

# HORAIRES DES MARÉES

| JANVIER 2022 |                    |      |              |      |                    |              |
|--------------|--------------------|------|--------------|------|--------------------|--------------|
| DATE         | PLEINES MERS       |      |              |      | BASSES MERS        |              |
|              | MAO<br>TIN<br>h mn | COEF | SOIR<br>h mn | COEF | MAO<br>TIN<br>h mn | SOIR<br>h mn |
| 1            | 3:01               | 81   | 15:28        | 86   | 9:07               | 21:34        |
| 2            | 3:51               | 91   | 16:19        | 94   | 10:02              | 22:26        |
| 3            | 4:40               | 97   | 17:09        | 99   | 10:55              | 23:17        |
| 4            | 5:29               | 99   | 17:58        | 99   | 11:46              | ---          |
| 5            | 6:18               | 97   | 18:45        | 95   | 0:06               | 12:36        |
| 6            | 7:06               | 91   | 19:32        | 87   | 0:55               | 13:24        |
| 7            | 7:53               | 81   | 20:17        | 76   | 1:44               | 14:13        |
| 8            | 8:41               | 70   | 21:05        | 64   | 2:34               | 15:02        |
| 9            | 9:31               | 58   | 22:01        | 53   | 3:26               | 15:55        |
| 10           | 10:28              | 48   | 23:10        | 44   | 4:24               | 16:55        |
| 11           | 11:37              | 42   | ---          | ---  | 5:29               | 18:00        |
| 12           | 0:27               | 41   | 12:51        | 41   | 6:37               | 19:05        |
| 13           | 1:34               | 42   | 13:55        | 45   | 7:40               | 20:02        |
| 14           | 2:26               | 48   | 14:46        | 52   | 8:34               | 20:50        |
| 15           | 3:08               | 55   | 15:28        | 59   | 9:19               | 21:31        |
| 16           | 3:45               | 62   | 16:05        | 66   | 9:59               | 22:08        |
| 17           | 4:19               | 69   | 16:39        | 72   | 10:36              | 22:44        |
| 18           | 4:52               | 74   | 17:12        | 76   | 11:11              | 23:19        |
| 19           | 5:24               | 78   | 17:45        | 79   | 11:46              | 23:54        |
| 20           | 5:57               | 80   | 18:17        | 80   | 12:21              | ---          |
| 21           | 6:31               | 79   | 18:52        | 78   | 0:29               | 12:56        |
| 22           | 7:08               | 77   | 19:29        | 75   | 1:06               | 13:33        |
| 23           | 7:47               | 72   | 20:11        | 69   | 1:45               | 14:13        |
| 24           | 8:31               | 66   | 21:01        | 62   | 2:28               | 14:58        |
| 25           | 9:23               | 59   | 22:02        | 55   | 3:18               | 15:52        |
| 26           | 10:29              | 52   | 23:20        | 50   | 4:17               | 16:56        |
| 27           | 11:54              | 50   | ---          | ---  | 5:27               | 18:08        |
| 28           | 0:44               | 51   | 13:19        | 54   | 6:42               | 19:21        |
| 29           | 1:55               | 59   | 14:29        | 65   | 7:54               | 20:28        |
| 30           | 2:54               | 71   | 15:27        | 77   | 9:00               | 21:27        |
| 31           | 3:47               | 84   | 16:18        | 89   | 9:57               | 22:19        |

| FÉVRIER 2022 |                    |      |              |      |                    |              |
|--------------|--------------------|------|--------------|------|--------------------|--------------|
| DATE         | PLEINES MERS       |      |              |      | BASSES MERS        |              |
|              | MAO<br>TIN<br>h mn | COEF | SOIR<br>h mn | COEF | MAO<br>TIN<br>h mn | SOIR<br>h mn |
| 1            | 4:36               | 94   | 17:04        | 98   | 10:48              | 23:07        |
| 2            | 5:21               | 101  | 17:46        | 102  | 11:35              | 23:53        |
| 3            | 6:03               | 102  | 18:24        | 100  | 12:19              | ---          |
| 4            | 6:42               | 98   | 19:01        | 94   | 0:36               | 13:01        |
| 5            | 7:20               | 89   | 19:35        | 84   | 1:18               | 13:42        |
| 6            | 7:57               | 77   | 20:10        | 71   | 2:00               | 14:23        |
| 7            | 8:36               | 64   | 20:49        | 57   | 2:44               | 15:06        |
| 8            | 9:21               | 50   | 21:41        | 44   | 3:31               | 15:54        |
| 9            | 10:21              | 38   | 23:01        | 33   | 4:28               | 16:54        |
| 10           | 11:50              | 31   | ---          | ---  | 5:40               | 18:11        |
| 11           | 0:46               | 30   | 13:26        | 32   | 7:01               | 19:27        |
| 12           | 2:03               | 36   | 14:30        | 41   | 8:08               | 20:26        |
| 13           | 2:52               | 46   | 15:15        | 51   | 8:59               | 21:11        |
| 14           | 3:30               | 57   | 15:51        | 63   | 9:40               | 21:50        |
| 15           | 4:04               | 68   | 16:23        | 73   | 10:17              | 22:26        |
| 16           | 4:35               | 77   | 16:54        | 81   | 10:52              | 23:00        |
| 17           | 5:06               | 85   | 17:24        | 88   | 11:26              | 23:34        |
| 18           | 5:38               | 90   | 17:56        | 91   | 11:59              | ---          |
| 19           | 6:10               | 92   | 18:28        | 92   | 0:08               | 12:33        |
| 20           | 6:44               | 90   | 19:03        | 88   | 0:43               | 13:09        |
| 21           | 7:21               | 85   | 19:41        | 81   | 1:21               | 13:47        |
| 22           | 8:01               | 76   | 20:25        | 70   | 2:02               | 14:30        |
| 23           | 8:49               | 64   | 21:22        | 58   | 2:50               | 15:21        |
| 24           | 9:55               | 52   | 22:45        | 47   | 3:48               | 16:24        |
| 25           | 11:36              | 44   | ---          | ---  | 5:01               | 17:44        |
| 26           | 0:28               | 43   | 13:18        | 46   | 6:28               | 19:11        |
| 27           | 1:50               | 52   | 14:31        | 59   | 7:51               | 20:24        |
| 28           | 2:52               | 67   | 15:26        | 74   | 8:57               | 21:21        |

| MARS 2022 |                    |      |              |      |                    |              |
|-----------|--------------------|------|--------------|------|--------------------|--------------|
| DATE      | PLEINES MERS       |      |              |      | BASSES MERS        |              |
|           | MAO<br>TIN<br>h mn | COEF | SOIR<br>h mn | COEF | MAO<br>TIN<br>h mn | SOIR<br>h mn |
| 1         | 3:42               | 82   | 16:10        | 88   | 9:50               | 22:10        |
| 2         | 4:25               | 94   | 16:49        | 98   | 10:35              | 22:53        |
| 3         | 5:03               | 101  | 17:23        | 103  | 11:17              | 23:33        |
| 4         | 5:39               | 103  | 17:55        | 102  | 11:55              | ---          |
| 5         | 6:13               | 100  | 18:26        | 96   | 0:12               | 12:32        |
| 6         | 6:45               | 92   | 18:55        | 87   | 0:49               | 13:08        |
| 7         | 7:17               | 80   | 19:26        | 74   | 1:26               | 13:44        |
| 8         | 7:51               | 67   | 19:59        | 60   | 2:03               | 14:20        |
| 9         | 8:29               | 52   | 20:41        | 45   | 2:43               | 15:00        |
| 10        | 9:19               | 38   | 21:43        | 31   | 3:31               | 15:51        |
| 11        | 10:44              | 26   | 23:34        | 24   | 4:38               | 17:09        |
| 12        | 12:51              | 24   | ---          | ---  | 6:14               | 18:45        |
| 13        | 1:29               | 28   | 14:07        | 34   | 7:36               | 19:55        |
| 14        | 2:26               | 40   | 14:51        | 47   | 8:31               | 20:44        |
| 15        | 3:05               | 54   | 15:26        | 61   | 9:13               | 21:23        |
| 16        | 3:38               | 68   | 15:57        | 75   | 9:49               | 21:59        |
| 17        | 4:09               | 80   | 16:27        | 86   | 10:24              | 22:34        |
| 18        | 4:40               | 91   | 16:57        | 95   | 10:58              | 23:08        |
| 19        | 5:12               | 98   | 17:29        | 100  | 11:32              | 23:43        |
| 20        | 5:45               | 100  | 18:02        | 100  | 12:07              | ---          |
| 21        | 6:20               | 99   | 18:38        | 96   | 0:20               | 12:43        |
| 22        | 6:58               | 92   | 19:17        | 86   | 0:59               | 13:23        |
| 23        | 7:40               | 80   | 20:03        | 72   | 1:42               | 14:08        |
| 24        | 8:31               | 65   | 21:03        | 57   | 2:32               | 15:00        |
| 25        | 9:46               | 50   | 22:35        | 44   | 3:32               | 16:07        |
| 26        | 11:40              | 40   | ---          | ---  | 4:51               | 17:35        |
| 27        | 0:23               | 41   | 14:20        | 45   | 7:26               | 20:07        |
| 28        | 2:43               | 51   | 15:26        | 59   | 8:48               | 21:16        |
| 29        | 3:41               | 67   | 16:13        | 74   | 9:47               | 22:08        |
| 30        | 4:26               | 81   | 16:51        | 86   | 10:34              | 22:53        |
| 31        | 5:04               | 91   | 17:25        | 95   | 11:15              | 23:33        |

| AVRIL 2022 |                    |      |              |      |                    |              |
|------------|--------------------|------|--------------|------|--------------------|--------------|
| DATE       | PLEINES MERS       |      |              |      | BASSES MERS        |              |
|            | MAO<br>TIN<br>h mn | COEF | SOIR<br>h mn | COEF | MAO<br>TIN<br>h mn | SOIR<br>h mn |
| 1          | 5:39               | 97   | 17:55        | 98   | 11:52              | ---          |
| 2          | 6:11               | 98   | 18:24        | 97   | 0:10               | 12:28        |
| 3          | 6:42               | 95   | 18:53        | 92   | 0:45               | 13:01        |
| 4          | 7:13               | 88   | 19:22        | 84   | 1:20               | 13:34        |
| 5          | 7:44               | 79   | 19:52        | 73   | 1:54               | 14:07        |
| 6          | 8:16               | 67   | 20:25        | 60   | 2:29               | 14:41        |
| 7          | 8:53               | 53   | 21:04        | 46   | 3:07               | 15:19        |
| 8          | 9:41               | 40   | 21:59        | 33   | 3:50               | 16:06        |
| 9          | 10:59              | 28   | 23:31        | 24   | 4:48               | 17:15        |
| 10         | 12:54              | 24   | ---          | ---  | 6:20               | 18:55        |
| 11         | 1:27               | 26   | 14:25        | 31   | 7:51               | 20:12        |
| 12         | 2:41               | 38   | 15:13        | 45   | 8:50               | 21:04        |
| 13         | 3:26               | 52   | 15:49        | 60   | 9:35               | 21:47        |
| 14         | 4:02               | 67   | 16:22        | 75   | 10:13              | 22:25        |
| 15         | 4:36               | 81   | 16:54        | 87   | 10:49              | 23:02        |
| 16         | 5:10               | 92   | 17:27        | 97   | 11:25              | 23:39        |
| 17         | 5:44               | 100  | 18:02        | 102  | 12:02              | ---          |
| 18         | 6:21               | 103  | 18:38        | 102  | 0:17               | 12:40        |
| 19         | 7:00               | 101  | 19:18        | 97   | 0:58               | 13:21        |
| 20         | 7:42               | 93   | 20:03        | 86   | 1:42               | 14:05        |
| 21         | 8:31               | 80   | 20:55        | 72   | 2:29               | 14:53        |
| 22         | 9:31               | 64   | 22:04        | 57   | 3:23               | 15:50        |
| 23         | 10:55              | 50   | 23:35        | 45   | 4:28               | 17:02        |
| 24         | 12:40              | 43   | ---          | ---  | 5:49               | 18:29        |
| 25         | 1:09               | 45   | 14:06        | 48   | 7:17               | 19:52        |
| 26         | 2:22               | 54   | 15:04        | 60   | 8:29               | 20:55        |
| 27         | 3:17               | 66   | 15:48        | 71   | 9:24               | 21:46        |
| 28         | 4:01               | 76   | 16:24        | 80   | 10:10              | 22:29        |
| 29         | 4:38               | 84   | 16:56        | 86   | 10:50              | 23:09        |
| 30         | 5:12               | 87   | 17:26        | 88   | 11:26              | 23:45        |

| MAI 2022 |                    |      |              |      |                    |              |
|----------|--------------------|------|--------------|------|--------------------|--------------|
| DATE     | PLEINES MERS       |      |              |      | BASSES MERS        |              |
|          | MAO<br>TIN<br>h mn | COEF | SOIR<br>h mn | COEF | MAO<br>TIN<br>h mn | SOIR<br>h mn |
| 1        | 5:44               | 88   | 17:55        | 87   | 11:59              | ---          |
| 2        | 6:15               | 86   | 18:25        | 84   | 0:20               | 12:32        |
| 3        | 6:47               | 81   | 18:55        | 78   | 0:54               | 13:04        |
| 4        | 7:20               | 74   | 19:27        | 70   | 1:28               | 13:37        |
| 5        | 7:54               | 65   | 20:02        | 60   | 2:03               | 14:12        |
| 6        | 8:32               | 54   | 20:43        | 49   | 2:41               | 14:51        |
| 7        | 9:21               | 44   | 21:38        | 39   | 3:23               | 15:37        |
| 8        | 10:28              | 34   | 22:51        | 31   | 4:16               | 16:38        |
| 9        | 11:53              | 30   | ---          | ---  | 5:29               | 18:00        |
| 10       | 0:16               | 31   | 13:20        | 34   | 6:53               | 19:17        |
| 11       | 1:36               | 39   | 14:21        | 45   | 7:58               | 20:15        |
| 12       | 2:34               | 51   | 15:05        | 58   | 8:48               | 21:02        |
| 13       | 3:20               | 65   | 15:44        | 72   | 9:31               | 21:45        |
| 14       | 4:00               | 78   | 16:21        | 84   | 10:12              | 22:27        |
| 15       | 4:39               | 90   | 16:58        | 94   | 10:53              | 23:10        |
| 16       | 5:20               | 97   | 17:38        | 99   | 11:35              | 23:55        |
| 17       | 6:02               | 100  | 18:20        | 100  | 12:18              | ---          |
| 18       | 6:48               | 98   | 19:07        | 95   | 0:41               | 13:04        |
| 19       | 7:37               | 91   | 19:59        | 86   | 1:31               | 13:52        |
| 20       | 8:33               | 80   | 20:58        | 74   | 2:23               | 14:45        |
| 21       | 9:37               | 68   | 22:06        | 62   | 3:20               | 15:45        |
| 22       | 10:52              | 57   | 23:21        | 53   | 4:23               | 16:53        |
| 23       | 12:15              | 51   | ---          | ---  | 5:35               | 18:09        |
| 24       | 0:38               | 51   | 13:31        | 52   | 6:50               | 19:22        |
| 25       | 1:47               | 54   | 14:29        | 57   | 7:57               | 20:24        |
| 26       | 2:43               | 61   | 15:16        | 64   | 8:53               | 21:17        |
| 27       | 3:30               | 67   | 15:54        | 69   | 9:41               | 22:03        |
| 28       | 4:10               | 72   | 16:29        | 74   | 10:22              | 22:44        |
| 29       | 4:47               | 75   | 17:01        | 76   | 11:00              | 23:22        |
| 30       | 5:22               | 76   | 17:33        | 76   | 11:34              | 23:58        |
| 31       | 5:56               | 76   | 18:05        | 75   | ---                | 12:08        |

| JUIN 2022 |                    |      |              |      |                    |              |
|-----------|--------------------|------|--------------|------|--------------------|--------------|
| DATE      | PLEINES MERS       |      |              |      | BASSES MERS        |              |
|           | MAO<br>TIN<br>h mn | COEF | SOIR<br>h mn | COEF | MAO<br>TIN<br>h mn | SOIR<br>h mn |
| 1         | 6:30               | 74   | 18:38        | 72   | 0:33               | 12:41        |
| 2         | 7:05               | 70   | 19:13        | 67   | 1:08               | 13:16        |
| 3         | 7:41               | 64   | 19:50        | 61   | 1:45               | 13:52        |
| 4         | 8:20               | 58   | 20:31        | 55   | 2:23               | 14:31        |
| 5         | 9:04               | 51   | 21:20        | 48   | 3:04               | 15:15        |
| 6         | 9:58               | 45   | 22:17        | 43   | 3:51               | 16:07        |
| 7         | 11:01              | 41   | 23:21        | 41   | 4:47               | 17:09        |
| 8         | 12:12              | 42   | ---          | ---  | 5:52               | 18:17        |
| 9         | 0:30               | 44   | 13:20        | 47   | 6:58               | 19:20        |
| 10        | 1:37               | 51   | 14:17        | 56   | 7:56               | 20:15        |
| 11        | 2:35               | 61   | 15:06        | 67   | 8:48               | 21:07        |
| 12        | 3:26               | 72   | 15:51        | 78   | 9:37               | 21:57        |
| 13        | 4:15               | 83   | 16:36        | 87   | 10:25              | 22:47        |
| 14        | 5:03               | 91   | 17:22        | 93   | 11:13              | 23:39        |
| 15        | 5:52               | 95   | 18:11        | 96   | 12:02              | ---          |
| 16        | 6:44               | 96   | 19:02        | 94   | 0:31               | 12:53        |
| 17        | 7:36               | 92   | 19:56        | 89   | 1:23               | 13:44        |
| 18        | 8:30               | 85   | 20:53        | 81   | 2:16               | 14:37        |
| 19        | 9:26               | 76   | 21:50        | 71   | 3:11               | 15:33        |
| 20        | 10:26              | 66   | 22:51        | 62   | 4:07               | 16:32        |
| 21        | 11:30              | 58   | 23:54        | 55   | 5:07               | 17:36        |
| 22        | 12:39              | 52   | ---          | ---  | 6:11               | 18:43        |
| 23        | 0:59               | 51   | 13:44        | 51   | 7:16               | 19:47        |
| 24        | 2:02               | 52   | 14:39        | 53   | 8:16               | 20:45        |
| 25        | 2:58               | 55   | 15:26        | 56   | 9:10               | 21:37        |

## JUILLET 2022

| DATE | PLEINES MERS       |      |              |      | BASSES MERS        |              |
|------|--------------------|------|--------------|------|--------------------|--------------|
|      | MAO<br>TIN<br>h mn | COEF | SOIR<br>h mn | COEF | MAO<br>TIN<br>h mn | SOIR<br>h mn |
| 1    | 6:54               | 70   | 19:01        | 69   | 0:53               | 13:00        |
| 2    | 7:28               | 68   | 19:36        | 67   | 1:29               | 13:35        |
| 3    | 8:03               | 66   | 20:14        | 64   | 2:05               | 14:12        |
| 4    | 8:41               | 62   | 20:55        | 60   | 2:43               | 14:52        |
| 5    | 9:25               | 58   | 21:42        | 56   | 3:23               | 15:35        |
| 6    | 10:15              | 54   | 22:34        | 52   | 4:08               | 16:26        |
| 7    | 11:14              | 50   | 23:35        | 49   | 5:01               | 17:24        |
| 8    | 12:23              | 49   | ---          | ---  | 6:02               | 18:28        |
| 9    | 0:45               | 50   | 13:33        | 52   | 7:07               | 19:33        |
| 10   | 1:57               | 56   | 14:36        | 60   | 8:10               | 20:36        |
| 11   | 3:03               | 64   | 15:31        | 69   | 9:10               | 21:36        |
| 12   | 4:02               | 75   | 16:24        | 80   | 10:07              | 22:34        |
| 13   | 4:56               | 85   | 17:15        | 89   | 11:01              | 23:29        |
| 14   | 5:49               | 93   | 18:05        | 95   | 11:53              | ---          |
| 15   | 6:39               | 97   | 18:55        | 98   | 0:22               | 12:43        |
| 16   | 7:27               | 97   | 19:44        | 96   | 1:13               | 13:32        |
| 17   | 8:14               | 93   | 20:32        | 89   | 2:03               | 14:21        |
| 18   | 8:59               | 85   | 21:20        | 79   | 2:51               | 15:10        |
| 19   | 9:44               | 74   | 22:08        | 67   | 3:40               | 16:01        |
| 20   | 10:34              | 62   | 23:01        | 56   | 4:30               | 16:55        |
| 21   | 11:33              | 51   | ---          | ---  | 5:25               | 17:57        |
| 22   | 0:04               | 46   | 12:46        | 43   | 6:27               | 19:05        |
| 23   | 1:16               | 41   | 14:02        | 41   | 7:34               | 20:13        |
| 24   | 2:29               | 42   | 15:04        | 44   | 8:39               | 21:14        |
| 25   | 3:30               | 47   | 15:52        | 50   | 9:34               | 22:05        |
| 26   | 4:18               | 54   | 16:33        | 57   | 10:20              | 22:48        |
| 27   | 4:58               | 61   | 17:08        | 64   | 10:59              | 23:26        |
| 28   | 5:33               | 67   | 17:41        | 69   | 11:35              | ---          |
| 29   | 6:06               | 72   | 18:13        | 74   | 0:01               | 12:09        |
| 30   | 6:37               | 75   | 18:44        | 76   | 0:36               | 12:43        |
| 31   | 7:07               | 77   | 19:16        | 77   | 1:10               | 13:16        |

## AOÛT 2022

| DATE | PLEINES MERS       |      |              |      | BASSES MERS        |              |
|------|--------------------|------|--------------|------|--------------------|--------------|
|      | MAO<br>TIN<br>h mn | COEF | SOIR<br>h mn | COEF | MAO<br>TIN<br>h mn | SOIR<br>h mn |
| 1    | 7:39               | 77   | 19:49        | 76   | 1:43               | 13:50        |
| 2    | 8:12               | 75   | 20:25        | 73   | 2:17               | 14:25        |
| 3    | 8:50               | 70   | 21:05        | 67   | 2:53               | 15:04        |
| 4    | 9:33               | 64   | 21:52        | 60   | 3:33               | 15:49        |
| 5    | 10:26              | 56   | 22:50        | 53   | 4:20               | 16:42        |
| 6    | 11:34              | 50   | ---          | ---  | 5:17               | 17:48        |
| 7    | 0:06               | 48   | 12:59        | 47   | 6:27               | 19:03        |
| 8    | 1:37               | 48   | 14:19        | 52   | 7:43               | 20:18        |
| 9    | 2:56               | 56   | 15:24        | 63   | 8:55               | 21:27        |
| 10   | 3:59               | 69   | 16:19        | 77   | 9:58               | 22:28        |
| 11   | 4:54               | 83   | 17:09        | 90   | 10:53              | 23:21        |
| 12   | 5:41               | 95   | 17:55        | 99   | 11:43              | ---          |
| 13   | 6:25               | 102  | 18:39        | 103  | 0:10               | 12:29        |
| 14   | 7:06               | 103  | 19:21        | 102  | 0:56               | 13:14        |
| 15   | 7:44               | 99   | 20:01        | 95   | 1:40               | 13:57        |
| 16   | 8:21               | 90   | 20:40        | 84   | 2:23               | 14:40        |
| 17   | 8:57               | 77   | 21:19        | 70   | 3:05               | 15:24        |
| 18   | 9:35               | 63   | 22:04        | 55   | 3:48               | 16:11        |
| 19   | 10:24              | 48   | 23:03        | 41   | 4:35               | 17:07        |
| 20   | 11:39              | 36   | ---          | ---  | 5:33               | 18:19        |
| 21   | 0:29               | 32   | 13:22        | 30   | 6:48               | 19:43        |
| 22   | 2:08               | 31   | 14:46        | 34   | 8:09               | 20:53        |
| 23   | 3:19               | 39   | 15:39        | 44   | 9:13               | 21:47        |
| 24   | 4:05               | 49   | 16:17        | 55   | 10:00              | 22:28        |
| 25   | 4:42               | 60   | 16:50        | 65   | 10:39              | 23:04        |
| 26   | 5:13               | 70   | 17:21        | 74   | 11:14              | 23:38        |
| 27   | 5:43               | 78   | 17:50        | 81   | 11:47              | ---          |
| 28   | 6:11               | 84   | 18:19        | 86   | 0:11               | 12:19        |
| 29   | 6:40               | 87   | 18:49        | 88   | 0:43               | 12:51        |
| 30   | 7:10               | 88   | 19:20        | 87   | 1:15               | 13:24        |
| 31   | 7:42               | 85   | 19:54        | 83   | 1:48               | 13:58        |

## SEPTEMBRE 2022

| DATE | PLEINES MERS       |      |              |      | BASSES MERS        |              |
|------|--------------------|------|--------------|------|--------------------|--------------|
|      | MAO<br>TIN<br>h mn | COEF | SOIR<br>h mn | COEF | MAO<br>TIN<br>h mn | SOIR<br>h mn |
| 1    | 8:17               | 79   | 20:32        | 75   | 2:23               | 14:36        |
| 2    | 8:57               | 70   | 21:16        | 65   | 3:03               | 15:20        |
| 3    | 9:48               | 59   | 22:16        | 53   | 3:49               | 16:13        |
| 4    | 11:02              | 47   | 23:49        | 43   | 4:46               | 17:22        |
| 5    | 12:45              | 41   | ---          | ---  | 6:02               | 18:48        |
| 6    | 1:38               | 42   | 14:15        | 47   | 7:31               | 20:15        |
| 7    | 2:59               | 53   | 15:20        | 62   | 8:51               | 21:25        |
| 8    | 3:57               | 70   | 16:12        | 79   | 9:52               | 22:20        |
| 9    | 4:44               | 86   | 16:56        | 93   | 10:42              | 23:08        |
| 10   | 5:25               | 98   | 17:37        | 102  | 11:27              | 23:51        |
| 11   | 6:02               | 104  | 18:14        | 105  | 12:09              | ---          |
| 12   | 6:37               | 105  | 18:50        | 103  | 0:32               | 12:50        |
| 13   | 7:09               | 100  | 19:25        | 95   | 1:12               | 13:29        |
| 14   | 7:41               | 90   | 19:59        | 84   | 1:50               | 14:08        |
| 15   | 8:13               | 77   | 20:33        | 69   | 2:27               | 14:47        |
| 16   | 8:47               | 62   | 21:13        | 54   | 3:06               | 15:29        |
| 17   | 9:29               | 46   | 22:08        | 39   | 3:48               | 16:19        |
| 18   | 10:36              | 32   | 23:42        | 27   | 4:40               | 17:29        |
| 19   | 12:31              | 24   | ---          | ---  | 5:58               | 19:07        |
| 20   | 1:47               | 25   | 14:20        | 28   | 7:35               | 20:27        |
| 21   | 2:58               | 34   | 15:14        | 40   | 8:44               | 21:20        |
| 22   | 3:41               | 47   | 15:51        | 54   | 9:32               | 22:00        |
| 23   | 4:14               | 60   | 16:23        | 67   | 10:10              | 22:34        |
| 24   | 4:43               | 73   | 16:52        | 78   | 10:44              | 23:07        |
| 25   | 5:12               | 83   | 17:21        | 87   | 11:17              | 23:40        |
| 26   | 5:40               | 90   | 17:50        | 93   | 11:50              | ---          |
| 27   | 6:10               | 95   | 18:20        | 95   | 0:12               | 12:23        |
| 28   | 6:41               | 95   | 18:53        | 94   | 0:45               | 12:57        |
| 29   | 7:14               | 92   | 19:28        | 88   | 1:19               | 13:34        |
| 30   | 7:51               | 84   | 20:07        | 78   | 1:57               | 14:14        |

## OCTOBRE 2022

| DATE | PLEINES MERS       |      |              |      | BASSES MERS        |              |
|------|--------------------|------|--------------|------|--------------------|--------------|
|      | MAO<br>TIN<br>h mn | COEF | SOIR<br>h mn | COEF | MAO<br>TIN<br>h mn | SOIR<br>h mn |
| 1    | 8:33               | 72   | 20:55        | 65   | 2:39               | 15:01        |
| 2    | 9:29               | 58   | 22:06        | 51   | 3:28               | 15:58        |
| 3    | 10:55              | 44   | 23:57        | 40   | 4:30               | 17:13        |
| 4    | 12:43              | 40   | ---          | ---  | 5:54               | 18:47        |
| 5    | 1:44               | 42   | 14:09        | 49   | 7:29               | 20:12        |
| 6    | 2:54               | 56   | 15:09        | 65   | 8:43               | 21:15        |
| 7    | 3:44               | 73   | 15:56        | 80   | 9:38               | 22:04        |
| 8    | 4:25               | 87   | 16:36        | 93   | 10:25              | 22:48        |
| 9    | 5:01               | 97   | 17:13        | 100  | 11:07              | 23:28        |
| 10   | 5:34               | 101  | 17:47        | 101  | 11:46              | ---          |
| 11   | 6:06               | 100  | 18:20        | 98   | 0:05               | 12:24        |
| 12   | 6:36               | 95   | 18:52        | 91   | 0:42               | 13:01        |
| 13   | 7:07               | 86   | 19:25        | 80   | 1:17               | 13:38        |
| 14   | 7:38               | 74   | 19:59        | 67   | 1:52               | 14:15        |
| 15   | 8:13               | 61   | 20:37        | 53   | 2:29               | 14:55        |
| 16   | 8:53               | 46   | 21:29        | 39   | 3:09               | 15:41        |
| 17   | 9:54               | 33   | 22:56        | 27   | 3:58               | 16:43        |
| 18   | 11:31              | 24   | ---          | ---  | 5:09               | 18:17        |
| 19   | 0:59               | 24   | 13:26        | 26   | 6:47               | 19:43        |
| 20   | 2:18               | 31   | 14:31        | 37   | 8:01               | 20:39        |
| 21   | 3:02               | 45   | 15:12        | 51   | 8:52               | 21:21        |
| 22   | 3:36               | 59   | 15:46        | 65   | 9:32               | 21:57        |
| 23   | 4:07               | 72   | 16:18        | 78   | 10:09              | 22:31        |
| 24   | 4:37               | 83   | 16:49        | 88   | 10:44              | 23:05        |
| 25   | 5:08               | 92   | 17:21        | 95   | 11:19              | 23:40        |
| 26   | 5:41               | 97   | 17:55        | 98   | 11:55              | ---          |
| 27   | 6:15               | 98   | 18:31        | 97   | 0:16               | 12:34        |
| 28   | 6:53               | 94   | 19:11        | 90   | 0:55               | 13:15        |
| 29   | 7:35               | 85   | 19:57        | 80   | 1:37               | 14:01        |
| 30   | 7:25               | 73   | 19:54        | 66   | 2:24*              | 13:52        |
| 31   | 8:31               | 59   | 21:16        | 52   | 2:18               | 14:54        |

## NOVEMBRE 2022

| DATE | PLEINES MERS       |      |              |      | BASSES MERS        |              |
|------|--------------------|------|--------------|------|--------------------|--------------|
|      | MAO<br>TIN<br>h mn | COEF | SOIR<br>h mn | COEF | MAO<br>TIN<br>h mn | SOIR<br>h mn |
| 1    | 9:57               | 47   | 22:59        | 45   | 3:25               | 16:10        |
| 2    | 11:31              | 45   | ---          | ---  | 4:49               | 17:38        |
| 3    | 0:30               | 48   | 12:48        | 53   | 6:15               | 18:55        |
| 4    | 1:33               | 59   | 13:46        | 65   | 7:22               | 19:53        |
| 5    | 2:21               | 71   | 14:33        | 77   | 8:16               | 20:42        |
| 6    | 3:00               | 82   | 15:13        | 86   | 9:03               | 21:24        |
| 7    | 3:35               | 88   | 15:49        | 90   | 9:45               | 22:03        |
| 8    | 4:08               | 91   | 16:23        | 91   | 10:24              | 22:40        |
| 9    | 4:39               | 90   | 16:56        | 89   | 11:02              | 23:15        |
| 10   | 5:10               | 87   | 17:29        | 84   | 11:38              | 23:49        |
| 11   | 5:43               | 80   | 18:03        | 76   | 12:14              | ---          |
| 12   | 6:16               | 71   | 18:38        | 66   | 0:24               | 12:51        |
| 13   | 6:52               | 61   | 19:18        | 55   | 1:01               | 13:30        |
| 14   | 7:34               | 50   | 20:07        | 44   | 1:40               | 14:13        |
| 15   | 8:27               | 39   | 21:14        | 35   | 2:27               | 15:06        |
| 16   | 9:38               | 31   | 22:39        | 30   | 3:26               | 16:17        |
| 17   | 11:01              | 30   | ---          | ---  | 4:45               | 17:38        |
| 18   | 0:07               | 32   | 12:22        | 36   | 6:01               | 18:42        |
| 19   | 1:07               | 42   | 13:19        | 48   | 6:59               | 19:31        |
| 20   | 1:50               | 54   | 14:03        | 60   | 7:46               | 20:13        |
| 21   | 2:27               | 67   | 14:42        | 73   | 8:28               | 20:53        |
| 22   | 3:03               | 79   | 15:19        | 84   | 9:09               | 21:32        |
| 23   | 3:40               | 88   | 15:57        | 92   | 9:50               | 22:12        |
| 24   | 4:17               | 94   | 16:37        | 96   | 10:32              | 22:54        |
| 25   | 4:58               | 97   | 17:20        | 96   | 11:17              | 23:38        |
| 26   | 5:42               | 94   | 18:07        | 91   | 12:04              | ---          |
| 27   | 6:32               | 88   | 19:00        | 83   | 0:25               | 12:55        |
| 28   | 7:28               | 78   | 20:01        | 72   | 1:17               | 13:49        |
| 29   | 8:32               | 66   | 21:13        | 62   | 2:14               | 14:50        |
| 30   | 9:44               | 57   | 22:35        | 54   | 3:18               | 15:58        |

## DÉCEMBRE 2022

| DATE | PLEINES MERS       |      |              |      | BASSES MERS        |              |
|------|--------------------|------|--------------|------|--------------------|--------------|
|      | MAO<br>TIN<br>h mn | COEF | SOIR<br>h mn | COEF | MAO<br>TIN<br>h mn | SOIR<br>h mn |
| 1    | 11:01              | 53   | 23:54        | 53   | 4:31               | 17:12        |
| 2    | 12:13              | 55   | ---          | ---  | 5:45               | 18:22        |
| 3    | 0:59               | 57   | 13:14        | 60   | 6:51               | 19:23        |
| 4    | 1:51               | 63   | 14:06        | 67   | 7:49               | 20:15        |
| 5    | 2:34               | 70   | 14:50        | 72   | 8:40               | 21:00        |
| 6    | 3:12               | 75   | 15:29        | 76   | 9:25               | 21:41        |
| 7    | 3:48               | 78   | 16:06        | 78   | 10:06              | 22:19        |
| 8    | 4:22               | 79   | 16:41        | 78   | 10:44              | 22:54        |
| 9    | 4:56               | 78   | 17:17        | 77   | 11:21              | 23:30        |
| 10   | 5:30               | 75   | 17:52        | 73   | 11:57              | ---          |
| 11   | 6:05               | 71   | 18:27        | 68   | 0:05               | 12:34        |
| 12   | 6:41               | 65   | 19:05        | 61   | 0:41               | 13:11        |
| 13   | 7:20               | 58   | 19:46        | 54   | 1:20               | 13:51        |
| 14   | 8:03               | 51   | 20:34        | 47   | 2:01               | 14:34        |
| 15   | 8:53               | 44   | 21:32        | 42   | 2:49               | 15:25        |
| 16   | 9:53               | 40   | 22:41        | 40   | 3:45               | 16:26        |
| 17   | 11:00              | 40   | 23:53        | 42   | 4:50               | 17:31        |
| 18   | 12:11              | 45   | ---          | ---  | 5:55               | 18:32        |
| 19   | 0:55               | 49   | 13:14        | 53   | 6:53               | 19:26        |
| 20   | 1:47               | 59   | 14:06        | 64   | 7:46               | 20:15        |
| 21   | 2:33               | 70   | 14:55        | 75   | 8:37               | 21:03        |
| 22   | 3:18               | 80   |              |      |                    |              |