

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	02:50	4.94 ↑	17 SAB	05:10	4.99 ↑	01 DOM	06:00	5.79 ↑	17 TER	00:00	0.75 ↓	01 DOM	04:50	5.56 ↑	17 TER	05:00	5.39 ↑
	10:10	1.05 ↓		10:50	1.58 ↓		11:50	0.83 ↓		06:10	5.54 ↑		10:50	1.08 ↓		11:00	1.07 ↓
	16:30	5.85 ↑		17:00	5.34 ↑		18:00	6.06 ↑		12:00	0.93 ↓		17:00	5.82 ↑		17:10	5.75 ↑
	23:00	0.55 ↓		23:40	1.02 ↓					18:10	5.92 ↑		23:30	0.65 ↓		23:30	0.67 ↓
02 SEX	05:20	5.75 ↑	18 DOM	05:50	5.19 ↑	02 SEG	00:30	0.38 ↓	18 QUA	00:40	0.49 ↓	02 SEG	05:40	5.82 ↑	18 QUA	05:40	5.74 ↑
	11:10	0.90 ↓		11:30	1.36 ↓		06:40	5.94 ↑		06:50	5.79 ↑		11:40	0.78 ↓		11:50	0.65 ↓
	17:20	6.01 ↑		17:50	5.57 ↑		12:40	0.66 ↓		12:50	0.63 ↓		17:50	6.05 ↑		18:00	6.10 ↑
	23:50	0.37 ↓					18:50	6.17 ↑		19:00	6.15 ↑						
03 SAB	06:10	5.87 ↑	19 SEG	00:20	0.79 ↓	03 TER	01:10	0.33 ↓	19 QUI	01:20	0.33 ↓	03 TER	00:10	0.45 ↓	19 QUI	00:10	0.39 ↓
	12:00	0.78 ↓		06:30	5.39 ↑		07:20	6.00 ↑		07:30	5.97 ↑		06:20	6.01 ↑		06:20	6.03 ↑
	18:10	6.12 ↑		12:20	1.13 ↓		13:20	0.57 ↓		13:30	0.43 ↓		12:20	0.55 ↓		12:30	0.33 ↓
				18:30	5.77 ↑		19:30	6.16 ↑		19:40	6.25 ↑		18:30	6.16 ↑		18:40	6.31 ↑
04 DOM	00:40	0.28 ↓	20 TER	01:00	0.61 ↓	04 QUA	01:50	0.39 ↓	20 SEX	02:00	0.29 ↓	04 QUA	00:50	0.38 ↓	20 SEX	00:50	0.23 ↓
	07:00	5.92 ↑		07:10	5.55 ↑		08:00	5.97 ↑		08:10	6.05 ↑		07:00	6.09 ↑		07:00	6.21 ↑
	12:50	0.72 ↓		13:00	0.95 ↓		14:00	0.59 ↓		14:10	0.36 ↓		13:00	0.43 ↓		13:10	0.13 ↓
	19:00	6.15 ↑		19:10	5.91 ↑		20:10	6.04 ↑		20:30	6.22 ↑		19:10	6.16 ↑		19:30	6.39 ↑
05 SEG	01:30	0.30 ↓	21 QUA	01:40	0.50 ↓	05 QUI	02:30	0.56 ↓	21 SAB	02:40	0.39 ↓	05 QUI	01:30	0.43 ↓	21 SAB	01:30	0.22 ↓
	07:40	5.90 ↑		07:50	5.67 ↑		08:40	5.86 ↑		08:50	6.02 ↑		07:30	6.07 ↑		07:40	6.27 ↑
	13:30	0.72 ↓		13:50	0.80 ↓		14:50	0.71 ↓		15:00	0.42 ↓		13:40	0.43 ↓		14:00	0.09 ↓
	19:50	6.10 ↑		20:00	5.99 ↑		21:00	5.84 ↑		21:10	6.04 ↑		19:50	6.06 ↑		20:10	6.30 ↑
06 TER	02:10	0.41 ↓	22 QUI	02:20	0.48 ↓	06 SEX	03:10	0.81 ↓	22 DOM	03:20	0.60 ↓	06 SEX	02:00	0.57 ↓	22 DOM	02:10	0.35 ↓
	08:30	5.82 ↑		08:30	5.72 ↑		09:20	5.69 ↑		09:30	5.89 ↑		08:10	5.96 ↑		08:20	6.20 ↑
	14:20	0.80 ↓		14:30	0.75 ↓		15:30	0.90 ↓		15:50	0.61 ↓		14:20	0.54 ↓		14:40	0.22 ↓
	20:30	5.95 ↑		20:40	5.96 ↑		21:40	5.57 ↑		22:10	5.76 ↑		20:30	5.86 ↑		21:00	6.07 ↑
07 QUA	03:00	0.63 ↓	23 SEX	03:00	0.56 ↓	07 SAB	03:40	1.11 ↓	23 SEG	04:10	0.92 ↓	07 SAB	02:30	0.80 ↓	23 SEG	03:00	0.61 ↓
	09:10	5.69 ↑		09:10	5.71 ↑		10:00	5.47 ↑		10:20	5.69 ↑		08:40	5.78 ↑		09:10	6.01 ↑
	15:10	0.95 ↓		15:20	0.77 ↓		16:10	1.16 ↓		16:50	0.90 ↓		14:50	0.74 ↓		15:30	0.49 ↓
	21:20	5.73 ↑		21:30	5.85 ↑		22:20	5.25 ↑		23:00	5.42 ↑		21:00	5.60 ↑		21:50	5.73 ↑
08 QUI	03:40	0.89 ↓	24 SAB	03:50	0.75 ↓	08 DOM	04:20	1.43 ↓	24 TER	05:00	1.28 ↓	08 DOM	03:00	1.08 ↓	24 TER	03:40	0.97 ↓
	10:00	5.51 ↑		10:00	5.64 ↑		10:30	5.22 ↓		11:20	5.44 ↑		09:10	5.55 ↑		10:00	5.72 ↑
	16:00	1.14 ↓		16:10	0.89 ↓		16:50	1.44 ↓		17:50	1.22 ↓		15:30	1.01 ↓		16:30	0.88 ↓
	22:10	5.47 ↑		22:30	5.65 ↑		23:00	4.94 ↑					21:40	5.29 ↑		22:50	5.33 ↑
09 SEX	04:30	1.21 ↓	25 DOM	04:40	0.99 ↓	09 SEG	05:00	1.74 ↓	25 QUA	00:10	5.10 ↑	09 SEG	03:30	1.39 ↓	25 QUA	04:40	1.37 ↓
	10:40	5.32 ↑		10:50	5.53 ↑		11:20	4.99 ↑		06:10	1.60 ↓		09:40	5.30 ↑		10:50	5.39 ↑
	16:50	1.36 ↓		17:10	1.06 ↓		17:40	1.71 ↓		12:20	5.21 ↑		16:10	1.31 ↓		17:30	1.26 ↓
	23:00	5.18 ↑		23:30	5.41 ↑		23:50	4.65 ↑		19:10	1.43 ↓		22:10	4.98 ↑		23:50	5.01 ↑
10 SAB	05:10	1.49 ↓	26 SEG	05:30	1.25 ↓	10 TER	05:40	2.02 ↓	26 QUI	01:30	4.95 ↑	10 TER	04:10	1.70 ↓	26 QUI	05:50	1.71 ↓
	11:30	5.14 ↑		11:50	5.41 ↑		12:00	4.79 ↑		07:20	1.75 ↓		10:20	5.04 ↑		12:00	5.11 ↑
	17:40	1.57 ↓		18:20	1.23 ↓		18:40	1.94 ↓		13:40	5.14 ↑		16:50	1.61 ↓		18:50	1.53 ↓
	23:50	4.91 ↑								20:30	1.42 ↓		23:00	4.67 ↑			
11 DOM	06:00	1.75 ↓	27 TER	00:30	5.20 ↑	11 QUA	00:40	4.43 ↑	27 SEX	02:50	5.02 ↑	11 QUA	04:50	2.00 ↓	27 SEX	01:10	4.87 ↑
	12:20	4.99 ↑		06:40	1.47 ↓		06:30	2.22 ↓		08:40	1.66 ↓		11:00	4.79 ↑		07:10	1.85 ↓
	18:40	1.75 ↓		12:50	5.31 ↑		13:00	4.65 ↑		15:00	5.27 ↑		17:40	1.89 ↓		13:20	5.02 ↑
				19:30	1.31 ↓		19:40	2.03 ↓		21:40	1.21 ↓					20:10	1.53 ↓
12 SEG	00:40	4.69 ↑	28 QUA	01:50	5.11 ↑	12 QUI	01:50	4.34 ↑	28 SAB	04:00	5.26 ↑	12 QUI	00:00	4.40 ↑	28 SAB	02:30	4.99 ↑
	06:50	1.94 ↓		07:40	1.55 ↓		07:30	2.29 ↓		09:50	1.41 ↓		05:40	2.25 ↓		08:30	1.72 ↓
	13:10	4.88 ↑		14:00	5.31 ↑		14:00	4.63 ↑		16:00	5.52 ↑		12:00	4.59 ↑		14:40	5.17 ↑
	19:30	1.83 ↓		20:40	1.23 ↓		20:40	1.95 ↓		22:40	0.92 ↓		18:50	2.08 ↓		21:20	1.31 ↓
13 TER	01:40	4.57 ↑	29 QUI	03:00	5.18 ↑	13 SEX	03:00	4.42 ↑				13 SEX	01:10	4.27 ↑	29 DOM	03:40	5.27 ↑
	07:40	2.03 ↓		08:50	1.48 ↓		08:40	2.19 ↓					06:50	2.38 ↓		09:40	1.41 ↓
	14:00	4.84 ↑		15:10	5.44 ↑		15:00	4.75 ↑					13:10	4.52 ↑		15:50	5.46 ↑
	20:30	1.81 ↓		21:50	1.02 ↓		21:40	1.72 ↓					20:00	2.05 ↓		22:10	1.01 ↓
14 QUA	02:40	4.56 ↑	30 SEX	04:10	5.37 ↑	14 SAB	04:00	4.63 ↑				14 SAB	02:20	4.36 ↑	30 SEG	04:30	5.58 ↑
	08:30	2.03 ↓		10:00	1.29 ↓		09:40	1.95 ↓					08:10	2.27 ↓		10:30	1.04 ↓
	14:50	4.87 ↑		16:10	5.64 ↑		15:50	4.98 ↑					14:20	4.65 ↑		16:40	5.73 ↑
	21:20	1.69 ↓		22:50	0.77 ↓		22:30	1.41 ↓					21:10	1.81 ↓		23:00	0.75 ↓
15 QUI	03:30	4.64 ↑	31 SAB	05:10	5.59 ↑	15 DOM	04:40	4.92 ↑				15 DOM	03:30	4.63 ↑	31 TER	05:10	5.84 ↑
	09:20	1.93 ↓		11:00	1.06 ↓		10:30	1.63 ↓					09:20	1.95 ↓		11:20	0.73 ↓
	15:30	4.97 ↑		17:10	5.88 ↑		16:40	5.29 ↑					15:30	4.97 ↑		17:30	5.95 ↑
	22:10	1.50 ↓		23:40	0.53 ↓		23:10	1.06 ↓					22:00	1.44 ↓		23:40	0.58 ↓
16 SEX	04:20	4.80 ↑				16 SEG	05:30	5.24 ↑				16 SEG	04:20	5.00 ↑			
	10:10	1.77 ↓					11:20	1.27 ↓					10:10	1.53 ↓			</

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 ☀	05:50 12:00 18:10	6.01 ↑ 0.50 ↓ 6.05 ↑	17 SEX ☾	05:50 12:10 18:20	6.16 ↑ 0.16 ↓ 6.32 ↑	01 SEX ☀	05:50 12:10 18:20	5.92 ↑ 0.52 ↓ 5.78 ↑	17 DOM ☾	00:00 06:10 12:40 18:50	0.46 ↓ 6.28 ↑ 0.04 ↓ 6.18 ↑	01 SEG ☾	00:10 06:20 12:50 19:00	1.18 ↓ 5.65 ↑ 0.74 ↓ 5.39 ↑	17 QUA ☀	01:20 07:30 14:00 20:20	0.69 ↓ 6.14 ↑ 0.29 ↓ 5.84 ↑
02 QUI	00:20 06:30 12:40 18:50	0.52 ↓ 6.08 ↑ 0.40 ↓ 6.04 ↑	18 SAB	00:30 06:30 12:50 19:10	0.28 ↓ 6.31 ↑ 0.00 ↓ 6.35 ↑	02 SAB	00:20 06:20 12:40 18:50	0.82 ↓ 5.90 ↑ 0.52 ↓ 5.70 ↑	18 SEG	00:50 07:00 13:30 19:40	0.47 ↓ 6.30 ↑ 0.08 ↓ 6.06 ↑	02 TER	00:50 06:50 13:20 19:40	1.22 ↓ 5.61 ↑ 0.77 ↓ 5.32 ↑	18 QUI	02:10 08:20 14:50 21:10	0.80 ↓ 6.01 ↑ 0.51 ↓ 5.69 ↑
03 SEX	00:50 07:00 13:10 19:20	0.56 ↓ 6.05 ↑ 0.40 ↓ 5.94 ↑	19 DOM	01:10 07:10 13:40 19:50	0.29 ↓ 6.33 ↑ 0.01 ↓ 6.22 ↑	03 DOM	00:50 06:50 13:20 19:30	0.92 ↓ 5.82 ↑ 0.60 ↓ 5.58 ↑	19 TER	01:30 07:40 14:10 20:30	0.60 ↓ 6.18 ↑ 0.24 ↓ 5.85 ↑	03 QUA	01:20 07:30 14:00 20:10	1.28 ↓ 5.57 ↑ 0.84 ↓ 5.25 ↑	19 SEX	03:00 09:10 15:40 22:00	0.96 ↓ 5.80 ↑ 0.79 ↓ 5.51 ↑
04 SAB	01:20 07:30 13:50 20:00	0.69 ↓ 5.95 ↑ 0.51 ↓ 5.76 ↑	20 SEG	01:50 08:00 14:30 20:40	0.45 ↓ 6.23 ↑ 0.19 ↓ 5.97 ↑	04 SEG	01:20 07:20 13:50 20:00	1.05 ↓ 5.71 ↑ 0.72 ↓ 5.42 ↑	20 QUA	02:20 08:30 15:10 21:20	0.82 ↓ 5.97 ↑ 0.55 ↓ 5.59 ↑	04 QUI	02:00 08:10 14:40 20:50	1.35 ↓ 5.49 ↑ 0.94 ↓ 5.16 ↑	20 SAB	04:00 10:10 16:40 22:50	1.16 ↓ 5.56 ↑ 1.10 ↓ 5.35 ↑
05 DOM	01:50 08:00 14:20 20:30	0.89 ↓ 5.78 ↑ 0.69 ↓ 5.53 ↑	21 TER	02:30 08:40 15:20 21:30	0.72 ↓ 6.00 ↑ 0.51 ↓ 5.63 ↑	05 TER	01:50 08:00 14:20 20:30	1.22 ↓ 5.57 ↑ 0.88 ↓ 5.24 ↑	21 QUI	03:10 09:20 16:00 22:20	1.09 ↓ 5.70 ↑ 0.89 ↓ 5.33 ↑	05 SEX	02:40 08:50 15:20 21:40	1.45 ↓ 5.38 ↑ 1.08 ↓ 5.05 ↑	21 DOM ☀	05:00 11:10 17:30 23:50	1.35 ↓ 5.30 ↑ 1.37 ↓ 5.23 ↑
06 SEG	02:20 08:30 14:50 21:00	1.13 ↓ 5.58 ↑ 0.92 ↓ 5.28 ↑	22 QUA	03:20 09:40 16:10 22:30	1.07 ↓ 5.70 ↑ 0.89 ↓ 5.28 ↑	06 QUA	02:20 08:30 15:00 21:10	1.40 ↓ 5.40 ↑ 1.08 ↓ 5.04 ↑	22 SEX	04:10 10:20 17:00 23:20	1.37 ↓ 5.41 ↑ 1.23 ↓ 5.15 ↑	06 SAB	03:30 09:40 16:10 22:30	1.55 ↓ 5.25 ↑ 1.25 ↓ 4.97 ↑	22 SEG	06:00 12:10 18:20	1.50 ↓ 5.08 ↑ 1.57 ↓
07 TER	02:50 09:00 15:30 21:40	1.39 ↓ 5.35 ↑ 1.19 ↓ 5.00 ↑	23 QUI ☀	04:20 10:40 17:20 23:40	1.44 ↓ 5.36 ↑ 1.30 ↓ 5.01 ↑	07 QUI	03:00 09:10 15:40 22:00	1.61 ↓ 5.20 ↑ 1.31 ↓ 4.82 ↑	23 SAB ☀	05:20 11:30 18:00	1.58 ↓ 5.17 ↑ 1.46 ↓	07 DOM	04:30 10:40 17:10 23:30	1.64 ↓ 5.13 ↑ 1.42 ↓ 4.94 ↑	23 TER	00:40 07:00 13:10 19:20	5.14 ↑ 1.58 ↓ 4.93 ↑ 1.68 ↓
08 QUA	03:30 09:40 16:10 22:20	1.67 ↓ 5.10 ↑ 1.48 ↓ 4.72 ↑	24 SEX	05:30 11:50 18:30	1.72 ↓ 5.10 ↑ 1.54 ↓	08 SEX	03:50 10:00 16:30 22:50	1.81 ↓ 5.00 ↑ 1.54 ↓ 4.66 ↑	24 DOM	00:30 06:30 12:40 19:10	5.08 ↑ 1.67 ↓ 5.04 ↑ 1.55 ↓	08 SEG ☀	05:30 11:40 18:10	1.68 ↓ 5.05 ↑ 1.52 ↓	24 QUA	01:40 08:00 14:10 20:10	5.12 ↑ 1.58 ↓ 4.87 ↑ 1.71 ↓
09 QUI	04:10 10:20 17:00 23:20	1.94 ↓ 4.85 ↑ 1.75 ↓ 4.47 ↑	25 SAB	00:50 06:50 13:10 19:40	4.93 ↑ 1.81 ↓ 5.01 ↑ 1.55 ↓	09 SAB ☀	04:40 11:00 17:40	1.99 ↓ 4.83 ↑ 1.74 ↓	25 SEG	01:30 07:40 13:50 20:10	5.13 ↑ 1.60 ↓ 5.05 ↑ 1.50 ↓	09 TER	00:30 06:40 12:50 19:10	5.00 ↑ 1.63 ↓ 5.06 ↑ 1.50 ↓	25 QUI	02:30 09:00 15:10 21:00	5.13 ↑ 1.51 ↓ 4.88 ↑ 1.68 ↓
10 SEX ☀	05:10 11:20 18:10	2.18 ↓ 4.65 ↑ 1.97 ↓	26 DOM	02:10 08:10 14:20 20:50	5.06 ↑ 1.67 ↓ 5.12 ↑ 1.38 ↓	10 DOM	00:00 06:00 12:10 18:40	4.60 ↑ 2.05 ↓ 4.77 ↑ 1.78 ↓	26 TER	02:30 08:40 14:50 21:00	5.25 ↑ 1.43 ↓ 5.14 ↑ 1.39 ↓	10 QUA	01:30 07:50 14:00 20:10	5.15 ↑ 1.44 ↓ 5.19 ↑ 1.37 ↓	26 SEX	03:20 09:50 16:00 21:50	5.18 ↑ 1.39 ↓ 4.94 ↑ 1.62 ↓
11 SAB	00:30 06:20 12:40 19:20	4.36 ↑ 2.30 ↓ 4.57 ↑ 1.98 ↓	27 SEG	03:10 09:10 15:30 21:40	5.29 ↑ 1.38 ↓ 5.35 ↑ 1.15 ↓	11 SEG	01:10 07:10 13:30 19:50	4.70 ↑ 1.93 ↓ 4.88 ↑ 1.64 ↓	27 QUA	03:20 09:40 15:50 21:50	5.39 ↑ 1.23 ↓ 5.26 ↑ 1.27 ↓	11 QUI	02:30 08:50 15:10 21:10	5.37 ↑ 1.16 ↓ 5.40 ↑ 1.18 ↓	27 SAB	04:00 10:30 16:40 22:30	5.24 ↑ 1.25 ↓ 5.02 ↑ 1.55 ↓
12 DOM	01:50 07:40 14:00 20:30	4.46 ↑ 2.17 ↓ 4.72 ↑ 1.76 ↓	28 TER	04:00 10:10 16:20 22:30	5.55 ↑ 1.07 ↓ 5.56 ↑ 0.96 ↓	12 TER	02:10 08:20 14:40 20:50	4.96 ↑ 1.62 ↓ 5.15 ↑ 1.36 ↓	28 QUI	04:00 10:20 16:30 22:30	5.51 ↑ 1.03 ↓ 5.35 ↑ 1.19 ↓	12 SEX	03:20 09:50 16:10 22:00	5.60 ↑ 0.83 ↓ 5.63 ↑ 0.97 ↓	28 DOM	04:40 11:10 17:20 23:10	5.31 ↑ 1.12 ↓ 5.10 ↑ 1.47 ↓
13 SEG	02:50 08:50 15:00 21:30	4.76 ↑ 1.82 ↓ 5.03 ↑ 1.40 ↓	29 QUA	04:40 10:50 17:00 23:10	5.75 ↑ 0.80 ↓ 5.71 ↑ 0.83 ↓	13 QUA	03:10 09:20 15:40 21:40	5.30 ↑ 1.21 ↓ 5.48 ↑ 1.05 ↓	29 SEX	04:40 11:00 17:10 23:10	5.60 ↑ 0.89 ↓ 5.41 ↑ 1.15 ↓	13 SAB	04:20 10:50 17:00 22:50	5.85 ↑ 0.54 ↓ 5.82 ↑ 0.80 ↓	29 SEG ☀	05:20 11:50 18:00 23:50	5.41 ↑ 0.99 ↓ 5.19 ↑ 1.39 ↓
14 TER	03:40 09:50 16:00 22:20	5.15 ↑ 1.35 ↓ 5.45 ↑ 1.01 ↓	30 QUI	05:20 11:30 17:40 23:40	5.88 ↑ 0.61 ↓ 5.78 ↑ 0.79 ↓	14 QUI	04:00 10:20 16:30 22:30	5.64 ↑ 0.78 ↓ 5.80 ↑ 0.76 ↓	30 SAB	05:20 11:40 17:50 23:40	5.65 ↑ 0.79 ↓ 5.43 ↑ 1.15 ↓	14 DOM ☀	05:10 11:40 17:50 23:40	6.05 ↑ 0.31 ↓ 5.95 ↑ 0.69 ↓	30 TER	06:00 12:30 18:40	5.50 ↑ 0.88 ↓ 5.27 ↑
15 QUA	04:30 10:40 16:50 23:00	5.55 ↑ 0.88 ↓ 5.84 ↑ 0.66 ↓				15 SEX	04:40 11:00 17:20 23:20	5.94 ↑ 0.42 ↓ 6.04 ↑ 0.56 ↓	31 DOM ☀	05:50 12:20 18:30	5.66 ↑ 0.75 ↓ 5.42 ↑	15 SEG	05:50 12:30 18:40	6.15 ↑ 0.19 ↓ 5.99 ↑			
16 QUI	05:10 11:30 17:40 23:40	5.90 ↑ 0.46 ↓ 6.15 ↑ 0.41 ↓				16 SAB ☀	05:30 11:50 18:10	6.17 ↑ 0.16 ↓ 6.17 ↑				16 TER	00:30 06:40 13:20 19:30	0.65 ↓ 6.19 ↑ 0.20 ↓ 5.95 ↑			

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	00:20	1.31 ↓	17 SEX	02:00	0.63 ↓	01 SAB	01:30	0.83 ↓	17 SEG	03:10	0.66 ↓	01 TER	02:30	0.36 ↓	17 QUI	04:00	1.20 ↓		
	06:30	5.58 ↑		08:10	6.13 ↑		07:40	5.96 ↑		09:20	5.78 ↑		08:50	6.09 ↑		10:00	5.05 ↑		
	13:00	0.78 ↓		14:40	0.45 ↓		14:00	0.51 ↓		15:30	0.92 ↓		14:50	0.52 ↓		16:00	1.66 ↓		
	19:20	5.33 ↑		20:50	5.88 ↑		20:10	5.73 ↑		21:40	5.67 ↑		21:00	5.96 ↑		22:10	5.10 ↑		
02 QUI	01:00	1.22 ↓	18 SAB	02:50	0.72 ↓	02 DOM	02:10	0.73 ↓	18 TER	03:50	0.93 ↓	02 QUA	03:20	0.50 ↓	18 SEX	04:40	1.55 ↓		
	07:10	5.65 ↑		09:00	5.96 ↑		08:20	5.98 ↑		10:00	5.44 ↑		09:40	5.85 ↑		10:50	4.69 ↑		
	13:40	0.73 ↓		15:20	0.68 ↓		14:40	0.54 ↓		16:00	1.27 ↓		15:40	0.81 ↓		16:40	2.00 ↓		
	19:50	5.39 ↑		21:30	5.73 ↑		20:50	5.75 ↑		22:20	5.39 ↑		21:50	5.78 ↑		🌙	22:50	4.81 ↑	
03 SEX	01:40	1.17 ↓	19 DOM	03:40	0.89 ↓	03 SEG	03:00	0.71 ↓	19 QUA	04:40	1.26 ↓	03 QUI	04:10	0.77 ↓	19 SAB	05:30	1.88 ↓		
	07:50	5.68 ↑		09:50	5.71 ↑		09:10	5.91 ↑		10:40	5.08 ↑		10:30	5.51 ↑		11:40	4.40 ↑		
	14:20	0.74 ↓		16:00	0.97 ↓		15:20	0.66 ↓		16:40	1.63 ↓		16:30	1.16 ↓		17:30	2.28 ↓		
	20:30	5.40 ↑		22:20	5.55 ↑		21:30	5.71 ↑		23:00	5.11 ↑		22:40	5.52 ↑		23:40	4.57 ↑		
04 SAB	02:30	1.13 ↓	20 SEG	04:30	1.11 ↓	04 TER	03:40	0.79 ↓	20 QUI	05:20	1.59 ↓	04 SEX	05:20	1.12 ↓	20 DOM	06:30	2.11 ↓		
	08:40	5.67 ↑		10:40	5.40 ↑		10:00	5.73 ↑		11:30	4.73 ↑		11:30	5.16 ↑		12:50	4.23 ↑		
	15:00	0.80 ↓		16:50	1.29 ↓		16:10	0.89 ↓		17:30	1.97 ↓		17:30	1.52 ↓		18:30	2.45 ↓		
	21:20	5.38 ↑		23:00	5.33 ↑		22:20	5.60 ↑		23:40	4.84 ↑		23:50	5.26 ↑					
05 DOM	03:10	1.15 ↓	21 TER	05:20	1.36 ↓	05 QUA	04:40	0.96 ↓	21 SEX	06:20	1.88 ↓	05 SAB	06:30	1.41 ↓	21 SEG	00:50	4.44 ↑		
	09:20	5.58 ↑		11:30	5.09 ↑		10:50	5.48 ↑		12:30	4.44 ↑		12:50	4.93 ↑		07:40	2.15 ↓		
	15:50	0.94 ↓		17:30	1.60 ↓		17:00	1.16 ↓		18:20	2.23 ↓		18:40	1.76 ↓		14:10	4.27 ↑		
	22:00	5.35 ↑		23:50	5.13 ↑		23:10	5.45 ↑								19:50	2.38 ↓		
06 SEG	04:10	1.20 ↓	22 QUA	06:10	1.59 ↓	06 QUI	05:40	1.17 ↓	22 SAB	00:40	4.64 ↑	06 DOM	01:00	5.10 ↑	22 TER	02:10	4.53 ↑		
	10:20	5.47 ↑		12:20	4.81 ↑		12:00	5.22 ↑		07:20	2.05 ↓		07:50	1.50 ↓		08:50	1.95 ↓		
	16:40	1.11 ↓		18:20	1.86 ↓		18:00	1.43 ↓		13:40	4.29 ↑		14:10	4.93 ↑		15:10	4.52 ↑		
	22:50	5.30 ↑								19:20	2.35 ↓		20:00	1.76 ↓		21:00	2.09 ↓		
07 TER	05:00	1.28 ↓	23 QUI	00:40	4.96 ↑	07 SEX	00:10	5.30 ↑	23 DOM	01:40	4.55 ↑	07 SEG	02:20	5.16 ↑	23 QUA	03:10	4.80 ↑		
	11:20	5.32 ↑		07:10	1.76 ↓		06:50	1.34 ↓		08:30	2.04 ↓		09:00	1.33 ↓		09:40	1.62 ↓		
	17:30	1.28 ↓		13:20	4.61 ↑		13:10	5.05 ↑		14:50	4.33 ↑		15:20	5.16 ↑		16:00	4.86 ↑		
	23:50	5.27 ↑		19:20	2.02 ↓		19:00	1.61 ↓		20:30	2.29 ↓		21:20	1.51 ↓		22:00	1.68 ↓		
08 QUA	06:10	1.35 ↓	24 SEX	01:40	4.85 ↑	08 SAB	01:20	5.23 ↑	24 SEG	02:40	4.62 ↑	08 TER	03:30	5.41 ↑	24 QUI	04:10	5.18 ↑		
	12:20	5.19 ↑		08:10	1.82 ↓		08:00	1.36 ↓		09:30	1.86 ↓		10:10	1.03 ↓		10:30	1.23 ↓		
	18:30	1.42 ↓		14:20	4.53 ↑		14:20	5.04 ↑		15:40	4.52 ↑		16:20	5.48 ↑		16:40	5.24 ↑		
				20:10	2.08 ↓		20:10	1.62 ↓		21:30	2.07 ↓		22:20	1.15 ↓		22:40	1.24 ↓		
09 QUI	00:50	5.27 ↑	25 SAB	02:30	4.82 ↑	09 DOM	02:30	5.28 ↑	25 TER	03:40	4.84 ↑	09 QUA	04:30	5.74 ↑	25 SEX	04:50	5.56 ↑		
	07:20	1.34 ↓		09:10	1.76 ↓		09:20	1.20 ↓		10:20	1.57 ↓		11:00	0.71 ↓		11:10	0.86 ↓		
	13:30	5.15 ↑		15:20	4.57 ↑		15:40	5.21 ↑		16:30	4.80 ↑		17:10	5.80 ↑		17:20	5.60 ↑		
	19:30	1.46 ↓		21:10	2.02 ↓		21:30	1.44 ↓		22:20	1.76 ↓		23:10	0.79 ↓		23:30	0.81 ↓		
10 SEX	01:50	5.33 ↑	26 DOM	03:20	4.88 ↑	10 SEG	03:40	5.49 ↑	26 QUA	04:30	5.14 ↑	10 QUI	05:30	6.05 ↑	26 SAB	05:40	5.92 ↑		
	08:30	1.22 ↓		10:00	1.61 ↓		10:20	0.92 ↓		11:00	1.24 ↓		11:50	0.47 ↓		11:50	0.56 ↓		
	14:40	5.23 ↑		16:10	4.70 ↑		16:40	5.47 ↑		17:10	5.12 ↑		18:00	6.05 ↑		18:00	5.91 ↑		
	20:40	1.39 ↓		22:00	1.88 ↓		22:30	1.16 ↓		23:10	1.40 ↓								
11 SAB	03:00	5.48 ↑	27 SEG	04:10	5.02 ↑	11 TER	04:40	5.76 ↑	27 QUI	05:20	5.49 ↑	11 SEX	00:00	0.49 ↓	27 DOM	00:10	0.45 ↓		
	09:30	1.00 ↓		10:50	1.40 ↓		11:20	0.64 ↓		11:40	0.91 ↓		06:10	6.22 ↑		06:20	6.18 ↑		
	15:50	5.40 ↑		17:00	4.87 ↑		17:30	5.74 ↑		17:50	5.43 ↑		12:30	0.33 ↓		12:30	0.35 ↓		
	21:40	1.23 ↓		22:40	1.70 ↓		23:20	0.87 ↓		23:50	1.04 ↓		18:40	6.19 ↑		18:40	6.13 ↑		
12 DOM	04:00	5.67 ↑	28 TER	04:50	5.21 ↑	12 QUA	05:40	6.04 ↑	28 SEX	06:00	5.80 ↑	12 SAB	00:40	0.31 ↓	28 SEG	00:50	0.20 ↓		
	10:30	0.73 ↓		11:30	1.17 ↓		12:10	0.42 ↓		12:20	0.63 ↓		07:00	6.29 ↑		07:00	6.30 ↑		
	16:50	5.60 ↑		17:40	5.08 ↑		18:20	5.96 ↑		18:30	5.70 ↑		13:10	0.33 ↓		13:10	0.27 ↓		
	22:40	1.03 ↓		23:30	1.47 ↓								19:10	6.21 ↑		19:10	6.23 ↑		
13 SEG	04:50	5.87 ↑	29 QUA	05:30	5.42 ↑	13 QUI	00:10	0.62 ↓	29 SAB	00:30	0.72 ↓	13 DOM	01:20	0.26 ↓	29 TER	01:30	0.10 ↓		
	11:30	0.50 ↓		12:00	0.93 ↓		06:30	6.23 ↑		06:40	6.05 ↑		07:30	6.20 ↑		07:50	6.28 ↑		
	17:40	5.78 ↑		18:20	5.29 ↑		12:50	0.28 ↓		13:00	0.43 ↓		13:40	0.43 ↓		13:50	0.34 ↓		
	23:30	0.85 ↓					19:00	6.09 ↑		19:00	5.91 ↑		19:50	6.13 ↑		19:50	6.21 ↑		
14 TER	05:50	6.07 ↑	30 QUI	00:10	1.23 ↓	14 SEX	01:00	0.46 ↓	30 DOM	01:10	0.48 ↓	14 SEG	02:00	0.35 ↓	30 QUA	02:20	0.16 ↓		
	12:20	0.33 ↓		06:20	5.66 ↑		07:10	6.28 ↑		07:20	6.19 ↑		08:10	6.01 ↑		08:30	6.11 ↑		
	18:30	5.91 ↑		12:40	0.72 ↓		13:30	0.27 ↓		13:30	0.32 ↓		14:20	0.66 ↓		14:30	0.54 ↓		
				18:50	5.48 ↑		19:40	6.12 ↑		19:40	6.03 ↑		20:20	5.94 ↑		20:40	6.08 ↑		
15 QUA	00:20	0.71 ↓	31 SEX	00:50	1.01 ↓	15 SAB	01:50	0.41 ↓	31 SEG	01:50	0.35 ↓	15 TER	02:40	0.56 ↓					
	06:40	6.19 ↑		07:00	5.84 ↑		08:00	6.23 ↑		08:00	6.21 ↑		08:50	5.73 ↑					
	13:10	0.27 ↓		13:20	0.57 ↓		14:10	0.38 ↓		14:10	0.36 ↓		14:50	0.96 ↓					
	19:20	5.97 ↑		19:30	5.63 ↑		20:20	6.05 ↑		20:20	6.05 ↑		21:00	5.70 ↑					
16 QUI	01:10	0.63 ↓				16 DOM	02:30	0.48 ↓				16 QUA	03:20	0.85 ↓					
	07:20	6.19 ↑					08:40	6.05 ↑					09:30	5.39 ↑					
	13:50	0.29 ↓					14:50	0.61 ↓					15:20	1.30 ↓					
	20:00	5.96 ↑					21:00	5.90 ↑					21:30	5.41 ↑					

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	03:00	0.38 ↓	17 SAB	04:00	1.46 ↓	01 DOM	04:40	1.11 ↓	17 TER	05:10	1.71 ↓	01 TER	05:30	1.29 ↓	17 QUI	05:40	1.50 ↓
	09:20	5.82 ↑		10:10	4.72 ↑		11:10	5.13 ↑		11:40	4.60 ↑		11:50	5.21 ↑		12:00	4.98 ↑
	15:10	0.86 ↓		16:00	1.95 ↓		17:00	1.57 ↓		17:30	2.06 ↓		18:00	1.52 ↓		18:10	1.65 ↓
	21:20	5.82 ↑		22:10	4.86 ↑		23:10	5.23 ↑		23:40	4.74 ↑						
02 SEX	04:00	0.73 ↓	18 DOM	04:50	1.76 ↓	02 SEG	05:50	1.41 ↓	18 QUA	06:10	1.80 ↓	02 QUA	00:10	5.19 ↑	18 SEX	00:20	5.02 ↑
	10:10	5.45 ↑		11:10	4.47 ↑		12:20	5.01 ↑		12:40	4.66 ↑		13:00	5.21 ↑		12:50	5.06 ↑
	16:10	1.24 ↓		16:50	2.20 ↓		18:10	1.72 ↓		18:40	2.00 ↓		19:10	1.52 ↓		19:10	1.55 ↓
	22:20	5.51 ↑		23:00	4.63 ↑												
03 SAB	05:00	1.13 ↓	19 SEG	05:50	1.99 ↓	03 TER	00:30	5.09 ↑	19 QUI	00:50	4.78 ↑	03 QUI	01:20	5.13 ↑	19 SAB	01:30	5.06 ↑
	11:20	5.10 ↑		12:10	4.34 ↑		07:10	1.52 ↓		07:20	1.74 ↓		07:40	1.47 ↓		07:40	1.50 ↓
	17:10	1.60 ↓		18:00	2.34 ↓		13:30	5.08 ↑		13:40	4.85 ↑		14:00	5.30 ↑		13:50	5.21 ↑
	23:30	5.21 ↑					19:30	1.64 ↓		19:50	1.77 ↓		20:10	1.40 ↓		20:20	1.35 ↓
04 DOM	06:10	1.45 ↓	20 TER	00:10	4.51 ↑	04 QUA	01:50	5.14 ↑	20 SEX	02:00	4.97 ↑	04 SEX	02:20	5.17 ↑	20 DOM	02:30	5.20 ↑
	12:30	4.90 ↑		07:00	2.06 ↓		08:20	1.41 ↓		08:20	1.54 ↓		08:30	1.40 ↓		08:30	1.37 ↓
	18:30	1.81 ↓		13:20	4.40 ↑		14:30	5.29 ↑		14:40	5.13 ↑		14:50	5.42 ↑		14:50	5.42 ↑
				19:20	2.27 ↓		20:40	1.40 ↓		20:50	1.42 ↓		21:10	1.22 ↓		21:20	1.07 ↓
05 SEG	00:50	5.04 ↑	21 QUA	01:30	4.60 ↑	05 QUI	03:00	5.34 ↑	21 SAB	03:10	5.26 ↑	05 SAB	03:20	5.26 ↑	21 SEG	03:40	5.40 ↑
	07:30	1.55 ↓		08:00	1.90 ↓		09:10	1.20 ↓		09:10	1.26 ↓		09:30	1.29 ↓		09:30	1.18 ↓
	13:50	4.95 ↑		14:30	4.64 ↑		15:30	5.54 ↑		15:30	5.45 ↑		15:40	5.53 ↑		15:50	5.65 ↑
	19:50	1.76 ↓		20:30	1.97 ↓		21:40	1.08 ↓		21:50	1.02 ↓		22:00	1.03 ↓		22:20	0.77 ↓
06 TER	02:10	5.13 ↑	22 QUI	02:40	4.87 ↑	06 SEX	03:50	5.54 ↑	22 DOM	04:00	5.56 ↑	06 DOM	04:10	5.35 ↑	22 TER	04:30	5.61 ↑
	08:40	1.38 ↓		09:00	1.59 ↓		10:00	0.99 ↓		10:00	0.98 ↓		10:10	1.21 ↓		10:20	0.99 ↓
	15:00	5.21 ↑		15:20	4.99 ↑		16:20	5.77 ↑		16:10	5.74 ↑		16:20	5.61 ↑		16:40	5.86 ↑
	21:00	1.47 ↓		21:30	1.54 ↓		22:30	0.80 ↓		22:40	0.64 ↓		22:50	0.89 ↓		23:10	0.50 ↓
07 QUA	03:20	5.39 ↑	23 SEX	03:40	5.24 ↑	07 SAB	04:40	5.72 ↑	23 SEG	04:50	5.82 ↑	07 SEG	05:00	5.41 ↑	23 QUA	05:30	5.79 ↑
	09:50	1.10 ↓		09:50	1.23 ↓		10:50	0.84 ↓		10:50	0.75 ↓		10:50	1.17 ↓		11:20	0.82 ↓
	16:00	5.54 ↑		16:10	5.38 ↑		17:00	5.92 ↑		17:00	6.00 ↑		17:00	5.66 ↑		17:30	6.04 ↑
	22:00	1.08 ↓		22:20	1.08 ↓		23:20	0.60 ↓		23:30	0.35 ↓		23:30	0.80 ↓			
08 QUI	04:20	5.71 ↑	24 SAB	04:30	5.62 ↑	08 DOM	05:30	5.81 ↑	24 TER	05:40	6.00 ↑	08 TER	05:40	5.42 ↑	24 QUI	00:00	0.30 ↓
	10:40	0.81 ↓		10:40	0.87 ↓		11:30	0.77 ↓		11:40	0.60 ↓		11:30	1.17 ↓		06:20	5.90 ↑
	16:50	5.84 ↑		16:50	5.73 ↑		17:30	5.97 ↑		17:40	6.15 ↑		17:40	5.67 ↑		12:10	0.71 ↓
	23:00	0.73 ↓		23:00	0.66 ↓									18:20		6.15 ↑	
09 SEX	05:10	5.96 ↑	25 DOM	05:20	5.94 ↑	09 SEG	00:00	0.49 ↓	25 QUA	00:10	0.16 ↓	09 QUA	00:10	0.76 ↓	25 SEX	00:50	0.21 ↓
	11:20	0.58 ↓		11:20	0.59 ↓		06:10	5.81 ↑		06:30	6.07 ↑		06:20	5.40 ↑		07:10	5.94 ↑
	17:30	6.06 ↑		17:30	6.02 ↑		12:00	0.80 ↓		12:20	0.55 ↓		12:00	1.21 ↓		13:00	0.67 ↓
	23:40	0.45 ↓		23:50	0.31 ↓		18:10	5.96 ↑		18:30	6.23 ↑		18:10	5.64 ↑		19:10	6.19 ↑
10 SAB	05:50	6.10 ↑	26 SEG	06:00	6.16 ↑	10 TER	00:30	0.46 ↓	26 QUI	01:00	0.11 ↓	10 QUI	00:40	0.76 ↓	26 SAB	01:40	0.24 ↓
	12:00	0.48 ↓		12:00	0.41 ↓		06:40	5.73 ↑		07:20	6.03 ↑		06:50	5.36 ↑		08:00	5.91 ↑
	18:10	6.17 ↑		18:10	6.22 ↑		12:40	0.89 ↓		13:10	0.60 ↓		12:40	1.25 ↓		13:50	0.69 ↓
							18:40	5.87 ↑		19:20	6.20 ↑		18:50	5.61 ↑		20:00	6.13 ↑
11 DOM	00:20	0.30 ↓	27 TER	00:30	0.10 ↓	11 QUA	01:10	0.55 ↓	27 SEX	01:50	0.20 ↓	11 SEX	01:20	0.81 ↓	27 DOM	02:30	0.38 ↓
	06:30	6.12 ↑		06:40	6.25 ↑		07:20	5.59 ↑		08:00	5.90 ↑		07:30	5.30 ↑		08:40	5.82 ↑
	12:40	0.50 ↓		12:40	0.36 ↓		13:10	1.04 ↓		13:50	0.75 ↓		13:10	1.32 ↓		14:40	0.79 ↓
	18:40	6.16 ↑		18:50	6.29 ↑		19:10	5.74 ↑		20:10	6.07 ↑		19:20	5.54 ↑		20:50	5.99 ↑
12 SEG	01:00	0.28 ↓	28 QUA	01:10	0.04 ↓	12 QUI	01:40	0.69 ↓	28 SAB	02:40	0.41 ↓	12 SAB	01:50	0.87 ↓	28 SEG	03:20	0.60 ↓
	07:10	6.03 ↑		07:30	6.19 ↑		07:50	5.42 ↑		09:00	5.70 ↑		08:00	5.23 ↑		09:30	5.69 ↑
	13:10	0.61 ↓		13:20	0.45 ↓		13:40	1.23 ↓		14:50	0.95 ↓		13:50	1.38 ↓		15:30	0.93 ↓
	19:20	6.07 ↑		19:30	6.24 ↑		19:50	5.59 ↑		21:00	5.86 ↑		20:00	5.47 ↑		21:40	5.77 ↑
13 TER	01:30	0.38 ↓	29 QUI	02:00	0.14 ↓	13 SEX	02:20	0.88 ↓	29 DOM	03:30	0.70 ↓	13 DOM	02:30	0.97 ↓	29 TER	04:10	0.88 ↓
	07:40	5.85 ↑		08:20	6.00 ↑		08:30	5.22 ↑		09:50	5.49 ↑		08:40	5.15 ↑		10:20	5.54 ↑
	13:40	0.82 ↓		14:10	0.65 ↓		14:10	1.43 ↓		15:40	1.18 ↓		14:30	1.45 ↓		16:30	1.11 ↓
	19:50	5.89 ↑		20:20	6.08 ↑		20:20	5.40 ↑		22:00	5.61 ↑		20:40	5.38 ↑		22:40	5.53 ↑
14 QUA	02:10	0.58 ↓	30 SEX	02:50	0.38 ↓	14 SAB	02:50	1.09 ↓	30 SEG	04:30	1.02 ↓	14 SEG	03:10	1.09 ↓	30 QUA	05:00	1.16 ↓
	08:20	5.59 ↑		09:10	5.72 ↑		09:00	5.03 ↑		10:50	5.30 ↑		09:20	5.07 ↑		11:20	5.41 ↑
	14:10	1.08 ↓		15:00	0.94 ↓		14:50	1.62 ↓		16:50	1.39 ↓		15:10	1.53 ↓		17:30	1.29 ↓
	20:20	5.66 ↑		21:10	5.82 ↑		21:00	5.20 ↑		23:00	5.36 ↑		21:20	5.27 ↑		23:40	5.27 ↑
15 QUI	02:40	0.84 ↓	31 SAB	03:40	0.73 ↓	15 DOM	03:30	1.31 ↓				15 TER	03:50	1.22 ↓	31 QUI	06:00	1.41 ↓
	08:50	5.32 ↑		10:00	5.41 ↑		09:50	4.83 ↑					10:10	5.00 ↑		12:10	5.28 ↑
	14:40	1.37 ↓		15:50	1.28 ↓		15:30	1.82 ↓					16:10	1.60 ↓		19:00	1.54 ↓
	20:50	5.39 ↑		22:10	5.51 ↑		21:40	5.00 ↑					22:10	5.15 ↑			
16 SEX	03:20	1.15 ↓				16 SEG	04:20	1.54 ↓				16 QUA	04:40	1.37 ↓			
	09:30	5.01 ↑					10:40	4.67 ↑					11:00	4.96 ↑			
	15:20	1.67 ↓					16:30	1.97 ↓					17:00	1.65 ↓			
	21:30	5.12 ↑					22:40	4.84 ↑					23:10	5.06 ↑			