

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	03:40 10:40 17:00 23:30	5.77 ↑ 1.06 ↓ 6.36 ↑ 0.48 ↓	17 SAB	05:30 11:20 17:30	5.46 ↑ 1.65 ↓ 5.79 ↑	01 DOM	00:10 06:20 12:20 18:30	0.35 ↓ 6.39 ↑ 0.72 ↓ 6.60 ↑	17 TER	00:20 06:30 12:30 18:40	0.78 ↓ 6.00 ↑ 1.01 ↓ 6.36 ↑	01 DOM	05:10 11:10 17:30 23:50	6.10 ↑ 1.03 ↓ 6.33 ↑ 0.47 ↓	17 TER	05:30 11:30 17:40	5.86 ↑ 1.14 ↓ 6.21 ↑
02 SEX	05:40 11:40 17:50	6.34 ↑ 0.83 ↓ 6.53 ↑	18 DOM	00:00 06:10 12:00 18:10	1.10 ↓ 5.67 ↑ 1.44 ↓ 5.99 ↑	02 SEG	01:00 07:10 13:10 19:20	0.16 ↓ 6.53 ↑ 0.53 ↓ 6.71 ↑	18 QUA	01:10 07:10 13:20 19:30	0.48 ↓ 6.24 ↑ 0.69 ↓ 6.59 ↑	02 SEG	06:00 12:00 18:20	6.40 ↑ 0.68 ↓ 6.59 ↑	18 QUA	00:00 06:10 12:20 18:30	0.66 ↓ 6.23 ↑ 0.69 ↓ 6.57 ↑
03 SAB	00:20 06:40 12:30 18:40	0.25 ↓ 6.47 ↑ 0.69 ↓ 6.64 ↑	19 SEG	00:40 06:50 12:50 19:00	0.87 ↓ 5.85 ↑ 1.20 ↓ 6.18 ↑	03 TER	01:40 07:50 13:50 20:00	0.13 ↓ 6.57 ↑ 0.49 ↓ 6.68 ↑	19 QUI	01:50 07:50 14:00 20:10	0.33 ↓ 6.40 ↑ 0.54 ↓ 6.69 ↑	03 TER	00:40 06:50 12:50 19:00	0.23 ↓ 6.60 ↑ 0.41 ↓ 6.72 ↑	19 QUI	00:40 06:50 13:00 19:10	0.38 ↓ 6.51 ↑ 0.39 ↓ 6.79 ↑
04 DOM	01:10 07:20 13:20 19:30	0.12 ↓ 6.51 ↑ 0.63 ↓ 6.66 ↑	20 TER	01:20 07:30 13:30 19:40	0.69 ↓ 5.99 ↑ 1.04 ↓ 6.32 ↑	04 QUA	02:20 08:30 14:30 20:40	0.25 ↓ 6.50 ↑ 0.55 ↓ 6.55 ↑	20 SEX	02:20 08:30 14:40 21:00	0.36 ↓ 6.47 ↑ 0.50 ↓ 6.67 ↑	04 QUA	01:20 07:30 13:30 19:40	0.17 ↓ 6.66 ↑ 0.32 ↓ 6.72 ↑	20 SEX	01:20 07:30 13:40 20:00	0.23 ↓ 6.67 ↑ 0.24 ↓ 6.88 ↑
05 SEG	02:00 08:10 14:00 20:20	0.14 ↓ 6.47 ↑ 0.70 ↓ 6.59 ↑	21 QUA	02:00 08:10 14:10 20:20	0.59 ↓ 6.09 ↑ 0.95 ↓ 6.39 ↑	05 QUI	03:00 09:10 15:10 21:20	0.48 ↓ 6.34 ↑ 0.71 ↓ 6.34 ↑	21 SAB	03:10 09:10 15:30 21:40	0.43 ↓ 6.44 ↑ 0.56 ↓ 6.52 ↑	05 QUI	02:00 08:00 14:10 20:20	0.26 ↓ 6.60 ↑ 0.36 ↓ 6.59 ↑	21 SAB	02:00 08:10 14:30 20:40	0.25 ↓ 6.72 ↑ 0.19 ↓ 6.79 ↑
06 TER	02:40 09:00 14:50 21:00	0.31 ↓ 6.34 ↑ 0.79 ↓ 6.43 ↑	22 QUI	02:50 09:00 15:00 21:10	0.55 ↓ 6.13 ↑ 0.87 ↓ 6.39 ↑	06 SEX	03:40 09:40 15:50 22:00	0.78 ↓ 6.13 ↑ 0.94 ↓ 6.07 ↑	22 DOM	03:50 10:00 16:20 22:30	0.67 ↓ 6.33 ↑ 0.75 ↓ 6.25 ↑	06 SEX	02:30 08:30 14:50 20:50	0.49 ↓ 6.44 ↑ 0.52 ↓ 6.38 ↑	22 DOM	02:40 08:50 15:10 21:20	0.41 ↓ 6.64 ↑ 0.37 ↓ 6.56 ↑
07 QUA	03:30 09:40 15:40 21:50	0.56 ↓ 6.16 ↑ 0.95 ↓ 6.21 ↑	23 SEX	03:30 09:40 15:50 22:00	0.64 ↓ 6.13 ↑ 0.89 ↓ 6.30 ↑	07 SAB	04:10 10:20 16:30 22:40	1.13 ↓ 5.91 ↑ 1.21 ↓ 5.77 ↑	23 SEG	04:30 10:50 17:10 23:30	1.01 ↓ 6.14 ↑ 1.05 ↓ 5.92 ↑	07 SAB	03:00 09:10 15:20 21:30	0.79 ↓ 6.24 ↑ 0.78 ↓ 6.11 ↑	23 SEG	03:20 09:30 16:00 22:10	0.71 ↓ 6.45 ↑ 0.64 ↓ 6.22 ↑
08 QUI	04:10 10:20 16:20 22:30	0.89 ↓ 5.95 ↑ 1.19 ↓ 5.94 ↑	24 SAB	04:10 10:30 16:40 22:50	0.83 ↓ 6.07 ↑ 1.01 ↓ 6.13 ↑	08 DOM	04:40 10:50 17:10 23:20	1.46 ↓ 5.68 ↑ 1.49 ↓ 5.48 ↑	24 TER	05:30 11:40 18:20	1.35 ↓ 5.91 ↑ 1.36 ↓	08 DOM	03:30 09:40 15:50 22:00	1.10 ↓ 6.01 ↑ 1.07 ↓ 5.82 ↑	24 TER	04:10 10:20 16:50 23:10	1.07 ↓ 6.17 ↑ 1.03 ↓ 5.83 ↑
09 SEX	04:50 11:00 17:10 23:20	1.24 ↓ 5.75 ↑ 1.42 ↓ 5.66 ↑	25 DOM	05:00 11:20 17:40 23:50	1.07 ↓ 5.98 ↑ 1.18 ↓ 5.91 ↑	09 SEG	05:20 11:30 18:00	1.75 ↓ 5.48 ↑ 1.77 ↓	25 QUA	00:30 06:30 12:50 19:30	5.61 ↑ 1.68 ↓ 5.69 ↑ 1.58 ↓	09 SEG	04:00 10:10 16:30 22:30	1.39 ↓ 5.78 ↑ 1.35 ↓ 5.53 ↑	25 QUA	05:00 11:20 18:00	1.48 ↓ 5.86 ↑ 1.41 ↓
10 SAB	05:30 11:50 18:00	1.56 ↓ 5.57 ↑ 1.66 ↓	26 SEG	06:00 12:10 18:40	1.32 ↓ 5.88 ↑ 1.37 ↓	10 TER	00:00 06:00 12:20 18:50	5.21 ↑ 2.00 ↓ 5.30 ↑ 2.01 ↓	26 QUI	01:50 07:40 14:00 20:50	5.43 ↑ 1.87 ↓ 5.59 ↑ 1.52 ↓	10 TER	04:30 10:40 17:10 23:10	1.67 ↓ 5.54 ↑ 1.64 ↓ 5.23 ↑	26 QUI	00:10 06:10 12:30 19:10	5.49 ↑ 1.81 ↓ 5.57 ↑ 1.67 ↓
11 DOM	00:00 06:10 12:30 18:50	5.41 ↑ 1.84 ↓ 5.43 ↑ 1.85 ↓	27 TER	01:00 07:00 13:20 19:50	5.71 ↑ 1.54 ↓ 5.80 ↑ 1.47 ↓	11 QUA	00:50 06:50 13:10 19:50	4.98 ↑ 2.20 ↓ 5.17 ↑ 2.16 ↓	27 SEX	03:10 09:00 15:20 22:00	5.50 ↑ 1.77 ↓ 5.71 ↑ 1.21 ↓	11 QUA	05:00 11:20 18:00	1.95 ↓ 5.30 ↑ 1.92 ↓	27 SEX	01:30 07:30 13:50 20:30	5.32 ↑ 1.97 ↓ 5.46 ↑ 1.63 ↓
12 SEG	01:00 07:00 13:20 19:50	5.19 ↑ 2.03 ↓ 5.33 ↑ 1.98 ↓	28 QUA	02:10 08:10 14:30 21:10	5.61 ↑ 1.64 ↓ 5.80 ↑ 1.33 ↓	12 QUI	02:00 07:50 14:10 20:50	4.84 ↑ 2.32 ↓ 5.12 ↑ 2.14 ↓	28 SAB	04:20 10:10 16:30 23:00	5.77 ↑ 1.44 ↓ 6.00 ↑ 0.81 ↓	12 QUI	00:00 05:50 12:20 19:00	4.96 ↑ 2.19 ↓ 5.11 ↑ 2.16 ↓	28 SAB	02:50 08:50 15:00 21:40	5.44 ↑ 1.83 ↓ 5.59 ↑ 1.34 ↓
13 TER	01:50 07:50 14:10 20:40	5.06 ↑ 2.14 ↓ 5.30 ↑ 1.99 ↓	29 QUI	03:20 09:20 15:40 22:10	5.69 ↑ 1.55 ↓ 5.92 ↑ 1.06 ↓	13 SEX	03:10 08:50 15:10 22:00	4.86 ↑ 2.29 ↓ 5.20 ↑ 1.89 ↓				13 SEX	01:10 07:00 13:20 20:10	4.78 ↑ 2.36 ↓ 5.02 ↑ 2.21 ↓	29 DOM	04:00 10:00 16:10 22:40	5.75 ↑ 1.44 ↓ 5.90 ↑ 0.95 ↓
14 QUA	02:50 08:40 15:00 21:40	5.03 ↑ 2.15 ↓ 5.34 ↑ 1.87 ↓	30 SEX	04:30 10:20 16:40 23:20	5.90 ↑ 1.33 ↓ 6.14 ↑ 0.66 ↓	14 SAB	04:10 10:00 16:20 22:50	5.07 ↑ 2.07 ↓ 5.42 ↑ 1.53 ↓				14 SAB	02:30 08:20 14:40 21:20	4.80 ↑ 2.36 ↓ 5.09 ↑ 1.99 ↓	30 SEG	04:50 10:50 17:10 23:30	6.10 ↑ 1.03 ↓ 6.24 ↑ 0.62 ↓
15 QUI	03:50 09:40 15:50 22:30	5.10 ↑ 2.05 ↓ 5.44 ↑ 1.65 ↓	31 SAB	05:30 11:20 17:40	6.17 ↑ 1.02 ↓ 6.40 ↑	15 DOM	05:00 11:00 17:10 23:40	5.37 ↑ 1.71 ↓ 5.73 ↑ 1.12 ↓				15 DOM	03:40 09:30 15:50 22:20	5.05 ↑ 2.10 ↓ 5.38 ↑ 1.56 ↓	31 TER	05:40 11:40 18:00	6.40 ↑ 0.65 ↓ 6.49 ↑
16 SEX	04:40 10:30 16:40 23:20	5.26 ↑ 1.87 ↓ 5.59 ↑ 1.36 ↓				16 SEG	05:50 11:50 18:00	5.70 ↑ 1.33 ↓ 6.07 ↑				16 SEG	04:40 10:40 16:50 23:10	5.44 ↑ 1.62 ↓ 5.79 ↑ 1.10 ↓			

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 ☀	00:10 06:20 12:30 18:40	0.42 ↓ 6.58 ↑ 0.38 ↓ 6.61 ↑	17 SEX ☾	00:10 06:20 12:40 18:50	0.40 ↓ 6.66 ↑ 0.20 ↓ 6.84 ↑	01 SEX ☀	00:10 06:20 12:40 18:50	0.72 ↓ 6.46 ↑ 0.46 ↓ 6.32 ↑	17 DOM ☾	00:30 06:40 13:10 19:20	0.46 ↓ 6.78 ↑ 0.06 ↓ 6.73 ↑	01 SEG ☾	00:40 06:50 13:20 19:30	1.21 ↓ 6.12 ↑ 0.79 ↓ 5.88 ↑	17 QUA ☀	01:50 08:00 14:40 20:50	0.70 ↓ 6.61 ↑ 0.23 ↓ 6.36 ↑
02 QUI	00:50 06:50 13:10 19:20	0.36 ↓ 6.63 ↑ 0.29 ↓ 6.60 ↑	18 SAB	01:00 07:00 13:30 19:40	0.25 ↓ 6.80 ↑ 0.03 ↓ 6.88 ↑	02 SAB	00:40 06:50 13:10 19:20	0.80 ↓ 6.41 ↑ 0.52 ↓ 6.24 ↑	18 SEG	01:20 07:30 14:00 20:10	0.47 ↓ 6.77 ↑ 0.09 ↓ 6.60 ↑	02 TER	01:10 07:20 13:50 20:00	1.28 ↓ 6.07 ↑ 0.86 ↓ 5.81 ↑	18 QUI	02:40 08:50 15:20 21:40	0.82 ↓ 6.47 ↑ 0.49 ↓ 6.17 ↑
03 SEX	01:20 07:30 13:40 19:50	0.46 ↓ 6.58 ↑ 0.36 ↓ 6.48 ↑	19 DOM	01:40 07:50 14:10 20:20	0.30 ↓ 6.81 ↑ 0.10 ↓ 6.74 ↑	03 DOM	01:10 07:20 13:40 19:50	0.94 ↓ 6.31 ↑ 0.65 ↓ 6.11 ↑	19 TER	02:00 08:10 14:40 21:00	0.66 ↓ 6.63 ↑ 0.32 ↓ 6.36 ↑	03 QUA	01:50 08:00 14:30 20:30	1.33 ↓ 6.01 ↑ 0.94 ↓ 5.72 ↑	19 SEX	03:30 09:40 16:10 22:30	1.00 ↓ 6.26 ↑ 0.79 ↓ 5.97 ↑
04 SAB	01:50 08:00 14:10 20:20	0.66 ↓ 6.44 ↑ 0.53 ↓ 6.29 ↑	20 SEG	02:20 08:30 15:00 21:10	0.50 ↓ 6.68 ↑ 0.28 ↓ 6.47 ↑	04 SEG	01:40 07:50 14:20 20:20	1.10 ↓ 6.18 ↑ 0.79 ↓ 5.94 ↑	20 QUA	02:50 09:00 15:30 21:50	0.89 ↓ 6.41 ↑ 0.61 ↓ 6.07 ↑	04 QUI	02:20 08:30 15:00 21:10	1.44 ↓ 5.91 ↑ 1.07 ↓ 5.60 ↑	20 SAB	04:20 10:40 17:00 23:20	1.22 ↓ 6.02 ↑ 1.13 ↓ 5.78 ↑
05 DOM	02:20 08:30 14:50 20:50	0.90 ↓ 6.25 ↑ 0.74 ↓ 6.06 ↑	21 TER	03:00 09:10 15:40 22:00	0.83 ↓ 6.44 ↑ 0.65 ↓ 6.12 ↑	05 TER	02:10 08:20 14:50 21:00	1.27 ↓ 6.02 ↑ 0.98 ↓ 5.73 ↑	21 QUI	03:40 09:50 16:30 22:40	1.18 ↓ 6.14 ↑ 0.94 ↓ 5.79 ↑	05 SEX	03:00 09:10 15:40 22:00	1.54 ↓ 5.80 ↑ 1.20 ↓ 5.49 ↑	21 DOM ☀	05:20 11:30 17:50	1.41 ↓ 5.77 ↑ 1.44 ↓
06 SEG	02:50 08:50 15:20 21:20	1.15 ↓ 6.04 ↑ 0.99 ↓ 5.81 ↑	22 QUA	03:50 10:00 16:40 23:00	1.18 ↓ 6.13 ↑ 1.02 ↓ 5.74 ↑	06 QUA	02:40 08:50 15:20 21:30	1.46 ↓ 5.85 ↑ 1.19 ↓ 5.53 ↑	22 SEX	04:40 10:50 17:20 23:40	1.44 ↓ 5.86 ↑ 1.30 ↓ 5.57 ↑	06 SAB	03:50 10:00 16:30 22:50	1.62 ↓ 5.69 ↑ 1.35 ↓ 5.40 ↑	22 SEG	00:10 06:20 12:30 18:40	5.64 ↑ 1.59 ↓ 1.54 ↑ 1.69 ↓
07 TER	03:10 09:20 15:50 22:00	1.42 ↓ 5.82 ↑ 1.26 ↓ 5.52 ↑	23 QUI ☀	04:50 11:00 17:40	1.53 ↓ 5.81 ↑ 1.40 ↓	07 QUI	03:20 09:30 16:00 22:10	1.64 ↓ 5.66 ↑ 1.41 ↓ 5.31 ↑	23 SAB ☀	05:40 11:50 18:30	1.67 ↓ 5.62 ↑ 1.55 ↓	07 DOM	04:40 11:00 17:20 23:40	1.72 ↓ 5.58 ↑ 1.50 ↓ 5.38 ↑	23 TER	01:00 07:20 13:30 19:40	5.56 ↑ 1.71 ↓ 5.38 ↑ 1.83 ↓
08 QUA	03:50 10:00 16:30 22:40	1.65 ↓ 5.59 ↑ 1.53 ↓ 5.24 ↑	24 SEX	00:00 05:50 12:10 18:50	5.46 ↑ 1.83 ↓ 5.54 ↑ 1.66 ↓	08 SEX	04:00 10:20 16:50 23:10	1.85 ↓ 5.47 ↑ 1.62 ↓ 5.12 ↑	24 DOM	00:50 06:50 13:00 19:30	5.49 ↑ 1.78 ↓ 5.48 ↑ 1.67 ↓	08 SEG ☀	05:50 12:00 18:30	1.74 ↓ 5.52 ↑ 1.58 ↓	24 QUA	02:00 08:20 14:30 20:30	5.54 ↑ 1.73 ↓ 5.31 ↑ 1.88 ↓
09 QUI	04:30 10:40 17:20 23:30	1.91 ↓ 5.35 ↑ 1.80 ↓ 4.99 ↑	25 SAB	01:10 07:10 13:30 20:00	5.35 ↑ 1.94 ↓ 5.43 ↑ 1.68 ↓	09 SAB ☀	05:00 11:10 17:50	2.00 ↓ 5.29 ↑ 1.80 ↓	25 SEG	01:50 08:00 14:10 20:30	5.53 ↑ 1.74 ↓ 5.47 ↑ 1.63 ↓	09 TER	00:50 07:00 13:10 19:30	5.44 ↑ 1.72 ↓ 5.54 ↑ 1.59 ↓	25 QUI	02:50 09:10 15:20 21:20	5.57 ↑ 1.67 ↓ 5.33 ↑ 1.84 ↓
10 SEX ☀	05:20 11:40 18:20	2.15 ↓ 5.14 ↑ 2.03 ↓	26 DOM	02:20 08:30 14:40 21:10	5.47 ↑ 1.79 ↓ 5.53 ↑ 1.46 ↓	10 DOM	00:10 06:10 12:30 19:00	5.05 ↑ 2.09 ↓ 5.24 ↑ 1.87 ↓	26 TER	02:50 09:00 15:10 21:20	5.68 ↑ 1.56 ↓ 5.57 ↑ 1.51 ↓	10 QUA	01:50 08:10 14:30 20:30	5.61 ↑ 1.58 ↓ 5.67 ↑ 1.47 ↓	26 SEX	03:40 10:10 16:20 22:10	5.63 ↑ 1.50 ↓ 5.40 ↑ 1.75 ↓
11 SAB	00:40 06:30 12:50 19:30	4.84 ↑ 2.30 ↓ 5.05 ↑ 2.11 ↓	27 SEG	03:30 09:30 15:50 22:10	5.74 ↑ 1.47 ↓ 5.78 ↑ 1.16 ↓	11 SEG	01:20 07:30 13:40 20:10	5.14 ↑ 2.02 ↓ 5.32 ↑ 1.75 ↓	27 QUA	03:40 10:00 16:10 22:10	5.85 ↑ 1.30 ↓ 5.72 ↑ 1.35 ↓	11 QUI	02:50 09:20 15:30 21:40	5.84 ↑ 1.28 ↓ 5.90 ↑ 1.22 ↓	27 SAB	04:20 10:50 17:00 22:50	5.70 ↑ 1.35 ↓ 5.50 ↑ 1.66 ↓
12 DOM	02:00 07:50 14:10 20:50	4.89 ↑ 2.27 ↓ 5.15 ↑ 1.91 ↓	28 TER	04:20 10:30 16:40 22:50	6.04 ↑ 1.08 ↓ 6.04 ↑ 0.93 ↓	12 TER	02:30 08:40 15:00 21:10	5.39 ↑ 1.76 ↓ 5.59 ↑ 1.47 ↓	28 QUI	04:20 10:40 16:50 22:50	5.99 ↑ 1.09 ↓ 5.84 ↑ 1.25 ↓	12 SEX	03:50 10:20 16:30 22:30	6.11 ↑ 0.92 ↓ 6.16 ↑ 1.00 ↓	28 DOM	05:10 11:40 17:50 23:30	5.79 ↑ 1.17 ↓ 5.59 ↑ 1.56 ↓
13 SEG	03:10 09:10 15:30 21:50	5.18 ↑ 1.96 ↓ 5.47 ↑ 1.51 ↓	29 QUA	05:00 11:20 17:30 23:30	6.27 ↑ 0.75 ↓ 6.24 ↑ 0.78 ↓	13 QUA	03:30 09:50 16:00 22:10	5.76 ↑ 1.32 ↓ 5.95 ↑ 1.09 ↓	29 SEX	05:00 11:30 17:40 23:30	6.09 ↑ 0.89 ↓ 5.93 ↑ 1.19 ↓	13 SAB	04:50 11:20 17:30 23:20	6.36 ↑ 0.54 ↓ 6.39 ↑ 0.82 ↓	29 SEG ☀	05:50 12:20 18:30	5.87 ↑ 1.03 ↓ 5.67 ↑
14 TER	04:10 10:10 16:30 22:40	5.60 ↑ 1.48 ↓ 5.90 ↑ 1.06 ↓	30 QUI	05:40 12:00 18:10	6.41 ↑ 0.55 ↓ 6.33 ↑	14 QUI	04:20 10:40 17:00 23:00	6.13 ↑ 0.88 ↓ 6.31 ↑ 0.76 ↓	30 SAB	05:40 12:10 18:20	6.15 ↑ 0.79 ↓ 5.96 ↑	14 DOM ☀	05:40 12:10 18:20	6.56 ↑ 0.27 ↓ 6.53 ↑	30 TER	00:10 06:20 12:50 19:00	1.46 ↓ 5.94 ↑ 0.94 ↓ 5.75 ↑
15 QUA	05:00 11:10 17:20 23:30	6.03 ↑ 0.93 ↓ 6.32 ↑ 0.65 ↓				15 SEX	05:10 11:30 17:50 23:50	6.45 ↑ 0.48 ↓ 6.59 ↑ 0.52 ↓	31 DOM ☀	00:10 06:20 12:40 18:50	1.17 ↓ 6.16 ↑ 0.78 ↓ 5.95 ↑	15 SEG	00:10 06:30 13:00 19:10	0.69 ↓ 6.67 ↑ 0.12 ↓ 6.57 ↑			
16 QUI	05:40 12:00 18:10	6.40 ↑ 0.48 ↓ 6.66 ↑				16 SAB ☀	06:00 12:20 18:40	6.68 ↑ 0.20 ↓ 6.73 ↑				16 TER	01:00 07:20 13:50 20:00	0.65 ↓ 6.70 ↑ 0.10 ↓ 6.51 ↑			

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	00:50	1.37 ↓	17 SEX	02:30	0.59 ↓	01 SAB	01:50	0.97 ↓	17 SEG	03:40	0.66 ↓	01 TER	03:00	0.52 ↓	17 QUI	04:20	1.25 ↓		
	07:00	6.02 ↑		08:40	6.62 ↑		08:10	6.38 ↑		09:50	6.29 ↑		09:10	6.56 ↑		10:20	5.59 ↑		
	13:30	0.86 ↓		15:10	0.33 ↓		14:30	0.55 ↓		15:50	0.93 ↓		15:20	0.61 ↓		16:20	1.65 ↓		
	19:40	5.79 ↑		21:20	6.38 ↑		20:30	6.14 ↑		22:00	6.12 ↑		21:30	6.40 ↑		22:30	5.59 ↑		
02 QUI	01:30	1.30 ↓	18 SAB	03:20	0.70 ↓	02 DOM	02:40	0.84 ↓	18 TER	04:20	0.97 ↓	02 QUA	03:50	0.66 ↓	18 SEX 	05:00	1.60 ↓		
	07:40	6.07 ↑		09:30	6.45 ↑		08:50	6.41 ↑		10:20	5.96 ↑		10:00	6.33 ↑		11:00	5.25 ↑		
	14:10	0.81 ↓		15:50	0.63 ↓		15:00	0.63 ↓		16:30	1.30 ↓		16:00	0.91 ↓		16:50	1.96 ↓		
	20:20	5.81 ↑		22:00	6.20 ↑		21:10	6.17 ↑		22:40	5.85 ↑		22:10	6.23 ↑		23:10	5.32 ↑		
03 SEX	02:10	1.26 ↓	19 DOM	04:00	0.92 ↓	03 SEG	03:20	0.85 ↓	19 QUA 	05:00	1.31 ↓	03 QUI	04:40	0.93 ↓	19 SAB	05:40	1.92 ↓		
	08:20	6.09 ↑		10:10	6.19 ↑		09:30	6.35 ↑		11:00	5.62 ↑		10:50	6.01 ↑		11:50	4.95 ↑		
	14:40	0.86 ↓		16:30	0.98 ↓		15:50	0.73 ↓		17:00	1.66 ↓		16:50	1.25 ↓		17:40	2.23 ↓		
	21:00	5.81 ↑		22:40	5.98 ↑		22:00	6.14 ↑		23:20	5.58 ↑		23:10	5.99 ↑					
04 SAB	02:50	1.25 ↓	20 SEG	04:50	1.16 ↓	04 TER	04:10	0.92 ↓	20 QUI	05:40	1.66 ↓	04 SEX 	05:40	1.27 ↓	20 DOM	00:00	5.08 ↑		
	09:00	6.07 ↑		11:00	5.90 ↑		10:20	6.20 ↑		11:50	5.27 ↑		11:50	5.66 ↑		06:40	2.19 ↓		
	15:30	0.89 ↓		17:10	1.34 ↓		16:30	0.96 ↓		17:40	1.97 ↓		17:50	1.61 ↓		12:50	4.74 ↑		
	21:40	5.80 ↑		23:30	5.77 ↑		22:40	6.05 ↑								18:40	2.43 ↓		
05 DOM	03:40	1.25 ↓	21 TER 	05:40	1.43 ↓	05 QUA 	05:00	1.09 ↓	21 SEX	00:00	5.34 ↑	05 SAB	00:10	5.74 ↑	21 SEG	01:00	4.94 ↑		
	09:50	6.02 ↑		11:50	5.59 ↑		11:10	5.98 ↑		06:30	1.97 ↓		06:50	1.57 ↓		07:50	2.31 ↓		
	16:10	1.02 ↓		17:50	1.68 ↓		17:20	1.23 ↓		12:40	4.98 ↑		13:10	5.41 ↑		14:10	4.70 ↑		
	22:20	5.77 ↑					23:40	5.92 ↑		18:30	2.23 ↓		19:00	1.87 ↓		20:00	2.47 ↓		
06 SEG	04:30	1.30 ↓	22 QUA	00:10	5.57 ↑	06 QUI	06:00	1.31 ↓	22 SAB	00:50	5.15 ↑	06 DOM	01:20	5.56 ↑	22 TER	02:20	4.97 ↑		
	10:40	5.92 ↑		06:30	1.70 ↓		12:20	5.73 ↑		07:30	2.20 ↓		08:10	1.64 ↓		09:00	2.14 ↓		
	17:00	1.17 ↓		12:40	5.31 ↑		18:20	1.50 ↓		13:40	4.79 ↑		14:30	5.39 ↑		15:20	4.91 ↑		
	23:10	5.74 ↑		18:40	1.95 ↓					19:30	2.41 ↓		20:20	1.88 ↓		21:10	2.25 ↓		
07 TER 	05:30	1.37 ↓	23 QUI	01:00	5.41 ↑	07 SEX	00:40	5.79 ↑	23 DOM	01:50	5.04 ↑	07 SEG	02:40	5.59 ↑	23 QUA	03:30	5.21 ↑		
	11:40	5.80 ↑		07:30	1.91 ↓		07:10	1.51 ↓		08:40	2.24 ↓		09:30	1.39 ↓		10:00	1.76 ↓		
	17:50	1.35 ↓		13:30	5.10 ↑		13:30	5.55 ↑		14:50	4.76 ↑		15:40	5.64 ↑		16:20	5.28 ↑		
				19:30	2.14 ↓		19:30	1.70 ↓		20:40	2.42 ↓		21:40	1.58 ↓		22:20	1.81 ↓		
08 QUA	00:10	5.73 ↑	24 SEX	01:50	5.31 ↑	08 SAB	01:50	5.71 ↑	24 SEG	03:00	5.06 ↑	08 TER	04:00	5.88 ↑	24 QUI	04:30	5.60 ↑		
	06:30	1.46 ↓		08:30	2.00 ↓		08:30	1.52 ↓		09:40	2.05 ↓		10:30	0.98 ↓		10:50	1.31 ↓		
	12:40	5.69 ↑		14:30	4.99 ↑		14:40	5.53 ↑		16:00	4.93 ↑		16:50	6.01 ↑		17:10	5.69 ↑		
	18:50	1.49 ↓		20:30	2.22 ↓		20:40	1.71 ↓		21:40	2.24 ↓		22:50	1.11 ↓		23:10	1.32 ↓		
09 QUI	01:10	5.75 ↑	25 SAB	02:50	5.27 ↑	09 DOM	03:00	5.76 ↑	25 TER	04:00	5.26 ↑	09 QUA	05:00	6.24 ↑	25 SEX	05:20	6.02 ↑		
	07:40	1.49 ↓		09:20	1.96 ↓		09:40	1.28 ↓		10:40	1.69 ↓		11:30	0.55 ↓		11:40	0.87 ↓		
	13:50	5.65 ↑		15:30	5.01 ↑		16:00	5.72 ↑		16:50	5.23 ↑		17:40	6.38 ↑		17:50	6.08 ↑		
	20:00	1.54 ↓		21:20	2.18 ↓		21:50	1.51 ↓		22:40	1.89 ↓		23:40	0.69 ↓		23:50	0.90 ↓		
10 SEX	02:20	5.82 ↑	26 DOM	03:40	5.33 ↑	10 SEG	04:10	5.97 ↑	26 QUA	05:00	5.57 ↑	10 QUI	05:50	6.57 ↑	26 SAB 	06:10	6.40 ↑		
	08:50	1.37 ↓		10:20	1.76 ↓		10:50	0.87 ↓		11:20	1.32 ↓		12:20	0.24 ↓		12:20	0.54 ↓		
	15:10	5.73 ↑		16:30	5.14 ↑		17:00	6.02 ↑		17:40	5.56 ↑		18:20	6.64 ↑		18:30	6.39 ↑		
	21:00	1.49 ↓		22:20	2.01 ↓		23:00	1.13 ↓		23:30	1.49 ↓								
11 SAB	03:20	5.96 ↑	27 SEG	04:30	5.46 ↑	11 TER	05:10	6.27 ↑	27 QUI	05:40	5.91 ↑	11 SEX 	00:30	0.34 ↓	27 DOM	00:40	0.50 ↓		
	10:00	1.09 ↓		11:10	1.49 ↓		11:50	0.48 ↓		12:10	0.92 ↓		06:40	6.79 ↑		06:50	6.66 ↑		
	16:10	5.92 ↑		17:20	5.33 ↑		18:00	6.33 ↑		18:20	5.89 ↑		13:00	0.10 ↓		13:00	0.34 ↓		
	22:10	1.27 ↓		23:00	1.82 ↓		23:50	0.80 ↓					19:10	6.79 ↑		19:10	6.60 ↑		
12 DOM	04:20	6.16 ↑	28 TER	05:20	5.65 ↑	12 QUA 	06:10	6.57 ↑	28 SEX 	00:20	1.09 ↓	12 SAB	01:10	0.18 ↓	28 SEG	01:20	0.29 ↓		
	11:00	0.74 ↓		11:50	1.23 ↓		12:40	0.18 ↓		06:30	6.24 ↑		07:20	6.85 ↑		07:30	6.79 ↑		
	17:20	6.16 ↑		18:00	5.55 ↑		18:50	6.56 ↑		12:50	0.61 ↓		13:40	0.12 ↓		13:40	0.28 ↓		
	23:10	1.02 ↓		23:50	1.55 ↓					19:00	6.16 ↑		19:40	6.77 ↑		19:40	6.69 ↑		
13 SEG	05:20	6.38 ↑	29 QUA 	06:00	5.87 ↑	13 QUI	00:40	0.52 ↓	29 SAB	01:00	0.78 ↓	13 DOM	01:50	0.17 ↓	29 TER	02:00	0.24 ↓		
	12:00	0.39 ↓		12:30	0.97 ↓		07:00	6.77 ↑		07:10	6.49 ↑		08:00	6.77 ↑		08:10	6.76 ↑		
	18:10	6.36 ↑		18:40	5.75 ↑		13:20	0.05 ↓		13:20	0.45 ↓		14:10	0.33 ↓		14:10	0.43 ↓		
							19:30	6.68 ↑		19:30	6.36 ↑		20:20	6.65 ↑		20:20	6.66 ↑		
14 TER 	00:00	0.82 ↓	30 QUI	00:30	1.32 ↓	14 SEX	01:30	0.34 ↓	30 DOM	01:40	0.57 ↓	14 SEG	02:30	0.31 ↓	30 QUA	02:40	0.35 ↓		
	06:20	6.58 ↑		06:40	6.07 ↑		07:40	6.83 ↑		07:50	6.64 ↑		08:40	6.56 ↑		09:00	6.59 ↑		
	12:50	0.17 ↓		13:10	0.76 ↓		14:00	0.09 ↓		14:00	0.37 ↓		14:40	0.64 ↓		15:00	0.62 ↓		
	19:00	6.50 ↑		19:20	5.93 ↑		20:10	6.68 ↑		20:10	6.47 ↑		20:50	6.43 ↑		21:10	6.52 ↑		
15 QUA	00:50	0.66 ↓	31 SEX	01:10	1.12 ↓	15 SAB	02:20	0.30 ↓	31 SEG	02:20	0.47 ↓	15 TER	03:10	0.56 ↓					
	07:10	6.70 ↑		07:30	6.26 ↑		08:30	6.77 ↑		08:30	6.67 ↑		09:20	6.25 ↑					
	13:40	0.08 ↓		13:50	0.61 ↓		14:40	0.27 ↓		14:40	0.42 ↓		15:10	0.99 ↓					
	19:50	6.55 ↑		20:00	6.06 ↑		20:50	6.57 ↑		20:50	6.48 ↑		21:20	6.16 ↑					
16 QUI	01:40	0.58 ↓				16 DOM	03:00	0.43 ↓				16 QUA	03:40	0.90 ↓					
	08:00	6.72 ↑					09:10	6.57 ↑					09:50	5.93 ↑					
	14:20	0.15 ↓					15:20	0.56 ↓					15:40	1.34 ↓					
	20:30	6.50 ↑																	



OCA PREVÊ | Tábua de Marés 2026
Estação: Cidade de Turiaçu, MA
Latitude: 1°40'25.59" S | Longitude: 45°22'7.88" W | UTC -3

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	03:30 09:40 15:40 21:50	0.56 ↓ 6.30 ↓ 0.97 ↓ 6.27 ↑	17 SAB	04:20 10:30 16:10 22:30	1.52 ↓ 5.24 ↑ 1.95 ↓ 5.35 ↑	01 DOM	05:10 11:30 17:20 23:40	1.23 ↓ 5.58 ↓ 1.68 ↓ 5.67 ↑	17 TER	05:30 11:50 17:40	1.77 ↓ 5.05 ↑ 2.07 ↓	01 TER	06:00 12:10 18:20	1.36 ↓ 5.63 ↑ 1.60 ↓	17 QUI	05:50 12:10 18:20	1.55 ↓ 5.43 ↑ 1.72 ↓
02 SEX	04:20 10:40 16:30 22:50	0.90 ↓ 5.93 ↑ 1.35 ↓ 5.97 ↑	18 DOM	05:00 11:10 17:00 23:20	1.80 ↓ 4.99 ↑ 2.17 ↓ 5.12 ↑	02 SEG	06:20 12:40 18:40	1.52 ↓ 5.43 ↑ 1.82 ↓	18 QUA	00:00 06:30 12:50 19:00	5.22 ↑ 1.87 ↓ 5.10 ↑ 2.05 ↓	02 QUA	00:30 07:00 13:20 19:30	5.64 ↑ 1.54 ↓ 5.63 ↑ 1.62 ↓	18 SEX	00:40 06:50 13:10 19:30	5.50 ↑ 1.61 ↓ 5.53 ↑ 1.67 ↓
03 SAB	05:20 11:40 17:30 23:50	1.29 ↓ 5.57 ↑ 1.71 ↓ 5.66 ↑	19 SEG	06:00 12:20 18:10	2.04 ↓ 4.81 ↑ 2.32 ↓	03 TER	00:50 07:30 13:50 19:50	5.52 ↑ 1.62 ↓ 5.50 ↑ 1.77 ↓	19 QUI	01:10 07:40 14:00 20:10	5.25 ↑ 1.83 ↓ 5.28 ↑ 1.88 ↓	03 QUI	01:40 08:00 14:20 20:30	5.57 ↑ 1.58 ↓ 5.73 ↑ 1.51 ↓	19 SAB	01:50 08:00 14:20 20:40	5.55 ↑ 1.57 ↓ 5.70 ↑ 1.50 ↓
04 DOM	06:30 12:50 18:50	1.61 ↓ 5.35 ↑ 1.93 ↓	20 TER	00:30 07:10 13:30 19:30	5.00 ↑ 2.16 ↓ 4.83 ↑ 2.34 ↓	04 QUA	02:10 08:40 15:00 21:00	5.56 ↑ 1.49 ↓ 5.74 ↑ 1.49 ↓	20 SEX	02:20 08:40 15:00 21:20	5.43 ↑ 1.63 ↓ 5.58 ↑ 1.54 ↓	04 SEX	02:40 09:00 15:10 21:30	5.61 ↑ 1.49 ↓ 5.88 ↑ 1.30 ↓	20 DOM	03:00 09:00 15:20 21:50	5.69 ↑ 1.44 ↓ 5.91 ↑ 1.19 ↓
05 SEG	01:10 07:50 14:10 20:10	5.48 ↑ 1.68 ↓ 5.39 ↑ 1.88 ↓	21 QUA	01:40 08:20 14:40 20:40	5.04 ↑ 2.05 ↓ 5.05 ↑ 2.11 ↓	05 QUI	03:20 09:40 15:50 22:00	5.77 ↑ 1.22 ↓ 6.03 ↑ 1.12 ↓	21 SAB	03:30 09:40 15:50 22:10	5.73 ↑ 1.32 ↓ 5.92 ↑ 1.15 ↓	05 SAB	03:40 09:50 16:00 22:20	5.73 ↑ 1.36 ↓ 6.02 ↑ 1.08 ↓	21 SEG	04:00 10:00 16:10 22:50	5.91 ↑ 1.24 ↓ 6.14 ↑ 0.83 ↓
06 TER	02:30 09:10 15:20 21:30	5.55 ↑ 1.44 ↓ 5.67 ↑ 1.53 ↓	22 QUI	03:00 09:20 15:40 21:50	5.29 ↑ 1.72 ↓ 5.42 ↑ 1.67 ↓	06 SEX	04:20 10:30 16:40 23:00	6.03 ↑ 0.95 ↓ 6.29 ↑ 0.74 ↓	22 DOM	04:30 10:30 16:40 23:10	6.06 ↑ 1.02 ↓ 6.24 ↑ 0.71 ↓	06 DOM	04:40 10:30 16:50 23:10	5.85 ↑ 1.28 ↓ 6.13 ↑ 0.89 ↓	22 TER	05:00 10:50 17:10 23:40	6.15 ↑ 1.04 ↓ 6.36 ↑ 0.53 ↓
07 QUA	03:40 10:10 16:20 22:30	5.83 ↑ 1.06 ↓ 6.05 ↑ 1.07 ↓	23 SEX	04:00 10:20 16:30 22:40	5.68 ↑ 1.28 ↓ 5.84 ↑ 1.19 ↓	07 SAB	05:10 11:10 17:20 23:40	6.25 ↑ 0.78 ↓ 6.46 ↑ 0.51 ↓	23 SEG	05:20 11:20 17:30	6.35 ↑ 0.76 ↓ 6.50 ↑	07 SEG	05:20 11:20 17:30 23:50	5.93 ↑ 1.18 ↓ 6.17 ↑ 0.79 ↓	23 QUA	06:00 11:50 18:00	6.34 ↑ 0.82 ↓ 6.53 ↑
08 QUI	04:40 11:00 17:10 23:20	6.19 ↑ 0.69 ↓ 6.40 ↑ 0.64 ↓	24 SAB	05:00 11:00 17:20 23:30	6.10 ↑ 0.91 ↓ 6.22 ↑ 0.73 ↓	08 DOM	05:50 11:50 18:00	6.37 ↑ 0.71 ↓ 6.53 ↑	24 TER	00:00 06:10 12:10 18:20	0.38 ↓ 6.54 ↑ 0.59 ↓ 6.66 ↑	08 TER	06:00 11:50 18:10	5.96 ↑ 1.21 ↓ 6.17 ↑	24 QUI	00:30 06:50 12:40 18:50	0.30 ↓ 6.46 ↑ 0.71 ↓ 6.63 ↑
09 SEX	05:30 11:50 18:00	6.49 ↑ 0.41 ↓ 6.65 ↑	25 DOM	05:40 11:50 18:00	6.44 ↑ 0.58 ↓ 6.52 ↑	09 SEG	00:20 06:30 12:30 18:40	0.40 ↓ 6.38 ↑ 0.74 ↓ 6.50 ↑	25 QUA	00:40 07:00 12:50 19:00	0.24 ↓ 6.62 ↑ 0.59 ↓ 6.70 ↑	09 QUA	00:30 06:40 12:30 18:40	0.75 ↓ 5.93 ↑ 1.24 ↓ 6.12 ↑	25 SEX	01:20 07:40 13:30 19:40	0.18 ↓ 6.49 ↑ 0.66 ↓ 6.65 ↑
10 SAB	00:10 06:20 12:30 18:40	0.31 ↓ 6.68 ↑ 0.30 ↓ 6.75 ↑	26 SEG	00:20 06:30 12:30 18:40	0.36 ↓ 6.68 ↑ 0.42 ↓ 6.70 ↑	10 TER	01:00 07:10 13:00 19:10	0.41 ↓ 6.29 ↑ 0.89 ↓ 6.38 ↑	26 QUI	01:30 07:50 13:40 19:50	0.17 ↓ 6.56 ↑ 0.64 ↓ 6.65 ↑	10 QUI	01:10 07:20 13:10 19:20	0.77 ↓ 5.86 ↑ 1.28 ↓ 6.06 ↑	26 SAB	02:10 08:30 14:20 20:30	0.19 ↓ 6.43 ↑ 0.70 ↓ 6.59 ↑
11 DOM	00:50 07:00 13:00 19:10	0.17 ↓ 6.71 ↑ 0.38 ↓ 6.72 ↑	27 TER	01:00 07:10 13:10 19:20	0.19 ↓ 6.76 ↑ 0.41 ↓ 6.76 ↑	11 QUA	01:40 07:40 13:30 19:40	0.53 ↓ 6.13 ↑ 1.09 ↓ 6.21 ↑	27 SEX	02:20 08:30 14:30 20:40	0.25 ↓ 6.41 ↑ 0.80 ↓ 6.50 ↑	11 SEX	01:40 07:50 13:40 19:50	0.87 ↓ 5.78 ↑ 1.37 ↓ 5.98 ↑	27 DOM	03:00 09:10 15:10 21:20	0.33 ↓ 6.32 ↑ 0.81 ↓ 6.45 ↑
12 SEG	01:30 07:40 13:40 19:40	0.18 ↓ 6.60 ↑ 0.53 ↓ 6.57 ↑	28 QUA	01:40 08:00 13:50 20:00	0.18 ↓ 6.70 ↑ 0.54 ↓ 6.69 ↑	12 QUI	02:10 08:20 14:00 20:10	0.73 ↓ 5.92 ↑ 1.29 ↓ 6.03 ↑	28 SAB	03:10 09:20 15:20 21:30	1.07 ↓ 5.74 ↑ 1.47 ↓ 6.29 ↑	12 SAB	02:20 08:30 14:10 20:20	0.95 ↓ 5.68 ↑ 1.47 ↓ 5.89 ↑	28 SEG	03:50 10:00 16:00 22:10	0.57 ↓ 6.16 ↑ 0.97 ↓ 6.24 ↑
13 TER	02:00 08:10 14:10 20:20	0.36 ↓ 6.39 ↑ 0.81 ↓ 6.37 ↑	29 QUI	02:30 08:40 14:40 20:50	0.27 ↓ 6.50 ↑ 0.74 ↓ 6.51 ↑	13 SEX	02:40 08:50 14:40 20:40	0.96 ↓ 5.72 ↑ 1.46 ↓ 5.84 ↑	29 DOM	04:00 10:20 16:10 22:20	0.76 ↓ 5.94 ↑ 1.27 ↓ 6.04 ↑	13 DOM	02:50 09:00 14:50 21:00	1.07 ↓ 5.60 ↑ 1.53 ↓ 5.80 ↑	29 TER	04:40 10:50 16:50 23:00	0.87 ↓ 5.99 ↑ 1.17 ↓ 6.00 ↑
14 QUA	02:40 08:40 14:40 20:50	0.60 ↓ 6.13 ↑ 1.10 ↓ 6.12 ↑	30 SEX	03:20 09:30 15:20 21:40	0.52 ↓ 6.20 ↑ 1.08 ↓ 6.25 ↑	14 SAB	03:10 09:20 15:10 21:20	1.19 ↓ 5.51 ↑ 1.66 ↓ 5.65 ↑	30 SEG	05:00 11:10 17:10 23:20	1.07 ↓ 5.74 ↑ 1.47 ↓ 5.81 ↑	14 SEG	03:30 09:40 15:30 21:40	1.17 ↓ 5.51 ↑ 1.61 ↓ 5.70 ↑	30 QUA	05:30 11:40 17:50	1.20 ↓ 5.84 ↑ 1.36 ↓
15 QUI	03:10 09:20 15:10 21:20	0.91 ↓ 5.82 ↑ 1.40 ↓ 5.86 ↑	31 SAB	04:10 10:30 16:20 22:30	0.87 ↓ 5.87 ↑ 1.39 ↓ 5.95 ↑	15 DOM	03:50 10:00 15:50 22:00	1.40 ↓ 5.31 ↑ 1.84 ↓ 5.46 ↑				15 TER	04:10 10:30 16:20 22:30	1.30 ↓ 5.44 ↑ 1.66 ↓ 5.60 ↑	31 QUI	00:00 06:20 12:30 19:40	5.75 ↑ 1.49 ↓ 5.71 ↑ 1.72 ↓
16 SEX	03:40 09:50 15:40 21:50	1.23 ↓ 5.53 ↑ 1.67 ↓ 5.60 ↑				16 SEG	04:30 10:50 16:40 22:50	1.60 ↓ 5.14 ↑ 1.99 ↓ 5.30 ↑				16 QUA	05:00 11:20 17:20 23:30	1.43 ↓ 5.41 ↑ 1.70 ↓ 5.53 ↑			