



Lanoka Harbor, NJ - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:50	0.5	11:16	0.4	5:10	-0.1	5:39	-0.1	6:28	5:48	☀
2	Wed	11:40	0.5			6:03	-0.1	6:27	-0.1	6:27	5:49	☀
3	Thu	12:05	0.5	12:31	0.4	6:54	-0.1	7:14	-0.1	6:25	5:51	☀
4	Fri	12:57	0.5	1:24	0.4	7:44	-0.1	8:00	-0.1	6:24	5:52	☀
5	Sat	1:51	0.4	2:20	0.4	8:35	-0.1	8:49	-0.1	6:22	5:53	☀
6	Sun	2:47	0.4	3:18	0.4	9:31	0.0	9:42	0.0	6:21	5:54	☀
7	Mon	3:44	0.4	4:15	0.3	10:34	0.0	10:44	0.0	6:19	5:55	☀
8	Tue	4:40	0.4	5:12	0.3	11:42	0.0	11:50	0.0	6:18	5:56	☀
9	Wed	5:37	0.4	6:11	0.3			12:47	0.0	6:16	5:57	☀
10	Thu	6:37	0.3	7:13	0.3	12:54	0.0	1:44	0.0	6:14	5:58	☀
11	Fri	7:38	0.3	8:10	0.3	1:51	0.0	2:34	0.0	6:13	5:59	☀
12	Sat	8:33	0.4	9:00	0.3	2:41	0.0	3:19	0.0	6:11	6:00	☀
13	Sun	10:19	0.4	10:43	0.4	4:27	0.0	5:01	0.0	7:10	7:01	☀
14	Mon	10:59	0.4	11:23	0.4	5:11	0.0	5:41	0.0	7:08	7:02	☀
15	Tue	11:37	0.4			5:54	0.0	6:19	0.0	7:07	7:03	☀
16	Wed	12:00	0.4	12:13	0.4	6:35	0.0	6:56	0.0	7:05	7:04	☀
17	Thu	12:35	0.4	12:48	0.4	7:14	0.0	7:30	0.0	7:03	7:05	☀
18	Fri	1:09	0.4	1:22	0.4	7:51	0.0	8:02	0.0	7:02	7:06	☀
19	Sat	1:42	0.4	1:56	0.3	8:26	0.0	8:33	0.0	7:00	7:07	☀
20	Sun	2:15	0.4	2:31	0.3	9:01	0.0	9:02	0.0	6:58	7:08	☀
21	Mon	2:51	0.4	3:13	0.3	9:38	0.0	9:34	0.0	6:57	7:09	☀
22	Tue	3:35	0.4	4:04	0.3	10:23	0.0	10:17	0.0	6:55	7:10	☀
23	Wed	4:28	0.4	5:01	0.3	11:23	0.0	11:22	0.1	6:54	7:11	☀
24	Thu	5:27	0.4	6:01	0.3			12:36	0.0	6:52	7:12	☀
25	Fri	6:29	0.4	7:06	0.3	12:47	0.1	1:45	0.0	6:50	7:13	☀
26	Sat	7:37	0.4	8:15	0.4	2:01	0.0	2:45	0.0	6:49	7:14	☀
27	Sun	8:45	0.4	9:18	0.4	3:05	0.0	3:40	0.0	6:47	7:16	☀
28	Mon	9:46	0.4	10:14	0.4	4:03	0.0	4:32	-0.1	6:46	7:17	☀
29	Tue	10:40	0.4	11:05	0.5	4:59	-0.1	5:23	-0.1	6:44	7:18	☀
30	Wed	11:31	0.5	11:55	0.5	5:53	-0.1	6:13	-0.1	6:42	7:19	☀
31	Thu			12:21	0.5	6:47	-0.1	7:02	-0.1	6:41	7:20	☀