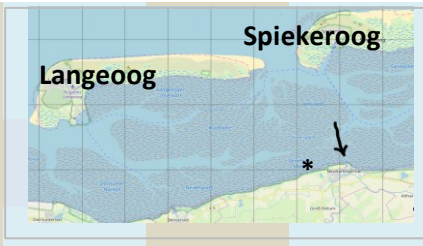
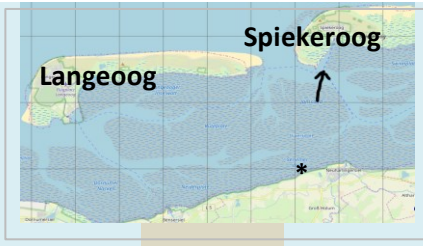


		Bensersiel								Neuharlingersiel								Spiekeroog													
		53°41,390" N 7°33.400" E								53°42'0.0"N, 7°42'0.0"E								53°44'57"N 7°40'55"E													
Referentievlak :LAT		bron: https://gezeitenfisch.com/																													
datum	dag	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm						
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2-1	maa			1:28	90	7:42	340	14:09	90	20:23	320			01:40	73	07:41	343	14:14	66	20:21	312			01:32	73	07:40	333	14:06	66	20:20	302
3-1	din			2:39	90	8:53	330	15:27	90	21:31	320			02:44	68	08:49	330	15:18	65	21:30	313			02:36	68	08:48	320	15:10	65	21:29	303
4-1	woe			4:03	90	10:03	330	16:34	80	22:32	330			04:01	60	10:00	323	16:33	63	22:28	319			03:53	60	09:59	313	16:25	63	22:27	309
5-1	don			5:03	80	11:02	330	17:25	80	23:23	340			05:07	52	10:58	321	17:26	62	23:15	326			04:59	52	10:57	311	17:18	62	23:14	316
6-1	vry			5:52	70	11:51	330	18:08	80					05:54	51	11:45	325	18:06	67	23:53	335			05:46	51	11:44	315	17:58	67	23:52	325
7-1	zat	01:08 VM	0:06 340	6:35 70	12:33 320	18:45 90	0:44 340							06:32 57	12:24 331	18:41 74	00:26 348							06:24 57	12:23 321	18:33 74	00:25 338				
8-1	zon		0:44 340	7:13 70	13:10 320	19:17 90				00:26 348	07:06 67	12:58 341	19:14 81	00:59 360	00:25 338	06:58 67	12:57 331	19:06 81	00:58 350							06:58 67	12:57 331	19:06 81	00:58 350		
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12-1	don		2:44 350	9:11 80	15:10 310	21:09 80				02:38 367	09:16 78	15:13 336	21:20 96		02:37 357	09:08 78	15:12 326	21:12 96									15:12 326	21:12 96			
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17-1	din			0:31 100	6:51 320	13:19 100	19:32 310				00:14 94	06:14 332	12:53 86	18:57 317		00:06 94	06:13 322	12:45 86	18:56 307								06:13 322	12:45 86	18:56 307		
18-1	woe			1:48 100	8:02 320	14:28 100	20:38 320				01:21 99	07:21 325	14:03 89	20:13 320		01:13 99	07:20 315	13:55 89	20:12 310								07:20 315	13:55 89	20:12 310		
19-1	don			3:02 100	9:10 330	15:37 90	21:42 330				02:42 94	08:43 324	15:20 82	21:31 330		02:34 94	08:42 314	15:12 82	21:30 320								08:42 314	15:12 82	21:30 320		
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21-1	zat	21:53 NM		5:23 70	11:22 340	17:47 70	23:42 350				05:09 57	11:12 336	17:34 56	23:32 353		05:01 57	11:11 326	17:26 56	23:31 343								11:11 326	17:26 56	23:31 343		
22-1	zon			6:22 50	12:20 340	18:42 70					06:16 37	12:11 340	18:36 45	00:25 361		06:08 37	12:10 330	18:28 45	00:24 351								12:10 330	18:28 45	00:24 351		
23-1	maa		0:35 360	7:15 40	13:11 340	19:31 60				00:25 361	07:16 21	13:06 341	19:31 36		00:24 351	07:08 21	13:05 331	19:23 36									13:05 331	19:23 36			
24-1	din		1:24 370	8:02 40	13:58 340	20:16 60				01:15 367	08:08 13	13:56 339	20:20 33		01:14 357	08:00 13	13:55 329	20:12 33									13:55 329	20:12 33			
25-1	woe		2:09 380	8:46 30	14:41 350	20:58 50				02:04 373	08:56 15	14:43 335	21:05 35		02:03 363	08:48 15	14:42 325	20:57 35									14:42 325	20:57 35			
26-1	don		2:52 380	9:28 40	15:22 350	21:38 50				02:50 375	09:40 24	15:27 331	21:47 39		02:49 365	09:32 24	15:26 321	21:39 39									15:26 321	21:39 39			
27-1	vry		3:35 380	10:09 40	16:04 340	22:20 60				03:35 373	10:20 37	16:10 325	22:27 45		03:34 363	10:12 37	16:09 315	22:19 45									16:09 315	22:19 45			
28-1	zat	16:19 EK	4:20 380	10:51 50	16:49 340	23:03 70				04:21 365	11:00 47	16:52 318	23:08 50		04:20 355	10:52 47	16:51 308	23:00 50									16:51 308	23:00 50			
29-1	zon		5:08 360	11:35 70	17:37 330	23:51 80				05:08 351	11:42 56	17:36 310	23:55 55		05:07 341	11:34 56	17:35 300	23:47 55									17:35 300	23:47 55			
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31-1	din			0:45 90	6:59 330	13:19 100	19:33 310				00:53 61	06:58 313	13:26 71	19:25 294		00:45 61	06:57 303	13:18 71	19:24 284								06:57 303	13:18 71	19:24 284		
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4-2	zat			5:37 80	11:35 320	17:52 90	23:48 340				05:35 58	11:31 328	17:48 72	23:36 344		05:27 58	11:30 318	17:40 72	23:35 334								11:30 318	17:40 72	23:35 334		
5-2	zon	19:28 VM		6:20 80	12:17 320	18:30 90					06:15 62	12:08 337	18:26 74	00:11 355		06:07 62	12:07 327	18:18 74	00:10 345												

Referentievlak :LAT lw

		bron: https://gezeitenfisch.com/																							
datum	dag	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm
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11-2	zat	2:56	350	9:25	70	15:20	330	21:30	70					02:48	352	09:24	47	15:17	328	21:31	58			02:47	342
12-2	zon	3:31	350	9:59	70	15:55	320	22:07	80					03:21	348	09:53	51	15:49	326	22:03	61			03:20	338
13-2	maa	4:11	340	10:39	80	16:37	320	22:51	90					04:00	343	10:26	60	16:27	324	22:42	68			03:59	333
14-2	din	5:01	330	11:29	100	17:36	310	23:50	100					04:45	336	11:09	73	17:14	321	23:34	80			04:44	326
15-2	woe	6:14	310	12:36	110	18:53	300							05:39	326	12:06	86	18:13	316	00:40	89			05:38	316
16-2	don			1:13	110	7:33	310	13:53	120	20:07	310					00:40	89	06:46	314	13:21	94	19:29	313		
17-2	vry			2:35	100	8:50	310	15:10	110	21:18	320					02:10	87	08:17	310	14:55	86	21:03	321		
18-2	zat			4:00	90	10:06	320	16:32	100	22:27	340					03:43	68	09:53	317	16:14	68	22:19	337		
19-2	zon			5:15	70	11:13	330	17:38	80	23:30	350					05:01	44	11:04	330	17:26	50	23:20	353		
20-2	maa			6:12	50	12:10	340	18:32	60							06:10	22	12:02	340	18:28	34	00:13	365		
21-2	din	0:24	370	7:02	30	12:59	350	19:19	50					00:13	365	07:05	8	12:53	344	19:19	23			00:12	355
22-2	woe	1:11	380	7:47	30	13:43	350	20:01	40					01:01	373	07:52	5	13:39	343	20:04	19			01:00	363
23-2	don	1:54	390	8:27	30	14:21	350	20:40	40					01:47	378	08:35	10	14:21	340	20:45	20			01:46	368
24-2	vry	2:33	390	9:05	30	14:58	350	21:16	40					02:29	376	09:13	20	14:59	335	21:21	22			02:28	366
25-2	zat	3:12	380	9:41	40	15:36	350	21:52	50					03:08	368	09:46	30	15:34	328	21:53	26			03:07	358
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28-2	din	5:23	330	11:37	100	17:47	320							05:16	312	11:29	65	17:33	300	23:56	57			05:15	302
1-3	woe			0:03	100	6:18	310	12:28	120	18:45	310			06:12	295	12:29	85	18:31	292	01:08	74			06:11	285
2-3	don			1:07	110	7:28	290	13:34	130	19:58	300					01:08	74	07:20	286	13:44	100	19:46	294		
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8-3	woe	0:30	350	7:00	70	7:00	330	19:09	70	19:09	0			00:20	358	06:59	48	12:48	341	19:10	51	00:53	355	00:19	348
9-3	don	1:02	350	7:31	60	7:31	330	19:41	70	19:41	0			00:53	355	07:31	37	13:22	340	19:42	42			00:52	345
10-3	vry	1:33	360	8:02	60	8:02	330	20:12	70	20:12	0			01:26	352	08:03	30	13:55	338	20:13	37			01:25	342
11-3	zat	2:04	360	8:32	60	8:32	330	20:43	70	20:43	0			01:58	349	08:32	30	14:24	335	20:42	37			01:57	339
12-3	zon	2:37	350	9:03	70	9:03	330	21:14	70	21:14	0			02:28	346	08:59	36	14:51	334	21:09	42			02:27	336
13-3	maa	3:12	350	9:35	70	9:35	330	21:48	80	21:48	0			03:00	344	09:25	46	15:20	334	21:39	49			02:59	334
14-3	din	3:51	330	10:11	90	10:11	320	22:29	90	22:29	0			03:36	338	09:56	59	15:57	333	22:17	59			03:35	328
15-3	woe	4:38	320	10:55	100	10:55	310	23:25	100	23:25	0			04:20	328	10:37	73	16:44	326	23:08	72			04:19	318
16-3	don	5:50	300	12:00	120	12:00	300				0			05:17	313	11:35	89	17:45	316	00:20	82			05:16	303
17-3	vry			0:52	110	7:14	290	13:27	130	19:43	310					00:20	82	06:33	298	12:59	97	19:11	311		
18-3	zat			2:18	110	8:37	300	14:51	120	21:00	320					02:09	76	08:18	299	14:46	86	20:52	323		
19-3	zon			3:49	90	9:54	310	16:20	100	22:12	340					03:37	53	09:46	315	16:05	64	22:05	344		
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21-3	din			5:55	40	11:53	350	18:14	50							05:56	15	11:45	343	18:13	30	23:55	372		
22-3	woe	0:06	380	6:42	30	6:42	350	18:59	40	18:59	0					06:47	8	12:33	346	19:01	21	00:41	376		
23-3	don	0:53	380	7:24	20	7:24	360	19:40	40	19:40	0			00:41	376	07:30	9	13:15	344	19:42	16			00:40	366
24-3	vry	1:33	380	8:03	30	8:03	360	20:17	40	20:17	0			01:23	373	08:08	14	13:53	340	20:19	14			01:22	363
25-3	zat	2:11	380	8:38	40	8:38	360	20:51	40	20:51	0			02:02	365	08:41	20	14:26	336	20:51	14			02:01	355

Referentievlak :LAT lw

bron: https://gezeitenfisch.com/																													
HW		cm	lw		cm	HW		cm	lw		cm	HW		cm	lw		cm	HW		cm	lw		cm	HW		cm			
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		0:22	100	6:41	300	12:35	120	19:02	310			00:11	60	06:30	296	12:32	102			00:03	60	06:29	286	12:24	102	18:41	299		
		1:25	120	7:46	280	13:42	140	20:08	300			01:17	90	07:34	292	13:46	123			01:09	90	07:33	282	13:38	123	19:54	301		
		2:50	120	9:26	280	15:08	140	21:37	300			02:43	100	08:57	297	15:27	127			02:35	100	08:56	287	15:19	127	21:29	314		
		4:56	110	10:45	290	17:11	120	22:52	320			04:31	90	10:37	314	16:59	108			04:23	90	10:36	304	16:51	108	22:43	334		
		5:41	90	11:34	310	17:53	100	23:38	330			05:31	70	11:28	329	17:49	86			05:23	70	11:27	319	17:41	86	23:32	344		
		6:17	80	12:12	320	18:29	90					06:15	60	12:07	335	18:30	66	00:13	355			06:07	60	12:06	325	18:22	66	00:12	345
0:17	340	6:51	60	6:51	330	19:04	70	19:04		00:13	355	06:52	40	12:43	337	19:07	50	00:12	345	06:44	40	12:42	327	18:59	50	00:49	340		
0:54	350	7:25	60	7:25	340	19:40	60	19:40		00:50	350	07:28	30	13:18	338	19:42	38	00:49	340	07:20	30	13:17	328	19:34	38				
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		0:21	100	6:41	290	12:44	120	19:06	310			00:02	60	06:17	298	12:25	87	06:16	288	12:17	80	18:39	311	01:21	70				
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		4:28	70	10:33	320	16:56	90	22:50	350			04:24	40	10:30	320	16:47	59			04:16	40	10:29	310	16:39	59	22:44	347		
		5:37	50	11:35	340	18:00	70	23:51	370			05:36	20	11:32	336	17:57	44			05:28	20	11:31	326	17:49	44	23:42	359		
		6:30	30	12:29	350	18:50	50					06:36	10	12:24	343	18:53	32			06:28	10	12:23	333	18:45	32	00:33	361		
0:44	370	7:17	30	7:17	350	19:36	40	19:36		00:34	371	07:24	10	13:09	342	19:39	23	00:33	361	07:16	10	13:08	332	19:31	23				
1:30	370	7:59	30	7:59	360	20:16	40	20:16		01:19	366	08:05	10	13:49	339	20:20	16	01:18	356	07:57	10	13:48	329	20:12	16				
2:11	370	8:36	40	8:36	350	20:53	40	20:53		02:00	358	08:41	10	14:24	337	20:55	11	01:59	348	08:33	10	14:23	327	20:47	11				
2:48	360	9:09	60	9:09	350	21:26	50	21:26		02:39	349	09:10	20	14:55	338	21:24	11	02:38	339	09:02	20	14:54	328	21:16	11				
3:24	350	9:38	70	9:38	350	21:58	60	21:58		03:15	340	09:33	20	15:26	339	21:50	17	03:14	330	09:25	20	15:25	329	21:42	17				
4:00	340	10:05	80	10:05	350	22:30	70	22:30		03:52	331	10:00	40	15:59	339	22:21	32	03:51	321	09:52	40	15:58	329	22:13	32				
4:39	330	10:33	90	10:33	340	23:05	80	23:05		04:30	323	10:33	60	16:35	337	22:58	55	04:29	313	10:25	60	16:34	327	22:50	55				
5:20	310	11:07	100	11:07	330	23:48	100	23:48		05:11	316	11:10	80	17:15	336	23:43	80	05:10	306	11:02	80	17:14	326	23:35	80				
6:08	290	11:50	120	11:50	320					05:58	310	11:56	110	18:05	335	00:42	100	05:57	300	11:48	110	18:04	325	00:34	100				
		0:46	110	7:05	280	12:50	130	19:22	310			00:42	100	06:57	307	12:58	130			00:34	100	06:56	297	12:50	130	19:09	325		
		1:59	120	8:15	280	14:10	140	20:28	310			01:56	100	08:07	309	14:14	130			01:48	100	08:06	299	14:06	130	20:31	329		
		3:17	110	9:36	290	15:31	130	21:38	320			03:23	90	09:25	316	15:54	112			03:15	90	09:24	306	15:46	112	21:47	336		
		4:33	100	10:36	310	16:47	110	22:38	330			04:36	70	10:31	326	17:00	85			04:28	70	10:30	316	16:52	85	22:44	340		
		5:22	80	11:21	320	17:40	90	23:28	350			05:27	50	11:21	333	17:48	62			05:19	50	11:20	323	17:40	62	23:31	338		
		6:05	60	12:04	340	18:25	70					06:09	30	12:04	338	18:30	46	00:15	345			06:01	30	12:03	328	18:22	46	00:14	335
0:14	360	6:47	50	12:45	350	19:08	60	0:58	360	00:15	345	06:49	20	12:44	341	19:09	36	00:14	335	06:41	20	12:43	331	19:01	36	00:54	334		
0:58	360	7:28	50	13:25	350	19:49	60			00:55	344	07:28	20	13:23	345	19:48	31	00:54	334	07:20	20	13:22	335	19:40	31				
1:41	360	8:08	50	14:03	350	20:29	60			01:35	345	08:06	20	14:00	350	20:26	31	01:34	335	07:58	20	13:59	340	20:18	31				
2:22	350	8:45	60	14:41	350	21:07	60			02:14	346	08:41	30	14:34	353	21:02	32	02:13	336	08:33	30	14:33	343	20:54	32				

Referentievlak :LAT lw

		bron: https://gezeitenfisch.com																					
datum	dag	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	HW	cm	lw	cm	HW	cm	lw	cm
9-5	din	3:02	340	9:21	70	15:18	340	21:46	70					02:54	343	09:15	40	15:09	355	21:38	35		
10-5	woe	3:45	330	9:57	80	15:59	340	22:27	70					03:36	334	09:49	40	15:48	354	22:17	39		
11-5	don	4:32	320	10:37	100	16:46	340	23:19	80					04:22	321	10:29	50	16:34	349	23:06	45		
12-5	vry	5:28	310	11:29	110	17:45	330			0:24	90			05:19	308	11:19	60	17:30	343	00:13	50		
13-5	zat			0:24	90	6:34	300	12:41	110	18:53	330					00:13	50	06:27	300	12:28	74	18:41	340
14-5	zon			1:33	90	7:45	300	13:53	110	20:04	340					01:42	50	07:41	302	13:58	74	20:00	345
15-5	maa			2:42	80	8:56	310	15:04	100	21:14	350					02:53	40	08:53	311	15:12	66	21:12	355
16-5	din			3:55	70	10:03	320	16:21	90	22:22	360					03:57	30	10:03	323	16:19	57	22:18	362
17-5	woe			5:06	50	11:05	340	17:30	70	23:24	360					05:07	30	11:05	331	17:29	47	23:18	362
18-5	don			6:02	40	12:00	350	18:25	50							06:09	20	11:58	334	18:29	35	00:11	356
19-5	vry	0:19	360	6:50	40	12:48	350	19:11	50					00:11	356	06:58	20	12:43	333	19:17	24	00:58	347
20-5	zat	1:07	360	7:33	50	13:30	350	19:53	50					00:58	347	07:39	20	13:23	332	19:58	17		
21-5	zon	1:50	350	8:10	60	14:07	350	20:32	60					01:40	340	08:13	20	13:57	335	20:32	15		
22-5	maa	2:28	340	8:43	70	14:42	350	21:06	60					02:19	336	08:41	30	14:29	341	21:01	21		
23-5	din	3:04	330	9:11	80	15:16	350	21:38	70					02:56	336	09:07	40	15:01	348	21:29	33		
24-5	woe	3:41	320	9:37	90	15:50	350	22:10	80					03:33	336	09:39	50	15:37	352	22:02	52		
25-5	don	4:18	310	10:05	90	16:25	340	22:43	90					04:11	334	10:14	80	16:13	355	22:41	73		
26-5	vry	4:55	300	10:38	100	17:02	340	23:22	90					04:50	330	10:50	100	16:52	356	23:24	88		
27-5	zat	5:37	300	11:19	110	17:45	330			0:10	100			05:34	325	11:32	110	17:36	354	00:15	90		
28-5	zon			0:10	100	6:25	290	12:10	120	18:37	320					00:15	90	06:24	320	12:24	119	18:30	350
29-5	maa			1:11	110	7:22	290	13:18	120	19:38	320					01:13	90	07:23	316	13:24	113	19:34	345
30-5	din			2:15	100	8:26	300	14:31	120	20:42	330					02:16	80	08:29	317	14:31	101	20:47	340
31-5	woe			3:18	90	9:29	310	15:41	100	21:44	340					03:23	60	09:34	322	15:46	85	21:51	338
1-6	don			4:20	80	10:27	330	16:46	90	22:42	350					04:25	50	10:31	329	16:54	68	22:46	338
2-6	vry			5:17	60	11:19	340	17:45	70	23:37	350					05:18	40	11:22	338	17:47	55	23:36	340
3-6	zat			6:10	60	12:08	350	18:37	60							06:07	40	12:08	345	18:34	46	00:24	344
4-6	zon	0:28	350	6:58	60	12:55	350	19:25	60					00:24	344	06:53	30	12:52	352	19:20	40		
5-6	maa	1:18	350	7:43	60	13:40	350	20:11	60					01:11	346	07:38	30	13:34	357	20:06	35		
6-6	din	2:06	340	8:26	70	14:23	350	20:56	60					01:58	345	08:22	30	14:15	360	20:51	31		
7-6	woe	2:52	330	9:08	80	15:06	350	21:41	60					02:45	340	09:04	40	14:57	362	21:37	29		
8-6	don	3:39	320	9:50	80	15:51	350	22:28	60					03:35	331	09:47	40	15:42	362	22:26	29		
9-6	vry	4:28	320	10:36	90	16:41	350	23:20	70					04:26	321	10:32	40	16:32	361	23:21	32		
10-6	zat	5:21	320	11:30	90	17:36	350			0:16	70			05:21	315	11:25	50	17:29	360	00:23	30		
11-6	zon			0:16	70	6:19	310	12:29	90	18:36	350					00:23	30	06:20	312	12:29	59	18:32	360
12-6	maa			1:13	70	7:20	310	13:30	90	19:39	350					01:26	30	07:21	314	13:38	61	19:38	360
13-6	din			2:12	70	8:23	320	14:32	90	20:44	350					02:26	40	08:23	316	14:43	60	20:43	358
14-6	woe			3:16	70	9:28	320	15:41	90	21:50	350					03:24	40	09:28	318	15:46	56	21:47	352
15-6	don			4:27	70	10:31	330	16:57	80	22:56	350					04:26	40	10:33	320	16:56	49	22:51	343
16-6	vry			5:32	60	11:30	340	17:59	70	23:55	350					05:36	40	11:29	322	18:04	37	23:50	335
17-6	zat			6:24	60	12:22	340	18:50	60							06:30	30	12:17	325	18:55	28	00:40	330
18-6	zon	0:47	340	7:09	70	13:08	350	19:35	60					00:40	330	07:13	30	12:58	329	19:38	26		
19-6	maa	1:33	330	7:49	80	13:48	350	20:16	70					01:24	329	07:50	40	13:35	337	20:14	32		
20-6	din	2:13	320	8:24	80	14:24	350	20:53	70					02:03	334	08:22	50	14:09	347	20:46	44		
21-6	woe	2:50	320	8:54	90	14:58	350	21:26	80					02:40	340	08:53	60	14:43	357	21:16	57		

Referentievlak :LAT lw

		bron: https://gezeitenfisch.com/																			
datum	dag	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	HW	cm	lw	cm	HW	cm
22-6	don	3:25	310	9:20	90	15:32	350	21:57	80					03:16	345	09:25	70	15:18	365	21:50	70
23-6	vry	3:59	310	9:47	90	16:03	340	22:27	90					03:52	345	09:59	90	15:53	368	22:26	79
24-6	zat	4:32	300	10:18	90	16:35	340	22:59	90					04:29	341	10:34	90	16:29	367	23:04	82
25-6	zon	5:05	300	10:54	100	17:11	340	23:38	90					05:08	333	11:10	100	17:07	362	23:46	80
26-6	maa 09:50 EK	5:45	300	11:39	100	17:55	330		0:26 90	05:50	325	11:52	90	17:52	353	00:31	70			05:49	315
27-6	din			0:26	90	6:35	300	12:33	100	18:51	330			00:31	70	06:36	318	12:42	96	18:43	343
28-6	woe			1:24	90	7:36	300	13:41	110	19:56	330			01:22	70	07:30	315	13:38	93	19:41	334
29-6	don			2:27	90	8:40	310	14:52	100	21:02	330			02:19	70	08:32	317	14:42	91	20:48	329
30-6	vry			3:32	80	9:42	320	16:01	90	22:05	340			03:22	70	09:38	325	15:54	85	21:56	331
1-7	zat			4:35	80	10:40	330	17:08	80	23:06	340			04:27	60	10:40	336	17:03	74	22:59	337
2-7	zon			5:36	70	11:37	340	18:10	70					05:27	60	11:35	348	18:03	61	23:58	343
3-7	maa 13:39 VM	0:05	340	6:33	70	12:30	350	19:07	60					06:24	50	12:27	357	19:00	48	00:55	345
4-7	din	1:02	340	7:26	70	13:22	350	20:00	60					00:55	345	07:19	40	13:16	362	19:56	36
5-7	woe	1:56	330	8:15	70	14:10	360	20:49	50					01:50	343	08:12	40	14:03	365	20:50	26
6-7	don	2:45	330	9:02	70	14:57	360	21:37	50					02:42	338	09:03	40	14:51	368	21:42	20
7-7	vry	3:32	330	9:47	70	15:43	370	22:23	50					03:33	333	09:51	30	15:39	372	22:32	20
8-7	zat	4:18	330	10:33	70	16:31	370	23:09	50					04:22	329	10:37	40	16:29	375	23:20	25
9-7	zon	5:06	330	11:19	70	17:20	370	23:56	50					05:12	326	11:25	40	17:20	375	00:09	30
10-7	maa 03:48 LK	5:56	330	12:09	70	18:13	370		0:46 60					00:09	30	06:02	324	12:15	48	18:15	371
11-7	din			0:46	60	6:49	320	13:01	80	19:09	360			00:59	40	06:54	321	13:10	54	19:12	361
12-7	woe			1:38	70	7:46	320	13:58	90	20:10	350			01:52	40	07:48	316	14:10	57	20:11	347
13-7	don			2:35	80	8:48	320	15:01	90	21:16	340			02:46	50	08:48	311	15:12	57	21:15	332
14-7	vry			3:42	90	9:55	320	16:22	90	22:29	330			03:45	50	09:57	311	16:21	53	22:28	323
15-7	zat			5:02	90	11:02	330	17:39	80	23:36	330			04:59	50	11:02	318	17:42	44	23:34	324
16-7	zon			6:03	80	12:01	340	18:34	70					06:06	50	11:56	329	18:37	38	00:27	330
17-7	maa 20:32 NM	0:32	330	6:52	80	12:50	340	19:21	70					00:27	330	06:54	50	12:41	341	19:21	42
18-7	din	1:19	320	7:34	80	13:32	340	20:03	70					01:11	337	07:34	50	13:19	352	20:00	53
19-7	woe	2:00	320	8:11	90	14:08	340	20:40	70					01:49	345	08:09	60	13:53	363	20:33	65
20-7	don	2:35	310	8:43	90	14:41	340	21:13	80					02:22	351	08:40	70	14:25	371	21:04	71
21-7	vry	3:08	310	9:10	90	15:12	340	21:41	80					02:56	355	09:11	80	14:58	376	21:35	72
22-7	zat	3:38	310	9:35	90	15:40	350	22:07	80					03:30	353	09:42	80	15:31	376	22:08	70
23-7	zon	4:05	310	10:02	90	16:08	350	22:35	80					04:05	347	10:13	80	16:04	371	22:40	67
24-7	maa	4:34	310	10:33	90	16:40	350	23:08	80					04:39	338	10:45	80	16:38	363	23:13	67
25-7	din	5:07	310	11:11	90	17:19	340	23:48	80					05:13	329	11:20	80	17:16	353	23:49	71
26-7	woe 00:07 EK	5:50	310	11:57	90	18:08	330		0:39 90	05:51	324	12:01	80	18:01	344	00:33	70			05:50	314
27-7	don			0:39	90	6:48	310	12:55	100	19:14	330			00:33	70	06:36	323	12:51	94	18:53	337
28-7	vry			1:41	100	7:57	310	14:08	100	20:26	320			01:26	80	07:31	324	13:52	101	19:54	332
29-7	zat			2:50	100	9:05	310	15:25	100	21:36	320			02:29	90	08:38	329	15:05	101	21:06	332
30-7	zon			4:00	100	10:09	320	16:39	90	22:44	320			03:42	80	09:55	339	16:27	89	22:26	337
31-7	maa			5:09	90	11:12	340	17:52	80	23:51	330			04:55	70	11:07	353	17:40	69	23:41	343
1-8	din 20:32 VM			6:17	80	12:12	350	18:55	60					06:04	60	12:08	364	18:48	49	00:46	347
2-8	woe	0:52	330	7:15	70	13:08	360	19:50	50					00:46	347	07:08	50	13:03	372	19:50	32
3-8	don	1:46	340	8:07	70	13:59	370	20:39	40					01:42	348	08:06	40	13:54	377	20:44	21
4-8	vry	2:34	340	8:54	60	14:46	380	21:25	40					02:34	346	08:56	30	14:42	383	21:33	17

Referentievlak :LAT lw

		bron: https://gezeitenfisch.com/																			
datum	dag	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	HW	cm	lw	cm	HW	cm
5-8	zat	3:19	340	9:37	60	15:30	380	22:07	40					03:21	344	09:42	30	15:28	388	22:17	20
6-8	zon	4:01	340	10:18	50	16:13	380	22:48	40					04:06	342	10:25	30	16:14	390	22:59	29
7-8	maa	4:43	340	10:59	50	16:58	380	23:30	50					04:49	340	11:06	30	17:00	384	23:40	40
8-8	din 12:28 LK	5:27	340	11:42	60	17:46	370		0:13 60	05:33	334	11:47	40	17:47	370	00:22	50			05:32	324
9-8	woe			0:13	60	6:15	330	12:29	70	18:37	350			00:22	50	06:17	325	12:33	54	18:38	350
10-8	don			1:01	80	7:07	320	13:22	90	19:35	330			01:08	60	07:06	315	13:30	63	19:34	329
11-8	vry			1:54	100	8:06	310	14:23	100	20:42	320			02:03	70	08:04	308	14:35	69	20:41	315
12-8	zat			2:57	110	9:16	310	15:48	100	22:05	310			03:07	70	09:18	309	15:50	70	22:07	315
13-8	zon			4:37	110	10:36	320	17:24	90	23:20	310			04:29	80	10:38	326	17:22	63	23:19	330
14-8	maa			5:47	100	11:41	330	18:19	80					05:46	70	11:37	348	18:19	58	00:12	346
15-8	din	0:17	320	6:36	90	12:31	340	19:05	70					00:12	346	06:35	70	12:23	366	19:03	61
16-8	woe 11:38 NM	1:02	320	7:18	80	13:12	350	19:45	70					00:54	355	07:15	70	13:01	376	19:41	69
17-8	don	1:40	320	7:53	80	13:48	350	20:19	70					01:29	358	07:50	70	13:33	380	20:14	74
18-8	vry	2:13	320	8:24	80	14:19	350	20:48	70					02:00	359	08:21	80	14:03	382	20:44	71
19-8	zat	2:43	320	8:52	80	14:47	350	21:16	70					02:31	359	08:50	70	14:34	381	21:14	64
20-8	zon	3:11	320	9:18	80	15:14	350	21:42	70					03:04	357	09:20	70	15:06	377	21:44	58
21-8	maa	3:37	320	9:44	80	15:42	350	22:09	70					03:37	351	09:50	70	15:37	370	22:12	59
22-8	din	4:03	320	10:13	80	16:13	350	22:39	80					04:08	344	10:19	70	16:09	363	22:40	67
23-8	woe	4:35	320	10:47	80	16:49	340	23:15	80					04:37	339	10:48	80	16:43	356	23:09	79
24-8	don 11:57 EK	5:13	320	11:27	90	17:33	330	23:59	90					05:10	338	11:22	90	17:25	349	23:46	92
25-8	vry	6:02	310	12:18	100	18:35	310		0:57 110	05:53	338	12:07	100	18:15	342	00:38	100			05:52	328
26-8	zat			0:57	110	7:15	300	13:32	110	19:57	300			00:38	100	06:47	337	13:11	112	19:17	335
27-8	zon			2:14	120	8:33	300	14:58	110	21:15	300			01:47	110	07:54	338	14:31	112	20:35	331
28-8	maa			3:33	110	9:45	320	16:21	100	22:31	310			03:10	100	09:22	345	16:07	96	22:10	336
29-8	din			4:52	100	10:54	330	17:41	80	23:40	320			04:36	90	10:48	360	17:27	70	23:32	347
30-8	woe			6:06	90	11:58	350	18:43	50					05:51	70	11:53	376	18:39	48	00:34	356
31-8	don 03:35 VM	0:40	340	7:04	70	12:54	370	19:35	40					00:34	356	06:57	50	12:48	387	19:38	31
1-9	vry	1:31	340	7:53	50	13:44	380	20:22	30					01:27	358	07:52	40	13:37	394	20:28	25
2-9	zat	2:17	350	8:37	40	14:29	390	21:05	30					02:15	358	08:39	40	14:23	399	21:12	26
3-9	zon	2:58	350	9:18	40	15:11	390	21:44	30					02:59	356	09:22	30	15:06	399	21:52	32
4-9	maa	3:37	350	9:56	40	15:52	380	22:22	40					03:39	353	10:01	30	15:48	393	22:29	42
5-9	din	4:16	350	10:34	50	16:33	370	22:58	60					04:17	348	10:37	40	16:30	379	23:02	53
6-9	woe	4:56	340	11:13	60	17:17	360	23:37	70					04:55	340	11:11	40	17:12	357	23:34	66
7-9	don 00:21 LK	5:39	330	11:55	70	18:05	340		0:20 90	05:34	329	11:48	60	17:59	334	00:12	80			05:33	319
8-9	vry			0:20	90	6:29	320	12:46	90	19:00	320			00:12	80	06:19	319	12:39	78	18:55	315
9-9	zat			1:11	110	7:26	310	13:48	110	20:07	300			01:09	100	07:16	313	13:52	94	20:03	308
10-9	zon			2:14	130	8:36	310	15:16	110	21:42	290			02:26	110	08:32	318	15:16	101	21:39	316
11-9	maa			4:10	130	10:08	310	17:06	100	23:00	300			03:59	110	10:09	341	16:57	94	22:58	340
12-9	din			5:27	110	11:16	330	17:58	80	23:54	320			05:20	100	11:12	369	17:54	84	23:50	359
13-9	woe			6:14	90	12:05	340	18:40	70					06:09	90	11:58	386	18:38	79	00:30	365
14-9	don	0:36	320	6:52	80	12:45	350	19:16	60					00:30	365	06:49	80	12:35	389	19:14	78
15-9	vry 03:40 NM	1:12	330	7:26	80	13:18	350	19:47	60					01:02	363	07:24	80	13:06	385	19:47	74
16-9	zat	1:43	330	7:56	70	13:49	350	20:17	60					01:32	359	07:56	70	13:36	379	20:17	66
17-9	zon	2:12	330	8:25	70	14:18	350	20:45	60					02:03	358	08:26	70	14:08	376	20:47	58

Referentievlak :LAT lw

bron: https://gezeitenfisch.com/																											
HW		cm	lw		cm	HW		cm	lw		cm	HW		cm	lw		cm	HW		cm	lw		cm				
2:40	330		8:55	70		14:47	350		21:14	70																	
3:08	330		9:24	70		15:17	350		21:42	70																	
3:36	330		9:53	70		15:50	340		22:13	80																	
4:08	330		10:26	80		16:26	330		22:46	90																	
4:44	320		11:04	90		17:09	320		23:26	100																	
5:28	310		11:52	100		18:10	300			0:20	120																
			0:20	120		6:42	300		13:10	110		19:37	290			00:04	120	06:18	346	12:48	119	18:59	326				
			1:47	130		8:08	300		14:42	110		21:01	290				01:22	120	07:32	343	14:21	115	20:31	324			
			3:13	120		9:25	320		16:07	90		22:18	310				02:58	110	09:09	351	16:02	91	22:07	337			
			4:37	110		10:37	340		17:26	70		23:24	330				04:26	90	10:33	371	17:17	66	23:20	354			
			5:50	80		11:40	360		18:24	40							05:38	70	11:35	389	18:24	47	00:18	364			
0:21	340		6:45	60		12:35	380		19:14	30							00:18	364	06:41	60	12:28	399	19:19	38			
1:10	350		7:32	40		13:25	380		19:59	20	0:40	340					01:07	367	07:33	50	13:16	402	20:06	37			
1:55	360		8:16	30		14:09	390		20:40	30							01:51	364	08:18	40	14:00	400	20:47	40			
2:34	360		8:56	30		14:50	380		21:18	40							02:31	361	08:58	40	14:41	394	21:24	46			
3:11	360		9:33	40		15:28	370		21:52	50							03:08	358	09:34	40	15:21	381	21:55	53			
3:48	350		10:08	50		16:07	360		22:25	70							03:43	353	10:06	40	16:01	363	22:21	65			
4:25	350		10:43	60		16:48	340		22:58	80							04:17	346	10:35	50	16:41	344	22:48	81			
5:06	340		11:22	70		17:34	320		23:35	100							04:53	339	11:10	70	17:25	327	23:24	102			
5:52	330		12:11	90		18:27	300			0:24	120						05:34	333	11:56	90	18:17	316	00:14	120			
			0:24	120		6:48	320		13:14	110		19:31	290					00:14	120	06:29	331	13:06	120	19:23	314		
			1:30	130		7:54	310		14:36	120		21:03	280					01:32	140	07:45	337	14:36	129	20:47	324		
			2:55	130		9:22	310		16:35	100		22:25	300					03:12	140	09:20	355	16:14	119	22:20	343		
			4:53	120		10:37	320		17:25	90		23:18	310					04:40	120	10:32	377	17:17	101	23:14	359		
			5:39	100		11:27	340		18:05	70		23:59	320					05:33	100	11:20	388	18:01	86	23:54	363		
			6:16	80		12:05	350		18:38	60								06:16	90	11:59	385	18:39	75	00:27	361		
0:34	330		6:49	70		12:40	350		19:09	60							00:27	361	06:52	80	12:33	377	19:12	67	00:59	360	
1:06	340		7:22	60		13:13	360		19:41	60							00:59	360	07:25	70	13:06	370	19:44	61			
1:38	340		7:56	60		13:47	360		20:14	60							01:33	361	07:58	60	13:41	368	20:16	59			
2:09	340		8:29	60		14:21	350		20:46	60							02:07	364	08:31	60	14:15	367	20:47	64			
2:41	340		9:03	60		14:56	350		21:18	70							02:39	365	09:02	70	14:48	365	21:15	76			
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3:47	330		10:10	80		16:11	320		22:24	90							03:36	364	10:00	90	15:57	349	22:10	103			
4:25	330		10:50	90		16:57	310		23:03	110							04:12	362	10:37	100	16:42	336	22:51	114			
5:12	320		11:43	100		18:02	290		23:59	120							05:01	358	11:31	100	17:43	324	23:52	123			
6:26	310		13:06	110		19:24	290										06:04	351	12:47	110	19:02	317	01:14	120			
			1:31	130		7:48	310		14:28	100		20:44	290					01:14	120	07:24	350	14:29	99	20:33	324		
			2:53	120		9:04	330		15:45	80		21:57	310					02:52	110	08:57	361	15:49	78	21:54	340		
			4:12	100		10:14	350		17:00	60		23:00	330					04:09	90	10:12	379	16:57	61	23:01	356		
			5:25	70		11:17	370		17:59	40		23:56	350					05:18	80	11:13	391	18:03	52	23:56	364		
			6:21	50		12:13	380		18:49	30								06:21	60	12:06	395	18:56	48	00:43	364		
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0:31	360		6:53	40		12:48	370		19:15	40							00:26	362	06:57	50	12:38	384	19:21	49			
1:10	360		7:33	40		13:28	370		19:51	50							01:04	360	07:36	43	13:19	375	19:55	52			

Referentievlak :LAT lw

		bron: https://gezeitenfisch.com/																							
datum	dag	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	lw	cm
1-11	woe	1:46	360	8:10	50	14:07	350	20:24	70					01:39	359	08:11	41	14:00	364	20:22	60			01:38	349
2-11	don	2:22	350	8:44	50	14:45	340	20:53	80					02:13	358	08:40	49	14:39	351	20:46	74			02:12	348
3-11	vry	2:58	350	9:18	60	15:24	330	21:22	90					02:46	355	09:09	65	15:18	339	21:16	95			02:45	345
4-11	zat	3:37	350	9:56	80	16:07	320	21:56	100					03:21	353	09:43	87	15:59	331	21:52	119			03:20	343
5-11	zon	4:21	340	10:41	90	16:56	300	22:40	110					04:00	352	10:27	111	16:46	326	22:38	142			03:59	342
6-11	maa	5:11	320	11:39	110	17:53	290	23:42	130					04:50	353	11:29	130	17:45	326	23:43	156			04:49	343
7-11	din	6:10	310	12:48	110	19:01	280			0:58	130			05:58	355	12:47	135	18:55	330	01:05	157			05:57	345
8-11	woe			0:58	130	7:17	310	14:04	110	20:23	290					01:05	157	07:19	362	14:11	123	20:10	339		00:57
9-11	don			2:16	130	8:28	320	15:25	100	21:24	300					02:39	139	08:33	369	15:21	102	21:15	348		02:31
10-11	vry			3:36	110	9:28	330	16:11	80	22:08	320					03:44	115	09:28	371	16:12	84	22:03	353		03:36
11-11	zat			4:25	90	10:14	340	16:49	70	22:47	330					04:32	94	10:14	366	16:53	72	22:44	356		04:24
12-11	zon			5:06	70	10:56	350	17:27	60	23:25	340					05:12	79	10:54	361	17:30	65	23:22	360		05:04
13-11	maa			5:47	60	11:38	360	18:06	50							05:50	70	11:33	359	18:07	62	00:00	365		05:42
14-11	din	0:03	350	6:27	60	12:19	350	18:45	50	0:41	350			00:00	365	06:28	66	12:12	361	18:43	64	00:37	370		06:20
15-11	woe	0:41	350	7:07	60	13:00	350	19:23	60					00:37	370	07:05	67	12:51	362	19:18	70			00:36	360
16-11	don	1:18	350	7:45	60	13:40	340	19:59	70					01:11	372	07:42	71	13:30	358	19:51	79			01:10	362
17-11	vry	1:55	340	8:23	70	14:20	330	20:34	80					01:44	372	08:17	77	14:09	350	20:23	88			01:43	362
18-11	zat	2:33	340	9:02	80	15:04	320	21:10	90					02:19	371	08:53	81	14:53	338	21:00	95			02:18	361
19-11	zon	3:16	340	9:48	80	15:55	310	21:54	100					03:01	368	09:37	84	15:44	326	21:47	101			03:00	358
20-11	maa	4:09	330	10:48	90	16:57	300	22:59	110					03:54	364	10:36	86	16:48	317	22:50	106			03:53	354
21-11	din	5:16	330	11:58	90	18:07	300			0:17	120			04:58	360	11:52	85	18:01	317	00:06	108			04:57	350
22-11	woe			0:17	120	6:28	330	13:07	90	19:18	300					00:06	108	06:14	359	13:16	78	19:15	324		06:13
23-11	don			1:27	110	7:39	340	14:15	70	20:27	320					01:32	102	07:33	365	14:24	69	20:27	334		
24-11	vry			2:39	90	8:47	350	15:26	60	21:30	330					02:43	92	08:44	372	15:28	64	21:34	342		02:35
25-11	zat			3:53	70	9:51	360	16:31	50	22:29	340					03:50	82	09:47	373	16:35	60	22:30	347		03:42
26-11	zon			4:55	60	10:51	370	17:24	40	23:21	350					04:58	70	10:44	369	17:31	56	23:18	348		04:50
27-11	maa			5:47	50	11:43	360	18:11	50							05:52	56	11:34	363	18:17	53	00:00	349		05:44
28-11	din	0:08	350	6:33	40	12:30	360	18:52	60	0:49	350			00:00	349	06:38	44	12:20	357	18:56	52	00:39	352		06:30
29-11	woe	0:49	350	7:15	50	13:12	350	19:29	70					00:39	352	07:18	39	13:03	352	19:30	57			00:38	342
30-11	don	1:26	350	7:53	60	13:50	340	20:01	80					01:14	355	07:53	44	13:43	349	19:58	68			01:13	345
1-12	vry	2:02	350	8:28	60	14:28	330	20:30	80					01:49	359	08:22	58	14:21	345	20:25	85			01:48	349
2-12	zat	2:38	350	9:02	70	15:05	320	20:58	90					02:23	361	08:51	77	14:58	342	20:57	106			02:22	351
3-12	zon	3:15	350	9:38	80	15:45	310	21:30	90					02:57	363	09:26	97	15:36	338	21:33	124			02:56	353
4-12	maa	3:53	340	10:16	90	16:26	300	22:09	100					03:35	365	10:08	111	16:19	335	22:14	136			03:34	355
5-12	din	4:36	330	11:02	100	17:12	290	22:57	110					04:18	365	10:58	118	17:09	331	23:06	141			04:17	355
6-12	woe	5:24	320	11:56	110	18:05	290	23:59	120					05:11	361	11:56	117	18:07	328	00:06	138			05:10	351
7-12	don	6:20	320	12:55	110	19:04	290									00:06	138	06:16	354	12:59	110	19:11	326		06:15
8-12	vry			1:08	120	7:20	320	13:55	100	20:06	300					01:13	129	07:27	346	14:05	99	20:13	329		01:05
9-12	zat			2:15	110	8:22	330	14:56	90	21:04	320					02:26	115	08:30	341	15:06	88	21:09	335		02:18
10-12	zon			3:21	100	9:20	340	15:53	80	21:57	330					03:34	99	09:24	339	15:58	79	21:59	343		03:26
11-12	maa			4:21	80	10:15	340	16:46	60	22:46	340					04:26	86	10:13	341	16:44	73	22:45	353		04:18
12-12	din			5:13	70	11:07	350	17:35	60	23:33	350					05:13	76	11:01	346	17:29	70	23:29	362		05:05
13-12	woe			6:02	60	11:57	350	18:21	60							05:59	70	11:48	351	18:14	68	00:11	368		05:51
14-12	don	0:18	350	6:49	60	12:45	340	19:05	70					00:11	368	06:45	65	12:34	351	18:58	69	00:51	370		00:10

Referentievlak :LAT		lw		bron: https://gezeitenfisch.com																													
datum	dag	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm	HW	cm	lw	cm	HW	cm	HW	cm	lw	cm	HW	cm	lw	cm	HW	cm						
15-12	vry	1:02	350	7:34	60	13:31	330	19:47	80			00:51	370	07:31	62	13:21	346	19:41	72			00:50	360	07:23	62	13:20	336						
16-12	zat	1:44	350	8:18	60	14:16	330	20:27	80			01:31	369	08:16	60	14:08	337	20:22	74			01:30	359	08:08	60	14:07	327						
17-12	zon	2:27	350	9:03	70	15:02	320	21:10	90			02:13	369	09:01	59	14:57	328	21:04	75			02:12	359	08:53	59	14:56	318						
18-12	maa	3:13	350	9:51	70	15:51	320	21:58	90			02:59	368	09:50	58	15:49	320	21:52	76			02:58	358	09:42	58	15:48	310						
19-12	din	4:04	350	10:44	70	16:45	310	22:55	90			03:51	367	10:44	59	16:45	317	22:48	79			03:50	357	10:36	59	16:44	307						
20-12	woe	5:02	350	11:41	70	17:44	310	23:56	90			04:51	365	11:46	62	17:45	316	23:53	83			04:50	355	11:38	62	17:44	306						
21-12	don	6:04	350	12:39	70	18:47	310		0:58 90			05:57	361	12:51	65	18:48	316	01:05	85			05:56	351	12:43	65	18:47	306						
22-12	vry			0:58	90	7:09	350	13:40	70	19:51	320			01:05	85	07:05	356	13:52	67	19:53	316			00:57	85	07:04	346						
23-12	zat			2:03	90	8:16	350	14:47	70	20:57	330			02:13	82	08:13	348	14:54	67	21:01	318			02:05	82	08:12	338						
24-12	zon			3:18	80	9:24	350	16:00	70	22:01	330			03:19	76	09:22	340	16:02	65	22:02	322			03:11	76	09:21	330						
25-12	maa			4:31	70	10:30	350	17:01	70	22:59	340			04:34	63	10:25	335	17:06	59	22:54	328			04:26	63	10:24	325						
26-12	din			5:29	60	11:28	340	17:51	70	23:49	350			05:34	47	11:20	334	17:56	54	23:39	335			05:26	47	11:19	324						
27-12	woe			6:18	60	12:17	340	18:36	70					06:22	39	12:08	336	18:38	54	00:21	343			06:14	39	12:07	326						
28-12	don	0:33	350	7:02	60	13:00	330	19:15	80			00:21	343	07:04	40	12:51	339	19:15	62	00:57	351	00:20	333	06:56	40	12:50	329						
29-12	vry	1:11	350	7:42	60	13:38	330	19:49	80			00:57	351	07:40	52	13:29	343	19:47	75			00:56	341	07:32	52	13:28	333						
30-12	zat	1:47	350	8:18	70	14:14	320	20:19	80			01:32	358	08:12	68	14:04	345	20:16	90			01:31	348	08:04	68	14:03	335						
31-12	zon	2:22	350	8:51	70	14:49	320	20:46	90			02:04	363	08:41	82	14:38	346	20:45	101			02:03	353	08:33	82	14:37	336						