

2025 Portland tide times

PORTLAND

MARINA



by **boatfolk**

January

February

March

April

Time m	Time m
1 0000 0.5	16 0044 0.4
WED 0726 2.1	THU 0813 2.2
1232 0.4	1314 0.3
1954 1.9	2053 1.9
2 0041 0.4	17 0121 0.4
THU 0805 2.1	FRI 0850 2.1
1313 0.4	1351 0.3
2034 1.9	2121 1.9
3 0123 0.4	18 0156 0.4
FRI 0845 2.1	SAT 0923 2.0
1356 0.3	1426 0.3
2113 1.8	2148 1.8
4 0205 0.4	19 0228 0.5
SAT 0925 2.0	SUN 0953 1.9
1439 0.3	1458 0.4
2153 1.8	2214 1.6
5 0248 0.4	20 0255 0.5
SUN 1007 1.9	MON 1021 1.7
1525 0.3	1523 0.5
2237 1.7	2241 1.5
6 0332 0.5	21 0319 0.6
MON 1053 1.8	TUE 1048 1.6
1613 0.4	1546 0.5
2326 1.6	2310 1.5
7 0421 0.6	22 0352 0.7
TUE 1146 1.7	WED 1120 1.5
1705 0.5	1621 0.6
	2350 1.4
8 0027 1.5	23 0441 0.8
WED 0518 0.7	THU 1204 1.4
1254 1.5	1713 0.7
1805 0.6	
9 0144 1.5	24 0050 1.4
THU 0626 0.8	FRI 0550 0.9
1414 1.5	1312 1.3
1917 0.7	1820 0.7
10 0256 1.6	25 0226 1.4
FRI 0751 0.9	SAT 0807 0.9
1528 1.5	1454 1.3
2040 0.7	1946 0.7
11 0401 1.7	26 0347 1.5
SAT 0946 0.8	SUN 0912 0.8
1640 1.6	1618 1.4
2145 0.6	2121 0.7
12 0502 1.8	27 0451 1.7
SUN 1042 0.7	MON 1008 0.7
1745 1.7	1724 1.6
2239 0.6	2218 0.6
13 0556 2.0	28 0544 1.9
MON 1123 0.6	TUE 1059 0.5
1842 1.8	1819 1.7
2325 0.5	2308 0.5
14 0645 2.1	29 0633 2.0
TUE 1201 0.5	WED 1144 0.4
1931 1.9	1909 1.8
	2353 0.4
15 0005 0.4	30 0719 2.2
WED 0731 2.2	THU 1225 0.3
1237 0.4	1957 1.9
2016 1.9	
	31 0034 0.3
	FRI 0805 2.2
	1305 0.1
	2039 2.0

Time m	Time m
1 0115 0.2	16 0134 0.2
SAT 0846 2.2	SUN 0901 2.0
1344 0.1	1357 0.2
2113 2.0	2120 1.9
2 0155 0.2	20 0202 0.3
SUN 0922 2.2	MON 0925 1.9
1424 0.1	1421 0.3
2143 2.0	2139 1.7
3 0233 0.2	18 0224 0.4
MON 0956 2.1	TUE 0946 1.8
1504 0.2	1440 0.4
2216 1.8	2158 1.6
4 0311 0.3	19 0245 0.4
TUE 1032 1.9	WED 1006 1.6
1544 0.3	1501 0.4
2252 1.7	2219 1.6
5 0348 0.5	20 0311 0.5
WED 1114 1.7	THU 1032 1.5
1627 0.4	1533 0.5
2338 1.5	2250 1.5
6 0431 0.6	21 0350 0.6
THU 1211 1.4	FRI 1113 1.4
1719 0.6	1619 0.6
	2339 1.4
7 0051 1.4	22 0457 0.8
FRI 0537 0.8	SAT 1213 1.3
1352 1.3	1729 0.7
1840 0.8	
8 0232 1.4	23 0055 1.3
SAT 1129 0.8	SUN 0615 0.8
1520 1.3	1402 1.2
2035 0.8	1851 0.8
9 0348 1.5	24 0307 1.4
SUN 1233 0.6	MON 0907 0.7
1637 1.4	1554 1.3
2136 0.7	2108 0.7
10 0452 1.7	25 0423 1.6
MON 1031 0.6	TUE 0955 0.6
1741 1.6	1705 1.5
2226 0.6	2203 0.5
11 0546 1.9	26 0522 1.8
TUE 1109 0.5	WED 1042 0.4
1831 1.8	1803 1.7
2311 0.4	2252 0.4
12 0634 2.0	27 0615 2.0
WED 1147 0.3	THU 1126 0.2
1916 1.9	1856 1.9
2352 0.3	2337 0.2
13 0719 2.1	28 0705 2.2
THU 1222 0.2	FRI 1207 0.1
1957 2.0	1944 2.1
14 0028 0.2	29 0800 2.2
FRI 0800 2.2	SAT 1256 0.2
1256 0.2	2033 2.0
15 0103 0.2	30 0834 2.1
SAT 0736 2.1	SUN 1328 0.1
1230 0.1	2059 2.0
2003 2.1	

Time m	Time m
1 0018 0.1	16 0039 0.1
SAT 0753 2.3	SUN 0807 2.1
1246 0.0	1259 0.1
2027 2.2	2029 2.0
2 0058 0.0	20 0108 0.1
SUN 0836 2.3	MON 0832 2.0
1324 -0.1	1324 0.2
2100 2.2	2048 1.9
3 0135 0.0	18 0132 0.2
MON 0910 2.3	TUE 0954 1.9
1401 0.0	1345 0.2
2126 2.1	2106 1.8
4 0211 0.1	19 0154 0.3
TUE 0939 2.1	WED 0912 1.7
1438 0.1	1403 0.3
2151 2.0	2119 1.7
5 0245 0.2	20 0214 0.4
WED 1010 1.9	THU 0930 1.6
1513 0.3	1424 0.4
2222 1.8	2139 1.6
6 0318 0.4	21 0237 0.4
THU 1049 1.6	FRI 1000 1.5
1549 0.5	1450 0.4
2301 1.6	2312 1.5
7 0357 0.6	22 0307 0.5
FRI 1141 1.3	SAT 1044 1.4
1634 0.7	1525 0.6
2356 1.4	2303 1.4
8 0459 0.8	23 0413 0.7
SAT 1348 1.2	SUN 1147 1.2
1827 0.9	1650 0.7
9 0219 1.3	24 0118 1.3
SUN 1125 0.7	MON 0555 0.8
1519 1.2	1343 1.1
2011 0.9	1826 0.8
10 0339 1.4	25 0236 1.3
MON 0927 0.7	TUE 0852 0.6
1631 1.4	1533 1.3
2111 0.7	2047 0.7
11 0440 1.6	26 0355 1.6
TUE 1000 0.6	WED 0934 0.4
1722 1.6	1640 1.5
2202 0.6	2139 0.5
12 0530 1.8	27 0456 1.8
WED 1040 0.4	THU 1018 0.3
1806 1.8	1737 1.7
2247 0.4	2228 0.3
13 0615 2.0	28 0550 2.0
THU 1120 0.2	FRI 1101 0.1
1848 1.9	1829 2.0
2329 0.2	2313 0.2
14 0657 2.1	29 0641 2.2
FRI 1157 0.1	SAT 1142 0.0
1928 2.0	1916 2.1
	2356 0.1
15 0006 0.1	30 0729 2.3
SAT 0736 2.1	SUN 1221 -0.1
1230 0.1	1958 2.2
2003 2.1	
	31 0034 0.0
	MON 0813 2.4
	1259 -0.1
	2035 2.2

Time m	Time m
1 0111 0.0	16 0103 0.3
TUE 0850 2.3	WED 0832 1.8
1335 0.0	1335 0.0
2103 2.2	2036 1.9
2 0146 0.1	17 0126 0.3
WED 0921 2.1	THU 0842 1.7
1410 0.2	1334 0.3
2129 2.0	2050 1.8
3 0221 0.3	18 0150 0.4
THU 0954 1.8	FRI 0905 1.6
1445 0.4	1358 0.4
2202 1.8	2114 1.7
4 0257 0.5	19 0218 0.4
FRI 1037 1.6	SAT 0942 1.5
1522 0.6	1425 0.5
2244 1.6	2152 1.6
5 0343 0.7	20 0253 0.5
SAT 1137 1.3	SUN 1033 1.3
1613 0.8	1501 0.6
2340 1.4	2249 1.4
6 0550 0.9	21 0406 0.6
SUN 1342 1.2	MON 1141 1.2
1809 0.9	1634 0.7
7 0202 1.3	22 0506 1.4
MON 1058 0.6	TUE 0045 0.7
1509 1.3	1328 1.2
1931 0.9	1811 0.8
8 0319 1.4	23 0200 1.4
TUE 0840 0.7	WED 0830 0.5
1606 1.4	1505 1.3
2033 0.8	2006 0.7
9 0415 1.6	24 0322 1.6
WED 0920 0.5	THU 0904 0.4
1652 1.6	1608 1.6
2126 0.6	2106 0.5
10 0502 1.8	25 0423 1.8
THU 1002 0.4	FRI 0946 0.3
1735 1.8	1704 1.8
2213 0.4	2157 0.4
11 0546 1.9	26 0518 2.0
FRI 1044 0.2	SAT 1029 0.1
1816 1.9	1755 2.0
2257 0.3	2244 0.2
12 0627 2.0	27 0610 2.1
SAT 1123 0.2	SUN 1112 0.1
1854 2.0	1842 2.2
2328 0.2	2328 0.2
13 0704 2.0	28 0659 2.2
SUN 1157 0.1	MON 1153 0.0
1928 2.1	1928 2.3
14 0010 0.2	29 0009 0.1
MON 0735 2.0	TUE 0745 2.3
1226 0.2	1232 0.1
1955 2.0	2005 2.3
15 0038 0.2	30 0048 0.1
TUE 0801 2.0	WED 0828 2.2
1250 0.2	1309 0.2
2018 2.0	2040 2.2

Times are provided in GMT. For BST, please +1hr to times stated between 01:00 30 March 2025 – 01:00 26 October 2025.

PORTLAND



May

June

July

August

Time m	Time m
1 THU 0126 0.2 0908 2.0 1347 0.3 2116 2.0	16 FRI 0108 0.4 0826 1.7 1316 0.4 2040 1.8
2 FRI 0205 0.4 0950 1.8 1426 0.5 2155 1.9	17 SAT 0140 0.4 0858 1.6 1349 0.4 2112 1.7
3 SAT 0250 0.5 1036 1.5 1511 0.7 2239 1.7	18 SUN 0218 0.4 0941 1.5 1426 0.5 2155 1.6
4 SUN 0353 0.7 1136 1.3 1613 0.8 2334 1.5	19 MON 0307 0.5 1033 1.4 1518 0.6 2250 1.5
5 MON 0519 0.8 1317 1.2 1732 0.9	20 TUE 0412 0.5 1135 1.3 1631 0.7 2355 1.5
6 TUE 0114 1.4 0631 0.8 1436 1.3 1842 0.9	21 WED 0525 0.6 1259 1.3 1747 0.7
7 WED 0240 1.4 0733 0.7 1529 1.4 1945 0.8	22 THU 0118 1.5 0643 0.5 1426 1.4 1905 0.7
8 THU 0335 1.5 0827 0.6 1614 1.6 2041 0.7	23 FRI 0238 1.6 0811 0.4 1529 1.6 2019 0.6
9 FRI 0424 1.7 0915 0.4 1658 1.7 2131 0.5	24 SAT 0342 1.7 0906 0.3 1624 1.8 2119 0.5
10 SAT 0508 1.8 0959 0.3 1739 1.9 2218 0.4	25 SUN 0441 1.9 0955 0.3 1718 2.0 2213 0.4
11 SUN 0550 1.8 1042 0.3 1818 2.0 2301 0.4	26 MON 0538 2.0 1042 0.2 1809 2.1 2302 0.3
12 MON 0628 1.9 1120 0.3 1852 2.0 2339 0.3	27 TUE 0632 2.1 1128 0.2 1855 2.2 2349 0.3
13 TUE 0702 1.9 1152 0.3 1924 2.0	28 WED 0724 2.1 1211 0.2 1941 2.2
14 WED 0010 0.3 0733 1.9 1219 0.3 1952 2.0	29 THU 0033 0.3 0815 2.0 1252 0.3 2026 2.2
15 THU 0039 0.4 0759 1.8 1247 0.3 2016 1.9	30 FRI 0116 0.3 0904 1.9 1333 0.4 2109 2.1
	31 SAT 0201 0.4 0948 1.8 1416 0.5 2151 1.9

Time m	Time m
1 SUN 0250 0.5 1029 1.6 1502 0.6 2232 1.8	16 MON 0225 0.4 0941 1.6 1436 0.4 2157 1.8
2 MON 0345 0.6 1114 1.5 1554 0.7 2315 1.6	17 TUE 0312 0.4 1027 1.5 1524 0.5 2243 1.7
3 TUE 0443 0.6 1210 1.3 1652 0.8	18 WED 0403 0.4 1119 1.5 1618 0.6 2336 1.6
4 WED 0005 1.5 0542 0.7 1331 1.3 1755 0.8	19 THU 0459 0.4 1223 1.4 1717 0.6
5 THU 0113 1.4 0641 0.6 1437 1.4 1858 0.8	20 FRI 0041 1.6 0601 0.5 1339 1.5 1823 0.7
6 FRI 0227 1.4 0738 0.6 1527 1.5 1957 0.7	21 SAT 0155 1.6 0810 0.5 1447 1.6 1934 0.7
7 SAT 0326 1.5 0830 0.5 1614 1.6 2050 0.7	22 SUN 0305 1.6 0821 0.5 1548 1.7 2046 0.6
8 SUN 0420 1.6 0917 0.5 1658 1.8 2140 0.6	23 MON 0411 1.7 0925 0.4 1648 1.9 2153 0.6
9 MON 0509 1.7 1003 0.4 1740 1.9 2228 0.5	24 TUE 0517 1.8 1022 0.4 1745 2.0 2254 0.5
10 TUE 0554 1.7 1046 0.4 1820 2.0 2314 0.5	25 WED 0619 1.9 1113 0.4 1837 2.1 2345 0.4
11 WED 0635 1.8 1124 0.4 1858 2.0 2353 0.4	26 THU 0717 1.9 1159 0.3 1927 2.2
12 THU 0712 1.8 1159 0.4 1934 2.0	27 FRI 0030 0.4 0813 1.9 1241 0.3 2016 2.2
13 FRI 0027 0.4 0748 1.8 1235 0.4 2008 2.0	28 SAT 0112 0.3 0902 1.9 1322 0.4 2100 2.1
14 SAT 0103 0.4 0822 1.7 1312 0.4 2041 1.9	29 SUN 0154 0.3 0939 1.8 1403 0.4 2139 2.0
15 SUN 0142 0.4 0859 1.7 1352 0.4 2117 1.8	30 MON 0236 0.4 1011 1.7 1444 0.5 2214 1.9

Time m	Time m
1 TUE 0319 0.4 1043 1.8 1524 0.6 2247 1.8	16 WED 0300 0.2 1012 1.7 1511 0.4 2227 1.8
2 WED 0403 0.5 1117 1.5 1605 0.7 2322 1.6	17 THU 0343 0.3 1055 1.6 1555 0.4 2311 1.7
3 THU 0447 0.6 1157 1.4 1648 0.8	18 FRI 0430 0.4 1146 1.5 1644 0.6
4 FRI 0001 1.5 0537 0.6 1250 1.3 1749 0.8	19 SAT 0005 1.6 0524 0.5 1254 1.5 1745 0.7
5 SAT 0053 1.4 0642 0.7 1403 1.4 1911 0.8	20 SUN 0120 1.4 0629 0.6 1415 1.5 1901 0.8
6 SUN 0202 1.3 0745 0.7 1515 1.5 2015 0.8	21 MON 0245 1.4 0754 0.6 1633 1.7 2359 0.6
7 MON 0319 1.4 0839 0.6 1614 1.6 2112 0.7	22 TUE 0402 1.5 0919 0.6 1633 1.7 2359 0.6
8 TUE 0428 1.5 0930 0.6 1706 1.8 2207 0.6	23 WED 0514 1.6 1017 0.5 1733 1.9 2309 0.5
9 WED 0526 1.6 1019 0.5 1753 1.9 2300 0.5	24 THU 0617 1.8 1105 0.4 1826 2.1 2346 0.4
10 THU 0615 1.7 1107 0.5 1837 2.0 2347 0.5	25 FRI 0713 1.9 1149 0.3 1916 2.2
11 FRI 0701 1.7 1150 0.4 1920 2.0	26 SAT 0024 0.3 0804 2.0 1229 0.3 2033 2.2
12 SAT 0025 0.4 0744 1.8 1230 0.4 2002 2.1	27 SUN 0101 0.2 0846 2.0 1307 0.2 2045 2.2
13 SUN 0102 0.3 0824 1.8 1309 0.3 2041 2.1	28 MON 0137 0.2 0919 1.9 1344 0.3 2119 2.1
14 MON 0140 0.2 0900 1.8 1349 0.3 2115 2.0	29 TUE 0213 0.2 0944 1.8 1419 0.3 2147 2.0
15 TUE 0219 0.2 0935 1.8 1430 0.3 2150 1.9	30 WED 0247 0.3 1006 1.7 1451 0.4 2213 1.8
	31 THU 0315 0.4 1030 1.6 1517 0.5 2239 1.7

Time m	Time m
1 FRI 0335 0.5 1059 1.5 1543 0.6 2308 1.5	16 SAT 0356 0.4 1107 1.6 1608 0.6 2333 1.5
2 SAT 0401 0.6 1134 1.4 1624 0.7 2346 1.4	17 SUN 0444 0.6 1208 1.4 1707 0.8
3 SUN 0445 0.6 1225 1.4 1725 0.8	18 MON 0102 1.3 0555 0.8 1358 1.4 2244 0.8
4 MON 0040 1.3 0547 0.7 1350 1.4 1957 0.9	19 TUE 0247 1.3 0810 0.8 1520 1.5 2359 0.6
5 TUE 0214 1.3 0805 0.8 1529 1.5 2058 0.8	20 WED 0407 1.4 0913 0.7 1627 1.7 2215 0.6
6 WED 0356 1.3 0909 0.7 1636 1.6 2154 0.6	21 THU 0514 1.6 1004 0.6 1723 1.9 2249 0.5
7 THU 0505 1.5 1003 0.6 1729 1.8 2247 0.5	22 FRI 0607 1.8 1050 0.4 1813 2.1 2328 0.3
8 FRI 0600 1.6 1052 0.5 1818 2.0 2333 0.4	23 SAT 0652 1.9 1133 0.3 1859 2.2
9 SAT 0649 1.8 1137 0.4 1905 2.1	24 SUN 0006 0.2 0736 2.1 1212 0.2 1943 2.3
10 SUN 0012 0.2 0737 1.9 1218 0.3 1951 2.2	25 MON 0041 0.1 0815 2.1 1247 0.1 2020 2.2
11 MON 0048 0.1 0821 2.0 1257 0.2 2033 2.2	26 TUE 0114 0.1 0846 2.1 1320 0.2 2050 2.1
12 TUE 0125 0.1 0855 2.0 1335 0.2 2107 2.2	27 WED 0143 0.2 0908 1.9 1350 0.3 2114 2.0
13 WED 0202 0.1 0922 2.0 1412 0.2 2135 2.1	28 THU 0209 0.3 0926 1.8 1415 0.4 2135 1.8
14 THU 0239 0.1 0950 1.9 1449 0.3 2207 1.9	29 FRI 0228 0.4 0946 1.7 1436 0.5 2157 1.7
15 FRI 0317 0.2 1025 1.7 1526 0.4 2245 1.7	30 SAT 0244 0.5 1008 1.6 1458 0.6 2221 1.5
	31 SUN 0308 0.5 1036 1.5 1532 0.7 2255 1.4

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September

October

November

December

	Time m	Time m
1 MON	0347 0.7 1121 1.4 1635 0.8 2350 1.3	16 TUE 0116 1.2 0551 1.0 1352 1.4 2252 0.8
2 TUE	0457 0.8 1235 1.3 1800 0.9	17 WED 0254 1.3 0750 0.9 1515 1.5 2352 0.6
3 WED	0129 1.2 0620 0.9 1451 1.4 2046 0.7	18 THU 0409 1.5 0850 0.8 1616 1.7 2138 0.6
4 THU	0336 1.3 0852 0.7 1608 1.6 2136 0.6	19 FRI 0459 1.7 0940 0.6 1706 1.9 2219 0.4
5 FRI	0446 1.5 0943 0.6 1705 1.8 2224 0.4	20 SAT 0542 1.9 1026 0.5 1752 2.1 2300 0.3
6 SAT	0540 1.7 1031 0.5 1755 2.0 2308 0.3	21 SUN 0823 2.0 1110 0.3 1835 2.2 2339 0.2
7 SUN	0629 1.9 1116 0.3 1844 2.2 2348 0.1	22 MON 0704 2.1 1148 0.2 1915 2.2
8 MON	0716 2.1 1157 0.2 1930 2.3	23 TUE 0013 0.1 0740 2.2 1221 0.2 1949 2.2
9 TUE	0025 0.1 0759 2.2 1236 0.1 2013 2.3	24 WED 0042 0.1 0808 2.1 1251 0.2 2015 2.1
10 WED	0102 0.0 0833 2.2 1313 0.1 2047 2.3	25 THU 0108 0.2 0828 2.0 1318 0.3 2036 2.0
11 THU	0137 0.1 0857 2.1 1349 0.2 2114 2.2	26 FRI 0130 0.3 0847 1.9 1341 0.4 2059 1.8
12 FRI	0212 0.2 0922 2.0 1423 0.3 2144 2.0	27 SAT 0146 0.4 0903 1.8 1401 0.5 2117 1.7
13 SAT	0246 0.3 0956 1.9 1458 0.5 2223 1.7	28 SUN 0203 0.5 0920 1.7 1421 0.6 2141 1.5
14 SUN	0322 0.6 1038 1.7 1539 0.7 2316 1.4	29 MON 0222 0.6 0946 1.6 1445 0.7 2219 1.4
15 MON	0406 0.8 1136 1.5 1650 0.9	30 TUE 0243 0.7 1032 1.5 1541 0.8 2325 1.2

	Time m	Time m
1 WED	0316 0.8 1156 1.3 1737 0.9	16 THU 0249 1.4 0708 1.0 1456 1.6 2011 0.8
2 THU	0115 1.2 0556 0.9 1416 1.4 2027 0.7	17 FRI 0347 1.6 0813 0.9 1551 1.7 2057 0.6
3 FRI	0315 1.3 0828 0.8 1537 1.6 2111 0.5	18 SAT 0429 1.8 0906 0.7 1639 1.9 2140 0.5
4 SAT	0420 1.6 0916 0.7 1635 1.8 2154 0.4	19 SUN 0511 1.9 0953 0.6 1724 2.0 2222 0.3
5 SUN	0512 1.8 1002 0.5 1727 2.0 2237 0.2	20 MON 0551 2.1 1037 0.4 1805 2.1 2302 0.3
6 MON	0600 2.0 1047 0.4 1816 2.2 2317 0.1	21 TUE 0630 2.2 1116 0.3 1843 2.1 2337 0.2
7 TUE	0644 2.2 1130 0.2 1901 2.3 2356 0.1	22 WED 0703 2.2 1151 0.3 1914 2.1
8 WED	0724 2.3 1210 0.2 1943 2.4	23 THU 0006 0.2 0730 2.2 1221 0.3 1942 2.0
9 THU	0033 0.1 0758 2.3 1247 0.2 2019 2.3	24 FRI 0033 0.3 0753 2.1 1248 0.4 2007 1.9
10 FRI	0109 0.2 0826 2.2 1324 0.2 2051 2.1	25 SAT 0055 0.4 0814 2.0 1312 0.5 2030 1.8
11 SAT	0144 0.3 0857 2.1 1400 0.4 2129 1.9	26 SUN 0115 0.5 0832 1.9 1335 0.5 2051 1.7
12 SUN	0219 0.5 0936 1.9 1440 0.5 2216 1.7	27 MON 0136 0.5 0850 1.8 1401 0.6 2121 1.5
13 MON	0258 0.7 1023 1.7 1531 0.8 2323 1.4	28 TUE 0158 0.6 0921 1.6 1432 0.7 2207 1.4
14 TUE	0350 0.9 1127 1.5 1740 0.9	29 WED 0222 0.7 1014 1.5 1536 0.8 2315 1.3
15 WED	0115 1.3 0546 1.1 1337 1.4 1911 0.9	30 THU 0306 0.9 1136 1.4 1717 0.8

31
FRI
0051 1.2
0533 1.0
1326 1.4
2005 0.7

	Time m	Time m
1 SAT	0241 1.4 0736 0.9 1457 1.6 2040 0.5	16 SUN 0352 1.7 0819 0.8 1602 1.7 2051 0.6
2 SUN	0344 1.6 0838 0.7 1557 1.8 2118 0.4	17 MON 0436 1.8 0909 0.7 1648 1.8 2136 0.5
3 MON	0435 1.8 0927 0.6 1650 2.0 2200 0.3	18 TUE 0517 2.0 0955 0.6 1731 1.9 2218 0.4
4 TUE	0524 2.1 1013 0.5 1741 2.1 2242 0.2	19 WED 0555 2.1 1039 0.5 1810 1.9 2258 0.4
5 WED	0608 2.2 1059 0.4 1828 2.2 2325 0.2	20 THU 0629 2.1 1120 0.5 1845 2.0 2334 0.4
6 THU	0648 2.3 1143 0.3 1912 2.3	21 FRI 0659 2.1 1156 0.5 1916 1.9
7 FRI	0005 0.2 0725 2.4 1224 0.3 1955 2.2	22 SAT 0003 0.5 0729 2.1 1226 0.5 1946 1.9
8 SAT	0045 0.3 0803 2.3 1305 0.3 2040 2.1	23 SUN 0030 0.5 0756 2.0 1255 0.5 2015 1.8
9 SUN	0124 0.4 0844 2.2 1348 0.5 2129 1.9	24 MON 0058 0.5 0822 1.9 1326 0.5 2045 1.7
10 MON	0204 0.6 0930 2.0 1436 0.6 2222 1.7	25 TUE 0128 0.6 0850 1.8 1401 0.6 2259 1.7
11 TUE	0250 0.8 1021 1.8 1540 0.7 2323 1.5	26 WED 0200 0.6 0927 1.7 1444 0.6 2206 1.5
12 WED	0350 0.9 1120 1.7 1658 0.8	27 THU 0237 0.7 1016 1.6 1542 0.6 2301 1.4
13 THU	0048 1.4 0507 1.0 1251 1.5 1806 0.8	28 FRI 0340 0.8 1117 1.5 1250 0.7
14 FRI	0209 1.4 0617 1.0 1415 1.6 1907 0.8	29 SAT 0012 1.4 0504 0.9 1234 1.5 1802 0.6
15 SAT	0307 1.6 0722 1.0 1513 1.6 2003 0.7	30 SUN 0145 1.4 0621 0.9 1401 1.6 1918 0.6

	Time m	Time m
1 MON	0255 1.6 0736 0.8 1509 1.7 2025 0.5	16 TUE 0353 1.6 0828 0.8 1604 1.6 2054 0.6
2 TUE	0351 1.8 0842 0.7 1608 1.8 2119 0.4	17 WED 0439 1.8 0920 0.8 1655 1.6 2141 0.6
3 WED	0444 2.0 0939 0.6 1707 2.0 2210 0.4	18 THU 0521 1.9 1010 0.7 1741 1.7 2228 0.6
4 THU	0533 2.1 1032 0.5 1802 2.1 2259 0.4	19 FRI 0601 2.0 1059 0.6 1823 1.8 2310 0.5
5 FRI	0620 2.3 1124 0.5 1855 2.1 2347 0.4	20 SAT 0638 2.1 1143 0.6 1901 1.8 2348 0.5
6 SAT	0706 2.3 1212 0.4 1948 2.1	21 SUN 0714 2.1 1220 0.5 1938 1.8
7 SUN	0031 0.4 0754 2.3 1258 0.4 2042 2.0	22 MON 0021 0.5 0749 2.0 1253 0.5 2012 1.8
8 MON	0114 0.5 0842 2.2 1344 0.4 2132 1.9	23 TUE 0056 0.5 0823 2.0 1327 0.5 2046 1.7
9 TUE	0157 0.6 0930 2.1 1433 0.5 2216 1.8	24 WED 0132 0.5 0855 1.9 1405 0.4 2120 1.7
10 WED	0242 0.7 1015 2.0 1525 0.6 2259 1.7	25 THU 0210 0.5 0930 1.8 1446 0.4 2158 1.6
11 THU	0331 0.8 1059 1.8 1619 0.6 2348 1.5	26 FRI 0250 0.6 1009 1.7 1531 0.4 2241 1.5
12 FRI	0424 0.9 1148 1.7 1715 0.7	27 SAT 0335 0.6 1055 1.7 1622 0.5 2333 1.5
13 SAT	0054 1.4 0525 0.9 1250 1.5 1812 0.7	28 SUN 0430 0.7 1152 1.6 1719 0.5
14 SUN	0206 1.4 0630 1.0 1404 1.5 1910 0.7	29 MON 0042 1.5 0536 0.8 1307 1.5 1823 0.6
15 MON	0304 1.5 0732 0.9 1508 1.5 2004 0.7	30 TUE 0202 1.5 0648 0.8 1426 1.5 1935 0.6

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WED
0310 1.7
0804 0.8
1538 1.6
2048 0.6