

Portsmouth, NH - Jan 2020

| Date | | High | | | | Low | | | | ☀️ | | 🌙 |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 3:35 | 7.2 | 3:41 | 7.4 | 9:25 | 1.3 | 9:55 | 0.8 | 7:14 | 4:18 | 🌑 |
| 2 | Thu | 4:22 | 7.1 | 4:33 | 7.1 | 10:18 | 1.4 | 10:41 | 1.0 | 7:14 | 4:19 | 🌑 |
| 3 | Fri | 5:11 | 7.2 | 5:28 | 6.9 | 11:12 | 1.5 | 11:29 | 1.2 | 7:14 | 4:20 | 🌑 |
| 4 | Sat | 6:00 | 7.2 | 6:24 | 6.7 | | | 12:09 | 1.4 | 7:14 | 4:21 | 🌑 |
| 5 | Sun | 6:50 | 7.4 | 7:22 | 6.7 | 12:20 | 1.3 | 1:06 | 1.2 | 7:14 | 4:22 | 🌑 |
| 6 | Mon | 7:40 | 7.6 | 8:16 | 6.8 | 1:12 | 1.3 | 2:00 | 0.9 | 7:14 | 4:23 | 🌑 |
| 7 | Tue | 8:27 | 7.9 | 9:06 | 7.0 | 2:02 | 1.2 | 2:48 | 0.5 | 7:14 | 4:24 | 🌑 |
| 8 | Wed | 9:12 | 8.3 | 9:52 | 7.3 | 2:49 | 1.0 | 3:33 | 0.0 | 7:14 | 4:25 | 🌑 |
| 9 | Thu | 9:56 | 8.7 | 10:37 | 7.6 | 3:34 | 0.7 | 4:17 | -0.4 | 7:13 | 4:26 | 🌑 |
| 10 | Fri | 10:40 | 9.0 | 11:22 | 7.8 | 4:19 | 0.4 | 5:02 | -0.7 | 7:13 | 4:27 | 🌑 |
| 11 | Sat | 11:26 | 9.3 | | | 5:05 | 0.1 | 5:47 | -1.0 | 7:13 | 4:28 | 🌑 |
| 12 | Sun | 12:07 | 8.1 | 12:13 | 9.5 | 5:53 | -0.1 | 6:33 | -1.1 | 7:12 | 4:29 | 🌑 |
| 13 | Mon | 12:53 | 8.2 | 1:01 | 9.5 | 6:41 | -0.2 | 7:20 | -1.2 | 7:12 | 4:30 | 🌑 |
| 14 | Tue | 1:40 | 8.4 | 1:52 | 9.3 | 7:33 | -0.3 | 8:09 | -1.1 | 7:12 | 4:31 | 🌑 |
| 15 | Wed | 2:31 | 8.5 | 2:46 | 9.0 | 8:27 | -0.2 | 9:01 | -0.8 | 7:11 | 4:32 | 🌑 |
| 16 | Thu | 3:26 | 8.5 | 3:46 | 8.6 | 9:26 | -0.1 | 9:56 | -0.5 | 7:11 | 4:34 | 🌑 |
| 17 | Fri | 4:23 | 8.5 | 4:49 | 8.1 | 10:29 | 0.0 | 10:54 | -0.1 | 7:10 | 4:35 | 🌑 |
| 18 | Sat | 5:22 | 8.5 | 5:55 | 7.8 | 11:34 | 0.1 | 11:54 | 0.2 | 7:10 | 4:36 | 🌑 |
| 19 | Sun | 6:24 | 8.5 | 7:03 | 7.5 | | | 12:43 | 0.0 | 7:09 | 4:37 | 🌑 |
| 20 | Mon | 7:26 | 8.5 | 8:09 | 7.5 | 12:58 | 0.4 | 1:50 | -0.1 | 7:08 | 4:39 | 🌑 |
| 21 | Tue | 8:25 | 8.6 | 9:09 | 7.5 | 2:01 | 0.5 | 2:50 | -0.3 | 7:08 | 4:40 | 🌑 |
| 22 | Wed | 9:20 | 8.7 | 10:02 | 7.6 | 2:58 | 0.5 | 3:44 | -0.4 | 7:07 | 4:41 | 🌑 |
| 23 | Thu | 10:10 | 8.8 | 10:51 | 7.7 | 3:50 | 0.5 | 4:33 | -0.5 | 7:06 | 4:42 | 🌑 |
| 24 | Fri | 10:57 | 8.8 | 11:36 | 7.7 | 4:38 | 0.4 | 5:18 | -0.5 | 7:05 | 4:44 | 🌑 |
| 25 | Sat | 11:41 | 8.7 | | | 5:22 | 0.4 | 6:00 | -0.4 | 7:05 | 4:45 | 🌑 |
| 26 | Sun | 12:17 | 7.7 | 12:22 | 8.6 | 6:04 | 0.5 | 6:38 | -0.3 | 7:04 | 4:46 | 🌑 |
| 27 | Mon | 12:56 | 7.7 | 1:00 | 8.4 | 6:43 | 0.5 | 7:15 | -0.1 | 7:03 | 4:48 | 🌑 |
| 28 | Tue | 1:33 | 7.6 | 1:39 | 8.1 | 7:23 | 0.7 | 7:51 | 0.1 | 7:02 | 4:49 | 🌑 |
| 29 | Wed | 2:11 | 7.5 | 2:19 | 7.8 | 8:03 | 0.8 | 8:28 | 0.4 | 7:01 | 4:50 | 🌑 |
| 30 | Thu | 2:50 | 7.4 | 3:01 | 7.5 | 8:46 | 0.9 | 9:07 | 0.7 | 7:00 | 4:52 | 🌑 |
| 31 | Fri | 3:31 | 7.4 | 3:47 | 7.1 | 9:32 | 1.1 | 9:49 | 0.9 | 6:59 | 4:53 | 🌑 |