



Janvier 2023



Date	matin	coef.	soir	coef.	matin	soir
01 D	00:42	51	13:02	50	06:15	18:50
02 L	01:42	51	14:03	52	07:22	19:52
03 M	02:33	54	14:55	57	08:23	20:46
04 M	03:17	59	15:39	62	09:15	21:32
05 J	03:55	65	16:19	67	10:01	22:12
06 V	04:32	69	16:56	71	10:41	22:49
07 S ☀	05:07	73	17:31	74	11:18	23:24
08 D	05:40	74	18:04	74	11:54	23:59
09 L	06:13	74	18:36	74	-	12:28
10 M	06:46	73	19:09	71	00:34	13:03
11 M	07:20	69	19:43	67	01:08	13:37
12 J	07:56	65	20:21	62	01:44	14:12
13 V	08:36	59	21:07	56	02:21	14:51
14 S	09:24	53	22:02	50	03:04	15:36
15 D ☀	10:22	47	23:08	45	03:55	16:31
16 L	11:30	44	-	-	04:57	17:38
17 M	00:18	44	12:44	46	06:06	18:47
18 M	01:27	49	13:58	54	07:15	19:54
19 J	02:29	59	15:03	66	08:22	20:56
20 V	03:25	72	15:59	79	09:25	21:53
21 S ●	04:16	85	16:50	91	10:22	22:46
22 D	05:05	96	17:38	100	11:16	23:36
23 L	05:54	103	18:26	105	-	12:06
24 M	06:42	105	19:12	103	00:24	12:53
25 M	07:30	101	19:59	97	01:09	13:37
26 J	08:18	91	20:45	85	01:54	14:21
27 V	09:07	78	21:34	71	02:39	15:06
28 S ☀	09:59	64	22:32	57	03:27	15:55
29 D	11:02	50	23:44	45	04:23	16:53
30 L	-	-	12:19	40	05:31	18:04
31 M	01:07	38	13:39	38	06:49	19:21



Février 2023

Date	matin	coef.	soir	coef.	matin	soir
01 M	02:14	40	14:42	43	08:04	20:27
02 J	03:05	47	15:31	52	09:03	21:18
03 V	03:47	56	16:10	61	09:50	22:01
04 S	04:22	65	16:44	69	10:30	22:38
05 D ●	04:54	72	17:15	75	11:06	23:12
06 L	05:25	78	17:45	80	11:39	23:45
07 M	05:55	81	18:14	82	-	12:11
08 M	06:24	82	18:43	82	00:17	12:42
09 J	06:54	81	19:13	80	00:49	13:13
10 V	07:26	78	19:47	75	01:20	13:43
11 S	08:01	72	20:24	68	01:53	14:15
12 D	08:42	63	21:11	59	02:29	14:53
13 L ●	09:34	54	22:13	49	03:12	15:40
14 M	10:43	45	23:33	41	04:09	16:46
15 M	-	-	12:13	40	05:25	18:10
16 J	01:02	42	13:48	46	06:49	19:34
17 V	02:17	52	14:58	60	08:10	20:46
18 S	03:16	69	15:53	77	09:18	21:46
19 D	04:07	86	16:41	93	10:15	22:37
20 L ●	04:54	100	17:25	105	11:06	23:25
21 M	05:39	109	18:07	111	11:52	-
22 M	06:22	112	18:48	110	00:09	12:35
23 J	07:05	107	19:27	103	00:51	13:15
24 V	07:46	97	20:04	90	01:30	13:53
25 S	08:26	82	20:41	73	02:10	14:31
26 D	09:09	65	21:24	56	02:52	15:13
27 L ●	10:03	47	22:31	40	03:41	16:03
28 M	11:29	33	-	-	04:46	17:15



Mars 2023

Date	matin	coef.	soir	coef.	matin	soir
01 M	00:17	29	13:14	28	06:16	18:49
02 J	01:49	30	14:26	34	07:43	20:06
03 V	02:47	40	15:15	46	08:45	21:00
04 S	03:29	52	15:52	58	09:31	21:42
05 D	04:04	64	16:23	69	10:09	22:18
06 L	04:32	74	16:51	78	10:43	22:51
07 M ●	05:01	81	17:18	85	11:15	23:23
08 M	05:29	87	17:46	89	11:46	23:54
09 J	05:57	90	18:14	90	-	12:16
10 V	06:27	90	18:44	88	00:24	12:45
11 S	06:58	86	19:16	83	00:55	13:14
12 D	07:32	79	19:52	74	01:26	13:45
13 L	08:12	69	20:37	63	02:01	14:21
14 M	09:04	57	21:39	50	02:44	15:07
15 M ◐	10:17	44	23:05	39	03:40	16:15
16 J	-	-	12:06	37	05:01	17:50
17 V	00:49	38	13:45	43	06:39	19:25
18 S	02:06	51	14:50	60	08:04	20:37
19 D	03:03	70	15:40	79	09:09	21:33
20 L	03:52	88	16:24	95	10:01	22:21
21 M ●	04:36	102	17:04	106	10:47	23:06
22 M	05:17	109	17:42	111	11:30	23:47
23 J	05:57	110	18:18	108	-	12:09
24 V	06:36	105	18:52	100	00:26	12:46
25 S	07:12	94	19:25	87	01:03	13:21
26 D	08:48	79	20:57	71	01:40	14:55
27 L	09:26	63	21:36	54	03:18	15:33
28 M	10:17	46	22:33	38	04:02	16:18
29 M ◑	11:41	31	-	-	05:02	17:26
30 J	00:16	26	13:33	24	06:36	19:07
31 V	02:07	26	14:52	30	08:08	20:30



Avril 2023



Date	matin	coef.	soir	coef.	matin	soir
01 S	03:12	36	15:43	42	09:11	21:26
02 D	03:57	49	16:19	55	09:57	22:09
03 L	04:31	61	16:49	67	10:35	22:46
04 M	05:00	73	17:17	78	11:10	23:20
05 M	05:29	82	17:46	86	11:42	23:53
06 J ●	05:59	88	18:15	91	-	12:14
07 V	06:29	92	18:46	93	00:25	12:45
08 S	07:01	92	19:18	91	00:58	13:16
09 D	07:34	89	19:53	85	01:31	13:47
10 L	08:12	81	20:34	76	02:05	14:22
11 M	08:57	70	21:24	63	02:44	15:02
12 M	09:55	57	22:29	50	03:30	15:53
13 J ●	11:16	44	23:58	40	04:31	17:06
14 V	-	-	13:10	39	05:55	18:41
15 S	01:36	42	14:33	48	07:30	20:10
16 D	02:47	56	15:33	64	08:49	21:17
17 L	03:43	72	16:19	80	09:48	22:10
18 M	04:30	87	16:59	92	10:37	22:58
19 M	05:13	97	17:37	100	11:21	23:41
20 J ●	05:53	101	18:13	102	-	12:02
21 V	06:31	101	18:48	99	00:22	12:40
22 S	07:08	95	19:21	91	01:00	13:15
23 D	07:44	86	19:54	80	01:36	13:48
24 L	08:19	74	20:28	67	02:12	14:22
25 M	08:59	60	21:09	53	02:49	14:59
26 M	09:47	46	22:01	40	03:31	15:43
27 J ●	11:00	34	23:22	29	04:25	16:43
28 V	-	-	12:33	27	05:46	18:12
29 S	00:55	27	13:52	29	07:11	19:32
30 D	02:08	34	14:49	39	08:17	20:32



Mai 2023



Date	matin	coef.	soir	coef.	matin	soir
01 L	03:02	45	15:31	51	09:08	21:21
02 M	03:43	57	16:05	63	09:50	22:02
03 M	04:19	68	16:38	73	10:28	22:41
04 J	04:53	78	17:11	82	11:03	23:18
05 V ●	05:28	85	17:45	88	11:38	23:55
06 S	06:03	90	18:20	90	-	12:14
07 D	06:40	90	18:58	90	00:32	12:50
08 L	07:21	88	19:41	85	01:11	13:28
09 M	08:06	81	20:28	76	01:52	14:09
10 M	08:57	71	21:24	65	02:37	14:56
11 J	10:00	60	22:30	54	03:28	15:52
12 V ◀	11:23	51	23:53	48	04:31	17:03
13 S	-	-	12:56	48	05:47	18:25
14 D	01:14	50	14:08	54	07:08	19:42
15 L	02:21	59	15:05	64	08:20	20:47
16 M	03:17	70	15:51	74	09:19	21:42
17 M	04:06	79	16:32	82	10:09	22:31
18 J	04:49	85	17:11	86	10:53	23:15
19 V ●	05:30	87	17:47	87	11:33	23:57
20 S	06:09	87	18:23	85	-	12:11
21 D	06:47	83	18:58	80	00:35	12:47
22 L	07:24	77	19:34	73	01:13	13:21
23 M	08:01	69	20:11	65	01:49	13:57
24 M	08:40	60	20:51	55	02:27	14:35
25 J	09:25	50	21:39	46	03:08	15:17
26 V	10:21	41	22:38	38	03:56	16:09
27 S ▶	11:31	35	23:49	34	04:55	17:14
28 D	-	-	12:39	34	06:04	18:25
29 L	00:55	35	13:40	38	07:09	19:28
30 M	01:54	42	14:31	46	08:06	20:22
31 M	02:46	51	15:17	56	08:56	21:11



Juin 2023



Date	matin	coef.	soir	coef.	matin	soir
01 J	03:33	61	15:58	66	09:41	21:58
02 V	04:17	71	16:39	75	10:24	22:42
03 S	05:00	79	17:19	82	11:06	23:27
04 D ●	05:44	84	18:02	86	11:48	-
05 L	06:28	87	18:47	88	00:12	12:31
06 M	07:16	87	19:35	86	00:58	13:16
07 M	08:06	84	20:27	81	01:45	14:03
08 J	09:00	77	21:24	73	02:34	14:53
09 V	10:01	70	22:26	66	03:26	15:49
10 S ●	11:12	63	23:35	60	04:24	16:51
11 D	-	-	12:26	58	05:27	17:59
12 L	00:44	57	13:33	57	06:36	19:08
13 M	01:49	58	14:32	60	07:43	20:13
14 M	02:48	62	15:23	64	08:45	21:13
15 J	03:42	66	16:08	68	09:39	22:06
16 V	04:29	70	16:49	71	10:27	22:54
17 S	05:13	72	17:29	73	11:10	23:38
18 D ●	05:54	74	18:07	74	11:49	-
19 L	06:33	74	18:44	73	00:18	12:27
20 M	07:10	72	19:20	70	00:57	13:03
21 M	07:46	69	19:56	66	01:34	13:39
22 J	08:22	64	20:33	61	02:11	14:16
23 V	09:00	58	21:13	56	02:48	14:55
24 S	09:42	53	21:57	50	03:28	15:37
25 D	10:31	47	22:49	45	04:12	16:25
26 L ●	11:29	43	23:47	42	05:02	17:21
27 M	-	-	12:31	41	06:00	18:23
28 M	00:48	42	13:32	43	07:01	19:24
29 J	01:49	46	14:29	49	08:00	20:23
30 V	02:50	53	15:23	58	08:56	21:19

Juillet 2023



Date	Pleine mer						Basse mer				
	matin	haut. m	coef.	soir	haut. m	coef.	matin	haut. m	soir	haut. m	
01 S	03:48	4.75	62	16:13	4.95	67	09:49	1.75	22:13	1.65	
02 D	04:41	4.90	72	17:02	5.15	77	10:41	1.60	23:07	1.40	
03 L ●	05:32	5.05	81	17:50	5.30	85	11:31	1.40	23:59	1.20	
04 M	06:22	5.15	88	18:39	5.45	90	-	-	12:20	1.30	
05 M	07:11	5.20	92	19:29	5.50	93	00:50	1.10	13:09	1.25	
06 J	08:01	5.15	93	20:20	5.45	92	01:39	1.05	13:57	1.25	
07 V	08:52	5.05	89	21:13	5.35	86	02:28	1.05	14:46	1.35	
08 S	09:45	4.90	83	22:08	5.20	78	03:16	1.20	15:35	1.45	
09 D	10:42	4.70	74	23:06	4.95	69	04:06	1.40	16:28	1.65	
10 L ●	11:45	4.55	64	-	-	-	04:59	1.60	17:27	1.80	
11 M	00:08	4.75	59	12:51	4.45	56	05:58	1.85	18:32	1.95	
12 M	01:14	4.60	53	13:59	4.40	51	07:04	2.00	19:41	2.00	
13 J	02:22	4.50	50	15:01	4.50	51	08:12	2.05	20:49	2.00	
14 V	03:24	4.50	52	15:54	4.60	54	09:15	2.00	21:50	1.90	
15 S	04:18	4.55	57	16:38	4.75	59	10:09	1.90	22:41	1.80	
16 D	05:03	4.65	62	17:17	4.90	65	10:55	1.80	23:27	1.65	
17 L ●	05:43	4.75	67	17:55	4.95	69	11:36	1.70	-	-	
18 M	06:20	4.80	71	18:30	5.05	72	00:07	1.60	12:14	1.65	
19 M	06:54	4.85	73	19:03	5.05	73	00:44	1.55	12:50	1.65	
20 J	07:25	4.85	73	19:35	5.05	73	01:19	1.55	13:24	1.65	
21 V	07:57	4.80	72	20:07	5.00	71	01:53	1.55	13:57	1.65	
22 S	08:28	4.75	69	20:41	4.90	67	02:25	1.60	14:31	1.75	
23 D	09:02	4.65	65	21:17	4.80	62	02:58	1.70	15:05	1.80	
24 L	09:41	4.55	59	21:59	4.65	56	03:32	1.80	15:43	1.95	
25 M	10:28	4.40	52	22:48	4.50	49	04:11	1.95	16:28	2.05	
26 M ●	11:26	4.30	46	23:49	4.35	44	04:57	2.10	17:23	2.20	
27 J	-	-	-	12:36	4.30	42	05:57	2.20	18:31	2.25	
28 V	01:01	4.30	42	13:49	4.40	43	07:08	2.25	19:42	2.15	
29 S	02:18	4.40	45	14:58	4.60	50	08:19	2.15	20:51	1.95	
30 D	03:31	4.60	55	15:57	4.85	62	09:25	1.90	21:56	1.70	
31 L	04:31	4.85	68	16:50	5.15	75	10:26	1.65	22:56	1.40	



Août 2023

Date	matin	coef.	soir	coef.	matin	soir
01 M ●	05:24	82	17:39	88	11:21	23:50
02 M	06:12	93	18:27	98	-	12:12
03 J	06:59	102	19:15	104	00:41	12:59
04 V	07:45	104	20:03	104	01:28	13:45
05 S	08:31	101	20:50	97	02:13	14:29
06 D	09:16	92	21:38	86	02:56	15:14
07 L	10:03	79	22:29	72	03:39	16:00
08 M ●	10:56	64	23:27	57	04:25	16:52
09 M	-	-	12:03	50	05:18	17:56
10 J	00:39	44	13:27	40	06:24	19:14
11 V	02:03	38	14:46	39	07:44	20:34
12 S	03:15	41	15:43	45	08:59	21:40
13 D	04:10	49	16:28	54	09:57	22:31
14 L	04:53	59	17:07	63	10:44	23:14
15 M	05:28	67	17:39	70	11:23	23:52
16 M ●	06:00	74	18:09	76	11:59	-
17 J	06:29	78	18:39	80	00:26	12:32
18 V	06:58	81	19:07	81	00:58	13:03
19 S	07:26	81	19:36	80	01:28	13:33
20 D	07:55	79	20:06	77	01:57	14:03
21 L	08:25	74	20:39	71	02:25	14:33
22 M	08:59	68	21:16	64	02:55	15:07
23 M	09:41	59	22:03	54	03:28	15:46
24 J ●	10:36	49	23:05	44	04:10	16:37
25 V	11:52	40	-	-	05:06	17:47
26 S	00:30	37	13:23	37	06:28	19:15
27 D	02:07	40	14:44	45	07:57	20:37
28 L	03:24	52	15:46	61	09:13	21:47
29 M	04:22	70	16:37	79	10:16	22:46
30 M	05:11	87	17:24	95	11:09	23:37
31 J ●	05:56	102	18:09	107	11:57	-



Septembre 2023

Date	matin	coef.	soir	coef.	matin	soir
01 V	06:39	110	18:54	112	00:25	12:43
02 S	07:20	112	19:38	110	01:09	13:26
03 D	08:01	107	20:21	101	01:50	14:07
04 L	08:41	95	21:04	87	02:29	14:47
05 M	09:21	79	21:50	70	03:08	15:29
06 M	10:05	61	22:45	52	03:50	16:18
07 J ☀	11:10	44	-	-	04:39	17:21
08 V	00:08	37	12:55	32	05:46	18:51
09 S	01:48	30	14:28	31	07:19	20:20
10 D	03:02	35	15:28	40	08:41	21:24
11 L	03:54	47	16:12	53	09:39	22:11
12 M	04:33	59	16:46	64	10:23	22:51
13 M	05:04	69	17:15	73	11:01	23:26
14 J	05:32	77	17:42	80	11:35	23:58
15 V ☾	05:59	83	18:09	85	-	12:06
16 S	06:26	86	18:37	87	00:28	12:36
17 D	06:54	87	19:05	87	00:57	13:06
18 L	07:22	85	19:34	83	01:25	13:35
19 M	07:52	80	20:06	77	01:53	14:05
20 M	08:26	72	20:44	67	02:22	14:38
21 J	09:08	61	21:32	56	02:56	15:17
22 V ☀	10:05	49	22:42	43	03:38	16:08
23 S	11:27	38	-	-	04:37	17:23
24 D	00:21	35	13:10	35	06:07	19:03
25 L	02:06	39	14:32	47	07:45	20:29
26 M	03:15	55	15:31	65	09:01	21:35
27 M	04:07	75	16:21	84	10:00	22:29
28 J	04:52	93	17:05	100	10:50	23:17
29 V ☀	05:33	105	17:48	110	11:37	-
30 S	06:13	112	18:29	112	00:01	12:20

Octobre 2023



Date	matin	coef.	soir	coef.	matin	soir
01 D	06:52	111	19:11	108	00:43	13:01
02 L	07:30	104	19:51	98	01:22	13:41
03 M	08:06	91	20:31	83	01:59	14:19
04 M	08:43	75	21:14	66	02:36	15:00
05 J	09:25	57	22:09	48	03:15	15:46
06 V 🌧	10:26	40	23:37	33	04:02	16:47
07 S	-	-	12:13	28	05:08	18:21
08 D	01:19	26	13:53	28	06:46	19:51
09 L	02:33	32	14:58	38	08:09	20:53
10 M	03:24	44	15:42	50	09:06	21:39
11 M	04:01	57	16:16	62	09:50	22:17
12 J	04:30	68	16:43	73	10:28	22:51
13 V	04:58	77	17:11	81	11:02	23:23
14 S 🌑	05:25	84	17:39	86	11:34	23:54
15 D	05:54	88	18:08	89	-	12:06
16 L	06:24	89	18:38	88	00:24	12:37
17 M	06:55	87	19:10	85	00:54	13:09
18 M	07:28	82	19:46	78	01:25	13:43
19 J	08:06	73	20:28	68	01:59	14:20
20 V	08:54	62	21:24	56	02:37	15:03
21 S	09:57	50	22:41	44	03:24	15:59
22 D 🌧	11:20	40	-	-	04:29	17:18
23 L	00:27	38	12:59	40	05:59	18:52
24 M	01:55	45	14:13	52	07:29	20:12
25 M	02:56	60	15:11	69	08:39	21:13
26 J	03:45	77	16:00	85	09:36	22:05
27 V	04:28	91	16:44	97	10:26	22:51
28 S 🌧	05:08	101	17:26	103	11:12	23:34
29 D	04:47	104	17:07	104	10:55	23:15
30 L	05:25	102	17:47	99	11:37	23:53
31 M	06:02	95	18:27	90	-	12:16



Novembre 2023

Date	matin	coef.	soir	coef.	matin	soir
01 M	06:39	84	19:07	77	00:30	12:55
02 J	07:18	71	19:50	63	01:07	13:35
03 V	08:01	56	20:43	48	01:46	14:20
04 S	08:57	42	21:58	36	02:32	15:16
05 D 🌧️	10:20	31	23:24	29	03:32	16:34
06 L	11:48	29	-	-	04:55	17:57
07 M	00:38	31	13:00	35	06:14	19:02
08 M	01:34	40	13:54	45	07:15	19:52
09 J	02:15	51	14:31	56	08:03	20:34
10 V	02:49	62	15:05	66	08:45	21:11
11 S	03:21	71	15:38	75	09:23	21:45
12 D	03:53	79	16:11	82	09:59	22:19
13 L 🌑	04:26	84	16:44	86	10:35	22:53
14 M	05:00	87	17:20	87	11:12	23:29
15 M	05:36	86	17:58	84	11:50	-
16 J	06:16	82	18:40	79	00:06	12:30
17 V	07:02	75	19:30	71	00:46	13:13
18 S	07:55	66	20:29	61	01:30	14:01
19 D	08:57	56	21:44	52	02:23	14:59
20 L 🌧️	10:14	49	23:14	48	03:27	16:10
21 M	11:36	49	-	-	04:44	17:29
22 M	00:29	52	12:46	56	06:01	18:42
23 J	01:29	61	13:46	67	07:09	19:44
24 V	02:20	72	14:37	77	08:08	20:38
25 S	03:04	81	15:24	85	09:01	21:25
26 D	03:46	88	16:08	89	09:49	22:09
27 L 🌧️	04:26	90	16:50	90	10:34	22:50
28 M	05:05	89	17:31	87	11:16	23:29
29 M	05:44	85	18:11	82	11:57	-
30 J	06:23	78	18:51	74	00:07	12:37

Décembre 2023



Date	matin	coef.	soir	coef.	matin	soir
01 V	07:02	69	19:32	64	00:45	13:17
02 S	07:43	60	20:17	54	01:25	13:59
03 D	08:31	50	21:12	45	02:08	14:46
04 L	09:28	41	22:17	38	02:58	15:42
05 M 🌙	10:35	36	23:23	35	03:58	16:47
06 M	11:41	35	-	-	05:05	17:52
07 J	00:24	36	12:42	39	06:08	18:50
08 V	01:17	43	13:36	47	07:05	19:41
09 S	02:03	51	14:23	56	07:55	20:26
10 D	02:45	61	15:06	65	08:42	21:08
11 L	03:24	70	15:47	73	09:26	21:49
12 M	04:04	77	16:28	80	10:09	22:30
13 M 🌑	04:44	82	17:10	84	10:53	23:12
14 J	05:27	85	17:54	86	11:38	23:56
15 V	06:12	85	18:41	84	-	12:23
16 S	07:01	83	19:31	80	00:41	13:10
17 D	07:53	77	20:27	74	01:29	14:00
18 L	08:51	71	21:31	67	02:20	14:53
19 M 🌙	09:55	64	22:42	61	03:16	15:52
20 M	11:05	59	23:53	57	04:19	16:56
21 J	-	-	12:14	57	05:27	18:05
22 V	00:57	57	13:19	59	06:36	19:11
23 S	01:55	61	14:18	63	07:41	20:12
24 D	02:46	66	15:11	69	08:41	21:05
25 L	03:32	71	15:58	74	09:34	21:52
26 M	04:14	75	16:41	77	10:21	22:35
27 M 🌙	04:55	78	17:22	78	11:05	23:15
28 J	05:34	78	18:00	78	11:46	23:53
29 V	06:11	77	18:37	75	-	12:25
30 S	06:47	73	19:12	71	00:31	13:02
31 D	07:23	68	19:47	65	01:08	13:39