



# Janvier 2025

| Date   | Pleine mer |           |       |           | Basse mer |       |
|--------|------------|-----------|-------|-----------|-----------|-------|
|        | matin      | coef.     | soir  | coef.     | matin     | soir  |
| 01 M   | 05:39      | 80        | 18:05 | 81        | 11:50     | -     |
| 02 J   | 06:20      | 82        | 18:45 | 83        | 00:05     | 12:32 |
| 03 V   | 07:03      | 82        | 19:28 | 81        | 00:47     | 13:15 |
| 04 S   | 07:49      | 80        | 20:15 | 78        | 01:30     | 13:58 |
| 05 D   | 08:38      | 75        | 21:07 | 72        | 02:15     | 14:44 |
| 06 L 🌙 | 09:33      | 68        | 22:08 | 64        | 03:04     | 15:34 |
| 07 M   | 10:35      | 61        | 23:17 | 58        | 03:59     | 16:32 |
| 08 M   | 11:46      | 55        | -     | -         | 05:03     | 17:38 |
| 09 J   | 00:30      | 54        | 13:01 | 54        | 06:14     | 18:50 |
| 10 V   | 01:40      | 55        | 14:12 | 58        | 07:27     | 20:00 |
| 11 S   | 02:41      | 61        | 15:13 | 65        | 08:37     | 21:02 |
| 12 D   | 03:34      | 69        | 16:06 | 74        | 09:37     | 21:56 |
| 13 L 🌞 | 04:22      | 77        | 16:53 | 81        | 10:30     | 22:44 |
| 14 M   | 05:07      | 83        | 17:35 | 85        | 11:18     | 23:28 |
| 15 M   | 05:48      | 86        | 18:14 | 86        | -         | 12:01 |
| 16 J   | 06:27      | 86        | 18:50 | 85        | 00:09     | 12:41 |
| 17 V   | 07:02      | 83        | 19:23 | 80        | 00:47     | 13:17 |
| 18 S   | 07:36      | 76        | 19:55 | 72        | 01:23     | 13:52 |
| 19 D   | 08:09      | 68        | 20:30 | 63        | 01:59     | 14:27 |
| 20 L   | 08:46      | 59        | 21:11 | 53        | 02:36     | 15:04 |
| 21 M 🌙 | 09:29      | 48        | 22:04 | 43        | 03:16     | 15:46 |
| 22 M   | 10:25      | 39        | 23:12 | 35        | 04:04     | 16:39 |
| 23 J   | 11:39      | 32        | -     | -         | 05:07     | 17:48 |
| 24 V   | 00:29      | 31        | 13:03 | 31        | 06:20     | 19:02 |
| 25 S   | 01:41      | 34        | 14:18 | 37        | 07:31     | 20:08 |
| 26 D   | 02:38      | 43        | 15:13 | 48        | 08:34     | 21:02 |
| 27 L   | 03:25      | 55        | 15:56 | 61        | 09:26     | 21:48 |
| 28 M   | 04:07      | 67        | 16:36 | 73        | 10:13     | 22:32 |
| 29 M 🌞 | 04:46      | 79        | 17:14 | 84        | 10:57     | 23:14 |
| 30 J   | 05:26      | 89        | 17:52 | <b>93</b> | 11:39     | 23:55 |
| 31 V   | 06:06      | <b>96</b> | 18:30 | <b>98</b> | -         | 12:21 |



# Février 2025

| Date   | Pleine mer |           |       |            | Basse mer |       |
|--------|------------|-----------|-------|------------|-----------|-------|
|        | matin      | coef.     | soir  | coef.      | matin     | soir  |
| 01 S   | 06:47      | <b>99</b> | 19:10 | <b>98</b>  | 00:36     | 13:01 |
| 02 D   | 07:30      | <b>96</b> | 19:52 | <b>93</b>  | 01:17     | 13:41 |
| 03 L   | 08:15      | 89        | 20:37 | 84         | 01:58     | 14:22 |
| 04 M   | 09:04      | 78        | 21:29 | 71         | 02:41     | 15:06 |
| 05 M 🟡 | 10:03      | 64        | 22:36 | 57         | 03:31     | 15:59 |
| 06 J   | 11:18      | 50        | -     | -          | 04:33     | 17:06 |
| 07 V   | 00:04      | 46        | 12:52 | 43         | 05:51     | 18:30 |
| 08 S   | 01:32      | 43        | 14:14 | 46         | 07:21     | 19:54 |
| 09 D   | 02:40      | 50        | 15:16 | 56         | 08:38     | 21:00 |
| 10 L   | 03:34      | 62        | 16:04 | 68         | 09:37     | 21:52 |
| 11 M   | 04:18      | 74        | 16:44 | 78         | 10:25     | 22:36 |
| 12 M 🟡 | 04:56      | 82        | 17:19 | 86         | 11:07     | 23:16 |
| 13 J   | 05:30      | 88        | 17:51 | 89         | 11:45     | 23:52 |
| 14 V   | 06:02      | <b>90</b> | 18:19 | <b>90</b>  | -         | 12:19 |
| 15 S   | 06:31      | 89        | 18:46 | 87         | 00:25     | 12:50 |
| 16 D   | 06:59      | 84        | 19:14 | 80         | 00:56     | 13:19 |
| 17 L   | 07:27      | 76        | 19:43 | 72         | 01:26     | 13:47 |
| 18 M   | 07:58      | 67        | 20:16 | 61         | 01:56     | 14:16 |
| 19 M   | 08:31      | 56        | 20:54 | 49         | 02:28     | 14:48 |
| 20 J 🟡 | 09:12      | 44        | 21:49 | 38         | 03:05     | 15:27 |
| 21 V   | 10:18      | 32        | 23:21 | 28         | 03:56     | 16:28 |
| 22 S   | -          | -         | 12:12 | 25         | 05:18     | 18:10 |
| 23 D   | 01:01      | 26        | 13:52 | 30         | 06:55     | 19:38 |
| 24 L   | 02:12      | 36        | 14:52 | 44         | 08:10     | 20:41 |
| 25 M   | 03:03      | 52        | 15:36 | 60         | 09:07     | 21:30 |
| 26 M   | 03:46      | 69        | 16:15 | 77         | 09:54     | 22:14 |
| 27 J   | 04:25      | 85        | 16:52 | <b>92</b>  | 10:38     | 22:56 |
| 28 V 🟤 | 05:05      | <b>99</b> | 17:30 | <b>104</b> | 11:20     | 23:37 |



# Mars 2025

| Date   | Pleine mer |            |       | Basse mer  |       |       |
|--------|------------|------------|-------|------------|-------|-------|
|        | matin      | coef.      | soir  | coef.      | matin | soir  |
| 01 S   | 05:44      | <b>108</b> | 18:08 | <b>110</b> | 12:00 | -     |
| 02 D   | 06:25      | <b>111</b> | 18:47 | <b>109</b> | 00:17 | 12:40 |
| 03 L   | 07:07      | <b>107</b> | 19:27 | <b>102</b> | 00:57 | 13:18 |
| 04 M   | 07:52      | <b>96</b>  | 20:10 | 89         | 01:37 | 13:58 |
| 05 M   | 08:40      | 80         | 20:59 | 72         | 02:19 | 14:41 |
| 06 J 🟡 | 09:38      | 62         | 22:04 | 53         | 03:08 | 15:32 |
| 07 V   | 11:05      | 45         | 23:50 | 39         | 04:10 | 16:41 |
| 08 S   | -          | -          | 12:53 | 36         | 05:40 | 18:18 |
| 09 D   | 01:27      | 37         | 14:13 | 41         | 07:19 | 19:47 |
| 10 L   | 02:35      | 47         | 15:10 | 54         | 08:33 | 20:50 |
| 11 M   | 03:25      | 61         | 15:51 | 68         | 09:25 | 21:37 |
| 12 M   | 04:03      | 73         | 16:24 | 78         | 10:07 | 22:18 |
| 13 J   | 04:36      | 82         | 16:53 | 85         | 10:45 | 22:54 |
| 14 V 🟡 | 05:05      | 88         | 17:20 | 89         | 11:18 | 23:27 |
| 15 S   | 05:32      | <b>90</b>  | 17:46 | <b>90</b>  | 11:49 | 23:58 |
| 16 D   | 05:58      | 89         | 18:12 | 88         | -     | 12:17 |
| 17 L   | 06:25      | 86         | 18:39 | 83         | 00:26 | 12:44 |
| 18 M   | 06:52      | 79         | 19:07 | 75         | 00:53 | 13:09 |
| 19 M   | 07:20      | 70         | 19:37 | 65         | 01:20 | 13:35 |
| 20 J   | 07:52      | 59         | 20:12 | 53         | 01:50 | 14:05 |
| 21 V   | 08:31      | 47         | 21:02 | 41         | 02:26 | 14:43 |
| 22 S 🟡 | 09:32      | 35         | 22:24 | 29         | 03:13 | 15:36 |
| 23 D   | 11:24      | 26         | -     | -          | 04:26 | 17:15 |
| 24 L   | 00:14      | 26         | 13:16 | 29         | 06:15 | 19:00 |
| 25 M   | 01:34      | 36         | 14:19 | 44         | 07:37 | 20:07 |
| 26 M   | 02:30      | 54         | 15:06 | 63         | 08:36 | 20:59 |
| 27 J   | 03:16      | 73         | 15:46 | 82         | 09:25 | 21:45 |
| 28 V   | 03:58      | <b>90</b>  | 16:24 | <b>97</b>  | 10:10 | 22:29 |
| 29 S 🟤 | 04:39      | <b>104</b> | 17:03 | <b>109</b> | 10:53 | 23:12 |
| 30 D   | 06:20      | <b>112</b> | 18:42 | <b>114</b> | -     | 12:34 |
| 31 L   | 07:03      | <b>114</b> | 19:23 | <b>111</b> | 00:54 | 13:14 |



# Avril 2025

| Date   | Pleine mer |            |       |            | Basse mer |       |
|--------|------------|------------|-------|------------|-----------|-------|
|        | matin      | coef.      | soir  | coef.      | matin     | soir  |
| 01 M   | 07:47      | <b>107</b> | 20:05 | <b>102</b> | 01:35     | 13:54 |
| 02 M   | 08:33      | <b>95</b>  | 20:49 | 87         | 02:16     | 14:34 |
| 03 J   | 09:23      | 77         | 21:40 | 68         | 03:00     | 15:18 |
| 04 V   | 10:26      | 58         | 22:49 | 50         | 03:51     | 16:11 |
| 05 S 🟡 | -          | -          | 12:02 | 42         | 04:55     | 17:23 |
| 06 D   | 00:36      | 37         | 13:41 | 35         | 06:27     | 18:59 |
| 07 L   | 02:06      | 37         | 14:54 | 42         | 08:00     | 20:22 |
| 08 M   | 03:12      | 47         | 15:46 | 54         | 09:07     | 21:22 |
| 09 M   | 04:00      | 59         | 16:23 | 65         | 09:56     | 22:09 |
| 10 J   | 04:37      | 70         | 16:54 | 74         | 10:37     | 22:49 |
| 11 V   | 05:07      | 78         | 17:21 | 81         | 11:13     | 23:24 |
| 12 S   | 05:34      | 83         | 17:47 | 84         | 11:45     | 23:56 |
| 13 D 🟡 | 06:01      | 85         | 18:14 | 85         | -         | 12:15 |
| 14 L   | 06:29      | 85         | 18:41 | 84         | 00:26     | 12:42 |
| 15 M   | 06:57      | 82         | 19:10 | 80         | 00:55     | 13:09 |
| 16 M   | 07:25      | 77         | 19:40 | 73         | 01:23     | 13:36 |
| 17 J   | 07:55      | 69         | 20:13 | 65         | 01:53     | 14:05 |
| 18 V   | 08:30      | 60         | 20:52 | 54         | 02:25     | 14:38 |
| 19 S   | 09:15      | 49         | 21:45 | 44         | 03:04     | 15:19 |
| 20 D   | 10:18      | 39         | 22:59 | 34         | 03:52     | 16:15 |
| 21 L 🟡 | 11:54      | 32         | -     | -          | 05:01     | 17:41 |
| 22 M   | 00:31      | 32         | 13:31 | 35         | 06:34     | 19:13 |
| 23 M   | 01:49      | 41         | 14:36 | 48         | 07:52     | 20:22 |
| 24 J   | 02:50      | 57         | 15:27 | 65         | 08:54     | 21:19 |
| 25 V   | 03:41      | 74         | 16:12 | 82         | 09:47     | 22:10 |
| 26 S   | 04:28      | <b>90</b>  | 16:54 | <b>96</b>  | 10:36     | 22:58 |
| 27 D 🟤 | 05:13      | <b>101</b> | 17:35 | <b>105</b> | 11:22     | 23:45 |
| 28 L   | 05:58      | <b>108</b> | 18:18 | <b>108</b> | -         | 12:06 |
| 29 M   | 06:44      | <b>107</b> | 19:02 | <b>105</b> | 00:30     | 12:49 |
| 30 M   | 07:31      | <b>101</b> | 19:49 | <b>96</b>  | 01:14     | 13:31 |



# Mai 2025

| Date   | Pleine mer |           |       |           | Basse mer |       |
|--------|------------|-----------|-------|-----------|-----------|-------|
|        | matin      | coef.     | soir  | coef.     | matin     | soir  |
| 01 J   | 08:21      | 89        | 20:37 | 82        | 01:59     | 14:14 |
| 02 V   | 09:14      | 74        | 21:32 | 66        | 02:46     | 15:01 |
| 03 S   | 10:19      | 58        | 22:40 | 51        | 03:38     | 15:55 |
| 04 D 🌞 | 11:42      | 45        | -     | -         | 04:40     | 17:03 |
| 05 L   | 00:05      | 42        | 13:04 | 40        | 05:59     | 18:24 |
| 06 M   | 01:24      | 40        | 14:11 | 43        | 07:18     | 19:39 |
| 07 M   | 02:29      | 46        | 15:03 | 50        | 08:23     | 20:40 |
| 08 J   | 03:20      | 54        | 15:43 | 58        | 09:15     | 21:30 |
| 09 V   | 03:59      | 62        | 16:16 | 65        | 09:58     | 22:12 |
| 10 S   | 04:32      | 68        | 16:45 | 71        | 10:35     | 22:49 |
| 11 D   | 05:03      | 73        | 17:15 | 75        | 11:09     | 23:23 |
| 12 L 🌞 | 05:34      | 76        | 17:46 | 76        | 11:40     | 23:55 |
| 13 M   | 06:05      | 77        | 18:18 | 76        | -         | 12:10 |
| 14 M   | 06:37      | 76        | 18:50 | 74        | 00:28     | 12:41 |
| 15 J   | 07:09      | 73        | 19:24 | 70        | 01:01     | 13:13 |
| 16 V   | 07:44      | 68        | 20:02 | 65        | 01:35     | 13:47 |
| 17 S   | 08:23      | 61        | 20:46 | 58        | 02:12     | 14:25 |
| 18 D   | 09:11      | 54        | 21:39 | 50        | 02:54     | 15:10 |
| 19 L   | 10:11      | 47        | 22:43 | 45        | 03:43     | 16:05 |
| 20 M 🌙 | 11:26      | 44        | 23:55 | 44        | 04:44     | 17:15 |
| 21 M   | -          | -         | 12:45 | 46        | 05:56     | 18:29 |
| 22 J   | 01:05      | 49        | 13:51 | 54        | 07:06     | 19:36 |
| 23 V   | 02:09      | 59        | 14:48 | 65        | 08:10     | 20:38 |
| 24 S   | 03:06      | 71        | 15:39 | 77        | 09:08     | 21:35 |
| 25 D   | 04:00      | 83        | 16:26 | 88        | 10:03     | 22:29 |
| 26 L   | 04:51      | <b>92</b> | 17:14 | <b>94</b> | 10:54     | 23:21 |
| 27 M 🌑 | 05:42      | <b>96</b> | 18:01 | <b>97</b> | 11:42     | -     |
| 28 M   | 06:32      | <b>96</b> | 18:49 | <b>95</b> | 00:11     | 12:29 |
| 29 J   | 07:22      | <b>92</b> | 19:38 | 89        | 00:59     | 13:14 |
| 30 V   | 08:12      | 84        | 20:29 | 79        | 01:47     | 14:00 |
| 31 S   | 09:04      | 74        | 21:21 | 69        | 02:35     | 14:47 |



# Juin 2025

| Date   | Pleine mer |       |       |       | Basse mer |       |
|--------|------------|-------|-------|-------|-----------|-------|
|        | matin      | coef. | soir  | coef. | matin     | soir  |
| 01 D   | 09:59      | 63    | 22:17 | 58    | 03:25     | 15:38 |
| 02 L   | 10:59      | 53    | 23:18 | 49    | 04:18     | 16:34 |
| 03 M 🟡 | -          | -     | 12:02 | 46    | 05:18     | 17:38 |
| 04 M   | 00:21      | 44    | 13:05 | 43    | 06:21     | 18:43 |
| 05 J   | 01:22      | 43    | 14:02 | 44    | 07:24     | 19:45 |
| 06 V   | 02:21      | 46    | 14:52 | 48    | 08:22     | 20:40 |
| 07 S   | 03:11      | 51    | 15:34 | 53    | 09:12     | 21:30 |
| 08 D   | 03:55      | 56    | 16:12 | 59    | 09:56     | 22:13 |
| 09 L   | 04:35      | 61    | 16:49 | 64    | 10:34     | 22:52 |
| 10 M   | 05:12      | 66    | 17:25 | 67    | 11:11     | 23:30 |
| 11 M 🟡 | 05:49      | 69    | 18:01 | 70    | 11:46     | -     |
| 12 J   | 06:25      | 71    | 18:38 | 71    | 00:08     | 12:22 |
| 13 V   | 07:01      | 71    | 19:15 | 71    | 00:46     | 12:59 |
| 14 S   | 07:38      | 70    | 19:55 | 70    | 01:25     | 13:38 |
| 15 D   | 08:18      | 68    | 20:39 | 67    | 02:05     | 14:19 |
| 16 L   | 09:03      | 65    | 21:28 | 63    | 02:48     | 15:03 |
| 17 M   | 09:55      | 61    | 22:22 | 59    | 03:33     | 15:53 |
| 18 M 🟡 | 10:55      | 58    | 23:22 | 56    | 04:24     | 16:49 |
| 19 J   | -          | -     | 12:01 | 56    | 05:21     | 17:51 |
| 20 V   | 00:26      | 56    | 13:09 | 57    | 06:25     | 18:57 |
| 21 S   | 01:32      | 58    | 14:13 | 61    | 07:30     | 20:03 |
| 22 D   | 02:39      | 64    | 15:13 | 67    | 08:35     | 21:08 |
| 23 L   | 03:42      | 71    | 16:09 | 75    | 09:37     | 22:09 |
| 24 M   | 04:40      | 78    | 17:01 | 82    | 10:34     | 23:07 |
| 25 M 🟤 | 05:33      | 84    | 17:51 | 86    | 11:27     | -     |
| 26 J   | 06:24      | 87    | 18:40 | 88    | 00:01     | 12:16 |
| 27 V   | 07:13      | 88    | 19:28 | 86    | 00:51     | 13:03 |
| 28 S   | 07:59      | 85    | 20:14 | 82    | 01:38     | 13:48 |
| 29 D   | 08:42      | 79    | 20:58 | 75    | 02:23     | 14:31 |
| 30 L   | 09:24      | 71    | 21:40 | 67    | 03:05     | 15:15 |



# Juillet 2025

| Date   | Pleine mer |       |       |       | Basse mer |       |
|--------|------------|-------|-------|-------|-----------|-------|
|        | matin      | coef. | soir  | coef. | matin     | soir  |
| 01 M   | 10:06      | 62    | 22:24 | 57    | 03:48     | 16:00 |
| 02 M 🟡 | 10:53      | 53    | 23:13 | 49    | 04:33     | 16:49 |
| 03 J   | 11:48      | 45    | -     | -     | 05:23     | 17:44 |
| 04 V   | 00:10      | 42    | 12:50 | 39    | 06:19     | 18:45 |
| 05 S   | 01:12      | 38    | 13:55 | 38    | 07:21     | 19:48 |
| 06 D   | 02:19      | 39    | 14:54 | 41    | 08:23     | 20:48 |
| 07 L   | 03:22      | 44    | 15:45 | 47    | 09:19     | 21:42 |
| 08 M   | 04:13      | 50    | 16:28 | 54    | 10:07     | 22:29 |
| 09 M   | 04:57      | 58    | 17:08 | 62    | 10:50     | 23:13 |
| 10 J 🟡 | 05:36      | 65    | 17:47 | 68    | 11:30     | 23:55 |
| 11 V   | 06:13      | 71    | 18:25 | 74    | -         | 12:10 |
| 12 S   | 06:50      | 76    | 19:03 | 78    | 00:35     | 12:50 |
| 13 D   | 07:27      | 80    | 19:42 | 81    | 01:16     | 13:29 |
| 14 L   | 08:05      | 81    | 20:24 | 81    | 01:56     | 14:09 |
| 15 M   | 08:46      | 80    | 21:08 | 78    | 02:35     | 14:50 |
| 16 M   | 09:31      | 76    | 21:56 | 72    | 03:16     | 15:33 |
| 17 J   | 10:22      | 69    | 22:51 | 65    | 04:00     | 16:22 |
| 18 V 🟡 | 11:22      | 62    | 23:53 | 58    | 04:50     | 17:19 |
| 19 S   | -          | -     | 12:33 | 55    | 05:49     | 18:26 |
| 20 D   | 01:07      | 53    | 13:50 | 52    | 06:59     | 19:41 |
| 21 L   | 02:26      | 53    | 15:02 | 56    | 08:14     | 20:56 |
| 22 M   | 03:37      | 59    | 16:03 | 64    | 09:25     | 22:05 |
| 23 M   | 04:37      | 69    | 16:56 | 73    | 10:27     | 23:04 |
| 24 J 🟤 | 05:29      | 78    | 17:44 | 82    | 11:20     | 23:55 |
| 25 V   | 06:15      | 85    | 18:28 | 87    | -         | 12:08 |
| 26 S   | 06:56      | 89    | 19:09 | 89    | 00:42     | 12:52 |
| 27 D   | 07:34      | 89    | 19:47 | 87    | 01:24     | 13:32 |
| 28 L   | 08:09      | 85    | 20:22 | 82    | 02:02     | 14:09 |
| 29 M   | 08:41      | 78    | 20:55 | 74    | 02:38     | 14:45 |
| 30 M   | 09:13      | 69    | 21:30 | 64    | 03:12     | 15:21 |
| 31 J   | 09:50      | 58    | 22:10 | 53    | 03:48     | 16:00 |



# Août 2025

| Date   | Pleine mer |           |       | Basse mer |       |       |
|--------|------------|-----------|-------|-----------|-------|-------|
|        | matin      | coef.     | soir  | coef.     | matin | soir  |
| 01 V 🟡 | 10:37      | 47        | 23:01 | 42        | 04:26 | 16:45 |
| 02 S   | 11:41      | 37        | -     | -         | 05:14 | 17:43 |
| 03 D   | 00:09      | 33        | 13:00 | 30        | 06:18 | 18:58 |
| 04 L   | 01:33      | 29        | 14:19 | 31        | 07:36 | 20:13 |
| 05 M   | 02:55      | 34        | 15:21 | 38        | 08:48 | 21:18 |
| 06 M   | 03:54      | 43        | 16:08 | 49        | 09:46 | 22:11 |
| 07 J   | 04:39      | 55        | 16:50 | 61        | 10:33 | 22:57 |
| 08 V   | 05:18      | 67        | 17:28 | 73        | 11:15 | 23:39 |
| 09 S 🟡 | 05:54      | 78        | 18:05 | 83        | 11:55 | -     |
| 10 D   | 06:30      | 87        | 18:42 | <b>90</b> | 00:20 | 12:35 |
| 11 L   | 07:06      | <b>93</b> | 19:21 | <b>95</b> | 00:59 | 13:14 |
| 12 M   | 07:43      | <b>95</b> | 20:01 | <b>95</b> | 01:37 | 13:52 |
| 13 M   | 08:22      | <b>93</b> | 20:44 | <b>90</b> | 02:15 | 14:31 |
| 14 J   | 09:03      | 86        | 21:30 | 81        | 02:53 | 15:11 |
| 15 V   | 09:50      | 75        | 22:23 | 68        | 03:34 | 15:57 |
| 16 S 🟡 | 10:48      | 62        | 23:30 | 55        | 04:21 | 16:53 |
| 17 D   | -          | -         | 12:07 | 49        | 05:21 | 18:06 |
| 18 L   | 00:59      | 45        | 13:45 | 43        | 06:39 | 19:35 |
| 19 M   | 02:30      | 44        | 15:03 | 48        | 08:08 | 21:00 |
| 20 M   | 03:40      | 54        | 16:03 | 60        | 09:25 | 22:06 |
| 21 J   | 04:35      | 67        | 16:51 | 73        | 10:23 | 22:58 |
| 22 V   | 05:19      | 78        | 17:32 | 83        | 11:12 | 23:43 |
| 23 S 🟡 | 05:57      | 87        | 18:09 | 89        | 11:54 | -     |
| 24 D   | 06:31      | <b>91</b> | 18:43 | <b>92</b> | 00:23 | 12:33 |
| 25 L   | 07:02      | <b>92</b> | 19:14 | <b>91</b> | 01:00 | 13:08 |
| 26 M   | 07:30      | 89        | 19:42 | 86        | 01:33 | 13:41 |
| 27 M   | 07:57      | 82        | 20:11 | 78        | 02:04 | 14:11 |
| 28 J   | 08:27      | 73        | 20:42 | 68        | 02:33 | 14:42 |
| 29 V   | 08:59      | 62        | 21:16 | 56        | 03:02 | 15:14 |
| 30 S   | 09:38      | 50        | 21:59 | 44        | 03:33 | 15:51 |
| 31 D 🟡 | 10:31      | 37        | 23:04 | 32        | 04:11 | 16:40 |



# Septembre 2025

| Date   | Pleine mer |            |       |            | Basse mer |       |
|--------|------------|------------|-------|------------|-----------|-------|
|        | matin      | coef.      | soir  | coef.      | matin     | soir  |
| 01 L   | -          | -          | 12:02 | 27         | 05:06     | 18:02 |
| 02 M   | 00:53      | 24         | 13:42 | 24         | 06:48     | 19:42 |
| 03 M   | 02:29      | 28         | 14:53 | 34         | 08:19     | 20:54 |
| 04 J   | 03:29      | 41         | 15:43 | 49         | 09:21     | 21:48 |
| 05 V   | 04:14      | 56         | 16:24 | 65         | 10:09     | 22:33 |
| 06 S   | 04:51      | 72         | 17:02 | 80         | 10:52     | 23:15 |
| 07 D 🟡 | 05:27      | 86         | 17:39 | <b>92</b>  | 11:32     | 23:55 |
| 08 L   | 06:02      | <b>97</b>  | 18:17 | <b>101</b> | -         | 12:12 |
| 09 M   | 06:39      | <b>104</b> | 18:56 | <b>106</b> | 00:34     | 12:51 |
| 10 M   | 07:16      | <b>106</b> | 19:36 | <b>104</b> | 01:13     | 13:30 |
| 11 J   | 07:56      | <b>101</b> | 20:20 | <b>96</b>  | 01:51     | 14:09 |
| 12 V   | 08:38      | <b>90</b>  | 21:08 | 83         | 02:29     | 14:50 |
| 13 S   | 09:26      | 75         | 22:05 | 66         | 03:11     | 15:37 |
| 14 D 🟡 | 10:27      | 58         | 23:22 | 49         | 03:59     | 16:35 |
| 15 L   | -          | -          | 12:01 | 43         | 05:02     | 17:58 |
| 16 M   | 01:09      | 38         | 13:47 | 38         | 06:31     | 19:40 |
| 17 M   | 02:34      | 41         | 15:00 | 47         | 08:07     | 20:59 |
| 18 J   | 03:36      | 54         | 15:55 | 61         | 09:17     | 21:55 |
| 19 V   | 04:22      | 68         | 16:37 | 74         | 10:09     | 22:40 |
| 20 S   | 04:58      | 79         | 17:12 | 84         | 10:53     | 23:20 |
| 21 D ⬛ | 05:30      | 87         | 17:43 | 89         | 11:31     | 23:56 |
| 22 L   | 05:59      | <b>91</b>  | 18:12 | <b>91</b>  | -         | 12:07 |
| 23 M   | 06:26      | <b>91</b>  | 18:39 | <b>90</b>  | 00:29     | 12:39 |
| 24 M   | 06:53      | 88         | 19:07 | 86         | 00:59     | 13:09 |
| 25 J   | 07:21      | 82         | 19:35 | 78         | 01:27     | 13:38 |
| 26 V   | 07:50      | 74         | 20:04 | 69         | 01:54     | 14:06 |
| 27 S   | 08:21      | 63         | 20:37 | 58         | 02:21     | 14:36 |
| 28 D   | 08:58      | 52         | 21:17 | 46         | 02:51     | 15:12 |
| 29 L 🟡 | 09:47      | 39         | 22:20 | 33         | 03:28     | 15:58 |
| 30 M   | 11:09      | 28         | -     | -          | 04:19     | 17:10 |



# Octobre 2025

| Date   | Pleine mer |            |       |            | Basse mer |       |
|--------|------------|------------|-------|------------|-----------|-------|
|        | matin      | coef.      | soir  | coef.      | matin     | soir  |
| 01 M   | 00:14      | 25         | 12:59 | 24         | 05:54     | 19:02 |
| 02 J   | 01:53      | 28         | 14:14 | 34         | 07:39     | 20:18 |
| 03 V   | 02:54      | 42         | 15:07 | 50         | 08:44     | 21:13 |
| 04 S   | 03:39      | 59         | 15:51 | 68         | 09:34     | 21:59 |
| 05 D   | 04:18      | 76         | 16:31 | 84         | 10:19     | 22:42 |
| 06 L   | 04:55      | <b>91</b>  | 17:10 | <b>98</b>  | 11:02     | 23:24 |
| 07 M ☀ | 05:33      | <b>103</b> | 17:50 | <b>107</b> | 11:44     | -     |
| 08 M   | 06:11      | <b>109</b> | 18:32 | <b>110</b> | 00:05     | 12:25 |
| 09 J   | 06:51      | <b>109</b> | 19:16 | <b>106</b> | 00:46     | 13:07 |
| 10 V   | 07:34      | <b>102</b> | 20:03 | <b>96</b>  | 01:26     | 13:49 |
| 11 S   | 08:20      | 89         | 20:55 | 81         | 02:07     | 14:33 |
| 12 D   | 09:13      | 72         | 21:58 | 63         | 02:51     | 15:23 |
| 13 L ☀ | 10:20      | 55         | 23:27 | 47         | 03:43     | 16:25 |
| 14 M   | -          | -          | 12:02 | 41         | 04:50     | 17:51 |
| 15 M   | 01:05      | 39         | 13:34 | 40         | 06:20     | 19:26 |
| 16 J   | 02:19      | 44         | 14:42 | 49         | 07:47     | 20:36 |
| 17 V   | 03:15      | 55         | 15:34 | 61         | 08:52     | 21:29 |
| 18 S   | 03:56      | 67         | 16:13 | 71         | 09:42     | 22:12 |
| 19 D   | 04:30      | 76         | 16:45 | 79         | 10:25     | 22:50 |
| 20 L   | 04:59      | 82         | 17:15 | 84         | 11:03     | 23:24 |
| 21 M ☀ | 05:27      | 85         | 17:43 | 86         | 11:37     | 23:56 |
| 22 M   | 05:55      | 86         | 18:11 | 85         | -         | 12:08 |
| 23 J   | 06:24      | 83         | 18:40 | 81         | 00:25     | 12:38 |
| 24 V   | 06:54      | 79         | 19:10 | 76         | 00:53     | 13:08 |
| 25 S   | 07:25      | 72         | 19:41 | 68         | 01:22     | 13:39 |
| 26 D   | 06:58      | 63         | 19:16 | 59         | 01:51     | 13:12 |
| 27 L   | 07:37      | 53         | 19:59 | 48         | 01:25     | 13:49 |
| 28 M   | 08:28      | 43         | 21:01 | 38         | 02:04     | 14:36 |
| 29 M ☀ | 09:40      | 34         | 22:34 | 31         | 02:57     | 15:41 |
| 30 J   | 11:09      | 31         | -     | -          | 04:15     | 17:11 |
| 31 V   | 00:05      | 33         | 12:25 | 38         | 05:46     | 18:28 |



# Novembre 2025

| Date   | Pleine mer |            |       |            | Basse mer |       |
|--------|------------|------------|-------|------------|-----------|-------|
|        | matin      | coef.      | soir  | coef.      | matin     | soir  |
| 01 S   | 01:08      | 44         | 13:24 | 52         | 06:54     | 19:27 |
| 02 D   | 01:58      | 60         | 14:14 | 68         | 07:50     | 20:19 |
| 03 L   | 02:42      | 76         | 15:00 | 84         | 08:40     | 21:06 |
| 04 M   | 03:24      | <b>90</b>  | 15:44 | <b>96</b>  | 09:28     | 21:52 |
| 05 M 🟡 | 04:06      | <b>101</b> | 16:29 | <b>104</b> | 10:15     | 22:37 |
| 06 J   | 04:48      | <b>106</b> | 17:15 | <b>106</b> | 11:02     | 23:21 |
| 07 V   | 05:34      | <b>105</b> | 18:03 | <b>102</b> | 11:48     | -     |
| 08 S   | 06:21      | <b>98</b>  | 18:54 | <b>93</b>  | 00:05     | 12:34 |
| 09 D   | 07:12      | 87         | 19:49 | 79         | 00:50     | 13:22 |
| 10 L   | 08:08      | 72         | 20:54 | 65         | 01:38     | 14:14 |
| 11 M   | 09:16      | 58         | 22:15 | 52         | 02:31     | 15:15 |
| 12 M 🟡 | 10:40      | 47         | 23:35 | 45         | 03:35     | 16:29 |
| 13 J   | 11:59      | 44         | -     | -          | 04:51     | 17:47 |
| 14 V   | 00:43      | 45         | 13:06 | 48         | 06:07     | 18:56 |
| 15 S   | 01:38      | 51         | 14:00 | 55         | 07:12     | 19:51 |
| 16 D   | 02:22      | 59         | 14:42 | 62         | 08:06     | 20:37 |
| 17 L   | 02:57      | 66         | 15:17 | 69         | 08:52     | 21:16 |
| 18 M   | 03:29      | 71         | 15:49 | 73         | 09:32     | 21:52 |
| 19 M   | 04:00      | 75         | 16:21 | 76         | 10:08     | 22:25 |
| 20 J 🟤 | 04:32      | 77         | 16:52 | 77         | 10:41     | 22:56 |
| 21 V   | 05:04      | 76         | 17:25 | 76         | 11:14     | 23:28 |
| 22 S   | 05:37      | 74         | 17:57 | 73         | 11:48     | -     |
| 23 D   | 06:11      | 70         | 18:31 | 68         | 00:00     | 12:22 |
| 24 L   | 06:48      | 65         | 19:08 | 62         | 00:34     | 12:59 |
| 25 M   | 07:29      | 59         | 19:52 | 55         | 01:11     | 13:38 |
| 26 M   | 08:17      | 52         | 20:47 | 49         | 01:53     | 14:24 |
| 27 J   | 09:16      | 46         | 21:56 | 44         | 02:43     | 15:19 |
| 28 V 🟡 | 10:24      | 43         | 23:11 | 43         | 03:45     | 16:25 |
| 29 S   | 11:34      | 45         | -     | -          | 04:55     | 17:34 |
| 30 D   | 00:19      | 48         | 12:38 | 53         | 06:03     | 18:38 |



# Décembre 2025

| Date   | Pleine mer |           |       |           | Basse mer |       |
|--------|------------|-----------|-------|-----------|-----------|-------|
|        | matin      | coef.     | soir  | coef.     | matin     | soir  |
| 01 L   | 01:17      | 58        | 13:37 | 64        | 07:05     | 19:37 |
| 02 M   | 02:09      | 70        | 14:32 | 76        | 08:03     | 20:32 |
| 03 M   | 02:58      | 82        | 15:25 | 87        | 08:59     | 21:25 |
| 04 J   | 03:46      | <b>91</b> | 16:16 | <b>94</b> | 09:53     | 22:15 |
| 05 V 🟡 | 04:35      | <b>97</b> | 17:06 | <b>98</b> | 10:45     | 23:04 |
| 06 S   | 05:24      | <b>98</b> | 17:57 | <b>97</b> | 11:36     | 23:52 |
| 07 D   | 06:15      | <b>95</b> | 18:49 | <b>92</b> | -         | 12:25 |
| 08 L   | 07:06      | 88        | 19:42 | 83        | 00:39     | 13:14 |
| 09 M   | 08:00      | 78        | 20:37 | 72        | 01:27     | 14:04 |
| 10 M   | 08:56      | 67        | 21:37 | 61        | 02:17     | 14:56 |
| 11 J 🟡 | 09:57      | 57        | 22:39 | 52        | 03:11     | 15:53 |
| 12 V   | 11:01      | 49        | 23:43 | 46        | 04:10     | 16:54 |
| 13 S   | -          | -         | 12:06 | 45        | 05:14     | 17:59 |
| 14 D   | 00:44      | 44        | 13:09 | 45        | 06:19     | 19:01 |
| 15 L   | 01:38      | 47        | 14:04 | 49        | 07:21     | 19:56 |
| 16 M   | 02:24      | 51        | 14:50 | 54        | 08:16     | 20:43 |
| 17 M   | 03:04      | 57        | 15:30 | 60        | 09:03     | 21:24 |
| 18 J   | 03:41      | 63        | 16:07 | 65        | 09:44     | 22:02 |
| 19 V   | 04:17      | 67        | 16:42 | 69        | 10:22     | 22:37 |
| 20 S 🟤 | 04:52      | 71        | 17:17 | 72        | 10:59     | 23:12 |
| 21 D   | 05:28      | 73        | 17:51 | 73        | 11:36     | 23:48 |
| 22 L   | 06:03      | 73        | 18:25 | 73        | -         | 12:13 |
| 23 M   | 06:40      | 72        | 19:01 | 71        | 00:25     | 12:51 |
| 24 M   | 07:19      | 70        | 19:40 | 68        | 01:03     | 13:30 |
| 25 J   | 08:02      | 66        | 20:25 | 64        | 01:43     | 14:10 |
| 26 V   | 08:50      | 61        | 21:18 | 59        | 02:27     | 14:55 |
| 27 S 🟡 | 09:45      | 57        | 22:20 | 55        | 03:16     | 15:46 |
| 28 D   | 10:47      | 53        | 23:28 | 52        | 04:12     | 16:46 |
| 29 L   | 11:56      | 53        | -     | -         | 05:17     | 17:53 |
| 30 M   | 00:38      | 54        | 13:07 | 56        | 06:26     | 19:01 |
| 31 M   | 01:43      | 60        | 14:15 | 64        | 07:34     | 20:06 |

