

































Lanoka Harbor, NJ - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:33	0.4	6:54	0.3	12:44	0.0	1:35	0.0	7:17	4:42	
2	Mon	7:29	0.4	7:52	0.3	1:35	0.0	2:28	0.0	7:18	4:43	
3	Tue	8:21	0.4	8:46	0.3	2:22	0.0	3:16	0.0	7:18	4:44	
4	Wed	9:08	0.4	9:34	0.3	3:07	0.0	4:02	0.0	7:18	4:44	
5	Thu	9:50	0.4	10:18	0.3	3:51	0.0	4:47	0.0	7:18	4:45	
6	Fri	10:30	0.4	10:59	0.3	4:35	0.0	5:30	0.0	7:18	4:46	
7	Sat	11:07	0.4	11:40	0.3	5:18	0.0	6:10	0.0	7:18	4:47	
8	Sun	11:44	0.4			6:00	0.0	6:48	0.0	7:17	4:48	
9	Mon	12:20	0.3	12:20	0.4	6:39	0.0	7:23	0.0	7:17	4:49	
10	Tue	1:01	0.3	12:55	0.4	7:16	0.0	7:56	0.0	7:17	4:50	
11	Wed	1:42	0.3	1:31	0.3	7:51	0.0	8:29	0.0	7:17	4:51	
12	Thu	2:23	0.3	2:11	0.3	8:29	0.0	9:02	0.0	7:17	4:52	
13	Fri	3:05	0.3	2:55	0.3	9:12	0.1	9:39	0.0	7:16	4:53	
14	Sat	3:49	0.3	3:45	0.3	10:08	0.1	10:27	0.0	7:16	4:54	
15	Sun	4:34	0.3	4:39	0.3	11:20	0.1	11:28	0.0	7:16	4:55	
16	Mon	5:25	0.3	5:39	0.3			12:33	0.0	7:15	4:57	
17	Tue	6:24	0.4	6:48	0.3	12:33	0.0	1:39	0.0	7:15	4:58	
18	Wed	7:30	0.4	8:00	0.3	1:36	0.0	2:38	0.0	7:14	4:59	
19	Thu	8:33	0.4	9:03	0.3	2:35	0.0	3:34	0.0	7:14	5:00	
20	Fri	9:30	0.4	9:59	0.3	3:33	0.0	4:29	-0.1	7:13	5:01	
21	Sat	10:23	0.5	10:52	0.4	4:31	-0.1	5:23	-0.1	7:13	5:02	
22	Sun	11:15	0.5	11:45	0.4	5:27	-0.1	6:14	-0.1	7:12	5:03	
23	Mon			12:07	0.5	6:21	-0.1	7:02	-0.1	7:11	5:04	
24	Tue	12:38	0.4	12:59	0.4	7:13	-0.1	7:48	-0.1	7:11	5:06	
25	Wed	1:33	0.4	1:52	0.4	8:04	-0.1	8:34	-0.1	7:10	5:07	
26	Thu	2:28	0.4	2:46	0.4	8:56	0.0	9:21	-0.1	7:09	5:08	
27	Fri	3:21	0.4	3:39	0.4	9:53	0.0	10:12	0.0	7:08	5:09	
28	Sat	4:13	0.4	4:32	0.3	10:57	0.0	11:07	0.0	7:08	5:10	
29	Sun	5:04	0.4	5:25	0.3			12:04	0.0	7:07	5:12	
30	Mon	5:56	0.3	6:22	0.3	12:05	0.0	1:06	0.0	7:06	5:13	
31	Tue	6:53	0.3	7:24	0.3	1:01	0.0	2:03	0.0	7:05	5:14	