

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	06:50 12:40 18:50	4.75 ↑ 1.32 ↓ 5.08 ↑	17 SAB	01:50 08:10 14:00 20:00	1.04 ↓ 4.35 ↑ 1.35 ↓ 4.62 ↑	01 DOM	02:10 08:30 14:30 20:40	0.84 ↓ 4.90 ↑ 1.14 ↓ 4.99 ↑	17 TER	02:40 08:50 14:40 20:50	0.95 ↓ 4.79 ↑ 1.00 ↓ 5.12 ↑	01 DOM	01:10 07:30 13:30 19:40	0.82 ↓ 4.65 ↑ 1.03 ↓ 4.78 ↑	17 TER	01:30 07:40 13:40 20:00	1.00 ↓ 4.69 ↑ 0.93 ↓ 4.95 ↑
02 SEX	01:30 07:50 13:40 19:40	0.88 ↓ 4.86 ↑ 1.36 ↓ 5.19 ↑	18 DOM	02:30 08:50 14:30 20:30	1.01 ↓ 4.48 ↑ 1.27 ↓ 4.80 ↑	02 SEG	03:00 09:20 15:20 21:20	0.76 ↓ 5.01 ↑ 0.99 ↓ 5.13 ↑	18 QUA	03:10 09:20 15:20 21:30	0.89 ↓ 5.01 ↑ 0.89 ↓ 5.30 ↑	02 SEG	02:00 08:20 14:20 20:30	0.68 ↓ 4.88 ↑ 0.84 ↓ 5.01 ↑	18 QUA	02:10 08:20 14:20 20:30	0.89 ↓ 4.97 ↑ 0.82 ↓ 5.28 ↑
03 SAB	02:20 08:40 14:30 20:40	0.88 ↓ 4.98 ↑ 1.36 ↓ 5.16 ↑	19 SEG	03:00 09:20 15:10 21:10	0.99 ↓ 4.63 ↑ 1.16 ↓ 4.93 ↑	03 TER	03:50 10:00 16:00 22:10	0.67 ↓ 5.08 ↑ 0.95 ↓ 5.13 ↑	19 QUI	03:50 09:50 16:00 22:10	0.80 ↓ 5.20 ↑ 0.81 ↓ 5.38 ↑	03 TER	02:50 09:00 15:00 21:10	0.55 ↓ 5.06 ↑ 0.78 ↓ 5.18 ↑	19 QUI	02:40 08:50 15:00 21:10	0.84 ↓ 5.27 ↑ 0.74 ↓ 5.46 ↑
04 DOM	03:10 09:30 15:20 21:30	0.87 ↓ 5.03 ↑ 1.31 ↓ 5.13 ↑	20 TER	03:30 09:50 15:40 21:50	0.97 ↓ 4.76 ↑ 1.08 ↓ 5.04 ↑	04 QUA	04:30 10:40 16:40 22:50	0.70 ↓ 5.06 ↑ 0.91 ↓ 5.08 ↑	20 SEX	04:20 10:30 16:40 22:50	0.77 ↓ 5.29 ↑ 0.76 ↓ 5.36 ↑	04 QUA	03:30 09:40 15:40 21:50	0.58 ↓ 5.14 ↑ 0.75 ↓ 5.23 ↑	20 SEX	03:20 09:20 15:40 21:50	0.78 ↓ 5.50 ↑ 0.70 ↓ 5.53 ↑
05 SEG	03:50 10:10 16:10 22:20	0.94 ↓ 5.06 ↑ 1.22 ↓ 5.05 ↑	21 QUA	04:10 10:20 16:20 22:30	0.91 ↓ 4.87 ↑ 0.99 ↓ 5.10 ↑	05 QUI	05:10 11:20 17:30 23:40	0.74 ↓ 4.96 ↑ 0.82 ↓ 4.89 ↑	21 SAB	05:00 11:10 17:30 23:40	0.75 ↓ 5.30 ↑ 0.73 ↓ 5.17 ↑	05 QUI	04:10 10:20 16:20 22:30	0.62 ↓ 5.12 ↑ 0.75 ↓ 5.15 ↑	21 SAB	03:50 10:00 16:20 22:30	0.80 ↓ 5.60 ↑ 0.70 ↓ 5.47 ↑
06 TER	04:40 11:00 17:00 23:10	0.90 ↓ 4.96 ↑ 1.10 ↓ 4.92 ↑	22 QUI	04:50 11:00 17:00 23:10	0.84 ↓ 4.91 ↑ 0.92 ↓ 5.09 ↑	06 SEX	05:50 12:00 18:10	0.78 ↓ 4.79 ↑ 0.83 ↓	22 DOM	05:40 11:50 18:20	0.80 ↓ 5.21 ↑ 0.76 ↓	06 SEX	04:40 10:50 17:00 23:10	0.76 ↓ 5.06 ↑ 0.75 ↓ 4.95 ↑	22 DOM	04:30 10:40 17:00 23:20	0.83 ↓ 5.56 ↑ 0.74 ↓ 5.24 ↑
07 QUA	05:30 11:50 17:50	0.86 ↓ 4.80 ↑ 1.01 ↓	23 SEX	05:30 11:40 17:50	0.80 ↓ 4.92 ↑ 0.85 ↓	07 SAB	00:20 06:30 12:40 19:00	4.65 ↑ 0.84 ↓ 4.57 ↑ 0.85 ↓	23 SEG	00:30 06:30 12:40 19:10	4.90 ↑ 0.90 ↓ 4.98 ↑ 0.88 ↓	07 SAB	05:20 11:20 17:40 23:50	0.81 ↓ 4.90 ↑ 0.78 ↓ 4.67 ↑	23 SEG	05:10 11:20 17:50	0.93 ↓ 5.39 ↑ 0.82 ↓
08 QUI	00:00 06:20 12:30 18:40	4.74 ↑ 0.84 ↓ 4.65 ↑ 0.96 ↓	24 SAB	00:00 06:10 12:30 18:40	4.95 ↑ 0.81 ↓ 4.83 ↑ 0.84 ↓	08 DOM	01:10 07:10 13:30 19:50	4.33 ↑ 0.94 ↓ 4.30 ↑ 0.92 ↓	24 TER	01:30 07:20 13:40 20:20	4.56 ↑ 1.10 ↓ 4.65 ↑ 1.00 ↓	08 DOM	05:50 12:00 18:20	0.93 ↓ 4.64 ↑ 0.83 ↓	24 TER	00:10 06:00 12:10 18:50	4.93 ↑ 1.08 ↓ 5.04 ↑ 0.94 ↓
09 SEX	00:50 07:10 13:20 19:40	4.52 ↑ 0.87 ↓ 4.44 ↑ 0.94 ↓	25 DOM	00:50 07:00 13:20 19:40	4.76 ↑ 0.86 ↓ 4.72 ↑ 0.86 ↓	09 SEG	02:00 08:00 14:10 20:50	4.02 ↑ 1.07 ↓ 4.07 ↑ 1.04 ↓	25 QUA	02:40 08:30 14:50 21:30	4.26 ↑ 1.31 ↓ 4.37 ↑ 1.15 ↓	09 SEG	00:30 06:30 12:30 19:10	4.32 ↑ 1.04 ↓ 4.33 ↑ 0.90 ↓	25 QUA	01:10 07:00 13:10 19:50	4.55 ↑ 1.27 ↓ 4.60 ↑ 1.12 ↓
10 SAB	01:50 08:00 14:20 20:40	4.26 ↑ 0.94 ↓ 4.23 ↑ 0.99 ↓	26 SEG	01:50 07:50 14:10 20:50	4.51 ↑ 0.99 ↓ 4.60 ↑ 0.92 ↓	10 TER	03:10 09:00 15:10 21:50	3.75 ↑ 1.24 ↓ 3.90 ↑ 1.16 ↓	26 QUI	04:00 09:50 16:00 22:50	4.13 ↑ 1.47 ↓ 4.28 ↑ 1.19 ↓	10 TER	01:20 07:10 13:20 20:00	3.97 ↑ 1.19 ↓ 4.00 ↑ 1.02 ↓	26 QUI	02:20 08:20 14:30 21:10	4.22 ↑ 1.42 ↓ 4.20 ↑ 1.24 ↓
11 DOM	02:50 09:00 15:10 21:40	4.04 ↑ 1.05 ↓ 4.12 ↑ 1.07 ↓	27 TER	03:00 09:00 15:20 22:00	4.33 ↑ 1.14 ↓ 4.49 ↑ 1.01 ↓	11 QUA	04:20 10:00 16:00 22:50	3.64 ↑ 1.40 ↓ 3.84 ↑ 1.23 ↓	27 SEX	05:20 11:20 17:30	4.20 ↑ 1.47 ↓ 4.34 ↑	11 QUA	02:20 08:00 14:10 21:00	3.68 ↑ 1.33 ↓ 3.73 ↑ 1.15 ↓	27 SEX	03:40 09:40 16:00 22:30	4.07 ↑ 1.50 ↓ 4.06 ↑ 1.24 ↓
12 SEG	03:50 09:50 16:10 22:40	3.92 ↑ 1.18 ↓ 4.08 ↑ 1.11 ↓	28 QUA	04:20 10:10 16:30 23:10	4.28 ↑ 1.31 ↓ 4.52 ↑ 1.06 ↓	12 QUI	05:20 11:00 17:10 23:50	3.70 ↑ 1.50 ↓ 3.92 ↑ 1.24 ↓	28 SAB	00:00 06:30 12:30 18:40	1.08 ↓ 4.41 ↑ 1.29 ↓ 4.54 ↑	12 QUI	03:30 09:10 15:10 22:00	3.53 ↑ 1.42 ↓ 3.60 ↑ 1.26 ↓	28 SAB	05:00 11:10 17:20 23:50	4.16 ↑ 1.34 ↓ 4.21 ↑ 1.00 ↓
13 TER	05:00 10:50 17:00 23:40	3.88 ↑ 1.32 ↓ 4.13 ↑ 1.11 ↓	29 QUI	05:30 11:20 17:40	4.38 ↑ 1.43 ↓ 4.62 ↑	13 SEX	06:20 12:00 18:00	3.83 ↑ 1.49 ↓ 4.10 ↑				13 SEX	04:40 10:20 16:30 23:10	3.56 ↑ 1.46 ↓ 3.71 ↑ 1.30 ↓	29 DOM	06:10 12:20 18:30	4.40 ↑ 1.04 ↓ 4.49 ↑
14 QUA	06:00 11:40 17:50	3.93 ↑ 1.40 ↓ 4.22 ↑	30 SEX	00:20 06:40 12:30 18:40	1.00 ↓ 4.53 ↑ 1.43 ↓ 4.77 ↑	14 SAB	00:40 07:10 12:50 18:50	1.19 ↓ 4.03 ↑ 1.39 ↓ 4.33 ↑				14 SAB	05:40 11:30 17:30	3.75 ↑ 1.41 ↓ 3.96 ↑	30 SEG	00:50 07:10 13:10 19:30	0.76 ↓ 4.66 ↑ 0.83 ↓ 4.78 ↑
15 QUI	00:30 06:50 12:30 18:30	1.08 ↓ 4.05 ↑ 1.43 ↓ 4.36 ↑	31 SAB	01:20 07:40 13:40 19:40	0.90 ↓ 4.71 ↑ 1.27 ↓ 4.90 ↑	15 DOM	01:20 07:40 13:30 19:40	1.12 ↓ 4.31 ↑ 1.25 ↓ 4.57 ↑				15 DOM	00:00 06:30 12:20 18:30	1.23 ↓ 4.02 ↑ 1.25 ↓ 4.28 ↑	31 TER	01:40 07:50 14:00 20:10	0.61 ↓ 4.93 ↑ 0.65 ↓ 5.04 ↑
16 SEX	01:10 07:40 13:20 19:20	1.06 ↓ 4.16 ↑ 1.41 ↓ 4.47 ↑				16 SEG	02:00 08:20 14:10 20:20	1.04 ↓ 4.53 ↑ 1.10 ↓ 4.84 ↑				16 SEG	00:50 07:10 13:00 19:20	1.12 ↓ 4.33 ↑ 1.08 ↓ 4.61 ↑			

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 ☀	02:30 08:30 14:40 21:00	0.50 ↓ 5.10 ↑ 0.63 ↓ 5.13 ↑	17 SEX ☾	02:10 08:20 14:40 20:50	0.86 ↓ 5.46 ↑ 0.68 ↓ 5.47 ↑	01 SEX ☀	02:40 08:40 15:00 21:10	0.78 ↓ 5.09 ↑ 0.63 ↓ 4.97 ↑	17 DOM ☾	02:30 08:30 15:00 21:20	1.07 ↓ 5.65 ↑ 0.79 ↓ 5.34 ↑	01 SEG ☾	03:10 09:10 15:40 22:00	1.28 ↓ 4.88 ↑ 0.89 ↓ 4.60 ↑	17 QUA ☀	03:50 09:50 16:20 22:40	1.35 ↓ 5.29 ↑ 1.03 ↓ 5.08 ↑
02 QUI	03:10 09:10 15:20 21:30	0.56 ↓ 5.17 ↑ 0.64 ↓ 5.18 ↑	18 SAB	02:50 09:00 15:20 21:30	0.88 ↓ 5.63 ↑ 0.69 ↓ 5.52 ↑	02 SAB	03:10 09:10 15:30 21:50	0.96 ↓ 5.10 ↑ 0.74 ↓ 4.86 ↑	18 SEG	03:10 09:10 15:50 22:10	1.17 ↓ 5.66 ↑ 0.84 ↓ 5.23 ↑	02 TER	03:50 09:40 16:10 22:30	1.29 ↓ 4.78 ↑ 0.95 ↓ 4.51 ↑	18 QUI	04:40 10:50 17:10 23:30	1.31 ↓ 5.05 ↑ 1.04 ↓ 4.91 ↑
03 SEX	03:40 09:40 16:00 22:10	0.74 ↓ 5.19 ↑ 0.67 ↓ 5.06 ↑	19 DOM	03:30 09:30 16:00 22:20	0.94 ↓ 5.74 ↑ 0.74 ↓ 5.38 ↑	03 DOM	03:40 09:40 16:10 22:20	1.09 ↓ 5.02 ↑ 0.78 ↓ 4.74 ↑	19 TER	04:00 10:00 16:30 22:50	1.25 ↓ 4.66 ↑ 0.95 ↓ 5.12 ↑	03 QUA	04:20 10:10 16:40 23:10	1.29 ↓ 4.66 ↑ 1.01 ↓ 4.37 ↑	19 SEX	05:40 11:40 18:10	1.18 ↓ 4.83 ↑ 0.98 ↓
04 SAB	04:10 10:20 16:30 22:50	0.89 ↓ 5.07 ↑ 0.75 ↓ 4.85 ↑	20 SEG	04:10 10:20 16:50 23:00	1.03 ↓ 5.58 ↑ 0.80 ↓ 5.22 ↑	04 SEG	04:10 10:10 16:40 23:00	1.18 ↓ 4.86 ↑ 0.85 ↓ 4.52 ↑	20 QUA	04:50 10:50 17:20 23:40	1.31 ↓ 5.18 ↑ 1.04 ↓ 4.88 ↑	04 QUI	05:00 10:50 17:20 23:40	1.25 ↓ 4.51 ↑ 1.03 ↓ 4.25 ↑	20 SAB	00:30 06:30 12:40 19:10	4.67 ↑ 1.13 ↓ 4.58 ↑ 0.94 ↓
05 DOM	04:40 10:40 17:10 23:20	1.00 ↓ 4.93 ↑ 0.78 ↓ 4.61 ↑	21 TER	05:00 11:00 17:30 23:50	1.14 ↓ 5.34 ↑ 0.94 ↓ 4.91 ↑	05 TER	04:40 10:40 17:10 23:30	1.25 ↓ 4.64 ↑ 0.93 ↓ 4.30 ↑	21 QUI	05:40 11:40 18:20	1.34 ↓ 4.84 ↑ 1.08 ↓	05 SEX	05:40 11:40 18:00	1.21 ↓ 4.34 ↑ 1.07 ↓	21 DOM ☀	01:20 07:40 13:50 20:10	4.48 ↑ 1.03 ↓ 4.32 ↑ 0.97 ↓
06 SEG	05:10 11:10 17:50	1.10 ↓ 4.66 ↑ 0.84 ↓	22 QUA	05:50 11:50 18:30	1.27 ↓ 4.95 ↑ 1.06 ↓	06 QUA	05:20 11:10 17:50	1.30 ↓ 4.39 ↑ 1.01 ↓	22 SEX	00:40 06:50 12:50 19:20	4.58 ↑ 1.28 ↓ 4.45 ↑ 1.13 ↓	06 SAB	00:20 06:20 12:30 18:50	4.12 ↑ 1.20 ↓ 4.19 ↑ 1.06 ↓	22 SEG	02:30 08:40 14:50 21:10	4.28 ↑ 1.03 ↓ 4.18 ↑ 1.02 ↓
07 TER	00:00 05:50 11:50 18:20	4.29 ↑ 1.20 ↓ 4.33 ↑ 0.96 ↓	23 QUI ☾	00:50 06:50 13:00 19:30	4.56 ↑ 1.37 ↓ 4.47 ↑ 1.20 ↓	07 QUI	00:10 06:00 12:00 18:30	4.06 ↑ 1.34 ↓ 4.11 ↑ 1.11 ↓	23 SAB ☀	01:50 08:00 14:10 20:30	4.31 ↑ 1.23 ↓ 4.17 ↑ 1.13 ↓	07 DOM	01:10 07:20 13:30 19:50	4.02 ↑ 1.08 ↓ 4.08 ↑ 1.01 ↓	23 TER	03:30 09:50 16:00 22:10	4.22 ↑ 1.03 ↓ 4.12 ↑ 1.08 ↓
08 QUA	00:50 06:30 12:30 19:10	3.96 ↑ 1.31 ↓ 4.00 ↑ 1.06 ↓	24 SEX	02:00 08:10 14:20 20:50	4.25 ↑ 1.40 ↓ 4.11 ↑ 1.24 ↓	08 SEX	01:00 06:50 12:50 19:20	3.84 ↑ 1.34 ↓ 3.88 ↑ 1.18 ↓	24 DOM	03:00 09:10 15:20 21:50	4.16 ↑ 1.18 ↓ 4.10 ↑ 1.06 ↓	08 SEG ☾	02:10 08:20 14:30 20:50	3.99 ↑ 1.01 ↓ 4.06 ↑ 0.99 ↓	24 QUA	04:30 10:50 17:10 23:10	4.25 ↑ 1.00 ↓ 4.15 ↑ 1.14 ↓
09 QUI	01:40 07:20 13:20 20:00	3.69 ↑ 1.39 ↓ 3.71 ↑ 1.18 ↓	25 SAB	03:20 09:30 15:50 22:20	4.09 ↑ 1.36 ↓ 4.00 ↑ 1.13 ↓	09 SAB ☀	01:50 07:50 14:00 20:30	3.71 ↑ 1.27 ↓ 3.74 ↑ 1.15 ↓	25 SEG	04:10 10:20 16:40 22:50	4.19 ↑ 1.07 ↓ 4.18 ↑ 1.00 ↓	09 TER	03:00 09:20 15:40 21:40	4.09 ↑ 0.96 ↓ 4.16 ↑ 1.02 ↓	25 QUI	05:20 11:50 18:10	4.37 ↑ 0.94 ↓ 4.22 ↑
10 SEX ☀	02:40 08:30 14:30 21:10	3.55 ↑ 1.38 ↓ 3.56 ↑ 1.24 ↓	26 DOM	04:40 10:50 17:10 23:30	4.16 ↑ 1.17 ↓ 4.18 ↑ 0.93 ↓	10 DOM	02:50 09:00 15:10 21:30	3.71 ↑ 1.16 ↓ 3.81 ↑ 1.14 ↓	26 TER	05:10 11:30 17:40 23:50	4.36 ↑ 0.89 ↓ 4.38 ↑ 0.92 ↓	10 QUA	04:00 10:30 16:40 22:40	4.31 ↑ 0.89 ↓ 4.38 ↑ 1.02 ↓	26 SEX	00:00 06:10 12:40 19:10	1.21 ↓ 4.48 ↑ 0.90 ↓ 4.28 ↑
11 SAB	03:40 09:40 15:50 22:20	3.58 ↑ 1.33 ↓ 3.67 ↑ 1.25 ↓	27 SEG	05:40 12:00 18:10	4.41 ↑ 0.88 ↓ 4.48 ↑	11 SEG	03:50 10:00 16:20 22:30	3.88 ↑ 1.07 ↓ 4.06 ↑ 1.08 ↓	27 QUA	06:00 12:20 18:40	4.57 ↑ 0.78 ↓ 4.53 ↑	11 QUI	05:00 11:30 17:40 23:40	4.61 ↑ 0.85 ↓ 4.62 ↑ 1.05 ↓	27 SAB	00:50 07:00 13:30 19:50	1.27 ↓ 4.55 ↑ 0.86 ↓ 4.38 ↑
12 DOM	04:50 10:50 17:00 23:20	3.78 ↑ 1.23 ↓ 3.97 ↑ 1.18 ↓	28 TER	00:30 06:40 12:50 19:10	0.72 ↓ 4.65 ↑ 0.71 ↓ 4.72 ↑	12 TER	04:50 11:00 17:20 23:30	4.19 ↑ 0.96 ↓ 4.39 ↑ 1.00 ↓	28 QUI	00:40 06:50 13:10 19:30	0.92 ↓ 4.73 ↑ 0.71 ↓ 4.63 ↑	12 SEX	05:50 12:20 18:40	4.92 ↑ 0.83 ↓ 4.83 ↑	28 DOM	01:40 07:40 14:10 20:30	1.31 ↓ 4.62 ↑ 0.89 ↓ 4.45 ↑
13 SEG	05:40 11:40 18:00	4.09 ↑ 1.08 ↓ 4.33 ↑	29 QUA	01:20 07:20 13:40 19:50	0.62 ↓ 4.89 ↑ 0.58 ↓ 4.92 ↑	13 QUA	05:40 12:00 18:10	4.56 ↑ 0.84 ↓ 4.73 ↑	29 SEX	01:30 07:30 14:00 20:10	0.95 ↓ 4.85 ↑ 0.66 ↓ 4.70 ↑	13 SAB	00:30 06:40 13:10 19:30	1.13 ↓ 5.19 ↑ 0.84 ↓ 5.01 ↑	29 SEG ☀	02:20 08:10 14:40 21:10	1.34 ↓ 4.71 ↑ 0.96 ↓ 4.48 ↑
14 TER	00:10 06:20 12:30 18:50	1.06 ↓ 4.47 ↑ 0.92 ↓ 4.70 ↑	30 QUI	02:00 08:00 14:20 20:30	0.68 ↓ 5.04 ↑ 0.59 ↓ 5.00 ↑	14 QUI	00:20 06:30 12:50 19:00	0.95 ↓ 4.92 ↑ 0.76 ↓ 5.01 ↑	30 SAB	02:00 08:10 14:30 20:50	1.11 ↓ 4.89 ↑ 0.77 ↓ 4.70 ↑	14 DOM ☾	01:20 07:30 14:00 20:20	1.21 ↓ 5.35 ↑ 0.86 ↓ 5.13 ↑	30 TER	02:50 08:50 15:20 21:40	1.34 ↓ 4.72 ↑ 0.96 ↓ 4.53 ↑
15 QUA	01:00 07:10 13:20 19:30	0.94 ↓ 4.81 ↑ 0.79 ↓ 5.05 ↑				15 SEX	01:00 07:10 13:30 19:50	0.95 ↓ 5.26 ↑ 0.74 ↓ 5.20 ↑	31 DOM ☀	02:40 08:40 15:10 21:30	1.20 ↓ 4.92 ↑ 0.82 ↓ 4.64 ↑	15 SEG	02:10 08:20 14:50 21:10	1.29 ↓ 5.41 ↑ 0.90 ↓ 5.16 ↑			
16 QUI	01:40 07:40 14:00 20:10	0.87 ↓ 5.19 ↑ 0.71 ↓ 5.31 ↑				16 SAB ☾	01:40 07:50 14:20 20:30	1.00 ↓ 5.51 ↑ 0.73 ↓ 5.36 ↑				16 TER	03:00 09:00 15:40 22:00	1.34 ↓ 5.43 ↑ 0.94 ↓ 5.12 ↑			

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	1.30 ↓	17 SEX	04:40	1.05 ↓	01 SAB	04:10	0.94 ↓	17 SEG	05:50	0.79 ↓	01 TER	05:00	0.72 ↓	17 QUI	00:20	4.48 ↑
	09:20	4.75 ↑		10:40	5.12 ↑		10:20	5.02 ↑		12:00	4.84 ↑		11:10	5.23 ↑		06:50	0.90 ↓
	15:50	0.98 ↓		17:00	0.90 ↓		16:30	0.85 ↓		18:10	0.83 ↓		17:20	0.77 ↓		13:10	4.09 ↑
	22:10	4.55 ↑		23:20	4.99 ↑		22:40	4.89 ↑					23:30	5.25 ↑		19:00	1.20 ↓
02 QUI	04:00	1.20 ↓	18 SAB	05:20	1.01 ↓	02 DOM	04:50	0.85 ↓	18 TER	00:20	4.76 ↑	02 QUA	05:50	0.73 ↓	18 SEX 	01:00	4.11 ↑
	10:00	4.74 ↑		11:30	4.97 ↑		10:50	5.07 ↑		06:40	0.81 ↓		12:00	4.99 ↑		07:40	1.02 ↓
	16:20	0.98 ↓		17:50	0.85 ↓		17:10	0.79 ↓		12:50	4.51 ↑		18:00	0.87 ↓		14:10	3.75 ↑
	22:40	4.55 ↑					23:20	4.91 ↑		18:50	0.94 ↓					19:50	1.34 ↓
03 SEX	04:30	1.15 ↓	19 DOM	00:10	4.81 ↑	03 SEG	05:30	0.81 ↓	19 QUA 	01:00	4.49 ↑	03 QUI	00:10	5.10 ↑	19 SAB	01:50	3.78 ↑
	10:40	4.72 ↑		06:10	0.94 ↓		11:40	4.96 ↑		07:30	0.89 ↓		06:40	0.82 ↓		08:40	1.17 ↓
	17:00	0.94 ↓		12:20	4.75 ↑		17:50	0.77 ↓		13:40	4.16 ↑		12:50	4.69 ↑		15:10	3.57 ↑
	23:10	4.53 ↑		18:40	0.84 ↓					19:40	1.08 ↓		18:50	1.04 ↓		21:00	1.45 ↓
04 SAB	05:10	1.07 ↓	20 SEG	00:50	4.65 ↑	04 TER	00:00	4.89 ↑	20 QUI	01:50	4.19 ↑	04 SEX 	01:00	4.81 ↑	20 DOM	03:00	3.60 ↑
	11:20	4.68 ↑		07:10	0.89 ↓		06:20	0.78 ↓		08:30	1.02 ↓		07:40	0.96 ↓		09:50	1.31 ↓
	17:40	0.91 ↓		13:20	4.46 ↑		12:20	4.82 ↑		14:40	3.86 ↑		14:00	4.34 ↑		16:20	3.55 ↑
	23:50	4.49 ↑		19:30	0.90 ↓		18:30	0.83 ↓		20:30	1.25 ↓		19:50	1.25 ↓		22:10	1.50 ↓
05 DOM	06:00	0.96 ↓	21 TER 	01:50	4.40 ↑	05 QUA 	00:50	4.78 ↑	21 SEX	02:40	3.94 ↑	05 SAB	02:10	4.44 ↑	21 SEG	04:20	3.63 ↑
	12:00	4.61 ↑		08:10	0.94 ↓		07:10	0.82 ↓		09:30	1.17 ↓		08:50	1.12 ↓		10:50	1.34 ↓
	18:20	0.90 ↓		14:20	4.19 ↑		13:20	4.56 ↑		16:00	3.65 ↑		15:20	4.13 ↑		17:20	3.71 ↑
				20:30	1.01 ↓		19:20	0.94 ↓		21:40	1.44 ↓		21:10	1.42 ↓		23:20	1.44 ↓
06 SEG	00:30	4.45 ↑	22 QUA	02:40	4.23 ↑	06 QUI	01:40	4.64 ↑	22 SAB	03:50	3.81 ↑	06 DOM	03:20	4.24 ↑	22 TER	05:20	3.85 ↑
	06:50	0.90 ↓		09:10	1.03 ↓		08:10	0.90 ↓		10:30	1.26 ↓		10:10	1.22 ↓		11:50	1.27 ↓
	12:50	4.48 ↑		15:20	3.99 ↑		14:20	4.33 ↑		17:10	3.64 ↑		16:40	4.14 ↑		18:10	3.95 ↑
	19:10	0.88 ↓		21:20	1.17 ↓		20:20	1.10 ↓		22:50	1.56 ↓		22:40	1.48 ↓			
07 TER 	01:20	4.40 ↑	23 QUI	03:40	4.12 ↑	07 SEX	02:40	4.48 ↑	23 DOM	04:50	3.84 ↑	07 SEG	04:50	4.26 ↑	23 QUA	00:10	1.27 ↓
	07:40	0.91 ↓		10:10	1.10 ↓		09:20	1.00 ↓		11:40	1.28 ↓		11:30	1.15 ↓		06:20	4.14 ↑
	13:50	4.34 ↑		16:30	3.89 ↑		15:40	4.21 ↑		18:10	3.78 ↑		17:50	4.34 ↑		12:40	1.15 ↓
	20:00	0.93 ↓		22:30	1.34 ↓		21:30	1.28 ↓		23:50	1.53 ↓		23:50	1.37 ↓		18:50	4.25 ↑
08 QUA	02:20	4.37 ↑	24 SEX	04:40	4.09 ↑	08 SAB	03:50	4.42 ↑	24 SEG	06:00	3.96 ↑	08 TER	06:10	4.44 ↑	24 QUI	00:50	1.08 ↓
	08:40	0.91 ↓		11:20	1.12 ↓		10:30	1.09 ↓		12:30	1.22 ↓		12:30	1.02 ↓		07:10	4.46 ↑
	15:00	4.26 ↑		17:40	3.90 ↑		17:00	4.24 ↑		19:00	3.97 ↑		19:00	4.56 ↑		13:20	1.01 ↓
	21:00	1.01 ↓		23:30	1.45 ↓		22:40	1.42 ↓								19:30	4.55 ↑
09 QUI	03:20	4.42 ↑	25 SAB	05:30	4.16 ↑	09 DOM	05:00	4.50 ↑	25 TER	00:50	1.40 ↓	09 QUA	01:00	1.10 ↓	25 SEX	01:30	0.92 ↓
	09:50	0.92 ↓		12:10	1.10 ↓		11:40	1.11 ↓		06:50	4.18 ↑		07:10	4.73 ↑		07:40	4.84 ↑
	16:10	4.30 ↑		18:40	3.99 ↑		18:10	4.40 ↑		13:10	1.15 ↓		13:30	0.80 ↓		13:50	0.92 ↓
	22:00	1.12 ↓								19:40	4.19 ↑		19:50	4.84 ↑		20:00	4.87 ↑
10 SEX	04:20	4.56 ↑	26 DOM	00:20	1.47 ↓	10 SEG	00:00	1.44 ↓	26 QUA	01:30	1.24 ↓	10 QUI	01:50	0.91 ↓	26 SAB 	02:10	0.79 ↓
	11:00	0.94 ↓		06:20	4.26 ↑		06:10	4.66 ↑		07:30	4.45 ↑		08:00	5.01 ↑		08:20	5.11 ↑
	17:20	4.43 ↑		13:00	1.07 ↓		12:50	1.00 ↓		13:50	1.06 ↓		14:20	0.67 ↓		14:30	0.83 ↓
	23:00	1.24 ↓		19:30	4.12 ↑		19:10	4.62 ↑		20:10	4.44 ↑		20:30	5.09 ↑		20:30	5.16 ↑
11 SAB	05:20	4.76 ↑	27 SEG	01:10	1.44 ↓	11 TER	01:10	1.32 ↓	27 QUI	02:00	1.09 ↓	11 SEX 	02:40	0.73 ↓	27 DOM	02:40	0.73 ↓
	12:00	0.96 ↓		07:10	4.37 ↑		07:10	4.85 ↑		08:10	4.72 ↑		08:50	5.20 ↑		08:50	5.35 ↑
	18:20	4.61 ↑		13:40	1.05 ↓		13:40	0.94 ↓		14:30	0.95 ↓		15:10	0.55 ↓		15:00	0.80 ↓
				20:10	4.26 ↑		20:00	4.86 ↑		20:40	4.68 ↑		21:10	5.23 ↑		21:10	5.37 ↑
12 DOM	00:10	1.33 ↓	28 TER	01:50	1.37 ↓	12 QUA 	02:00	1.19 ↓	28 SEX 	02:30	0.97 ↓	12 SAB	03:20	0.71 ↓	28 SEG	03:20	0.68 ↓
	06:20	4.95 ↑		07:50	4.52 ↑		08:10	5.00 ↑		08:40	5.00 ↑		09:30	5.30 ↑		09:30	5.44 ↑
	13:00	0.95 ↓		14:20	1.03 ↓		14:30	0.86 ↓		15:00	0.88 ↓		15:50	0.60 ↓		15:30	0.80 ↓
	19:20	4.77 ↑		20:40	4.43 ↑		20:50	5.03 ↑		21:10	4.90 ↑		21:50	5.27 ↑		21:40	5.55 ↑
13 SEG	01:10	1.38 ↓	29 QUA 	02:30	1.25 ↓	13 QUI	02:50	1.04 ↓	29 SAB	03:10	0.85 ↓	13 DOM	04:00	0.71 ↓	29 TER	04:00	0.67 ↓
	07:20	5.06 ↑		08:30	4.67 ↑		09:00	5.15 ↑		09:20	5.18 ↑		10:10	5.26 ↑		10:10	5.43 ↑
	13:50	0.96 ↓		14:50	1.01 ↓		15:20	0.76 ↓		15:30	0.81 ↓		16:20	0.76 ↓		16:10	0.82 ↓
	20:10	4.95 ↑		21:10	4.58 ↑		21:30	5.17 ↑		21:40	5.10 ↑		22:30	5.20 ↑		22:20	5.57 ↑
14 TER 	02:10	1.34 ↓	30 QUI	03:00	1.15 ↓	14 SEX	03:40	0.89 ↓	30 DOM	03:40	0.79 ↓	14 SEG	04:40	0.73 ↓	30 QUA	04:40	0.70 ↓
	08:10	5.17 ↑		09:00	4.84 ↑		09:50	5.21 ↑		09:50	5.32 ↑		10:50	5.10 ↑		10:50	5.32 ↑
	14:40	0.95 ↓		15:30	0.93 ↓		16:10	0.66 ↓		16:00	0.78 ↓		17:00	0.83 ↓		16:50	0.90 ↓
	21:00	5.05 ↑		21:40	4.70 ↑		22:20	5.15 ↑		22:10	5.25 ↑		23:00	5.07 ↑		23:00	5.45 ↑
15 QUA	03:00	1.28 ↓	31 SEX	03:30	1.05 ↓	15 SAB	04:20	0.86 ↓	31 SEG	04:20	0.73 ↓	15 TER	05:20	0.77 ↓			
	09:00	5.22 ↑		09:40	4.95 ↑		10:30	5.22 ↑		10:30	5.33 ↑		11:30	4.83 ↑			
	15:30	0.92 ↓		16:00	0.89 ↓		16:50	0.70 ↓		16:40	0.74 ↓		17:40	0.93 ↓			
	21:50	5.09 ↑		22:10	4.80 ↑		23:00	5.10 ↑		22:50	5.30 ↑		23:40	4.81 ↑			
16 QUI	03:50	1.17 ↓				16 DOM	05:00	0.84 ↓				16 QUA	06:00	0.83 ↓			
	09:50	5.20 ↑					11:10	5.10 ↑					12:20	4.47 ↑			
	16:20	0.87 ↓					17:30	0.75 ↓					18:10	1.08 ↓			
	22:30	5.10 ↑					23:40	4.97 ↑									

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	05:20	0.79 ↓	17 SAB	00:20	4.06 ↑	01 DOM ☀️	00:20	4.70 ↑	17 TER ☀️	01:40	3.74 ↑	01 TER ☀️	01:30	4.38 ↑	17 QUI ☀️	02:10	4.02 ↑	
	11:40	5.05 ↑		07:00	1.06 ↓		07:00	1.14 ↓		08:10	1.13 ↓		08:00	1.07 ↓		08:20	0.97 ↓	
	17:30	1.04 ↓		13:30	3.78 ↑		13:30	4.38 ↑		14:30	3.69 ↑		14:20	4.30 ↑		14:40	4.02 ↑	
	23:40	5.21 ↑		19:10	1.38 ↓		19:30	1.35 ↓		20:40	1.14 ↓		20:30	1.14 ↓		21:00	0.92 ↓	
02 SEX	06:20	0.89 ↓	18 DOM ☀️	01:10	3.74 ↑	02 SEG	01:40	4.28 ↑	18 QUA	02:50	3.75 ↑	02 QUA	02:40	4.22 ↑	18 SEX	03:10	4.05 ↑	
	12:30	4.72 ↑		07:50	1.17 ↓		08:10	1.22 ↓		09:10	1.11 ↓		09:10	1.06 ↓		09:10	1.00 ↓	
	18:30	1.21 ↓		14:20	3.59 ↑		14:40	4.19 ↑		15:30	3.80 ↑		15:30	4.25 ↑		15:30	4.16 ↑	
				20:20	1.36 ↓		20:50	1.32 ↓		21:40	1.05 ↓		21:40	1.09 ↓		22:00	0.90 ↓	
03 SAB ☀️	00:40	4.77 ↑	19 SEG	02:20	3.56 ↑	03 TER	03:00	4.10 ↑	19 QUI	04:00	3.93 ↑	03 QUI	04:00	4.20 ↑	19 SAB	04:10	4.20 ↑	
	07:10	1.08 ↓		09:00	1.24 ↓		09:30	1.20 ↓		10:10	1.06 ↓		10:20	1.01 ↓		10:10	1.02 ↓	
	13:40	4.35 ↑		15:30	3.56 ↑		16:00	4.16 ↑		16:30	4.05 ↑		16:30	4.36 ↑		16:30	4.42 ↑	
	19:40	1.36 ↓		21:30	1.33 ↓		22:10	1.21 ↓		22:40	0.96 ↓		22:50	0.97 ↓		23:00	0.87 ↓	
04 DOM	01:40	4.36 ↑	20 TER	03:30	3.61 ↑	04 QUA	04:30	4.15 ↑	20 SEX	05:00	4.21 ↑	04 SEX	05:10	4.32 ↑	20 DOM	05:10	4.42 ↑	
	08:30	1.21 ↓		10:00	1.26 ↓		10:50	1.04 ↓		11:00	1.01 ↓		11:20	0.97 ↓		11:10	1.07 ↓	
	15:00	4.12 ↑		16:30	3.71 ↑		17:10	4.34 ↑		17:20	4.38 ↑		17:30	4.53 ↑		17:20	4.72 ↑	
	21:00	1.45 ↓		22:30	1.24 ↓		23:20	1.00 ↓		23:40	0.86 ↓		23:50	0.84 ↓				
05 SEG	03:10	4.10 ↑	21 QUA	04:50	3.84 ↑	05 QUI	05:40	4.40 ↑	21 SAB	05:50	4.52 ↑	05 SAB	06:10	4.48 ↑	21 SEG	00:00	0.85 ↓	
	09:50	1.27 ↓		11:00	1.20 ↓		11:50	0.89 ↓		11:50	0.98 ↓		12:10	0.98 ↓		06:10	4.65 ↑	
	16:20	4.12 ↑		17:20	3.98 ↑		18:10	4.59 ↑		18:00	4.75 ↑		18:20	4.71 ↑		12:00	1.14 ↓	
	22:30	1.38 ↓		23:30	1.09 ↓									18:10		5.00 ↑		
06 TER	04:40	4.16 ↑	22 QUI	05:40	4.18 ↑	06 SEX	00:20	0.78 ↓	22 DOM	00:30	0.78 ↓	06 DOM	00:50	0.70 ↓	22 TER	00:50	0.85 ↓	
	11:10	1.13 ↓		11:50	1.09 ↓		06:40	4.66 ↑		06:40	4.80 ↑		07:10	4.58 ↑		07:10	4.82 ↑	
	17:30	4.34 ↑		18:10	4.30 ↑		12:50	0.72 ↓		12:40	0.97 ↓		13:00	1.02 ↓		12:50	1.22 ↓	
	23:40	1.16 ↓					19:00	4.83 ↑		18:50	5.07 ↑		19:10	4.82 ↑		19:00	5.23 ↑	
07 QUA	06:00	4.40 ↑	23 SEX	00:20	0.93 ↓	07 SAB	01:10	0.65 ↓	23 SEG	01:10	0.75 ↓	07 SEG	01:40	0.65 ↓	23 QUA ☀️	01:40	0.87 ↓	
	12:20	0.87 ↓		06:30	4.53 ↑		07:30	4.86 ↑		07:30	5.01 ↑		08:00	4.64 ↑		08:00	4.98 ↑	
	18:30	4.63 ↑		12:40	0.97 ↓		13:30	0.77 ↓		13:20	1.02 ↓		13:50	1.08 ↓		13:50	1.29 ↓	
				18:50	4.66 ↑		19:40	5.02 ↑		19:30	5.35 ↑		19:50	4.90 ↑		19:50	5.36 ↑	
08 QUI	00:40	0.90 ↓	24 SAB	01:00	0.80 ↓	08 DOM	02:00	0.57 ↓	24 TER ☀️	02:00	0.74 ↓	08 TER ☀️	02:20	0.70 ↓	24 QUI	02:20	0.94 ↓	
	07:00	4.72 ↑		07:10	4.87 ↑		08:10	4.99 ↑		08:10	5.20 ↑		08:40	4.68 ↑		08:50	5.07 ↑	
	13:10	0.72 ↓		13:20	0.89 ↓		14:10	0.87 ↓		14:00	1.09 ↓		14:30	1.19 ↓		14:40	1.32 ↓	
	19:30	4.86 ↑		19:20	5.03 ↑		20:20	5.12 ↑		20:10	5.53 ↑		20:30	4.89 ↑		20:40	5.39 ↑	
09 SEX	01:30	0.73 ↓	25 DOM	01:40	0.72 ↓	09 SEG ☀️	02:40	0.61 ↓	25 QUA	02:40	0.78 ↓	09 QUA	03:00	0.77 ↓	25 SEX	03:10	0.98 ↓	
	07:50	4.99 ↑		07:50	5.15 ↑		09:00	4.95 ↑		09:00	5.24 ↑		09:20	4.66 ↑		09:30	5.17 ↑	
	14:00	0.61 ↓		13:50	0.88 ↓		14:50	0.99 ↓		14:50	1.17 ↓		15:10	1.27 ↓		15:30	1.31 ↓	
	20:10	5.09 ↑		20:00	5.32 ↑		21:00	5.11 ↑		20:50	5.61 ↑		21:00	4.87 ↑		21:30	5.34 ↑	
10 SAB ☀️	02:20	0.59 ↓	26 SEG ☀️	02:20	0.68 ↓	10 TER	03:20	0.68 ↓	26 QUI	03:20	0.86 ↓	10 QUI	03:30	0.89 ↓	26 SAB	04:00	1.00 ↓	
	08:30	5.18 ↑		08:30	5.33 ↑		09:40	4.88 ↑		09:40	5.27 ↑		10:00	4.58 ↑		10:20	5.12 ↑	
	14:40	0.66 ↓		14:30	0.89 ↓		15:30	1.10 ↓		15:30	1.24 ↓		15:40	1.32 ↓		16:20	1.25 ↓	
	20:50	5.21 ↑		20:30	5.58 ↑		21:30	5.06 ↑		21:30	5.56 ↑		21:40	4.76 ↑		22:20	5.22 ↑	
11 DOM	03:00	0.61 ↓	27 TER	03:00	0.68 ↓	11 QUA	04:00	0.75 ↓	27 SEX	04:10	0.92 ↓	11 SEX	04:10	0.93 ↓	27 DOM	04:50	0.99 ↓	
	09:20	5.17 ↑		09:10	5.42 ↑		10:20	4.74 ↑		10:30	5.15 ↑		10:30	4.52 ↑		11:10	5.01 ↑	
	15:20	0.75 ↓		15:00	0.95 ↓		16:00	1.22 ↓		16:20	1.29 ↓		16:20	1.28 ↓		17:10	1.17 ↓	
	21:20	5.28 ↑		21:10	5.69 ↑		22:00	4.91 ↑		22:20	5.34 ↑		22:10	4.64 ↑		23:10	5.05 ↑	
12 SEG	03:40	0.65 ↓	28 QUA	03:40	0.72 ↓	12 QUI	04:30	0.87 ↓	28 SAB	04:50	1.04 ↓	12 SAB	04:40	0.99 ↓	28 SEG	05:40	0.97 ↓	
	09:50	5.15 ↑		09:50	5.41 ↑		10:50	4.59 ↑		11:20	4.97 ↑		11:00	4.42 ↑		12:00	4.85 ↑	
	16:00	0.86 ↓		15:50	1.02 ↓		16:40	1.27 ↓		17:10	1.32 ↓		16:50	1.26 ↓		18:00	1.10 ↓	
	22:00	5.18 ↑		21:50	5.66 ↑		22:30	4.69 ↑		23:20	5.00 ↑		22:50	4.49 ↑				
13 TER	04:20	0.71 ↓	29 QUI	04:20	0.79 ↓	13 SEX	05:00	0.96 ↓	29 DOM	05:50	1.06 ↓	13 DOM	05:10	1.03 ↓	29 TER	00:10	4.80 ↑	
	10:30	4.97 ↑		10:40	5.24 ↑		11:30	4.36 ↑		12:10	4.76 ↑		11:30	4.29 ↑		06:30	0.97 ↓	
	16:30	1.02 ↓		16:30	1.12 ↓		17:10	1.32 ↓		18:10	1.28 ↓		17:30	1.19 ↓		12:50	4.67 ↑	
	22:30	5.03 ↑		22:30	5.49 ↑		23:10	4.41 ↑					23:30	4.34 ↑		19:00	1.02 ↓	
14 QUA	05:00	0.77 ↓	30 SEX	05:10	0.89 ↓	14 SAB	05:40	1.02 ↓	30 SEG	00:20	4.67 ↑	14 SEG	05:50	1.04 ↓	30 QUA ☀️	01:10	4.56 ↑	
	11:10	4.71 ↑		11:30	5.00 ↑		12:10	4.12 ↑		06:50	1.08 ↓		12:10	4.15 ↑		07:30	0.95 ↓	
	17:00	1.14 ↓		17:20	1.23 ↓		18:00	1.29 ↓		13:10	4.51 ↑		18:10	1.14 ↓		13:50	4.47 ↑	
	23:00	4.77 ↑		23:20	5.14 ↑		23:50	4.13 ↑		19:20	1.20 ↓					20:00	1.00 ↓	
15 QUI	05:30	0.88 ↓	31 SAB	06:00	1.02 ↓	15 DOM	06:20	1.09 ↓				15 TER	00:10	4.20 ↑	31 QUI	02:20	4.32 ↑	
	11:50	4.41 ↑		12:20	4.72 ↑		12:50	3.91 ↑					06:40	0.99 ↓		08:30	0.99 ↓	
	17:40	1.23 ↓		18:20	1.32 ↓		18:40	1.30 ↓					12:50	4.04 ↑		14:50	4.34 ↑	
	23:40	4.43 ↑											19:00	1.06 ↓				
16 SEX	06:10	0.97 ↓			16 SEG	00:40	3.89 ↑				16 QUA	01:10	4.08 ↑					
	12:40	4.07 ↑				07:10	1.13 ↓					07:30	0.97 ↓				07:30	0.97 ↓
	18:20	1.32 ↓				13:40	3.74 ↑					13:40	3.98 ↑				20:00	0.97 ↓
						19:40	1.21 ↓											