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# Stamford, CT - Jan 2023

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 6:55 | 7.4 | 7:33 | 6.3 | 12:42 | 0.4 | 1:29 | 0.0 | 7:19 | 4:36 | |
| 2 | Mon | 7:50 | 7.3 | 8:28 | 6.3 | 1:37 | 0.5 | 2:23 | 0.0 | 7:19 | 4:37 | |
| 3 | Tue | 8:40 | 7.3 | 9:17 | 6.3 | 2:30 | 0.6 | 3:12 | -0.1 | 7:19 | 4:38 | |
| 4 | Wed | 9:25 | 7.3 | 10:02 | 6.4 | 3:18 | 0.6 | 3:58 | -0.1 | 7:19 | 4:38 | |
| 5 | Thu | 10:07 | 7.4 | 10:43 | 6.4 | 4:03 | 0.6 | 4:41 | -0.2 | 7:19 | 4:39 | |
| 6 | Fri | 10:45 | 7.4 | 11:21 | 6.5 | 4:45 | 0.6 | 5:22 | -0.2 | 7:19 | 4:40 | |
| 7 | Sat | 11:23 | 7.3 | 11:58 | 6.6 | 5:26 | 0.6 | 6:00 | -0.2 | 7:19 | 4:41 | |
| 8 | Sun | | | 12:00 | 7.3 | 6:05 | 0.6 | 6:36 | -0.1 | 7:18 | 4:42 | |
| 9 | Mon | 12:33 | 6.6 | 12:37 | 7.1 | 6:44 | 0.6 | 7:11 | 0.0 | 7:18 | 4:43 | |
| 10 | Tue | 1:09 | 6.7 | 1:15 | 7.0 | 7:22 | 0.6 | 7:45 | 0.1 | 7:18 | 4:44 | |
| 11 | Wed | 1:45 | 6.7 | 1:55 | 6.8 | 8:01 | 0.7 | 8:20 | 0.3 | 7:18 | 4:45 | |
| 12 | Thu | 2:24 | 6.8 | 2:38 | 6.5 | 8:44 | 0.7 | 8:58 | 0.5 | 7:17 | 4:46 | |
| 13 | Fri | 3:06 | 6.8 | 3:25 | 6.3 | 9:31 | 0.8 | 9:40 | 0.7 | 7:17 | 4:48 | |
| 14 | Sat | 3:51 | 6.9 | 4:15 | 6.1 | 10:23 | 0.7 | 10:28 | 0.8 | 7:17 | 4:49 | |
| 15 | Sun | 4:41 | 7.0 | 5:10 | 6.1 | 11:19 | 0.6 | 11:21 | 0.8 | 7:16 | 4:50 | |
| 16 | Mon | 5:34 | 7.2 | 6:09 | 6.1 | | | 12:19 | 0.4 | 7:16 | 4:51 | |
| 17 | Tue | 6:33 | 7.4 | 7:12 | 6.2 | 12:19 | 0.7 | 1:20 | 0.1 | 7:15 | 4:52 | |
| 18 | Wed | 7:34 | 7.7 | 8:16 | 6.5 | 1:21 | 0.5 | 2:20 | -0.3 | 7:15 | 4:53 | |
| 19 | Thu | 8:35 | 8.1 | 9:15 | 6.9 | 2:23 | 0.2 | 3:17 | -0.7 | 7:14 | 4:54 | |
| 20 | Fri | 9:33 | 8.4 | 10:12 | 7.4 | 3:23 | -0.2 | 4:11 | -1.1 | 7:14 | 4:56 | |
| 21 | Sat | 10:29 | 8.6 | 11:06 | 7.8 | 4:22 | -0.6 | 5:04 | -1.4 | 7:13 | 4:57 | |
| 22 | Sun | 11:24 | 8.7 | 11:59 | 8.1 | 5:19 | -0.9 | 5:56 | -1.5 | 7:13 | 4:58 | |
| 23 | Mon | | | 12:18 | 8.6 | 6:15 | -1.0 | 6:45 | -1.5 | 7:12 | 4:59 | |
| 24 | Tue | 12:51 | 8.3 | 1:11 | 8.3 | 7:09 | -1.1 | 7:35 | -1.4 | 7:11 | 5:00 | |
| 25 | Wed | 1:43 | 8.3 | 2:04 | 7.9 | 8:04 | -0.9 | 8:25 | -1.0 | 7:10 | 5:02 | |
| 26 | Thu | 2:35 | 8.2 | 2:59 | 7.4 | 9:00 | -0.7 | 9:18 | -0.6 | 7:10 | 5:03 | |
| 27 | Fri | 3:28 | 7.9 | 3:56 | 6.9 | 9:58 | -0.4 | 10:13 | -0.1 | 7:09 | 5:04 | |
| 28 | Sat | 4:23 | 7.6 | 4:55 | 6.5 | 10:58 | 0.0 | 11:10 | 0.3 | 7:08 | 5:05 | |
| 29 | Sun | 5:20 | 7.2 | 5:57 | 6.1 | 11:59 | 0.2 | | | 7:07 | 5:07 | |
| 30 | Mon | 6:19 | 7.0 | 7:01 | 5.9 | 12:08 | 0.7 | 12:59 | 0.4 | 7:06 | 5:08 | |
| 31 | Tue | 7:19 | 6.8 | 8:01 | 5.9 | 1:08 | 0.9 | 1:56 | 0.4 | 7:05 | 5:09 | |