

Porto de Peniche

Latitude 39° 20.99' N Longitude 9° 22.48' W

Horas do Fuso: 0 (TU)

Ano: 2025

JANEIRO				FEVEREIRO				MARÇO			
Hora		Altura	Hora		Altura	Hora		Altura	Hora		Altura
01	03:18	3.3	17	04:43	3.4	01	04:25	3.7	17	05:16	3.1
	09:35	0.6		10:58	0.7		10:40	0.4		11:24	0.9
	15:44	3.1		SEX 17:05	3.0		SÁB 16:50	3.3		SEG 17:34	2.9
	21:42	0.8		22:59	0.8		22:50	0.5		23:33	1.0
02	03:58	3.4	18	05:19	3.2	02	05:08	3.6	18	05:47	3.0
	10:16	0.6		11:33	0.8		11:22	0.5		11:56	1.0
	QUI 16:25	3.1		SÁB 17:41	2.9		DOM 17:32	3.2		TER 18:08	2.8
	22:23	0.8		23:35	1.0		23:33	0.6		22:29	0.3
03	04:41	3.4	19	05:54	3.1	03	05:53	3.4	19	00:10	1.1
	10:59	0.6		12:09	1.0		12:05	0.6		06:23	2.8
	SEX 17:09	3.1		DOM 18:18	2.8		SEG 18:18	3.1		12:32	1.2
	23:06	0.8								18:49	2.7
04	05:26	3.4	20	00:13	1.1	04	00:21	0.8	20	00:53	1.3
	11:44	0.7		06:32	2.9		06:42	3.2		07:07	2.6
	SÁB 17:56	3.0		SEG 12:47	1.1		TER 12:54	0.8		QUI 13:18	1.4
	23:54	0.9		18:59	2.7		19:10	2.9		19:43	2.5
05	06:15	3.3	21	00:57	1.3	05	01:16	1.0	21	01:54	1.5
	12:34	0.8		07:15	2.7		07:39	3.0		08:10	2.4
	DOM 18:47	2.9		TER 13:32	1.3		QUA 13:51	1.1		SEX 14:27	1.5
				19:50	2.5		20:13	2.8		21:03	2.4
06	00:46	1.0	22	01:51	1.4	06	02:26	1.2	22	03:32	1.6
	07:09	3.1		08:09	2.5		08:51	2.7		09:51	2.3
	SEG 13:28	0.9		QUA 14:30	1.4		QUI 15:06	1.3		SÁB 16:13	1.5
	19:45	2.8		20:55	2.5		21:34	2.7		22:40	2.5
07	01:47	1.1	23	03:04	1.5	07	04:01	1.3	23	05:16	1.5
	08:09	3.0		09:20	2.4		10:21	2.6		11:28	2.4
	TER 14:29	1.0		QUI 15:45	1.4		SEX 16:38	1.3		DOM 17:38	1.4
	20:50	2.8		22:12	2.5		23:02	2.7		23:52	2.7
08	02:57	1.1	24	04:31	1.5	08	05:34	1.2	24	06:19	1.2
	09:18	2.9		10:43	2.4		11:47	2.7		12:29	2.6
	QUA 15:39	1.1		SEX 17:03	1.4		SÁB 17:57	1.2		SEG 18:32	1.2
	22:01	2.8		23:24	2.6						
09	04:15	1.1	25	05:46	1.4	09	00:15	2.9	25	00:42	2.9
	10:33	2.8		11:54	2.5		06:42	1.0		07:04	1.0
	QUI 16:52	1.1		SÁB 18:04	1.3		DOM 12:52	2.8		13:14	2.9
	23:12	2.9					18:55	1.1		19:14	1.0
10	05:31	1.1	26	00:21	2.7	10	01:10	3.1	26	01:25	3.2
	11:45	2.9		06:41	1.2		07:33	0.8		07:43	0.7
	SEX 17:58	1.0		DOM 12:49	2.7		13:41	2.9		QUA 13:53	3.1
				18:53	1.1		19:40	0.9		19:53	0.7
11	00:16	3.0	27	01:06	2.9	11	01:55	3.3	27	02:04	3.4
	06:37	0.9		07:25	1.0		08:15	0.7		08:21	0.5
	SÁB 12:48	2.9		SEG 13:33	2.8		14:21	3.1		QUI 14:30	3.3
	18:55	0.9		19:34	1.0		20:19	0.8		20:30	0.5
12	01:12	3.2	28	01:47	3.1	12	02:34	3.4	28	02:43	3.7
	07:32	0.8		08:05	0.8		08:51	0.6		08:58	0.3
	DOM 13:42	3.0		TER 14:13	3.0		QUA 14:57	3.2		SEX 15:07	3.5
	19:44	0.8		20:13	0.8		20:54	0.7		21:08	0.4
13	02:01	3.3	29	02:25	3.3	13	03:10	3.5	13	02:13	3.3
	08:21	0.6		08:43	0.6		09:24	0.5		08:27	0.6
	SEG 14:30	3.1		QUA 14:51	3.2		QUI 15:30	3.2		14:33	3.2
	20:28	0.7		20:51	0.7		21:26	0.6		20:31	0.7
14	02:46	3.4	30	03:04	3.5	14	03:43	3.5	14	02:45	3.4
	09:04	0.6		09:21	0.4		09:55	0.6		08:56	0.6
	TER 15:13	3.2		QUI 15:30	3.3		SEX 16:02	3.2		SEX 15:02	3.2
	21:09	0.7		21:29	0.6		21:58	0.7		21:01	0.6
15	03:27	3.5	31	03:44	3.6	15	04:14	3.4	15	03:15	3.4
	09:45	0.5		10:00	0.4		10:25	0.6		09:23	0.6
	QUA 15:52	3.1		SEX 16:09	3.3		SÁB 16:32	3.1		SÁB 15:31	3.2
	21:47	0.7		22:08	0.5		22:29	0.7		21:30	0.6
16	04:06	3.4				16	04:45	3.3	16	03:44	3.3
	10:22	0.6					10:54	0.7		09:51	0.6
	QUI 16:30	3.1					DOM 17:02	3.1		15:59	3.2
	22:23	0.8					23:00	0.8		21:59	0.7

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Horas do Fuso: 0 (TU)

Ano: 2025

ABRIL						MAIO						JUNHO					
Hora Altura			Hora Altura			Hora Altura			Hora Altura			Hora Altura			Hora Altura		
01	04:25	3.6	17	04:46	2.9	01	04:59	3.2	17	05:13	2.7	01	00:27	0.9	17	00:32	0.9
	10:30	0.4		10:46	1.0		10:57	0.8		11:08	1.1		06:40	2.8		06:46	2.7
TER	16:44	3.5	QUI	17:03	3.0	QUI	17:17	3.3	SÁB	17:30	2.9	DOM	12:31	1.2	TER	12:41	1.1
	22:54	0.4		23:13	1.0		23:37	0.7		23:50	1.1		18:57	3.0		19:04	3.0
02	05:12	3.4	18	05:23	2.7	02	05:54	2.9	18	06:02	2.6	02	01:28	1.0	18	01:27	1.0
	11:14	0.7		11:21	1.2		11:49	1.0		11:56	1.3		07:41	2.6		07:44	2.7
QUA	17:31	3.3	SEX	17:42	2.8	SEX	18:13	3.1	DOM	18:22	2.8	SEG	13:33	1.3	QUA	13:42	1.2
	23:44	0.7		23:57	1.2								19:58	2.9	⌞	20:03	3.0
03	06:03	3.1	19	06:08	2.6	03	00:40	0.9	19	00:47	1.2	03	02:32	1.1	19	02:28	1.0
	12:03	1.0		12:05	1.3		06:58	2.7		07:03	2.5		08:46	2.5		08:47	2.7
QUI	18:24	3.0	SÁB	18:33	2.7	SÁB	12:51	1.3	SEG	12:58	1.4	TER	14:40	1.4	QUI	14:49	1.2
							19:20	2.9		19:25	2.8	⌞	21:03	2.8		21:08	2.9
04	00:45	1.0	20	00:55	1.3	04	01:58	1.1	20	01:56	1.2	04	03:34	1.2	20	03:31	1.0
	07:06	2.7		07:12	2.4		08:16	2.5		08:16	2.5		09:49	2.6		09:51	2.8
SEX	13:03	1.3	DOM	13:09	1.5	DOM	14:11	1.4	TER	14:14	1.4	QUA	15:48	1.4	SEX	15:57	1.1
	19:33	2.8		19:43	2.6	⌞	20:39	2.8	⌞	20:36	2.8		22:05	2.7		22:13	3.0
05	02:08	1.2	21	02:19	1.4	05	03:23	1.2	21	03:09	1.1	05	04:31	1.2	21	04:34	0.9
	08:31	2.5		08:43	2.4		09:38	2.5		09:30	2.6		10:46	2.6		10:53	2.9
SÁB	14:33	1.5	SEG	14:46	1.5	SEG	15:37	1.4	QUA	15:31	1.3	QUI	16:48	1.3	SÁB	17:03	1.0
⌞	21:05	2.7	⌞	21:12	2.6		21:57	2.7		21:47	2.9		23:02	2.7		23:17	3.0
06	03:55	1.3	22	03:54	1.3	06	04:34	1.2	22	04:16	1.0	06	05:21	1.2	22	05:33	0.9
	10:13	2.5		10:14	2.5		10:47	2.6		10:33	2.8		11:35	2.7		11:51	3.1
DOM	16:18	1.5	TER	16:18	1.4	TER	16:47	1.3	QUI	16:37	1.1	SEX	17:41	1.2	DOM	18:05	0.8
	22:36	2.7		22:30	2.8		23:01	2.8		22:50	3.0		23:52	2.7			
07	05:16	1.2	23	05:02	1.1	07	05:29	1.1	23	05:12	0.8	07	06:04	1.1	23	00:18	3.1
	11:29	2.6		11:18	2.7		11:40	2.7		11:28	3.0		12:19	2.8		06:29	0.8
SEG	17:30	1.3	QUA	17:20	1.2	QUA	17:40	1.2	SEX	17:34	0.9	SÁB	18:26	1.1	SEG	12:46	3.2
	23:43	2.8		23:30	3.0		23:52	2.9		23:46	3.2					19:02	0.7
08	06:11	1.0	24	05:53	0.8	08	06:11	1.0	24	06:03	0.7	08	00:36	2.8	24	01:15	3.2
	12:21	2.7		12:07	3.0		12:21	2.8		12:18	3.2		06:43	1.0		07:21	0.7
TER	18:20	1.1	QUI	18:09	0.9	QUI	18:22	1.1	SÁB	18:25	0.7	DOM	12:58	2.9	TER	13:39	3.4
													19:08	1.0		19:57	0.6
09	00:32	3.0	25	00:20	3.2	09	00:34	2.9	25	00:38	3.3	09	01:16	2.8	25	02:09	3.2
	06:52	0.9		06:38	0.6		06:46	0.9		06:50	0.6		07:20	1.0		08:11	0.7
QUA	13:00	2.9	SEX	12:50	3.2	SEX	12:57	2.9	DOM	13:05	3.4	SEG	13:35	3.0	QUA	14:29	3.5
	18:58	1.0		18:54	0.6		19:00	1.0		19:15	0.5		19:46	1.0	●	20:49	0.5
10	01:11	3.1	26	01:06	3.5	10	01:11	3.0	26	01:28	3.4	10	01:53	2.9	26	03:00	3.2
	07:25	0.8		07:20	0.4		07:19	0.9		07:37	0.5		07:55	0.9		08:59	0.7
QUI	13:33	3.0	SÁB	13:32	3.4	SÁB	13:30	3.1	SEG	13:52	3.5	TER	14:10	3.1	QUI	15:18	3.5
	19:32	0.9		19:37	0.4		19:34	0.9		20:04	0.4		20:23	0.9		21:39	0.5
11	01:45	3.2	27	01:50	3.6	11	01:45	3.0	27	02:18	3.5	11	02:30	2.9	27	03:50	3.2
	07:55	0.7		08:01	0.3		07:50	0.8		08:23	0.5		08:30	0.9		09:46	0.7
SEX	14:03	3.1	DOM	14:14	3.6	DOM	14:02	3.1	TER	14:39	3.5	QUA	14:45	3.1	SEX	16:06	3.5
	20:03	0.8	●	20:21	0.3		20:07	0.8	●	20:53	0.4	○	20:59	0.9		22:27	0.5
12	02:16	3.2	28	02:35	3.7	12	02:17	3.1	28	03:08	3.4	12	03:06	2.9	28	04:37	3.1
	08:23	0.7		08:43	0.3		08:20	0.8		09:09	0.5		09:05	0.9		10:31	0.8
SÁB	14:32	3.2	SEG	14:56	3.6	SEG	14:33	3.2	QUA	15:27	3.5	QUI	15:20	3.2	SÁB	16:52	3.4
	20:33	0.7		21:06	0.2	○	20:40	0.8		21:44	0.4		21:36	0.8		23:13	0.6
13	02:45	3.2	29	03:21	3.6	13	02:49	3.0	29	03:58	3.3	13	03:44	2.9	29	05:23	3.0
	08:50	0.7		09:26	0.4		08:50	0.8		09:57	0.6		09:41	0.9		11:16	0.9
DOM	15:00	3.2	TER	15:40	3.6	TER	15:04	3.2	QUI	16:16	3.5	SEX	15:58	3.2	DOM	17:38	3.3
○	21:03	0.7		21:52	0.3		21:13	0.8		22:36	0.5		22:15	0.8		23:59	0.8
14	03:14	3.2	30	04:08	3.5	14	03:21	3.0	30	04:50	3.1	14	04:23	2.9	30	06:09	2.9
	09:18	0.7		10:10	0.5		09:21	0.8		10:45	0.8		10:19	1.0		12:00	1.0
SEG	15:29	3.2	QUA	16:27	3.5	QUA	15:36	3.2	SEX	17:07	3.3	SÁB	16:38	3.2	SEG	18:23	3.1
	21:33	0.7		22:42	0.5		21:47	0.8		23:30	0.7		22:56	0.8			
15	03:44	3.1				15	03:55	2.9	31	05:44	2.9	15	05:06	2.8			
	09:46	0.8					09:54	0.9		11:36	1.0		11:01	1.0			
TER	15:58	3.2				QUI	16:10	3.1	SÁB	18:00	3.2	DOM	17:21	3.1			
	22:04	0.8					22:23	0.9					23:42	0.9			
16	04:14	3.0				16	04:31	2.8				16	05:53	2.8			
	10:15	0.9					10:29	1.0					11:48	1.1			
QUA	16:29	3.1				SEX	16:47	3.0				SEG	18:10	3.1			
	22:37	0.9					23:03	1.0									

Porto de Peniche

Latitude 39° 20.99' N Longitude 9° 22.48' W

Horas do Fuso: 0 (TU)

Ano: 2025

JULHO				AGOSTO				SETEMBRO			
	Hora	Altura		Hora	Altura		Hora	Altura		Hora	Altura
01	00:45 06:55 TER 12:47 19:10	0.9 2.7 1.2 2.9	17	00:55 07:11 QUI 13:11 19:33	0.8 2.9 1.0 3.1	01	01:15 07:33 SEX 13:34 19:52	1.2 2.6 1.3 2.6	17	02:22 08:49 DOM 15:13 21:35	1.2 2.7 1.2 2.6
02	01:32 07:45 QUA 13:39 20:01	1.1 2.6 1.3 2.8	18	01:49 08:08 SEX 14:14 20:35	0.9 2.8 1.1 2.9	02	02:08 08:33 SÁB 14:42 20:57	1.3 2.5 1.5 2.4	18	03:49 10:17 SEG 16:50 23:05	1.3 2.7 1.2 2.6
03	02:24 08:41 QUI 14:39 20:59	1.2 2.6 1.4 2.6	19	02:52 09:15 SÁB 15:27 21:46	1.0 2.8 1.1 2.8	03	03:17 09:48 DOM 16:08 22:20	1.4 2.5 1.5 2.4	19	05:17 11:37 TER 18:08 19:04	1.2 2.9 1.0 0.8
04	03:22 09:42 SEX 15:48 22:03	1.3 2.6 1.4 2.6	20	04:04 10:27 DOM 16:47 23:02	1.1 2.8 1.1 2.8	04	04:38 11:04 SEG 17:29 23:37	1.4 2.6 1.4 2.4	20	00:18 06:22 QUA 12:39 19:04	2.8 1.1 3.1 0.8
05	04:23 10:44 SÁB 16:56 23:06	1.3 2.6 1.4 2.5	21	05:16 11:38 SEG 18:00 19:03	1.1 2.9 1.0 0.8	05	05:46 12:05 TER 18:28 19:13	1.3 2.7 1.3 1.1	21	01:13 07:13 QUI 13:28 19:50	2.9 0.9 3.3 0.7
06	05:21 11:41 DOM 17:55 19:10	1.3 2.7 1.3 2.8	22	00:13 06:21 TER 12:40 19:03	2.9 1.0 3.1 0.8	06	00:35 06:38 QUA 12:53 19:13	2.6 1.2 2.9 1.1	22	01:57 07:55 SEX 14:11 20:29	3.1 0.8 3.4 0.5
07	00:03 06:12 SEG 12:30 18:46	2.6 1.2 2.8 1.2	23	01:14 07:17 QUA 13:34 19:56	3.0 0.9 3.3 0.7	07	01:20 07:20 QUI 13:33 19:52	2.7 1.1 3.0 0.9	23	02:36 08:33 SÁB 14:49 21:05	3.2 0.7 3.5 0.5
08	00:53 06:57 TER 13:13 19:30	2.7 1.1 2.9 1.1	24	02:06 08:05 QUI 14:23 20:44	3.1 0.8 3.4 0.5	08	01:59 07:58 SEX 14:10 20:28	2.9 0.9 3.2 0.7	24	03:12 09:08 DOM 15:25 21:38	3.2 0.6 3.5 0.5
09	01:36 07:37 QUA 13:52 20:09	2.8 1.0 3.0 0.9	25	02:52 08:50 SEX 15:07 21:27	3.2 0.7 3.5 0.5	09	02:36 08:34 SÁB 14:47 21:04	3.0 0.8 3.4 0.5	25	03:45 09:41 SEG 15:58 22:09	3.2 0.6 3.4 0.6
10	02:16 08:15 QUI 14:30 20:47	2.9 1.0 3.1 0.8	26	03:35 09:31 SÁB 15:49 22:07	3.2 0.7 3.5 0.5	10	03:12 09:10 DOM 15:24 21:40	3.2 0.6 3.5 0.4	26	04:17 10:14 TER 16:31 22:40	3.2 0.7 3.3 0.7
11	02:54 08:52 SEX 15:07 21:24	2.9 0.9 3.2 0.7	27	04:15 10:09 DOM 16:28 22:45	3.2 0.7 3.5 0.6	11	03:49 09:47 SEG 16:03 22:18	3.3 0.6 3.6 0.4	27	04:48 10:47 QUA 17:03 23:10	3.1 0.8 3.2 0.8
12	03:32 09:29 SÁB 15:44 22:02	3.0 0.8 3.3 0.7	28	04:52 10:47 SEG 17:06 23:21	3.1 0.8 3.3 0.7	12	04:27 10:26 TER 16:43 22:57	3.3 0.5 3.6 0.5	28	05:20 11:20 QUI 17:35 23:42	3.0 0.9 3.0 1.0
13	04:11 10:07 DOM 16:24 22:42	3.0 0.8 3.4 0.6	29	05:29 11:24 TER 17:43 23:57	3.0 0.9 3.2 0.9	13	05:07 11:08 QUA 17:26 23:38	3.3 0.6 3.5 0.6	29	05:55 11:57 SEX 18:11 19:57	2.8 1.1 2.7 2.4
14	04:51 10:48 SEG 17:06 23:23	3.0 0.8 3.4 0.7	30	06:06 12:02 QUA 18:21 19:02	2.9 1.0 3.0 2.8	14	05:51 11:53 QUI 18:13 19:06	3.2 0.7 3.3 3.0	30	01:03 07:30 DOM 13:42 19:57	1.4 2.5 1.5 2.4
15	05:34 11:31 TER 17:50 18:39	3.0 0.8 3.3 3.2	31	00:34 06:46 QUI 12:44 19:02	1.0 2.7 1.2 2.8	15	00:23 06:39 SEX 12:44 19:06	0.8 3.0 0.9 3.0	31	02:04 08:37 SEG 15:17 21:39	1.3 2.7 1.3 2.5
16	00:07 06:20 QUA 12:18 18:39	0.7 3.0 0.9 3.2				16	01:15 07:36 SÁB 13:47 20:11	1.0 2.9 1.1 2.8	16	03:50 10:16 TER 16:58 23:11	1.4 2.7 1.2 2.6

Porto de Peniche

Latitude 39° 20.99' N Longitude 9° 22.48' W

Horas do Fuso: 0 (TU)

Ano: 2025

OUTUBRO						NOVEMBRO						DEZEMBRO					
Hora Altura			Hora Altura			Hora Altura			Hora Altura			Hora Altura			Hora Altura		
01	03:10	1.6	17	05:54	1.1	01	04:59	1.3	17	00:40	2.9	01	05:06	1.0	17	00:48	2.9
	09:39	2.5		12:06	3.0		11:07	2.9		06:44	1.0		11:18	3.1		06:59	1.1
QUA	16:26	1.4	SEX	18:28	0.9	SÁB	17:32	0.9	SEG	12:55	3.0	SEG	17:37	0.8	QUA	13:08	2.8
	22:43	2.4					23:45	2.9		19:04	0.9		23:52	3.1		19:11	1.0
02	04:47	1.5	18	00:36	2.9	02	05:47	1.0	18	01:15	3.0	02	05:59	0.8	18	01:26	3.0
	10:58	2.6		06:36	1.0		11:56	3.1		07:19	0.9		12:11	3.2		07:38	1.0
QUI	17:30	1.2	SÁB	12:48	3.1	DOM	18:15	0.7	TER	13:30	3.0	TER	18:25	0.6	QUI	13:46	2.9
	23:43	2.6		19:04	0.8					19:35	0.8					19:47	0.9
03	05:43	1.3	19	01:11	3.0	03	00:27	3.1	19	01:47	3.1	03	00:40	3.3	19	02:02	3.1
	11:51	2.9		07:11	0.8		06:30	0.8		07:53	0.8		06:49	0.6		08:15	0.9
SEX	18:15	1.0	DOM	13:24	3.2	SEG	12:41	3.4	QUA	14:03	3.0	QUA	13:02	3.4	SEX	14:22	2.9
				19:35	0.7		18:55	0.5		20:06	0.8		19:12	0.5		20:21	0.9
04	00:25	2.8	20	01:43	3.2	04	01:07	3.3	20	02:19	3.2	04	01:27	3.4	20	02:36	3.1
	06:25	1.0		07:44	0.7		07:12	0.5		08:27	0.8		07:39	0.5		08:50	0.9
SÁB	12:34	3.1	SEG	13:57	3.3	TER	13:24	3.5	QUI	14:36	3.0	QUI	13:52	3.4	SÁB	14:57	2.9
	18:52	0.7		20:04	0.7		19:36	0.4	●	20:37	0.8	○	19:58	0.5	●	20:55	0.9
05	01:03	3.1	21	02:13	3.2	05	01:48	3.5	21	02:50	3.2	05	02:14	3.6	21	03:10	3.2
	07:03	0.8		08:15	0.7		07:55	0.4		09:00	0.8		08:28	0.4		09:25	0.8
DOM	13:13	3.4	TER	14:28	3.3	QUA	14:08	3.6	SEX	15:08	3.0	SEX	14:42	3.4	DOM	15:32	2.9
	19:29	0.5	●	20:33	0.7	○	20:17	0.3		21:07	0.8		20:45	0.5		21:29	0.9
06	01:39	3.3	22	02:43	3.2	06	02:30	3.6	22	03:22	3.2	06	03:02	3.6	22	03:45	3.2
	07:41	0.5		08:46	0.7		08:39	0.3		09:33	0.8		09:19	0.4		10:01	0.8
SEG	13:52	3.6	QUA	14:58	3.2	QUI	14:54	3.6	SÁB	15:41	2.9	SÁB	15:33	3.4	SEG	16:08	2.9
	20:05	0.3		21:01	0.7		20:59	0.3		21:39	0.9		21:33	0.5		22:04	0.9
07	02:15	3.5	23	03:12	3.2	07	03:14	3.6	23	03:56	3.1	07	03:51	3.6	23	04:21	3.2
	08:19	0.3		09:17	0.7		09:26	0.3		10:09	0.9		10:10	0.4		10:38	0.8
TER	14:32	3.7	QUI	15:28	3.1	SEX	15:41	3.5	DOM	16:16	2.8	DOM	16:24	3.2	TER	16:46	2.9
○	20:43	0.2		21:29	0.8		21:43	0.5		22:13	1.0		22:21	0.7		22:42	1.0
08	02:53	3.6	24	03:42	3.2	08	04:00	3.5	24	04:32	3.0	08	04:42	3.5	24	05:00	3.1
	08:59	0.3		09:49	0.8		10:15	0.4		10:47	1.0		11:04	0.6		11:19	0.9
QUA	15:13	3.7	SEX	15:58	3.0	SÁB	16:31	3.3	SEG	16:55	2.7	SEG	17:17	3.1	QUA	17:27	2.8
	21:22	0.2		21:59	0.9		22:30	0.7		22:51	1.1		23:11	0.8		23:23	1.0
09	03:34	3.6	25	04:13	3.1	09	04:50	3.4	25	05:12	2.9	09	05:35	3.3	25	05:43	3.1
	09:41	0.3		10:22	0.9		11:09	0.6		11:31	1.1		11:59	0.7		12:02	0.9
QUI	15:57	3.6	SÁB	16:30	2.9	DOM	17:26	3.0	TER	17:40	2.6	TER	18:12	2.9	QUI	18:14	2.8
	22:02	0.4		22:30	1.0		23:22	0.9		23:35	1.2						
10	04:16	3.5	26	04:47	3.0	10	05:46	3.2	26	05:59	2.8	10	00:05	1.0	26	00:09	1.1
	10:26	0.4		10:59	1.1		12:11	0.8		12:23	1.2		06:30	3.1		06:31	3.0
SEX	16:43	3.4	DOM	17:07	2.7	SEG	18:28	2.8	QUA	18:35	2.5	QUA	12:58	0.9	SEX	12:52	1.0
	22:46	0.6		23:05	1.2								19:10	2.7		19:06	2.7
11	05:02	3.3	27	05:26	2.8	11	00:22	1.1	27	00:29	1.3	11	01:03	1.2	27	01:03	1.2
	11:16	0.6		11:42	1.2		06:51	3.0		06:57	2.8		07:30	3.0		07:26	2.9
SÁB	17:34	3.1	SEG	17:51	2.5	TER	13:25	1.0	QUI	13:25	1.2	QUI	14:00	1.1	SÁB	13:47	1.0
	23:34	0.9		23:47	1.3		19:43	2.6		19:43	2.5	⌞	20:14	2.6	⌞	20:05	2.7
12	05:56	3.1	28	06:15	2.7	12	01:38	1.3	28	01:39	1.4	12	02:09	1.3	28	02:06	1.2
	12:15	0.9		12:38	1.3		08:07	2.8		08:04	2.7		08:34	2.8		08:27	2.9
DOM	18:35	2.8	TER	18:52	2.4	QUA	14:49	1.1	SEX	14:37	1.2	SEX	15:06	1.2	DOM	14:50	1.1
						⌞	21:05	2.5	⌞	20:57	2.5		21:20	2.6		21:11	2.7
13	00:33	1.2	29	00:48	1.5	13	03:04	1.4	29	02:57	1.4	13	03:19	1.3	29	03:17	1.2
	07:02	2.9		07:23	2.6		09:26	2.8		09:15	2.8		09:40	2.7		09:36	2.9
SEG	13:34	1.1	QUA	14:00	1.4	QUI	16:06	1.1	SÁB	15:45	1.1	SÁB	16:09	1.2	SEG	15:57	1.1
⌞	19:56	2.6	⌞	20:21	2.3		22:19	2.6		22:04	2.7		22:24	2.6		22:18	2.8
14	01:56	1.4	30	02:21	1.6	14	04:19	1.3	30	04:07	1.2	14	04:27	1.3	30	04:29	1.1
	08:29	2.7		08:50	2.6		10:35	2.8		10:20	2.9		10:43	2.7		10:45	2.9
TER	15:17	1.2	QUI	15:33	1.4	SEX	17:05	1.1	DOM	16:45	1.0	DOM	17:05	1.2	TER	17:03	1.0
	21:35	2.5		21:54	2.4		23:16	2.7		23:01	2.9		23:19	2.7		23:22	2.9
15	03:40	1.4	31	03:55	1.5	15	05:18	1.2	15	05:26	1.3	15	05:26	1.3	31	05:37	1.0
	10:02	2.8		10:08	2.7		11:31	2.9		11:38	2.7		11:38	2.7		11:51	3.0
QUA	16:44	1.1	SEX	16:42	1.2	SÁB	17:52	1.0	SEG	17:52	1.1	QUA	18:03	0.9			
	22:57	2.6		22:58	2.6												
16	04:59	1.3				16	00:02	2.8	16	00:06	2.8	16	00:06	2.8			
	11:13	2.9					06:04	1.1		06:16	1.2		06:16	1.2			
QUI	17:44	1.0				DOM	12:16	3.0	TER	12:26	2.8		12:26	2.8			
	23:53	2.8					18:30	0.9		18:33	1.1		18:33	1.1			