

































## Bangor, ME - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:38	15.0	8:10	13.1	1:47	0.6	2:30	-0.3	7:12	4:05	
2	Wed	8:35	15.2	9:06	13.4	2:46	0.4	3:26	-0.8	7:12	4:05	
3	Thu	9:28	15.4	9:58	13.6	3:41	0.1	4:18	-1.1	7:12	4:06	
4	Fri	10:19	15.5	10:48	13.7	4:33	-0.1	5:09	-1.2	7:12	4:07	
5	Sat	11:09	15.3	11:40	13.8	5:24	-0.2	5:59	-1.2	7:12	4:08	
6	Sun			12:00	15.1	6:16	-0.2	6:48	-1.0	7:12	4:09	
7	Mon	12:30	13.9	12:50	14.7	7:05	0.0	7:33	-0.7	7:11	4:10	
8	Tue	1:17	13.9	1:37	14.2	7:53	0.3	8:19	-0.1	7:11	4:12	
9	Wed	2:03	13.7	2:23	13.6	8:42	0.7	9:06	0.5	7:11	4:13	
10	Thu	2:49	13.4	3:11	12.9	9:34	1.2	9:57	1.1	7:11	4:14	
11	Fri	3:39	13.1	4:03	12.2	10:29	1.5	10:49	1.6	7:10	4:15	
12	Sat	4:30	12.8	4:55	11.7	11:22	1.7	11:39	2.0	7:10	4:16	
13	Sun	5:21	12.6	5:46	11.3			12:14	1.9	7:09	4:17	
14	Mon	6:11	12.5	6:38	11.1	12:29	2.3	1:08	2.0	7:09	4:19	
15	Tue	7:03	12.5	7:32	11.1	1:22	2.5	2:05	1.9	7:08	4:20	
16	Wed	7:55	12.7	8:24	11.3	2:17	2.4	2:57	1.6	7:08	4:21	
17	Thu	8:46	13.1	9:13	11.8	3:07	2.2	3:42	1.2	7:07	4:22	
18	Fri	9:32	13.6	9:59	12.3	3:51	1.8	4:23	0.8	7:06	4:24	
19	Sat	10:18	14.0	10:44	12.8	4:35	1.5	5:05	0.4	7:06	4:25	
20	Sun	11:04	14.4	11:31	13.4	5:19	1.1	5:48	0.1	7:05	4:26	
21	Mon	11:52	14.7			6:04	0.7	6:32	-0.2	7:04	4:28	
22	Tue	12:19	13.9	12:39	14.9	6:49	0.4	7:15	-0.4	7:03	4:29	
23	Wed	1:06	14.4	1:27	14.9	7:35	0.1	7:59	-0.4	7:03	4:30	
24	Thu	1:52	14.8	2:15	14.7	8:23	0.0	8:46	-0.2	7:02	4:32	
25	Fri	2:41	14.9	3:05	14.3	9:15	0.1	9:38	0.1	7:01	4:33	
26	Sat	3:32	14.9	3:59	13.7	10:12	0.2	10:34	0.4	7:00	4:35	
27	Sun	4:27	14.8	4:55	13.3	11:10	0.2	11:30	0.7	6:59	4:36	
28	Mon	5:22	14.6	5:52	12.9			12:08	0.2	6:58	4:37	
29	Tue	6:18	14.5	6:49	12.6	12:27	0.9	1:08	0.3	6:57	4:39	
30	Wed	7:16	14.4	7:49	12.6	1:27	0.9	2:13	0.1	6:56	4:40	
31	Thu	8:15	14.5	8:47	12.8	2:30	0.8	3:13	-0.2	6:54	4:42	