

MOIS	DATES	Coeff.	MATIN		SOIR	
			Heures Pleines Mer	Hauteur	Heures Pleines Mer	Hauteur
Janvier	9 L	91	6.54	12.45	19.20	12.30
	10 M		7.33	12.80	19.59	12.60
	11 M		8.12	13.05	20.37	12.80
	12 J		8.51	13.20	21.16	12.80
	13 V		9.3	13.10	21.55	12.60
	14 S		10.09	12.75	22.34	12.20
	15 D		10.51	12.25	23.17	11.65
	22 D	96	6.09	12.40	18.37	12.35
	23 L		6.57	12.95	19.23	12.80
	24 M		7.40	13.25	20.04	13.00
	25 M		8.19	13.40	20.40	13.00
	26 J		8.55	13.25	21.14	12.80
	27 V		9.27	12.90	21.44	12.40
	28 S		9.57	12.35	22.13	11.90

MOIS	DATES	Coeff.	MATIN		SOIR	
			Heures Pleines Mer	Hauteur	Heures Pleines Mer	Hauteur
Avril	4 M	114	5.53	11.65	18.25	12.05
	5 J		6.42	12.60	19.11	12.90
	6 V		16.29	13.35	19.55	13.55
	7 S		8.14	13.90	20.37	13.95
	8 D		8.56	14.10	21.18	14.05
	9 L		9.38	13.95	21.59	13.80
	10 M		10.19	13.45	22.39	13.20
	11 M	84	11.01	12.65	23.21	12.35
	19 J		6.47	12.10	19.08	12.25
	20 V		7.26	12.40	19.43	12.50
	21 S		8.02	12.55	20.16	12.65
	22 D		8.34	12.55	20.46	12.65
	23 L		9.03	12.50	21.14	12.60
	24 M		9.32	12.30	21.42	12.40
	25 M		10.00	11.95	22.11	12.05

MOIS	DATES	Coeff.	MATIN		SOIR	
			Heures Pleines Mer	Hauteur	Heures Pleines Mer	Hauteur
Juillet	2 L	99	6.16	11.95	18.47	12.50
	3 M		7.17	12.50	19.42	13.00
	4 M		8.10	12.85	20.31	13.35
	5 J		8.59	13.10	21.17	13.50
	6 V		9.43	13.10	21.59	13.40
	7 S		10.23	12.90	22.39	13.00
	8 D		11	12.45	23.16	12.45
	18 M		88	7.26	11.65	19.40
	19 J	8.06		12.05	20.18	12.55
	20 V	8.43		12.40	20.55	12.85
	21 S	9.20		12.60	21.32	13.05
	22 D	9.57		12.75	22.10	13.10
	23 L	10.34		12.70	22.47	12.90
	24 M	11.11		12.40	23.26	12.45
	31 M	6.11	11.60	18.39	12.25	

MOIS	DATES	Coeff.	MATIN		SOIR	
			Heures Pleines Mer	Hauteur	Heures Pleines Mer	Hauteur
Février	7 M	104	6.38	12.50	19.04	12.50
	8 M		7.19	13.10	19.45	13.05
	9 J		7.58	13.55	20.24	13.35
	10 V		8.38	13.80	21.02	13.45
	11 S		9.16	13.75	21.39	13.25
	12 D		9.54	13.35	22.16	12.80
	13 L		10.32	12.65	22.55	12.05
	20 L	96	5.58	12.20	18.24	12.25
	21 M		6.42	12.80	19.05	12.75
	22 M		7.22	13.20	19.42	13.00
	23 J		7.58	13.35	20.16	13.05
	24 V		8.30	13.25	20.46	12.95
	25 S		9.00	13.00	21.13	12.65
	26 D		9.27	12.55	21.40	12.20

MOIS	DATES	Coeff.	MATIN		SOIR	
			Heures Pleines Mer	Hauteur	Heures Pleines Mer	Hauteur
Mai	4 V	109	6.07	12.40	18.38	12.75
	5 S		6.59	13.05	19.26	13.35
	6 D		7.48	13.55	20.12	13.75
	7 L		8.36	13.70	20.57	13.85
	8 M		9.21	13.60	21.42	13.65
	9 M		10.06	13.25	22.25	13.20
	10 J		10.49	12.60	23.10	12.50
	19 S	77	6.54	11.75	19.11	12.05
	20 D		7.32	11.95	19.46	12.25
	21 L		8.07	12.10	20.19	12.40
	22 M		8.40	12.15	20.51	12.45
	23 M		9.12	12.10	21.23	12.40
	24 J		9.45	12.00	21.56	12.25

MOIS	DATES	Coeff.	MATIN		SOIR	
			Heures Pleines Mer	Hauteur	Heures Pleines Mer	Hauteur
Août	1 M	99	7.09	12.25	19.32	12.90
	2 J		7.59	12.8	20.18	13.35
	3 V		8.43	13.10	21.00	13.55
	4 S		9.23	13.20	21.38	13.50
	5 D		9.59	13.05	22.13	13.20
	6 L		10.31	12.75	22.45	12.65
	7 M		11.02	12.25	23.15	12.00
	16 J	109	7.03	11.75	19.18	12.35
	17 J		7.44	12.35	19.58	12.90
	18 S		8.23	12.80	20.36	13.30
	19 D		9.01	13.35	21.51	13.60
	20 L		9.38	13.15	21.14	13.60
	21 M		10.14	13.25	22.28	13.40
	22 M		10.50	12.95	23.06	12.85
	23 J		11.28	12.35	23.46	12.10
29 M	6.04		11.50	18.28	12.20	
30 J	6.56		12.25	19.16	12.90	
31 V	7.41	12.80	19.59	13.35		

MOIS	DATES	Coeff.	MATIN		SOIR	
			Heures Pleines Mer	Hauteur	Heures Pleines Mer	Hauteur
Mars	6 M	112	5.28	11.70	17.58	12.00
	7 M		6.14	12.65	18.41	12.80
	8 J		6.57	13.35	19.23	13.40
	9 V		7.39	13.90	20.03	13.80
	10 S		8.18	14.15	20.41	13.90
	11 D		8.57	14.05	21.19	13.70
	12 L		9.36	13.55	21.56	13.10
	13 M	10.15	12.75	22.35	12.25	
	20 M	92	5.36	12.00	18.01	12.10
	21 M		6.18	12.55	18.40	12.60
	22 J		6.56	12.90	19.15	12.85
	23 V		7.31	13.05	19.47	12.95
	24 S		8.02	13.00	20.16	12.90
	25 D		9.31	12.80	21.42	12.70
	26 L		9.57	12.50	22.08	12.35
27 M	10.23		12.00	22.33	11.90	

MOIS	DATES	Coeff.	MATIN		SOIR	
			Heures Pleines Mer	Hauteur	Heures Pleines Mer	Hauteur
Juin	2 S	102	5.33	12.00	18.07	12.35
	3 D		6.33	12.55	19.02	12.95
	4 L		7.28	12.95	19.53	13.35
	5 M		8.20	13.20	20.42	13.55
	6 M		9.09	13.25	21.29	13.50
	7 J		9.56	13.10	22.14	13.25
	8 V		10.40	12.65	22.58	12.75
	9 S	11.22	12.10	23.41	12.05	
	19 M	79	7.46	11.75	19.58	12.20
	20 M		8.22	11.95	20.34	12.40
	21 J		8.58	12.10	21.09	12.50
	22 V		9.34	12.20	21.45	12.55
	23 S		10.10	12.20	22.23	12.45
	24 D		10.48	12.00	23.02	12.20

MOIS	DATES	Coeff.	MATIN		SOIR	
			Heures Pleines Mer	Hauteur	Heures Pleines Mer	Hauteur
Septembre	1 S	98	8.21	13.10	20.38	13.50
	2 D		8.57	13.20	21.12	13.45
	3 L		9.30	13.15	21.44	13.15
	4 M		9.59	12.85	22.13	12.70
	5 M		10.27	12.45	22.40	12.10
	14 V	106	6.34	11.85	18.50	12.45
	15 S		7.17	12.60	19.32	13.15
	16 D		7.57	13.20	20.12	13.65
	17 L		8.36	13.60	20.52	13.95
	18 M		9.14	13.75	21.30	13.95
	19 M		9.52	13.7	22.09	13.65
	20 J		10.29	13.25	22.48	13.00
	21 V		11.09	12.60	23.30	12.10
	27 J		5.46	11.50	18.08	12.10
	28 V		6.34	12.20	18.53	12.70
29 S	7.16	12.70	19.34	13.10		
30 D	93	7.53	13.00	20.11	13.20	

MOIS	DATES	Coeff.	MATIN		SOIR		
			Heures Pleines Mer	Hauteur	Heures Pleines Mer	Hauteur	
Octobre	1 L	92	8.28	13.10	20.44	13.15	
	2 M		8.59	13.05	21.14	12.95	
	3 M		9.26	12.85	21.42	12.60	
	4 J		9.54	12.50	22.08	12.15	
	5 V		10.20	12.00	22.35	11.50	
	13 S	109	5.59	11.85	18.16	12.45	
	14 D		6.44	12.70	19.02	13.20	
	15 L		7.27	13.35	19.45	13.70	
	16 M		8.09	13.80	20.28	14.00	
	17 M		8.50	13.95	21.10	14.00	
	18 J		9.31	13.85	21.52	13.65	
	19 V		10.12	13.45	22.35	13.00	
	20 S		10.55	12.70	23.20	12.10	
	27 S		85	6.05	11.90	18.25	12.20
	28 D			5.46	12.35	18.06	12.55
29 L	6.24	12.65		18.43	12.70		
30 M	6.58	12.80		19.17	12.70		
31 M	7.30	12.80		19.48	12.60		

MOIS	DATES	Coeff.	MATIN		SOIR	
			Heures Pleines Mer	Hauteur	Heures Pleines Mer	Hauteur
Novembre	1 J	107	7.58	12.70	20.17	12.45
	2 V		8.27	12.50	20.45	12.10
	3 S		8.56	12.15	21.15	11.70
	11 D		4.19	11.70	16.39	12.15
	12 L		5.10	12.50	17.31	12.90
	13 M		5.58	13.20	18.20	13.45
	14 M		6.45	13.65	19.07	13.75
	15 J	7.30	13.90	19.54	13.80	
	16 V	8.15	13.85	20.40	13.55	
	17 S	9.01	13.50	21.25	13.00	
	18 D	9.46	12.90	22.12	12.30	
	19 L	10.35	12.15	23.02	11.50	
	27 M	78	5.56	12.15	18.19	12.10
	28 M		6.33	12.40	18.55	12.25
	29 J		7.07	12.50	19.28	12.30
30 V	7.38		12.55	20.00	12.25	

MOIS	DATES	Coeff.	MATIN		SOIR	
			Heures Pleines Mer	Hauteur	Heures Pleines Mer	Hauteur
Décembre	1 S	105	8.10	12.50	20.31	12.15