



## Albany, NY - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:15	4.6	4:16	5.7	11:08	-0.2			7:25	4:32	☉
2	Sat	5:06	4.8	5:10	5.6	12:06	-0.4	12:00	-0.3	7:25	4:33	☉
3	Sun	5:59	4.9	6:08	5.5	12:54	-0.5	12:53	-0.3	7:25	4:33	☉
4	Mon	6:55	5.0	7:09	5.4	1:42	-0.5	1:47	-0.3	7:25	4:34	☾
5	Tue	7:52	5.1	8:09	5.3	2:31	-0.5	2:43	-0.2	7:25	4:35	☾
6	Wed	8:48	5.2	9:09	5.1	3:21	-0.4	3:41	-0.1	7:24	4:36	☾
7	Thu	9:44	5.3	10:08	5.0	4:11	-0.3	4:41	0.0	7:24	4:37	☾
8	Fri	10:40	5.3	11:06	4.8	5:04	-0.2	5:42	0.0	7:24	4:38	☾
9	Sat	11:37	5.3			5:57	-0.1	6:42	0.1	7:24	4:39	☾
10	Sun	12:04	4.7	12:32	5.3	6:51	-0.1	7:40	0.0	7:24	4:41	☾
11	Mon	1:00	4.7	1:24	5.4	7:44	0.0	8:34	-0.1	7:23	4:42	☾
12	Tue	1:53	4.7	2:13	5.4	8:35	0.0	9:25	-0.1	7:23	4:43	☾
13	Wed	2:42	4.7	2:58	5.4	9:23	0.1	10:12	-0.2	7:23	4:44	☾
14	Thu	3:29	4.7	3:40	5.3	10:08	0.1	10:55	-0.1	7:22	4:45	☾
15	Fri	4:13	4.7	4:20	5.3	10:50	0.2	11:35	-0.1	7:22	4:46	☾
16	Sat	4:55	4.6	4:57	5.2	11:31	0.3			7:21	4:47	☾
17	Sun	5:36	4.6	5:33	5.1	12:13	0.0	12:10	0.4	7:21	4:49	☾
18	Mon	6:15	4.6	6:04	5.0	12:48	0.1	12:49	0.5	7:20	4:50	☾
19	Tue	6:50	4.6	6:33	4.9	1:20	0.2	1:29	0.5	7:19	4:51	☾
20	Wed	7:17	4.7	7:07	4.7	1:50	0.2	2:13	0.6	7:19	4:52	☾
21	Thu	7:37	4.8	7:51	4.6	2:19	0.3	3:03	0.7	7:18	4:54	☾
22	Fri	8:12	5.0	8:44	4.4	2:51	0.3	4:03	0.8	7:17	4:55	☾
23	Sat	8:59	5.0	9:56	4.2	3:34	0.4	5:09	0.9	7:17	4:56	☾
24	Sun	9:54	5.0	11:16	4.1	4:29	0.5	6:15	0.8	7:16	4:57	☾
25	Mon	11:04	5.1			5:40	0.6	7:19	0.7	7:15	4:59	☾
26	Tue	12:24	4.1	12:21	5.1	6:54	0.5	8:18	0.4	7:14	5:00	☾
27	Wed	1:23	4.3	1:26	5.3	8:02	0.4	9:13	0.1	7:13	5:01	☉
28	Thu	2:17	4.5	2:23	5.5	9:03	0.1	10:05	-0.1	7:12	5:03	☉
29	Fri	3:07	4.8	3:15	5.6	9:59	-0.1	10:54	-0.3	7:11	5:04	☉
30	Sat	3:56	5.0	4:07	5.7	10:53	-0.3	11:41	-0.4	7:10	5:05	☉
31	Sun	4:45	5.1	4:59	5.7	11:45	-0.4			7:09	5:06	☉