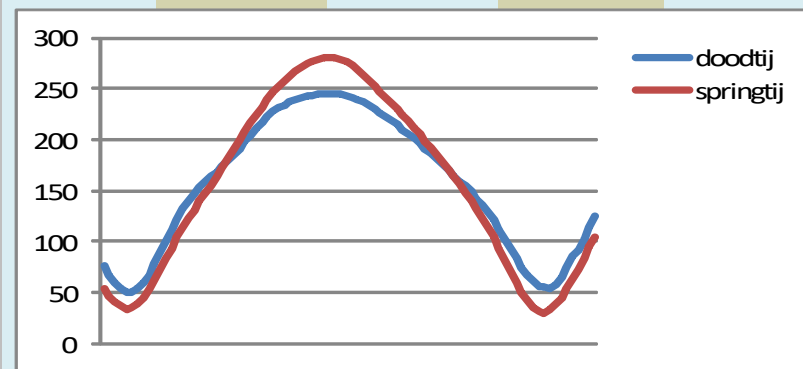
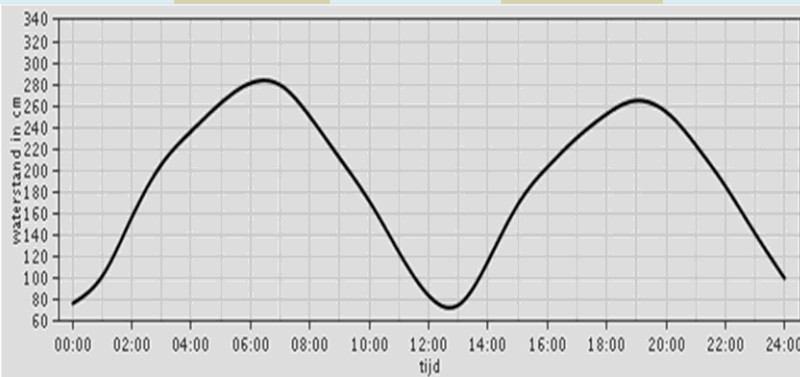


Referentievlak :LAT

datum dag maanstand

Nes, Ameland		53.4333° N, 5.7833° O			
LAT=NAP+172		N 53 25.998, E 5 46.998			
HW	cm	lw	cm	HW	cm
				lw	cm
				HW	cm

Holwerd		53.39572° N, 5.88200° O			
LAT=NAP+160		N 53 23.743, E 5 52.920			
HW	cm	lw	cm	HW	cm
				lw	cm
				HW	cm



2026

1/1 don	-	-	4:56	162	11:04	278	17:05	65	23:17	303			5:36	139	11:17	295	17:45	88	23:30	320
2/1 vry	-	-	5:39	60	11:47	274	17:46	63	23:54	307			6:19	37	12:00	291	18:26	86	0:07	324
3/1 zat	-	-	6:22	57	12:29	270	18:27	62	-	-			7:02	34	12:42	287	19:07	85		
4/1 zon	0:34	309	7:05	56	13:13	264	19:09	61	-	-	0:47	292	7:45	33	13:26	281	19:49	84		
5/1 maa	1:19	308	7:48	59	13:57	259	19:52	63	-	-	1:32	291	8:28	36	14:10	276	20:32	86		
6/1 din	2:06	305	8:33	64	14:44	254	20:39	66	-	-	2:19	288	9:13	41	14:57	271	21:19	89		
7/1 woe	2:57	298	9:22	70	15:35	249	21:30	72	-	-	3:10	281	10:02	47	15:48	266	22:10	95		
8/1 don	3:54	290	10:16	78	16:32	248	22:29	78	-	-	4:07	273	10:56	55	16:45	265	23:09	101		
9/1 vry	4:59	282	11:18	84	17:37	250	23:39	82	-	-	5:12	265	11:58	61	17:50	267	0:19	105		
10/1 zat	6:12	276	12:26	87	18:48	258	-	-	-	-	6:25	259	13:06	64	19:01	275				
11/1 zon	-	-	0:56	80	7:28	276	13:36	84	19:59	271			1:36	57	7:41	293	14:16	107	20:12	288
12/1 maa	-	-	2:13	72	8:38	279	14:43	78	21:02	285			2:53	49	8:51	296	15:23	101	21:15	302
13/1 din	-	-	3:20	161	9:40	281	15:41	71	21:55	297			4:00	138	9:53	298	16:21	94	22:08	314
14/1 woe	-	-	4:16	52	10:34	280	16:31	66	22:42	305			4:56	29	10:47	297	17:11	89	22:55	322
15/1 don	-	-	5:04	48	11:21	276	17:13	62	23:22	308			5:44	25	11:34	293	17:53	85	23:35	325
16/1 vry	-	-	5:45	49	12:02	270	17:50	60	-	-			6:25	26	12:15	287	18:30	83		
17/1 zat	0:00	307	6:23	53	12:37	264	18:25	57	-	-	0:13	290	7:03	30	12:50	281	19:05	80		
18/1 zon	0:35	305	6:57	57	13:07	259	18:58	56	-	-	0:48	288	7:37	34	13:20	276	19:38	79		
19/1 maa	1:11	300	7:30	62	13:37	256	19:32	58	-	-	1:24	283	8:10	39	13:50	273	20:12	81		
20/1 din	1:45	292	8:03	69	14:09	254	20:06	64	-	-	1:58	275	8:43	46	14:22	271	20:46	87		
21/1 woe	2:20	283	8:36	77	14:44	251	20:41	73	-	-	2:33	266	9:16	54	14:57	268	21:21	96		
22/1 don	2:55	273	9:11	84	15:23	248	21:20	83	-	-	3:08	256	9:51	61	15:36	265	22:00	106		
23/1 vry	3:36	264	9:53	91	16:14	245	22:08	95	-	-	3:49	247	10:33	68	16:27	262	22:48	118		
24/1 zat	4:31	255	10:48	99	17:23	245	23:16	105	-	-	4:44	238	11:28	76	17:36	262	23:56	128		

Referentievlak :LAT			Nes, Ameland LAT=NAP+172 53.4333° N, 5.7833° O N 53 25.998, E 5 46.998								Holwerd LAT=NAP+160 53.39572° N, 5.88200° O N 53 23.743, E 5 52.920											
datum	dag	maanstand	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm		
25/1	zon		5:48	250	12:07	101	18:40	251	-	-	-	-	6:01	233	12:47	78	18:53	268				
26/1	maa		-	-	0:49	104	7:09	253	13:23	94	19:50	264			1:29	81	7:22	270	14:03	117	20:03	281
27/1	din		-	-	2:02	91	8:19	261	14:25	82	20:48	278			2:42	68	8:32	278	15:05	105	21:01	295
28/1	woe		-	-	3:02	76	9:16	269	15:19	71	21:37	291			3:42	53	9:29	286	15:59	94	21:50	308
29/1	don		-	-	3:55	161	10:07	273	16:08	62	22:20	300			4:35	138	10:20	290	16:48	85	22:33	317
30/1	vry		-	-	4:42	50	10:54	275	16:53	54	23:02	307			5:22	27	11:07	292	17:33	77	23:15	324
31/1	zat		-	-	5:27	42	11:39	274	17:36	47	23:42	312			6:07	19	11:52	291	18:16	70	23:55	329
1/2	zon		-	-	6:09	36	12:21	272	18:17	41	-	-			6:49	13	12:34	289	18:57	64		
2/2	maa		0:22	314	6:51	36	13:00	269	18:58	38	-	-	0:35	297	7:31	13	13:13	286	19:38	61		
3/2	din		1:04	312	7:31	40	13:39	265	19:38	39	-	-	1:17	295	8:11	17	13:52	282	20:18	62		
4/2	woe		1:48	306	8:12	48	14:18	261	20:20	44	-	-	2:01	289	8:52	25	14:31	278	21:00	67		
5/2	don		2:34	296	8:55	60	15:00	257	21:06	53	-	-	2:47	279	9:35	37	15:13	274	21:46	76		
6/2	vry		3:25	282	9:42	74	15:52	252	22:00	66	-	-	3:38	265	10:22	51	16:05	269	22:40	89		
7/2	zat		4:29	267	10:42	88	16:59	250	23:12	79	-	-	4:42	250	11:22	65	17:12	267	23:52	102		
8/2	zon		5:50	256	11:59	96	18:21	254	-	-	-	-	6:03	239	12:39	73	18:34	271				
9/2	maa		-	-	0:41	81	7:17	256	13:21	91	19:43	267			1:21	58	7:30	273	14:01	114	19:56	284
10/2	din		-	-	2:06	69	8:32	263	14:33	78	20:49	284			2:46	46	8:45	280	15:13	101	21:02	301
11/2	woe		-	-	3:12	52	9:34	269	15:30	64	21:42	296			3:52	29	9:47	286	16:10	87	21:55	313
12/2	don		-	-	4:04	159	10:24	271	16:17	56	22:26	302			4:44	136	10:37	288	16:57	79	22:39	319
13/2	vry		-	-	4:48	40	11:06	269	16:56	51	23:03	304			5:28	17	11:19	286	17:36	74	23:16	321
14/2	zat		-	-	5:25	42	11:40	266	17:30	47	23:36	303			6:05	19	11:53	283	18:10	70	23:49	320
15/2	zon		-	-	5:58	45	12:07	265	18:01	43	-	-			6:38	22	12:20	282	18:41	66		
16/2	maa		0:07	301	6:28	47	12:32	265	18:32	40	-	-	0:20	284	7:08	24	12:45	282	19:12	63		
17/2	din		0:38	296	6:57	50	12:59	265	19:03	42	-	-	0:51	279	7:37	27	13:12	282	19:43	65		
18/2	woe		1:07	288	7:25	54	13:27	263	19:33	47	-	-	1:20	271	8:05	31	13:40	280	20:13	70		
19/2	don		1:36	280	7:53	59	13:55	261	20:03	54	-	-	1:49	263	8:33	36	14:08	278	20:43	77		
20/2	vry		2:06	272	8:23	65	14:25	258	20:37	62	-	-	2:19	255	9:03	42	14:38	275	21:17	85		
21/2	zat		2:43	263	8:59	72	15:06	253	21:21	75	-	-	2:56	246	9:39	49	15:19	270	22:01	98		
22/2	zon		3:32	251	9:47	85	16:06	247	22:20	90	-	-	3:45	234	10:27	62	16:19	264	23:00	113		
23/2	maa		4:43	240	10:57	98	17:39	245	23:51	99	-	-	4:56	223	11:37	75	17:52	262	0:31	122		
24/2	din		6:26	238	12:38	98	19:12	257	-	-	-	-	6:39	221	13:18	75	19:25	274				
25/2	woe		-	-	1:31	86	7:54	248	13:58	83	20:20	274			2:11	63	8:07	265	14:38	106	20:33	291
26/2	don		-	-	2:39	65	8:58	260	14:58	67	21:13	290			3:19	42	9:11	277	15:38	90	21:26	307
27/2	vry		-	-	3:34	47	9:51	269	15:49	52	21:59	301			4:14	24	10:04	286	16:29	75	22:12	318
28/2	zat		-	-	4:22	159	10:38	273	16:35	40	22:43	309			5:02	136	10:51	290	17:15	63	22:56	326
1/3	zon		-	-	5:06	25	11:22	275	17:18	31	23:24	312			5:46	2	11:35	292	17:58	54	23:37	329

Referentievlak :LAT			Nes, Ameland LAT=NAP+172 53.4333° N, 5.7833° O N 53 25.998, E 5 46.998								Holwerd LAT=NAP+160 53.39572° N, 5.88200° O N 53 23.743, E 5 52.920											
datum	dag	maanstand	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm		
2/3	maa		-	-	5:49	21	12:02	275	18:00	23	-	-			6:29	-2	12:15	292	18:40	46		
3/3	din		0:06	313	6:29	22	12:39	274	18:40	19	-	-	0:19	296	7:09	-1	12:52	291	19:20	42		
4/3	woe		0:47	309	7:08	28	13:14	272	19:20	21	-	-	1:00	292	7:48	5	13:27	289	20:00	44		
5/3	don		1:29	300	7:47	39	13:51	270	20:01	28	-	-	1:42	283	8:27	16	14:04	287	20:41	51		
6/3	vry		2:13	286	8:27	54	14:32	266	20:45	41	-	-	2:26	269	9:07	31	14:45	283	21:25	64		
7/3	zat		3:03	268	9:12	71	15:24	259	21:39	60	-	-	3:16	251	9:52	48	15:37	276	22:19	83		
8/3	zon		4:08	250	10:10	90	16:32	253	22:55	77	-	-	4:21	233	10:50	67	16:45	270	23:35	100		
9/3	maa		5:34	238	11:38	99	17:59	254	-	-	-	-	5:47	221	12:18	76	18:12	271				
10/3	din		-	-	0:33	77	7:07	240	13:09	90	19:25	267	1:13	54	7:20	257	13:49	113	19:38	284		
11/3	woe		-	-	1:56	60	8:22	251	14:19	72	20:32	282	2:36	37	8:35	268	14:59	95	20:45	299		
12/3	don		-	-	2:56	43	9:20	261	15:12	56	21:23	293	3:36	20	9:33	278	15:52	79	21:36	310		
13/3	vry		-	-	3:44	35	10:06	265	15:56	47	22:04	296	4:24	12	10:19	282	16:36	70	22:17	313		
14/3	zat		-	-	4:24	159	10:42	265	16:33	43	22:37	296	5:04	136	10:55	282	17:13	66	22:50	313		
15/3	zon		-	-	4:58	39	11:10	265	17:05	40	23:07	295	5:38	16	11:23	282	17:45	63	23:20	312		
16/3	maa		-	-	5:27	41	11:33	268	17:35	36	23:36	292	6:07	18	11:46	285	18:15	59	23:49	309		
17/3	din		-	-	5:55	41	11:58	271	18:04	33	-	-	6:35	18	12:11	288	18:44	56				
18/3	woe		0:05	288	6:22	41	12:25	272	18:33	35	-	-	0:18	271	7:02	18	12:38	289	19:13	58		
19/3	don		0:33	281	6:49	44	12:51	271	19:02	39	-	-	0:46	264	7:29	21	13:04	288	19:42	62		
20/3	vry		1:01	273	7:16	48	13:18	268	19:31	44	-	-	1:14	256	7:56	25	13:31	285	20:11	67		
21/3	zat		1:32	266	7:45	51	13:48	266	20:05	51	-	-	1:45	249	8:25	28	14:01	283	20:45	74		
22/3	zon		2:10	256	8:21	59	14:30	260	20:48	62	-	-	2:23	239	9:01	36	14:43	277	21:28	85		
23/3	maa		3:00	244	9:09	73	15:28	253	21:47	78	-	-	3:13	227	9:49	50	15:41	270	22:27	101		
24/3	din		4:09	231	10:15	90	16:51	248	23:15	87	-	-	4:22	214	10:55	67	17:04	265	23:55	110		
25/3	woe		5:55	228	11:54	96	18:35	257	-	-	-	-	6:08	211	12:34	73	18:48	274				
26/3	don		-	-	1:00	75	7:28	240	13:27	81	19:48	275	1:40	52	7:41	257	14:07	104	20:01	292		
27/3	vry		-	-	2:10	53	8:33	254	14:30	61	20:44	290	2:50	30	8:46	271	15:10	84	20:57	307		
28/3	zat		-	-	3:06	35	9:26	265	15:23	44	21:33	301	3:46	12	9:39	282	16:03	67	21:46	318		
29/3	zon		-	-	3:55	158	10:13	271	16:11	31	22:18	307	4:35	135	10:26	288	16:51	54	22:31	324		
30/3	maa		-	-	5:40	17	11:56	275	17:55	21	-	-	6:20	-6	12:09	292	18:35	44				
31/3	din		0:03	308	6:23	16	12:36	277	18:38	13	-	-	0:16	291	7:03	-7	12:49	294	19:18	36		
1/4	woe		0:46	306	7:04	18	13:13	279	19:20	10	-	-	0:59	289	7:44	-5	13:26	296	20:00	33		
2/4	don		1:28	299	7:43	26	13:50	280	20:01	13	-	-	1:41	282	8:23	3	14:03	297	20:41	36		
3/4	vry		2:11	287	8:22	37	14:28	279	20:43	22	-	-	2:24	270	9:02	14	14:41	296	21:23	45		
4/4	zat		2:57	271	9:02	51	15:12	274	21:29	38	-	-	3:10	254	9:42	28	15:25	291	22:09	61		
5/4	zon		3:49	253	9:47	69	16:06	267	22:26	57	-	-	4:02	236	10:27	46	16:19	284	23:06	80		
6/4	maa		4:54	237	10:46	87	17:13	260	23:43	72	-	-	5:07	220	11:26	64	17:26	277	0:23	95		

Referentievlak :LAT			Nes, Ameland LAT=NAP+172 53.4333° N, 5.7833° O N 53 25.998, E 5 46.998								Holwerd LAT=NAP+160 53.39572° N, 5.88200° O N 53 23.743, E 5 52.920											
datum	dag	maanstand	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm		
7/4	din		6:18	227	12:15	96	18:37	259	-	-	-	-	6:31	210	12:55	73	18:50	276				
8/4	woe		-	-	1:17	70	7:49	231	13:46	86	20:01	268			1:57	47	8:02	248	14:26	109	20:14	285
9/4	don		-	-	2:33	55	9:01	244	14:53	68	21:06	279			3:13	32	9:14	261	15:33	91	21:19	296
10/4	vry		-	-	3:29	42	9:56	254	15:45	54	21:56	286			4:09	19	10:09	271	16:25	77	22:09	303
11/4	zat		-	-	4:15	36	10:38	260	16:28	46	22:35	287			4:55	13	10:51	277	17:08	69	22:48	304
12/4	zon		-	-	4:53	37	11:11	263	17:05	43	23:08	286			5:33	14	11:24	280	17:45	66	23:21	303
13/4	maa		-	-	5:25	159	11:37	267	17:37	40	23:37	285			6:05	136	11:50	284	18:17	63	23:50	302
14/4	din		-	-	5:54	40	12:02	272	18:08	37	-	-			6:34	17	12:15	289	18:48	60		
15/4	woe		0:08	282	6:23	39	12:30	276	18:38	36	-	-	0:21	265	7:03	16	12:43	293	19:18	59		
16/4	don		0:38	277	6:51	39	12:59	276	19:08	38	-	-	0:51	260	7:31	16	13:12	293	19:48	61		
17/4	vry		1:07	271	7:19	41	13:25	275	19:37	41	-	-	1:20	254	7:59	18	13:38	292	20:17	64		
18/4	zat		1:37	263	7:46	44	13:53	273	20:07	45	-	-	1:50	246	8:26	21	14:06	290	20:47	68		
19/4	zon		2:10	255	8:17	48	14:28	270	20:43	49	-	-	2:23	238	8:57	25	14:41	287	21:23	72		
20/4	maa		2:52	246	8:56	55	15:13	265	21:29	58	-	-	3:05	229	9:36	32	15:26	282	22:09	81		
21/4	din		3:46	234	9:45	68	16:12	259	22:31	70	-	-	3:59	217	10:25	45	16:25	276	23:11	93		
22/4	woe		4:58	225	10:52	83	17:30	256	23:56	75	-	-	5:11	208	11:32	60	17:43	273	0:36	98		
23/4	don		6:34	225	12:21	87	19:01	264	-	-	-	-	6:47	208	13:01	64	19:14	281				
24/4	vry		-	-	1:26	63	7:56	237	13:49	75	20:13	278			2:06	40	8:09	254	14:29	98	20:26	295
25/4	zat		-	-	2:34	45	9:00	250	14:55	57	21:11	290			3:14	22	9:13	267	15:35	80	21:24	307
26/4	zon		-	-	3:32	31	9:54	261	15:52	41	22:03	298			4:12	8	10:07	278	16:32	64	22:16	315
27/4	maa		-	-	4:24	158	10:42	269	16:43	29	22:53	301			5:04	135	10:55	286	17:23	52	23:06	318
28/4	din		-	-	5:12	20	11:27	275	17:31	20	23:41	299			5:52	-3	11:40	292	18:11	43	23:54	316
29/4	woe		-	-	5:57	21	12:09	281	18:17	14	-	-			6:37	-2	12:22	298	18:57	37		
30/4	don		0:28	294	6:39	25	12:49	285	19:01	12	-	-	0:41	277	7:19	2	13:02	302	19:41	35		
1/5	vry		1:13	285	7:20	31	13:29	287	19:45	16	-	-	1:26	268	8:00	8	13:42	304	20:25	39		
2/5	zat		1:59	272	8:01	40	14:11	286	20:30	25	-	-	2:12	255	8:41	17	14:24	303	21:10	48		
3/5	zon		2:47	258	8:42	51	14:58	282	21:18	39	-	-	3:00	241	9:22	28	15:11	299	21:58	62		
4/5	maa		3:39	243	9:29	65	15:52	276	22:15	55	-	-	3:52	226	10:09	42	16:05	293	22:55	78		
5/5	din		4:40	231	10:26	79	16:55	269	23:25	66	-	-	4:53	214	11:06	56	17:08	286	0:05	89		
6/5	woe		5:53	225	11:42	87	18:08	265	-	-	-	-	6:06	208	12:22	64	18:21	282				
7/5	don		-	-	0:43	66	7:13	228	13:06	83	19:24	268			1:23	43	7:26	245	13:46	106	19:37	285
8/5	vry		-	-	1:53	59	8:22	237	14:13	71	20:28	273			2:33	36	8:35	254	14:53	94	20:41	290
9/5	zat		-	-	2:50	51	9:16	247	15:08	61	21:19	276			3:30	28	9:29	264	15:48	84	21:32	293
10/5	zon		-	-	3:36	47	9:58	255	15:53	54	22:01	277			4:16	24	10:11	272	16:33	77	22:14	294
11/5	maa		-	-	4:15	46	10:33	262	16:33	50	22:37	276			4:55	23	10:46	279	17:13	73	22:50	293
12/5	din		-	-	4:49	160	11:04	269	17:09	48	23:11	275			5:29	137	11:17	286	17:49	71	23:24	292

Referentievlak :LAT			Nes, Ameland LAT=NAP+172 53.4333° N, 5.7833° O N 53 25.998, E 5 46.998								Holwerd LAT=NAP+160 53.39572° N, 5.88200° O N 53 23.743, E 5 52.920											
datum	dag	maanstand	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm		
13/5	woe		-	-	5:22	44	11:36	275	17:44	46	23:46	273			6:02	21	11:49	292	18:24	69	23:59	290
14/5	don		-	-	5:54	43	12:09	279	18:17	45	-	-			6:34	20	12:22	296	18:57	68		
15/5	vry		0:20	268	6:26	43	12:40	279	18:50	46	-	-	0:33	251	7:06	20	12:53	296	19:30	69		
16/5	zat		0:53	261	6:56	45	13:10	278	19:22	48	-	-	1:06	244	7:36	22	13:23	295	20:02	71		
17/5	zon		1:26	254	7:27	48	13:41	277	19:55	50	-	-	1:39	237	8:07	25	13:54	294	20:35	73		
18/5	maa		2:03	247	8:02	51	14:19	276	20:35	53	-	-	2:16	230	8:42	28	14:32	293	21:15	76		
19/5	din		2:49	239	8:43	57	15:07	273	21:24	58	-	-	3:02	222	9:23	34	15:20	290	22:04	81		
20/5	woe		3:45	231	9:35	66	16:05	270	22:25	63	-	-	3:58	214	10:15	43	16:18	287	23:05	86		
21/5	don		4:52	226	10:38	74	17:13	268	23:37	63	-	-	5:05	209	11:18	51	17:26	285	0:17	86		
22/5	vry		6:08	228	11:53	76	18:28	272	-	-	-	-	6:21	211	12:33	53	18:41	289				
23/5	zat		-	-	0:51	56	7:19	236	13:09	68	19:37	280			1:31	33	7:32	253	13:49	91	19:50	297
24/5	zon		-	-	1:57	46	8:22	247	14:18	56	20:38	287			2:37	23	8:35	264	14:58	79	20:51	304
25/5	maa		-	-	2:57	38	9:19	258	15:19	45	21:36	291			3:37	15	9:32	275	15:59	68	21:49	308
26/5	din		-	-	3:52	33	10:12	269	16:17	35	22:31	291			4:32	10	10:25	286	16:57	58	22:44	308
27/5	woe		-	-	4:45	159	11:01	278	17:11	27	23:24	288			5:25	136	11:14	295	17:51	50	23:37	305
28/5	don		-	-	5:34	34	11:48	285	18:01	23	-	-			6:14	11	12:01	302	18:41	46		
29/5	vry		0:16	281	6:20	36	12:33	291	18:49	21	-	-	0:29	264	7:00	13	12:46	308	19:29	44		
30/5	zat		1:06	273	7:03	39	13:16	294	19:35	24	-	-	1:19	256	7:43	16	13:29	311	20:15	47		
31/5	zon		1:54	262	7:46	44	14:00	293	20:21	31	-	-	2:07	245	8:26	21	14:13	310	21:01	54		
1/6	maa		2:41	251	8:28	50	14:47	290	21:08	40	-	-	2:54	234	9:08	27	15:00	307	21:48	63		
2/6	din		3:30	241	9:14	58	15:37	285	21:58	51	-	-	3:43	224	9:54	35	15:50	302	22:38	74		
3/6	woe		4:21	234	10:03	162	16:31	277	22:53	161	-	-	4:34	217	10:43	139	16:44	294	23:33	184		
4/6	don		5:16	230	11:00	76	17:30	270	23:54	162			5:29	213	11:40	53	17:43	287	0:34	185		
5/6	vry		6:17	229	12:07	81	18:34	266	-	-	-	-	6:30	212	12:47	58	18:47	283				
6/6	zat		-	-	0:57	70	7:21	234	13:18	80	19:37	264			1:37	47	7:34	251	13:58	103	19:50	281
7/6	zon		-	-	1:55	67	8:20	242	14:19	75	20:34	265			2:35	44	8:33	259	14:59	98	20:47	282
8/6	maa		-	-	2:46	63	9:10	252	15:12	69	21:23	266			3:26	40	9:23	269	15:52	92	21:36	283
9/6	din		-	-	3:32	59	9:53	262	15:59	64	22:06	267			4:12	36	10:06	279	16:39	87	22:19	284
10/6	woe		-	-	4:14	55	10:34	271	16:42	60	22:48	267			4:54	32	10:47	288	17:22	83	23:01	284
11/6	don		-	-	4:54	161	11:12	278	17:22	56	23:28	266			5:34	138	11:25	295	18:02	79	23:41	283
12/6	vry		-	-	5:32	51	11:50	282	18:01	54	-	-			6:12	28	12:03	299	18:41	77		
13/6	zat		0:08	263	6:08	50	12:26	284	18:39	52	-	-	0:21	246	6:48	27	12:39	301	19:19	75		
14/6	zon		0:46	258	6:43	50	13:00	285	19:16	51	-	-	0:59	241	7:23	27	13:13	302	19:56	74		
15/6	maa		1:25	253	7:19	52	13:34	286	19:55	51	-	-	1:38	236	7:59	29	13:47	303	20:35	74		
16/6	din		2:05	247	7:57	53	14:15	286	20:37	52	-	-	2:18	230	8:37	30	14:28	303	21:17	75		
17/6	woe		2:50	242	8:40	56	15:01	285	21:23	54	-	-	3:03	225	9:20	33	15:14	302	22:03	77		

Referentievlak :LAT			Nes, Ameland LAT=NAP+172 53.4333° N, 5.7833° O N 53 25.998, E 5 46.998								Holwerd LAT=NAP+160 53.39572° N, 5.88200° O N 53 23.743, E 5 52.920											
datum	dag	maanstand	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm		
18/6	don		3:40	237	9:28	59	15:52	283	22:15	56	-	-	3:53	220	10:08	36	16:05	300	22:55	79		
19/6	vry		4:35	234	10:22	63	16:50	280	23:12	58	-	-	4:48	217	11:02	40	17:03	297	23:52	81		
20/6	zat		5:36	234	11:24	66	17:55	277	-	-	-	-	5:49	217	12:04	43	18:08	294				
21/6	zon		-	-	0:16	58	6:40	238	12:32	66	19:03	277	0:56	35	6:53	255	13:12	89	19:16	294		
22/6	maa		-	-	1:21	57	7:45	247	13:43	61	20:10	278	2:01	34	7:58	264	14:23	84	20:23	295		
23/6	din		-	-	2:25	54	8:48	258	14:53	54	21:16	280	3:05	31	9:01	275	15:33	77	21:29	297		
24/6	woe		-	-	3:27	51	9:49	271	15:59	46	22:19	280	4:07	28	10:02	288	16:39	69	22:32	297		
25/6	don		-	-	4:26	160	10:45	283	17:00	38	23:18	278	5:06	137	10:58	300	17:40	61	23:31	295		
26/6	vry		-	-	5:20	48	11:36	292	17:54	32	-	-	6:00	25	11:49	309	18:34	55				
27/6	zat		0:13	274	6:09	46	12:23	298	18:42	29	-	-	0:26	257	6:49	23	12:36	315	19:22	52		
28/6	zon		1:03	268	6:52	45	13:07	301	19:27	30	-	-	1:16	251	7:32	22	13:20	318	20:07	53		
29/6	maa		1:49	261	7:33	45	13:50	301	20:09	35	-	-	2:02	244	8:13	22	14:03	318	20:49	58		
30/6	din		2:31	254	8:13	46	14:32	298	20:50	42	-	-	2:44	237	8:53	23	14:45	315	21:30	65		
1/7	woe		3:10	247	8:53	50	15:15	292	21:31	51	-	-	3:23	230	9:33	27	15:28	309	22:11	74		
2/7	don		3:50	243	9:34	57	15:59	283	22:13	62	-	-	4:03	226	10:14	34	16:12	300	22:53	85		
3/7	vry		4:31	239	10:16	67	16:45	272	22:58	73	-	-	4:44	222	10:56	44	16:58	289	23:38	96		
4/7	zat		5:18	236	11:04	78	17:36	262	23:50	81	-	-	5:31	219	11:44	55	17:49	279	0:30	104		
5/7	zon		6:11	236	12:05	89	18:34	255	-	-	-	-	6:24	219	12:45	66	18:47	272				
6/7	maa		-	-	0:51	85	7:13	240	13:20	93	19:39	252	1:31	62	7:26	257	14:00	116	19:52	269		
7/7	din		-	-	1:54	83	8:19	249	14:28	89	20:42	254	2:34	60	8:32	266	15:08	112	20:55	271		
8/7	woe		-	-	2:51	77	9:17	261	15:25	81	21:38	259	3:31	54	9:30	278	16:05	104	21:51	276		
9/7	don		-	-	3:43	70	10:06	272	16:17	72	22:27	262	4:23	47	10:19	289	16:57	95	22:40	279		
10/7	vry		-	-	4:30	162	10:51	281	17:03	64	23:13	264	5:10	139	11:04	298	17:43	87	23:26	281		
11/7	zat		-	-	5:14	59	11:32	288	17:47	57	23:57	264	5:54	36	11:45	305	18:27	80	0:10	281		
12/7	zon		-	-	5:55	56	12:11	292	18:29	51	-	-	6:35	33	12:24	309	19:09	74				
13/7	maa		0:40	263	6:35	53	12:48	296	19:09	47	-	-	0:53	246	7:15	30	13:01	313	19:49	70		
14/7	din		1:22	260	7:14	50	13:25	298	19:49	44	-	-	1:35	243	7:54	27	13:38	315	20:29	67		
15/7	woe		2:02	256	7:53	49	14:05	299	20:30	45	-	-	2:15	239	8:33	26	14:18	316	21:10	68		
16/7	don		2:43	252	8:33	49	14:47	298	21:11	49	-	-	2:56	235	9:13	26	15:00	315	21:51	72		
17/7	vry		3:24	248	9:16	51	15:34	293	21:55	54	-	-	3:37	231	9:56	28	15:47	310	22:35	77		
18/7	zat		4:09	245	10:02	55	16:25	286	22:44	62	-	-	4:22	228	10:42	32	16:38	303	23:24	85		
19/7	zon		5:01	243	10:56	62	17:25	277	23:41	70	-	-	5:14	226	11:36	39	17:38	294	0:21	93		
20/7	maa		6:03	244	12:01	70	18:36	269	-	-	-	-	6:16	227	12:41	47	18:49	286				
21/7	din		-	-	0:49	76	7:13	250	13:18	72	19:53	267	1:29	53	7:26	267	13:58	95	20:06	284		
22/7	woe		-	-	2:01	76	8:28	262	14:38	67	21:09	270	2:41	53	8:41	279	15:18	90	21:22	287		
23/7	don		-	-	3:12	71	9:36	277	15:53	55	22:17	274	3:52	48	9:49	294	16:33	78	22:30	291		

Referentievlak :LAT			Nes, Ameland LAT=NAP+172 53.4333° N, 5.7833° O N 53 25.998, E 5 46.998								Holwerd LAT=NAP+160 53.39572° N, 5.88200° O N 53 23.743, E 5 52.920											
datum	dag	maanstand	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm		
24/7	vry		-	-	4:17	162	10:35	292	16:55	43	23:16	276			4:57	139	10:48	309	17:35	66	23:29	293
25/7	zat		-	-	5:12	55	11:27	302	17:46	35	-	-			5:52	32	11:40	319	18:26	58		
26/7	zon		0:08	275	5:58	50	12:12	307	18:31	34	-	-	0:21	258	6:38	27	12:25	324	19:11	57		
27/7	maa		0:53	270	6:39	47	12:53	308	19:11	36	-	-	1:06	253	7:19	24	13:06	325	19:51	59		
28/7	din		1:33	266	7:16	44	13:31	307	19:48	41	-	-	1:46	249	7:56	21	13:44	324	20:28	64		
29/7	woe		2:08	261	7:51	43	14:07	302	20:22	47	-	-	2:21	244	8:31	20	14:20	319	21:02	70		
30/7	don		2:38	257	8:26	46	14:43	294	20:56	56	-	-	2:51	240	9:06	23	14:56	311	21:36	79		
31/7	vry		3:09	254	9:00	53	15:18	284	21:29	66	-	-	3:22	237	9:40	30	15:31	301	22:09	89		
1/8	zat		3:43	251	9:35	63	15:53	272	22:03	77	-	-	3:56	234	10:15	40	16:06	289	22:43	100		
2/8	zon		4:21	247	10:13	77	16:33	260	22:42	88	-	-	4:34	230	10:53	54	16:46	277	23:22	111		
3/8	maa		5:08	243	10:57	92	17:23	249	23:32	98	-	-	5:21	226	11:37	69	17:36	266	0:12	121		
4/8	din		6:10	242	12:01	106	18:34	242	-	-	-	-	6:23	225	12:41	83	18:47	259				
5/8	woe		-	-	0:49	104	7:27	246	13:38	108	19:59	244			1:29	81	7:40	263	14:18	131	20:12	261
6/8	don		-	-	2:12	99	8:42	259	14:54	96	21:12	252			2:52	76	8:55	276	15:34	119	21:25	269
7/8	vry		-	-	3:16	87	9:40	274	15:53	81	22:09	261			3:56	64	9:53	291	16:33	104	22:22	278
8/8	zat		-	-	4:09	75	10:29	287	16:44	67	22:59	268			4:49	52	10:42	304	17:24	90	23:12	285
9/8	zon		-	-	4:56	162	11:12	296	17:29	55	23:44	271			5:36	139	11:25	313	18:09	78	23:57	288
10/8	maa		-	-	5:40	58	11:53	303	18:12	46	-	-			6:20	35	12:06	320	18:52	69		
11/8	din		0:28	272	6:21	51	12:32	307	18:53	41	-	-	0:41	255	7:01	28	12:45	324	19:33	64		
12/8	woe		1:10	271	7:01	46	13:10	310	19:33	39	-	-	1:23	254	7:41	23	13:23	327	20:13	62		
13/8	don		1:49	268	7:40	42	13:49	309	20:12	42	-	-	2:02	251	8:20	19	14:02	326	20:52	65		
14/8	vry		2:25	265	8:18	42	14:29	305	20:50	49	-	-	2:38	248	8:58	19	14:42	322	21:30	72		
15/8	zat		3:01	262	8:58	46	15:13	297	21:31	60	-	-	3:14	245	9:38	23	15:26	314	22:11	83		
16/8	zon		3:40	259	9:42	53	16:02	284	22:15	73	-	-	3:53	242	10:22	30	16:15	301	22:55	96		
17/8	maa		4:29	255	10:32	66	17:01	270	23:10	88	-	-	4:42	238	11:12	43	17:14	287	23:50	111		
18/8	din		5:32	253	11:38	79	18:19	259	-	-	-	-	5:45	236	12:18	56	18:32	276				
19/8	woe		-	-	0:23	98	6:51	257	13:05	85	19:46	257			1:03	75	7:04	274	13:45	108	19:59	274
20/8	don		-	-	1:48	96	8:14	270	14:35	75	21:06	265			2:28	73	8:27	287	15:15	98	21:19	282
21/8	vry		-	-	3:06	83	9:25	287	15:47	57	22:13	274			3:46	60	9:38	304	16:27	80	22:26	291
22/8	zat		-	-	4:08	68	10:24	302	16:43	43	23:08	279			4:48	45	10:37	319	17:23	66	23:21	296
23/8	zon		-	-	4:58	161	11:12	310	17:30	38	23:54	278			5:38	138	11:25	327	18:10	61	0:07	295
24/8	maa		-	-	5:41	52	11:54	313	18:11	41	-	-			6:21	29	12:07	330	18:51	64		
25/8	din		0:33	275	6:19	50	12:30	311	18:47	46	-	-	0:46	258	6:59	27	12:43	328	19:27	69		
26/8	woe		1:06	272	6:52	48	13:03	307	19:19	51	-	-	1:19	255	7:32	25	13:16	324	19:59	74		
27/8	don		1:33	270	7:24	47	13:34	301	19:48	56	-	-	1:46	253	8:04	24	13:47	318	20:28	79		
28/8	vry		1:58	269	7:55	49	14:05	292	20:17	63	-	-	2:11	252	8:35	26	14:18	309	20:57	86		

Referentievlak :LAT			Nes, Ameland LAT=NAP+172 N 53 25.998, E 5 46.998 53.4333° N, 5.7833° O								Holwerd LAT=NAP+160 N 53 23.743, E 5 52.920 53.39572° N, 5.88200° O											
datum	dag	maanstand	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm		
29/8	zat		2:25	267	8:26	56	14:34	282	20:46	71	-	-	2:38	250	9:06	33	14:47	299	21:26	94		
30/8	zon		2:54	264	8:57	67	15:04	271	21:15	80	-	-	3:07	247	9:37	44	15:17	288	21:55	103		
31/8	maa		3:26	259	9:29	79	15:38	260	21:48	89	-	-	3:39	242	10:09	56	15:51	277	22:28	112		
1/9	din		4:06	254	10:09	93	16:24	249	22:31	101	-	-	4:19	237	10:49	70	16:37	266	23:11	124		
2/9	woe		5:03	248	11:02	109	17:31	238	23:33	115	-	-	5:16	231	11:42	86	17:44	255	0:13	138		
3/9	don		6:30	248	12:33	119	19:15	237	-	-	-	-	6:43	231	13:13	96	19:28	254				
4/9	vry		-	-	1:23	117	8:04	260	14:21	105	20:46	250			2:03	94	8:17	277	15:01	128	20:59	267
5/9	zat		-	-	2:47	101	9:11	278	15:26	84	21:48	264			3:27	78	9:24	295	16:06	107	22:01	281
6/9	zon		-	-	3:44	83	10:02	294	16:18	65	22:38	273			4:24	60	10:15	311	16:58	88	22:51	290
7/9	maa		-	-	4:33	162	10:46	306	17:04	52	23:24	279			5:13	139	10:59	323	17:44	75	23:37	296
8/9	din		-	-	5:17	58	11:28	313	17:47	43	-	-			5:57	35	11:41	330	18:27	66		
9/9	woe		0:07	281	5:59	50	12:09	316	18:29	40	-	-	0:20	264	6:39	27	12:22	333	19:09	63		
10/9	don		0:47	281	6:40	43	12:49	316	19:09	40	-	-	1:00	264	7:20	20	13:02	333	19:49	63		
11/9	vry		1:24	280	7:20	40	13:29	313	19:48	46	-	-	1:37	263	8:00	17	13:42	330	20:28	69		
12/9	zat		1:59	279	8:00	40	14:10	305	20:26	56	-	-	2:12	262	8:40	17	14:23	322	21:06	79		
13/9	zon		2:34	277	8:40	46	14:54	293	21:05	69	-	-	2:47	260	9:20	23	15:07	310	21:45	92		
14/9	maa		3:14	274	9:23	58	15:44	278	21:49	85	-	-	3:27	257	10:03	35	15:57	295	22:29	108		
15/9	din		4:05	269	10:15	74	16:47	261	22:44	103	-	-	4:18	252	10:55	51	17:00	278	23:24	126		
16/9	woe		5:11	265	11:26	90	18:09	251	-	-	-	-	5:24	248	12:06	67	18:22	268				
17/9	don		-	-	0:05	114	6:34	267	13:01	92	19:40	252			0:45	91	6:47	284	13:41	115	19:53	269
18/9	vry		-	-	1:39	107	7:59	280	14:27	76	20:59	264			2:19	84	8:12	297	15:07	99	21:12	281
19/9	zat		-	-	2:53	88	9:10	297	15:32	58	22:01	276			3:33	65	9:23	314	16:12	81	22:14	293
20/9	zon		-	-	3:50	71	10:06	309	16:23	47	22:51	282			4:30	48	10:19	326	17:03	70	23:04	299
21/9	maa		-	-	4:38	161	10:51	313	17:07	46	23:32	282			5:18	138	11:04	330	17:47	69	23:45	299
22/9	din		-	-	5:18	57	11:29	312	17:44	52	-	-			5:58	34	11:42	329	18:24	75		
23/9	woe		0:05	280	5:53	56	12:01	308	18:17	58	-	-	0:18	263	6:33	33	12:14	325	18:57	81		
24/9	don		0:31	280	6:25	56	12:30	303	18:45	62	-	-	0:44	263	7:05	33	12:43	320	19:25	85		
25/9	vry		0:54	281	6:55	56	12:59	297	19:12	66	-	-	1:07	264	7:35	33	13:12	314	19:52	89		
26/9	zat		1:19	281	7:24	59	13:27	288	19:40	70	-	-	1:32	264	8:04	36	13:40	305	20:20	93		
27/9	zon		1:46	279	7:54	66	13:55	278	20:06	76	-	-	1:59	262	8:34	43	14:08	295	20:46	99		
28/9	maa		2:14	275	8:23	75	14:24	268	20:34	82	-	-	2:27	258	9:03	52	14:37	285	21:14	105		
29/9	din		2:43	271	8:54	83	14:59	258	21:06	89	-	-	2:56	254	9:34	60	15:12	275	21:46	112		
30/9	woe		3:22	266	9:33	94	15:46	248	21:49	101	-	-	3:35	249	10:13	71	15:59	265	22:29	124		
1/10	don		4:16	260	10:26	108	16:52	237	22:49	116	-	-	4:29	243	11:06	85	17:05	254	23:29	139		
2/10	vry		5:35	256	11:48	118	18:37	236	-	-	-	-	5:48	239	12:28	95	18:50	253				
3/10	zat		-	-	0:22	124	7:21	266	13:41	106	20:13	249			1:02	101	7:34	283	14:21	129	20:26	266

Referentievlak :LAT			Nes, Ameland LAT=NAP+172 53.4333° N, 5.7833° O N 53 25.998, E 5 46.998								Holwerd LAT=NAP+160 53.39572° N, 5.88200° O N 53 23.743, E 5 52.920											
datum	dag	maanstand	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm		
4/10	zon		-	-	2:08	109	8:33	284	14:50	83	21:16	265			2:48	86	8:46	301	15:30	106	21:29	282
5/10	maa		-	-	3:10	89	9:27	301	15:44	64	22:08	277			3:50	66	9:40	318	16:24	87	22:21	294
6/10	din		-	-	4:01	72	10:14	312	16:32	51	22:53	284			4:41	49	10:27	329	17:12	74	23:06	301
7/10	woe		-	-	4:48	161	10:59	318	17:17	45	23:36	287			5:28	138	11:12	335	17:57	68	23:49	304
8/10	don		-	-	5:33	50	11:43	320	18:01	44	-	-			6:13	27	11:56	337	18:41	67		
9/10	vry		0:17	290	6:16	44	12:26	317	18:42	47	-	-	0:30	273	6:56	21	12:39	334	19:22	70		
10/10	zat		0:55	291	6:58	41	13:09	310	19:22	54	-	-	1:08	274	7:38	18	13:22	327	20:02	77		
11/10	zon		1:31	292	7:40	43	13:53	300	20:02	64	-	-	1:44	275	8:20	20	14:06	317	20:42	87		
12/10	maa		2:10	291	8:23	50	14:39	286	20:42	77	-	-	2:23	274	9:03	27	14:52	303	21:22	100		
13/10	din		2:54	288	9:10	63	15:32	270	21:27	93	-	-	3:07	271	9:50	40	15:45	287	22:07	116		
14/10	woe		3:48	283	10:05	80	16:37	255	22:25	109	-	-	4:01	266	10:45	57	16:50	272	23:05	132		
15/10	don		4:54	278	11:18	93	17:56	247	23:45	117	-	-	5:07	261	11:58	70	18:09	264	0:25	140		
16/10	vry		6:14	279	12:47	92	19:23	250	-	-	-	-	6:27	262	13:27	69	19:36	267				
17/10	zat		-	-	1:16	109	7:36	288	14:05	78	20:39	263			1:56	86	7:49	305	14:45	101	20:52	280
18/10	zon		-	-	2:27	92	8:45	300	15:06	64	21:37	274			3:07	69	8:58	317	15:46	87	21:50	291
19/10	maa		-	-	3:23	77	9:40	308	15:55	58	22:24	281			4:03	54	9:53	325	16:35	81	22:37	298
20/10	din		-	-	4:10	68	10:23	309	16:37	59	23:01	283			4:50	45	10:36	326	17:17	82	23:14	300
21/10	woe		-	-	4:50	162	10:59	306	17:12	64	23:30	284			5:30	139	11:12	323	17:52	87	23:43	301
22/10	don		-	-	5:25	66	11:30	301	17:43	69	23:54	287			6:05	43	11:43	318	18:23	92	0:07	304
23/10	vry		-	-	5:57	66	11:59	296	18:11	71	-	-			6:37	43	12:12	313	18:51	94		
24/10	zat		0:19	290	6:27	67	12:28	290	18:39	72	-	-	0:32	273	7:07	44	12:41	307	19:19	95		
25/10	zon		0:48	290	6:57	71	12:57	281	19:07	75	-	-	1:01	273	7:37	48	13:10	298	19:47	98		
26/10	maa		1:16	288	6:27	76	12:26	272	18:34	79	-	-	1:29	271	7:07	53	12:39	289	19:14	102		
27/10	din		0:43	284	6:56	82	12:57	264	19:03	83	-	-	0:56	267	7:36	59	13:10	281	19:43	106		
28/10	woe		1:15	281	7:29	88	13:35	255	19:38	89	-	-	1:28	264	8:09	65	13:48	272	20:18	112		
29/10	don		1:56	277	8:10	95	14:25	246	20:22	99	-	-	2:09	260	8:50	72	14:38	263	21:02	122		
30/10	vry		2:50	272	9:06	104	15:31	238	21:22	111	-	-	3:03	255	9:46	81	15:44	255	22:02	134		
31/10	zat		4:02	269	10:23	109	17:04	238	22:43	117	-	-	4:15	252	11:03	86	17:17	255	23:23	140		
1/11	zon		5:34	275	11:54	99	18:30	249	-	-	-	-	5:47	258	12:34	76	18:43	266				
2/11	maa		-	-	0:15	108	6:48	289	13:06	81	19:34	263			0:55	85	7:01	306	13:46	104	19:47	280
3/11	din		-	-	1:26	91	7:47	303	14:04	65	20:29	275			2:06	68	8:00	320	14:44	88	20:42	292
4/11	woe		-	-	2:24	74	8:39	312	14:56	55	21:17	285			3:04	51	8:52	329	15:36	78	21:30	302
5/11	don		-	-	3:16	161	9:28	317	15:45	52	22:03	291			3:56	138	9:41	334	16:25	75	22:16	308
6/11	vry		-	-	4:06	53	10:17	316	16:32	52	22:46	296			4:46	30	10:30	333	17:12	75	22:59	313
7/11	zat		-	-	4:53	47	11:05	311	17:16	55	23:27	300			5:33	24	11:18	328	17:56	78	23:40	317
8/11	zon		-	-	5:39	45	11:52	302	17:59	61	-	-			6:19	22	12:05	319	18:39	84		

Referentievlak :LAT			Nes, Ameland LAT=NAP+172 N 53 25.998, E 5 46.998 53.4333° N, 5.7833° O								Holwerd LAT=NAP+160 N 53 23.743, E 5 52.920 53.39572° N, 5.88200° O											
datum	dag	maanstand	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm		
9/11	maa		0:08	302	6:25	47	12:39	290	18:41	69	-	-	0:21	285	7:05	24	12:52	307	19:21	92		
10/11	din		0:51	303	7:11	54	13:29	277	19:24	79	-	-	1:04	286	7:51	31	13:42	294	20:04	102		
11/11	woe		1:39	300	8:00	65	14:22	263	20:11	90	-	-	1:52	283	8:40	42	14:35	280	20:51	113		
12/11	don		2:33	295	8:55	78	15:23	252	21:07	101	-	-	2:46	278	9:35	55	15:36	269	21:47	124		
13/11	vry		3:34	290	10:00	88	16:31	246	22:15	109	-	-	3:47	273	10:40	65	16:44	263	22:55	132		
14/11	zat		4:44	287	11:14	91	17:47	248	23:34	107	-	-	4:57	270	11:54	68	18:00	265	0:14	130		
15/11	zon		5:59	289	12:25	86	18:58	256	-	-	-	-	6:12	272	13:05	63	19:11	273				
16/11	maa		-	-	0:45	98	7:06	293	13:26	79	19:57	266			1:25	75	7:19	310	14:06	102	20:10	283
17/11	din		-	-	1:45	87	8:02	297	14:16	74	20:43	274			2:25	64	8:15	314	14:56	97	20:56	291
18/11	woe		-	-	2:35	80	8:48	297	14:59	74	21:21	280			3:15	57	9:01	314	15:39	97	21:34	297
19/11	don		-	-	3:18	76	9:26	294	15:36	75	21:52	286			3:58	53	9:39	311	16:16	98	22:05	303
20/11	vry		-	-	3:56	75	10:00	291	16:09	76	22:22	291			4:36	52	10:13	308	16:49	99	22:35	308
21/11	zat		-	-	4:31	76	10:33	287	16:41	76	22:54	295			5:11	53	10:46	304	17:21	99	23:07	312
22/11	zon		-	-	5:05	76	11:06	282	17:12	76	23:25	295			5:45	53	11:19	299	17:52	99	23:38	312
23/11	maa		-	-	5:38	78	11:38	275	17:42	77	23:56	294			6:18	55	11:51	292	18:22	100	0:09	311
24/11	din		-	-	6:09	81	12:10	268	18:12	79	-	-			6:49	58	12:23	285	18:52	102		
25/11	woe		0:25	291	6:42	84	12:44	260	18:44	82	-	-	0:38	274	7:22	61	12:57	277	19:24	105		
26/11	don		0:59	290	7:17	87	13:25	253	19:22	85	-	-	1:12	273	7:57	64	13:38	270	20:02	108		
27/11	vry		1:42	287	8:01	89	14:15	247	20:08	90	-	-	1:55	270	8:41	66	14:28	264	20:48	113		
28/11	zat		2:35	285	8:55	92	15:15	242	21:05	97	-	-	2:48	268	9:35	69	15:28	259	21:45	120		
29/11	zon		3:36	283	10:00	94	16:27	242	22:12	100	-	-	3:49	266	10:40	71	16:40	259	22:52	123		
30/11	maa		4:48	284	11:11	89	17:42	248	23:27	97	-	-	5:01	267	11:51	66	17:55	265	0:07	120		
1/12	din		6:02	290	12:21	80	18:47	258	-	-	-	-	6:15	273	13:01	57	19:00	275				
2/12	woe		-	-	0:40	87	7:06	298	13:23	70	19:46	270			1:20	64	7:19	315	14:03	93	19:59	287
3/12	don		-	-	1:45	75	8:06	304	14:21	63	20:41	282			2:25	52	8:19	321	15:01	86	20:54	299
4/12	vry		-	-	2:46	64	9:02	306	15:15	61	21:32	292			3:26	41	9:15	323	15:55	84	21:45	309
5/12	zat		-	-	3:43	161	9:57	304	16:07	61	22:21	300			4:23	138	10:10	321	16:47	84	22:34	317
6/12	zon		-	-	4:36	51	10:51	299	16:56	62	23:08	306			5:16	28	11:04	316	17:36	85	23:21	323
7/12	maa		-	-	5:27	48	11:42	290	17:42	64	23:53	309			6:07	25	11:55	307	18:22	87	0:06	326
8/12	din		-	-	6:15	49	12:32	281	18:26	67	-	-			6:55	26	12:45	298	19:06	90		
9/12	woe		0:38	310	7:02	53	13:21	270	19:11	71	-	-	0:51	293	7:42	30	13:34	287	19:51	94		
10/12	don		1:25	308	7:49	60	14:09	261	19:56	76	-	-	1:38	291	8:29	37	14:22	278	20:36	99		
11/12	vry		2:15	303	8:38	69	14:59	253	20:43	83	-	-	2:28	286	9:18	46	15:12	270	21:23	106		
12/12	zat		3:08	297	9:29	80	15:52	248	21:36	92	-	-	3:21	280	10:09	57	16:05	265	22:16	115		
13/12	zon		4:05	289	10:26	89	16:49	245	22:36	99	-	-	4:18	272	11:06	66	17:02	262	23:16	122		
14/12	maa		5:07	282	11:27	94	17:51	247	23:46	101	-	-	5:20	265	12:07	71	18:04	264	0:26	124		

Referentievlak :LAT			Nes, Ameland LAT=NAP+172 N 53 25.998, E 5 46.998 53.4333° N, 5.7833° O								Holwerd LAT=NAP+160 N 53 23.743, E 5 52.920 53.39572° N, 5.88200° O											
datum	dag	maanstand	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm		
15/12	din		6:12	278	12:29	94	18:55	253	-	-	-	-	6:25	261	13:09	71	19:08	270				
16/12	woe		-	-	0:53	99	7:14	277	13:25	91	19:51	263			1:33	76	7:27	294	14:05	114	20:04	280
17/12	don		-	-	1:52	93	8:08	278	14:15	87	20:37	273			2:32	70	8:21	295	14:55	110	20:50	290
18/12	vry		-	-	2:43	88	8:54	278	14:59	83	21:18	283			3:23	65	9:07	295	15:39	106	21:31	300
19/12	zat		-	-	3:28	83	9:34	278	15:40	80	21:56	290			4:08	60	9:47	295	16:20	103	22:09	307
20/12	zon		-	-	4:09	80	10:13	277	16:17	77	22:33	295			4:49	57	10:26	294	16:57	100	22:46	312
21/12	maa		-	-	4:47	78	10:51	275	16:53	75	23:08	297			5:27	55	11:04	292	17:33	98	23:21	314
22/12	din		-	-	5:24	76	11:27	271	17:28	73	23:41	298			6:04	53	11:40	288	18:08	96	23:54	315
23/12	woe		-	-	6:00	75	12:03	267	18:02	72	-	-			6:40	52	12:16	284	18:42	95		
24/12	don		0:13	299	6:36	74	12:40	262	18:37	72	-	-	0:26	282	7:16	51	12:53	279	19:17	95		
25/12	vry		0:48	299	7:14	73	13:19	257	19:15	72	-	-	1:01	282	7:54	50	13:32	274	19:55	95		
26/12	zat		1:30	298	7:55	74	14:02	253	19:59	73	-	-	1:43	281	8:35	51	14:15	270	20:39	96		
27/12	zon		2:16	296	8:41	75	14:50	249	20:47	75	-	-	2:29	279	9:21	52	15:03	266	21:27	98		
28/12	maa		3:08	292	9:32	77	15:44	247	21:43	79	-	-	3:21	275	10:12	54	15:57	264	22:23	102		
29/12	din		4:07	288	10:32	80	16:48	248	22:46	82	-	-	4:20	271	11:12	57	17:01	265	23:26	105		
30/12	woe		5:16	284	11:38	81	17:58	254	23:59	82	-	-	5:29	267	12:18	58	18:11	271	0:39	105		
31/12	don		6:29	183	12:45	78	19:07	264	18:01	259			6:42	166	13:25	55	19:20	281	18:41	282		