



OCA PREVÊ | Tábua de Marés 2026
Estação: Cajuuna - Soure, PA
Latitude: 0°37'18.23" S | Longitude: 48°29'19.15" 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	07:40 13:30 19:50	3.42 ↑ 0.89 ↓ 3.70 ↑	17 SAB	02:30 08:20 13:50 20:20	1.02 ↓ 3.06 ↑ 1.05 ↓ 3.56 ↑	01 DOM	03:10 09:20 14:50 21:10	0.46 ↓ 3.50 ↑ 0.94 ↓ 3.86 ↑	17 TER	03:20 09:30 15:10 21:20	0.75 ↓ 3.39 ↑ 0.89 ↓ 3.79 ↑	01 DOM	02:00 08:20 14:00 20:10	0.53 ↓ 3.38 ↑ 0.91 ↓ 3.67 ↑	17 TER	02:10 08:20 14:20 20:30	0.80 ↓ 3.39 ↑ 0.85 ↓ 3.64 ↑
02 SEX	02:30 08:30 14:20 20:40	0.71 ↓ 3.51 ↑ 0.89 ↓ 3.83 ↑	18 DOM	03:10 09:10 14:30 21:00	0.92 ↓ 3.13 ↑ 1.04 ↓ 3.68 ↑	02 SEG	03:50 10:00 15:40 21:50	0.45 ↓ 3.61 ↑ 0.87 ↓ 3.90 ↑	18 QUA	03:50 10:00 15:50 22:10	0.71 ↓ 3.56 ↑ 0.79 ↓ 3.82 ↑	02 SEG	02:50 09:00 14:50 21:00	0.39 ↓ 3.60 ↑ 0.80 ↓ 3.78 ↑	18 QUA	02:50 09:00 15:00 21:10	0.72 ↓ 3.61 ↑ 0.72 ↓ 3.81 ↑
03 SAB	03:20 09:30 15:00 21:20	0.62 ↓ 3.50 ↑ 0.93 ↓ 3.92 ↑	19 SEG	03:40 09:50 15:10 21:30	0.85 ↓ 3.22 ↑ 1.02 ↓ 3.77 ↑	03 TER	04:30 10:40 16:30 22:30	0.48 ↓ 3.66 ↑ 0.80 ↓ 3.86 ↑	19 QUI	04:30 10:30 16:40 22:50	0.65 ↓ 3.68 ↑ 0.67 ↓ 3.82 ↑	03 TER	03:30 09:40 15:30 21:40	0.41 ↓ 3.74 ↑ 0.74 ↓ 3.85 ↑	19 QUI	03:20 09:30 15:40 21:50	0.70 ↓ 3.79 ↑ 0.63 ↓ 3.90 ↑
04 DOM	04:10 10:20 15:50 22:10	0.54 ↓ 3.50 ↑ 0.92 ↓ 3.90 ↑	20 TER	04:20 10:20 16:00 22:10	0.76 ↓ 3.33 ↑ 0.94 ↓ 3.79 ↑	04 QUA	05:10 11:20 17:10 23:10	0.53 ↓ 3.62 ↑ 0.75 ↓ 3.75 ↑	20 SEX	05:00 11:10 17:20 23:30	0.65 ↓ 3.69 ↑ 0.62 ↓ 3.75 ↑	04 QUA	04:00 10:10 16:10 22:20	0.54 ↓ 3.81 ↑ 0.68 ↓ 3.84 ↑	20 SEX	04:00 10:10 16:20 22:30	0.67 ↓ 3.86 ↑ 0.59 ↓ 3.90 ↑
05 SEG	04:50 11:00 16:30 22:50	0.56 ↓ 3.49 ↑ 0.94 ↓ 3.83 ↑	21 QUA	04:50 11:00 16:50 23:00	0.72 ↓ 3.39 ↑ 0.85 ↓ 3.72 ↑	05 QUI	05:40 11:50 17:50 23:50	0.64 ↓ 3.54 ↑ 0.71 ↓ 3.58 ↑	21 SAB	05:40 11:50 18:10	0.64 ↓ 3.63 ↑ 0.60 ↓	05 QUI	04:30 10:40 16:50 22:50	0.66 ↓ 3.78 ↑ 0.64 ↓ 3.77 ↑	21 SAB	04:40 10:40 17:00 23:20	0.65 ↓ 3.89 ↑ 0.60 ↓ 3.78 ↑
06 TER	05:30 11:50 17:20 23:30	0.60 ↓ 3.40 ↑ 0.90 ↓ 3.68 ↑	22 QUI	05:30 11:40 17:40 23:40	0.67 ↓ 3.41 ↑ 0.75 ↓ 3.63 ↑	06 SEX	06:10 12:20 18:30	0.71 ↓ 3.40 ↑ 0.70 ↓	22 DOM	00:20 06:30 12:30 19:00	3.57 ↑ 0.63 ↓ 3.50 ↑ 0.67 ↓	06 SEX	05:00 11:10 17:20 23:30	0.72 ↓ 3.68 ↑ 0.64 ↓ 3.62 ↑	22 DOM	05:20 11:20 17:50	0.65 ↓ 3.80 ↑ 0.64 ↓
07 QUA	06:10 12:30 18:10	0.64 ↓ 3.32 ↑ 0.85 ↓	23 SEX	06:10 12:20 18:30	0.65 ↓ 3.39 ↑ 0.70 ↓	07 SAB	00:30 06:50 12:50 19:00	3.37 ↑ 0.75 ↓ 3.21 ↑ 0.73 ↓	23 SEG	01:10 07:20 13:30 20:00	3.35 ↑ 0.68 ↓ 3.28 ↑ 0.81 ↓	07 SAB	05:30 11:30 17:50	0.76 ↓ 3.52 ↑ 0.67 ↓	23 SEG	00:00 06:00 12:10 18:40	3.59 ↑ 0.68 ↓ 3.60 ↑ 0.74 ↓
08 QUI	00:10 06:50 13:10 19:00	3.49 ↑ 0.69 ↓ 3.20 ↑ 0.83 ↓	24 SAB	00:40 07:00 13:10 19:20	3.45 ↑ 0.65 ↓ 3.29 ↑ 0.71 ↓	08 DOM	01:10 07:20 13:30 19:50	3.14 ↑ 0.80 ↓ 3.02 ↑ 0.80 ↓	24 TER	02:10 08:10 14:30 21:10	3.08 ↑ 0.78 ↓ 3.08 ↑ 1.01 ↓	08 DOM	00:00 06:00 12:00 18:20	3.42 ↑ 0.78 ↓ 3.34 ↑ 0.73 ↓	24 TER	00:50 06:50 13:00 19:40	3.31 ↑ 0.74 ↓ 3.36 ↑ 0.88 ↓
09 SEX	01:00 07:30 13:50 19:50	3.26 ↑ 0.76 ↓ 3.06 ↑ 0.83 ↓	25 DOM	01:30 07:50 14:00 20:20	3.27 ↑ 0.69 ↓ 3.17 ↑ 0.78 ↓	09 SEG	02:00 08:00 14:10 20:40	2.90 ↑ 0.86 ↓ 2.84 ↑ 0.93 ↓	25 QUA	03:20 09:20 15:50 22:40	2.88 ↑ 0.92 ↓ 2.99 ↑ 1.13 ↓	09 SEG	00:30 06:30 12:40 19:10	3.17 ↑ 0.83 ↓ 3.14 ↑ 0.83 ↓	25 QUA	01:50 07:40 14:10 21:00	2.99 ↑ 0.85 ↓ 3.09 ↑ 1.05 ↓
10 SAB	01:50 08:20 14:30 20:40	3.04 ↑ 0.83 ↓ 2.93 ↑ 0.88 ↓	26 SEG	02:40 08:50 15:10 21:30	3.09 ↑ 0.77 ↓ 3.05 ↑ 0.93 ↓	10 TER	02:50 08:50 15:10 21:50	2.69 ↑ 0.94 ↓ 2.73 ↑ 1.12 ↓	26 QUI	04:50 10:30 17:10	2.85 ↑ 1.06 ↓ 3.08 ↑	10 TER	01:10 07:10 13:20 20:00	2.90 ↑ 0.89 ↓ 2.96 ↑ 0.97 ↓	26 QUI	03:10 08:50 15:20 22:30	2.75 ↑ 1.00 ↓ 2.95 ↑ 1.07 ↓
11 DOM	02:50 09:00 15:20 21:40	2.87 ↑ 0.89 ↓ 2.84 ↑ 0.98 ↓	27 TER	03:50 09:50 16:20 22:50	3.00 ↑ 0.88 ↓ 3.06 ↑ 1.07 ↓	11 QUA	03:50 09:40 16:10 23:00	2.56 ↑ 1.03 ↓ 2.74 ↑ 1.25 ↓	27 SEX	00:00 06:20 11:50 18:20	0.99 ↓ 2.95 ↑ 1.11 ↓ 3.27 ↑	11 QUA	02:00 07:50 14:10 21:00	2.63 ↑ 1.00 ↓ 2.80 ↑ 1.12 ↓	27 SEX	04:50 10:10 16:40 23:40	2.74 ↑ 1.14 ↓ 2.99 ↑ 0.90 ↓
12 SEG	03:50 09:50 16:10 22:40	2.78 ↑ 0.96 ↓ 2.82 ↑ 1.08 ↓	28 QUA	05:10 11:00 17:30	3.03 ↑ 0.97 ↓ 3.20 ↑	12 QUI	05:00 10:40 17:20	2.56 ↑ 1.10 ↓ 2.88 ↑	28 SAB	01:10 07:20 13:00 19:20	0.70 ↓ 3.17 ↑ 1.04 ↓ 3.48 ↑	12 QUI	03:00 08:40 15:20 22:30	2.42 ↑ 1.12 ↓ 2.71 ↑ 1.26 ↓	28 SAB	06:10 11:40 18:00	2.92 ↑ 1.16 ↓ 3.16 ↑
13 TER	04:50 10:50 17:10 23:40	2.77 ↑ 1.02 ↓ 2.91 ↑ 1.16 ↓	29 QUI	00:10 06:20 12:10 18:40	1.03 ↓ 3.13 ↑ 1.01 ↓ 3.39 ↑	13 SEX	00:20 06:20 11:40 18:20	1.26 ↓ 2.66 ↑ 1.14 ↓ 3.09 ↑				13 SEX	04:30 09:50 16:30 23:40	2.41 ↑ 1.21 ↓ 2.78 ↑ 1.23 ↓	29 DOM	00:40 07:10 12:50 19:00	0.70 ↓ 3.18 ↑ 1.01 ↓ 3.37 ↑
14 QUA	05:50 11:40 18:10	2.82 ↑ 1.05 ↓ 3.05 ↑	30 SEX	01:20 07:30 13:10 19:40	0.83 ↓ 3.24 ↑ 1.00 ↓ 3.57 ↑	14 SAB	01:20 07:20 12:40 19:10	1.12 ↓ 2.82 ↑ 1.14 ↓ 3.30 ↑				14 SAB	06:00 11:10 17:40	2.57 ↑ 1.22 ↓ 2.99 ↑	30 SEG	01:30 07:50 13:40 19:50	0.57 ↓ 3.47 ↑ 0.86 ↓ 3.57 ↑
15 QUI	00:50 06:50 12:20 18:50	1.18 ↓ 2.89 ↑ 1.05 ↓ 3.22 ↑	31 SAB	02:20 08:30 14:00 20:30	0.60 ↓ 3.36 ↑ 0.98 ↓ 3.74 ↑	15 DOM	02:00 08:10 13:30 20:00	0.98 ↓ 3.00 ↑ 1.09 ↓ 3.49 ↑				15 DOM	00:40 07:00 12:30 18:50	1.08 ↓ 2.82 ↑ 1.15 ↓ 3.22 ↑	31 TER	02:20 08:30 14:30 20:40	0.49 ↓ 3.69 ↑ 0.72 ↓ 3.70 ↑
16 SEX	01:40 07:40 13:10 19:40	1.12 ↓ 2.96 ↑ 1.05 ↓ 3.39 ↑				16 SEG	02:40 08:50 14:20 20:40	0.85 ↓ 3.21 ↑ 1.01 ↓ 3.67 ↑				16 SEG	01:30 07:50 13:30 19:40	0.91 ↓ 3.09 ↑ 1.01 ↓ 3.45 ↑			



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Estação: Cajuuna - Soure, PA
Latitude: 0°37'18.23" S | Longitude: 48°29'19.15" W | UTC -3

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 ☀	02:50 09:10 15:10 21:20	0.61 ↓ 3.80 ↑ 0.65 ↓ 3.78 ↑	17 SEX ☾	03:00 09:00 15:20 21:40	0.70 ↓ 3.93 ↑ 0.62 ↓ 3.87 ↑	01 SEX ☀	02:50 09:00 15:20 21:30	0.82 ↓ 3.78 ↑ 0.72 ↓ 3.65 ↑	17 DOM ☾	03:10 09:30 16:00 22:00	0.77 ↓ 3.96 ↑ 0.70 ↓ 3.74 ↑	01 SEG ☾	03:10 09:30 16:10 22:00	0.93 ↓ 3.68 ↑ 0.91 ↓ 3.28 ↑	17 QUA ☀	04:20 10:40 17:30 23:40	0.92 ↓ 3.89 ↑ 0.63 ↓ 3.36 ↑
02 QUI	03:30 09:40 15:50 22:00	0.66 ↓ 3.84 ↑ 0.63 ↓ 3.78 ↑	18 SAB	03:40 09:40 16:10 22:20	0.69 ↓ 3.99 ↑ 0.61 ↓ 3.85 ↑	02 SAB	03:20 09:30 15:50 22:00	0.85 ↓ 3.76 ↑ 0.76 ↓ 3.59 ↑	18 SEG	03:50 10:10 16:40 22:50	0.80 ↓ 3.96 ↑ 0.76 ↓ 3.58 ↑	02 TER	03:40 10:00 16:40 22:40	0.95 ↓ 3.67 ↑ 0.90 ↓ 3.15 ↑	18 QUI	05:10 11:20 18:20	0.93 ↓ 3.76 ↑ 0.62 ↓
03 SEX	04:00 10:00 16:20 22:30	0.74 ↓ 3.82 ↑ 0.65 ↓ 3.72 ↑	19 DOM	04:10 10:20 16:50 23:00	0.72 ↓ 3.97 ↑ 0.67 ↓ 3.73 ↑	03 DOM	03:50 10:00 16:20 22:30	0.85 ↓ 3.71 ↑ 0.80 ↓ 3.45 ↑	19 TER	04:30 10:50 17:40 23:40	0.85 ↓ 3.88 ↑ 0.74 ↓ 3.37 ↑	03 QUA	04:10 10:30 17:20 23:20	0.99 ↓ 3.64 ↑ 0.87 ↓ 3.03 ↑	19 SEX	00:30 06:00 12:10 19:00	3.23 ↑ 0.92 ↓ 3.54 ↑ 0.68 ↓
04 SAB	04:30 10:30 16:50 23:00	0.78 ↓ 3.72 ↑ 0.68 ↓ 3.58 ↑	20 SEG	04:50 11:00 17:40 23:50	0.74 ↓ 3.87 ↑ 0.73 ↓ 3.48 ↑	04 SEG	04:10 10:20 17:00 23:00	0.87 ↓ 3.65 ↑ 0.84 ↓ 3.26 ↑	20 QUA	05:20 11:40 18:30	0.88 ↓ 3.69 ↑ 0.76 ↓	04 QUI	04:40 11:10 18:00	1.04 ↓ 3.55 ↑ 0.84 ↓	20 SAB	01:20 07:00 13:00 19:50	3.12 ↑ 0.90 ↓ 3.30 ↑ 0.73 ↓
05 DOM	04:50 11:00 17:20 23:30	0.81 ↓ 3.59 ↑ 0.73 ↓ 3.37 ↑	21 TER	05:30 11:50 18:30	0.79 ↓ 3.67 ↑ 0.82 ↓	05 TER	04:40 10:50 17:40 23:30	0.90 ↓ 3.56 ↑ 0.87 ↓ 3.06 ↑	21 QUI	00:40 06:10 12:20 19:30	3.12 ↑ 0.94 ↓ 3.48 ↑ 0.78 ↓	05 SEX	00:00 05:30 11:50 18:40	2.93 ↑ 1.05 ↓ 3.41 ↑ 0.82 ↓	21 DOM ☀	02:10 08:00 14:00 20:40	3.02 ↑ 0.91 ↓ 3.08 ↑ 0.81 ↓
06 SEG	05:20 11:20 17:50	0.82 ↓ 3.46 ↑ 0.81 ↓	22 QUA	00:40 06:20 12:40 19:40	3.19 ↑ 0.86 ↓ 3.42 ↑ 0.89 ↓	06 QUA	05:10 11:30 18:20	0.96 ↓ 3.44 ↑ 0.91 ↓	22 SEX	01:40 07:10 13:20 20:20	2.93 ↑ 0.98 ↓ 3.21 ↑ 0.83 ↓	06 SAB	00:50 06:20 12:40 19:30	2.84 ↑ 1.07 ↓ 3.22 ↑ 0.82 ↓	22 SEG	03:10 09:10 15:10 21:40	2.95 ↑ 0.97 ↓ 2.93 ↑ 0.90 ↓
07 TER	00:00 05:40 12:00 18:40	3.13 ↑ 0.90 ↓ 3.30 ↑ 0.89 ↓	23 QUI ☀	01:50 07:20 13:40 20:50	2.88 ↑ 0.95 ↓ 3.15 ↑ 0.96 ↓	07 QUI	00:10 05:40 12:10 19:10	2.85 ↑ 1.05 ↓ 3.29 ↑ 0.93 ↓	23 SAB ☾	02:50 08:20 14:30 21:30	2.82 ↑ 1.03 ↓ 2.99 ↑ 0.86 ↓	07 DOM	01:50 07:30 13:40 20:20	2.78 ↑ 1.02 ↓ 3.03 ↑ 0.84 ↓	23 TER	04:00 10:10 16:20 22:30	2.95 ↑ 1.01 ↓ 2.90 ↑ 0.96 ↓
08 QUA	00:30 06:20 12:40 19:30	2.87 ↑ 0.97 ↓ 3.13 ↑ 0.99 ↓	24 SEX	03:10 08:30 14:50 22:00	2.71 ↑ 1.06 ↓ 2.95 ↑ 0.96 ↓	08 SEX	01:10 06:30 13:00 20:00	2.65 ↑ 1.13 ↓ 3.09 ↑ 0.96 ↓	24 DOM	04:00 09:40 15:40 22:30	2.85 ↑ 1.09 ↓ 2.91 ↑ 0.88 ↓	08 SEG ☀	02:50 08:40 14:50 21:20	2.79 ↑ 0.99 ↓ 2.92 ↑ 0.88 ↓	24 QUA	04:50 11:10 17:20 23:20	3.01 ↑ 1.04 ↓ 2.96 ↑ 1.00 ↓
09 QUI	01:20 07:00 13:30 20:30	2.61 ↑ 1.08 ↓ 2.95 ↑ 1.08 ↓	25 SAB	04:30 10:00 16:10 23:10	2.77 ↑ 1.17 ↓ 2.93 ↑ 0.86 ↓	09 SAB ☀	02:20 07:40 14:00 21:00	2.52 ↑ 1.17 ↓ 2.89 ↑ 0.99 ↓	25 SEG	05:00 11:00 17:00 23:20	3.00 ↑ 1.08 ↓ 2.98 ↑ 0.90 ↓	09 TER	03:50 10:00 16:10 22:30	2.89 ↑ 0.97 ↓ 2.97 ↑ 0.90 ↓	25 QUI	05:40 12:10 18:20	3.11 ↑ 1.05 ↓ 3.05 ↑
10 SEX ☀	02:30 07:50 14:30 21:50	2.41 ↑ 1.22 ↓ 2.79 ↑ 1.15 ↓	26 DOM	05:40 11:20 17:30	2.98 ↑ 1.14 ↓ 3.07 ↑	10 DOM	03:30 09:00 15:20 22:10	2.56 ↑ 1.17 ↓ 2.81 ↑ 0.99 ↓	26 TER	05:50 12:00 18:00	3.17 ↑ 0.98 ↓ 3.13 ↑	10 QUA	04:50 11:10 17:30 23:30	3.08 ↑ 0.94 ↓ 3.14 ↑ 0.90 ↓	26 SEX	00:10 06:30 13:00 19:10	1.02 ↓ 3.22 ↑ 1.05 ↓ 3.12 ↑
11 SAB	04:10 09:20 15:50 23:00	2.41 ↑ 1.25 ↓ 2.76 ↑ 1.12 ↓	27 SEG	00:10 06:30 12:30 18:30	0.74 ↓ 3.25 ↑ 0.97 ↓ 3.27 ↑	11 SEG	04:40 10:30 16:40 23:10	2.75 ↑ 1.10 ↓ 2.93 ↑ 0.96 ↓	27 QUA	00:10 06:30 12:50 19:00	0.90 ↓ 3.34 ↑ 0.89 ↓ 3.27 ↑	11 QUI	05:50 12:20 18:30	3.30 ↑ 0.89 ↓ 3.34 ↑	27 SAB	01:00 07:20 13:50 19:50	1.03 ↓ 3.34 ↑ 1.04 ↓ 3.17 ↑
12 DOM	05:30 10:50 17:10	2.62 ↑ 1.21 ↓ 2.93 ↑	28 TER	01:00 07:20 13:20 19:30	0.68 ↓ 3.46 ↑ 0.82 ↓ 3.43 ↑	12 TER	05:40 11:50 18:00	3.03 ↑ 0.98 ↓ 3.16 ↑	28 QUI	01:00 07:10 13:30 19:50	0.90 ↓ 3.47 ↑ 0.86 ↓ 3.36 ↑	12 SEX	00:30 06:50 13:20 19:30	0.87 ↓ 3.51 ↑ 0.82 ↓ 3.48 ↑	28 DOM	01:30 08:00 14:30 20:30	1.01 ↓ 3.45 ↑ 1.02 ↓ 3.19 ↑
13 SEG	00:00 06:30 12:10 18:20	1.01 ↓ 2.92 ↑ 1.08 ↓ 3.18 ↑	29 QUA	01:40 07:50 14:10 20:20	0.71 ↓ 3.65 ↑ 0.70 ↓ 3.56 ↑	13 QUA	00:10 06:30 12:50 19:00	0.89 ↓ 3.32 ↑ 0.83 ↓ 3.39 ↑	29 SEX	01:40 07:50 14:10 20:20	0.92 ↓ 3.57 ↑ 0.86 ↓ 3.45 ↑	13 SAB	01:20 07:40 14:10 20:20	0.85 ↓ 3.70 ↑ 0.79 ↓ 3.57 ↑	29 SEG ☀	02:10 08:30 15:20 21:10	1.00 ↓ 3.57 ↑ 0.96 ↓ 3.18 ↑
14 TER	00:50 07:10 13:10 19:20	0.89 ↓ 3.24 ↑ 0.90 ↓ 3.43 ↑	30 QUI	02:20 08:30 14:40 21:00	0.75 ↓ 3.74 ↑ 0.71 ↓ 3.63 ↑	14 QUI	01:00 07:20 13:40 19:50	0.83 ↓ 3.57 ↑ 0.72 ↓ 3.60 ↑	30 SAB	02:10 08:30 14:50 21:00	0.93 ↓ 3.62 ↑ 0.88 ↓ 3.44 ↑	14 DOM ☀	02:10 08:30 15:00 21:10	0.84 ↓ 3.84 ↑ 0.76 ↓ 3.60 ↑	30 TER	02:40 09:00 15:50 21:50	1.01 ↓ 3.66 ↑ 0.93 ↓ 3.17 ↑
15 QUA	01:30 07:50 14:00 20:10	0.81 ↓ 3.53 ↑ 0.74 ↓ 3.64 ↑				15 SEX	01:50 08:00 14:20 20:40	0.77 ↓ 3.78 ↑ 0.70 ↓ 3.72 ↑	31 DOM ☀	02:40 09:00 15:30 21:30	0.92 ↓ 3.67 ↑ 0.90 ↓ 3.38 ↑	15 SEG	02:50 09:10 15:50 22:00	0.87 ↓ 3.94 ↑ 0.72 ↓ 3.55 ↑			
16 QUI	02:20 08:30 14:40 21:00	0.73 ↓ 3.75 ↑ 0.65 ↓ 3.78 ↑				16 SAB ☀	02:30 08:40 15:10 21:20	0.77 ↓ 3.93 ↑ 0.69 ↓ 3.78 ↑				16 TER	03:40 10:00 16:40 22:50	0.88 ↓ 3.93 ↑ 0.67 ↓ 3.47 ↑			

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	03:10	1.03 ↓	17 SEX	05:00	0.86 ↓	01 SAB	04:30	0.84 ↓	17 SEG	00:00	3.55 ↑	01 TER	05:40	0.60 ↓	17 QUI	00:30	3.22 ↑		
	09:40	3.69 ↑		11:10	3.79 ↑		10:40	3.72 ↑		06:10	0.66 ↓		11:50	3.65 ↑		06:50	0.83 ↓		
	16:30	0.85 ↓		17:50	0.58 ↓		17:10	0.68 ↓		12:20	3.49 ↑		18:00	0.63 ↓		13:00	2.96 ↑		
	22:30	3.15 ↑					23:10	3.48 ↑		18:30	0.72 ↓					18:50	0.90 ↓		
02 QUI	03:50	1.03 ↓	18 SAB	00:10	3.45 ↑	02 DOM	05:10	0.76 ↓	18 TER	00:40	3.34 ↑	02 QUA	00:00	3.62 ↑	18 SEX	01:10	3.01 ↑		
	10:10	3.70 ↑		05:50	0.80 ↓		11:20	3.66 ↑		06:50	0.69 ↓		06:30	0.65 ↓		07:40	0.96 ↓		
	17:00	0.80 ↓		12:00	3.61 ↑		17:40	0.67 ↓		13:00	3.26 ↑		12:40	3.43 ↑		13:40	2.66 ↑		
	23:00	3.17 ↑		18:30	0.63 ↓		23:50	3.47 ↑		19:10	0.77 ↓		18:40	0.68 ↓		19:30	1.00 ↓		
03 SEX	04:30	1.01 ↓	19 DOM	00:40	3.37 ↑	03 SEG	06:00	0.69 ↓	19 QUA	01:10	3.13 ↑	03 QUI	00:50	3.42 ↑	19 SAB	01:50	2.83 ↑		
	10:50	3.64 ↑		06:40	0.76 ↓		12:10	3.53 ↑		07:30	0.78 ↓		07:20	0.77 ↓		08:50	1.12 ↓		
	17:30	0.76 ↓		12:40	3.41 ↑		18:30	0.64 ↓		13:40	2.99 ↑		13:30	3.16 ↑		14:50	2.42 ↑		
	23:40	3.17 ↑		19:10	0.70 ↓					19:50	0.84 ↓		19:40	0.74 ↓		20:20	1.13 ↓		
04 SAB	05:20	0.95 ↓	20 SEG	01:20	3.22 ↑	04 TER	00:30	3.41 ↑	20 QUI	02:00	2.92 ↑	04 SEX	01:50	3.19 ↑	20 DOM	03:00	2.69 ↑		
	11:30	3.53 ↑		07:30	0.77 ↓		06:50	0.68 ↓		08:20	0.92 ↓		08:30	0.95 ↓		10:10	1.26 ↓		
	18:10	0.73 ↓		13:30	3.18 ↑		13:00	3.36 ↑		14:30	2.74 ↑		14:40	2.89 ↑		16:20	2.36 ↑		
				19:50	0.77 ↓		19:10	0.68 ↓		20:30	0.93 ↓		20:40	0.88 ↓		21:20	1.23 ↓		
05 DOM	00:20	3.16 ↑	21 TER	02:10	3.04 ↑	05 QUA	01:20	3.28 ↑	21 SEX	02:50	2.76 ↑	05 SAB	03:10	3.00 ↑	21 SEG	04:10	2.71 ↑		
	06:10	0.89 ↓		08:20	0.82 ↓		07:50	0.74 ↓		09:30	1.11 ↓		10:00	1.13 ↓		11:20	1.24 ↓		
	12:20	3.37 ↑		14:30	2.97 ↑		14:00	3.15 ↑		15:30	2.55 ↑		16:10	2.77 ↑		17:40	2.51 ↑		
	19:00	0.70 ↓		20:40	0.85 ↓		20:10	0.73 ↓		21:20	1.03 ↓		21:50	1.03 ↓		22:50	1.24 ↓		
06 SEG	01:10	3.11 ↑	22 QUA	03:00	2.90 ↑	06 QUI	02:20	3.12 ↑	22 SAB	03:50	2.71 ↑	06 DOM	04:30	3.01 ↑	22 TER	05:20	2.87 ↑		
	07:10	0.83 ↓		09:20	0.95 ↓		08:50	0.89 ↓		10:50	1.29 ↓		11:30	1.05 ↓		12:20	1.11 ↓		
	13:20	3.20 ↑		15:30	2.82 ↑		15:10	2.98 ↑		16:50	2.51 ↑		17:40	2.87 ↑		18:40	2.75 ↑		
	19:50	0.73 ↓		21:30	0.94 ↓		21:10	0.84 ↓		22:20	1.12 ↓		23:10	1.13 ↓					
07 TER	02:00	3.06 ↑	23 QUI	03:50	2.83 ↑	07 SEX	03:40	3.02 ↑	23 DOM	05:00	2.80 ↑	07 SEG	05:50	3.17 ↑	23 QUA	00:10	1.18 ↓		
	08:20	0.82 ↓		10:20	1.09 ↓		10:10	1.07 ↓		12:00	1.29 ↓		12:40	0.79 ↓		06:30	3.09 ↑		
	14:30	3.05 ↑		16:30	2.76 ↑		16:20	2.93 ↑		18:10	2.59 ↑		19:00	3.06 ↑		13:10	0.96 ↓		
	20:40	0.79 ↓		22:30	1.03 ↓		22:20	0.95 ↓		23:20	1.18 ↓					19:30	3.03 ↑		
08 QUA	03:00	3.02 ↑	24 SEX	04:50	2.87 ↑	08 SAB	04:50	3.10 ↑	24 SEG	06:00	2.98 ↑	08 TER	00:30	1.08 ↓	24 QUI	01:10	1.04 ↓		
	09:30	0.89 ↓		11:30	1.21 ↓		11:40	1.10 ↓		13:00	1.16 ↓		06:50	3.40 ↑		07:20	3.33 ↑		
	15:40	3.01 ↑		17:30	2.78 ↑		17:50	2.99 ↑		19:10	2.75 ↑		13:40	0.52 ↓		13:50	0.84 ↓		
	21:50	0.86 ↓		23:20	1.07 ↓		23:30	1.03 ↓					19:50	3.34 ↑		20:00	3.32 ↑		
09 QUI	04:10	3.06 ↑	25 SAB	05:50	2.98 ↑	09 DOM	06:10	3.26 ↑	25 TER	00:30	1.17 ↓	09 QUA	01:30	0.95 ↓	25 SEX	02:00	0.88 ↓		
	10:40	0.98 ↓		12:30	1.22 ↓		12:50	0.94 ↓		07:00	3.19 ↑		07:50	3.59 ↑		08:10	3.53 ↑		
	16:50	3.07 ↑		18:30	2.83 ↑		19:00	3.13 ↑		13:50	0.99 ↓		14:20	0.46 ↓		14:20	0.79 ↓		
	22:50	0.91 ↓								20:00	2.95 ↑		20:40	3.58 ↑		20:40	3.55 ↑		
10 SEX	05:20	3.20 ↑	26 DOM	00:10	1.09 ↓	10 SEG	00:40	1.04 ↓	26 QUA	01:20	1.11 ↓	10 QUI	02:30	0.76 ↓	26 SAB	02:40	0.74 ↓		
	11:50	1.02 ↓		06:40	3.14 ↑		07:10	3.48 ↑		07:40	3.40 ↑		08:40	3.75 ↑		08:50	3.72 ↑		
	18:00	3.20 ↑		13:30	1.14 ↓		14:00	0.62 ↓		14:30	0.86 ↓		15:00	0.46 ↓		15:00	0.73 ↓		
				19:30	2.90 ↑		20:00	3.31 ↑		20:40	3.16 ↑		21:20	3.77 ↑		21:10	3.74 ↑		
11 SAB	00:00	0.94 ↓	27 SEG	00:50	1.09 ↓	11 TER	01:40	0.98 ↓	27 QUI	02:10	1.01 ↓	11 SEX	03:10	0.69 ↓	27 DOM	03:20	0.64 ↓		
	06:30	3.39 ↑		07:30	3.31 ↑		08:00	3.69 ↑		08:30	3.55 ↑		09:20	3.87 ↑		09:30	3.84 ↑		
	13:00	0.95 ↓		14:20	1.03 ↓		14:50	0.44 ↓		15:00	0.79 ↓		15:40	0.50 ↓		15:40	0.69 ↓		
	19:10	3.30 ↑		20:20	2.98 ↑		21:00	3.46 ↑		21:10	3.37 ↑		21:50	3.88 ↑		21:40	3.88 ↑		
12 DOM	00:50	0.95 ↓	28 TER	01:40	1.08 ↓	12 QUA	02:30	0.92 ↓	28 SEX	03:00	0.87 ↓	12 SAB	03:50	0.63 ↓	28 SEG	04:00	0.60 ↓		
	07:20	3.60 ↑		08:10	3.47 ↑		08:50	3.83 ↑		09:10	3.69 ↑		10:00	3.90 ↑		10:10	3.87 ↑		
	14:00	0.82 ↓		15:00	0.92 ↓		15:30	0.41 ↓		15:30	0.74 ↓		16:20	0.57 ↓		16:10	0.69 ↓		
	20:10	3.39 ↑		21:00	3.09 ↑		21:40	3.63 ↑		21:40	3.55 ↑		22:20	3.89 ↑		22:20	3.90 ↑		
13 SEG	01:50	0.94 ↓	29 QUA	02:20	1.06 ↓	13 QUI	03:20	0.84 ↓	29 SAB	03:40	0.75 ↓	13 DOM	04:30	0.60 ↓	29 TER	04:40	0.60 ↓		
	08:20	3.74 ↑		08:40	3.61 ↑		09:40	3.88 ↑		09:50	3.78 ↑		10:40	3.84 ↑		10:50	3.81 ↑		
	15:00	0.63 ↓		15:30	0.85 ↓		16:10	0.42 ↓		16:00	0.71 ↓		16:50	0.67 ↓		16:50	0.67 ↓		
	21:00	3.48 ↑		21:30	3.22 ↑		22:20	3.73 ↑		22:10	3.68 ↑		22:50	3.80 ↑		23:00	3.85 ↑		
14 TER	02:40	0.93 ↓	30 QUI	03:00	1.02 ↓	14 SEX	04:10	0.74 ↓	30 DOM	04:20	0.66 ↓	14 SEG	05:10	0.61 ↓	30 QUA	05:20	0.66 ↓		
	09:00	3.89 ↑		09:20	3.70 ↑		10:20	3.90 ↑		10:30	3.81 ↑		11:20	3.70 ↑		11:30	3.66 ↑		
	15:50	0.51 ↓		16:00	0.79 ↓		16:50	0.48 ↓		16:40	0.66 ↓		17:20	0.74 ↓		17:30	0.69 ↓		
	21:50	3.53 ↑		22:10	3.31 ↑		23:00	3.73 ↑		22:40	3.75 ↑		23:20	3.64 ↑		23:40	3.72 ↑		
15 QUA	03:30	0.91 ↓	31 SEX	03:50	0.92 ↓	15 SAB	04:50	0.70 ↓	31 SEG	05:00	0.60 ↓	15 TER	05:40	0.66 ↓					
	09:50	3.91 ↑		10:00	3.74 ↑		11:00	3.83 ↑		11:10	3.77 ↑		11:50	3.52 ↑					
	16:30	0.51 ↓		16:30	0.74 ↓		17:20	0.60 ↓		17:20	0.63 ↓		17:50	0.77 ↓					
	22:40	3.54 ↑		22:40	3.41 ↑		23:30	3.68 ↑		23:20	3.72 ↑		23:50	3.44 ↑					
16 QUI	04:20	0.87 ↓				16 DOM	05:30	0.66 ↓				16 QUA	06:10	0.73 ↓					
	10:30	3.89 ↑					11:40	3.69 ↑					12:20	3.26 ↑					
	17:10	0.53 ↓					18:00	0.65 ↓					18:20	0.82 ↓					
	23:20	3.54 ↑																	



OCA PREVÊ | Tábua de Marés 2026
Estação: Cajuuna - Soure, PA
Latitude: 0°37'18.23" S | Longitude: 48°29'19.15" 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	06:10 12:20 18:20	0.74 ↓ 3.39 ↑ 0.73 ↓	17 SAB	00:20 07:20 13:10 18:40	3.17 ↑ 0.98 ↓ 2.62 ↑ 1.11 ↓	01 DOM	01:10 08:10 14:30 20:00	3.29 ↑ 0.91 ↓ 2.77 ↑ 1.02 ↓	17 TER	01:30 08:40 15:00 20:30	2.91 ↑ 0.95 ↓ 2.55 ↑ 1.15 ↓	01 TER	02:00 08:50 15:20 21:10	3.11 ↑ 0.80 ↓ 2.91 ↑ 1.01 ↓	17 QUI	02:20 08:50 15:10 21:20	2.93 ↑ 0.85 ↓ 2.86 ↑ 0.94 ↓
02 SEX	00:30 07:10 13:20 19:10	3.50 ↑ 0.85 ↓ 3.06 ↑ 0.83 ↓	18 DOM	01:10 08:20 14:20 19:30	2.97 ↑ 1.06 ↓ 2.41 ↑ 1.23 ↓	02 SEG	02:20 09:30 15:50 21:20	3.04 ↑ 0.92 ↓ 2.77 ↑ 1.11 ↓	18 QUA	02:50 09:40 16:10 22:00	2.78 ↑ 0.97 ↓ 2.68 ↑ 1.08 ↓	02 QUA	03:10 09:50 16:20 22:20	2.97 ↑ 0.85 ↓ 3.00 ↑ 1.02 ↓	18 SEX	03:30 09:50 16:10 22:40	2.91 ↑ 0.89 ↓ 2.97 ↑ 0.95 ↓
03 SAB	01:30 08:20 14:30 20:10	3.23 ↑ 0.99 ↓ 2.78 ↑ 0.96 ↓	19 SEG	02:10 09:20 15:40 20:50	2.78 ↑ 1.11 ↓ 2.38 ↑ 1.26 ↓	03 TER	03:40 10:30 17:10 22:50	2.94 ↑ 0.89 ↓ 2.94 ↑ 1.11 ↓	19 QUI	04:10 10:40 17:10 23:20	2.84 ↑ 0.96 ↓ 2.92 ↑ 1.01 ↓	03 QUI	04:30 10:50 17:20 23:30	2.98 ↑ 0.88 ↓ 3.15 ↑ 0.97 ↓	19 SAB	04:50 10:50 17:20 23:40	3.02 ↑ 0.91 ↓ 3.15 ↑ 0.95 ↓
04 DOM	02:40 09:50 16:10 21:30	3.01 ↑ 1.06 ↓ 2.69 ↑ 1.11 ↓	20 TER	03:20 10:30 17:00 22:30	2.70 ↑ 1.11 ↓ 2.56 ↑ 1.21 ↓	04 QUA	05:00 11:30 18:00	3.02 ↑ 0.81 ↓ 3.21 ↑	20 SEX	05:20 11:40 18:00	3.03 ↑ 0.92 ↓ 3.19 ↑	04 SEX	05:40 11:50 18:10	3.10 ↑ 0.88 ↓ 3.30 ↑	20 DOM	06:00 11:50 18:20	3.19 ↑ 0.91 ↓ 3.36 ↑
05 SEG	04:00 11:10 17:30 23:00	2.96 ↑ 0.94 ↓ 2.87 ↑ 1.17 ↓	21 QUA	04:40 11:30 18:00 23:50	2.81 ↑ 1.04 ↓ 2.84 ↑ 1.10 ↓	05 QUI	00:00 06:10 12:30 18:50	0.97 ↓ 3.21 ↑ 0.72 ↓ 3.44 ↑	21 SAB	00:20 06:30 12:30 18:50	0.90 ↓ 3.26 ↑ 0.87 ↓ 3.44 ↑	05 SAB	00:20 06:40 12:40 18:50	0.90 ↓ 3.23 ↑ 0.89 ↓ 3.44 ↑	21 SEG	00:50 07:00 12:50 19:10	0.92 ↓ 3.34 ↑ 0.89 ↓ 3.58 ↑
06 TER	05:20 12:10 18:40	3.09 ↑ 0.76 ↓ 3.13 ↑	22 QUI	05:50 12:20 18:50	3.05 ↑ 0.94 ↓ 3.13 ↑	06 SEX	01:00 07:10 13:20 19:30	0.79 ↓ 3.39 ↑ 0.69 ↓ 3.63 ↑	22 DOM	01:10 07:20 13:20 19:30	0.81 ↓ 3.48 ↑ 0.83 ↓ 3.67 ↑	06 DOM	01:10 07:30 13:20 19:40	0.87 ↓ 3.35 ↑ 0.92 ↓ 3.53 ↑	22 TER	01:40 07:50 13:40 20:00	0.90 ↓ 3.46 ↑ 0.88 ↓ 3.76 ↑
07 QUA	00:20 06:30 13:10 19:30	1.04 ↓ 3.31 ↑ 0.55 ↓ 3.42 ↑	23 SEX	00:50 07:00 13:10 19:30	0.94 ↓ 3.28 ↑ 0.85 ↓ 3.41 ↑	07 SAB	01:50 08:00 14:00 20:10	0.68 ↓ 3.54 ↑ 0.73 ↓ 3.75 ↑	23 SEG	02:00 08:10 14:00 20:20	0.76 ↓ 3.62 ↑ 0.81 ↓ 3.82 ↑	07 SEG	02:00 08:10 14:00 20:10	0.86 ↓ 3.42 ↑ 0.94 ↓ 3.63 ↑	23 QUA	02:40 08:40 14:20 20:50	0.80 ↓ 3.52 ↑ 0.91 ↓ 3.88 ↑
08 QUI	01:20 07:30 13:50 20:10	0.84 ↓ 3.51 ↑ 0.54 ↓ 3.67 ↑	24 SAB	01:40 07:50 13:50 20:00	0.78 ↓ 3.51 ↑ 0.79 ↓ 3.67 ↑	08 DOM	02:30 08:40 14:40 20:40	0.66 ↓ 3.64 ↑ 0.78 ↓ 3.81 ↑	24 TER	02:50 09:00 14:40 21:00	0.74 ↓ 3.67 ↑ 0.81 ↓ 3.94 ↑	08 TER	02:40 08:50 14:30 20:50	0.89 ↓ 3.42 ↑ 0.95 ↓ 3.67 ↑	24 QUI	03:30 09:30 15:10 21:30	0.74 ↓ 3.53 ↑ 0.92 ↓ 3.96 ↑
09 SEX	02:10 08:20 14:30 20:50	0.68 ↓ 3.68 ↑ 0.58 ↓ 3.82 ↑	25 DOM	02:20 08:30 14:30 20:40	0.69 ↓ 3.71 ↑ 0.76 ↓ 3.84 ↑	09 SEG	03:10 09:20 15:10 21:20	0.69 ↓ 3.65 ↑ 0.84 ↓ 3.80 ↑	25 QUA	03:30 09:40 15:30 21:40	0.78 ↓ 3.67 ↑ 0.81 ↓ 3.99 ↑	09 QUA	03:20 09:30 15:00 21:20	0.92 ↓ 3.36 ↑ 0.96 ↓ 3.69 ↑	25 SEX	04:20 10:20 16:00 22:20	0.66 ↓ 3.50 ↑ 0.92 ↓ 3.92 ↑
10 SAB	02:50 09:00 15:10 21:20	0.62 ↓ 3.80 ↑ 0.63 ↓ 3.90 ↑	26 SEG	03:00 09:10 15:10 21:20	0.65 ↓ 3.82 ↑ 0.73 ↓ 3.94 ↑	10 TER	03:40 09:50 15:40 21:50	0.77 ↓ 3.61 ↑ 0.87 ↓ 3.75 ↑	26 QUI	04:20 10:30 16:10 22:30	0.77 ↓ 3.56 ↑ 0.85 ↓ 3.92 ↑	10 QUI	04:00 10:00 15:30 21:50	0.93 ↓ 3.27 ↑ 0.98 ↓ 3.67 ↑	26 SAB	05:10 11:10 16:50 23:00	0.59 ↓ 3.44 ↑ 0.91 ↓ 3.84 ↑
11 DOM	03:30 09:40 15:40 21:50	0.60 ↓ 3.83 ↑ 0.73 ↓ 3.89 ↑	27 TER	03:40 09:50 15:50 22:00	0.67 ↓ 3.84 ↑ 0.73 ↓ 3.97 ↑	11 QUA	04:20 10:20 16:00 22:20	0.82 ↓ 3.47 ↑ 0.90 ↓ 3.67 ↑	27 SEX	05:10 11:20 16:50 23:10	0.77 ↓ 3.40 ↑ 0.90 ↓ 3.81 ↑	11 SEX	04:40 10:30 16:00 22:20	0.91 ↓ 3.17 ↑ 1.02 ↓ 3.63 ↑	27 DOM	05:50 12:00 17:40 23:50	0.61 ↓ 3.36 ↑ 0.88 ↓ 3.66 ↑
12 SEG	04:10 10:20 16:10 22:20	0.62 ↓ 3.76 ↑ 0.79 ↓ 3.80 ↑	28 QUA	04:30 10:30 16:30 22:40	0.69 ↓ 3.75 ↑ 0.74 ↓ 3.92 ↑	12 QUI	04:50 10:50 16:30 22:50	0.87 ↓ 3.28 ↑ 0.93 ↓ 3.57 ↑	28 SAB	06:00 12:10 17:40	0.76 ↓ 3.22 ↑ 0.94 ↓	12 SAB	05:10 11:10 16:30 22:50	0.88 ↓ 3.05 ↑ 1.06 ↓ 3.55 ↑	28 SEG	06:40 12:50 18:30	0.60 ↓ 3.26 ↑ 0.86 ↓
13 TER	04:40 10:50 16:40 22:50	0.69 ↓ 3.64 ↑ 0.82 ↓ 3.67 ↑	29 QUI	05:10 11:20 17:10 23:20	0.76 ↓ 3.54 ↑ 0.78 ↓ 3.79 ↑	13 SEX	05:30 11:30 17:00 23:20	0.90 ↓ 3.06 ↑ 0.99 ↓ 3.45 ↑	29 DOM	00:00 07:00 13:10 18:40	3.60 ↑ 0.73 ↓ 3.04 ↑ 0.96 ↓	13 DOM	05:50 11:50 17:10 23:30	0.84 ↓ 2.96 ↑ 1.08 ↓ 3.42 ↑	29 TER	00:40 07:20 13:40 19:30	3.44 ↑ 0.67 ↓ 3.15 ↑ 0.83 ↓
14 QUA	05:10 11:20 17:10 23:20	0.76 ↓ 3.43 ↑ 0.84 ↓ 3.51 ↑	30 SEX	06:10 12:10 17:50	0.80 ↓ 3.27 ↑ 0.86 ↓	14 SAB	06:10 12:00 17:30 23:50	0.91 ↓ 2.87 ↑ 1.07 ↓ 3.30 ↑	30 SEG	00:50 07:50 14:20 19:50	3.36 ↑ 0.76 ↓ 2.90 ↑ 0.97 ↓	14 SEG	06:20 12:30 18:00	0.82 ↓ 2.90 ↑ 1.07 ↓	30 QUA	01:40 08:10 14:30 20:40	3.21 ↑ 0.74 ↓ 3.06 ↑ 0.87 ↓
15 QUI	05:50 11:50 17:30 23:50	0.83 ↓ 3.17 ↑ 0.91 ↓ 3.34 ↑	31 SAB	00:10 07:10 13:10 18:50	3.57 ↑ 0.85 ↓ 2.99 ↑ 0.93 ↓	15 DOM	06:50 12:50 18:10	0.92 ↓ 2.69 ↑ 1.16 ↓				15 TER	00:20 07:10 13:20 19:00	3.25 ↑ 0.79 ↓ 2.84 ↑ 1.02 ↓	31 QUI	02:40 09:10 15:30	3.03 ↑ 0.83 ↓ 3.00 ↑
16 SEX	06:30 12:30 18:00	0.90 ↓ 2.88 ↑ 1.00 ↓				16 SEG	00:40 07:40 13:50 19:10	3.11 ↑ 0.93 ↓ 2.57 ↑ 1.19 ↓				16 QUA	01:10 07:50 14:10 20:10	3.07 ↑ 0.82 ↓ 2.83 ↑ 0.96 ↓			