ↑ 0.63 ↓	22 TER	06:10 12:20 18:00	0.52 ↓ 2.83 ↑ 0.74 ↓
07 QUA	04:40 11:00 17:30 23:40	0.69 ↓ 2.73 ↑ 0.40 ↓ 2.82 ↑	23 SEX	05:10 11:30 17:40 23:50	0.69 ↓ 2.78 ↑ 0.67 ↓ 2.89 ↑	07 SAB	00:00 06:20 12:30 18:30	3.02 ↑ 0.30 ↓ 2.99 ↑ 0.42 ↓	23 SEG	00:00 06:30 12:40 18:30	3.09 ↑ 0.46 ↓ 2.96 ↑ 0.64 ↓	07 SEG	00:10 06:40 13:00 18:30	3.03 ↑ 0.36 ↓ 2.87 ↑ 0.69 ↓	23 QUA	00:20 07:10 13:20 18:50	3.14 ↑ 0.41 ↓ 2.89 ↑ 0.75 ↓
08 QUI	05:40 12:00 18:20	0.52 ↓ 2.93 ↑ 0.29 ↓	24 SAB	06:10 12:20 18:20	0.53 ↓ 2.93 ↑ 0.61 ↓	08 DOM	00:40 07:10 13:20 19:10	3.15 ↑ 0.22 ↓ 3.07 ↑ 0.48 ↓	24 TER	00:50 07:20 13:30 19:10	3.20 ↑ 0.40 ↓ 3.00 ↑ 0.68 ↓	08 TER	00:50 07:30 13:40 19:10	3.10 ↑ 0.34 ↓ 2.91 ↑ 0.74 ↓	24 QUI	01:10 08:00 14:10 19:40	3.21 ↑ 0.36 ↓ 2.92 ↑ 0.75 ↓
09 SEX	00:30 06:40 12:50 19:10	3.03 ↑ 0.32 ↓ 3.10 ↑ 0.22 ↓	25 DOM	00:30 07:00 13:10 19:00	3.06 ↑ 0.41 ↓ 3.03 ↑ 0.58 ↓	09 SEG	01:20 07:50 14:00 19:50	3.22 ↑ 0.25 ↓ 3.09 ↑ 0.56 ↓	25 QUA	01:30 08:10 14:20 19:50	3.27 ↑ 0.37 ↓ 2.99 ↑ 0.74 ↓	09 QUA	01:30 08:10 14:20 19:50	3.12 ↑ 0.40 ↓ 2.89 ↑ 0.79 ↓	25 SEX	02:00 08:50 15:00 20:30	3.23 ↑ 0.34 ↓ 2.91 ↑ 0.75 ↓
10 SAB	01:20 07:30 13:40 19:50	3.18 ↑ 0.21 ↓ 3.20 ↑ 0.27 ↓	26 SEG	01:10 07:40 13:50 19:40	3.20 ↑ 0.37 ↓ 3.10 ↑ 0.58 ↓	10 TER	02:00 08:30 14:50 20:20	3.23 ↑ 0.33 ↓ 3.02 ↑ 0.69 ↓	26 QUI	02:10 09:00 15:10 20:40	3.28 ↑ 0.38 ↓ 2.93 ↑ 0.75 ↓	10 QUI	02:00 08:50 15:00 20:20	3.11 ↑ 0.48 ↓ 2.83 ↑ 0.84 ↓	26 SAB	02:50 09:40 15:50 21:20	3.19 ↑ 0.33 ↓ 2.86 ↑ 0.73 ↓
11 DOM	02:00 08:10 14:30 20:20	3.26 ↑ 0.23 ↓ 3.21 ↑ 0.43 ↓	27 TER	01:50 08:20 14:30 20:20	3.27 ↑ 0.37 ↓ 3.09 ↑ 0.61 ↓	11 QUA	02:30 09:10 15:20 20:50	3.18 ↑ 0.43 ↓ 2.93 ↑ 0.78 ↓	27 SEX	03:00 09:40 15:50 21:20	3.21 ↑ 0.46 ↓ 2.85 ↑ 0.81 ↓	11 SEX	02:40 09:30 15:30 21:00	3.05 ↑ 0.56 ↓ 2.75 ↑ 0.84 ↓	27 DOM	03:40 10:20 16:30 22:10	3.11 ↑ 0.42 ↓ 2.82 ↑ 0.72 ↓
12 SEG	02:30 09:00 15:10 21:00	3.27 ↑ 0.24 ↓ 3.15 ↑ 0.53 ↓	28 QUA	02:30 09:10 15:10 20:50	3.29 ↑ 0.37 ↓ 3.03 ↑ 0.70 ↓	12 QUI	03:00 09:50 16:00 21:20	3.10 ↑ 0.54 ↓ 2.79 ↑ 0.84 ↓	28 SAB	03:40 10:30 16:40 22:20	3.11 ↑ 0.50 ↓ 2.73 ↑ 0.78 ↓	12 SAB	03:10 10:00 16:10 21:30	2.98 ↑ 0.64 ↓ 2.65 ↑ 0.85 ↓	28 SEG	04:30 11:10 17:20 23:10	2.99 ↑ 0.45 ↓ 2.74 ↑ 0.66 ↓
13 TER	03:00 09:30 15:40 21:30	3.21 ↑ 0.39 ↓ 3.04 ↑ 0.66 ↓	29 QUI	03:10 09:50 16:00 21:40	3.25 ↑ 0.45 ↓ 2.89 ↑ 0.71 ↓	13 SEX	03:30 10:20 16:30 21:50	2.99 ↑ 0.65 ↓ 2.65 ↑ 0.87 ↓	29 DOM	04:30 11:20 17:30 23:10	2.96 ↑ 0.55 ↓ 2.62 ↑ 0.80 ↓	13 DOM	03:40 10:30 16:40 22:10	2.90 ↑ 0.67 ↓ 2.58 ↑ 0.82 ↓	29 TER	05:20 11:50 18:10	2.86 ↑ 0.54 ↓ 2.67 ↑
14 QUA	03:30 10:10 16:20 21:50	3.11 ↑ 0.51 ↓ 2.88 ↑ 0.77 ↓	30 SEX	03:50 10:40 16:50 22:20	3.15 ↑ 0.51 ↓ 2.73 ↑ 0.79 ↓	14 SAB	04:00 11:00 17:00 22:30	2.86 ↑ 0.71 ↓ 2.52 ↑ 0.87 ↓	30 SEG	05:30 12:10 18:30	2.79 ↑ 0.61 ↓ 2.53 ↑	14 SEG	04:20 11:10 17:10 22:50	2.80 ↑ 0.67 ↓ 2.52 ↑ 0.79 ↓	30 QUA	00:10 06:10 12:40 19:00	0.64 ↓ 2.74 ↑ 0.58 ↓ 2.63 ↑
15 QUI	04:00 10:50 16:50 22:20	2.98 ↑ 0.61 ↓ 2.70 ↑ 0.82 ↓	31 SAB	04:40 11:30 17:40 23:20	2.98 ↑ 0.59 ↓ 2.58 ↑ 0.81 ↓	15 DOM	04:40 11:30 17:40 23:10	2.73 ↑ 0.75 ↓ 2.40 ↑ 0.88 ↓				15 TER	05:00 11:40 17:50 23:40	2.70 ↑ 0.66 ↓ 2.48 ↑ 0.75 ↓	31 QUI	01:10 07:10 13:30 21:40	0.65 ↓ 2.63 ↑ 0.64 ↓ 2.19 ↑
16 SEX	04:30 11:20 17:30 22:50	2.84 ↑ 0.71 ↓ 2.52 ↑ 0.87 ↓				16 SEG	05:30 12:20 18:30	2.60 ↑ 0.76 ↓ 2.34 ↑				16 QUA	05:50 12:30 18:40	2.60 ↑ 0.64 ↓ 2.49 ↑			