

| 日  | 曜日 | 旧暦   | 月 | 満潮    |     |       |     | 干潮    |     |       |     |
|----|----|------|---|-------|-----|-------|-----|-------|-----|-------|-----|
|    |    |      |   | 時刻    | 潮高  | 時刻    | 潮高  | 時刻    | 潮高  | 時刻    | 潮高  |
| 1  | 木  | 1/14 |   | 08:42 | 309 | 20:26 | 285 | 02:09 | -1  | 14:44 | 70  |
| 2  | 金  | 1/15 | ☉ | 09:18 | 315 | 21:09 | 297 | 02:52 | -8  | 15:21 | 55  |
| 3  | 土  |      |   | 09:52 | 314 | 21:50 | 300 | 03:32 | -5  | 15:57 | 46  |
| 4  | 日  |      |   | 10:23 | 308 | 22:29 | 294 | 04:09 | 7   | 16:31 | 41  |
| 5  | 月  |      |   | 10:52 | 297 | 23:09 | 282 | 04:43 | 26  | 17:05 | 42  |
| 6  | 火  |      |   | 11:20 | 282 | 23:49 | 266 | 05:16 | 50  | 17:39 | 47  |
| 7  | 水  |      |   | 11:47 | 264 |       |     | 05:50 | 77  | 18:14 | 58  |
| 8  | 木  |      |   | 00:33 | 246 | 12:16 | 244 | 06:25 | 105 | 18:54 | 71  |
| 9  | 金  |      | ☾ | 01:27 | 226 | 12:49 | 222 | 07:09 | 132 | 19:45 | 87  |
| 10 | 土  |      |   | 02:47 | 211 | 13:39 | 200 | 08:23 | 154 | 21:05 | 99  |
| 11 | 日  |      |   | 04:42 | 210 | 15:32 | 186 | 10:41 | 161 | 22:48 | 98  |
| 12 | 月  |      |   | 06:13 | 225 | 17:26 | 193 | 12:21 | 146 |       |     |
| 13 | 火  |      |   | 07:04 | 243 | 18:30 | 212 | 00:05 | 85  | 13:07 | 126 |
| 14 | 水  |      |   | 07:39 | 260 | 19:14 | 234 | 00:57 | 68  | 13:39 | 107 |
| 15 | 木  |      |   | 08:09 | 274 | 19:50 | 254 | 01:37 | 51  | 14:08 | 89  |
| 16 | 金  |      |   | 08:37 | 285 | 20:24 | 272 | 02:11 | 37  | 14:36 | 72  |
| 17 | 土  | 2/1  | ☀ | 09:03 | 293 | 20:57 | 287 | 02:43 | 28  | 15:05 | 58  |
| 18 | 日  |      |   | 09:29 | 298 | 21:32 | 296 | 03:14 | 24  | 15:34 | 45  |
| 19 | 月  |      |   | 09:55 | 300 | 22:08 | 300 | 03:46 | 26  | 16:05 | 36  |
| 20 | 火  |      |   | 10:23 | 297 | 22:46 | 298 | 04:19 | 35  | 16:37 | 30  |
| 21 | 水  |      |   | 10:52 | 288 | 23:28 | 289 | 04:53 | 50  | 17:12 | 30  |
| 22 | 木  |      |   | 11:24 | 275 |       |     | 05:30 | 71  | 17:51 | 35  |
| 23 | 金  |      |   | 00:16 | 274 | 12:00 | 256 | 06:14 | 97  | 18:38 | 47  |
| 24 | 土  |      |   | 01:15 | 256 | 12:46 | 234 | 07:09 | 125 | 19:39 | 62  |
| 25 | 日  |      | ☾ | 02:39 | 240 | 13:58 | 212 | 08:38 | 147 | 21:07 | 74  |
| 26 | 月  |      |   | 04:28 | 240 | 15:58 | 205 | 10:46 | 148 | 22:48 | 71  |
| 27 | 火  |      |   | 05:57 | 256 | 17:38 | 221 | 12:13 | 127 |       |     |
| 28 | 水  |      |   | 06:55 | 276 | 18:44 | 247 | 00:07 | 56  | 13:06 | 101 |
| 29 | 木  |      |   | 07:39 | 292 | 19:35 | 272 | 01:06 | 39  | 13:47 | 77  |
| 30 | 金  |      |   | 08:15 | 303 | 20:18 | 292 | 01:54 | 28  | 14:23 | 57  |
| 31 | 土  | 2/15 | ☉ | 08:48 | 307 | 20:58 | 303 | 02:35 | 24  | 14:57 | 42  |