

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	07:20 13:10 19:20	4.53 ↑ 0.95 ↓ 4.68 ↑	17 SAB	01:50 08:10 13:40 19:50	1.10 ↓ 3.99 ↑ 1.40 ↓ 4.32 ↑	01 DOM	02:40 09:00 14:50 21:00	0.26 ↓ 4.74 ↑ 0.74 ↓ 4.86 ↑	17 TER	03:00 09:10 15:00 21:10	0.59 ↓ 4.43 ↑ 0.88 ↓ 4.71 ↑	01 DOM	01:30 07:50 13:40 19:50	0.65 ↓ 4.49 ↑ 1.01 ↓ 4.62 ↑	17 TER	01:40 08:00 14:00 20:10	0.87 ↓ 4.33 ↑ 0.96 ↓ 4.62 ↑
02 SEX	02:00 08:20 14:10 20:10	0.35 ↓ 4.70 ↑ 0.79 ↓ 4.80 ↑	18 DOM	02:30 08:50 14:30 20:30	0.87 ↓ 4.16 ↑ 1.22 ↓ 4.44 ↑	02 SEG	03:30 09:50 15:40 21:50	0.12 ↓ 4.84 ↑ 0.62 ↓ 4.93 ↑	18 QUA	03:40 09:50 15:50 22:00	0.39 ↓ 4.58 ↑ 0.66 ↓ 4.85 ↑	02 SEG	02:20 08:40 14:30 20:40	0.39 ↓ 4.73 ↑ 0.72 ↓ 4.83 ↑	18 QUA	02:30 08:40 14:50 21:00	0.53 ↓ 4.60 ↑ 0.61 ↓ 4.88 ↑
03 SAB	03:00 09:20 15:00 21:00	0.13 ↓ 4.80 ↑ 0.70 ↓ 4.86 ↑	19 SEG	03:20 09:40 15:10 21:20	0.66 ↓ 4.28 ↑ 1.10 ↓ 4.56 ↑	03 TER	04:20 10:30 16:20 22:30	0.12 ↓ 4.84 ↑ 0.60 ↓ 4.88 ↑	19 QUI	04:20 10:30 16:30 22:40	0.30 ↓ 4.67 ↑ 0.56 ↓ 4.88 ↑	03 TER	03:10 09:20 15:20 21:30	0.23 ↓ 4.77 ↑ 0.52 ↓ 4.95 ↑	19 QUI	03:20 09:20 15:30 21:50	0.30 ↓ 4.79 ↑ 0.38 ↓ 5.03 ↑
04 DOM	03:50 10:10 15:50 21:50	0.05 ↓ 4.82 ↑ 0.68 ↓ 4.85 ↑	20 TER	04:00 10:20 16:00 22:00	0.53 ↓ 4.37 ↑ 0.96 ↓ 4.62 ↑	04 QUA	05:00 11:10 17:10 23:10	0.26 ↓ 4.74 ↑ 0.66 ↓ 4.74 ↑	20 SEX	05:00 11:10 17:10 23:30	0.31 ↓ 4.68 ↑ 0.55 ↓ 4.84 ↑	04 QUA	03:50 10:00 16:00 22:10	0.22 ↓ 4.90 ↑ 0.45 ↓ 4.92 ↑	20 SEX	04:00 10:00 16:20 22:30	0.21 ↓ 4.88 ↑ 0.24 ↓ 5.04 ↑
05 SEG	04:30 11:00 16:40 22:40	0.12 ↓ 4.75 ↑ 0.73 ↓ 4.77 ↑	21 QUA	04:40 10:50 16:40 22:50	0.47 ↓ 4.41 ↑ 0.91 ↓ 4.65 ↑	05 QUI	05:30 11:50 17:40 23:50	0.49 ↓ 4.57 ↑ 0.80 ↓ 4.55 ↑	21 SAB	05:40 11:40 18:00	0.43 ↓ 4.63 ↑ 0.59 ↓	05 QUI	04:30 10:40 16:40 22:50	0.33 ↓ 4.82 ↑ 0.50 ↓ 4.80 ↑	21 SAB	04:30 10:40 17:00 23:10	0.29 ↓ 4.87 ↑ 0.26 ↓ 4.93 ↑
06 TER	05:20 11:40 17:20 23:30	0.28 ↓ 4.62 ↑ 0.86 ↓ 4.62 ↑	22 QUI	05:20 11:30 17:30 23:30	0.49 ↓ 4.42 ↑ 0.86 ↓ 4.61 ↑	06 SEX	06:10 12:20 18:20	0.76 ↓ 4.38 ↑ 0.97 ↓	22 DOM	00:10 06:10 12:20 18:40	4.69 ↑ 0.66 ↓ 4.54 ↑ 0.75 ↓	06 SEX	05:00 11:10 17:20 23:30	0.53 ↓ 4.66 ↑ 0.63 ↓ 4.59 ↑	22 DOM	05:10 11:20 17:40	0.45 ↓ 4.78 ↑ 0.40 ↓
07 QUA	06:00 12:20 18:10	0.53 ↓ 4.43 ↑ 1.02 ↓	23 SEX	06:00 12:10 18:10	0.57 ↓ 4.40 ↑ 0.91 ↓	07 SAB	00:30 06:30 12:40 18:50	4.32 ↑ 1.01 ↓ 4.21 ↑ 1.15 ↓	23 SEG	01:00 07:00 13:10 19:40	4.49 ↑ 0.88 ↓ 4.42 ↑ 0.92 ↓	07 SAB	05:30 11:30 17:50	0.76 ↓ 4.48 ↑ 0.81 ↓	23 SEG	00:00 05:50 12:00 18:30	4.73 ↑ 0.69 ↓ 4.63 ↑ 0.61 ↓
08 QUI	00:10 06:40 13:00 18:50	4.42 ↑ 0.82 ↓ 4.24 ↑ 1.20 ↓	24 SAB	00:20 06:40 12:50 19:00	4.53 ↑ 0.72 ↓ 4.36 ↑ 0.97 ↓	08 DOM	01:00 07:00 13:10 19:30	4.10 ↑ 1.23 ↓ 4.08 ↑ 1.31 ↓	24 TER	02:00 07:50 14:00 20:40	4.24 ↑ 1.15 ↓ 4.26 ↑ 1.14 ↓	08 DOM	00:00 05:50 11:50 18:20	4.36 ↑ 0.99 ↓ 4.31 ↑ 0.99 ↓	24 TER	00:50 06:30 12:40 19:20	4.45 ↑ 1.00 ↓ 4.42 ↑ 0.88 ↓
09 SEX	00:50 07:10 13:30 19:30	4.21 ↑ 1.09 ↓ 4.07 ↑ 1.36 ↓	25 DOM	01:10 07:20 13:40 20:00	4.40 ↑ 0.91 ↓ 4.31 ↑ 1.05 ↓	09 SEG	01:30 07:20 13:40 20:10	3.91 ↑ 1.42 ↓ 3.98 ↑ 1.45 ↓	25 QUA	03:00 08:50 15:00 22:00	4.01 ↑ 1.41 ↓ 4.11 ↑ 1.30 ↓	09 SEG	00:20 06:10 12:20 18:50	4.14 ↑ 1.21 ↓ 4.19 ↑ 1.16 ↓	25 QUA	01:40 07:20 13:30 20:20	4.16 ↑ 1.29 ↓ 4.20 ↑ 1.17 ↓
10 SAB	01:40 07:50 14:10 20:20	4.00 ↑ 1.33 ↓ 3.95 ↑ 1.51 ↓	26 SEG	02:10 08:20 14:30 21:10	4.25 ↑ 1.09 ↓ 4.25 ↑ 1.15 ↓	10 TER	02:20 08:00 14:20 21:00	3.73 ↑ 1.58 ↓ 3.91 ↑ 1.59 ↓	26 QUI	04:20 10:00 16:20 23:20	3.88 ↑ 1.59 ↓ 4.03 ↑ 1.25 ↓	10 TER	00:50 06:30 12:40 19:20	3.94 ↑ 1.42 ↓ 4.06 ↑ 1.33 ↓	26 QUI	02:50 08:20 14:40 21:40	3.90 ↑ 1.56 ↓ 3.99 ↑ 1.38 ↓
11 DOM	02:20 08:20 14:40 21:10	3.83 ↑ 1.50 ↓ 3.88 ↑ 1.62 ↓	27 TER	03:20 09:20 15:30 22:20	4.11 ↑ 1.27 ↓ 4.21 ↑ 1.20 ↓	11 QUA	03:10 08:40 15:10 22:00	3.58 ↑ 1.73 ↓ 3.86 ↑ 1.70 ↓	27 SEX	05:50 11:20 17:40	3.97 ↑ 1.58 ↓ 4.12 ↑	11 QUA	01:30 07:00 13:20 20:10	3.75 ↑ 1.61 ↓ 3.93 ↑ 1.49 ↓	27 SEX	04:10 09:40 16:00 23:00	3.79 ↑ 1.73 ↓ 3.89 ↑ 1.36 ↓
12 SEG	03:10 09:00 15:30 22:10	3.70 ↑ 1.63 ↓ 3.86 ↑ 1.70 ↓	28 QUA	04:40 10:30 16:40 23:40	4.04 ↑ 1.39 ↓ 4.21 ↑ 1.08 ↓	12 QUI	04:20 09:40 16:10 23:10	3.48 ↑ 1.83 ↓ 3.84 ↑ 1.70 ↓	28 SAB	00:30 07:00 12:40 18:50	0.98 ↓ 4.21 ↑ 1.33 ↓ 4.35 ↑	12 QUI	02:20 07:50 14:10 21:10	3.58 ↑ 1.77 ↓ 3.81 ↑ 1.64 ↓	28 SAB	05:30 11:10 17:20	3.91 ↑ 1.68 ↓ 3.98 ↑
13 TER	04:10 09:50 16:20 23:00	3.61 ↑ 1.72 ↓ 3.88 ↑ 1.67 ↓	29 QUI	06:00 11:40 17:50	4.13 ↑ 1.37 ↓ 4.30 ↑	13 SEX	05:40 11:00 17:20	3.50 ↑ 1.84 ↓ 3.89 ↑				13 SEX	03:30 09:00 15:20 22:30	3.46 ↑ 1.88 ↓ 3.75 ↑ 1.72 ↓	29 DOM	00:10 06:30 12:20 18:30	1.12 ↓ 4.16 ↑ 1.39 ↓ 4.24 ↑
14 QUA	05:20 10:50 17:10	3.59 ↑ 1.75 ↓ 3.94 ↑	30 SEX	00:50 07:10 12:50 19:00	0.81 ↓ 4.33 ↑ 1.20 ↓ 4.49 ↑	14 SAB	00:20 06:50 12:10 18:30	1.52 ↓ 3.68 ↑ 1.72 ↓ 4.04 ↑				14 SAB	05:00 10:30 16:40 23:40	3.46 ↑ 1.90 ↓ 3.80 ↑ 1.58 ↓	30 SEG	01:10 07:30 13:20 19:30	0.82 ↓ 4.45 ↑ 1.02 ↓ 4.54 ↑
15 QUI	00:00 06:20 11:50 18:00	1.56 ↓ 3.67 ↑ 1.70 ↓ 4.04 ↑	31 SAB	01:50 08:10 13:50 20:00	0.49 ↓ 4.56 ↑ 0.97 ↓ 4.69 ↑	15 DOM	01:20 07:40 13:20 19:30	1.22 ↓ 3.94 ↑ 1.44 ↓ 4.26 ↑				15 DOM	06:10 11:50 18:10	3.67 ↑ 1.72 ↓ 3.99 ↑	31 TER	02:00 08:10 14:10 20:20	0.57 ↓ 4.69 ↑ 0.70 ↓ 4.76 ↑
16 SEX	01:00 07:20 12:40 19:00	1.35 ↓ 3.82 ↑ 1.58 ↓ 4.17 ↑				16 SEG	02:10 08:30 14:10 20:20	0.88 ↓ 4.21 ↑ 1.16 ↓ 4.50 ↑				16 SEG	00:50 07:10 13:00 19:10	1.24 ↓ 4.00 ↑ 1.37 ↓ 4.29 ↑			

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 ☀	02:40 08:50 15:00 21:10	0.44 ↓ 4.84 ↑ 0.47 ↓ 4.87 ↑	17 SEX ☾	02:50 08:50 15:10 21:30	0.33 ↓ 4.92 ↑ 0.20 ↓ 5.07 ↑	01 SEX ☀	02:40 08:40 15:10 21:20	0.73 ↓ 4.72 ↑ 0.50 ↓ 4.65 ↑	17 DOM ☾	03:10 09:10 15:40 22:10	0.42 ↓ 4.99 ↑ 0.05 ↓ 4.97 ↑	01 SEG ☾	03:10 09:10 15:50 22:10	1.08 ↓ 4.51 ↑ 0.69 ↓ 4.26 ↑	17 QUA ☀	04:20 10:30 17:10 23:30	0.72 ↓ 4.81 ↑ 0.20 ↓ 4.64 ↑
02 QUI	03:20 09:20 15:40 21:50	0.42 ↓ 4.86 ↑ 0.40 ↓ 4.85 ↑	18 SAB	03:30 09:30 16:00 22:20	0.27 ↓ 4.98 ↑ 0.08 ↓ 5.06 ↑	02 SAB	03:10 09:20 15:40 22:00	0.78 ↓ 4.70 ↑ 0.52 ↓ 4.55 ↑	18 SEG	03:50 09:50 16:30 22:50	0.50 ↓ 4.93 ↑ 0.09 ↓ 4.83 ↑	02 TER	03:40 09:40 16:20 22:40	1.14 ↓ 4.46 ↑ 0.74 ↓ 4.17 ↑	18 QUI	05:10 11:20 18:00	0.85 ↓ 4.66 ↑ 0.42 ↓
03 SEX	03:50 10:00 16:10 22:30	0.51 ↓ 4.81 ↑ 0.45 ↓ 4.73 ↑	19 DOM	04:10 10:10 16:40 23:00	0.35 ↓ 4.94 ↑ 0.14 ↓ 4.91 ↑	03 DOM	03:40 09:40 16:20 22:30	0.87 ↓ 4.61 ↑ 0.60 ↓ 4.41 ↑	19 TER	04:30 10:40 17:20 23:40	0.68 ↓ 4.80 ↑ 0.25 ↓ 4.61 ↑	03 QUA	04:10 10:10 16:50 23:10	1.23 ↓ 4.39 ↑ 0.82 ↓ 4.08 ↑	19 SEX	00:20 06:00 12:00 18:40	4.46 ↑ 1.02 ↓ 4.45 ↑ 0.70 ↓
04 SAB	04:20 10:20 16:50 23:00	0.66 ↓ 4.66 ↑ 0.56 ↓ 4.54 ↑	20 SEG	04:50 10:50 17:30 23:50	0.54 ↓ 4.81 ↑ 0.30 ↓ 4.67 ↑	04 SEG	04:10 10:10 16:50 23:00	1.00 ↓ 4.51 ↑ 0.72 ↓ 4.24 ↑	20 QUA	05:20 11:20 18:10	0.88 ↓ 4.59 ↑ 0.50 ↓	04 QUI	04:40 10:40 17:30 23:50	1.34 ↓ 4.30 ↑ 0.90 ↓ 3.99 ↑	20 SAB	01:10 06:50 12:50 19:30	4.27 ↑ 1.20 ↓ 4.25 ↑ 0.99 ↓
05 DOM	04:50 10:50 17:10 23:30	0.85 ↓ 4.52 ↑ 0.73 ↓ 4.32 ↑	21 TER	05:30 11:30 18:20	0.81 ↓ 4.61 ↑ 0.55 ↓	05 TER	04:30 10:30 17:10 23:30	1.18 ↓ 4.39 ↑ 0.87 ↓ 4.08 ↑	21 QUI	00:30 06:10 12:10 19:00	4.36 ↑ 1.12 ↓ 4.37 ↑ 0.80 ↓	05 SEX	05:20 11:20 18:10	1.42 ↓ 4.21 ↑ 0.99 ↓	21 DOM ☀	01:50 07:50 13:50 20:20	4.10 ↑ 1.38 ↓ 4.07 ↑ 1.26 ↓
06 SEG	05:10 11:10 17:40 23:50	1.05 ↓ 4.38 ↑ 0.91 ↓ 4.12 ↑	22 QUA	00:40 06:20 12:20 19:10	4.38 ↑ 1.09 ↓ 4.38 ↑ 0.86 ↓	06 QUA	05:00 11:00 17:40	1.33 ↓ 4.27 ↑ 1.02 ↓	22 SEX	01:30 07:00 13:00 19:50	4.13 ↑ 1.36 ↓ 4.14 ↑ 1.10 ↓	06 SAB	00:30 06:00 12:10 18:50	3.93 ↑ 1.50 ↓ 4.12 ↑ 1.10 ↓	22 SEG	02:40 08:40 14:50 21:00	3.98 ↑ 1.52 ↓ 3.90 ↑ 1.46 ↓
07 TER	05:30 11:30 18:10	1.26 ↓ 4.24 ↑ 1.08 ↓	23 QUI ☀	01:40 07:10 13:10 20:10	4.09 ↑ 1.38 ↓ 4.13 ↑ 1.16 ↓	07 QUI	00:00 05:30 11:30 18:20	3.93 ↑ 1.50 ↓ 4.13 ↑ 1.16 ↓	23 SAB ☀	02:20 08:00 14:10 20:50	3.96 ↑ 1.55 ↓ 3.96 ↑ 1.33 ↓	07 DOM	01:10 07:00 13:10 19:40	3.89 ↑ 1.51 ↓ 4.05 ↑ 1.19 ↓	23 TER	03:30 09:40 15:50 21:50	3.93 ↑ 1.61 ↓ 3.79 ↑ 1.60 ↓
08 QUA	00:20 05:50 12:00 18:40	3.94 ↑ 1.48 ↓ 4.11 ↑ 1.25 ↓	24 SEX	02:40 08:10 14:20 21:20	3.87 ↑ 1.62 ↓ 3.93 ↑ 1.39 ↓	08 SEX	00:40 06:10 12:20 19:10	3.80 ↑ 1.63 ↓ 4.00 ↑ 1.28 ↓	24 DOM	03:20 09:10 15:20 21:50	3.88 ↑ 1.67 ↓ 3.85 ↑ 1.47 ↓	08 SEG ☀	02:10 08:10 14:10 20:40	3.90 ↑ 1.49 ↓ 4.00 ↑ 1.25 ↓	24 QUA	04:10 10:40 16:50 22:40	3.93 ↑ 1.61 ↓ 3.76 ↑ 1.65 ↓
09 QUI	01:00 06:30 12:40 19:30	3.76 ↑ 1.63 ↓ 3.96 ↑ 1.40 ↓	25 SAB	03:50 09:30 15:40 22:30	3.80 ↑ 1.76 ↓ 3.83 ↑ 1.43 ↓	09 SAB ☀	01:30 07:00 13:10 20:00	3.70 ↑ 1.74 ↓ 3.86 ↑ 1.40 ↓	25 SEG	04:20 10:30 16:30 22:50	3.92 ↑ 1.66 ↓ 3.86 ↑ 1.48 ↓	09 TER	03:10 09:20 15:30 21:50	3.96 ↑ 1.44 ↓ 4.04 ↑ 1.25 ↓	25 QUI	05:00 11:40 17:50 23:30	3.98 ↑ 1.51 ↓ 3.80 ↑ 1.64 ↓
10 SEX ☀	01:50 07:20 13:30 20:30	3.60 ↑ 1.79 ↓ 3.80 ↑ 1.55 ↓	26 DOM	05:00 10:50 17:00 23:40	3.91 ↑ 1.69 ↓ 3.92 ↑ 1.29 ↓	10 DOM	02:30 08:20 14:30 21:10	3.66 ↑ 1.74 ↓ 3.83 ↑ 1.45 ↓	26 TER	05:10 11:30 17:40 23:40	4.04 ↑ 1.48 ↓ 3.97 ↑ 1.41 ↓	10 QUA	04:10 10:40 16:50 23:00	4.10 ↑ 1.30 ↓ 4.14 ↑ 1.18 ↓	26 SEX	05:50 12:30 18:50	4.07 ↑ 1.35 ↓ 3.89 ↑
11 SAB	03:00 08:30 14:50 21:50	3.51 ↑ 1.88 ↓ 3.74 ↑ 1.62 ↓	27 SEG	06:00 12:00 18:10	4.13 ↑ 1.41 ↓ 4.14 ↑	11 SEG	03:50 09:50 16:00 22:30	3.73 ↑ 1.66 ↓ 3.91 ↑ 1.38 ↓	27 QUA	06:00 12:20 18:40	4.19 ↑ 1.25 ↓ 4.12 ↑	11 QUI	05:20 11:50 18:00	4.29 ↑ 1.05 ↓ 4.32 ↑	27 SAB	00:20 06:40 13:20 19:40	1.56 ↓ 4.17 ↑ 1.17 ↓ 4.00 ↑
12 DOM	04:20 10:10 16:20 23:10	3.55 ↑ 1.83 ↓ 3.81 ↑ 1.51 ↓	28 TER	00:30 06:50 13:00 19:10	1.09 ↓ 4.37 ↑ 1.06 ↓ 4.38 ↑	12 TER	05:00 11:10 17:20 23:40	3.94 ↑ 1.45 ↓ 4.10 ↑ 1.17 ↓	28 QUI	06:40 13:10 19:30	1.29 ↓ 4.33 ↑ 1.02 ↓ 4.26 ↑	12 SEX	00:00 06:10 12:50 19:10	1.04 ↓ 4.50 ↑ 0.73 ↓ 4.54 ↑	28 DOM	01:10 07:20 14:10 20:20	1.45 ↓ 4.27 ↑ 0.99 ↓ 4.09 ↑
13 SEG	05:40 11:30 17:40	3.78 ↑ 1.62 ↓ 4.02 ↑	29 QUA	01:20 07:30 13:50 20:00	0.89 ↓ 4.57 ↑ 0.77 ↓ 4.57 ↑	13 QUA	06:00 12:20 18:30	4.23 ↑ 1.09 ↓ 4.39 ↑	29 SEX	01:20 07:20 14:00 20:10	1.17 ↓ 4.44 ↑ 0.83 ↓ 4.34 ↑	13 SAB	01:00 07:10 13:50 20:10	0.86 ↓ 4.70 ↑ 0.40 ↓ 4.73 ↑	29 SEG ☀	01:50 08:00 14:50 21:10	1.36 ↓ 4.35 ↑ 0.86 ↓ 4.15 ↑
14 TER	00:20 06:40 12:40 18:50	1.20 ↓ 4.12 ↑ 1.22 ↓ 4.36 ↑	30 QUI	02:00 08:10 14:30 20:40	0.78 ↓ 4.69 ↑ 0.58 ↓ 4.65 ↑	14 QUI	00:40 06:50 13:10 19:30	0.89 ↓ 4.53 ↑ 0.71 ↓ 4.68 ↑	30 SAB	02:00 08:00 14:40 20:50	1.10 ↓ 4.51 ↑ 0.72 ↓ 4.37 ↑	14 DOM ☀	01:50 08:00 14:40 21:00	0.73 ↓ 4.84 ↑ 0.18 ↓ 4.84 ↑	30 TER	02:40 08:40 15:30 21:50	1.26 ↓ 4.40 ↑ 0.76 ↓ 4.18 ↑
15 QUA	01:10 07:30 13:40 19:50	0.85 ↓ 4.47 ↑ 0.78 ↓ 4.70 ↑				15 SEX	01:30 07:40 14:10 20:30	0.65 ↓ 4.78 ↑ 0.34 ↓ 4.89 ↑	31 DOM ☀	02:30 08:40 15:10 21:30	1.08 ↓ 4.53 ↑ 0.69 ↓ 4.34 ↑	15 SEG	02:50 08:50 15:30 22:00	0.61 ↓ 4.91 ↑ 0.06 ↓ 4.86 ↑			
16 QUI	02:00 08:10 14:30 20:40	0.54 ↓ 4.74 ↑ 0.41 ↓ 4.95 ↑				16 SAB ☀	02:20 08:30 15:00 21:20	0.48 ↓ 4.94 ↑ 0.11 ↓ 4.99 ↑				16 TER	03:40 09:40 16:20 22:50	0.61 ↓ 4.89 ↑ 0.07 ↓ 4.78 ↑			

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	03:20 09:20 16:00 22:20	1.20 ↓ 4.44 ↑ 0.71 ↓ 4.19 ↑	17 SEX	05:00 11:10 17:40	0.68 ↓ 4.80 ↑ 0.33 ↓	01 SAB	04:20 10:30 17:00 23:10	0.91 ↓ 4.64 ↑ 0.49 ↓ 4.44 ↑	17 SEG	00:00 06:10 12:20 18:20	4.56 ↑ 0.77 ↓ 4.49 ↑ 0.86 ↓	01 TER	05:30 11:50 17:50 23:50	0.56 ↓ 4.74 ↑ 0.59 ↓ 4.60 ↑	17 QUI	00:10 06:40 12:50 18:20	4.23 ↑ 1.11 ↓ 3.95 ↑ 1.42 ↓
02 QUI	03:50 10:00 16:40 23:00	1.20 ↓ 4.45 ↑ 0.69 ↓ 4.18 ↑	18 SAB	00:00 05:50 11:50 18:20	4.62 ↑ 0.80 ↓ 4.61 ↑ 0.60 ↓	02 DOM	05:00 11:10 17:30 23:40	0.87 ↓ 4.64 ↑ 0.57 ↓ 4.44 ↑	18 TER	00:30 06:40 12:50 18:50	4.35 ↑ 0.99 ↓ 4.22 ↑ 1.14 ↓	02 QUA	06:20 12:30 18:30	0.65 ↓ 4.55 ↑ 0.82 ↓	18 SEX	00:30 07:10 13:20 18:50	4.07 ↑ 1.31 ↓ 3.74 ↑ 1.63 ↓
03 SEX	04:30 10:40 17:10 23:30	1.20 ↓ 4.43 ↑ 0.73 ↓ 4.18 ↑	19 DOM	00:40 06:30 12:40 19:00	4.44 ↑ 0.97 ↓ 4.40 ↑ 0.90 ↓	03 SEG	05:50 12:00 18:10	0.84 ↓ 4.59 ↑ 0.68 ↓	19 QUA	01:00 07:20 13:30 19:10	4.17 ↑ 1.21 ↓ 3.97 ↑ 1.38 ↓	03 QUI	00:30 07:00 13:20 19:10	4.49 ↑ 0.85 ↓ 4.31 ↑ 1.10 ↓	19 SAB	01:00 07:50 14:10 19:30	3.90 ↑ 1.50 ↓ 3.54 ↑ 1.81 ↓
04 SAB	05:10 11:20 17:50	1.21 ↓ 4.40 ↑ 0.78 ↓	20 SEG	01:10 07:20 13:20 19:30	4.24 ↑ 1.17 ↓ 4.17 ↑ 1.17 ↓	04 TER	00:20 06:30 12:40 18:50	4.42 ↑ 0.90 ↓ 4.46 ↑ 0.85 ↓	20 QUI	01:20 08:00 14:10 19:40	4.02 ↑ 1.41 ↓ 3.74 ↑ 1.59 ↓	04 SEX	01:20 08:00 14:30 20:10	4.33 ↑ 1.06 ↓ 4.05 ↑ 1.35 ↓	20 DOM	01:50 08:50 15:10 20:30	3.77 ↑ 1.68 ↓ 3.41 ↑ 1.95 ↓
05 DOM	00:10 06:00 12:00 18:30	4.16 ↑ 1.19 ↓ 4.33 ↑ 0.87 ↓	21 TER	01:50 08:00 14:10 20:10	4.08 ↑ 1.35 ↓ 3.95 ↑ 1.41 ↓	05 QUA	01:00 07:30 13:40 19:40	4.37 ↑ 0.97 ↓ 4.31 ↑ 1.03 ↓	21 SEX	02:00 08:50 15:00 20:20	3.91 ↑ 1.60 ↓ 3.55 ↑ 1.76 ↓	05 SAB	02:20 09:10 15:40 21:20	4.16 ↑ 1.27 ↓ 3.87 ↑ 1.57 ↓	21 SEG	02:50 10:00 16:30 22:00	3.67 ↑ 1.79 ↓ 3.38 ↑ 1.97 ↓
06 SEG	00:50 06:50 13:00 19:20	4.16 ↑ 1.20 ↓ 4.28 ↑ 0.96 ↓	22 QUA	02:30 08:50 15:00 20:50	3.96 ↑ 1.52 ↓ 3.75 ↑ 1.60 ↓	06 QUI	01:50 08:30 14:40 20:40	4.30 ↑ 1.10 ↓ 4.13 ↑ 1.23 ↓	22 SAB	02:50 09:40 16:00 21:20	3.81 ↑ 1.74 ↓ 3.42 ↑ 1.89 ↓	06 DOM	03:30 10:40 17:10 22:40	4.03 ↑ 1.33 ↓ 3.88 ↑ 1.63 ↓	22 TER	04:20 11:20 17:50 23:30	3.69 ↑ 1.72 ↓ 3.55 ↑ 1.85 ↓
07 TER	01:40 07:50 14:00 20:10	4.16 ↑ 1.21 ↓ 4.20 ↑ 1.09 ↓	23 QUI	03:10 09:50 16:00 21:30	3.89 ↑ 1.67 ↓ 3.60 ↑ 1.73 ↓	07 SEX	02:50 09:40 16:00 21:40	4.22 ↑ 1.22 ↓ 4.00 ↑ 1.41 ↓	23 DOM	03:50 10:50 17:20 22:40	3.75 ↑ 1.81 ↓ 3.40 ↑ 1.94 ↓	07 SEG	05:00 12:00 18:20	4.04 ↑ 1.12 ↓ 4.10 ↑	23 QUA	05:40 12:30 18:50	3.84 ↑ 1.42 ↓ 3.87 ↑
08 QUA	02:30 08:50 15:10 21:10	4.17 ↑ 1.24 ↓ 4.13 ↑ 1.20 ↓	24 SEX	03:50 10:50 17:00 22:30	3.86 ↑ 1.72 ↓ 3.54 ↑ 1.82 ↓	08 SAB	04:00 10:50 17:20 23:00	4.17 ↑ 1.23 ↓ 4.00 ↑ 1.46 ↓	24 SEG	05:00 12:00 18:30	3.77 ↑ 1.68 ↓ 3.56 ↑	08 TER	00:10 06:20 13:00 19:30	1.43 ↓ 4.25 ↑ 0.79 ↓ 4.41 ↑	24 QUI	00:40 06:50 13:20 19:40	1.52 ↓ 4.14 ↑ 1.06 ↓ 4.20 ↑
09 QUI	03:30 10:10 16:20 22:20	4.20 ↑ 1.22 ↓ 4.10 ↑ 1.26 ↓	25 SAB	04:50 11:50 18:10 23:30	3.87 ↑ 1.66 ↓ 3.58 ↑ 1.81 ↓	09 DOM	05:20 12:10 18:40	4.20 ↑ 1.01 ↓ 4.18 ↑	25 TER	00:00 06:10 13:00 19:30	1.84 ↓ 3.89 ↑ 1.39 ↓ 3.82 ↑	09 QUA	01:10 07:20 14:00 20:20	1.08 ↓ 4.55 ↑ 0.44 ↓ 4.70 ↑	25 SEX	01:40 07:50 14:10 20:20	1.11 ↓ 4.47 ↑ 0.71 ↓ 4.50 ↑
10 SEX	04:40 11:20 17:40 23:30	4.27 ↑ 1.11 ↓ 4.17 ↑ 1.24 ↓	26 DOM	05:50 12:40 19:10	3.93 ↑ 1.48 ↓ 3.72 ↑	10 SEG	00:20 06:30 13:20 19:40	1.32 ↓ 4.37 ↑ 0.66 ↓ 4.44 ↑	26 QUA	01:00 07:10 13:50 20:10	1.59 ↓ 4.12 ↑ 1.06 ↓ 4.10 ↑	10 QUI	02:10 08:20 14:50 21:00	0.71 ↓ 4.84 ↑ 0.22 ↓ 4.91 ↑	26 SAB	02:30 08:40 14:50 21:00	0.73 ↓ 4.75 ↑ 0.46 ↓ 4.72 ↑
11 SAB	05:40 12:30 18:50	4.38 ↑ 0.85 ↓ 4.35 ↑	27 SEG	00:30 06:40 13:40 20:00	1.71 ↓ 4.04 ↑ 1.23 ↓ 3.89 ↑	11 TER	01:20 07:30 14:20 20:40	1.07 ↓ 4.59 ↑ 0.34 ↓ 4.69 ↑	27 QUI	02:00 08:10 14:40 20:50	1.26 ↓ 4.39 ↑ 0.74 ↓ 4.35 ↑	11 SEX	03:00 09:10 15:30 21:40	0.44 ↓ 5.02 ↑ 0.14 ↓ 5.00 ↑	27 DOM	03:10 09:20 15:30 21:40	0.46 ↓ 4.92 ↑ 0.32 ↓ 4.84 ↑
12 DOM	00:30 06:50 13:30 20:00	1.13 ↓ 4.54 ↑ 0.55 ↓ 4.55 ↑	28 TER	01:20 07:30 14:20 20:40	1.54 ↓ 4.19 ↑ 1.00 ↓ 4.07 ↑	12 QUA	02:20 08:30 15:10 21:30	0.79 ↓ 4.83 ↑ 0.12 ↓ 4.86 ↑	28 SEX	02:50 08:50 15:20 21:30	0.95 ↓ 4.62 ↑ 0.51 ↓ 4.53 ↑	12 SAB	03:40 10:00 16:10 22:20	0.32 ↓ 5.06 ↑ 0.20 ↓ 4.96 ↑	28 SEG	03:50 10:10 16:10 22:10	0.31 ↓ 4.99 ↑ 0.31 ↓ 4.86 ↑
13 SEG	01:40 07:40 14:30 20:50	0.92 ↓ 4.69 ↑ 0.26 ↓ 4.73 ↑	29 QUA	02:10 08:20 15:00 21:20	1.34 ↓ 4.35 ↑ 0.79 ↓ 4.22 ↑	13 QUI	03:20 09:20 16:00 22:10	0.55 ↓ 4.97 ↑ 0.04 ↓ 4.94 ↑	29 SAB	03:30 09:40 16:00 22:10	0.71 ↓ 4.79 ↑ 0.37 ↓ 4.65 ↑	13 DOM	04:30 10:40 16:40 22:50	0.31 ↓ 4.96 ↑ 0.39 ↓ 4.82 ↑	29 TER	04:30 10:50 16:50 22:50	0.29 ↓ 4.93 ↑ 0.42 ↓ 4.81 ↑
14 TER	02:30 08:40 15:20 21:50	0.77 ↓ 4.84 ↑ 0.09 ↓ 4.82 ↑	30 QUI	03:00 09:10 15:40 22:00	1.14 ↓ 4.50 ↑ 0.62 ↓ 4.33 ↑	14 SEX	04:00 10:10 16:40 22:50	0.46 ↓ 5.01 ↑ 0.11 ↓ 4.90 ↑	30 DOM	04:10 10:20 16:30 22:40	0.57 ↓ 4.86 ↑ 0.37 ↓ 4.69 ↑	14 SEG	05:00 11:10 17:20 23:20	0.44 ↓ 4.75 ↑ 0.64 ↓ 4.62 ↑	30 QUA	05:20 11:30 17:20 23:30	0.34 ↓ 4.76 ↑ 0.67 ↓ 4.69 ↑
15 QUA	03:30 09:30 16:10 22:30	0.64 ↓ 4.90 ↑ 0.04 ↓ 4.84 ↑	31 SEX	03:40 09:50 16:20 22:30	1.01 ↓ 4.59 ↑ 0.52 ↓ 4.40 ↑	15 SAB	04:50 11:00 17:20 23:30	0.46 ↓ 4.93 ↑ 0.30 ↓ 4.76 ↑	31 SEG	04:50 11:00 17:10 23:20	0.51 ↓ 4.84 ↑ 0.43 ↓ 4.68 ↑	15 TER	05:40 11:50 17:40 23:40	0.65 ↓ 4.48 ↑ 0.91 ↓ 4.41 ↑			
16 QUI	04:20 10:20 17:00 23:20	0.61 ↓ 4.89 ↑ 0.13 ↓ 4.76 ↑				16 DOM	05:30 11:40 17:50	0.58 ↓ 4.74 ↑ 0.57 ↓				16 QUA	06:10 12:20 18:00	0.88 ↓ 4.20 ↑ 1.18 ↓			

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	06:00 12:20 18:00	0.54 ↓ 4.52 ↑ 0.94 ↓	17 SAB	06:30 12:50 18:10	1.25 ↓ 3.73 ↑ 1.69 ↓	01 DOM	00:50 07:40 14:10 19:40	4.24 ↑ 1.01 ↓ 3.97 ↑ 1.50 ↓	17 TER	00:50 07:40 14:10 19:50	3.85 ↑ 1.38 ↓ 3.66 ↑ 1.74 ↓	01 TER	01:40 08:20 14:50 20:40	4.11 ↑ 1.16 ↓ 4.00 ↑ 1.51 ↓	17 QUI	01:40 08:10 14:30 20:40	4.01 ↑ 1.21 ↓ 3.97 ↑ 1.44 ↓
02 SEX	00:10 06:50 13:10 18:50	4.51 ↑ 0.78 ↓ 4.23 ↑ 1.21 ↓	18 DOM	00:20 07:10 13:30 19:00	3.91 ↑ 1.42 ↓ 3.58 ↑ 1.82 ↓	02 SEG	01:50 08:40 15:20 21:00	4.03 ↑ 1.25 ↓ 3.86 ↑ 1.65 ↓	18 QUA	02:00 08:40 15:10 21:10	3.81 ↑ 1.45 ↓ 3.71 ↑ 1.69 ↓	02 QUA	02:50 09:20 15:50 21:50	3.98 ↑ 1.34 ↓ 3.99 ↑ 1.55 ↓	18 SEX	02:50 09:10 15:30 22:00	4.01 ↑ 1.26 ↓ 4.06 ↑ 1.37 ↓
03 SAB	01:00 07:50 14:20 19:50	4.29 ↑ 1.05 ↓ 3.96 ↑ 1.47 ↓	19 SEG	01:10 08:10 14:30 20:00	3.76 ↑ 1.56 ↓ 3.49 ↑ 1.92 ↓	03 TER	03:10 09:50 16:30 22:20	3.91 ↑ 1.37 ↓ 3.92 ↑ 1.64 ↓	19 QUI	03:20 09:50 16:20 22:30	3.85 ↑ 1.43 ↓ 3.86 ↑ 1.55 ↓	03 QUI	04:00 10:20 16:40 23:00	3.93 ↑ 1.41 ↓ 4.07 ↑ 1.44 ↓	19 SAB	04:10 10:10 16:40 23:10	4.05 ↑ 1.27 ↓ 4.19 ↑ 1.21 ↓
04 DOM	02:00 09:00 15:30 21:10	4.07 ↑ 1.29 ↓ 3.81 ↑ 1.66 ↓	20 TER	02:20 09:20 15:50 21:30	3.68 ↑ 1.65 ↓ 3.50 ↑ 1.89 ↓	04 QUA	04:30 11:00 17:30 23:30	3.94 ↑ 1.31 ↓ 4.12 ↑ 1.42 ↓	20 SEX	04:40 11:00 17:20 23:40	3.98 ↑ 1.31 ↓ 4.10 ↑ 1.28 ↓	04 SEX	05:10 11:20 17:30	3.99 ↑ 1.38 ↓ 4.19 ↑	20 DOM	05:30 11:20 17:40	4.16 ↑ 1.19 ↓ 4.36 ↑
05 SEG	03:20 10:20 16:50 22:30	3.92 ↑ 1.38 ↓ 3.86 ↑ 1.69 ↓	21 QUA	03:40 10:30 17:10 23:00	3.72 ↑ 1.61 ↓ 3.67 ↑ 1.73 ↓	05 QUI	05:40 12:00 18:20	4.12 ↑ 1.13 ↓ 4.35 ↑	21 SAB	06:00 12:00 18:20	4.21 ↑ 1.10 ↓ 4.38 ↑	05 SAB	00:00 06:10 12:10 18:20	1.24 ↓ 4.11 ↑ 1.30 ↓ 4.33 ↑	21 SEG	00:20 06:40 12:20 18:40	0.95 ↓ 4.34 ↑ 1.06 ↓ 4.55 ↑
06 TER	04:40 11:30 18:00 23:50	3.95 ↑ 1.23 ↓ 4.10 ↑ 1.44 ↓	22 QUI	05:10 11:40 18:10	3.89 ↑ 1.39 ↓ 3.98 ↑	06 SEX	00:30 06:40 13:00 19:10	1.09 ↓ 4.36 ↑ 0.91 ↓ 4.58 ↑	22 DOM	00:40 07:00 13:00 19:10	0.92 ↓ 4.47 ↑ 0.85 ↓ 4.63 ↑	06 DOM	00:50 07:10 13:00 19:10	1.02 ↓ 4.25 ↑ 1.20 ↓ 4.45 ↑	22 TER	01:20 07:40 13:20 19:30	0.63 ↓ 4.54 ↑ 0.90 ↓ 4.71 ↑
07 QUA	06:00 12:40 19:00	4.19 ↑ 0.91 ↓ 4.41 ↑	23 SEX	00:10 06:20 12:40 19:00	1.40 ↓ 4.18 ↑ 1.06 ↓ 4.31 ↑	07 SAB	01:20 07:40 13:40 19:50	0.78 ↓ 4.57 ↑ 0.78 ↓ 4.72 ↑	23 SEG	01:40 08:00 13:50 20:00	0.56 ↓ 4.71 ↑ 0.66 ↓ 4.82 ↑	07 SEG	01:40 08:00 13:40 19:50	0.83 ↓ 4.34 ↑ 1.14 ↓ 4.52 ↑	23 QUA	02:10 08:40 14:20 20:20	0.37 ↓ 4.70 ↑ 0.74 ↓ 4.81 ↑
08 QUI	01:00 07:10 13:30 19:50	1.04 ↓ 4.51 ↑ 0.63 ↓ 4.69 ↑	24 SAB	01:10 07:20 13:30 19:40	0.98 ↓ 4.51 ↑ 0.75 ↓ 4.60 ↑	08 DOM	02:10 08:30 14:20 20:30	0.54 ↓ 4.69 ↑ 0.73 ↓ 4.79 ↑	24 TER	02:30 08:50 14:40 20:40	0.29 ↓ 4.85 ↑ 0.55 ↓ 4.91 ↑	08 TER	02:20 08:40 14:20 20:20	0.72 ↓ 4.37 ↑ 1.11 ↓ 4.52 ↑	24 QUI	03:10 09:30 15:10 21:20	0.15 ↓ 4.79 ↑ 0.68 ↓ 4.89 ↑
09 SEX	01:50 08:00 14:20 20:30	0.68 ↓ 4.77 ↑ 0.43 ↓ 4.88 ↑	25 DOM	02:00 08:20 14:20 20:30	0.60 ↓ 4.79 ↑ 0.50 ↓ 4.83 ↑	09 SEG	02:50 09:10 15:00 21:00	0.44 ↓ 4.70 ↑ 0.75 ↓ 4.75 ↑	25 QUA	03:20 09:40 15:20 21:30	0.13 ↓ 4.89 ↑ 0.58 ↓ 4.92 ↑	09 QUA	03:00 09:20 15:00 21:00	0.67 ↓ 4.34 ↑ 1.12 ↓ 4.50 ↑	25 SEX	04:00 10:20 16:00 22:10	0.07 ↓ 4.80 ↑ 0.67 ↓ 4.86 ↑
10 SAB	02:40 08:50 15:00 21:10	0.40 ↓ 4.93 ↑ 0.37 ↓ 4.96 ↑	26 SEG	02:50 09:10 15:00 21:10	0.31 ↓ 4.95 ↑ 0.40 ↓ 4.93 ↑	10 TER	03:30 09:50 15:30 21:30	0.44 ↓ 4.61 ↑ 0.85 ↓ 4.65 ↑	26 QUI	04:10 10:30 16:10 22:10	0.09 ↓ 4.82 ↑ 0.65 ↓ 4.82 ↑	10 QUI	03:40 10:00 15:30 21:30	0.68 ↓ 4.27 ↑ 1.18 ↓ 4.44 ↑	26 SAB	04:50 11:10 16:50 23:00	0.11 ↓ 4.72 ↑ 0.74 ↓ 4.77 ↑
11 DOM	03:20 09:30 15:40 21:40	0.29 ↓ 4.94 ↑ 0.42 ↓ 4.91 ↑	27 TER	03:30 09:50 15:40 21:50	0.18 ↓ 4.98 ↑ 0.43 ↓ 4.94 ↑	11 QUA	04:10 10:20 16:00 22:00	0.53 ↓ 4.45 ↑ 1.00 ↓ 4.53 ↑	27 SEX	05:00 11:20 17:00 23:00	0.18 ↓ 4.66 ↑ 0.80 ↓ 4.68 ↑	11 SEX	04:20 10:40 16:00 22:00	0.73 ↓ 4.16 ↑ 1.26 ↓ 4.36 ↑	27 DOM	05:40 12:00 17:40 23:40	0.27 ↓ 4.59 ↑ 0.85 ↓ 4.61 ↑
12 SEG	04:00 10:10 16:10 22:10	0.30 ↓ 4.84 ↑ 0.58 ↓ 4.78 ↑	28 QUA	04:20 10:40 16:30 22:30	0.14 ↓ 4.90 ↑ 0.52 ↓ 4.85 ↑	12 QUI	04:40 11:00 16:30 22:30	0.68 ↓ 4.25 ↑ 1.16 ↓ 4.39 ↑	28 SAB	05:40 12:10 17:40 23:50	0.40 ↓ 4.46 ↑ 1.02 ↓ 4.49 ↑	12 SAB	04:50 11:10 16:30 22:40	0.81 ↓ 4.06 ↑ 1.35 ↓ 4.29 ↑	28 SEG	06:20 12:40 18:30	0.50 ↓ 4.43 ↑ 1.00 ↓
13 TER	04:30 10:50 16:40 22:40	0.44 ↓ 4.64 ↑ 0.79 ↓ 4.60 ↑	29 QUI	05:00 11:20 17:10 23:10	0.27 ↓ 4.70 ↑ 0.74 ↓ 4.69 ↑	13 SEX	05:10 11:30 16:50 22:50	0.84 ↓ 4.06 ↑ 1.36 ↓ 4.24 ↑	29 DOM	06:30 13:00 18:40	0.64 ↓ 4.26 ↑ 1.20 ↓	13 DOM	05:20 11:40 17:10 23:10	0.90 ↓ 3.99 ↑ 1.41 ↓ 4.20 ↑	29 TER	00:30 07:10 13:30 19:20	4.43 ↑ 0.78 ↓ 4.27 ↑ 1.17 ↓
14 QUA	05:10 11:20 17:00 23:00	0.63 ↓ 4.38 ↑ 1.03 ↓ 4.42 ↑	30 SEX	05:50 12:10 17:50 23:50	0.47 ↓ 4.45 ↑ 1.02 ↓ 4.47 ↑	14 SAB	05:40 12:00 17:20 23:20	1.01 ↓ 3.90 ↑ 1.51 ↓ 4.10 ↑	30 SEG	00:40 07:30 13:50 19:40	4.29 ↑ 0.91 ↓ 4.09 ↑ 1.38 ↓	14 SEG	05:50 12:10 17:50 23:50	0.99 ↓ 3.94 ↑ 1.46 ↓ 4.12 ↑	30 QUA	01:30 07:50 14:10 20:20	4.25 ↑ 1.05 ↓ 4.13 ↑ 1.33 ↓
15 QUI	05:40 11:50 17:20 23:20	0.85 ↓ 4.13 ↑ 1.27 ↓ 4.24 ↑	31 SAB	06:40 13:10 18:40	0.73 ↓ 4.19 ↑ 1.28 ↓	15 DOM	06:10 12:30 18:00	1.16 ↓ 3.78 ↑ 1.63 ↓				15 TER	06:30 12:50 18:40	1.07 ↓ 3.91 ↑ 1.47 ↓	31 QUI	02:20 08:40 15:00	4.06 ↑ 1.30 ↓ 4.04 ↑
16 SEX	06:00 12:20 17:40 23:50	1.06 ↓ 3.91 ↑ 1.50 ↓ 4.09 ↑				16 SEG	00:00 06:50 13:10 18:40	3.97 ↑ 1.28 ↓ 3.69 ↑ 1.74 ↓				16 QUA	00:40 07:20 13:40 19:40	4.05 ↑ 1.14 ↓ 3.92 ↑ 1.46 ↓			