

TRÉHIGUIER - MORBIHAN
HEURE LÉGALE

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M A R É E S 2 0 2 6

JANVIER 2026

Date	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.
J 01	02:45	5.08	69	08:46	1.46	---	15:13	5.16	74	21:10	1.37	---
V 02	03:36	5.33	79	09:48	1.17	---	16:07	5.33	84	22:06	1.15	---
S 03	04:25	5.53	88	10:46	0.92	---	16:57	5.44	91	23:00	0.98	---
D 04	05:12	5.67	94	11:40	0.76	---	17:42	5.47	95	23:52	0.88	---
L 05	05:58	5.71	96	12:30	0.71	---	18:25	5.40	95	--:--	---	---
M 06	06:41	0.87	---	06:42	5.65	93	13:17	0.79	---	19:06	5.25	91
M 07	01:28	0.96	---	07:23	5.49	87	14:02	0.99	---	19:44	5.05	82
J 08	02:14	1.15	---	08:00	5.26	77	14:45	1.28	---	20:21	4.83	72
V 09	02:59	1.43	---	08:36	4.98	66	15:28	1.63	---	21:01	4.60	60
S 10	03:44	1.76	---	09:15	4.69	54	16:14	1.98	---	21:53	4.41	49
D 11	04:33	2.09	---	10:05	4.43	44	17:05	2.28	---	23:15	4.29	39
L 12	05:27	2.36	---	11:38	4.24	36	18:07	2.46	---	--:--	---	---
M 13	06:40	4.31	35	06:31	2.50	---	13:18	4.23	35	19:16	2.48	---
M 14	01:42	4.44	36	07:41	2.47	---	14:26	4.35	39	20:20	2.35	---
J 15	02:31	4.61	43	08:44	2.30	---	15:15	4.51	47	21:11	2.15	---
V 16	03:13	4.80	52	09:35	2.06	---	15:52	4.68	56	21:55	1.92	---
S 17	03:50	4.98	61	10:19	1.81	---	16:24	4.83	65	22:35	1.70	---
D 18	04:27	5.15	69	10:59	1.57	---	16:54	4.96	73	23:13	1.49	---
L 19	05:03	5.31	76	11:37	1.36	---	17:24	5.06	79	23:50	1.31	---
M 20	05:38	5.43	81	12:14	1.21	---	17:55	5.14	83	--:--	---	---
M 21	06:27	1.18	---	06:14	5.51	84	12:50	1.12	---	18:27	5.17	85
J 22	01:04	1.12	---	06:50	5.53	85	13:26	1.11	---	19:01	5.15	84
V 23	01:41	1.15	---	07:28	5.48	82	14:02	1.18	---	19:38	5.06	80
S 24	02:20	1.25	---	08:08	5.34	76	14:40	1.32	---	20:17	4.91	73
D 25	03:03	1.44	---	08:52	5.13	68	15:23	1.54	---	21:05	4.70	64
L 26	03:52	1.68	---	09:46	4.86	59	16:14	1.80	---	22:18	4.49	54
M 27	04:50	1.92	---	11:09	4.62	50	17:17	2.03	---	--:--	---	---
M 28	00:16	4.45	47	06:02	5.07	---	12:49	4.57	47	18:33	2.12	---
J 29	01:41	4.63	49	07:22	2.00	---	14:13	4.71	52	19:52	1.97	---
V 30	02:47	4.92	58	08:39	1.72	---	15:17	4.96	65	21:01	1.66	---
S 31	03:40	5.23	72	09:46	1.34	---	16:08	5.21	78	22:01	1.30	---

Plaines mers
Basses mers
Grandes marées coefficient > 90

FÉVRIER 2026

Date	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.
D 01	04:25	5.50	84	10:43	0.98	---	16:50	5.40	89	22:55	0.98	---
L 02	05:05	5.71	94	11:33	0.72	---	17:28	5.51	97	23:43	0.76	---
M 03	05:42	5.82	99	12:18	0.59	---	18:02	5.53	99	--:--	---	---
M 04	06:28	0.66	---	06:17	5.81	99	12:59	0.63	---	18:35	5.46	97
J 05	01:08	0.72	---	06:50	5.69	94	13:36	0.82	---	19:05	5.32	90
V 06	01:47	0.92	---	07:21	5.47	84	14:12	1.12	---	19:34	5.13	79
S 07	02:24	1.24	---	07:51	5.19	73	14:48	1.50	---	20:04	4.89	66
D 08	03:01	1.63	---	08:21	4.86	59	15:24	1.91	---	20:39	4.62	52
L 09	03:40	2.04	---	08:56	4.52	46	16:04	2.31	---	21:27	4.33	39
M 10	04:26	2.42	---	09:47	4.18	33	16:58	2.64	---	23:16	4.13	28
M 11	05:27	2.69	---	12:23	4.00	25	18:18	2.79	---	--:--	---	---
J 12	01:05	4.19	25	06:55	2.74	---	14:08	4.13	28	19:49	2.66	---
V 13	02:13	4.39	33	08:19	2.51	---	15:05	4.36	39	20:51	2.35	---
S 14	03:01	4.65	45	09:16	2.15	---	15:41	4.60	52	21:37	1.98	---
D 15	03:39	4.93	59	10:01	1.78	---	16:09	4.83	65	22:17	1.62	---
L 16	04:13	5.21	71	10:41	1.42	---	16:36	5.05	77	22:55	1.28	---
M 17	04:45	5.47	82	11:18	1.12	---	17:04	5.25	87	23:31	0.99	---
M 18	05:18	5.70	91	11:54	0.89	---	17:34	5.41	94	--:--	---	---
J 19	06:07	0.78	---	05:51	5.84	96	12:29	0.76	---	18:05	5.50	97
V 20	06:43	0.68	---	06:26	5.89	97	13:03	0.74	---	18:38	5.50	96
S 21	01:20	0.72	---	07:03	5.80	94	13:38	0.85	---	19:13	5.39	91
D 22	01:58	0.89	---	07:41	5.57	86	14:16	1.08	---	19:49	5.16	81
L 23	02:40	1.19	---	08:23	5.21	74	14:58	1.42	---	20:29	4.84	67
M 24	03:28	1.58	---	09:17	4.79	60	15:49	1.82	---	21:30	4.49	52
M 25	04:28	1.97	---	10:56	4.42	46	16:53	2.19	---	--:--	---	---
J 26	00:10	4.33	41	05:46	2.22	---	12:57	4.39	39	18:18	2.33	---
V 27	01:45	4.54	42	07:19	2.13	---	14:17	4.61	47	19:47	2.12	---
S 28	02:49	4.87	55	08:40	1.76	---	15:14	4.91	62	20:59	1.70	---

MARS 2026

Date	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.
D 01	03:36	5.20	70	09:43	1.30	---	15:57	5.18	78	21:56	1.26	---
L 02	04:13	5.48	84	10:33	0.91	---	16:31	5.39	90	22:44	0.89	---
M 03	04:45	5.69	94	11:17	0.66	---	17:02	5.53	97	23:28	0.66	---
M 04	05:16	5.80	99	11:56	0.56	---	17:32	5.59	99	--:--	---	---
J 05	06:07	0.58	---	05:47	5.81	99	12:32	0.62	---	18:01	5.58	97
V 06	06:43	0.65	---	06:15	5.71	94	13:06	0.82	---	18:29	5.49	91
S 07	01:17	0.87	---	06:44	5.51	86	13:37	1.12	---	18:56	5.31	81
D 08	01:48	1.19	---	07:13	5.22	75	14:07	1.49	---	19:24	5.06	69
L 09	02:20	1.57	---	07:40	4.89	62	14:38	1.89	---	19:54	4.76	55
M 10	02:55	1.97	---	08:10	4.53	48	15:15	2.30	---	20:32	4.42	41
M 11	03:36	2.36	---	08:50	4.16	34	16:03	2.66	---	21:40	4.10	28
J 12	04:33	2.67	---	11:33	3.88	23	17:19	2.89	---	--:--	---	---
V 13	00:21	4.04	21	06:04	2.79	---	13:38	4.02	23	19:12	2.78	---
S 14	01:43	4.25	28	07:49	2.54	---	14:37	4.29	35	20:22	2.40	---
D 15	02:36	4.55	42	08:47	2.12	---	15:13	4.57	50	21:08	1.96	---
L 16	03:14	4.90	58	09:31	1.68	---	15:40	4.86	66	21:48	1.52	---
M 17	03:46	5.25	73	10:10	1.27	---	16:07	5.15	80	22:26	1.11	---
M 18	04:18	5.58	87	10:48	0.92	---	16:35	5.41	92	23:04	0.76	---
J 19	04:51	5.85	97	11:24	0.66	---	17:06	5.61	101	23:41	0.52	---
V 20	05:25	6.01	103	12:00	0.53	---	17:39	5.72	104	--:--	---	---
S 21	06:19	0.42	---	06:01	6.02	104	12:37	0.54	---	18:14	5.70	103
D 22	06:58	0.49	---	06:39	5.86	100	13:15	0.72	---	18:50	5.54	95
L 23	01:39	0.72	---	07:19	5.53	89	13:55	1.03	---	19:28	5.24	82
M 24	02:33	1.10	---	08:05	5.08	74	14:40	1.44	---	20:11	4.85	66
M 25	03:14	1.56	---	09:07	4.59	57	15:34	1.90	---	21:23	4.44	49
J 26	04:17	1.99	---	11:20	4.28	43	16:44	2.26	---	--:--	---	---
V 27	00:15	4.34	39	05:42	2.21	---	13:01	4.37	39	18:13	2.33	---
S 28	01:39	4.56	43	07:16	2.04	---	14:10	4.62	49	19:39	2.04	---
D 29	03:37	4.85	56	09:29	1.64	---	15:58	4.89	63	21:45	1.62	---
L 30	04:19	5.12	70	10:24	1.24	---	16:34	5.12	77	22:38	1.22	---
M 31	04:50	5.35	82	11:10	0.93	---	17:03	5.31	86	23:23	0.92	---

Passage à l'heure d'été (à 2h00 du matin)

AVRIL 2026

Date	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.
M 01	05:19	5.51	89	11:50	0.75	---	17:31	5.46	92	---	---	---
J 02	00:04	0.75	---	05:47	5.61	93	12:27	0.71	---	17:59	5.54	93
V 03	00:41	0.72	---	06:16	5.61	93	13:01	0.80	---	18:28	5.55	91
S 04	01:14	0.80	---	06:45	5.52	89	13:31	0.99	---	18:56	5.47	86
D 05	01:45	0.99	---	07:13	5.34	82	14:00	1.26	---	19:25	5.31	78
L 06	02:15	1.25	---	07:42	5.08	73	14:29	1.57	---	19:53	5.07	68
M 07	02:46	1.55	---	08:09	4.78	62	15:01	1.91	---	20:25	4.77	56
M 08	03:21	1.89	---	08:40	4.45	50	15:39	2.25	---	21:03	4.45	43
J 09	04:02	2.22	---	09:21	4.13	37	16:28	2.57	---	22:05	4.15	32
V 10	04:57	2.49	---	11:23	3.86	27	17:37	2.77	---	---	---	---
S 11	00:26	4.04	25	06:16	2.62	---	13:48	3.98	26	19:15	2.70	---
D 12	01:52	4.20	29	07:56	2.43	---	14:49	4.24	35	20:32	2.36	---
L 13	02:50	4.49	42	09:01	2.04	---	15:30	4.54	50	21:23	1.93	---
M 14	03:34	4.84	58	09:48	1.61	---	16:02	4.86	66	22:07	1.49	---
M 15	04:11	5.21	73	10:29	1.20	---	16:32	5.17	81	22:49	1.07	---
J 16	04:47	5.55	87	11:09	0.85	---	17:04	5.44	93	23:31	0.71	---
V 17	05:23	5.81	97	11:49	0.60	---	17:38	5.65	101	---	---	---
S 18	00:13	0.46	---	06:00	5.94	104	12:30	0.49	---	18:14	5.75	105
D 19	00:55	0.35	---	06:40	5.90	104	13:11	0.54	---	18:52	5.71	102
L 20	01:39	0.45	---	07:22	5.69	99	13:53	0.74	---	19:33	5.51	94
M 21	02:24	0.69	---	08:07	5.32	88	14:38	1.07	---	20:18	5.19	81
M 22	03:12	1.07	---	09:00	4.87	73	15:28	1.47	---	21:14	4.81	65
J 23	04:07	1.49	---	10:23	4.46	58	16:27	1.85	---	23:02	4.49	51
V 24	05:13	1.85	---	12:25	4.31	46	17:38	2.11	---	---	---	---
S 25	01:00	4.46	44	06:33	2.00	---	13:46	4.42	44	18:59	2.11	---
D 26	02:15	4.58	47	07:53	1.86	---	14:46	4.61	51	20:13	1.89	---
L 27	03:11	4.76	56	08:59	1.59	---	15:30	4.81	61	21:15	1.60	---
M 28	03:51	4.93	66	09:52	1.32	---	16:03	4.99	71	22:08	1.33	---
M 29	04:22	5.08	74	10:38	1.12	---	16:31	5.15	77	22:55	1.14	---
J 30	04:50	5.20	80	11:18	1.02	---	16:59	5.28	81	23:36	1.04	---

TRÉHIGUIER - MORBIHAN
HEURE LÉGALE

JUILLET 2026

Date	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.
M 01	00:42	1.41	---	06:31	4.77	70	12:51	1.49	---	18:38	5.04	71
J 02	01:18	1.34	---	07:02	4.78	71	13:28	1.46	---	19:16	5.04	72
V 03	01:54	1.30	---	07:34	4.76	72	14:05	1.45	---	19:54	5.02	71
S 04	02:30	1.30	---	08:07	4.73	70	14:43	1.48	---	20:33	4.98	69
D 05	03:06	1.34	---	08:43	4.67	68	15:23	1.55	---	21:15	4.91	66
L 06	03:44	1.42	---	09:25	4.57	64	16:06	1.64	---	22:00	4.82	61
M 07	04:26	1.53	---	10:15	4.46	59	16:54	1.75	---	22:52	4.70	56
M 08	05:15	1.66	---	11:24	4.37	54	17:48	1.83	---	23:58	4.60	52
J 09	06:12	1.76	---	12:55	4.39	52	18:51	1.85	---	---	---	---
V 10	01:17	4.57	52	07:18	1.79	---	14:09	4.55	53	20:00	1.76	---
S 11	02:34	4.66	56	08:29	1.68	---	15:11	4.78	60	21:10	1.54	---
D 12	03:44	4.84	65	09:35	1.45	---	16:07	5.04	70	22:16	1.24	---
L 13	04:44	5.05	76	10:35	1.19	---	16:59	5.29	81	23:18	0.93	---
M 14	05:36	5.24	86	11:32	0.94	---	17:49	5.51	90	---	---	---
M 15	00:16	0.65	---	06:23	5.37	94	12:27	0.75	---	18:37	5.64	96
J 16	01:09	0.47	---	07:07	5.40	98	13:18	0.65	---	19:22	5.66	98
V 17	01:57	0.43	---	07:48	5.33	97	14:07	0.65	---	20:05	5.57	94
S 18	02:42	0.54	---	08:26	5.17	91	14:53	0.79	---	20:44	5.37	86
D 19	03:25	0.78	---	09:03	4.96	81	15:39	1.04	---	21:21	5.09	75
L 20	04:08	1.12	---	09:39	4.72	69	16:24	1.37	---	21:58	4.78	63
M 21	04:52	1.51	---	10:22	4.48	57	17:12	1.74	---	22:42	4.47	50
M 22	05:40	1.89	---	11:24	4.28	45	18:05	2.08	---	23:48	4.21	40
J 23	06:37	2.19	---	13:03	4.21	37	19:08	2.30	---	---	---	---
V 24	01:39	4.09	35	07:45	2.32	---	14:21	4.29	35	20:18	2.35	---
S 25	03:06	4.16	37	08:56	2.27	---	15:17	4.44	40	21:26	2.22	---
D 26	04:05	4.32	44	09:54	2.09	---	16:02	4.62	48	22:22	2.00	---
L 27	04:47	4.49	53	10:41	1.88	---	16:40	4.80	57	23:08	1.75	---
M 28	05:20	4.64	61	11:23	1.66	---	17:16	4.97	65	23:49	1.50	---
M 29	05:49	4.78	69	12:01	1.46	---	17:50	5.12	72	---	---	---
J 30	00:27	1.29	---	06:17	4.89	75	12:37	1.28	---	18:24	5.24	78
V 31	01:02	1.12	---	06:45	4.99	80	13:12	1.15	---	18:58	5.33	82

Plaines mers
Basses mers
Grandes marées coefficient > 90

TRÉHIGUIER - MORBIHAN
HEURE LÉGALE

AOÛT 2026

Date	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.
S 01	01:37	1.02	---	07:14	5.05	83	13:47	1.08	---	19:32	5.37	83
D 02	02:10	0.98	---	07:45	5.06	83	14:22	1.09	---	20:07	5.34	82
L 03	02:43	1.02	---	08:18	5.01	80	14:58	1.19	---	20:45	5.24	77
M 04	03:18	1.14	---	08:53	4.89	74	15:32	1.35	---	21:25	5.05	70
M 05	03:56	1.32	---	09:34	4.70	66	16:22	1.58	---	22:14	4.80	61
J 06	04:42	1.57	---	10:27	4.48	57	17:16	1.82	---	23:23	4.54	52
V 07	05:38	1.84	---	12:12	4.32	48	18:22	2.00	---	---	---	---
S 08	01:03	4.41	46	06:49	2.02	---	14:00	4.43	46	19:42	1.99	---
D 09	02:33	4.50	48	08:11	1.96	---	15:13	4.70	53	21:02	1.74	---
L 10	03:46	4.74	59	09:26	1.67	---	16:11	5.04	66	22:13	1.34	---
M 11	04:43	5.03	74	10:30	1.28	---	16:59	5.36	81	23:15	0.92	---
M 12	05:28	5.28	87	11:26	0.91	---	17:41	5.63	93	---	---	---
J 13	00:08	0.57	---	06:08	5.45	97	12:18	0.63	---	18:20	5.79	100
V 14	00:55	0.36	---	06:44	5.53	102	13:04	0.48	---	18:57	5.82	102
S 15	01:38	0.33	---	07:18	5.50	101	13:47	0.49	---	19:32	5.72	98
D 16	02:18	0.47	---	07:50	5.38	95	14:28	0.67	---	20:05	5.50	90
L 17	02:56	0.75	---	08:21	5.19	84	15:08	0.99	---	20:36	5.20	78
M 18	03:32	1.15	---	08:51	4.94	71	15:47	1.41	---	21:10	4.85	64
M 19	04:10	1.59	---	09:25	4.65	57	16:28	1.86	---	21:46	4.48	49
J 20	04:51	2.04	---	10:10	4.34	42	17:15	2.27	---	22:39	4.13	36
V 21	05:43	2.42	---	11:43	4.09	30	18:17	2.57	---	---	---	---
S 22	01:06	3.92	27	06:58	2.63	---	13:54	4.12	26	19:45	2.63	---
D 23	02:54	4.04	28	08:29	2.55	---	15:05	4.32	32	21:07	2.41	---
L 24	03:54	4.26	38	09:35	2.27	---	15:52	4.56	44	22:04	2.07	---
M 25	04:33	4.49	51	10:22	1.93	---	16:28	4.82	57	22:48	1.72	---
M 26	05:01	4.71	63	11:02	1.60	---	16:58	5.07	68	23:27	1.39	---
J 27	05:26	4.91	74	11:39	1.30	---	17:29	5.31	78	---	---	---
V 28	00:03	1.11	---	05:51	5.10	83	12:14	1.05	---	17:59	5.51	86
S 29	00:37	0.90	---	06:19	5.25	89	12:49	0.87	---	18:31	5.64	91
D 30	01:11	0.77	---	06:48	5.35	93	13:23	0.78	---	19:04	5.68	93
L 31	01:44	0.75	---	07:19	5.37	93	13:57	0.82	---	19:39	5.62	91

TRÉHIGUIER - MORBIHAN
HEURE LÉGALE

SEPTEMBRE 2026

Date	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.
M 01	02:17	0.83	---	07:51	5.30	89	14:33	0.96	---	20:16	5.43	85
M 02	02:52	1.01	---	08:25	5.12	81	15:13	1.22	---	20:57	5.13	75
J 03	03:31	1.30	---	09:04	4.84	69	15:58	1.56	---	21:48	4.75	62
V 04	04:18	1.65	---	09:56	4.51	55	16:54	1.92	---	23:14	4.39	48
S 05	05:16	2.02	---	12:13	4.27	43	18:07	2.18	---	---	---	---
D 06	01:13	4.30	40	06:35	2.23	---	14:05	4.44	41	19:40	2.14	---
L 07	02:39	4.49	45	08:06	2.10	---	15:15	4.77	52	21:05	1.76	---
M 08	03:43	4.80	60	09:23	1.70	---	16:06	5.13	68	22:10	1.28	---
M 09	04:31	5.10	76	10:23	1.24	---	16:47	5.45	83	23:04	0.84	---
J 10	05:09	5.35	90	11:15	0.84	---	17:22	5.69	95	23:50	0.53	---
V 11	05:43	5.52	98	12:01	0.58	---	17:55	5.82	101	---	---	---
S 12	00:33	0.39	---	06:14	5.61	102	12:43	0.47	---	18:27	5.83	101
D 13	01:12	0.42	---	06:45	5.61	100	13:23	0.54	---	18:58	5.71	97
L 14	01:48	0.60	---	07:15	5.51	93	13:59	0.76	---	19:29	5.49	89
M 15	02:22	0.91	---	07:44	5.32	83	14:34	1.11	---	19:59	5.18	77
M 16	02:55	1.31	---	08:13	5.06	70	15:08	1.53	---	20:28	4.82	63
J 17	03:29	1.74	---	08:44	4.75	56	15:45	1.97	---	21:00	4.44	49
V 18	04:06	2.17	---	09:24	4.40	41	16:28	2.38	---	21:46	4.07	35
S 19	04:55	2.56	---	10:38	4.08	28	17:27	2.69	---	---	---	---
D 20	00:46	3.85	24	06:09	2.80	---	13:18	4.04	22	19:05	2.77	---
L 21	02:28	4.00	24	07:56	2.70	---	14:37	4.25	29	20:40	2.49	---
M 22	03:25	4.26	35	09:05	2.36	---	15:26	4.54	42	21:34	2.09	---
M 23	04:02	4.52	50	09:52	1.96	---	16:00	4.85	57	22:16	1.69	---
J 24	04:28	4.78	64	10:31	1.57	---	16:30	5.16	71	22:53	1.32	---
V 25	04:53	5.04	77	11:08	1.22	---	16:59	5.44	82	23:29	1.02	---
S 26	05:19	5.27	87	11:44	0.93	---	17:30	5.68	92	---	---	---
D 27	00:04	0.79	---	05:48	5.46	95	12:20	0.73	---	18:03	5.82	97
L 28	00:39	0.66	---	06:19	5.57	99	12:56	0.64	---	18:37	5.84	99
M 29	01:14	0.66	---	06:52	5.58	98	13:33	0.69	---	19:13	5.71	96
M 30	01:51	0.78	---	07:26	5.47	92	14:12	0.88	---	19:53	5.44	88

ZONE A : Besançon, Bordeaux, Clermont-Ferrand, Dijon, Grenoble, Limoges, Lyon et Poitiers
ZONE B : Aix-Marseille, Amiens, Caen, Lille, Nancy-Metz, Nantes, Nice, Orléans-Tours, Reims, Rennes, Rouen et Strasbourg
ZONE C : Créteil, Montpellier, Paris, Toulouse et Versailles

TRÉHIGUIER - MORBIHAN
HEURE LÉGALE

OCTOBRE 2026

Date	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.	Heure	Haut.	Cœf.
J 01	02:29	1.03	—	08:04	5.23	82	14:55	1.20	—	20:38	5.05	75
V 02	03:13	1.38	—	08:48	4.89	68	15:44	1.59	—	21:39	4.62	60
S 03	04:04	1.77	—	09:52	4.52	53	16:44	1.99	—	23:38	4.31	46
D 04	05:08	2.13	—	12:30	4.36	41	18:04	2.21	—	---	—	—
L 05	01:21	4.36	40	06:31	2.26	—	14:02	4.56	43	19:39	2.08	—
M 06	02:33	4.60	48	07:59	2.04	—	15:05	4.87	55	20:55	1.67	—
M 07	03:28	4.89	62	09:09	1.64	—	15:51	5.16	70	21:53	1.25	—
J 08	04:09	5.14	77	10:06	1.23	—	16:27	5.40	83	22:41	0.90	—
V 09	04:43	5.35	87	10:55	0.92	—	16:57	5.57	91	23:25	0.69	—
S 10	05:13	5.50	94	11:38	0.73	—	17:28	5.66	95	---	—	—
D 11	00:05	0.63	—	05:43	5.59	95	12:19	0.69	—	17:58	5.65	95
L 12	00:41	0.70	—	06:13	5.59	93	12:56	0.79	—	18:28	5.54	93
M 13	01:16	0.90	—	06:43	5.51	88	13:30	1.00	—	18:58	5.33	81
M 14	01:48	1.18	—	07:13	5.33	79	14:02	1.30	—	19:28	5.06	74
J 15	02:19	1.52	—	07:43	5.08	68	14:35	1.64	—	19:57	4.74	62
V 16	02:53	1.88	—	08:16	4.78	56	15:10	2.00	—	20:28	4.40	50
S 17	03:31	2.24	—	08:56	4.46	43	15:52	2.34	—	21:13	4.09	37
D 18	04:19	2.55	—	10:02	4.16	32	16:47	2.61	—	---	—	—
L 19	00:04	3.88	28	05:26	2.75	—	12:22	4.07	25	18:07	2.71	—
M 20	01:38	4.01	26	06:58	2.71	—	13:44	4.23	29	19:44	2.52	—
M 21	02:36	4.25	34	08:14	2.42	—	14:39	4.50	41	20:46	2.15	—
J 22	03:16	4.52	48	09:06	2.05	—	15:19	4.81	55	21:31	1.76	—
V 23	03:48	4.80	62	09:49	1.67	—	15:54	5.13	69	22:11	1.39	—
S 24	04:17	5.08	76	10:29	1.30	—	16:27	5.43	82	22:49	1.08	—
D 25	04:56	5.34	87	10:09	0.98	—	16:01	5.66	92	22:28	0.84	—
L 26	04:18	5.55	95	10:49	0.75	—	16:37	5.80	98	23:07	0.71	—
M 27	04:53	5.66	99	11:31	0.64	—	17:15	5.79	100	23:47	0.71	—
M 28	05:30	5.67	99	12:13	0.68	—	17:56	5.64	96	---	—	—
J 29	00:29	0.84	—	06:10	5.54	93	12:57	0.86	—	18:41	5.35	88
V 30	01:13	1.08	—	06:55	5.28	82	13:45	1.17	—	19:34	4.97	76
S 31	02:02	1.41	—	07:50	4.96	69	14:38	1.53	—	20:51	4.59	62