



TABELA DE MARÉS

TIDE TABLE

GEZEITENTABELLE

2025





NOTAS NÁUTICAS

NAUTICAL NOTES

NAUTISCHE NOTIZEN

A análise e previsão harmónica foram efetuadas pelo Instituto Hidrográfico da Marinha a partir de observações maregráficas relativas ao período de 30 de setembro de 1979 a 31 de agosto de 1980. O marégrafo esteve instalado na posição definida pelas seguintes coordenadas: Latitude 37° 04.4'N Longitude 8° 07.3'W As alturas da tabela estão referidas ao nível do zero hidrográfico o qual fica 2.00 metros abaixo do nível médio do mar. Alerta-se os utilizadores, que as previsões de marés indicadas são referidas a um fuso horário que poderá não coincidir com o fuso horário correspondente à hora legal. Dado que o plano Zero Hidrográfico (ZH) foi fixado em relação a níveis médios adotados há várias décadas, existe presentemente uma diferença sistemática de cerca de +10 centímetros entre as alturas da água observadas e as alturas de maré previstas. No período de hora de Verão (30 Mar / 26 Out) deverá acrescentar 60 minutos às horas indicadas na tabela. Para mais informações consultar www.hidrografico.pt

Harmonic analysis and prediction were carried out by the Hydrographic Institute of the Navy on the basis of tidal observations during the period between 30th September 1979 and 31st August 1980. The tide gauge was installed at the position defined by the following coordinates: Latitude 37° 04.4'N Longitude 8° 07.3'W The heights in the table are referenced to the level of hydrographic zero, which is 2.00 metres below mean sea level. Users are alerted to the fact that the tidal predictions shown are referenced to a time zone which may not coincide with the time zone corresponding to legal time. Given that the Hydrographic Zero (ZH) level was established in relation to average levels adopted a number of decades ago, there is at present a systematic difference of approximately +10 centimetres between the water levels observed and the predicted tide heights. During summer time (30 Mar / 26 Oct) you should add 60 minutes to the times shown in the table. For further information, please consult www.hidrografico.pt

Die Analyse und Vorhersage wurden vom Hydrografischen Institut der Marine durchgeführt und erfolgte anhand der zwischen dem 30. September 1979 und den 31. August 1980 gemessenen Gezeitenstände. Der Gezeitenmesser war an folgender Position installiert: Breitengrad 37° 04.4'N Längengrad 8° 07.3'W Die Höhen der Tabelle beziehen sich auf das Seekartennull, das 2,00 Meter unter dem mittleren Meeresspiegel liegt. Wir machen die Benutzer darauf aufmerksam, dass sich die genannten Gezeitenvorhersagen auf eine Zeitzone beziehen, die eventuell nicht der gesetzlichen Zeitzone entspricht. Da das Seekartennull (SKN) in Bezug auf die seit mehreren Jahrzehnten verwendeten mittleren Höhenständen festgelegt wurde, besteht derzeit ein systematischer Unterschied von ca. +10 Zentimetern zwischen den gemessenen Wasserständen und den vorhergesagten Gezeitenständen. Während der Sommerzeit (30. März / 26. Oktober) müssen Sie 60 Minuten zu den in der Tabelle genannten Uhrzeiten hinzurechnen. Weitere Informationen finden Sie unter www.hidrografico.pt

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publicações oficiais do Instituto Hidrográfico que
declina qualquer responsabilidade decorrente da
utilização dos elementos de marés transcritos.

i) Alerta-se os utilizadores, que as previsões de marés indicadas são referidas a um fuso horário que poderá não coincidir com o fuso horário correspondente à hora legal.

ii) Dado que o plano Zero Hidrográfico (ZH) foi fixado em relação a níveis médios adotados há várias décadas, existe presentemente uma diferença sistemática de cerca de +10 centímetros entre as alturas de água observadas e as alturas de maré previstas.

iii) Para mais informações consultar www.hidrografico.pt

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Hydrographic Institute, Navy. This publication does not
replace the official publications of the Hydrographic
Institute, which declines any responsibility arising from
the use of the transcribed tide information.

i) Be warned that the tide forecasts indicated are referred to a time zone that may not coincide with the time zone corresponding to the legal time.

ii) Since the Hydrographic Zero (HZ) plan was set in relation to average levels adopted several decades ago, there is presently a systematic difference of about +10 centimeters between water heights observed and predicted tide heights.

iii) For more information check www.hidrografico.pt

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Veröffentlichungen des Hydrografischen Instuts, das jede
Haftung für sich aus der Nutzung der erstellten
Gezeitelemente ergebende Folgen zurückweist.

i) Die Nutzer werden darauf hingewiesen, dass die Gezeitenmesser sich auf eine Zeitzone beziehen, die möglicherweise nicht mit der Zeitzone übereinstimmt, die der gesetzlichen Zeit entspricht.

ii) Da die Ebene des Hydrographischen Nullpunkts (HZ) festgelegt wurde im Vergleich zu den Durchschnittswerten, die vor einigen Jahrzehnten angenommen wurden, gibt es derzeit eine systematische Differenz von etwa +10. Zentimeter zwischen der beobachteten und der vorhergesagten Höhe der Flut.

iii) Für weitere Informationen siehe www.hidrografico.pt

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Lua Nova
New Moon
Neumond



Quarto Crescente
First Quarter Moon
Erstes Viertel



Lua Cheia
Full Moon
Vollmond



Quarto Minguante
Last Quarter Moon
Letztes Viertel



Hora
Time
Zeit



Maré
Tide
Wasserstand



Manhã
Morning
Morgen



Tarde
Afternoon
Nachmittag

JANUAR

JANUARY

JANEIRO

LUA MOON / LUNA	DIA DAY TAG				PREIA-MAR HIGH TIDE HOCHWASSER				BAIXA-MAR LOW TIDE NIEDRIGWASSER			
	1	Qua.	Wed.	Mi.	02:54	3.42	15:21	3.17	09:08	0.79	21:14	0.92
	2	Qui.	Thu.	Do.	03:35	3.47	16:03	3.18	09:48	0.76	21:55	0.92
	3	Sex.	Fri.	Fr.	04:18	3.48	16:47	3.15	10:31	0.78	22:39	0.96
	4	Sáb.	Sat.	Sa.	05:04	3.43	17:35	3.07	11:17	0.85	23:26	1.03
	5	Dom.	Sun.	So.	05:54	3.33	18:27	2.97	-	-	12:08	0.95
	6	Seg.	Mon.	Mo.	06:48	3.20	19:25	2.86	00:19	1.13	13:04	1.06
	7	Ter.	Tue.	Di.	07:47	3.05	20:30	2.79	01:20	1.23	14:08	1.16
	8	Qua.	Wed.	Mi.	08:56	2.92	21:41	2.80	02:31	1.29	15:18	1.21
	9	Qui.	Thu.	Do.	10:10	2.87	22:51	2.89	03:51	1.29	16:29	1.20
	10	Sex.	Fri.	Fr.	11:21	2.89	23:52	3.04	05:07	1.19	17:33	1.14
	11	Sáb.	Sat.	Sa.	-	-	12:23	2.98	06:12	1.04	18:28	1.04
	12	Dom.	Sun.	So.	00:47	3.20	13:17	3.08	07:07	0.88	19:17	0.95
	13	Seg.	Mon.	Mo.	01:36	3.36	14:05	3.17	07:55	0.75	20:02	0.87
	14	Ter.	Tue.	Di.	02:21	3.47	14:48	3.23	08:37	0.68	20:42	0.83
	15	Qua.	Wed.	Mi.	03:03	3.51	15:28	3.23	09:16	0.67	21:20	0.83
	16	Qui.	Thu.	Do.	03:42	3.49	16:05	3.18	09:52	0.73	21:55	0.88
	17	Sex.	Fri.	Fr.	04:19	3.41	16:40	3.09	10:27	0.83	22:29	0.96
	18	Sáb.	Sat.	Sa.	04:55	3.28	17:15	2.97	11:01	0.97	23:04	1.08
	19	Dom.	Sun.	So.	05:31	3.12	17:52	2.84	11:36	1.12	23:42	1.22
	20	Seg.	Mon.	Mo.	06:08	2.94	18:33	2.70	-	-	12:15	1.26
	21	Ter.	Tue.	Di.	06:50	2.76	19:23	2.59	00:25	1.37	13:01	1.40
	22	Qua.	Wed.	Mi.	07:43	2.59	20:28	2.51	01:19	1.51	14:00	1.51
	23	Qui.	Thu.	Do.	08:56	2.47	21:47	2.53	02:33	1.61	15:16	1.56
	24	Sex.	Fri.	Fr.	10:21	2.47	22:58	2.64	04:04	1.61	16:33	1.53
	25	Sáb.	Sat.	Sa.	11:29	2.56	23:53	2.81	05:19	1.49	17:33	1.42
	26	Dom.	Sun.	So.	-	-	12:22	2.72	06:13	1.32	18:21	1.28
	27	Seg.	Mon.	Mo.	00:38	3.00	13:06	2.90	06:57	1.12	19:03	1.11
	28	Ter.	Tue.	Di.	01:19	3.21	13:46	3.09	07:36	0.91	19:43	0.94
	29	Qua.	Wed.	Mi.	01:59	3.41	14:26	3.25	08:14	0.72	20:22	0.79
	30	Qui.	Thu.	Do.	02:39	3.58	15:05	3.37	08:52	0.57	21:01	0.67
	31	Sex.	Fri.	Fr.	03:20	3.69	15:45	3.41	09:31	0.48	21:40	0.61

FEBRUAR

FEBRUARY

FEVEREIRO

LUA MOON / LUNA	DIA DAY TAG				PREIA-MAR HIGH TIDE HOCHWASSER				BAIXA-MAR LOW TIDE NIEDRIGWASSER			
	1	Sáb.	Sat.	Sa.	04:01	3.72	16:26	3.38	10:11	0.49	22:20	0.62
	2	Dom.	Sun.	So.	04:44	3.65	17:08	3.27	10:52	0.57	23:03	0.72
	3	Seg.	Mon.	Mo.	05:28	3.49	17:54	3.11	11:36	0.74	23:49	0.88
	4	Ter.	Tue.	Di.	06:16	3.25	18:45	2.93	-	-	12:24	0.95
	5	Qua.	Wed.	Mi.	07:11	2.97	19:47	2.76	00:43	1.08	13:20	1.17
	6	Qui.	Thu.	Do.	08:22	2.73	21:07	2.67	01:53	1.27	14:35	1.36
	7	Sex.	Fri.	Fr.	09:54	2.60	22:36	2.73	03:31	1.37	16:11	1.41
	8	Sáb.	Sat.	Sa.	11:21	2.66	23:48	2.91	05:10	1.28	17:31	1.31
	9	Dom.	Sun.	So.	-	-	12:26	2.82	06:18	1.09	18:29	1.16
	10	Seg.	Mon.	Mo.	00:44	3.11	13:15	2.99	07:08	0.91	19:14	0.99
	11	Ter.	Tue.	Di.	01:30	3.29	13:56	3.13	07:48	0.76	19:52	0.85
	12	Qua.	Wed.	Mi.	02:10	3.42	14:31	3.23	08:22	0.67	20:26	0.75
	13	Qui.	Thu.	Do.	02:45	3.48	15:04	3.26	08:54	0.63	20:58	0.71
	14	Sex.	Fri.	Fr.	03:18	3.48	15:35	3.24	09:23	0.65	21:28	0.71
	15	Sáb.	Sat.	Sa.	03:50	3.42	16:05	3.18	09:52	0.71	21:57	0.77
	16	Dom.	Sun.	So.	04:20	3.31	16:35	3.08	10:21	0.81	22:28	0.87
	17	Seg.	Mon.	Mo.	04:50	3.16	17:06	2.95	10:51	0.94	23:00	1.01
	18	Ter.	Tue.	Di.	05:21	2.97	17:39	2.80	11:23	1.10	23:36	1.18
	19	Qua.	Wed.	Mi.	05:56	2.77	18:19	2.66	11:59	1.27	-	-
	20	Qui.	Thu.	Do.	06:39	2.56	19:12	2.52	00:20	1.37	12:44	1.45
	21	Sex.	Fri.	Fr.	07:42	2.38	20:32	2.45	01:20	1.54	13:51	1.60
	22	Sáb.	Sat.	Sa.	09:26	2.32	22:10	2.51	03:00	1.63	15:39	1.64
	23	Dom.	Sun.	So.	11:01	2.44	23:21	2.70	04:46	1.53	17:05	1.51
	24	Seg.	Mon.	Mo.	-	-	12:00	2.66	05:49	1.31	18:00	1.30
	25	Ter.	Tue.	Di.	00:13	2.95	12:45	2.91	06:34	1.04	18:44	1.05
	26	Qua.	Wed.	Mi.	00:57	3.22	13:25	3.16	07:13	0.76	19:23	0.79
	27	Qui.	Thu.	Do.	01:38	3.48	14:04	3.36	07:51	0.51	20:02	0.56
	28	Sex.	Fri.	Fr.	02:18	3.68	14:43	3.50	08:29	0.33	20:40	0.40

MARZ

MARCH

MARÇO

LUA MOON / MOOND	DIA DAY TAG				PREIA-MAR HIGH TIDE HOCHWASSER				BAIXA-MAR LOW TIDE NIEDRIGWASSER			
												
												
	1	Sáb.	Sat.	Sa.	02:59	3.81	15:22	3.55	09:07	0.24	21:18	0.32
	2	Dom.	Sun.	So.	03:39	3.81	16:01	3.51	09:46	0.26	21:58	0.35
	3	Seg.	Mon.	Mo.	04:20	3.69	16:41	3.37	10:25	0.39	22:39	0.48
	4	Ter.	Tue.	Di.	05:03	3.46	17:24	3.18	11:05	0.62	23:24	0.71
	5	Qua.	Wed.	Mi.	05:50	3.14	18:14	2.94	11:50	0.91	-	-
	6	Qui.	Thu.	Do.	06:47	2.80	19:17	2.72	00:18	0.99	12:44	1.21
	7	Sex.	Fri.	Fr.	08:05	2.52	20:47	2.59	01:33	1.25	14:07	1.45
	8	Sáb.	Sat.	Sa.	09:54	2.43	22:29	2.65	03:34	1.36	16:09	1.49
	9	Dom.	Sun.	So.	11:22	2.56	23:41	2.84	05:13	1.24	17:30	1.34
	10	Seg.	Mon.	Mo.	-	-	12:19	2.76	06:12	1.05	18:21	1.14
	11	Ter.	Tue.	Di.	00:33	3.04	13:00	2.94	06:54	0.89	19:00	0.96
	12	Qua.	Wed.	Mi.	01:13	3.20	13:35	3.09	07:28	0.76	19:33	0.81
	13	Qui.	Thu.	Do.	01:48	3.31	14:06	3.18	07:57	0.66	20:03	0.70
	14	Sex.	Fri.	Fr.	02:20	3.36	14:36	3.23	08:25	0.61	20:31	0.63
	15	Sáb.	Sat.	Sa.	02:50	3.37	15:04	3.23	08:52	0.60	21:00	0.62
	16	Dom.	Sun.	So.	03:19	3.32	15:33	3.18	09:19	0.63	21:28	0.66
	17	Seg.	Mon.	Mo.	03:48	3.22	16:01	3.10	09:47	0.71	21:58	0.75
	18	Ter.	Tue.	Di.	04:17	3.08	16:31	2.99	10:15	0.84	22:30	0.88
	19	Qua.	Wed.	Mi.	04:47	2.90	17:02	2.86	10:44	1.00	23:04	1.06
	20	Qui.	Thu.	Do.	05:20	2.71	17:39	2.71	11:17	1.19	23:45	1.25
	21	Sex.	Fri.	Fr.	06:01	2.51	18:27	2.56	11:57	1.38	-	-
	22	Sáb.	Sat.	Sa.	07:01	2.34	19:41	2.45	00:40	1.44	12:58	1.56
	23	Dom.	Sun.	So.	08:46	2.27	21:25	2.48	02:13	1.55	14:51	1.64
	24	Seg.	Mon.	Mo.	10:30	2.41	22:47	2.67	04:10	1.45	16:34	1.49
	25	Ter.	Tue.	Di.	11:31	2.66	23:43	2.94	05:17	1.21	17:32	1.23
	26	Qua.	Wed.	Mi.	-	-	12:17	2.93	06:04	0.91	18:17	0.94
	27	Qui.	Thu.	Do.	00:29	3.23	12:58	3.19	06:45	0.62	18:58	0.65
	28	Sex.	Fri.	Fr.	01:12	3.49	13:38	3.40	07:24	0.36	19:37	0.41
	29	Sáb.	Sat.	Sa.	01:53	3.68	14:17	3.53	08:03	0.19	20:16	0.24
	30	Dom.	Sun.	So.	02:35	3.77	14:57	3.58	08:41	0.14	20:56	0.18
	31	Seg.	Mon.	Mo.	03:16	3.73	15:37	3.52	09:20	0.20	21:38	0.24

APRIL

APRIL

ABRIL

LUA MOON / MOOND	DIA DAY TAG				PREIA-MAR HIGH TIDE HOCHWASSER				BAIXA-MAR LOW TIDE NIEDRIGWASSER			
												
												
	1	Ter.	Tue.	Di.	03:59	3.56	16:18	3.38	09:59	0.38	22:21	0.41
	2	Qua.	Wed.	Mi.	04:44	3.29	17:03	3.18	10:41	0.65	23:10	0.66
	3	Qui.	Thu.	Do.	05:35	2.96	17:56	2.94	11:27	0.96	-	-
	4	Sex.	Fri.	Fr.	06:37	2.64	19:04	2.72	00:10	0.96	12:26	1.26
	5	Sáb.	Sat.	Sa.	08:04	2.42	20:37	2.60	01:35	1.21	14:00	1.47
	6	Dom.	Sun.	So.	09:47	2.41	22:11	2.66	03:31	1.28	15:56	1.47
	7	Seg.	Mon.	Mo.	11:03	2.55	23:19	2.80	04:54	1.18	17:09	1.31
	8	Ter.	Tue.	Di.	11:54	2.72	-	-	05:47	1.04	17:57	1.13
	9	Qua.	Wed.	Mi.	00:07	2.95	12:33	2.87	06:26	0.91	18:34	0.97
	10	Qui.	Thu.	Do.	00:46	3.06	13:06	3.00	06:57	0.81	19:05	0.84
	11	Sex.	Fri.	Fr.	01:20	3.14	13:37	3.08	07:26	0.72	19:35	0.74
	12	Sáb.	Sat.	Sa.	01:51	3.18	14:07	3.14	07:53	0.65	20:04	0.67
	13	Dom.	Sun.	So.	02:21	3.18	14:36	3.15	08:21	0.63	20:34	0.65
	14	Seg.	Mon.	Mo.	02:51	3.14	15:05	3.13	08:49	0.66	21:05	0.68
	15	Ter.	Tue.	Di.	03:21	3.06	15:35	3.08	09:18	0.74	21:36	0.76
	16	Qua.	Wed.	Mi.	03:52	2.95	16:05	3.00	09:47	0.86	22:09	0.88
	17	Qui.	Thu.	Do.	04:24	2.80	16:39	2.89	10:17	1.01	22:45	1.03
	18	Sex.	Fri.	Fr.	05:00	2.64	17:17	2.76	10:51	1.18	23:28	1.19
	19	Sáb.	Sat.	Sa.	05:45	2.49	18:08	2.64	11:35	1.36	-	-
	20	Dom.	Sun.	So.	06:50	2.37	19:19	2.55	00:26	1.34	12:40	1.51
	21	Seg.	Mon.	Mo.	08:23	2.34	20:50	2.57	01:53	1.41	14:22	1.55
	22	Ter.	Tue.	Di.	09:53	2.47	22:09	2.73	03:31	1.32	15:56	1.41
	23	Qua.	Wed.	Mi.	10:55	2.70	23:08	2.97	04:39	1.10	16:57	1.17
	24	Qui.	Thu.	Do.	11:44	2.95	23:57	3.21	05:30	0.83	17:45	0.89
	25	Sex.	Fri.	Fr.	-	-	12:28	3.17	06:13	0.57	18:29	0.62
	26	Sáb.	Sat.	Sa.	00:43	3.42	13:10	3.36	06:55	0.36	19:11	0.41
	27	Dom.	Sun.	So.	01:28	3.56	13:52	3.48	07:36	0.25	19:54	0.27
	28	Seg.	Mon.	Mo.	02:12	3.59	14:34	3.52	08:16	0.23	20:38	0.23
	29	Ter.	Tue.	Di.	02:57	3.52	15:17	3.48	08:58	0.33	21:23	0.30
	30	Qua.	Wed.	Mi.	03:44	3.35	16:02	3.37	09:40	0.51	22:12	0.46

MAI

MAY

MAIO

JUNI

JUNE

JUNHO

LUA MOON / MOOND	DIA DAY TAG				PREIA-MAR HIGH TIDE HOCHWASSER				BAIXA-MAR LOW TIDE NIEDRIGWASSER			
												
												
	1	Qui.	Thu.	Do.	04:33	3.11	16:51	3.19	10:25	0.76	23:06	0.70
	2	Sex.	Fri.	Fr.	05:28	2.85	17:48	2.99	11:17	1.02	-	-
	3	Sáb.	Sat.	Sa.	06:34	2.62	18:57	2.81	00:10	0.95	12:21	1.26
	4	Dom.	Sun.	So.	07:52	2.48	20:16	2.70	01:31	1.14	13:47	1.41
	5	Seg.	Mon.	Mo.	09:14	2.47	21:35	2.70	03:00	1.22	15:18	1.42
	6	Ter.	Tue.	Di.	10:22	2.55	22:40	2.75	04:13	1.19	16:27	1.33
	7	Qua.	Wed.	Mi.	11:15	2.66	23:30	2.82	05:06	1.12	17:18	1.21
	8	Qui.	Thu.	Do.	11:56	2.78	-	-	05:47	1.03	17:58	1.09
	9	Sex.	Fri.	Fr.	00:11	2.89	12:32	2.88	06:20	0.94	18:34	0.98
	10	Sáb.	Sat.	Sa.	00:47	2.94	13:06	2.97	06:52	0.86	19:07	0.89
	11	Dom.	Sun.	So.	01:21	2.98	13:39	3.04	07:23	0.80	19:41	0.82
	12	Seg.	Mon.	Mo.	01:55	2.99	14:11	3.08	07:53	0.78	20:14	0.79
	13	Ter.	Tue.	Di.	02:28	2.97	14:43	3.09	08:24	0.80	20:48	0.79
	14	Qua.	Wed.	Mi.	03:01	2.93	15:15	3.08	08:55	0.86	21:22	0.84
	15	Qui.	Thu.	Do.	03:35	2.86	15:49	3.04	09:27	0.95	21:58	0.92
	16	Sex.	Fri.	Fr.	04:12	2.77	16:26	2.97	10:02	1.07	22:37	1.02
	17	Sáb.	Sat.	Sa.	04:52	2.68	17:09	2.89	10:41	1.19	23:23	1.13
	18	Dom.	Sun.	So.	05:42	2.59	18:01	2.80	11:30	1.31	-	-
	19	Seg.	Mon.	Mo.	06:44	2.52	19:06	2.75	00:21	1.22	12:34	1.40
	20	Ter.	Tue.	Di.	07:57	2.52	20:18	2.76	01:33	1.25	13:53	1.42
	21	Qua.	Wed.	Mi.	09:11	2.60	21:28	2.85	02:50	1.18	15:12	1.32
	22	Qui.	Thu.	Do.	10:15	2.75	22:30	2.99	03:57	1.03	16:17	1.15
	23	Sex.	Fri.	Fr.	11:09	2.93	23:25	3.14	04:53	0.85	17:11	0.94
	24	Sáb.	Sat.	Sa.	11:58	3.11	-	-	05:41	0.67	18:01	0.73
	25	Dom.	Sun.	So.	00:16	3.27	12:44	3.27	06:27	0.54	18:49	0.56
	26	Seg.	Mon.	Mo.	01:06	3.35	13:30	3.38	07:11	0.48	19:38	0.44
	27	Ter.	Tue.	Di.	01:55	3.36	14:17	3.45	07:57	0.48	20:27	0.40
	28	Qua.	Wed.	Mi.	02:45	3.31	15:04	3.45	08:42	0.55	21:17	0.44
	29	Qui.	Thu.	Do.	03:35	3.21	15:53	3.39	09:29	0.68	22:08	0.55
	30	Sex.	Fri.	Fr.	04:27	3.06	16:44	3.28	10:17	0.85	23:02	0.72
	31	Sáb.	Sat.	Sa.	05:21	2.90	17:38	3.13	11:08	1.03	23:59	0.92

LUA MOON / MOOND	DIA DAY TAG				PREIA-MAR HIGH TIDE HOCHWASSER				BAIXA-MAR LOW TIDE NIEDRIGWASSER			
												
												
	1	Dom.	Sun.	So.	06:18	2.75	18:37	2.97	-	-	12:05	1.19
	2	Seg.	Mon.	Mo.	07:18	2.63	19:38	2.83	01:01	1.09	13:09	1.32
	3	Ter.	Tue.	Di.	08:21	2.56	20:42	2.74	02:06	1.22	14:18	1.39
	4	Qua.	Wed.	Mi.	09:24	2.55	21:44	2.69	03:11	1.27	15:25	1.40
	5	Qui.	Thu.	Do.	10:22	2.60	22:40	2.69	04:08	1.27	16:25	1.35
	6	Sex.	Fri.	Fr.	11:12	2.68	23:29	2.71	04:57	1.21	17:16	1.28
	7	Sáb.	Sat.	Sa.	11:56	2.78	-	-	05:39	1.14	18:01	1.19
	8	Dom.	Sun.	So.	00:13	2.76	12:36	2.88	06:17	1.07	18:42	1.09
	9	Seg.	Mon.	Mo.	00:54	2.80	13:13	2.97	06:54	1.01	19:21	1.01
	10	Ter.	Tue.	Di.	01:32	2.84	13:49	3.05	07:29	0.98	19:59	0.95
	11	Qua.	Wed.	Mi.	02:10	2.88	14:24	3.11	08:04	0.97	20:35	0.91
	12	Qui.	Thu.	Do.	02:47	2.89	14:59	3.15	08:39	0.98	21:12	0.89
	13	Sex.	Fri.	Fr.	03:24	2.90	15:37	3.16	09:15	1.01	21:49	0.90
	14	Sáb.	Sat.	Sa.	04:03	2.88	16:17	3.15	09:53	1.05	22:30	0.94
	15	Dom.	Sun.	So.	04:45	2.86	17:01	3.12	10:35	1.11	23:15	0.99
	16	Seg.	Mon.	Mo.	05:33	2.81	17:50	3.07	11:22	1.17	-	-
	17	Ter.	Tue.	Di.	06:26	2.77	18:44	3.02	00:06	1.05	12:17	1.23
	18	Qua.	Wed.	Mi.	07:25	2.73	19:44	2.97	01:04	1.08	13:19	1.26
	19	Qui.	Thu.	Do.	08:28	2.73	20:47	2.95	02:07	1.09	14:26	1.25
	20	Sex.	Fri.	Fr.	09:33	2.78	21:53	2.96	03:12	1.05	15:35	1.19
	21	Sáb.	Sat.	Sa.	10:34	2.89	22:56	3.00	04:14	0.99	16:40	1.07
	22	Dom.	Sun.	So.	11:31	3.02	23:55	3.07	05:11	0.90	17:40	0.92
	23	Seg.	Mon.	Mo.	-	-	12:25	3.17	06:04	0.83	18:37	0.77
	24	Ter.	Tue.	Di.	00:52	3.13	13:16	3.31	06:56	0.77	19:32	0.64
	25	Qua.	Wed.	Mi.	01:47	3.19	14:07	3.42	07:45	0.73	20:23	0.56
	26	Qui.	Thu.	Do.	02:38	3.21	14:56	3.48	08:33	0.73	21:12	0.55
	27	Sex.	Fri.	Fr.	03:27	3.20	15:43	3.48	09:19	0.77	21:59	0.61
	28	Sáb.	Sat.	Sa.	04:14	3.14	16:30	3.41	10:04	0.84	22:44	0.73
	29	Dom.	Sun.	So.	04:59	3.04	17:16	3.28	10:48	0.95	23:29	0.89
	30	Seg.	Mon.	Mo.	05:44	2.91	18:02	3.12	11:32	1.08	-	-

JULI

JULY

JULHO

LUA MOON / MOON	DIA DAY TAG				PREIA-MAR HIGH TIDE HOCHWASSER				BAIXA-MAR LOW TIDE NIEDRIGWASSER			
												
												
	1	Ter.	Tue.	Di.	06:30	2.78	18:48	2.94	00:14	1.06	12:19	1.22
	2	Qua.	Wed.	Mi.	07:19	2.66	19:38	2.78	01:02	1.21	13:10	1.35
	3	Qui.	Thu.	Do.	08:13	2.58	20:34	2.64	01:54	1.33	14:09	1.45
	4	Sex.	Fri.	Fr.	09:16	2.55	21:39	2.56	02:54	1.40	15:18	1.50
	5	Sáb.	Sat.	Sa.	10:20	2.59	22:44	2.56	03:56	1.41	16:29	1.47
	6	Dom.	Sun.	So.	11:17	2.68	23:41	2.60	04:54	1.37	17:30	1.39
	7	Seg.	Mon.	Mo.	-	-	12:06	2.80	05:44	1.30	18:20	1.28
	8	Ter.	Tue.	Di.	00:30	2.69	12:48	2.93	06:29	1.23	19:04	1.15
	9	Qua.	Wed.	Mi.	01:13	2.78	13:28	3.06	07:09	1.15	19:43	1.03
	10	Qui.	Thu.	Do.	01:53	2.89	14:05	3.18	07:47	1.07	20:20	0.92
	11	Sex.	Fri.	Fr.	02:31	2.98	14:43	3.29	08:24	1.00	20:57	0.83
	12	Sáb.	Sat.	Sa.	03:09	3.06	15:22	3.37	09:01	0.94	21:34	0.78
	13	Dom.	Sun.	So.	03:48	3.11	16:02	3.42	09:40	0.91	22:13	0.76
	14	Seg.	Mon.	Mo.	04:28	3.12	16:44	3.41	10:20	0.90	22:55	0.78
	15	Ter.	Tue.	Di.	05:11	3.08	17:28	3.35	11:03	0.94	23:40	0.85
	16	Qua.	Wed.	Mi.	05:58	3.01	18:16	3.23	11:50	1.02	-	-
	17	Qui.	Thu.	Do.	06:49	2.91	19:09	3.09	00:29	0.94	12:43	1.12
	18	Sex.	Fri.	Fr.	07:46	2.83	20:10	2.94	01:24	1.05	13:45	1.21
	19	Sáb.	Sat.	Sa.	08:53	2.78	21:22	2.83	02:28	1.15	15:00	1.26
	20	Dom.	Sun.	So.	10:05	2.82	22:38	2.81	03:39	1.19	16:21	1.22
	21	Seg.	Mon.	Mo.	11:14	2.94	23:49	2.88	04:51	1.17	17:36	1.09
	22	Ter.	Tue.	Di.	-	-	12:16	3.12	05:55	1.09	18:38	0.92
	23	Qua.	Wed.	Mi.	00:49	3.00	13:10	3.30	06:50	0.98	19:31	0.75
	24	Qui.	Thu.	Do.	01:42	3.13	13:59	3.45	07:39	0.87	20:17	0.64
	25	Sex.	Fri.	Fr.	02:28	3.22	14:44	3.54	08:23	0.78	20:58	0.59
	26	Sáb.	Sat.	Sa.	03:10	3.26	15:26	3.56	09:03	0.75	21:37	0.62
	27	Dom.	Sun.	So.	03:49	3.24	16:05	3.50	09:40	0.77	22:13	0.71
	28	Seg.	Mon.	Mo.	04:26	3.17	16:42	3.37	10:16	0.84	22:48	0.84
	29	Ter.	Tue.	Di.	05:02	3.05	17:19	3.20	10:52	0.96	23:23	1.00
	30	Qua.	Wed.	Mi.	05:39	2.91	17:56	3.01	11:29	1.11	-	-
	31	Qui.	Thu.	Do.	06:18	2.77	18:36	2.80	00:00	1.16	12:10	1.27

AUGUST

AUGUST

AGOSTO

LUA MOON / MOON	DIA DAY TAG				PREIA-MAR HIGH TIDE HOCHWASSER				BAIXA-MAR LOW TIDE NIEDRIGWASSER			
												
												
	1	Sex.	Fri.	Fr.	07:05	2.64	19:24	2.61	00:43	1.32	13:00	1.44
	2	Sáb.	Sat.	Sa.	08:04	2.54	20:31	2.47	01:35	1.46	14:08	1.57
	3	Dom.	Sun.	So.	09:20	2.52	21:57	2.42	02:46	1.55	15:38	1.61
	4	Seg.	Mon.	Mo.	10:37	2.60	23:13	2.49	04:08	1.56	17:02	1.53
	5	Ter.	Tue.	Di.	11:36	2.74	-	-	05:15	1.49	18:00	1.38
	6	Qua.	Wed.	Mi.	00:08	2.63	12:23	2.92	06:06	1.36	18:44	1.20
	7	Qui.	Thu.	Do.	00:53	2.80	13:04	3.11	06:49	1.21	19:22	1.01
	8	Sex.	Fri.	Fr.	01:32	2.98	13:43	3.30	07:27	1.05	19:58	0.83
	9	Sáb.	Sat.	Sa.	02:09	3.15	14:21	3.47	08:04	0.89	20:34	0.67
	10	Dom.	Sun.	So.	02:46	3.28	15:00	3.60	08:41	0.75	21:10	0.56
	11	Seg.	Mon.	Mo.	03:24	3.36	15:39	3.66	09:19	0.67	21:48	0.52
	12	Ter.	Tue.	Di.	04:03	3.36	16:20	3.63	09:57	0.65	22:27	0.57
	13	Qua.	Wed.	Mi.	04:44	3.30	17:02	3.51	10:38	0.71	23:09	0.69
	14	Qui.	Thu.	Do.	05:27	3.18	17:47	3.31	11:22	0.83	23:53	0.87
	15	Sex.	Fri.	Fr.	06:15	3.02	18:38	3.06	-	-	12:12	1.02
	16	Sáb.	Sat.	Sa.	07:11	2.86	19:42	2.81	00:45	1.09	13:15	1.21
	17	Dom.	Sun.	So.	08:23	2.75	21:07	2.65	01:50	1.29	14:42	1.34
	18	Seg.	Mon.	Mo.	09:51	2.76	22:40	2.66	03:20	1.40	16:26	1.31
	19	Ter.	Tue.	Di.	11:11	2.91	23:52	2.80	04:50	1.35	17:43	1.14
	20	Qua.	Wed.	Mi.	-	-	12:12	3.12	05:56	1.20	18:39	0.94
	21	Qui.	Thu.	Do.	00:46	2.99	13:02	3.32	06:46	1.03	19:23	0.77
	22	Sex.	Fri.	Fr.	01:31	3.15	13:46	3.47	07:28	0.87	20:00	0.66
	23	Sáb.	Sat.	Sa.	02:10	3.26	14:24	3.55	08:05	0.75	20:34	0.61
	24	Dom.	Sun.	So.	02:45	3.31	15:00	3.56	08:39	0.69	21:06	0.62
	25	Seg.	Mon.	Mo.	03:18	3.30	15:33	3.49	09:11	0.69	21:36	0.68
	26	Ter.	Tue.	Di.	03:49	3.24	16:05	3.37	09:42	0.75	22:06	0.79
	27	Qua.	Wed.	Mi.	04:21	3.13	16:36	3.20	10:13	0.86	22:37	0.93
	28	Qui.	Thu.	Do.	04:53	3.00	17:09	3.00	10:47	1.01	23:09	1.10
	29	Sex.	Fri.	Fr.	05:27	2.85	17:44	2.79	11:24	1.20	23:45	1.29
	30	Sáb.	Sat.	Sa.	06:08	2.70	18:28	2.58	-	-	12:08	1.40
	31	Dom.	Sun.	So.	07:01	2.56	19:32	2.40	00:30	1.48	13:10	1.58

SEPTEMBER

SEPTEMBER

SETEMBRO

LUA MOON / LUNA	DIA DAY TAG				PREIA-MAR HIGH TIDE HOCHWASSER				BAIXA-MAR LOW TIDE NIEDRIGWASSER			
												
												
○	1	Seg.	Mon.	Mo.	08:20	2.49	21:15	2.33	01:37	1.64	14:50	1.67
	2	Ter.	Tue.	Di.	09:56	2.54	22:48	2.44	03:24	1.69	16:35	1.58
	3	Qua.	Wed.	Mi.	11:06	2.71	23:45	2.64	04:50	1.58	17:35	1.39
	4	Qui.	Thu.	Do.	11:56	2.94	-	-	05:43	1.39	18:17	1.15
	5	Sex.	Fri.	Fr.	00:27	2.87	12:37	3.18	06:25	1.17	18:54	0.90
	6	Sáb.	Sat.	Sa.	01:05	3.10	13:16	3.42	07:02	0.93	19:30	0.67
●	7	Dom.	Sun.	So.	01:42	3.30	13:55	3.62	07:39	0.71	20:06	0.47
	8	Seg.	Mon.	Mo.	02:19	3.45	14:34	3.75	08:16	0.54	20:43	0.36
	9	Ter.	Tue.	Di.	02:57	3.53	15:13	3.79	08:54	0.44	21:20	0.34
	10	Qua.	Wed.	Mi.	03:35	3.52	15:54	3.71	09:32	0.44	21:58	0.44
	11	Qui.	Thu.	Do.	04:15	3.43	16:36	3.52	10:13	0.54	22:38	0.63
	12	Sex.	Fri.	Fr.	04:58	3.27	17:22	3.24	10:58	0.73	23:22	0.89
●	13	Sáb.	Sat.	Sa.	05:47	3.07	18:17	2.93	11:50	0.98	-	-
	14	Dom.	Sun.	So.	06:47	2.86	19:31	2.65	00:15	1.18	13:01	1.24
	15	Seg.	Mon.	Mo.	08:10	2.72	21:13	2.53	01:30	1.43	14:50	1.37
	16	Ter.	Tue.	Di.	09:50	2.76	22:46	2.63	03:24	1.52	16:36	1.28
	17	Qua.	Wed.	Mi.	11:07	2.93	23:48	2.82	04:54	1.39	17:41	1.09
	18	Qui.	Thu.	Do.	-	-	12:03	3.14	05:51	1.19	18:27	0.92
●	19	Sex.	Fri.	Fr.	00:33	3.01	12:47	3.31	06:33	1.00	19:03	0.78
	20	Sáb.	Sat.	Sa.	01:10	3.16	13:24	3.42	07:08	0.84	19:35	0.69
	21	Dom.	Sun.	So.	01:44	3.26	13:59	3.47	07:40	0.73	20:05	0.64
	22	Seg.	Mon.	Mo.	02:15	3.30	14:30	3.45	08:11	0.67	20:33	0.64
	23	Ter.	Tue.	Di.	02:46	3.30	15:01	3.39	08:41	0.67	21:01	0.68
	24	Qua.	Wed.	Mi.	03:15	3.25	15:31	3.28	09:11	0.72	21:30	0.78
●	25	Qui.	Thu.	Do.	03:45	3.16	16:01	3.12	09:42	0.83	21:59	0.92
	26	Sex.	Fri.	Fr.	04:16	3.04	16:33	2.94	10:15	0.98	22:29	1.09
	27	Sáb.	Sat.	Sa.	04:49	2.90	17:07	2.73	10:51	1.17	23:02	1.29
	28	Dom.	Sun.	So.	05:27	2.75	17:50	2.53	11:33	1.37	23:44	1.50
	29	Seg.	Mon.	Mo.	06:17	2.60	18:54	2.37	-	-	12:32	1.55
	30	Ter.	Tue.	Di.	07:34	2.51	20:41	2.32	00:48	1.68	14:12	1.65

OKTOBER

OCTOBER

OUTUBRO

LUA MOON / LUNA	DIA DAY TAG				PREIA-MAR HIGH TIDE HOCHWASSER				BAIXA-MAR LOW TIDE NIEDRIGWASSER			
												
												
○	1	Qua.	Wed.	Mi.	09:16	2.54	22:18	2.46	02:45	1.74	16:01	1.56
	2	Qui.	Thu.	Do.	10:32	2.72	23:14	2.69	04:20	1.60	17:02	1.34
	3	Sex.	Fri.	Fr.	11:24	2.97	23:56	2.94	05:14	1.36	17:45	1.07
	4	Sáb.	Sat.	Sa.	-	-	12:07	3.23	05:56	1.09	18:23	0.79
	5	Dom.	Sun.	So.	00:35	3.19	12:47	3.48	06:34	0.82	19:00	0.55
	6	Seg.	Mon.	Mo.	01:13	3.39	13:27	3.67	07:12	0.59	19:37	0.36
●	7	Ter.	Tue.	Di.	01:51	3.54	14:08	3.77	07:50	0.41	20:15	0.28
	8	Qua.	Wed.	Mi.	02:30	3.61	14:49	3.76	08:30	0.33	20:53	0.30
	9	Qui.	Thu.	Do.	03:10	3.59	15:31	3.64	09:11	0.35	21:32	0.45
	10	Sex.	Fri.	Fr.	03:51	3.49	16:17	3.41	09:54	0.49	22:14	0.68
	11	Sáb.	Sat.	Sa.	04:37	3.32	17:07	3.11	10:43	0.71	23:01	0.98
	12	Dom.	Sun.	So.	05:29	3.10	18:10	2.80	11:42	0.99	-	-
●	13	Seg.	Mon.	Mo.	06:37	2.89	19:33	2.58	00:00	1.28	13:05	1.23
	14	Ter.	Tue.	Di.	08:06	2.77	21:13	2.55	01:29	1.50	14:56	1.31
	15	Qua.	Wed.	Mi.	09:39	2.82	22:32	2.68	03:22	1.51	16:24	1.22
	16	Qui.	Thu.	Do.	10:50	2.96	23:27	2.84	04:39	1.37	17:21	1.09
	17	Sex.	Fri.	Fr.	11:41	3.10	-	-	05:31	1.19	18:03	0.96
	18	Sáb.	Sat.	Sa.	00:08	2.99	12:23	3.21	06:10	1.03	18:36	0.86
●	19	Dom.	Sun.	So.	00:44	3.11	12:58	3.27	06:44	0.90	19:06	0.79
	20	Seg.	Mon.	Mo.	01:16	3.19	13:31	3.30	07:15	0.81	19:34	0.74
	21	Ter.	Tue.	Di.	01:47	3.24	14:02	3.28	07:45	0.76	20:02	0.73
	22	Qua.	Wed.	Mi.	02:17	3.25	14:33	3.23	08:16	0.75	20:31	0.77
	23	Qui.	Thu.	Do.	02:48	3.22	15:04	3.14	08:48	0.79	21:00	0.85
	24	Sex.	Fri.	Fr.	03:18	3.16	15:36	3.01	09:20	0.88	21:30	0.98
●	25	Sáb.	Sat.	Sa.	03:50	3.07	16:09	2.86	09:54	1.01	22:01	1.15
	26	Dom.	Sun.	So.	04:23	2.95	16:46	2.70	10:31	1.17	22:36	1.33
	27	Seg.	Mon.	Mo.	05:02	2.83	17:31	2.54	11:14	1.34	23:19	1.51
	28	Ter.	Tue.	Di.	05:53	2.70	18:36	2.43	-	-	12:12	1.49
	29	Qua.	Wed.	Mi.	07:04	2.61	20:07	2.41	00:23	1.65	13:39	1.57
	30	Qui.	Thu.	Do.	08:33	2.63	21:34	2.53	02:05	1.70	15:15	1.48
●	31	Sex.	Fri.	Fr.	09:49	2.78	22:35	2.74	03:37	1.57	16:20	1.28

NOVEMBER

NOVEMBER

NOVEMBRO

LUA MOON / LUNA	DIA DAY TAG				PREIA-MAR HIGH TIDE HOCHWASSER				BAIXA-MAR LOW TIDE NIEDRIGWASSER			
												
												
	1	Sáb.	Sat.	Sa.	10:46	3.00	23:22	2.97	04:36	1.34	17:08	1.03
	2	Dom.	Sun.	So.	11:33	3.23	-	-	05:22	1.08	17:50	0.77
	3	Seg.	Mon.	Mo.	00:04	3.20	12:17	3.44	06:04	0.82	18:30	0.56
	4	Ter.	Tue.	Di.	00:44	3.39	13:00	3.58	06:46	0.60	19:09	0.41
	5	Qua.	Wed.	Mi.	01:25	3.53	13:44	3.65	07:28	0.44	19:49	0.37
	6	Qui.	Thu.	Do.	02:07	3.61	14:29	3.62	08:11	0.37	20:31	0.42
	7	Sex.	Fri.	Fr.	02:50	3.60	15:16	3.49	08:57	0.40	21:14	0.57
	8	Sáb.	Sat.	Sa.	03:35	3.52	16:06	3.29	09:45	0.53	21:59	0.79
	9	Dom.	Sun.	So.	04:25	3.38	17:01	3.04	10:39	0.73	22:51	1.05
	10	Seg.	Mon.	Mo.	05:22	3.19	18:06	2.81	11:42	0.97	23:54	1.29
	11	Ter.	Tue.	Di.	06:30	3.01	19:23	2.66	-	-	13:01	1.17
	12	Qua.	Wed.	Mi.	07:48	2.90	20:44	2.63	01:17	1.45	14:30	1.26
	13	Qui.	Thu.	Do.	09:07	2.87	21:55	2.69	02:48	1.47	15:47	1.25
	14	Sex.	Fri.	Fr.	10:15	2.91	22:51	2.79	04:02	1.39	16:45	1.19
	15	Sáb.	Sat.	Sa.	11:08	2.97	23:36	2.90	04:57	1.28	17:28	1.11
	16	Dom.	Sun.	So.	11:52	3.02	-	-	05:40	1.17	18:04	1.03
	17	Seg.	Mon.	Mo.	00:14	3.00	12:30	3.06	06:17	1.07	18:36	0.96
	18	Ter.	Tue.	Di.	00:49	3.09	13:05	3.08	06:52	0.99	19:07	0.91
	19	Qua.	Wed.	Mi.	01:23	3.15	13:39	3.08	07:26	0.93	19:38	0.89
	20	Qui.	Thu.	Do.	01:55	3.19	14:13	3.06	07:59	0.90	20:09	0.92
	21	Sex.	Fri.	Fr.	02:28	3.20	14:47	3.02	08:33	0.91	20:41	0.98
	22	Sáb.	Sat.	Sa.	03:00	3.18	15:21	2.95	09:08	0.96	21:13	1.08
	23	Dom.	Sun.	So.	03:34	3.13	15:56	2.86	09:43	1.04	21:46	1.19
	24	Seg.	Mon.	Mo.	04:09	3.06	16:35	2.77	10:21	1.14	22:23	1.31
	25	Ter.	Tue.	Di.	04:50	2.98	17:21	2.67	11:04	1.26	23:08	1.43
	26	Qua.	Wed.	Mi.	05:39	2.89	18:18	2.60	11:57	1.36	-	-
	27	Qui.	Thu.	Do.	06:39	2.82	19:28	2.58	00:06	1.53	13:04	1.41
	28	Sex.	Fri.	Fr.	07:48	2.81	20:41	2.63	01:21	1.56	14:19	1.37
	29	Sáb.	Sat.	Sa.	08:58	2.87	21:47	2.76	02:40	1.50	15:29	1.24
	30	Dom.	Sun.	So.	10:02	2.99	22:43	2.94	03:49	1.35	16:26	1.06

DECEMBER

DECEMBER

DEZEMBRO

LUA MOON / LUNA	DIA DAY TAG				PREIA-MAR HIGH TIDE HOCHWASSER				BAIXA-MAR LOW TIDE NIEDRIGWASSER			
												
												
	1	Seg.	Mon.	Mo.	10:58	3.14	23:32	3.13	04:45	1.15	17:15	0.88
	2	Ter.	Tue.	Di.	11:49	3.28	-	-	05:36	0.93	18:01	0.72
	3	Qua.	Wed.	Mi.	00:18	3.31	12:39	3.39	06:24	0.74	18:46	0.62
	4	Qui.	Thu.	Do.	01:04	3.46	13:29	3.45	07:13	0.58	19:31	0.58
	5	Sex.	Fri.	Fr.	01:51	3.56	14:19	3.45	08:02	0.49	20:17	0.61
	6	Sáb.	Sat.	Sa.	02:38	3.61	15:09	3.38	08:52	0.48	21:04	0.70
	7	Dom.	Sun.	So.	03:27	3.58	16:00	3.27	09:42	0.55	21:52	0.84
	8	Seg.	Mon.	Mo.	04:18	3.49	16:54	3.11	10:35	0.70	22:43	1.00
	9	Ter.	Tue.	Di.	05:12	3.35	17:50	2.95	11:31	0.89	23:38	1.17
	10	Qua.	Wed.	Mi.	06:09	3.19	18:49	2.80	-	-	12:31	1.09
	11	Qui.	Thu.	Do.	07:10	3.02	19:51	2.70	00:39	1.32	13:37	1.25
	12	Sex.	Fri.	Fr.	08:14	2.89	20:56	2.65	01:47	1.42	14:44	1.34
	13	Sáb.	Sat.	Sa.	09:20	2.80	21:59	2.67	02:58	1.47	15:47	1.36
	14	Dom.	Sun.	So.	10:22	2.77	22:55	2.74	04:06	1.45	16:42	1.33
	15	Seg.	Mon.	Mo.	11:15	2.78	23:43	2.84	05:03	1.38	17:27	1.26
	16	Ter.	Tue.	Di.	-	-	12:02	2.82	05:51	1.29	18:07	1.19
	17	Qua.	Wed.	Mi.	00:24	2.95	12:44	2.87	06:33	1.20	18:44	1.13
	18	Qui.	Thu.	Do.	01:03	3.04	13:23	2.92	07:13	1.11	19:20	1.08
	19	Sex.	Fri.	Fr.	01:39	3.13	14:00	2.96	07:50	1.03	19:54	1.06
	20	Sáb.	Sat.	Sa.	02:13	3.19	14:36	2.98	08:25	0.98	20:28	1.07
	21	Dom.	Sun.	So.	02:47	3.23	15:11	2.99	08:59	0.97	21:02	1.08
	22	Seg.	Mon.	Mo.	03:22	3.25	15:46	2.98	09:34	0.97	21:37	1.11
	23	Ter.	Tue.	Di.	03:59	3.24	16:24	2.95	10:10	1.01	22:14	1.16
	24	Qua.	Wed.	Mi.	04:38	3.21	17:06	2.91	10:50	1.06	22:56	1.21
	25	Qui.	Thu.	Do.	05:22	3.15	17:53	2.85	11:35	1.12	23:43	1.28
	26	Sex.	Fri.	Fr.	06:11	3.08	18:47	2.79	-	-	12:27	1.18
	27	Sáb.	Sat.	Sa.	07:06	3.00	19:48	2.75	00:39	1.34	13:26	1.21
	28	Dom.	Sun.	So.	08:08	2.95	20:54	2.77	01:44	1.37	14:31	1.21
	29	Seg.	Mon.	Mo.	09:15	2.93	22:01	2.85	02:56	1.35	15:39	1.16
	30	Ter.	Tue.	Di.	10:24	2.97	23:03	2.99	04:08	1.25	16:41	1.08
	31	Qua.	Wed.	Mi.	11:28	3.05	-	-	05:13	1.10	17:39	0.97

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