

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	07:50 13:40 20:00	3.78 ↑ 0.69 ↓ 4.11 ↑	17 SAB	02:30 08:30 14:10 20:30	0.94 ↓ 3.36 ↑ 1.00 ↓ 3.78 ↑	01 DOM	03:20 09:30 15:10 21:30	0.28 ↓ 3.96 ↑ 0.54 ↓ 4.27 ↑	17 TER	03:30 09:40 15:30 21:50	0.59 ↓ 3.78 ↑ 0.59 ↓ 4.13 ↑	01 DOM	02:10 08:20 14:10 20:30	0.53 ↓ 3.76 ↑ 0.70 ↓ 4.04 ↑	17 TER	02:20 08:30 14:30 20:50	0.74 ↓ 3.69 ↑ 0.65 ↓ 4.01 ↑
02 SEX	02:40 08:50 14:30 20:50	0.41 ↓ 3.91 ↑ 0.60 ↓ 4.26 ↑	18 DOM	03:10 09:20 14:50 21:10	0.79 ↓ 3.50 ↑ 0.89 ↓ 3.93 ↑	02 SEG	04:00 10:10 16:00 22:10	0.19 ↓ 4.08 ↑ 0.41 ↓ 4.34 ↑	18 QUA	04:10 10:10 16:10 22:30	0.44 ↓ 3.97 ↑ 0.46 ↓ 4.24 ↑	02 SEG	03:00 09:10 15:00 21:10	0.30 ↓ 4.00 ↑ 0.48 ↓ 4.25 ↑	18 QUA	03:00 09:10 15:20 21:30	0.52 ↓ 3.99 ↑ 0.40 ↓ 4.23 ↑
03 SAB	03:30 09:40 15:20 21:40	0.28 ↓ 4.00 ↑ 0.53 ↓ 4.33 ↑	19 SEG	03:50 10:00 15:40 22:00	0.67 ↓ 3.62 ↑ 0.76 ↓ 4.04 ↑	03 TER	04:50 10:50 16:40 23:00	0.12 ↓ 4.10 ↑ 0.38 ↓ 4.28 ↑	19 QUI	04:50 10:50 16:50 23:10	0.35 ↓ 4.09 ↑ 0.38 ↓ 4.25 ↑	03 TER	03:40 09:50 15:40 22:00	0.18 ↓ 4.16 ↑ 0.34 ↓ 4.33 ↑	19 QUI	03:40 09:50 16:00 22:10	0.36 ↓ 4.21 ↑ 0.25 ↓ 4.35 ↑
04 DOM	04:20 10:30 16:10 22:30	0.19 ↓ 4.02 ↑ 0.49 ↓ 4.31 ↑	20 TER	04:30 10:30 16:20 22:40	0.57 ↓ 3.74 ↑ 0.69 ↓ 4.09 ↑	04 QUA	05:20 11:30 17:20 23:40	0.22 ↓ 4.04 ↑ 0.39 ↓ 4.15 ↑	20 SEX	05:20 11:30 17:40 23:50	0.36 ↓ 4.13 ↑ 0.34 ↓ 4.18 ↑	04 QUA	04:20 10:20 16:20 22:40	0.15 ↓ 4.23 ↑ 0.28 ↓ 4.31 ↑	20 SEX	04:20 10:30 16:40 22:50	0.27 ↓ 4.33 ↑ 0.19 ↓ 4.35 ↑
05 SEG	05:00 11:10 17:00 23:10	0.21 ↓ 3.98 ↑ 0.48 ↓ 4.22 ↑	21 QUA	05:10 11:10 17:00 23:20	0.51 ↓ 3.81 ↑ 0.64 ↓ 4.09 ↑	05 QUI	06:00 12:00 18:00	0.33 ↓ 3.92 ↑ 0.47 ↓	21 SAB	06:00 12:10 18:20	0.40 ↓ 4.10 ↑ 0.42 ↓	05 QUI	04:50 11:00 17:00 23:10	0.23 ↓ 4.17 ↑ 0.28 ↓ 4.20 ↑	21 SAB	05:00 11:00 17:20 23:30	0.27 ↓ 4.37 ↑ 0.23 ↓ 4.25 ↑
06 TER	05:50 12:00 17:40 23:50	0.26 ↓ 3.86 ↑ 0.54 ↓ 4.06 ↑	22 QUI	05:50 11:50 17:50	0.49 ↓ 3.84 ↑ 0.59 ↓	06 SEX	00:20 06:30 12:40 18:40	3.95 ↑ 0.51 ↓ 3.75 ↑ 0.59 ↓	22 DOM	00:40 06:40 12:50 19:10	4.01 ↑ 0.51 ↓ 4.01 ↑ 0.56 ↓	06 SEX	05:20 11:30 17:40 23:50	0.36 ↓ 4.05 ↑ 0.36 ↓ 3.98 ↑	22 DOM	05:30 11:40 18:10	0.39 ↓ 4.29 ↑ 0.33 ↓
07 QUA	06:30 12:40 18:20	0.40 ↓ 3.72 ↑ 0.64 ↓	23 SEX	00:10 06:30 12:30 18:40	4.01 ↑ 0.52 ↓ 3.84 ↑ 0.60 ↓	07 SAB	00:50 07:00 13:10 19:20	3.73 ↑ 0.69 ↓ 3.58 ↑ 0.75 ↓	23 SEG	01:20 07:20 13:40 20:10	3.81 ↑ 0.69 ↓ 3.84 ↑ 0.75 ↓	07 SAB	05:50 11:50 18:10	0.52 ↓ 3.88 ↑ 0.50 ↓	23 SEG	00:20 06:10 12:20 19:00	4.03 ↑ 0.54 ↓ 4.12 ↑ 0.52 ↓
08 QUI	00:40 07:10 13:20 19:10	3.85 ↑ 0.58 ↓ 3.58 ↑ 0.75 ↓	24 SAB	00:50 07:10 13:20 19:30	3.90 ↑ 0.60 ↓ 3.79 ↑ 0.68 ↓	08 DOM	01:30 07:30 13:40 20:00	3.48 ↑ 0.87 ↓ 3.42 ↑ 0.92 ↓	24 TER	02:20 08:10 14:40 21:20	3.57 ↑ 0.89 ↓ 3.66 ↑ 0.98 ↓	08 DOM	00:20 06:10 12:20 18:40	3.74 ↑ 0.71 ↓ 3.71 ↑ 0.68 ↓	24 TER	01:10 07:00 13:10 19:50	3.76 ↑ 0.72 ↓ 3.87 ↑ 0.77 ↓
09 SEX	01:20 07:50 14:00 20:00	3.64 ↑ 0.77 ↓ 3.44 ↑ 0.89 ↓	25 DOM	01:40 07:50 14:10 20:30	3.74 ↑ 0.73 ↓ 3.72 ↑ 0.80 ↓	09 SEG	02:10 08:00 14:20 20:50	3.25 ↑ 1.05 ↓ 3.29 ↑ 1.10 ↓	25 QUA	03:30 09:20 15:40 22:40	3.36 ↑ 1.06 ↓ 3.52 ↑ 1.14 ↓	09 SEG	00:50 06:40 12:50 19:20	3.48 ↑ 0.87 ↓ 3.56 ↑ 0.87 ↓	25 QUA	02:00 07:50 14:10 21:00	3.49 ↑ 0.95 ↓ 3.61 ↑ 1.03 ↓
10 SAB	02:10 08:20 14:40 20:50	3.44 ↑ 0.95 ↓ 3.33 ↑ 1.04 ↓	26 SEG	02:40 08:50 15:10 21:40	3.59 ↑ 0.85 ↓ 3.65 ↑ 0.94 ↓	10 TER	02:50 08:40 15:00 21:50	3.05 ↑ 1.20 ↓ 3.19 ↑ 1.28 ↓	26 QUI	04:50 10:40 17:00	3.25 ↑ 1.18 ↓ 3.48 ↑	10 TER	01:20 07:00 13:20 20:00	3.24 ↑ 1.07 ↓ 3.42 ↑ 1.07 ↓	26 QUI	03:10 08:50 15:20 22:20	3.27 ↑ 1.17 ↓ 3.42 ↑ 1.20 ↓
11 DOM	03:00 09:00 15:20 21:40	3.27 ↑ 1.09 ↓ 3.25 ↑ 1.16 ↓	27 TER	03:50 09:50 16:20 23:00	3.47 ↑ 0.97 ↓ 3.60 ↑ 1.03 ↓	11 QUA	03:50 09:30 16:00 23:00	2.91 ↑ 1.32 ↓ 3.13 ↑ 1.41 ↓	27 SEX	00:00 06:20 12:00 18:20	1.08 ↓ 3.27 ↑ 1.14 ↓ 3.58 ↑	11 QUA	02:00 07:40 14:00 20:50	3.02 ↑ 1.23 ↓ 3.26 ↑ 1.26 ↓	27 SEX	04:40 10:20 16:50 23:40	3.16 ↑ 1.27 ↓ 3.36 ↑ 1.12 ↓
12 SEG	03:50 09:50 16:10 22:50	3.14 ↑ 1.20 ↓ 3.22 ↑ 1.28 ↓	28 QUA	05:10 11:00 17:30	3.40 ↑ 1.03 ↓ 3.62 ↑	12 QUI	05:00 10:30 17:10	2.84 ↑ 1.38 ↓ 3.14 ↑	28 SAB	01:10 07:30 13:10 19:30	0.82 ↓ 3.48 ↑ 0.95 ↓ 3.80 ↑	12 QUI	03:00 08:30 15:00 22:10	2.84 ↑ 1.38 ↓ 3.12 ↑ 1.43 ↓	28 SAB	06:00 11:50 18:10	3.24 ↑ 1.21 ↓ 3.47 ↑
13 TER	04:50 10:40 17:00 23:50	3.06 ↑ 1.26 ↓ 3.23 ↑ 1.29 ↓	29 QUI	00:20 06:30 12:10 18:40	0.96 ↓ 3.43 ↑ 0.99 ↓ 3.74 ↑	13 SEX	00:10 06:20 11:40 18:20	1.40 ↓ 2.88 ↑ 1.34 ↓ 3.25 ↑				13 SEX	04:10 09:40 16:20 23:30	2.76 ↑ 1.47 ↓ 3.06 ↑ 1.46 ↓	29 DOM	00:50 07:10 13:00 19:10	0.86 ↓ 3.47 ↑ 0.98 ↓ 3.72 ↑
14 QUA	06:00 11:30 18:00	3.04 ↑ 1.26 ↓ 3.31 ↑	30 SEX	01:30 07:40 13:20 19:40	0.74 ↓ 3.58 ↑ 0.86 ↓ 3.94 ↑	14 SAB	01:10 07:20 12:50 19:20	1.24 ↓ 3.06 ↑ 1.21 ↓ 3.46 ↑				14 SAB	05:40 11:10 17:50	2.81 ↑ 1.40 ↓ 3.16 ↑	30 SEG	01:40 08:00 13:50 20:10	0.61 ↓ 3.77 ↑ 0.71 ↓ 3.97 ↑
15 QUI	00:50 07:00 12:30 18:50	1.22 ↓ 3.10 ↑ 1.20 ↓ 3.43 ↑	31 SAB	02:20 08:40 14:20 20:40	0.52 ↓ 3.78 ↑ 0.69 ↓ 4.13 ↑	15 DOM	02:10 08:10 13:50 20:10	1.01 ↓ 3.30 ↑ 1.01 ↓ 3.72 ↑				15 DOM	00:40 06:50 12:30 19:00	1.28 ↓ 3.04 ↑ 1.21 ↓ 3.41 ↑	31 TER	02:30 08:40 14:40 20:50	0.40 ↓ 4.03 ↑ 0.47 ↓ 4.17 ↑
16 SEX	01:40 07:50 13:20 19:40	1.09 ↓ 3.22 ↑ 1.11 ↓ 3.60 ↑				16 SEG	02:50 09:00 14:40 21:00	0.78 ↓ 3.55 ↑ 0.80 ↓ 3.96 ↑				16 SEG	01:40 07:50 13:40 20:00	1.00 ↓ 3.36 ↑ 0.93 ↓ 3.72 ↑			

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 ☀	03:10 09:20 15:20 21:40	0.30 ↓ 4.19 ↑ 0.33 ↓ 4.25 ↑	17 SEX ☾	03:10 09:20 15:40 21:50	0.35 ↓ 4.37 ↑ 0.18 ↓ 4.35 ↑	01 SEX ☀	03:10 09:10 15:30 21:50	0.50 ↓ 4.18 ↑ 0.39 ↓ 4.03 ↑	17 DOM ☾	03:30 09:40 16:10 22:20	0.37 ↓ 4.47 ↑ 0.20 ↓ 4.21 ↑	01 SEG ☾	03:30 09:40 16:20 22:30	0.79 ↓ 3.99 ↑ 0.61 ↓ 3.61 ↑	17 QUA ☀	04:40 11:00 17:40 23:50	0.54 ↓ 4.28 ↑ 0.29 ↓ 3.87 ↑
02 QUI	03:50 09:50 16:00 22:10	0.27 ↓ 4.26 ↑ 0.26 ↓ 4.24 ↑	18 SAB	03:50 10:00 16:30 22:40	0.30 ↓ 4.48 ↑ 0.13 ↓ 4.31 ↑	02 SAB	03:40 09:40 16:10 22:20	0.54 ↓ 4.16 ↑ 0.40 ↓ 3.93 ↑	18 SEG	04:10 10:20 17:00 23:10	0.42 ↓ 4.45 ↑ 0.23 ↓ 4.06 ↑	02 TER	04:00 10:10 16:50 23:00	0.84 ↓ 3.96 ↑ 0.68 ↓ 3.52 ↑	18 QUI	05:30 11:50 18:30	0.59 ↓ 4.10 ↑ 0.40 ↓
03 SEX	04:20 10:20 16:40 22:50	0.34 ↓ 4.22 ↑ 0.28 ↓ 4.11 ↑	19 DOM	04:30 10:40 17:10 23:20	0.33 ↓ 4.46 ↑ 0.20 ↓ 4.18 ↑	03 DOM	04:00 10:10 16:40 22:50	0.64 ↓ 4.40 ↑ 0.48 ↓ 3.77 ↑	19 TER	04:50 11:10 17:50	0.53 ↓ 4.30 ↑ 0.34 ↓	03 QUA	04:30 10:50 17:30 23:30	0.91 ↓ 3.90 ↑ 0.74 ↓ 3.44 ↑	19 SEX	00:40 06:20 12:30 19:10	3.71 ↑ 0.67 ↓ 3.91 ↑ 0.57 ↓
04 SAB	04:40 10:50 17:10 23:20	0.48 ↓ 4.11 ↑ 0.37 ↓ 3.91 ↑	20 SEG	05:10 11:20 17:50	0.43 ↓ 4.34 ↑ 0.35 ↓	04 SEG	04:30 10:40 17:10 23:20	0.73 ↓ 3.99 ↑ 0.60 ↓ 3.59 ↑	20 QUA	00:00 05:40 11:50 18:40	3.86 ↑ 0.64 ↓ 4.09 ↑ 0.51 ↓	04 QUI	05:00 11:20 18:00	0.98 ↓ 3.82 ↑ 0.83 ↓	20 SAB	01:30 07:10 13:30 20:00	3.56 ↑ 0.79 ↓ 3.70 ↑ 0.75 ↓
05 DOM	05:10 11:10 17:40 23:50	0.60 ↓ 3.97 ↑ 0.51 ↓ 3.68 ↑	21 TER	00:10 05:50 12:00 18:40	3.94 ↑ 0.61 ↓ 4.12 ↑ 0.55 ↓	05 TER	04:50 11:10 17:50 23:50	0.87 ↓ 3.88 ↑ 0.72 ↓ 3.42 ↑	21 QUI	00:50 06:30 12:40 19:30	3.63 ↑ 0.79 ↓ 3.83 ↑ 0.71 ↓	05 SEX	00:10 05:40 12:00 18:40	3.35 ↑ 1.04 ↓ 3.70 ↑ 0.91 ↓	21 DOM ☀	02:20 08:10 14:20 20:50	3.45 ↑ 0.91 ↓ 3.53 ↑ 0.92 ↓
06 SEG	05:30 11:40 18:10	0.77 ↓ 3.83 ↑ 0.68 ↓	22 QUA	01:00 06:40 12:50 19:40	3.66 ↑ 0.79 ↓ 3.84 ↑ 0.78 ↓	06 QUA	05:20 11:40 18:20	0.98 ↓ 3.77 ↑ 0.87 ↓	22 SEX	01:40 07:20 13:40 20:30	3.44 ↑ 0.95 ↓ 3.59 ↑ 0.90 ↓	06 SAB	00:50 06:30 12:50 19:30	3.29 ↑ 1.08 ↓ 3.55 ↑ 0.97 ↓	22 SEG	03:10 09:10 15:20 21:40	3.38 ↑ 1.05 ↓ 3.40 ↑ 1.05 ↓
07 TER	00:20 05:50 12:10 18:40	3.45 ↑ 0.94 ↓ 3.69 ↑ 0.87 ↓	23 QUI ☀	01:50 07:30 13:50 20:40	3.42 ↑ 1.01 ↓ 3.56 ↑ 1.01 ↓	07 QUI	00:20 06:00 12:20 19:00	3.27 ↑ 1.09 ↓ 3.61 ↑ 1.02 ↓	23 SAB ☾	02:50 08:30 14:40 21:30	3.30 ↑ 1.08 ↓ 3.43 ↑ 1.05 ↓	07 DOM	01:40 07:30 13:50 20:20	3.25 ↑ 1.11 ↓ 3.42 ↑ 1.04 ↓	23 TER	04:00 10:10 16:20 22:40	3.36 ↑ 1.15 ↓ 3.32 ↑ 1.14 ↓
08 QUA	00:50 06:20 12:40 19:20	3.23 ↑ 1.09 ↓ 3.54 ↑ 1.05 ↓	24 SEX	03:00 08:40 15:00 22:00	3.23 ↑ 1.18 ↓ 3.38 ↑ 1.16 ↓	08 SEX	01:00 06:40 13:00 19:50	3.13 ↑ 1.21 ↓ 3.43 ↑ 1.15 ↓	24 DOM	03:50 09:40 16:00 22:30	3.28 ↑ 1.18 ↓ 3.37 ↑ 1.10 ↓	08 SEG ☀	02:40 08:40 15:00 21:30	3.25 ↑ 1.11 ↓ 3.36 ↑ 1.05 ↓	24 QUA	04:50 11:20 17:30 23:30	3.37 ↑ 1.19 ↓ 3.29 ↑ 1.16 ↓
09 QUI	01:30 07:00 13:30 20:20	3.04 ↑ 1.24 ↓ 3.34 ↑ 1.24 ↓	25 SAB	04:20 10:10 16:30 23:10	3.18 ↑ 1.28 ↓ 3.34 ↑ 1.12 ↓	09 SAB ☾	02:00 07:40 14:10 21:00	3.01 ↑ 1.31 ↓ 3.25 ↑ 1.24 ↓	25 SEG	04:50 11:00 17:10 23:30	3.34 ↑ 1.20 ↓ 3.39 ↑ 1.06 ↓	09 TER	03:50 10:00 16:10 22:30	3.32 ↑ 1.07 ↓ 3.39 ↑ 1.01 ↓	25 QUI	05:50 12:20 18:30	3.43 ↑ 1.14 ↓ 3.30 ↑
10 SEX ☀	02:20 07:50 14:30 21:30	2.88 ↑ 1.40 ↓ 3.16 ↑ 1.38 ↓	26 DOM	05:40 11:30 17:40	3.26 ↑ 1.22 ↓ 3.43 ↑	10 DOM	03:10 09:00 15:20 22:10	2.98 ↑ 1.31 ↓ 3.19 ↑ 1.24 ↓	26 TER	05:50 12:00 18:10	3.46 ↑ 1.08 ↓ 3.48 ↑	10 QUA	04:50 11:20 17:30 23:30	3.47 ↑ 0.97 ↓ 3.48 ↑ 0.91 ↓	26 SEX	00:10 06:30 13:10 19:20	1.13 ↓ 3.52 ↑ 1.03 ↓ 3.36 ↑
11 SAB	03:40 09:10 15:50 22:50	2.81 ↑ 1.46 ↓ 3.08 ↑ 1.39 ↓	27 SEG	00:20 06:30 12:30 18:50	0.93 ↓ 3.50 ↑ 1.01 ↓ 3.62 ↑	11 SEG	04:30 10:30 16:50 23:20	3.08 ↑ 1.22 ↓ 3.28 ↑ 1.11 ↓	27 QUA	00:20 06:40 13:00 19:10	0.97 ↓ 3.62 ↑ 0.91 ↓ 3.59 ↑	11 QUI	06:00 12:30 18:40	3.66 ↑ 0.81 ↓ 3.63 ↑	27 SAB	01:00 07:20 14:00 20:10	1.08 ↓ 3.63 ↑ 0.92 ↓ 3.43 ↑
12 DOM	05:10 10:50 17:20	2.88 ↑ 1.35 ↓ 3.18 ↑	28 TER	01:10 07:20 13:30 19:40	0.74 ↓ 3.75 ↑ 0.76 ↓ 3.83 ↑	12 TER	05:40 11:50 18:00	3.29 ↑ 1.03 ↓ 3.47 ↑	28 QUI	01:10 07:20 13:50 20:00	0.87 ↓ 3.78 ↑ 0.76 ↓ 3.70 ↑	12 SEX	00:30 06:50 13:30 19:40	0.78 ↓ 3.90 ↑ 0.62 ↓ 3.81 ↑	28 DOM	01:40 08:00 14:40 20:50	1.02 ↓ 3.73 ↑ 0.83 ↓ 3.49 ↑
13 SEG	00:00 06:20 12:10 18:30	1.23 ↓ 3.13 ↑ 1.13 ↓ 3.43 ↑	29 QUA	01:50 08:00 14:20 20:30	0.62 ↓ 3.97 ↑ 0.55 ↓ 3.98 ↑	13 QUA	00:20 06:30 12:50 19:10	0.91 ↓ 3.60 ↑ 0.78 ↓ 3.71 ↑	29 SEX	01:50 08:00 14:30 20:40	0.81 ↓ 3.91 ↑ 0.65 ↓ 3.76 ↑	13 SAB	01:30 07:50 14:20 20:30	0.64 ↓ 4.12 ↑ 0.45 ↓ 3.97 ↑	29 SEG ☀	02:20 08:40 15:20 21:30	0.97 ↓ 3.82 ↑ 0.76 ↓ 3.52 ↑
14 TER	01:00 07:10 13:20 19:30	0.95 ↓ 3.48 ↑ 0.83 ↓ 3.74 ↑	30 QUI	02:30 08:40 15:00 21:10	0.53 ↓ 4.12 ↑ 0.42 ↓ 4.06 ↑	14 QUI	01:10 07:30 13:50 20:00	0.70 ↓ 3.91 ↑ 0.52 ↓ 3.97 ↑	30 SAB	02:20 08:40 15:10 21:20	0.78 ↓ 3.99 ↑ 0.59 ↓ 3.76 ↑	14 DOM ☾	02:20 08:40 15:10 21:20	0.55 ↓ 4.29 ↑ 0.33 ↓ 4.07 ↑	30 TER	03:00 09:20 16:00 22:00	0.92 ↓ 3.89 ↑ 0.70 ↓ 3.55 ↑
15 QUA	01:50 08:00 14:10 20:20	0.68 ↓ 3.84 ↑ 0.54 ↓ 4.04 ↑				15 SEX	02:00 08:10 14:40 20:50	0.52 ↓ 4.20 ↑ 0.33 ↓ 4.15 ↑	31 DOM ☀	03:00 09:10 15:50 21:50	0.77 ↓ 4.01 ↑ 0.58 ↓ 3.72 ↑	15 SEG	03:10 09:20 16:00 22:10	0.50 ↓ 4.39 ↑ 0.26 ↓ 4.08 ↑			
16 QUI	02:30 08:40 15:00 21:10	0.48 ↓ 4.15 ↑ 0.31 ↓ 4.24 ↑				16 SAB ☾	02:40 09:00 15:30 21:40	0.43 ↓ 4.38 ↑ 0.21 ↓ 4.22 ↑				16 TER	04:00 10:10 16:50 23:00	0.48 ↓ 4.38 ↑ 0.24 ↓ 4.01 ↑			

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	03:40 10:00 16:40 22:40	0.87 ↓ 3.93 ↑ 0.67 ↓ 3.55 ↑	17 SEX	05:20 11:40 18:10	0.43 ↓ 4.20 ↑ 0.26 ↓	01 SAB	04:50 11:00 17:30 23:30	0.59 ↓ 4.08 ↑ 0.49 ↓ 3.86 ↑	17 SEG	00:20 06:30 12:40 18:50	3.93 ↑ 0.45 ↓ 3.88 ↑ 0.57 ↓	01 TER	06:00 12:10 18:10	0.37 ↓ 4.07 ↑ 0.50 ↓	17 QUI	00:40 07:10 13:10 18:50	3.62 ↑ 0.81 ↓ 3.28 ↑ 1.04 ↓
02 QUI	04:20 10:30 17:10 23:10	0.84 ↓ 3.95 ↑ 0.68 ↓ 3.57 ↑	18 SAB	00:20 06:10 12:20 18:50	3.89 ↑ 0.48 ↓ 4.03 ↑ 0.42 ↓	02 DOM	05:30 11:40 18:00	0.56 ↓ 4.05 ↑ 0.53 ↓	18 TER	00:50 07:10 13:20 19:20	3.74 ↑ 0.63 ↓ 3.61 ↑ 0.78 ↓	02 QUA	00:20 06:40 12:50 18:50	4.10 ↑ 0.51 ↓ 3.87 ↑ 0.64 ↓	18 SEX	01:10 07:50 13:50 19:20	3.43 ↑ 1.04 ↓ 3.03 ↑ 1.24 ↓
03 SEX	05:00 11:10 17:50 23:50	0.82 ↓ 3.92 ↑ 0.68 ↓ 3.57 ↑	19 DOM	01:00 06:50 13:00 19:30	3.76 ↑ 0.60 ↓ 3.82 ↑ 0.61 ↓	03 SEG	00:10 06:10 12:30 18:40	3.88 ↑ 0.58 ↓ 3.94 ↑ 0.58 ↓	19 QUA	01:20 07:50 13:50 19:50	3.54 ↑ 0.84 ↓ 3.34 ↑ 0.98 ↓	03 QUI	01:10 07:40 13:50 19:40	3.94 ↑ 0.68 ↓ 3.62 ↑ 0.83 ↓	19 SAB	01:50 08:40 14:40 20:10	3.24 ↑ 1.26 ↓ 2.83 ↑ 1.40 ↓
04 SAB	05:40 12:00 18:20	0.82 ↓ 3.84 ↑ 0.73 ↓	20 SEG	01:40 07:40 13:50 20:10	3.61 ↑ 0.74 ↓ 3.60 ↑ 0.81 ↓	04 TER	00:50 07:00 13:10 19:20	3.87 ↑ 0.63 ↓ 3.80 ↑ 0.68 ↓	20 QUI	02:00 08:30 14:40 20:20	3.36 ↑ 1.05 ↓ 3.10 ↑ 1.18 ↓	04 SEX	02:00 08:40 14:50 20:40	3.74 ↑ 0.91 ↓ 3.39 ↑ 1.03 ↓	20 DOM	02:40 09:50 15:50 21:20	3.08 ↑ 1.45 ↓ 2.70 ↑ 1.50 ↓
05 DOM	00:30 06:30 12:40 19:10	3.57 ↑ 0.81 ↓ 3.75 ↑ 0.75 ↓	21 TER	02:20 08:30 14:40 20:50	3.47 ↑ 0.92 ↓ 3.39 ↑ 1.00 ↓	05 QUA	01:40 08:00 14:10 20:10	3.79 ↑ 0.74 ↓ 3.62 ↑ 0.81 ↓	21 SEX	02:40 09:30 15:30 21:10	3.21 ↑ 1.27 ↓ 2.91 ↑ 1.33 ↓	05 SAB	03:00 09:50 16:10 21:50	3.55 ↑ 1.12 ↓ 3.23 ↑ 1.18 ↓	21 SEG	04:00 11:10 17:20 22:50	2.99 ↑ 1.52 ↓ 2.75 ↑ 1.47 ↓
06 SEG	01:20 07:20 13:30 19:50	3.55 ↑ 0.84 ↓ 3.63 ↑ 0.83 ↓	22 QUA	03:00 09:20 15:30 21:30	3.35 ↑ 1.09 ↓ 3.21 ↑ 1.16 ↓	06 QUI	02:30 09:00 15:10 21:10	3.70 ↑ 0.90 ↓ 3.46 ↑ 0.96 ↓	22 SAB	03:40 10:40 16:50 22:10	3.10 ↑ 1.44 ↓ 2.80 ↑ 1.43 ↓	06 DOM	04:20 11:20 17:40 23:20	3.44 ↑ 1.17 ↓ 3.20 ↑ 1.19 ↓	22 TER	05:20 12:20 18:30	3.06 ↑ 1.37 ↓ 2.95 ↑
07 TER	02:10 08:20 14:30 20:50	3.55 ↑ 0.89 ↓ 3.53 ↑ 0.89 ↓	23 QUI	03:50 10:20 16:30 22:20	3.26 ↑ 1.24 ↓ 3.08 ↑ 1.26 ↓	07 SEX	03:30 10:20 16:30 22:20	3.61 ↑ 1.05 ↓ 3.34 ↑ 1.06 ↓	23 DOM	04:50 11:50 18:00 23:20	3.06 ↑ 1.47 ↓ 2.82 ↑ 1.43 ↓	07 SEG	05:50 12:40 18:50	3.49 ↑ 0.94 ↓ 3.40 ↑	23 QUA	00:10 06:40 13:20 19:30	1.30 ↓ 3.28 ↑ 1.11 ↓ 3.25 ↑
08 QUA	03:10 09:30 15:40 21:50	3.55 ↑ 0.95 ↓ 3.46 ↑ 0.94 ↓	24 SEX	04:40 11:30 17:40 23:10	3.22 ↑ 1.33 ↓ 3.02 ↑ 1.31 ↓	08 SAB	04:50 11:40 17:50 23:30	3.56 ↑ 1.07 ↓ 3.32 ↑ 1.08 ↓	24 SEG	06:00 13:00 19:10	3.14 ↑ 1.33 ↓ 2.98 ↑	08 TER	00:40 07:00 13:40 19:50	1.02 ↓ 3.70 ↑ 0.64 ↓ 3.69 ↑	24 QUI	01:20 07:40 14:00 20:10	1.03 ↓ 3.57 ↑ 0.85 ↓ 3.58 ↑
09 QUI	04:10 10:50 17:00 22:50	3.58 ↑ 0.98 ↓ 3.44 ↑ 0.96 ↓	25 SAB	05:40 12:40 18:40	3.25 ↑ 1.30 ↓ 3.04 ↑	09 DOM	06:00 12:50 19:10	3.63 ↑ 0.91 ↓ 3.44 ↑	25 TER	00:40 07:00 13:50 20:00	1.30 ↓ 3.34 ↑ 1.11 ↓ 3.21 ↑	09 QUA	01:40 08:00 14:30 20:40	0.76 ↓ 3.98 ↑ 0.38 ↓ 3.99 ↑	25 SEX	02:10 08:20 14:40 20:50	0.74 ↓ 3.87 ↑ 0.62 ↓ 3.88 ↑
10 SEX	05:20 12:00 18:10	3.65 ↑ 0.93 ↓ 3.49 ↑	26 DOM	00:10 06:40 13:30 19:40	1.29 ↓ 3.35 ↑ 1.17 ↓ 3.14 ↑	10 SEG	00:50 07:10 14:00 20:10	0.96 ↓ 3.81 ↑ 0.62 ↓ 3.68 ↑	26 QUA	01:40 08:00 14:40 20:40	1.09 ↓ 3.59 ↑ 0.86 ↓ 3.47 ↑	10 QUI	02:40 08:50 15:20 21:30	0.48 ↓ 4.23 ↑ 0.17 ↓ 4.19 ↑	26 SAB	02:50 09:10 15:20 21:30	0.51 ↓ 4.11 ↑ 0.44 ↓ 4.13 ↑
11 SAB	00:00 06:20 13:10 19:20	0.91 ↓ 3.79 ↑ 0.77 ↓ 3.61 ↑	27 SEG	01:10 07:30 14:20 20:30	1.20 ↓ 3.50 ↑ 1.01 ↓ 3.29 ↑	11 TER	01:50 08:10 14:50 21:00	0.77 ↓ 4.04 ↑ 0.38 ↓ 3.93 ↑	27 QUI	02:30 08:50 15:20 21:20	0.86 ↓ 3.84 ↑ 0.65 ↓ 3.71 ↑	11 SEX	03:30 09:40 16:00 22:00	0.27 ↓ 4.37 ↑ 0.10 ↓ 4.32 ↑	27 DOM	03:40 09:50 16:00 22:00	0.31 ↓ 4.26 ↑ 0.33 ↓ 4.31 ↑
12 DOM	01:00 07:30 14:10 20:20	0.82 ↓ 3.96 ↑ 0.57 ↓ 3.78 ↑	28 TER	02:00 08:20 15:00 21:10	1.07 ↓ 3.67 ↑ 0.85 ↓ 3.43 ↑	12 QUA	02:50 09:10 15:40 21:50	0.55 ↓ 4.24 ↑ 0.18 ↓ 4.10 ↑	28 SEX	03:10 09:30 15:50 21:50	0.65 ↓ 4.05 ↑ 0.50 ↓ 3.93 ↑	12 SAB	04:10 10:20 16:30 22:40	0.17 ↓ 4.41 ↑ 0.16 ↓ 4.31 ↑	28 SEG	04:20 10:30 16:30 22:40	0.22 ↓ 4.31 ↑ 0.33 ↓ 4.37 ↑
13 SEG	02:00 08:20 15:00 21:10	0.70 ↓ 4.15 ↑ 0.39 ↓ 3.95 ↑	29 QUA	02:40 09:00 15:40 21:40	0.94 ↓ 3.84 ↑ 0.71 ↓ 3.58 ↑	13 QUI	03:40 10:00 16:20 22:30	0.38 ↓ 4.36 ↑ 0.11 ↓ 4.19 ↑	29 SAB	03:50 10:10 16:20 22:30	0.49 ↓ 4.18 ↑ 0.43 ↓ 4.07 ↑	13 DOM	04:50 11:00 17:10 23:10	0.16 ↓ 4.31 ↑ 0.24 ↓ 4.21 ↑	29 TER	05:00 11:10 17:10 23:20	0.23 ↓ 4.24 ↑ 0.38 ↓ 4.34 ↑
14 TER	03:00 09:20 15:50 22:00	0.56 ↓ 4.28 ↑ 0.25 ↓ 4.04 ↑	30 QUI	03:20 09:40 16:20 22:20	0.82 ↓ 3.97 ↑ 0.59 ↓ 3.69 ↑	14 SEX	04:30 10:40 17:00 23:10	0.26 ↓ 4.39 ↑ 0.12 ↓ 4.18 ↑	30 DOM	04:30 10:50 17:00 23:00	0.39 ↓ 4.23 ↑ 0.37 ↓ 4.17 ↑	14 SEG	05:20 11:40 17:40 23:40	0.26 ↓ 4.11 ↑ 0.41 ↓ 4.03 ↑	30 QUA	05:40 11:50 17:40	0.32 ↓ 4.08 ↑ 0.53 ↓
15 QUA	03:50 10:00 16:40 22:50	0.47 ↓ 4.36 ↑ 0.17 ↓ 4.05 ↑	31 SEX	04:10 10:20 16:50 22:50	0.67 ↓ 4.06 ↑ 0.54 ↓ 3.80 ↑	15 SAB	05:10 11:20 17:40 23:50	0.25 ↓ 4.30 ↑ 0.21 ↓ 4.08 ↑	31 SEG	05:20 11:30 17:30 23:40	0.32 ↓ 4.19 ↑ 0.42 ↓ 4.18 ↑	15 TER	06:00 12:10 18:00	0.40 ↓ 3.86 ↑ 0.63 ↓			
16 QUI	04:40 10:50 17:30 23:30	0.41 ↓ 4.32 ↑ 0.16 ↓ 4.01 ↑				16 DOM	05:50 12:00 18:10	0.31 ↓ 4.12 ↑ 0.39 ↓				16 QUA	00:10 06:30 12:40 18:30	3.82 ↑ 0.60 ↓ 3.57 ↑ 0.82 ↓			

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	4.20 ↑	17 SAB	00:30	3.51 ↑	01 DOM	01:20	3.68 ↑	17 TER	01:40	3.25 ↑	01 TER	02:20	3.55 ↑	17 QUI	02:30	3.36 ↑
	06:30	0.47 ↓		07:10	1.04 ↓		08:10	0.91 ↓		08:30	1.21 ↓		09:00	0.92 ↓		08:50	1.03 ↓
	12:40	3.83 ↑		13:20	3.02 ↑		14:30	3.30 ↑		14:40	2.98 ↑		15:20	3.36 ↑		15:10	3.32 ↑
	18:30	0.68 ↓		18:50	1.24 ↓		20:10	1.09 ↓		20:30	1.31 ↓		21:10	1.06 ↓		21:20	1.07 ↓
02 SEX	00:40	3.99 ↑	18 DOM	01:10	3.32 ↑	02 SEG	02:30	3.47 ↑	18 QUA	02:50	3.16 ↑	02 QUA	03:30	3.46 ↑	18 SEX	03:40	3.35 ↑
	07:20	0.70 ↓		08:00	1.22 ↓		09:20	1.07 ↓		09:30	1.24 ↓		10:00	1.01 ↓		09:50	1.03 ↓
	13:30	3.56 ↑		14:10	2.85 ↑		15:40	3.23 ↑		15:50	3.04 ↑		16:20	3.39 ↑		16:10	3.42 ↑
	19:20	0.89 ↓		19:30	1.41 ↓		21:30	1.19 ↓		21:50	1.25 ↓		22:20	1.12 ↓		22:40	1.03 ↓
03 SAB	01:40	3.71 ↑	19 SEG	02:00	3.13 ↑	03 TER	03:50	3.39 ↑	19 QUI	04:10	3.21 ↑	03 QUI	04:40	3.44 ↑	19 SAB	04:50	3.39 ↑
	08:20	0.95 ↓		09:00	1.37 ↓		10:40	1.09 ↓		10:40	1.17 ↓		11:00	1.02 ↓		10:50	0.98 ↓
	14:40	3.31 ↑		15:10	2.78 ↓		17:00	3.28 ↑		17:00	3.21 ↑		17:20	3.48 ↑		17:20	3.55 ↑
	20:20	1.10 ↓		20:50	1.46 ↓		22:50	1.19 ↓		23:10	1.11 ↓		23:30	1.07 ↓		23:50	0.94 ↓
04 DOM	02:40	3.48 ↑	20 TER	03:20	3.03 ↑	04 QUA	05:10	3.43 ↑	20 SEX	05:30	3.34 ↑	04 SEX	05:40	3.49 ↑	20 DOM	06:00	3.48 ↑
	09:40	1.15 ↓		10:20	1.42 ↓		11:40	0.98 ↓		11:40	1.02 ↓		12:00	0.96 ↓		12:00	0.88 ↓
	16:00	3.17 ↑		16:40	2.83 ↑		18:00	3.48 ↑		18:00	3.47 ↑		18:10	3.62 ↑		18:20	3.74 ↑
	21:40	1.24 ↓		22:20	1.40 ↓												
05 SEG	04:10	3.37 ↑	21 QUA	04:50	3.09 ↑	05 QUI	00:10	1.02 ↓	21 SAB	00:20	0.91 ↓	05 SAB	00:30	0.93 ↓	21 SEG	01:00	0.78 ↓
	11:00	1.17 ↓		11:30	1.31 ↓		06:20	3.59 ↑		06:30	3.56 ↑		06:40	3.58 ↑		07:00	3.64 ↑
	17:20	3.21 ↑		17:50	3.04 ↑		12:40	0.79 ↓		12:40	0.82 ↓		12:40	0.90 ↓		12:50	0.78 ↓
	23:10	1.23 ↓		23:50	1.22 ↓		19:00	3.71 ↑		18:50	3.76 ↑		19:00	3.77 ↑		19:20	3.95 ↑
06 TER	05:30	3.43 ↑	22 QUI	06:00	3.29 ↑	06 SEX	01:00	0.79 ↓	22 DOM	01:20	0.68 ↓	06 DOM	01:30	0.77 ↓	22 TER	01:50	0.61 ↓
	12:20	0.94 ↓		12:30	1.08 ↓		07:20	3.78 ↑		07:30	3.78 ↑		07:40	3.67 ↑		08:00	3.80 ↑
	18:30	3.43 ↑		18:50	3.34 ↑		13:30	0.62 ↓		13:30	0.65 ↓		13:30	0.83 ↓		13:50	0.67 ↓
							19:40	3.95 ↑		19:40	4.04 ↑		19:40	3.90 ↑		20:10	4.15 ↑
07 QUA	00:30	1.02 ↓	23 SEX	00:50	0.95 ↓	07 SAB	02:00	0.55 ↓	23 SEG	02:10	0.48 ↓	07 SEG	02:10	0.67 ↓	23 QUA	02:50	0.44 ↓
	06:40	3.65 ↑		07:10	3.57 ↑		08:10	3.96 ↑		08:20	3.98 ↑		08:20	3.75 ↑		09:00	3.93 ↑
	13:20	0.65 ↓		13:20	0.82 ↓		14:10	0.54 ↓		14:20	0.52 ↓		14:10	0.79 ↓		14:40	0.59 ↓
	19:30	3.72 ↑		19:30	3.69 ↑		20:20	4.13 ↑		20:30	4.26 ↑		20:20	3.98 ↑		21:00	4.30 ↑
08 QUI	01:30	0.73 ↓	24 SAB	01:50	0.66 ↓	08 DOM	02:40	0.42 ↓	24 TER	03:00	0.34 ↓	08 TER	03:00	0.59 ↓	24 QUI	03:40	0.33 ↓
	07:40	3.92 ↑		08:00	3.86 ↑		08:50	4.07 ↑		09:10	4.10 ↑		09:10	3.75 ↑		09:50	4.01 ↑
	14:10	0.42 ↓		14:10	0.59 ↓		14:50	0.50 ↓		15:00	0.47 ↓		14:50	0.78 ↓		15:30	0.54 ↓
	20:20	4.01 ↑		20:20	4.01 ↑		21:00	4.22 ↑		21:10	4.40 ↑		21:00	4.01 ↑		21:50	4.36 ↑
09 SEX	02:20	0.47 ↓	25 DOM	02:30	0.44 ↓	09 SEG	03:20	0.36 ↓	25 QUA	03:50	0.27 ↓	09 QUA	03:40	0.57 ↓	25 SEX	04:30	0.26 ↓
	08:30	4.15 ↑		08:50	4.09 ↑		09:30	4.07 ↑		10:00	4.12 ↑		09:40	3.73 ↑		10:40	4.00 ↑
	14:50	0.29 ↓		14:50	0.43 ↓		15:20	0.54 ↓		15:40	0.49 ↓		15:20	0.81 ↓		16:20	0.51 ↓
	21:00	4.22 ↑		21:00	4.26 ↑		21:30	4.22 ↑		22:00	4.42 ↑		21:30	3.99 ↑		22:40	4.32 ↑
10 SAB	03:00	0.30 ↓	26 SEG	03:20	0.27 ↓	10 TER	04:00	0.37 ↓	26 QUI	04:40	0.26 ↓	10 QUI	04:10	0.61 ↓	26 SAB	05:20	0.24 ↓
	09:20	4.28 ↑		09:30	4.23 ↑		10:10	3.97 ↑		10:50	4.04 ↑		10:20	3.63 ↑		11:30	3.93 ↑
	15:30	0.24 ↓		15:30	0.36 ↓		15:50	0.62 ↓		16:30	0.52 ↓		15:50	0.86 ↓		17:10	0.52 ↓
	21:30	4.34 ↑		21:40	4.41 ↑		22:00	4.14 ↑		22:40	4.35 ↑		22:10	3.94 ↑		23:30	4.21 ↑
11 DOM	03:50	0.19 ↓	27 TER	04:00	0.21 ↓	11 QUA	04:30	0.45 ↓	27 SEX	05:20	0.35 ↓	11 SEX	04:50	0.65 ↓	27 DOM	06:00	0.33 ↓
	10:00	4.29 ↑		10:10	4.26 ↑		10:40	3.82 ↑		11:30	3.92 ↑		10:50	3.53 ↑		12:10	3.85 ↑
	16:00	0.30 ↓		16:00	0.40 ↓		16:20	0.73 ↓		17:10	0.64 ↓		16:20	0.92 ↓		18:00	0.56 ↓
	22:10	4.32 ↑		22:20	4.45 ↑		22:30	4.01 ↑		23:30	4.18 ↑		22:40	3.87 ↑			
12 SEG	04:20	0.22 ↓	28 QUA	04:50	0.22 ↓	12 QUI	05:10	0.56 ↓	28 SAB	06:10	0.46 ↓	12 SAB	05:20	0.73 ↓	28 SEG	00:10	4.05 ↑
	10:30	4.21 ↑		11:00	4.16 ↑		11:10	3.62 ↑		12:20	3.74 ↑		11:20	3.43 ↑		06:50	0.44 ↓
	16:30	0.41 ↓		16:40	0.47 ↓		16:50	0.84 ↓		18:00	0.74 ↓		17:00	0.95 ↓		13:00	3.72 ↑
	22:40	4.22 ↑		23:00	4.38 ↑		23:00	3.87 ↑					23:10	3.79 ↑		18:50	0.65 ↓
13 TER	05:00	0.30 ↓	29 QUI	05:30	0.33 ↓	13 SEX	05:40	0.71 ↓	29 DOM	00:20	3.96 ↑	13 DOM	05:50	0.81 ↓	29 TER	01:00	3.86 ↑
	11:10	4.00 ↑		11:40	3.99 ↑		11:40	3.42 ↑		07:00	0.61 ↓		12:00	3.34 ↑		07:40	0.59 ↓
	17:00	0.55 ↓		17:30	0.57 ↓		17:10	1.00 ↓		13:20	3.54 ↑		17:30	1.02 ↓		13:50	3.60 ↑
	23:00	4.06 ↑		23:40	4.21 ↑		23:30	3.73 ↑		19:00	0.83 ↓		23:50	3.68 ↑		19:40	0.77 ↓
14 QUA	05:30	0.46 ↓	30 SEX	06:20	0.49 ↓	14 SAB	06:10	0.86 ↓	30 SEG	01:10	3.73 ↑	14 SEG	06:30	0.87 ↓	30 QUA	02:00	3.68 ↑
	11:40	3.75 ↑		12:30	3.75 ↑		12:20	3.23 ↑		08:00	0.77 ↓		12:30	3.30 ↑		08:20	0.77 ↓
	17:20	0.74 ↓		18:10	0.75 ↓		17:50	1.09 ↓		14:10	3.42 ↑		18:20	1.03 ↓		14:40	3.51 ↑
	23:30	3.87 ↑								20:00	0.96 ↓			20:40		0.91 ↓	
15 QUI	06:00	0.65 ↓	31 SAB	00:30	3.95 ↑	15 DOM	00:10	3.57 ↑				15 TER	00:40	3.56 ↑	31 QUI	02:50	3.52 ↑
	12:10	3.48 ↑		07:10	0.70 ↓		06:50	1.00 ↓					07:10	0.94 ↓		09:10	0.94 ↓
	17:50	0.90 ↓		13:20	3.51 ↑		12:50	3.11 ↑					13:20	3.26 ↑		15:30	3.46 ↑
				19:00	0.94 ↓		18:30	1.20 ↓					19:10	1.06 ↓			
16 SEX	00:00	3.69 ↑				16 SEG	00:50	3.41 ↑				16 QUA	01:30	3.44 ↑			
	06:40	0.84 ↓					07:40	1.11 ↓					08:00	0.99 ↓			
	12:40	3.24 ↑					13:40	3.01 ↑					14:10	3.27 ↑			
	18:10	1.10 ↓					19:20	1.29 ↓					20:10	1.08 ↓			