



OCA PREVÊ | Tábua de Marés 2026
Estação: Arrozal - Barcarena, PA
Latitude: 1°27'52.63" S | Longitude: 48°36'46.64" W | UTC -3

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	01:30 10:00 15:20 21:50	1.15 ↓ 2.96 ↑ 0.85 ↓ 3.37 ↑	17 SAB	04:50 11:00 16:20 22:50	0.78 ↓ 2.85 ↑ 0.83 ↓ 3.23 ↑	01 DOM	05:20 11:30 17:10 23:30	0.48 ↓ 3.30 ↑ 0.69 ↓ 3.51 ↑	17 TER	05:50 12:00 17:40	0.64 ↓ 3.24 ↑ 0.68 ↓	01 DOM	04:20 10:30 16:10 22:30	0.52 ↓ 3.04 ↑ 0.70 ↓ 3.24 ↑	17 TER	04:40 10:50 16:40 22:50	0.69 ↓ 3.15 ↑ 0.64 ↓ 3.44 ↑
02 SEX	04:40 10:50 16:20 22:40	0.55 ↓ 3.16 ↑ 0.81 ↓ 3.51 ↑	18 DOM	05:30 11:40 17:10 23:30	0.75 ↓ 3.01 ↑ 0.79 ↓ 3.34 ↑	02 SEG	06:10 12:20 18:10	0.38 ↓ 3.44 ↑ 0.59 ↓	18 QUA	00:00 06:20 12:30 18:20	3.55 ↑ 0.61 ↓ 3.33 ↑ 0.66 ↓	02 SEG	05:10 11:20 17:10 23:20	0.33 ↓ 3.31 ↑ 0.53 ↓ 3.49 ↑	18 QUA	05:20 11:30 17:20 23:40	0.58 ↓ 3.38 ↑ 0.55 ↓ 3.64 ↑
03 SAB	05:30 11:50 17:20 23:40	0.52 ↓ 3.30 ↑ 0.77 ↓ 3.58 ↑	19 SEG	06:10 12:20 17:50	0.72 ↓ 3.11 ↑ 0.80 ↓	03 TER	00:20 06:50 13:00 18:50	3.60 ↑ 0.38 ↓ 3.48 ↑ 0.60 ↓	19 QUI	00:30 07:00 13:00 19:00	3.63 ↑ 0.60 ↓ 3.38 ↑ 0.66 ↓	03 TER	05:50 12:00 17:50	0.26 ↓ 3.50 ↑ 0.47 ↓	19 QUI	05:50 12:00 18:00	0.56 ↓ 3.54 ↑ 0.51 ↓
04 DOM	06:20 12:30 18:10	0.52 ↓ 3.39 ↑ 0.77 ↓	20 TER	00:10 06:50 13:00 18:30	3.41 ↑ 0.69 ↓ 3.13 ↑ 0.83 ↓	04 QUA	01:00 07:40 13:50 19:30	3.61 ↑ 0.35 ↓ 3.41 ↑ 0.62 ↓	20 SEX	01:10 07:30 13:30 19:40	3.61 ↑ 0.66 ↓ 3.41 ↑ 0.67 ↓	04 QUA	00:00 06:30 12:40 18:30	3.64 ↑ 0.26 ↓ 3.57 ↑ 0.44 ↓	20 SEX	00:20 06:30 12:30 18:50	3.71 ↑ 0.59 ↓ 3.63 ↑ 0.49 ↓
05 SEG	00:30 07:10 13:20 19:00	3.57 ↑ 0.51 ↓ 3.37 ↑ 0.78 ↓	21 QUA	00:50 07:20 13:30 19:10	3.44 ↑ 0.71 ↓ 3.11 ↑ 0.85 ↓	05 QUI	01:40 08:10 14:20 20:10	3.51 ↑ 0.49 ↓ 3.27 ↑ 0.64 ↓	21 SAB	01:50 08:00 14:00 20:20	3.49 ↑ 0.73 ↓ 3.42 ↑ 0.70 ↓	05 QUI	00:50 07:10 13:10 19:10	3.67 ↑ 0.32 ↓ 3.53 ↑ 0.45 ↓	21 SAB	01:00 07:00 13:00 19:30	3.66 ↑ 0.68 ↓ 3.68 ↑ 0.53 ↓
06 TER	01:10 07:50 14:10 19:50	3.49 ↑ 0.58 ↓ 3.27 ↑ 0.79 ↓	22 QUI	01:20 08:00 14:00 19:50	3.43 ↑ 0.71 ↓ 3.09 ↑ 0.87 ↓	06 SEX	02:20 08:50 14:50 20:50	3.32 ↑ 0.60 ↓ 3.09 ↑ 0.67 ↓	22 DOM	02:30 08:30 14:40 21:10	3.30 ↑ 0.81 ↓ 3.38 ↑ 0.74 ↓	06 SEX	01:20 07:40 13:40 19:50	3.57 ↑ 0.48 ↓ 3.41 ↑ 0.48 ↓	22 DOM	01:40 07:30 13:30 20:10	3.50 ↑ 0.78 ↓ 3.68 ↑ 0.62 ↓
07 QUA	02:00 08:40 14:50 20:30	3.36 ↑ 0.60 ↓ 3.10 ↑ 0.83 ↓	23 SEX	02:00 08:30 14:40 20:30	3.36 ↑ 0.76 ↓ 3.05 ↑ 0.87 ↓	07 SAB	03:00 09:20 15:20 21:30	3.07 ↑ 0.73 ↓ 2.91 ↑ 0.71 ↓	23 SEG	03:20 09:00 15:20 22:10	3.03 ↑ 0.87 ↓ 3.28 ↑ 0.84 ↓	07 SAB	02:00 08:10 14:10 20:30	3.35 ↑ 0.62 ↓ 3.24 ↑ 0.53 ↓	23 SEG	02:20 08:00 14:10 21:00	3.27 ↑ 0.86 ↓ 3.56 ↑ 0.74 ↓
08 QUI	02:40 09:20 15:30 21:20	3.18 ↑ 0.70 ↓ 2.91 ↑ 0.86 ↓	24 SAB	02:40 09:00 15:10 21:20	3.22 ↑ 0.81 ↓ 3.07 ↑ 0.85 ↓	08 DOM	03:40 09:40 15:50 22:20	2.78 ↑ 0.83 ↓ 2.76 ↑ 0.79 ↓	24 TER	04:10 09:40 16:10 23:10	2.76 ↑ 0.95 ↓ 3.10 ↑ 1.00 ↓	08 DOM	02:40 08:30 14:30 21:10	3.06 ↑ 0.74 ↓ 3.07 ↑ 0.62 ↓	24 TER	03:00 08:30 14:50 21:50	3.00 ↑ 0.93 ↓ 3.35 ↑ 0.92 ↓
09 SEX	03:20 10:00 16:10 22:00	2.97 ↑ 0.80 ↓ 2.73 ↑ 0.89 ↓	25 DOM	03:30 09:40 16:00 22:30	3.02 ↑ 0.86 ↓ 3.02 ↑ 0.85 ↓	09 SEG	04:20 10:00 16:20 23:20	2.49 ↑ 0.92 ↓ 2.64 ↑ 0.94 ↓	25 QUA	05:10 10:40 17:20	2.51 ↑ 1.05 ↓ 2.82 ↑	09 SEG	03:10 08:40 14:50 21:40	2.74 ↑ 0.86 ↓ 2.92 ↑ 0.74 ↓	25 QUA	03:50 09:20 15:40 22:50	2.72 ↑ 1.02 ↓ 3.05 ↑ 1.11 ↓
10 SAB	04:10 10:40 16:50 23:00	2.75 ↑ 0.90 ↓ 2.60 ↑ 0.94 ↓	26 SEG	04:30 10:20 16:50 23:40	2.78 ↑ 0.92 ↓ 2.97 ↑ 0.93 ↓	10 TER	05:20 10:30 17:00	2.25 ↑ 1.02 ↓ 2.55 ↑	26 QUI	00:30 06:40 12:00 18:40	1.15 ↓ 2.34 ↑ 1.16 ↓ 2.63 ↑	10 TER	03:40 09:00 15:20 22:30	2.44 ↑ 0.97 ↓ 2.76 ↑ 0.91 ↓	26 QUI	05:00 10:20 16:50	2.45 ↑ 1.13 ↓ 2.70 ↑
11 DOM	05:10 11:20 17:30	2.53 ↑ 0.98 ↓ 2.53 ↑	27 TER	05:40 11:20 17:50	2.57 ↑ 1.00 ↓ 2.89 ↑	11 QUA	00:30 06:30 11:10 18:10	1.11 ↓ 2.11 ↑ 1.12 ↓ 2.47 ↑	27 SEX	02:00 08:20 13:40 20:20	1.08 ↓ 2.44 ↑ 1.13 ↓ 2.69 ↑	11 QUA	04:20 09:30 16:10 23:20	2.20 ↑ 1.08 ↓ 2.57 ↑ 1.08 ↓	27 SEX	00:10 06:30 12:00 18:30	1.26 ↓ 2.29 ↑ 1.23 ↓ 2.45 ↑
12 SEG	00:10 06:10 11:50 18:20	1.02 ↓ 2.36 ↑ 1.02 ↓ 2.53 ↑	28 QUA	01:00 07:10 12:30 19:10	0.99 ↓ 2.45 ↑ 1.07 ↓ 2.82 ↑	12 QUI	01:40 07:50 12:30 19:20	1.19 ↓ 2.13 ↑ 1.13 ↓ 2.48 ↑	28 SAB	03:20 09:30 15:10 21:30	0.79 ↓ 2.72 ↑ 0.90 ↓ 2.96 ↑	12 QUI	05:20 10:20 17:10	2.05 ↑ 1.17 ↓ 2.40 ↑	28 SAB	01:40 08:00 13:40 20:10	1.13 ↓ 2.42 ↑ 1.13 ↓ 2.57 ↑
13 TER	01:20 07:30 12:40 19:10	1.05 ↓ 2.28 ↑ 1.05 ↓ 2.60 ↑	29 QUI	02:20 08:30 13:50 20:30	0.92 ↓ 2.56 ↑ 1.04 ↓ 2.92 ↑	13 SEX	02:50 09:00 14:00 20:40	1.14 ↓ 2.30 ↑ 1.06 ↓ 2.66 ↑				13 SEX	00:40 06:40 11:50 18:40	1.27 ↓ 2.03 ↑ 1.20 ↓ 2.32 ↑	29 DOM	03:00 09:10 15:00 21:20	0.75 ↓ 2.71 ↑ 0.86 ↓ 2.86 ↑
14 QUA	02:30 08:40 13:30 20:10	0.99 ↓ 2.32 ↑ 1.03 ↓ 2.73 ↑	30 SEX	03:30 09:40 15:10 21:40	0.76 ↓ 2.79 ↑ 0.92 ↓ 3.13 ↑	14 SAB	03:40 09:50 15:10 21:40	1.02 ↓ 2.55 ↑ 0.94 ↓ 2.90 ↑				14 SAB	02:00 08:10 13:30 20:10	1.27 ↓ 2.23 ↑ 1.12 ↓ 2.50 ↑	30 SEG	03:50 10:10 16:00 22:10	0.52 ↓ 3.03 ↑ 0.62 ↓ 3.17 ↑
15 QUI	03:20 09:40 14:30 21:10	0.90 ↓ 2.45 ↑ 0.97 ↓ 2.90 ↑	31 SAB	04:30 10:40 16:20 22:40	0.59 ↓ 3.06 ↑ 0.78 ↓ 3.34 ↑	15 DOM	04:30 10:40 16:10 22:30	0.88 ↓ 2.83 ↑ 0.82 ↓ 3.16 ↑				15 DOM	03:00 09:20 14:50 21:20	1.10 ↓ 2.53 ↑ 0.96 ↓ 2.82 ↑	31 TER	04:40 10:50 16:50 23:00	0.32 ↓ 3.31 ↑ 0.45 ↓ 3.43 ↑
16 SEX	04:10 10:20 15:30 22:00	0.83 ↓ 2.65 ↑ 0.89 ↓ 3.08 ↑				16 SEG	05:10 11:20 17:00 23:20	0.75 ↓ 3.07 ↑ 0.73 ↓ 3.38 ↑				16 SEG	03:50 10:10 15:50 22:10	0.89 ↓ 2.86 ↑ 0.78 ↓ 3.15 ↑			

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 ☀	05:20 11:30 17:30 23:40	0.28 ↓ 3.50 ↑ 0.37 ↓ 3.59 ↑	17 SEX ☾	05:20 11:20 17:50	0.59 ↓ 3.69 ↑ 0.40 ↓	01 SEX ☀	05:20 11:20 17:50	0.50 ↓ 3.54 ↑ 0.31 ↓	17 DOM ☾	05:20 11:30 18:20	0.75 ↓ 3.83 ↑ 0.46 ↓	01 SEG ☾	00:20 05:40 11:50 18:50	3.11 ↑ 0.78 ↓ 3.45 ↑ 0.56 ↓	17 QUA ☀	01:10 06:40 13:00 19:40	3.33 ↑ 0.88 ↓ 3.56 ↑ 0.71 ↓
02 QUI	06:00 12:00 18:10	0.31 ↓ 3.60 ↑ 0.33 ↓	18 SAB	00:00 05:50 12:00 18:30	3.66 ↑ 0.67 ↓ 3.80 ↑ 0.43 ↓	02 SAB	00:10 05:50 11:50 18:30	3.38 ↑ 0.60 ↓ 3.57 ↑ 0.34 ↓	18 SEG	00:30 06:00 12:20 19:10	3.46 ↑ 0.83 ↓ 3.79 ↑ 0.56 ↓	02 TER	01:00 06:10 12:30 19:20	3.02 ↑ 0.83 ↓ 3.36 ↑ 0.68 ↓	18 QUI	01:50 07:30 13:40 20:30	3.23 ↑ 0.90 ↓ 3.38 ↑ 0.77 ↓
03 SEX	00:30 06:30 12:30 18:50	3.59 ↑ 0.44 ↓ 3.59 ↑ 0.34 ↓	19 DOM	00:50 06:20 12:30 19:20	3.58 ↑ 0.77 ↓ 3.84 ↑ 0.51 ↓	03 DOM	00:50 06:20 12:20 19:10	3.29 ↑ 0.70 ↓ 3.52 ↑ 0.43 ↓	19 TER	01:20 06:40 13:00 19:50	3.33 ↑ 0.91 ↓ 3.65 ↑ 0.73 ↓	03 QUA	01:30 06:50 13:00 19:50	2.90 ↑ 0.89 ↓ 3.23 ↑ 0.80 ↓	19 SEX	02:40 08:20 14:30 21:20	3.07 ↑ 0.93 ↓ 3.17 ↑ 0.82 ↓
04 SAB	01:10 07:00 13:00 19:30	3.48 ↑ 0.58 ↓ 3.50 ↑ 0.39 ↓	20 SEG	01:30 07:00 13:10 20:00	3.42 ↑ 0.86 ↓ 3.74 ↑ 0.66 ↓	04 SEG	01:20 06:40 12:50 19:40	3.12 ↑ 0.79 ↓ 3.40 ↑ 0.57 ↓	20 QUA	02:00 07:30 13:40 20:40	3.17 ↑ 0.98 ↓ 3.43 ↑ 0.87 ↓	04 QUI	01:50 07:20 13:40 20:20	2.77 ↑ 0.98 ↓ 3.07 ↑ 0.90 ↓	20 SAB	03:30 09:10 15:20 22:10	2.90 ↑ 0.97 ↓ 2.86 ↑ 0.88 ↓
05 DOM	01:40 07:20 13:20 20:00	3.26 ↑ 0.71 ↓ 3.36 ↑ 0.50 ↓	21 TER	02:10 07:40 13:50 20:40	3.19 ↑ 0.94 ↓ 3.54 ↑ 0.84 ↓	05 TER	01:50 07:00 13:20 20:10	2.91 ↑ 0.89 ↓ 3.23 ↑ 0.72 ↓	21 QUI	02:50 08:20 14:30 21:30	2.95 ↑ 1.04 ↓ 3.14 ↑ 0.99 ↓	05 SEX	02:20 08:00 14:10 20:50	2.65 ↑ 1.04 ↓ 2.95 ↑ 0.96 ↓	21 DOM ☾	04:30 10:10 16:10 23:00	2.71 ↑ 1.01 ↓ 2.76 ↑ 0.94 ↓
06 SEG	02:20 07:40 13:50 20:40	2.97 ↑ 0.82 ↓ 3.19 ↑ 0.63 ↓	22 QUA	02:50 08:20 14:40 21:30	2.95 ↑ 1.01 ↓ 3.23 ↑ 1.01 ↓	06 QUA	02:20 07:30 13:50 20:40	2.69 ↑ 0.99 ↓ 3.05 ↑ 0.88 ↓	22 SEX	03:40 09:10 15:30 22:30	2.74 ↑ 1.09 ↓ 2.84 ↑ 1.07 ↓	06 SAB	03:00 08:40 14:50 21:40	2.55 ↑ 1.09 ↓ 2.82 ↑ 0.96 ↓	22 SEG	05:20 11:10 17:10 23:50	2.59 ↑ 1.05 ↓ 2.60 ↑ 0.99 ↓
07 TER	02:40 08:00 14:10 21:10	2.69 ↑ 0.93 ↓ 3.03 ↑ 0.79 ↓	23 QUI ☾	03:40 09:10 15:30 22:40	2.70 ↑ 1.10 ↓ 2.90 ↑ 1.17 ↓	07 QUI	02:40 08:00 14:20 21:10	2.51 ↑ 1.08 ↓ 2.87 ↑ 1.01 ↓	23 SAB ☾	04:40 10:20 16:30 23:30	2.56 ↑ 1.13 ↓ 2.62 ↑ 1.10 ↓	07 DOM	03:50 09:30 15:40 22:30	2.48 ↑ 1.11 ↓ 2.71 ↑ 0.96 ↓	23 TER	06:20 12:20 18:30	2.54 ↑ 1.07 ↓ 2.50 ↑
08 QUA	03:10 08:20 14:40 21:40	2.44 ↑ 1.04 ↓ 2.83 ↑ 0.95 ↓	24 SEX	04:50 10:20 16:40	2.46 ↑ 1.18 ↓ 2.59 ↑	08 SEX	03:20 08:40 15:00 22:00	2.36 ↑ 1.15 ↓ 2.68 ↑ 1.08 ↓	24 DOM	06:00 11:40 17:50	2.45 ↑ 1.17 ↓ 2.50 ↑	08 SEG ☾	04:50 10:40 16:50 23:20	2.44 ↑ 1.08 ↓ 2.61 ↑ 0.97 ↓	24 QUA	00:40 07:10 13:30 19:40	1.01 ↓ 2.58 ↑ 0.99 ↓ 2.49 ↑
09 QUI	03:40 08:50 15:30 22:30	2.24 ↑ 1.13 ↓ 2.61 ↑ 1.11 ↓	25 SAB	00:00 06:20 12:00 18:20	1.23 ↓ 2.34 ↑ 1.23 ↓ 2.42 ↑	09 SAB ☾	04:10 09:40 16:00 23:00	2.26 ↑ 1.20 ↓ 2.51 ↑ 1.12 ↓	25 SEG	00:40 07:10 13:00 19:10	1.03 ↓ 2.50 ↑ 1.11 ↓ 2.52 ↑	09 TER	05:50 12:00 18:00	2.48 ↑ 1.02 ↓ 2.58 ↑	25 QUI	01:30 07:50 14:40 20:50	1.00 ↓ 2.70 ↑ 0.83 ↓ 2.55 ↑
10 SEX ☾	04:30 09:50 16:30 23:40	2.11 ↑ 1.21 ↓ 2.41 ↑ 1.23 ↓	26 DOM	01:20 07:40 13:30 19:40	1.06 ↓ 2.46 ↑ 1.11 ↓ 2.53 ↑	10 DOM	05:20 11:00 17:20	2.21 ↑ 1.19 ↓ 2.41 ↑	26 TER	01:40 08:10 14:10 20:20	0.89 ↓ 2.65 ↑ 0.91 ↓ 2.66 ↑	10 QUA	00:30 06:50 13:20 19:30	0.95 ↓ 2.63 ↑ 0.90 ↓ 2.67 ↑	26 SEX	02:20 08:40 15:30 21:50	0.96 ↓ 2.87 ↑ 0.69 ↓ 2.65 ↑
11 SAB	05:50 11:20 18:00	2.07 ↑ 1.23 ↓ 2.29 ↑	27 SEG	02:30 08:50 14:40 20:50	0.75 ↓ 2.70 ↑ 0.85 ↓ 2.78 ↑	11 SEG	00:10 06:40 12:30 18:40	1.11 ↓ 2.30 ↑ 1.10 ↓ 2.49 ↑	27 QUA	02:30 08:50 15:10 21:20	0.77 ↓ 2.86 ↑ 0.69 ↓ 2.83 ↑	11 QUI	01:30 07:50 14:30 20:40	0.90 ↓ 2.86 ↑ 0.74 ↓ 2.86 ↑	27 SAB	03:10 09:30 16:20 22:40	0.91 ↓ 3.05 ↑ 0.61 ↓ 2.78 ↑
12 DOM	01:00 07:30 13:00 19:30	1.24 ↓ 2.23 ↑ 1.14 ↓ 2.45 ↑	28 TER	03:20 09:40 15:40 21:50	0.55 ↓ 2.97 ↑ 0.61 ↓ 3.04 ↑	12 TER	01:20 07:50 13:50 20:00	1.00 ↓ 2.56 ↑ 0.93 ↓ 2.74 ↑	28 QUI	03:20 09:30 16:00 22:10	0.69 ↓ 3.08 ↑ 0.52 ↓ 2.99 ↑	12 SEX	02:20 08:50 15:30 21:50	0.85 ↓ 3.15 ↑ 0.59 ↓ 3.05 ↑	28 DOM	03:50 10:10 17:10 23:20	0.86 ↓ 3.21 ↑ 0.59 ↓ 2.90 ↑
13 SEG	02:20 08:40 14:20 20:40	1.07 ↓ 2.54 ↑ 0.96 ↓ 2.78 ↑	29 QUA	04:00 10:20 16:20 22:40	0.46 ↓ 3.23 ↑ 0.46 ↓ 3.26 ↑	13 QUA	02:20 08:40 15:00 21:10	0.85 ↓ 2.88 ↑ 0.71 ↓ 3.04 ↑	29 SEX	04:00 10:10 16:50 23:00	0.69 ↓ 3.27 ↑ 0.42 ↓ 3.09 ↑	13 SAB	03:20 09:40 16:30 22:40	0.81 ↓ 3.42 ↑ 0.50 ↓ 3.22 ↑	29 SEG ☾	04:30 10:50 17:50	0.82 ↓ 3.31 ↑ 0.62 ↓
14 TER	03:10 09:30 15:20 21:40	0.85 ↓ 2.88 ↑ 0.75 ↓ 3.13 ↑	30 QUI	04:40 10:50 17:10 23:20	0.45 ↓ 3.43 ↑ 0.34 ↓ 3.39 ↑	14 QUI	03:10 09:30 15:50 22:10	0.73 ↓ 3.21 ↑ 0.54 ↓ 3.29 ↑	30 SAB	04:30 10:40 17:30 23:50	0.71 ↓ 3.41 ↑ 0.41 ↓ 3.11 ↑	14 DOM ☾	04:10 10:30 17:20 23:30	0.80 ↓ 3.61 ↑ 0.49 ↓ 3.33 ↑	30 TER	00:00 05:20 11:40 18:30	2.97 ↑ 0.80 ↓ 3.35 ↑ 0.67 ↓
15 QUA	04:00 10:10 16:20 22:30	0.67 ↓ 3.21 ↑ 0.56 ↓ 3.43 ↑				15 SEX	04:00 10:10 16:40 23:00	0.67 ↓ 3.50 ↑ 0.43 ↓ 3.44 ↑	31 DOM ☾	05:10 11:20 18:10	0.74 ↓ 3.47 ↑ 0.46 ↓	15 SEG	05:00 11:20 18:10	0.81 ↓ 3.70 ↑ 0.53 ↓			
16 QUI	04:40 10:50 17:00 23:20	0.59 ↓ 3.48 ↑ 0.45 ↓ 3.60 ↑				16 SAB ☾	04:40 10:50 17:30 23:50	0.69 ↓ 3.72 ↑ 0.41 ↓ 3.49 ↑				16 TER	00:20 05:50 12:10 19:00	3.37 ↑ 0.84 ↓ 3.68 ↑ 0.59 ↓			

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	00:30	3.01 ↑	17 SEX	01:40	3.38 ↑	01 SAB	01:10	3.16 ↑	17 SEG	02:30	3.26 ↑	01 TER	01:40	3.47 ↑	17 QUI	02:40	2.99 ↑
	06:00	0.80 ↓		07:30	0.72 ↓		07:00	0.76 ↓		08:40	0.63 ↓		08:00	0.66 ↓		09:30	0.72 ↓
	12:20	3.33 ↑		13:40	3.48 ↑		13:10	3.41 ↑		14:40	3.21 ↑		14:10	3.35 ↑		15:40	2.54 ↑
	19:00	0.73 ↓		20:20	0.54 ↓		19:40	0.67 ↓		21:00	0.68 ↓		20:00	0.79 ↓		20:50	0.98 ↓
02 QUI	01:00	2.99 ↑	18 SAB	02:30	3.26 ↑	02 DOM	01:50	3.13 ↑	18 TER	03:00	3.06 ↑	02 QUA	02:10	3.47 ↑	18 SEX 🌙	03:10	2.79 ↑
	06:40	0.83 ↓		08:10	0.76 ↓		07:40	0.78 ↓		09:20	0.69 ↓		08:40	0.71 ↓		10:10	0.88 ↓
	12:50	3.28 ↑		14:20	3.32 ↑		13:50	3.35 ↑		15:20	2.92 ↑		14:50	3.12 ↑		16:20	2.26 ↑
	19:30	0.78 ↓		21:00	0.62 ↓		20:10	0.70 ↓		21:20	0.80 ↓		20:30	0.86 ↓		21:10	1.11 ↓
03 SEX	01:40	2.93 ↑	19 DOM	03:10	3.09 ↑	03 SEG	02:20	3.11 ↑	19 QUA 🌙	03:30	2.87 ↑	03 QUI	02:50	3.38 ↑	19 SAB	03:50	2.58 ↑
	07:10	0.90 ↓		09:00	0.80 ↓		08:10	0.83 ↓		10:00	0.77 ↓		09:30	0.79 ↓		11:10	1.09 ↓
	13:30	3.20 ↑		15:00	3.12 ↑		14:20	3.25 ↑		16:10	2.61 ↑		15:40	2.85 ↑		17:10	2.06 ↑
	20:00	0.81 ↓		21:40	0.72 ↓		20:40	0.75 ↓		21:50	0.91 ↑		21:10	0.93 ↓		22:00	1.20 ↓
04 SAB	02:10	2.86 ↑	20 SEG	03:50	2.90 ↑	04 TER	02:50	3.12 ↑	20 QUI	04:00	2.71 ↑	04 SEX 🌙	03:30	3.23 ↑	20 DOM	04:50	2.38 ↑
	07:50	0.94 ↓		09:40	0.85 ↓		09:00	0.81 ↓		11:00	0.92 ↓		10:30	0.94 ↓		12:20	1.28 ↓
	14:00	3.13 ↑		15:50	2.89 ↑		15:10	3.07 ↑		17:00	2.34 ↑		16:40	2.58 ↑		18:30	1.99 ↑
	20:40	0.80 ↓		22:10	0.83 ↓		21:10	0.81 ↓		22:10	1.03 ↓		22:00	1.03 ↓		23:20	1.23 ↓
05 DOM	02:40	2.81 ↑	21 TER 🌙	04:30	2.74 ↑	05 QUA 🌙	03:30	3.10 ↑	21 SEX	04:40	2.56 ↑	05 SAB	04:30	2.98 ↑	21 SEG	06:20	2.27 ↑
	08:30	0.97 ↓		10:40	0.91 ↓		09:50	0.82 ↓		12:00	1.08 ↓		11:50	1.12 ↓		13:50	1.33 ↓
	14:40	3.04 ↑		16:40	2.65 ↑		16:00	2.86 ↑		18:10	2.13 ↑		18:00	2.35 ↑		20:00	2.14 ↑
	21:10	0.83 ↓		22:50	0.92 ↓		21:50	0.88 ↓		22:50	1.14 ↓		23:10	1.15 ↓			
06 SEG	03:20	2.78 ↑	22 QUA	05:10	2.61 ↑	06 QUI	04:10	3.07 ↑	22 SAB	05:40	2.44 ↑	06 DOM	05:50	2.70 ↑	22 TER	01:10	1.15 ↓
	09:10	0.99 ↓		11:40	0.99 ↓		11:00	0.89 ↓		13:20	1.23 ↓		13:20	1.18 ↓		07:50	2.40 ↓
	15:20	2.93 ↑		17:50	2.43 ↑		17:00	2.63 ↑		19:40	2.07 ↑		19:30	2.34 ↑		14:50	1.16 ↓
	21:50	0.84 ↓		23:30	1.01 ↓		22:40	0.97 ↓								21:00	2.43 ↑
07 TER 🌙	04:10	2.76 ↑	23 QUI	05:50	2.55 ↑	07 SEX	05:10	2.95 ↑	23 DOM	00:10	1.18 ↓	07 SEG	00:50	1.18 ↓	23 QUA	02:30	0.99 ↓
	10:10	0.95 ↓		12:50	1.06 ↓		12:10	0.99 ↓		07:00	2.41 ↑		07:40	2.61 ↑		09:00	2.69 ↑
	16:20	2.78 ↑		19:00	2.29 ↑		18:20	2.44 ↑		14:30	1.18 ↓		14:40	0.97 ↓		15:40	0.94 ↓
	22:40	0.88 ↓					23:40	1.07 ↓		20:50	2.20 ↑		20:50	2.59 ↑		21:50	2.76 ↑
08 QUA	05:00	2.77 ↑	24 SEX	00:20	1.08 ↓	08 SAB	06:20	2.82 ↑	24 SEG	01:40	1.13 ↓	08 TER	02:30	1.00 ↓	24 QUI	03:30	0.80 ↓
	11:20	0.93 ↓		06:50	2.55 ↑		13:40	1.02 ↓		08:20	2.55 ↑		09:00	2.85 ↑		09:50	3.01 ↑
	17:30	2.64 ↑		14:00	1.03 ↓		19:50	2.44 ↑		15:30	1.05 ↓		15:50	0.66 ↓		16:20	0.74 ↓
	23:30	0.94 ↓		20:20	2.27 ↑					21:40	2.44 ↑		22:00	2.93 ↑		22:30	3.07 ↑
09 QUI	06:00	2.79 ↑	25 SAB	01:10	1.10 ↓	09 DOM	01:00	1.11 ↓	25 TER	03:00	0.99 ↓	09 QUA	03:40	0.75 ↓	25 SEX	04:20	0.65 ↓
	12:40	0.92 ↓		07:50	2.63 ↑		07:50	2.80 ↑		09:30	2.80 ↑		10:10	3.16 ↑		10:40	3.31 ↑
	18:50	2.56 ↑		15:10	0.92 ↓		15:00	0.88 ↓		16:20	0.90 ↓		16:40	0.45 ↓		17:00	0.60 ↓
				21:30	2.35 ↑		21:10	2.65 ↑		22:20	2.73 ↑		22:50	3.26 ↑		23:10	3.33 ↑
10 SEX	00:30	0.99 ↓	26 DOM	02:20	1.05 ↓	10 SEG	02:30	1.01 ↓	26 QUA	04:00	0.83 ↓	10 QUI	04:40	0.55 ↓	26 SAB 🌙	05:10	0.53 ↓
	07:00	2.87 ↑		08:50	2.79 ↑		09:10	3.00 ↑		10:20	3.06 ↑		11:00	3.43 ↑		11:20	3.53 ↑
	14:00	0.85 ↓		16:00	0.84 ↓		16:00	0.72 ↓		17:00	0.77 ↓		17:20	0.35 ↓		17:30	0.55 ↓
	20:20	2.63 ↑		22:10	2.56 ↑		22:10	2.93 ↑		23:00	3.00 ↑		23:30	3.51 ↑		23:40	3.51 ↑
11 SAB	01:40	0.99 ↓	27 SEG	03:20	0.95 ↓	11 TER	03:50	0.83 ↓	27 QUI	04:40	0.70 ↓	11 SEX 🌙	05:30	0.43 ↓	27 DOM	05:50	0.48 ↓
	08:10	3.01 ↑		09:50	2.98 ↑		10:10	3.26 ↑		11:00	3.30 ↑		11:40	3.63 ↑		12:00	3.64 ↑
	15:10	0.74 ↓		16:50	0.77 ↓		17:00	0.53 ↓		17:30	0.67 ↓		18:10	0.24 ↓		18:00	0.58 ↓
	21:30	2.81 ↑		22:50	2.77 ↑		23:10	3.21 ↑		23:40	3.21 ↑						
12 DOM	02:50	0.93 ↓	28 TER	04:10	0.84 ↓	12 QUA 🌙	04:50	0.68 ↓	28 SEX 🌙	05:30	0.62 ↓	12 SAB	00:20	3.64 ↑	28 SEG	00:10	3.62 ↑
	09:20	3.22 ↑		10:40	3.16 ↑		11:10	3.48 ↑		11:40	3.48 ↑		06:10	0.40 ↓		06:30	0.47 ↓
	16:20	0.61 ↓		17:30	0.73 ↓		17:50	0.40 ↓		18:10	0.58 ↓		12:30	3.70 ↑		12:40	3.64 ↑
	22:30	3.03 ↑		23:30	2.95 ↑		23:50	3.43 ↑					18:40	0.34 ↓		18:30	0.67 ↓
13 SEG	03:50	0.86 ↓	29 QUA 🌙	05:00	0.77 ↓	13 QUI	05:40	0.59 ↓	29 SAB	00:10	3.34 ↑	13 DOM	00:50	3.65 ↑	29 TER	00:40	3.69 ↑
	10:20	3.42 ↑		11:20	3.29 ↑		12:00	3.63 ↑		06:10	0.59 ↓		07:00	0.38 ↓		07:10	0.50 ↓
	17:10	0.56 ↓		18:00	0.71 ↓		18:30	0.37 ↓		12:20	3.57 ↑		13:10	3.64 ↑		13:20	3.52 ↑
	23:20	3.22 ↑								18:40	0.57 ↓		19:20	0.43 ↓		19:00	0.77 ↓
14 TER 🌙	04:50	0.80 ↓	30 QUI	00:10	3.08 ↑	14 SEX	00:40	3.55 ↑	30 DOM	00:50	3.40 ↑	14 SEG	01:20	3.55 ↑	30 QUA	01:10	3.71 ↑
	11:10	3.55 ↑		05:40	0.73 ↓		06:30	0.54 ↓		06:40	0.62 ↓		07:40	0.43 ↓		07:50	0.59 ↓
	18:00	0.53 ↓		12:00	3.38 ↑		12:40	3.67 ↑		12:50	3.59 ↑		13:50	3.46 ↑		14:00	3.32 ↑
				18:40	0.67 ↓		19:10	0.38 ↓		19:10	0.61 ↓		19:50	0.59 ↓		19:30	0.86 ↓
15 QUA	00:10	3.36 ↑	31 SEX	00:40	3.15 ↑	15 SAB	01:20	3.54 ↑	31 SEG	01:10	3.44 ↑	15 TER	01:50	3.38 ↑			
	05:50	0.74 ↓		06:20	0.74 ↓		07:10	0.56 ↓		07:20	0.63 ↓		08:10	0.51 ↓			
	12:10	3.61 ↑		12:40	3.42 ↑		13:20	3.61 ↑		13:30	3.51 ↑		14:30	3.19 ↑			
	18:50	0.50 ↓		19:10	0.66 ↓		19:50	0.43 ↓		19:40	0.69 ↓		20:10	0.74 ↓			
16 QUI	01:00	3.41 ↑				16 DOM	02:00	3.44 ↑				16 QUA	02:20	3.18 ↑			
	06:40	0.72 ↓					08:00	0.57 ↓					08:50	0.60 ↓			
	13:00	3.58 ↑					14:00	3.45 ↑					15:00	2.87 ↑			
	19:30	0.55 ↓					20:30	0.53 ↓					20:30	0.86 ↓			



OCA PREVÊ | Tábua de Marés 2026
Estação: Arrozal - Barcarena, PA
Latitude: 1°27'52.63" S | Longitude: 48°36'46.64" 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	01:40 08:30 14:40 20:10	3.66 ↑ 0.71 ↓ 3.07 ↑ 0.94 ↓	17 SAB	02:30 09:40 15:40 20:40	2.83 ↑ 0.94 ↓ 2.26 ↑ 1.15 ↓	01 DOM	03:00 10:00 16:10 21:50	3.08 ↑ 1.12 ↓ 2.57 ↑ 1.14 ↓	17 TER	03:50 10:40 17:00 22:40	2.48 ↑ 1.09 ↓ 2.21 ↑ 1.14 ↓	01 TER	04:00 11:00 17:20 23:10	2.77 ↑ 1.06 ↓ 2.55 ↑ 1.11 ↓	17 QUI	04:20 10:50 17:20 23:20	2.59 ↑ 0.91 ↓ 2.50 ↑ 1.02 ↓
02 SEX	02:20 09:20 15:20 20:50	3.48 ↑ 0.86 ↓ 2.82 ↑ 1.01 ↓	18 DOM	03:10 10:20 16:20 21:30	2.60 ↑ 1.09 ↓ 2.10 ↑ 1.21 ↓	02 SEG	04:10 11:20 17:30 23:10	2.74 ↑ 1.22 ↓ 2.40 ↑ 1.19 ↓	18 QUA	04:50 11:40 18:10	2.38 ↑ 1.08 ↓ 2.27 ↑	02 QUA	05:10 12:00 18:30	2.59 ↑ 1.05 ↓ 2.54 ↑	18 SEX	05:20 11:50 18:20	2.54 ↑ 2.56 ↓ 2.58 ↑
03 SAB	03:10 10:10 16:20 21:40	3.20 ↑ 1.05 ↓ 2.55 ↑ 1.11 ↓	19 SEG	04:10 11:20 17:30 23:00	2.38 ↑ 1.22 ↓ 2.04 ↑ 1.20 ↓	03 TER	05:30 12:40 19:00	2.51 ↑ 1.15 ↓ 2.43 ↑	19 QUI	00:00 06:10 12:50 19:20	1.10 ↓ 2.41 ↑ 1.01 ↓ 2.47 ↑	03 QUI	00:30 06:30 13:00 19:30	1.10 ↓ 2.53 ↑ 0.96 ↓ 2.64 ↑	19 SAB	00:40 06:40 12:50 19:20	0.95 ↓ 2.96 ↑ 0.91 ↓ 2.75 ↑
04 DOM	04:10 11:30 17:40 23:10	2.87 ↑ 1.23 ↓ 2.33 ↓ 1.20 ↓	20 TER	05:30 12:40 19:00	2.26 ↑ 1.27 ↓ 2.16 ↑	04 QUA	00:50 07:10 13:50 20:10	1.14 ↓ 2.50 ↑ 0.91 ↓ 2.65 ↑	20 SEX	01:20 07:30 13:50 20:20	0.98 ↓ 2.59 ↑ 0.89 ↓ 2.76 ↑	04 SEX	01:40 07:40 14:00 20:20	0.96 ↓ 2.60 ↑ 0.83 ↓ 2.82 ↑	20 DOM	02:00 08:00 13:40 20:10	0.84 ↓ 2.70 ↑ 0.90 ↓ 2.99 ↑
05 SEG	05:40 13:00 19:20	2.54 ↑ 1.23 ↓ 2.34 ↑	21 QUA	00:40 07:10 13:50 20:10	1.14 ↓ 2.36 ↑ 1.13 ↓ 2.44 ↑	05 QUI	02:10 08:20 14:40 21:10	0.91 ↓ 2.69 ↑ 0.71 ↓ 2.92 ↑	21 SAB	02:30 08:40 14:40 21:00	0.80 ↓ 2.86 ↑ 0.77 ↓ 3.06 ↑	05 SAB	02:40 08:50 14:50 21:10	0.77 ↓ 2.75 ↑ 0.75 ↓ 3.02 ↑	21 SEG	03:00 09:20 14:40 21:10	0.70 ↓ 2.90 ↑ 0.87 ↓ 3.24 ↑
06 TER	01:00 07:30 14:20 20:40	1.18 ↓ 2.51 ↑ 0.95 ↓ 2.61 ↑	22 QUI	02:00 08:20 14:50 21:10	0.99 ↓ 2.63 ↑ 0.91 ↓ 2.78 ↑	06 SEX	03:10 09:20 15:30 21:50	0.67 ↓ 2.94 ↑ 0.54 ↓ 3.19 ↑	22 DOM	03:30 09:40 15:30 21:50	0.62 ↓ 3.12 ↑ 0.71 ↓ 3.36 ↑	06 DOM	03:40 09:50 15:30 21:50	0.57 ↓ 2.91 ↑ 0.73 ↓ 3.20 ↑	22 TER	04:00 10:20 15:40 22:00	0.59 ↓ 3.08 ↑ 0.84 ↓ 3.47 ↑
07 QUA	02:30 08:50 15:20 21:40	0.92 ↓ 2.76 ↑ 0.65 ↓ 2.95 ↑	23 SEX	03:10 09:20 15:30 21:50	0.79 ↓ 2.96 ↑ 0.73 ↓ 3.10 ↑	07 SAB	04:00 10:10 16:20 22:30	0.49 ↓ 3.18 ↑ 0.45 ↓ 3.40 ↑	23 SEG	04:20 10:30 16:10 22:30	0.50 ↓ 3.31 ↑ 0.72 ↓ 3.60 ↑	07 SEG	04:30 10:40 16:20 22:30	0.45 ↓ 3.04 ↑ 0.73 ↓ 3.35 ↑	23 QUA	05:00 11:10 16:30 22:50	0.54 ↓ 3.23 ↑ 0.85 ↓ 3.62 ↑
08 QUI	03:30 09:50 16:10 22:20	0.67 ↓ 3.07 ↑ 0.43 ↓ 3.27 ↑	24 SAB	04:00 10:10 16:10 22:30	0.61 ↓ 3.26 ↑ 0.62 ↓ 3.39 ↑	08 DOM	04:50 11:00 17:00 23:10	0.36 ↓ 3.34 ↑ 0.49 ↓ 3.54 ↑	24 TER	05:10 11:20 16:50 23:10	0.45 ↓ 3.42 ↑ 0.77 ↓ 3.75 ↑	08 TER	05:10 11:30 16:50 23:00	0.42 ↓ 3.11 ↑ 0.77 ↓ 3.43 ↑	24 QUI	05:50 12:00 17:20 23:50	0.55 ↓ 3.31 ↑ 0.86 ↓ 3.67 ↑
09 SEX	04:30 10:40 16:50 23:10	0.45 ↓ 3.35 ↑ 0.34 ↓ 3.51 ↑	25 DOM	04:40 10:50 16:50 23:00	0.49 ↓ 3.48 ↑ 0.60 ↓ 3.61 ↑	09 SEG	05:30 11:50 17:30 23:40	0.32 ↓ 3.39 ↑ 0.60 ↓ 3.59 ↑	25 QUA	06:00 12:10 17:40 23:50	0.47 ↓ 3.42 ↑ 0.84 ↓ 3.79 ↑	09 QUA	06:00 12:10 17:30 23:40	0.43 ↓ 3.12 ↑ 0.80 ↓ 3.44 ↑	25 SEX	06:40 12:40 18:20	0.58 ↓ 3.33 ↑ 0.86 ↓
10 SAB	05:10 11:20 17:30 23:40	0.36 ↓ 3.54 ↑ 0.34 ↓ 3.64 ↑	26 SEG	05:30 11:40 17:30 23:40	0.42 ↓ 3.58 ↑ 0.65 ↓ 3.75 ↑	10 TER	06:10 12:30 18:00	0.34 ↓ 3.34 ↑ 0.71 ↓	26 QUI	06:40 13:00 18:20	0.58 ↓ 3.34 ↑ 0.91 ↓	10 QUI	06:40 12:50 18:10	0.51 ↓ 3.05 ↑ 0.83 ↓	26 SAB	00:40 07:20 13:30 19:10	3.62 ↑ 0.68 ↓ 3.28 ↑ 0.86 ↓
11 DOM	05:50 12:10 18:10	0.32 ↓ 3.60 ↑ 0.41 ↓	27 TER	06:10 12:20 18:00	0.43 ↓ 3.57 ↑ 0.76 ↓	11 QUA	00:10 06:50 13:10 18:30	3.54 ↑ 0.41 ↓ 3.19 ↑ 0.80 ↓	27 SEX	00:40 07:30 13:40 19:00	3.70 ↑ 0.70 ↓ 3.21 ↑ 0.98 ↓	11 SEX	00:20 07:10 13:20 18:40	3.37 ↑ 0.64 ↓ 2.94 ↑ 0.87 ↓	27 DOM	01:20 08:10 14:10 20:00	3.51 ↑ 0.72 ↓ 3.18 ↑ 0.87 ↓
12 SEG	00:20 06:30 12:50 18:40	3.66 ↑ 0.33 ↓ 3.54 ↑ 0.56 ↓	28 QUA	00:10 06:50 13:10 18:40	3.82 ↑ 0.51 ↓ 3.43 ↑ 0.86 ↓	12 QUI	00:40 07:30 13:50 19:00	3.43 ↑ 0.54 ↓ 2.97 ↑ 0.88 ↓	28 SAB	01:20 08:10 14:20 19:50	3.53 ↑ 0.86 ↓ 3.04 ↑ 1.02 ↓	12 SAB	01:00 07:50 13:50 19:10	3.25 ↑ 0.75 ↓ 2.80 ↑ 0.93 ↓	28 SEG	02:10 08:50 15:00 20:50	3.32 ↑ 0.80 ↓ 3.04 ↑ 0.90 ↓
13 TER	00:40 07:10 13:30 19:10	3.58 ↑ 0.38 ↓ 3.36 ↑ 0.70 ↓	29 QUI	00:50 07:40 13:50 19:10	3.77 ↑ 0.62 ↓ 3.24 ↑ 0.95 ↓	13 SEX	01:10 08:10 14:20 19:30	3.26 ↑ 0.69 ↓ 2.74 ↑ 0.96 ↓	29 DOM	02:10 09:00 15:10 20:50	3.28 ↑ 0.96 ↓ 2.85 ↑ 1.04 ↓	13 DOM	01:30 08:20 14:20 19:50	3.09 ↑ 0.85 ↓ 2.67 ↑ 0.98 ↓	29 TER	03:00 09:40 15:50 21:40	3.11 ↑ 0.83 ↓ 2.88 ↑ 0.94 ↓
14 QUA	01:10 07:50 14:10 19:30	3.44 ↑ 0.47 ↓ 3.08 ↑ 0.83 ↓	30 SEX	01:30 08:20 14:30 19:50	3.62 ↑ 0.80 ↓ 3.02 ↑ 1.02 ↓	14 SAB	01:40 08:40 14:40 20:00	3.06 ↑ 0.85 ↓ 2.53 ↑ 1.04 ↓	30 SEG	03:00 10:00 16:10 21:50	3.02 ↑ 1.02 ↓ 2.68 ↑ 1.07 ↓	14 SEG	02:10 08:50 14:50 20:30	2.93 ↑ 0.90 ↓ 2.57 ↑ 1.02 ↓	30 QUA	03:50 10:20 16:50 22:40	2.90 ↑ 0.89 ↓ 2.73 ↑ 0.99 ↓
15 QUI	01:40 08:30 14:40 19:50	3.25 ↑ 0.61 ↓ 2.78 ↑ 0.94 ↓	31 SAB	02:10 09:10 15:10 20:40	3.39 ↑ 0.96 ↓ 2.80 ↑ 1.08 ↓	15 DOM	02:20 09:10 15:10 20:30	2.84 ↑ 0.97 ↓ 2.37 ↑ 1.13 ↓				15 TER	02:40 09:20 15:30 21:20	2.81 ↑ 0.93 ↓ 2.51 ↑ 1.04 ↓	31 QUI	04:40 11:10 18:00	2.71 ↑ 0.94 ↓ 2.61 ↑
16 SEX	02:00 09:00 15:10 20:10	3.05 ↑ 0.77 ↓ 2.49 ↑ 1.05 ↓				16 SEG	03:00 09:50 15:50 21:30	2.65 ↑ 1.06 ↓ 2.26 ↑ 1.14 ↓				16 QUA	03:20 10:00 16:20 22:10	2.69 ↑ 0.93 ↓ 2.49 ↑ 1.05 ↓			