

# January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b>	<b>2</b>	<b>3</b> ○
				Time m	Time m	Time m
				02:36 1.35	03:41 1.14	04:38 0.93
				<b>08:47 5.93</b>	<b>09:45 6.15</b>	<b>10:41 6.31</b>
				15:15 1.12	16:14 0.87	17:06 0.67
				<b>21:21 5.87</b>	<b>22:21 6.13</b>	<b>23:19 6.33</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> ☾
Time m	Time m	Time m	Time m	Time m	Time m	Time m
05:29 0.79	<b>00:13 6.45</b>	<b>01:02 6.46</b>	<b>01:46 6.38</b>	<b>02:27 6.22</b>	<b>03:07 6.00</b>	<b>03:48 5.73</b>
<b>11:34 6.40</b>	06:17 0.74	07:02 0.77	07:46 0.88	08:28 1.06	09:11 1.28	09:55 1.54
17:56 0.56	<b>12:25 6.40</b>	<b>13:13 6.32</b>	<b>13:56 6.17</b>	<b>14:38 5.95</b>	<b>15:20 5.67</b>	<b>16:05 5.35</b>
	18:42 0.56	19:27 0.64	20:09 0.80	20:51 1.02	21:32 1.28	22:17 1.57
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
<b>04:34 5.44</b>	<b>05:27 5.16</b>	00:13 2.07	01:22 2.13	02:36 2.02	03:35 1.79	04:20 1.54
10:47 1.79	11:48 2.00	<b>06:35 4.99</b>	<b>07:46 5.01</b>	<b>08:45 5.18</b>	<b>09:35 5.42</b>	<b>10:17 5.65</b>
<b>16:56 5.03</b>	<b>17:59 4.79</b>	12:55 2.08	14:07 1.99	15:12 1.76	16:00 1.50	16:39 1.26
23:09 1.86		<b>19:17 4.74</b>	<b>20:24 4.91</b>	<b>21:19 5.19</b>	<b>22:05 5.50</b>	<b>22:45 5.76</b>
<b>18</b> ●	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
04:58 1.33	05:33 1.16	06:06 1.03	<b>00:35 6.17</b>	<b>01:10 6.22</b>	<b>01:45 6.21</b>	<b>02:21 6.14</b>
<b>10:55 5.84</b>	<b>11:31 5.99</b>	<b>12:06 6.10</b>	06:42 0.93	07:18 0.88	07:56 0.89	08:36 0.98
17:16 1.07	17:51 0.92	18:26 0.80	<b>12:41 6.17</b>	<b>13:17 6.18</b>	<b>13:53 6.12</b>	<b>14:32 5.99</b>
<b>23:23 5.95</b>	<b>23:59 6.09</b>		19:02 0.73	19:39 0.71	20:16 0.76	20:54 0.90
<b>25</b>	<b>26</b> ☽	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
<b>03:01 6.02</b>	<b>03:47 5.82</b>	<b>04:46 5.58</b>	<b>05:57 5.37</b>	00:59 1.77	02:28 1.63	03:40 1.30
09:18 1.13	10:06 1.34	11:07 1.57	12:24 1.70	<b>07:20 5.33</b>	<b>08:37 5.53</b>	<b>09:43 5.83</b>
<b>15:16 5.78</b>	<b>16:09 5.51</b>	<b>17:17 5.24</b>	<b>18:40 5.12</b>	13:50 1.61	15:10 1.32	16:10 0.97
21:37 1.11	22:29 1.38	23:36 1.65		<b>20:06 5.27</b>	<b>21:20 5.63</b>	<b>22:24 6.00</b>

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
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# February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> ○	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
04:34 0.98	05:21 0.75	<b>00:06 6.47</b>	<b>00:47 6.52</b>	<b>01:23 6.47</b>	<b>01:57 6.34</b>	<b>02:29 6.15</b>
<b>10:41 6.12</b>	<b>11:32 6.31</b>	06:03 0.63	06:43 0.61	07:22 0.68	07:58 0.82	08:33 1.03
17:00 0.69	17:44 0.52	<b>12:17 6.41</b>	<b>12:56 6.41</b>	<b>13:32 6.31</b>	<b>14:06 6.13</b>	<b>14:39 5.86</b>
<b>23:19 6.30</b>		18:26 0.45	19:06 0.48	19:42 0.60	20:17 0.79	20:49 1.06
<b>8</b>	<b>9</b> ☾	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
03:01 5.87	<b>03:36 5.52</b>	<b>04:19 5.12</b>	<b>05:17 4.74</b>	00:31 2.42	02:00 2.31	03:15 1.96
<b>09:08 1.31</b>	09:46 1.65	10:37 2.00	11:54 2.26	<b>06:48 4.56</b>	<b>08:16 4.75</b>	<b>09:12 5.11</b>
15:14 5.51	<b>15:54 5.11</b>	<b>16:47 4.71</b>	<b>18:05 4.45</b>	13:17 2.26	14:41 2.01	15:37 1.63
21:23 1.41	22:03 1.81	23:03 2.21		<b>19:50 4.56</b>	<b>20:55 4.94</b>	<b>21:44 5.37</b>
<b>15</b>	<b>16</b>	<b>17</b> ●	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
04:01 1.57	04:38 1.24	05:12 0.98	05:45 0.79	<b>00:14 6.36</b>	<b>00:48 6.44</b>	<b>01:22 6.46</b>
<b>09:56 5.49</b>	<b>10:35 5.82</b>	<b>11:12 6.08</b>	<b>11:47 6.26</b>	06:21 0.65	06:57 0.57	07:34 0.58
16:18 1.27	16:54 0.98	17:29 0.75	18:04 0.58	<b>12:22 6.38</b>	<b>12:56 6.42</b>	<b>13:32 6.37</b>
<b>22:24 5.73</b>	<b>23:02 6.01</b>	<b>23:38 6.21</b>		18:40 0.46	19:16 0.43	19:53 0.50
<b>22</b>	<b>23</b>	<b>24</b> ☽	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
<b>01:56 6.39</b>	<b>02:34 6.21</b>	<b>03:18 5.90</b>	<b>04:14 5.48</b>	<b>05:34 5.09</b>	00:54 1.99	02:34 1.72
08:13 0.70	08:54 0.92	09:41 1.24	10:42 1.61	12:06 1.85	<b>07:14 5.01</b>	<b>08:38 5.31</b>
<b>14:09 6.20</b>	<b>14:52 5.92</b>	<b>15:44 5.53</b>	<b>16:54 5.12</b>	<b>18:31 4.92</b>	13:51 1.76	15:09 1.38
20:31 0.70	21:12 1.02	22:03 1.44	23:16 1.84		<b>20:08 5.16</b>	<b>21:23 5.62</b>

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
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# March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b> ○	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
03:37 1.28	04:24 0.91	05:05 0.68	05:43 0.58	<b>00:22 6.51</b>	<b>00:53 6.47</b>	<b>01:21 6.37</b>
<b>09:45 5.72</b>	<b>10:37 6.07</b>	<b>11:20 6.29</b>	<b>11:58 6.40</b>	06:19 0.56	06:54 0.61	07:26 0.73
16:02 0.97	16:46 0.68	17:26 0.51	18:03 0.44	<b>12:31 6.41</b>	<b>13:02 6.34</b>	<b>13:32 6.19</b>
<b>22:20 6.04</b>	<b>23:07 6.33</b>	<b>23:47 6.47</b>		18:38 0.46	19:11 0.56	19:42 0.75
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> ☾	<b>12</b>	<b>13</b>	<b>14</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
<b>01:49 6.20</b>	<b>02:16 5.93</b>	<b>02:45 5.58</b>	<b>03:20 5.14</b>	<b>04:13 4.67</b>	<b>05:45 4.35</b>	01:22 2.43
07:57 0.92	08:27 1.19	08:57 1.53	09:38 1.91	10:44 2.28	12:30 2.38	<b>07:37 4.50</b>
<b>14:01 5.94</b>	<b>14:31 5.61</b>	<b>15:05 5.22</b>	<b>15:50 4.79</b>	<b>17:06 4.44</b>	<b>18:58 4.43</b>	13:57 2.14
20:10 1.02	20:39 1.38	21:12 1.80	22:02 2.24	23:40 2.55		<b>20:20 4.84</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> ●	<b>20</b>	<b>21</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
02:41 2.02	03:30 1.55	04:08 1.15	04:43 0.86	05:18 0.64	05:55 0.49	<b>00:20 6.60</b>
<b>08:41 4.95</b>	<b>09:27 5.43</b>	<b>10:07 5.84</b>	<b>10:44 6.15</b>	<b>11:20 6.37</b>	<b>11:56 6.51</b>	06:33 0.41
15:03 1.71	15:47 1.28	16:25 0.93	17:00 0.66	17:36 0.47	18:14 0.36	<b>12:33 6.55</b>
<b>21:11 5.32</b>	<b>21:53 5.75</b>	<b>22:31 6.08</b>	<b>23:08 6.32</b>	<b>23:44 6.50</b>		18:52 0.34
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> ☽	<b>26</b>	<b>27</b>	<b>28</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
<b>00:56 6.61</b>	<b>01:32 6.50</b>	<b>02:12 6.24</b>	<b>02:59 5.82</b>	<b>04:01 5.31</b>	<b>05:30 4.92</b>	01:00 1.98
07:12 0.44	07:54 0.59	08:36 0.87	09:27 1.26	10:32 1.66	12:03 1.90	<b>07:12 4.94</b>
<b>13:11 6.47</b>	<b>13:52 6.27</b>	<b>14:38 5.93</b>	<b>15:35 5.49</b>	<b>16:53 5.09</b>	<b>18:32 4.98</b>	13:48 1.74
19:31 0.46	20:12 0.72	20:57 1.11	21:54 1.58	23:12 1.96		<b>20:02 5.29</b>
<b>29</b>	<b>30</b>	<b>31</b>				
Time m	Time m	Time m				
03:27 1.62	04:22 1.21	05:05 0.90				
<b>09:32 5.30</b>	<b>10:31 5.71</b>	<b>11:17 6.01</b>				
15:56 1.35	16:44 0.99	17:24 0.76				
<b>22:09 5.72</b>	<b>22:59 6.07</b>	<b>23:41 6.28</b>				

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# April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>	<b>2</b> ☉	<b>3</b>	<b>4</b>
			Time m 05:42 0.73 <b>11:55 6.20</b> 18:01 0.63	Time m <b>00:17 6.39</b> 06:18 0.65 <b>12:29 6.29</b> 18:36 0.58	Time m <b>00:49 6.41</b> 06:52 0.64 <b>13:00 6.31</b> 19:09 0.61	Time m <b>01:18 6.38</b> 07:24 0.68 <b>13:31 6.25</b> 19:40 0.71
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> ☾	<b>11</b>
Time m <b>01:46 6.30</b> 07:56 0.78 <b>14:00 6.13</b> 20:09 0.89	Time m <b>02:12 6.14</b> 08:25 0.95 <b>14:29 5.93</b> 20:38 1.14	Time m <b>02:38 5.91</b> 08:54 1.18 <b>14:59 5.66</b> 21:06 1.45	Time m <b>03:07 5.59</b> 09:24 1.47 <b>15:32 5.33</b> 21:41 1.81	Time m <b>03:41 5.19</b> 10:03 1.81 <b>16:16 4.96</b> 22:30 2.18	Time m <b>04:30 4.75</b> 11:02 2.14 <b>17:28 4.65</b> 23:51 2.44	Time m <b>06:00 4.43</b> 12:36 2.30 <b>19:00 4.59</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> ●	<b>18</b>
Time m 01:36 2.36 <b>07:39 4.51</b> 14:07 2.12 <b>20:26 4.88</b>	Time m 02:51 1.99 <b>08:54 4.92</b> 15:14 1.74 <b>21:25 5.33</b>	Time m 03:45 1.55 <b>09:45 5.40</b> 16:05 1.32 <b>22:11 5.76</b>	Time m 04:29 1.15 <b>10:28 5.83</b> 16:47 0.97 <b>22:52 6.11</b>	Time m 05:09 0.84 <b>11:08 6.16</b> 17:27 0.70 <b>23:32 6.38</b>	Time m 05:48 0.62 <b>11:48 6.39</b> 18:06 0.52	Time m <b>00:11 6.56</b> 06:28 0.47 <b>12:29 6.52</b> 18:48 0.43
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> ☽	<b>25</b>
Time m <b>00:51 6.65</b> 07:10 0.40 <b>13:12 6.55</b> 19:30 0.44	Time m <b>01:32 6.63</b> 07:54 0.44 <b>13:56 6.46</b> 20:14 0.59	Time m <b>02:14 6.47</b> 08:39 0.61 <b>14:44 6.25</b> 21:00 0.86	Time m <b>03:00 6.16</b> 09:27 0.90 <b>15:36 5.94</b> 21:51 1.22	Time m <b>03:54 5.73</b> 10:21 1.26 <b>16:39 5.57</b> 22:52 1.60	Time m <b>05:02 5.28</b> 11:29 1.60 <b>17:53 5.29</b>	Time m 00:12 1.85 <b>06:27 5.01</b> 12:56 1.77 <b>19:18 5.24</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
Time m 01:46 1.82 <b>07:55 5.06</b> 14:24 1.64 <b>20:35 5.46</b>	Time m 03:02 1.54 <b>09:04 5.34</b> 15:28 1.38 <b>21:35 5.74</b>	Time m 03:55 1.25 <b>09:59 5.63</b> 16:15 1.13 <b>22:24 5.98</b>	Time m 04:38 1.04 <b>10:43 5.85</b> 16:56 0.98 <b>23:05 6.12</b>	Time m 05:15 0.92 <b>11:21 5.99</b> 17:32 0.89 <b>23:41 6.20</b>		

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
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# May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>31</b> ○ Time m 06:01 1.09 <b>12:08 5.89</b> 18:17 1.21					<b>1</b> ○ Time m 05:51 0.87 <b>11:57 6.08</b> 18:06 0.87	<b>2</b> Time m <b>00:14 6.23</b> 06:24 0.84 <b>12:31 6.11</b> 18:40 0.90
<b>3</b> Time m <b>00:45 6.21</b> 06:58 0.86 <b>13:05 6.09</b> 19:12 0.98	<b>4</b> Time m <b>01:15 6.14</b> 07:30 0.93 <b>13:36 6.01</b> 19:44 1.12	<b>5</b> Time m <b>01:44 6.02</b> 08:02 1.05 <b>14:08 5.87</b> 20:15 1.30	<b>6</b> Time m <b>02:13 5.83</b> 08:33 1.22 <b>14:40 5.69</b> 20:48 1.51	<b>7</b> Time m <b>02:44 5.58</b> 09:06 1.43 <b>15:15 5.46</b> 21:26 1.75	<b>8</b> Time m <b>03:22 5.28</b> 09:48 1.67 <b>16:00 5.22</b> 22:15 1.98	<b>9</b> ☾ Time m <b>04:11 4.97</b> 10:41 1.89 <b>17:01 5.00</b> 23:18 2.13
<b>10</b> Time m <b>05:25 4.75</b> 11:48 2.01 <b>18:15 4.94</b>	<b>11</b> Time m 00:37 2.12 <b>06:46 4.77</b> 13:07 1.95 <b>19:27 5.09</b>	<b>12</b> Time m 01:52 1.89 <b>07:56 5.02</b> 14:16 1.70 <b>20:30 5.40</b>	<b>13</b> Time m 02:52 1.56 <b>08:55 5.39</b> 15:13 1.39 <b>21:23 5.77</b>	<b>14</b> Time m 03:44 1.22 <b>09:46 5.77</b> 16:03 1.09 <b>22:11 6.10</b>	<b>15</b> Time m 04:31 0.93 <b>10:33 6.07</b> 16:51 0.85 <b>22:57 6.35</b>	<b>16</b> ● Time m 05:18 0.70 <b>11:20 6.30</b> 17:38 0.69 <b>23:42 6.52</b>
<b>17</b> Time m 06:05 0.55 <b>12:08 6.43</b> 18:25 0.61	<b>18</b> Time m <b>00:29 6.59</b> 06:52 0.48 <b>12:58 6.48</b> 19:14 0.62	<b>19</b> Time m <b>01:16 6.55</b> 07:41 0.51 <b>13:50 6.42</b> 20:03 0.73	<b>20</b> Time m <b>02:05 6.38</b> 08:30 0.64 <b>14:44 6.28</b> 20:54 0.92	<b>21</b> Time m <b>02:58 6.12</b> 09:21 0.87 <b>15:40 6.07</b> 21:47 1.17	<b>22</b> Time m <b>03:56 5.79</b> 10:16 1.14 <b>16:37 5.82</b> 22:45 1.43	<b>23</b> ☽ Time m <b>04:59 5.48</b> 11:17 1.40 <b>17:39 5.61</b> 23:53 1.61
<b>24</b> Time m <b>06:06 5.27</b> 12:27 1.57 <b>18:46 5.50</b>	<b>25</b> Time m 01:09 1.67 <b>07:17 5.21</b> 13:40 1.60 <b>19:52 5.53</b>	<b>26</b> Time m 02:18 1.59 <b>08:21 5.29</b> 14:44 1.52 <b>20:50 5.63</b>	<b>27</b> Time m 03:16 1.45 <b>09:16 5.43</b> 15:37 1.42 <b>21:41 5.75</b>	<b>28</b> Time m 04:04 1.33 <b>10:05 5.57</b> 16:22 1.32 <b>22:26 5.86</b>	<b>29</b> Time m 04:46 1.22 <b>10:49 5.70</b> 17:03 1.26 <b>23:07 5.94</b>	<b>30</b> Time m 05:24 1.14 <b>11:29 5.81</b> 17:40 1.22 <b>23:44 5.99</b>

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
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# June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Time m <b>00:20 6.00</b> 06:37 1.06 <b>12:44 5.93</b> 18:52 1.23	Time m <b>00:53 5.97</b> 07:12 1.07 <b>13:20 5.92</b> 19:27 1.28	Time m <b>01:25 5.90</b> 07:45 1.11 <b>13:53 5.88</b> 20:02 1.35	Time m <b>01:57 5.80</b> 08:20 1.19 <b>14:28 5.79</b> 20:37 1.44	Time m <b>02:32 5.67</b> 08:57 1.29 <b>15:05 5.68</b> 21:16 1.54	Time m <b>03:11 5.50</b> 09:36 1.41 <b>15:46 5.55</b> 22:00 1.65
<b>7</b>	<b>8 ☾</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Time m <b>03:56 5.33</b> 10:21 1.54 <b>16:35 5.42</b> 22:49 1.74	Time m <b>04:51 5.18</b> 11:12 1.64 <b>17:33 5.35</b> 23:46 1.78	Time m <b>05:56 5.13</b> 12:11 1.67 <b>18:35 5.37</b>	Time m 00:51 1.73 <b>07:02 5.20</b> 13:16 1.61 <b>19:38 5.51</b>	Time m 01:57 1.57 <b>08:06 5.38</b> 14:21 1.47 <b>20:38 5.73</b>	Time m 02:59 1.34 <b>09:07 5.63</b> 15:22 1.28 <b>21:35 5.98</b>	Time m 03:57 1.09 <b>10:05 5.90</b> 16:21 1.08 <b>22:29 6.21</b>
<b>14</b>	<b>15 ●</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Time m 04:54 0.86 <b>11:00 6.13</b> 17:18 0.92 <b>23:22 6.37</b>	Time m 05:49 0.68 <b>11:56 6.31</b> 18:12 0.80	Time m <b>00:14 6.45</b> 06:42 0.57 <b>12:52 6.41</b> 19:05 0.74	Time m <b>01:08 6.44</b> 07:32 0.54 <b>13:49 6.45</b> 19:55 0.76	Time m <b>02:02 6.36</b> 08:22 0.60 <b>14:42 6.41</b> 20:45 0.85	Time m <b>02:56 6.21</b> 09:11 0.74 <b>15:32 6.29</b> 21:34 1.00	Time m <b>03:47 6.00</b> 10:00 0.94 <b>16:20 6.11</b> 22:25 1.20
<b>21 ☾</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Time m <b>04:38 5.76</b> 10:51 1.17 <b>17:10 5.89</b> 23:18 1.40	Time m <b>05:30 5.50</b> 11:44 1.41 <b>18:02 5.67</b>	Time m 00:17 1.59 <b>06:27 5.28</b> 12:42 1.61 <b>19:00 5.49</b>	Time m 01:19 1.71 <b>07:30 5.14</b> 13:42 1.74 <b>20:01 5.40</b>	Time m 02:23 1.75 <b>08:32 5.12</b> 14:45 1.79 <b>20:59 5.42</b>	Time m 03:24 1.69 <b>09:30 5.22</b> 15:45 1.74 <b>21:52 5.51</b>	Time m 04:18 1.56 <b>10:22 5.39</b> 16:37 1.63 <b>22:38 5.63</b>
<b>28</b>	<b>29 ○</b>	<b>30</b>				
Time m 05:03 1.41 <b>11:08 5.58</b> 17:21 1.51 23:21 5.74	Time m 05:43 1.27 <b>11:50 5.74</b> 18:01 1.41 23:59 5.83	Time m 06:21 1.17 <b>12:29 5.87</b> 18:38 1.33				

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# July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			Time m	Time m	Time m	Time m
			<b>00:36 5.88</b>	<b>01:11 5.91</b>	<b>01:44 5.92</b>	<b>02:20 5.89</b>
			06:56 1.10	07:31 1.05	08:06 1.03	08:42 1.05
			<b>13:05 5.94</b>	<b>13:40 5.98</b>	<b>14:14 5.99</b>	<b>14:50 5.96</b>
			19:12 1.27	19:47 1.24	20:23 1.22	21:00 1.24
<b>5</b>	<b>6</b>	<b>7 ☾</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
<b>02:56 5.82</b>	<b>03:34 5.72</b>	<b>04:18 5.59</b>	<b>05:11 5.44</b>	00:04 1.58	01:12 1.61	02:24 1.51
09:18 1.10	09:57 1.19	10:39 1.31	11:29 1.45	<b>06:14 5.33</b>	<b>07:24 5.30</b>	<b>08:38 5.42</b>
<b>15:26 5.89</b>	<b>16:05 5.81</b>	<b>16:52 5.70</b>	<b>17:47 5.60</b>	12:29 1.58	13:40 1.63	14:54 1.54
21:38 1.30	22:20 1.39	23:07 1.49		<b>18:51 5.54</b>	<b>20:01 5.58</b>	<b>21:11 5.74</b>
<b>12</b>	<b>13</b>	<b>14 ●</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
03:36 1.30	04:44 1.03	05:42 0.77	<b>00:09 6.34</b>	<b>01:05 6.44</b>	<b>01:56 6.45</b>	<b>02:42 6.37</b>
<b>09:48 5.68</b>	<b>10:52 5.99</b>	<b>11:53 6.26</b>	06:33 0.59	07:21 0.50	08:07 0.50	08:51 0.60
16:07 1.35	17:12 1.09	18:06 0.87	<b>12:50 6.45</b>	<b>13:43 6.56</b>	<b>14:30 6.56</b>	<b>15:12 6.47</b>
<b>22:14 5.96</b>	<b>23:13 6.18</b>		18:55 0.73	19:42 0.67	20:27 0.71	21:11 0.84
<b>19</b>	<b>20</b>	<b>21 ☽</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
<b>03:24 6.21</b>	<b>04:05 5.96</b>	<b>04:47 5.65</b>	<b>05:33 5.29</b>	00:20 1.85	01:25 2.03	02:39 2.04
09:33 0.78	10:15 1.03	10:57 1.34	11:45 1.68	<b>06:30 4.97</b>	<b>07:45 4.79</b>	<b>09:00 4.88</b>
<b>15:52 6.29</b>	<b>16:32 6.04</b>	<b>17:14 5.73</b>	<b>18:02 5.40</b>	12:44 1.99	13:53 2.17	15:11 2.14
21:54 1.03	22:37 1.29	23:24 1.58		<b>19:02 5.12</b>	<b>20:17 5.01</b>	<b>21:23 5.11</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29 ○</b>	<b>30</b>	<b>31</b>	
Time m	Time m	Time m	Time m	Time m	Time m	
03:51 1.87	04:44 1.61	05:26 1.36	06:03 1.16	<b>00:19 5.94</b>	<b>00:53 6.06</b>	
<b>10:01 5.14</b>	<b>10:50 5.45</b>	<b>11:32 5.73</b>	<b>12:11 5.93</b>	06:37 1.01	07:11 0.90	
16:18 1.92	17:06 1.66	17:45 1.43	18:20 1.26	<b>12:47 6.07</b>	<b>13:20 6.17</b>	
<b>22:17 5.33</b>	<b>23:02 5.57</b>	<b>23:42 5.78</b>		18:54 1.13	19:27 1.03	

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# August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>30</b>	<b>31</b>					<b>1</b>
Time m	Time m					Time m
<b>01:02 6.35</b>	<b>01:35 6.39</b>					<b>01:27 6.13</b>
07:19 0.66	07:54 0.64					07:45 0.83
<b>13:26 6.44</b>	<b>13:58 6.46</b>					<b>13:54 6.22</b>
19:36 0.78	20:12 0.78					20:01 0.98
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6 ☾</b>	<b>7</b>	<b>8</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
<b>02:00 6.16</b>	<b>02:33 6.13</b>	<b>03:08 6.03</b>	<b>03:47 5.86</b>	<b>04:35 5.62</b>	<b>05:37 5.34</b>	00:42 1.74
08:20 0.80	08:55 0.84	09:30 0.95	10:09 1.14	10:55 1.41	11:57 1.70	<b>06:57 5.14</b>
<b>14:26 6.23</b>	<b>14:59 6.19</b>	<b>15:34 6.10</b>	<b>16:15 5.93</b>	<b>17:07 5.69</b>	<b>18:14 5.43</b>	13:17 1.89
20:36 0.97	21:13 1.03	21:52 1.16	22:36 1.34	23:30 1.57		<b>19:37 5.31</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12 ●</b>	<b>13</b>	<b>14</b>	<b>15</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
02:07 1.73	03:34 1.48	04:42 1.10	05:34 0.77	<b>00:06 6.36</b>	<b>00:55 6.51</b>	<b>01:38 6.54</b>
<b>08:28 5.22</b>	<b>09:47 5.57</b>	<b>10:53 5.99</b>	<b>11:51 6.34</b>	06:21 0.54	07:03 0.44	07:45 0.44
14:47 1.81	16:09 1.48	17:08 1.10	17:57 0.81	<b>12:42 6.57</b>	<b>13:26 6.66</b>	<b>14:06 6.65</b>
<b>21:01 5.46</b>	<b>22:11 5.78</b>	<b>23:11 6.11</b>		18:41 0.64	19:23 0.59	20:03 0.63
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20 ☽</b>	<b>21</b>	<b>22</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
<b>02:16 6.48</b>	<b>02:51 6.31</b>	<b>03:26 6.05</b>	<b>04:01 5.70</b>	<b>04:41 5.29</b>	<b>05:32 4.87</b>	00:33 2.27
08:24 0.54	09:00 0.74	09:35 1.02	10:09 1.39	10:48 1.81	11:45 2.23	<b>06:47 4.57</b>
<b>14:41 6.55</b>	<b>15:14 6.36</b>	<b>15:47 6.09</b>	<b>16:22 5.73</b>	<b>17:03 5.31</b>	<b>17:59 4.88</b>	13:11 2.49
20:42 0.77	21:18 0.98	21:54 1.26	22:33 1.60	23:21 1.97		<b>19:27 4.63</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28 ○</b>	<b>29</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
01:57 2.33	03:23 2.11	04:21 1.74	05:03 1.39	05:38 1.10	06:12 0.90	<b>00:29 6.24</b>
<b>08:32 4.64</b>	<b>09:40 5.01</b>	<b>10:29 5.43</b>	<b>11:10 5.79</b>	<b>11:46 6.06</b>	<b>12:20 6.24</b>	06:45 0.75
14:42 2.42	16:00 2.08	16:46 1.68	17:23 1.36	17:56 1.12	18:28 0.96	<b>12:54 6.36</b>
<b>20:59 4.78</b>	<b>21:57 5.13</b>	<b>22:42 5.51</b>	<b>23:20 5.83</b>	<b>23:56 6.07</b>		19:01 0.85

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# September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4 ☾</b>	<b>5</b>
		Time m <b>02:08 6.35</b> 08:29 0.71 <b>14:30 6.41</b> 20:48 0.87	Time m <b>02:44 6.22</b> 09:05 0.88 <b>15:05 6.27</b> 21:27 1.05	Time m <b>03:23 5.98</b> 09:44 1.16 <b>15:47 6.00</b> 22:12 1.32	Time m <b>04:11 5.64</b> 10:33 1.53 <b>16:38 5.62</b> 23:09 1.65	Time m <b>05:17 5.26</b> 11:40 1.92 <b>17:53 5.21</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11 ●</b>	<b>12</b>
Time m 00:28 1.91 <b>06:51 5.02</b> 13:13 2.11 <b>19:33 5.06</b>	Time m 02:09 1.88 <b>08:31 5.20</b> 14:57 1.88 <b>21:03 5.33</b>	Time m 03:36 1.51 <b>09:49 5.67</b> 16:08 1.42 <b>22:11 5.77</b>	Time m 04:34 1.07 <b>10:49 6.13</b> 16:57 1.00 <b>23:06 6.16</b>	Time m 05:20 0.74 <b>11:38 6.46</b> 17:40 0.73 <b>23:53 6.41</b>	Time m 06:01 0.54 <b>12:22 6.63</b> 18:20 0.61	Time m <b>00:33 6.54</b> 06:40 0.47 <b>12:59 6.68</b> 18:58 0.59
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18 ☽</b>	<b>19</b>
Time m <b>01:10 6.56</b> 07:17 0.50 <b>13:33 6.65</b> 19:34 0.65	Time m <b>01:43 6.48</b> 07:52 0.62 <b>14:04 6.53</b> 20:09 0.79	Time m <b>02:15 6.32</b> 08:25 0.83 <b>14:33 6.34</b> 20:42 1.00	Time m <b>02:47 6.06</b> 08:56 1.13 <b>15:02 6.07</b> 21:14 1.28	Time m <b>03:20 5.73</b> 09:26 1.50 <b>15:32 5.70</b> 21:46 1.62	Time m <b>03:56 5.33</b> 10:00 1.92 <b>16:08 5.25</b> 22:27 2.01	Time m <b>04:43 4.90</b> 10:51 2.36 <b>17:02 4.77</b> 23:35 2.37
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26 ○</b>
Time m <b>05:56 4.56</b> 12:30 2.65 <b>18:31 4.44</b>	Time m 01:16 2.48 <b>07:48 4.55</b> 14:07 2.55 <b>20:26 4.57</b>	Time m 02:42 2.25 <b>09:08 4.94</b> 15:25 2.14 <b>21:29 5.01</b>	Time m 03:45 1.84 <b>09:57 5.41</b> 16:14 1.69 <b>22:13 5.48</b>	Time m 04:30 1.42 <b>10:37 5.83</b> 16:51 1.31 <b>22:50 5.87</b>	Time m 05:06 1.09 <b>11:13 6.14</b> 17:24 1.04 <b>23:25 6.16</b>	Time m 05:40 0.86 <b>11:47 6.36</b> 17:58 0.85 <b>23:59 6.37</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			
Time m 06:15 0.70 <b>12:21 6.51</b> 18:33 0.73	Time m <b>00:33 6.49</b> 06:50 0.61 <b>12:54 6.60</b> 19:09 0.67	Time m <b>01:08 6.53</b> 07:27 0.61 <b>13:29 6.61</b> 19:47 0.68	Time m <b>01:45 6.47</b> 08:04 0.71 <b>14:05 6.53</b> 20:27 0.79			

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# October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b>	<b>2</b>	<b>3 ☾</b>
				Time m <b>02:24 6.30</b> 08:45 0.93 <b>14:43 6.31</b> 21:10 1.03	Time m <b>03:09 6.01</b> 09:30 1.27 <b>15:29 5.94</b> 21:59 1.36	Time m <b>04:03 5.63</b> 10:25 1.67 <b>16:27 5.48</b> 23:02 1.72
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10 ●</b>
Time m <b>05:20 5.26</b> 11:39 2.02 <b>17:53 5.08</b>	Time m 00:26 1.96 <b>06:54 5.12</b> 13:21 2.09 <b>19:34 5.05</b>	Time m 02:09 1.84 <b>08:26 5.39</b> 14:53 1.76 <b>20:57 5.39</b>	Time m 03:24 1.45 <b>09:35 5.83</b> 15:53 1.32 <b>21:59 5.82</b>	Time m 04:16 1.07 <b>10:29 6.21</b> 16:39 0.97 <b>22:47 6.15</b>	Time m 04:59 0.80 <b>11:14 6.45</b> 17:18 0.78 <b>23:28 6.35</b>	Time m 05:37 0.66 <b>11:52 6.57</b> 17:56 0.70
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Time m <b>00:05 6.44</b> 06:13 0.63 <b>12:26 6.59</b> 18:31 0.70	Time m <b>00:38 6.45</b> 06:48 0.69 <b>12:57 6.54</b> 19:06 0.76	Time m <b>01:11 6.38</b> 07:21 0.81 <b>13:27 6.44</b> 19:39 0.89	Time m <b>01:44 6.24</b> 07:53 1.01 <b>13:56 6.26</b> 20:10 1.07	Time m <b>02:16 6.03</b> 08:23 1.28 <b>14:25 6.00</b> 20:41 1.31	Time m <b>02:48 5.75</b> 08:54 1.60 <b>14:55 5.67</b> 21:12 1.61	Time m <b>03:23 5.42</b> 09:29 1.95 <b>15:30 5.27</b> 21:51 1.95
<b>18 ☾</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Time m <b>04:08 5.06</b> 10:18 2.31 <b>16:19 4.83</b> 22:49 2.28	Time m <b>05:16 4.75</b> 11:39 2.57 <b>17:44 4.51</b>	Time m 00:24 2.44 <b>06:42 4.67</b> 13:21 2.50 <b>19:22 4.55</b>	Time m 01:51 2.28 <b>08:11 4.92</b> 14:33 2.17 <b>20:40 4.92</b>	Time m 02:55 1.92 <b>09:09 5.35</b> 15:27 1.75 <b>21:29 5.38</b>	Time m 03:45 1.53 <b>09:53 5.77</b> 16:10 1.37 <b>22:10 5.80</b>	Time m 04:27 1.19 <b>10:32 6.11</b> 16:48 1.07 <b>22:48 6.13</b>
<b>25</b>	<b>26 ○</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Time m 04:05 0.93 <b>10:10 6.38</b> 16:26 0.85 <b>22:26 6.36</b>	Time m 04:42 0.76 <b>10:47 6.56</b> 17:04 0.70 <b>23:05 6.51</b>	Time m 05:22 0.67 <b>11:26 6.66</b> 17:45 0.62 <b>23:46 6.56</b>	Time m 06:03 0.67 <b>12:05 6.66</b> 18:27 0.63	Time m <b>00:29 6.50</b> 06:47 0.77 <b>12:46 6.53</b> 19:12 0.76	Time m <b>01:15 6.33</b> 07:33 0.98 <b>13:31 6.27</b> 20:01 0.99	Time m <b>02:07 6.06</b> 08:24 1.29 <b>14:23 5.89</b> 20:54 1.30

# November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> ☾	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
03:09 5.74	04:23 5.48	05:42 5.40	00:47 1.71	01:57 1.46	02:48 1.21	03:32 1.03
09:24 1.62	10:36 1.86	12:07 1.88	<b>07:00 5.56</b>	<b>08:04 5.84</b>	<b>08:56 6.09</b>	<b>09:40 6.26</b>
<b>15:31 5.48</b>	<b>16:53 5.21</b>	<b>18:17 5.20</b>	13:27 1.65	14:27 1.35	15:13 1.12	15:54 0.98
21:57 1.61	23:18 1.78		<b>19:30 5.43</b>	<b>20:29 5.72</b>	<b>21:17 5.96</b>	<b>21:58 6.11</b>
<b>8</b>	<b>9</b> ●	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
04:11 0.94	04:48 0.92	05:22 0.96	05:57 1.06	<b>00:22 6.12</b>	<b>00:55 5.98</b>	<b>01:29 5.79</b>
<b>10:19 6.34</b>	<b>10:54 6.37</b>	<b>11:27 6.34</b>	<b>11:59 6.26</b>	06:30 1.20	07:02 1.38	07:35 1.59
16:31 0.91	17:07 0.90	17:42 0.93	18:15 1.00	<b>12:30 6.12</b>	<b>13:01 5.92</b>	<b>13:32 5.67</b>
<b>22:36 6.20</b>	<b>23:13 6.23</b>	<b>23:47 6.20</b>		18:48 1.13	19:20 1.30	19:54 1.51
<b>15</b>	<b>16</b>	<b>17</b> ☾	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
<b>02:04 5.56</b>	<b>02:47 5.31</b>	<b>03:42 5.08</b>	<b>04:50 4.97</b>	<b>06:00 5.04</b>	00:54 1.95	01:51 1.66
08:12 1.82	08:58 2.05	09:57 2.23	11:12 2.28	12:30 2.12	<b>07:05 5.29</b>	<b>08:01 5.63</b>
<b>14:09 5.38</b>	<b>14:56 5.07</b>	<b>16:01 4.81</b>	<b>17:19 4.75</b>	<b>18:30 4.92</b>	13:30 1.83	14:22 1.50
20:33 1.75	21:22 1.98	22:25 2.14	23:42 2.14		<b>19:32 5.25</b>	<b>20:24 5.62</b>
<b>22</b>	<b>23</b>	<b>24</b> ○	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Time m	Time m	Time m	Time m	Time m	Time m	Time m
02:41 1.36	03:27 1.10	04:14 0.90	05:00 0.78	05:48 0.74	<b>00:22 6.50</b>	<b>01:15 6.40</b>
<b>08:49 5.98</b>	<b>09:35 6.27</b>	<b>10:19 6.48</b>	<b>11:03 6.60</b>	<b>11:50 6.60</b>	06:37 0.78	07:27 0.91
15:09 1.19	15:54 0.93	16:40 0.73	17:27 0.62	18:15 0.59	<b>12:38 6.50</b>	<b>13:29 6.28</b>
<b>21:11 5.96</b>	<b>21:57 6.23</b>	<b>22:44 6.41</b>	<b>23:32 6.50</b>		19:05 0.67	19:55 0.83
<b>29</b>	<b>30</b>					
Time m	Time m					
<b>02:11 6.23</b>	<b>03:09 6.02</b>					
08:19 1.11	09:15 1.34					
<b>14:26 6.01</b>	<b>15:28 5.72</b>					
20:48 1.06	21:45 1.31					

Times are UT(GMT)/BST Datum = Chart Datum 3.40 metres below Ordnance Datum (Newlyn)  
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# December 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> ☾	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		Time m <b>04:08 5.81</b> 10:17 1.54 <b>16:32 5.48</b> 22:50 1.50	Time m <b>05:11 5.67</b> 11:29 1.66 <b>17:40 5.35</b>	Time m 00:03 1.59 <b>06:17 5.62</b> 12:43 1.65 <b>18:47 5.35</b>	Time m 01:12 1.57 <b>07:20 5.67</b> 13:48 1.55 <b>19:48 5.45</b>	Time m 02:11 1.49 <b>08:16 5.78</b> 14:42 1.41 <b>20:42 5.59</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> ●	<b>10</b>	<b>11</b>	<b>12</b>
Time m 03:02 1.40 <b>09:05 5.89</b> 15:28 1.29 <b>21:30 5.73</b>	Time m 03:46 1.32 <b>09:49 5.98</b> 16:09 1.19 <b>22:14 5.86</b>	Time m 04:27 1.26 <b>10:29 6.05</b> 16:48 1.11 <b>22:54 5.96</b>	Time m 05:04 1.23 <b>11:05 6.07</b> 17:24 1.07 <b>23:32 6.01</b>	Time m 05:40 1.23 <b>11:41 6.05</b> 18:00 1.07	Time m <b>00:08 6.02</b> 06:15 1.27 <b>12:14 6.00</b> 18:33 1.11	Time m <b>00:41 5.97</b> 06:48 1.33 <b>12:46 5.90</b> 19:07 1.18
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> ☽	<b>18</b>	<b>19</b>
Time m <b>01:15 5.89</b> 07:23 1.41 <b>13:20 5.78</b> 19:42 1.28	Time m <b>01:50 5.78</b> 07:58 1.51 <b>13:55 5.61</b> 20:18 1.41	Time m <b>02:27 5.63</b> 08:38 1.64 <b>14:35 5.43</b> 20:57 1.55	Time m <b>03:09 5.47</b> 09:21 1.78 <b>15:21 5.24</b> 21:43 1.70	Time m <b>0400 5.34</b> 1012 1.89 <b>1620 5.09</b> 2236 1.81	Time m <b>05:00 5.27</b> 11:14 1.93 <b>17:26 5.05</b> 23:40 1.84	Time m <b>06:03 5.31</b> 12:24 1.85 <b>18:33 5.15</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> ○	<b>25</b>	<b>26</b>
Time m 00:50 1.76 <b>07:08 5.48</b> 13:30 1.64 <b>19:38 5.38</b>	Time m 01:54 1.57 <b>08:09 5.74</b> 14:32 1.36 <b>20:40 5.68</b>	Time m 02:56 1.33 <b>09:06 6.03</b> 15:30 1.07 <b>21:37 6.00</b>	Time m 03:54 1.08 <b>09:59 6.28</b> 16:26 0.81 <b>22:32 6.26</b>	Time m 04:49 0.87 <b>10:50 6.45</b> 17:18 0.61 <b>23:26 6.44</b>	Time m 05:40 0.72 <b>11:42 6.53</b> 18:08 0.50	Time m <b>00:22 6.54</b> 06:30 0.65 <b>12:35 6.52</b> 18:57 0.48
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> ☾	<b>31</b>		
Time m <b>01:15 6.56</b> 07:18 0.68 <b>13:29 6.43</b> 19:45 0.56	Time m <b>02:06 6.48</b> 08:07 0.79 <b>14:20 6.26</b> 20:33 0.72	Time m <b>02:54 6.32</b> 08:55 0.98 <b>15:09 6.02</b> 21:21 0.95	Time m <b>03:41 6.10</b> 09:46 1.22 <b>15:59 5.73</b> 22:11 1.23	Time m <b>04:32 5.83</b> 10:41 1.48 <b>16:53 5.43</b> 23:07 1.51		

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