

Position: 06°18'N 099°47'E

Heights are in metres Remember to adjust times for Daylight Saving

|     | Time | Ht  |     | Time | Ht  |     | Time | Ht  |     | Time | Ht  |
|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|
| 1   | 0150 | 2.5 | 9   | 0220 | 1.1 | 17  | 0250 | 2.6 | 25  | 0430 | 1.0 |
| Fri | 0740 | 0.9 | Sat | 0910 | 2.3 | Sun | 0840 | 0.8 | Mon | 1100 | 2.6 |
|     | 1400 | 2.9 |     | 1520 | 1.4 |     | 1450 | 3.0 |     | 1730 | 1.0 |
|     | 2020 | 0.7 |     | 2100 | 2.2 |     | 2130 | 0.5 |     | 2320 | 2.3 |
| 2   | 0220 | 2.5 | 10  | 0330 | 1.0 | 18  | 0340 | 2.5 | 26  | 0510 | 1.0 |
| Sat | 0810 | 1.0 | Sun | 1000 | 2.5 | Mon | 0920 | 1.0 | Tue | 1140 | 2.7 |
|     | 1420 | 2.8 |     | 1620 | 1.2 |     | 1540 | 2.9 |     | 1800 | 0.9 |
|     | 2050 | 0.8 |     | 2210 | 2.3 |     | 2210 | 0.7 |     | 2400 | 2.4 |
| 3   | 0300 | 2.4 | 11  | 0420 | 0.9 | 19  | 0430 | 2.4 | 27  | 0550 | 0.9 |
| Sun | 0840 | 1.1 | Mon | 1050 | 2.7 | Tue | 1020 | 1.2 | Wed | 1210 | 2.8 |
|     | 1450 | 2.7 |     | 1700 | 0.9 |     | 1630 | 2.6 |     | 1840 | 0.8 |
|     | 2130 | 0.9 |     | 2300 | 2.5 |     | 2310 | 0.8 |     |      |     |
| 4   | 0330 | 2.3 | 12  | 0500 | 0.8 | 20  | 0540 | 2.3 | 28  | 0030 | 2.4 |
| Mon | 0910 | 1.2 | Tue | 1130 | 2.9 | Wed | 1120 | 1.3 | Thu | 0620 | 0.9 |
|     | 1530 | 2.6 |     | 1750 | 0.7 |     | 1730 | 2.4 |     | 1240 | 2.9 |
|     | 2210 | 1.0 |     | 2350 | 2.6 |     |      |     |     | 1910 | 0.7 |
| 5   | 0420 | 2.2 | 13  | 0540 | 0.7 | 21  | 0010 | 1.0 | 29  | 0110 | 2.5 |
| Tue | 0950 | 1.3 | Wed | 1210 | 3.1 | Thu | 0650 | 2.3 | Fri | 0650 | 0.9 |
|     | 1610 | 2.4 |     | 1830 | 0.6 |     | 1250 | 1.4 |     | 1310 | 2.9 |
|     | 2250 | 1.1 |     |      |     |     | 1840 | 2.2 |     | 1940 | 0.7 |
| 6   | 0520 | 2.1 | 14  | 0030 | 2.7 | 22  | 0120 | 1.1 | 30  | 0140 | 2.5 |
| Wed | 1050 | 1.5 | Thu | 0630 | 0.6 | Fri | 0810 | 2.3 | Sat | 0730 | 0.9 |
|     | 1700 | 2.3 |     | 1250 | 3.2 |     | 1430 | 1.4 |     | 1340 | 2.9 |
|     | 2350 | 1.2 |     | 1910 | 0.5 |     | 2010 | 2.1 |     | 2010 | 0.7 |
| 7   | 0630 | 2.1 | 15  | 0120 | 2.7 | 23  | 0240 | 1.1 |     |      |     |
| Thu | 1210 | 1.6 | Fri | 0710 | 0.6 | Sat | 0920 | 2.4 |     |      |     |
|     | 1810 | 2.2 |     | 1330 | 3.2 |     | 1540 | 1.3 |     |      |     |
|     |      |     |     | 2000 | 0.4 |     | 2130 | 2.2 |     |      |     |
| 8   | 0110 | 1.2 | 16  | 0200 | 2.7 | 24  | 0340 | 1.1 |     |      |     |
| Fri | 0800 | 2.1 | Sat | 0750 | 0.7 | Sun | 1020 | 2.5 |     |      |     |
|     | 1400 | 1.5 |     | 1410 | 3.2 |     | 1640 | 1.2 |     |      |     |
|     | 1940 | 2.1 |     | 2040 | 0.4 |     | 2230 | 2.2 |     |      |     |