

JANVIER 2025

DATE	<i>Pleines mers sur fond orange</i>				<i>Basses mers sur fond blanc</i>			
	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.
1 M	05:16	80	11:15	---	17:41	81	23:31	---
2 J	05:56	82	11:57	---	18:20	83	--:--	---
3 V	00:12	---	06:39	82	12:39	---	19:03	81
4 S	00:55	---	07:26	80	13:23	---	19:50	78
5 D	01:41	---	08:16	75	14:10	---	20:44	72
6 L	02:31	---	09:12	68	15:01	---	21:47	64
7 M	03:28	---	10:16	61	16:00	---	22:59	58
8 M	04:31	---	11:29	55	17:06	---	--:--	---
9 J	00:14	54	05:42	---	12:45	54	18:17	---
10 V	01:23	55	06:54	---	13:55	58	19:27	---
11 S	02:24	61	08:02	---	14:56	65	20:28	---
12 D	03:17	69	09:02	---	15:48	74	21:21	---
13 L	04:03	77	09:54	---	16:33	81	22:09	---
14 M	04:46	83	10:41	---	17:13	85	22:53	---
15 M	05:25	86	11:25	---	17:50	86	23:34	---
16 J	06:02	86	12:05	---	18:24	85	--:--	---
17 V	00:13	---	06:36	83	12:43	---	18:56	80
18 S	00:51	---	07:09	76	13:20	---	19:28	72
19 D	01:29	---	07:43	68	13:57	---	20:03	63
20 L	02:07	---	08:20	59	14:35	---	20:46	53
21 M	02:49	---	09:04	48	15:18	---	21:41	43
22 M	03:38	---	10:01	39	16:11	---	22:57	35
23 J	04:39	---	11:23	32	17:19	---	--:--	---
24 V	00:16	31	05:51	---	12:50	31	18:34	---
25 S	01:24	34	07:02	---	14:01	37	19:39	---
26 D	02:20	43	08:03	---	14:55	48	20:31	---
27 L	03:06	55	08:54	---	15:38	61	21:16	---
28 M	03:46	67	09:39	---	16:15	73	21:57	---
29 M	04:24	79	10:21	---	16:51	84	22:37	---
30 J	05:02	89	11:01	---	17:26	93	23:17	---
31 V	05:40	96	11:42	---	18:03	98	23:57	---

FÉVRIER 2025

DATE	<i>Pleines mers sur fond orange</i>				<i>Basses mers sur fond blanc</i>			
	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.
1 S	06:20	99	12:22	---	18:42	98	--:--	---
2 D	00:38	---	07:03	96	13:03	---	19:23	93
3 L	01:21	---	07:49	89	13:46	---	20:09	84
4 M	02:08	---	08:40	78	14:34	---	21:03	71
5 M	03:00	---	09:41	64	15:29	---	22:15	57
6 J	04:03	---	11:02	50	16:36	---	23:50	46
7 V	05:20	---	12:37	43	17:58	---	--:--	---
8 S	01:18	43	06:48	---	14:00	46	19:22	---
9 D	02:26	50	08:05	---	15:01	56	20:27	---
10 L	03:19	62	09:03	---	15:48	68	21:18	---
11 M	04:00	74	09:50	---	16:25	78	22:01	---
12 M	04:36	82	10:31	---	16:57	86	22:40	---
13 J	05:07	88	11:08	---	17:25	89	23:17	---
14 V	05:35	90	11:43	---	17:51	90	23:51	---
15 S	06:02	89	12:16	---	18:17	87	--:--	---
16 D	00:23	---	06:30	84	12:46	---	18:45	80
17 L	00:54	---	07:00	76	13:16	---	19:16	72
18 M	01:26	---	07:31	67	13:48	---	19:50	61
19 M	02:01	---	08:05	56	14:23	---	20:30	49
20 J	02:42	---	08:47	44	15:05	---	21:28	38
21 V	03:34	---	09:54	32	16:05	---	23:06	28
22 S	04:50	---	11:56	25	17:41	---	--:--	---
23 D	00:43	26	06:26	---	13:35	30	19:11	---
24 L	01:53	36	07:40	---	14:35	44	20:11	---
25 M	02:44	52	08:34	---	15:18	60	20:57	---
26 M	03:25	69	09:18	---	15:54	77	21:37	---
27 J	04:02	85	09:59	---	16:27	92	22:17	---
28 V	04:38	99	10:39	---	17:02	104	22:56	---



MARS 2025

DATE	Pleines mers sur fond orange				Basses mers sur fond blanc			
	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.
1 S	05:16	108	11:19	---	17:37	110	23:36	---
2 D	05:55	111	11:58	---	18:15	109	--:--	---
3 L	00:16	---	06:37	107	12:39	---	18:55	102
4 M	00:59	---	07:22	96	13:22	---	19:38	89
5 M	01:45	---	08:12	80	14:09	---	20:28	72
6 J	02:38	---	09:15	62	15:04	---	21:41	53
7 V	03:42	---	10:51	45	16:13	---	23:37	39
8 S	05:08	---	12:40	36	17:46	---	--:--	---
9 D	01:14	37	06:47	---	13:59	41	19:15	---
10 L	02:21	47	08:00	---	14:54	54	20:17	---
11 M	03:09	61	08:51	---	15:33	68	21:04	---
12 M	03:45	73	09:33	---	16:04	78	21:44	---
13 J	04:15	82	10:10	---	16:30	85	22:19	---
14 V	04:40	88	10:43	---	16:53	89	22:52	---
15 S	05:04	90	11:14	---	17:17	90	23:23	---
16 D	05:29	89	11:43	---	17:43	88	23:52	---
17 L	05:56	86	12:10	---	18:11	83	--:--	---
18 M	00:20	---	06:24	79	12:37	---	18:40	75
19 M	00:50	---	06:54	70	13:06	---	19:12	65
20 J	01:23	---	07:26	59	13:39	---	19:49	53
21 V	02:01	---	08:06	47	14:18	---	20:41	41
22 S	02:49	---	09:11	35	15:13	---	22:10	29
23 D	04:00	---	11:09	26	16:47	---	23:56	26
24 L	05:45	---	12:58	29	18:33	---	--:--	---
25 M	01:16	36	07:07	---	14:02	44	19:37	---
26 M	02:11	54	08:03	---	14:46	63	20:25	---
27 J	02:55	73	08:48	---	15:23	82	21:07	---
28 V	03:33	90	09:29	---	15:58	97	21:48	---
29 S	04:11	104	10:10	---	16:33	109	22:29	---
30 D*	05:50	112	11:51	---	18:10	114	--:--	---
31 L	00:11	---	06:32	114	12:32	---	18:50	111

* Passage à l'heure d'été le 30/03/2025 à 2h du matin.

AVRIL 2025

DATE	<i>Pleines mers sur fond orange</i>				<i>Basses mers sur fond blanc</i>			
	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.
1 M	00:54	---	07:16	107	13:15	---	19:32	102
2 M	01:39	---	08:03	95	13:59	---	20:18	87
3 J	02:27	---	08:57	77	14:48	---	21:12	68
4 V	03:21	---	10:07	58	15:45	---	22:31	50
5 S	04:27	---	11:50	42	16:56	---	--:--	---
6 D	00:24	37	05:54	---	13:27	35	18:28	---
7 L	01:53	37	07:27	---	14:39	42	19:51	---
8 M	02:58	47	08:34	---	15:29	54	20:50	---
9 M	03:44	59	09:23	---	16:05	65	21:36	---
10 J	04:18	70	10:04	---	16:33	74	22:16	---
11 V	04:46	78	10:39	---	16:57	81	22:50	---
12 S	05:10	83	11:11	---	17:21	84	23:22	---
13 D	05:35	85	11:41	---	17:46	85	23:52	---
14 L	06:01	85	12:08	---	18:14	84	--:--	---
15 M	00:21	---	06:29	82	12:36	---	18:43	80
16 M	00:50	---	06:58	77	13:04	---	19:14	73
17 J	01:22	---	07:28	69	13:35	---	19:48	65
18 V	01:56	---	08:04	60	14:10	---	20:29	54
19 S	02:37	---	08:49	49	14:53	---	21:27	44
20 D	03:26	---	10:01	39	15:50	---	22:46	34
21 L	04:34	---	11:40	32	17:12	---	--:--	---
22 M	00:14	32	06:02	---	13:13	35	18:44	---
23 M	01:31	41	07:21	---	14:19	48	19:52	---
24 J	02:31	57	08:21	---	15:08	65	20:45	---
25 V	03:20	74	09:10	---	15:49	82	21:32	---
26 S	04:04	90	09:56	---	16:28	96	22:17	---
27 D	04:46	101	10:40	---	17:06	105	23:03	---
28 L	05:29	108	11:24	---	17:47	108	23:48	---
29 M	06:14	107	12:09	---	18:31	105	--:--	---
30 M	00:35	---	07:02	101	12:54	---	19:19	96

MAI 2025

DATE	Pleines mers sur fond orange				Basses mers sur fond blanc			
	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.
1 J	01:23	---	07:54	89	13:41	---	20:11	82
2 V	02:14	---	08:53	74	14:32	---	21:11	66
3 S	03:08	---	10:03	58	15:28	---	22:25	51
4 D	04:11	---	11:29	45	16:35	---	23:52	42
5 L	05:26	---	12:50	40	17:54	---	--:--	---
6 M	01:10	40	06:46	---	13:56	43	19:09	---
7 M	02:14	46	07:52	---	14:46	50	20:09	---
8 J	03:03	54	08:43	---	15:24	58	20:58	---
9 V	03:40	62	09:26	---	15:54	65	21:40	---
10 S	04:11	68	10:03	---	16:23	71	22:16	---
11 D	04:40	73	10:36	---	16:51	75	22:50	---
12 L	05:10	76	11:07	---	17:22	76	23:22	---
13 M	05:40	77	11:37	---	17:53	76	23:54	---
14 M	06:12	76	12:08	---	18:25	74	--:--	---
15 J	00:28	---	06:43	73	12:41	---	18:59	70
16 V	01:04	---	07:18	68	13:16	---	19:38	65
17 S	01:42	---	07:58	61	13:56	---	20:25	58
18 D	02:25	---	08:48	54	14:42	---	21:22	50
19 L	03:15	---	09:53	47	15:38	---	22:28	45
20 M	04:15	---	11:10	44	16:46	---	23:39	44
21 M	05:24	---	12:28	46	17:58	---	--:--	---
22 J	00:48	49	06:34	---	13:34	54	19:05	---
23 V	01:51	59	07:37	---	14:30	65	20:04	---
24 S	02:47	71	08:33	---	15:18	77	20:58	---
25 D	03:38	83	09:24	---	16:02	88	21:50	---
26 L	04:27	92	10:14	---	16:47	94	22:41	---
27 M	05:15	96	11:03	---	17:33	97	23:32	---
28 M	06:05	96	11:51	---	18:22	95	--:--	---
29 J	00:22	---	06:57	92	12:39	---	19:13	89
30 V	01:12	---	07:49	84	13:27	---	20:07	79
31 S	02:02	---	08:44	74	14:17	---	21:02	69



JUIN 2025

DATE	Pleines mers sur fond orange				Basses mers sur fond blanc			
	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.
1 D	02:54	---	09:41	63	15:09	---	22:00	58
2 L	03:48	---	10:43	53	16:06	---	23:02	49
3 M	04:47	---	11:48	46	17:09	---	--:--	---
4 M	00:07	44	05:52	---	12:51	43	18:16	---
5 J	01:08	43	06:56	---	13:46	44	19:18	---
6 V	02:04	46	07:54	---	14:33	48	20:12	---
7 S	02:53	51	08:43	---	15:14	53	20:59	---
8 D	03:35	56	09:25	---	15:52	59	21:41	---
9 L	04:14	61	10:03	---	16:28	64	22:20	---
10 M	04:51	66	10:39	---	17:04	67	22:58	---
11 M	05:28	69	11:14	---	17:39	70	23:36	---
12 J	06:03	71	11:50	---	18:15	71	--:--	---
13 V	00:14	---	06:38	71	12:28	---	18:52	71
14 S	00:53	---	07:14	70	13:07	---	19:33	70
15 D	01:34	---	07:54	68	13:48	---	20:18	67
16 L	02:16	---	08:40	65	14:32	---	21:08	63
17 M	03:02	---	09:34	61	15:22	---	22:04	59
18 M	03:53	---	10:36	58	16:18	---	23:04	56
19 J	04:50	---	11:44	56	17:20	---	--:--	---
20 V	00:09	56	05:52	---	12:53	57	18:25	---
21 S	01:15	58	06:57	---	13:56	61	19:30	---
22 D	02:20	64	08:01	---	14:54	67	20:33	---
23 L	03:22	71	09:02	---	15:48	75	21:33	---
24 M	04:19	78	09:58	---	16:39	82	22:30	---
25 M	05:12	84	10:50	---	17:28	86	23:23	---
26 J	06:02	87	11:40	---	18:17	88	--:--	---
27 V	00:14	---	06:50	88	12:28	---	19:05	86
28 S	01:02	---	07:35	85	13:14	---	19:51	82
29 D	01:48	---	08:19	79	13:59	---	20:35	75
30 L	02:32	---	09:00	71	14:44	---	21:18	67

JUILLET 2025

DATE	Pleines mers sur fond orange				Basses mers sur fond blanc			
	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.
1 M	03:17	---	09:43	62	15:31	---	22:03	57
2 M	04:03	---	10:32	53	16:21	---	22:53	49
3 J	04:54	---	11:32	45	17:16	---	23:53	42
4 V	05:51	---	12:38	39	18:18	---	--:--	---
5 S	00:59	38	06:54	---	13:41	38	19:21	---
6 D	02:04	39	07:55	---	14:37	41	20:19	---
7 L	03:03	44	08:49	---	15:25	47	21:11	---
8 M	03:54	50	09:37	---	16:08	54	21:58	---
9 M	04:37	58	10:19	---	16:48	62	22:41	---
10 J	05:16	65	10:59	---	17:26	68	23:22	---
11 V	05:52	71	11:38	---	18:02	74	--:--	---
12 S	00:02	---	06:27	76	12:16	---	18:39	78
13 D	00:41	---	07:01	80	12:55	---	19:18	81
14 L	01:20	---	07:38	81	13:34	---	19:59	81
15 M	02:00	---	08:19	80	14:15	---	20:44	78
16 M	02:42	---	09:05	76	15:00	---	21:34	72
17 J	03:27	---	09:58	69	15:50	---	22:30	65
18 V	04:18	---	11:01	62	16:48	---	23:35	58
19 S	05:18	---	12:16	55	17:55	---	--:--	---
20 D	00:50	53	06:27	---	13:34	52	19:08	---
21 L	02:08	53	07:41	---	14:45	56	20:23	---
22 M	03:20	59	08:52	---	15:46	64	21:30	---
23 M	04:20	69	09:53	---	16:38	73	22:28	---
24 J	05:10	78	10:45	---	17:24	82	23:18	---
25 V	05:54	85	11:32	---	18:06	87	--:--	---
26 S	00:04	---	06:33	89	12:15	---	18:45	89
27 D	00:47	---	07:08	89	12:56	---	19:21	87
28 L	01:26	---	07:41	85	13:35	---	19:54	82
29 M	02:04	---	08:12	78	14:13	---	20:27	74
30 M	02:41	---	08:44	69	14:52	---	21:03	64
31 J	03:18	---	09:22	58	15:32	---	21:43	53

AOÛT 2025

DATE	Pleines mers sur fond orange				Basses mers sur fond blanc			
	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.
1 V	03:59	---	10:10	47	16:19	---	22:35	42
2 S	04:46	---	11:20	37	17:16	---	23:49	33
3 D	05:48	---	12:46	30	18:28	---	--:--	---
4 L	01:18	29	07:06	---	14:01	31	19:43	---
5 M	02:36	34	08:19	---	15:01	38	20:47	---
6 M	03:36	43	09:16	---	15:49	49	21:39	---
7 J	04:20	55	10:02	---	16:29	61	22:24	---
8 V	04:58	67	10:42	---	17:06	73	23:04	---
9 S	05:31	78	11:21	---	17:41	83	23:43	---
10 D	06:04	87	11:58	---	18:16	90	--:--	---
11 L	00:21	---	06:37	93	12:35	---	18:53	95
12 M	00:59	---	07:13	95	13:13	---	19:32	95
13 M	01:37	---	07:51	93	13:53	---	20:15	90
14 J	02:17	---	08:33	86	14:36	---	21:03	81
15 V	03:01	---	09:21	75	15:24	---	21:59	68
16 S	03:51	---	10:22	62	16:22	---	23:11	55
17 D	04:52	---	11:51	49	17:35	---	--:--	---
18 L	00:43	45	06:08	---	13:30	43	19:03	---
19 M	02:15	44	07:37	---	14:49	48	20:27	---
20 M	03:25	54	08:52	---	15:48	60	21:32	---
21 J	04:18	67	09:49	---	16:33	73	22:23	---
22 V	05:00	78	10:36	---	17:12	83	23:07	---
23 S	05:34	87	11:18	---	17:45	89	23:46	---
24 D	06:05	91	11:56	---	18:15	92	--:--	---
25 L	00:23	---	06:32	92	12:32	---	18:44	91
26 M	00:58	---	06:59	89	13:06	---	19:12	86
27 M	01:30	---	07:27	82	13:39	---	19:41	78
28 J	02:01	---	07:57	73	14:11	---	20:13	68
29 V	02:33	---	08:31	62	14:46	---	20:49	56
30 S	03:07	---	09:11	50	15:26	---	21:33	44
31 D	03:49	---	10:08	37	16:18	---	22:41	32

SEPTEMBRE 2025

DATE	<i>Pleines mers sur fond orange</i>				<i>Basses mers sur fond blanc</i>			
	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.
1 L	04:45	---	11:45	27	17:33	---	--:--	---
2 M	00:36	24	06:17	---	13:24	24	19:11	---
3 M	02:10	28	07:50	---	14:34	34	20:24	---
4 J	03:12	41	08:52	---	15:24	49	21:16	---
5 V	03:55	56	09:37	---	16:03	65	21:59	---
6 S	04:30	72	10:17	---	16:39	80	22:38	---
7 D	05:02	86	10:55	---	17:13	92	23:16	---
8 L	05:35	97	11:32	---	17:48	101	23:53	---
9 M	06:08	104	12:09	---	18:25	106	--:--	---
10 M	00:31	---	06:44	106	12:48	---	19:05	104
11 J	01:10	---	07:22	101	13:29	---	19:49	96
12 V	01:52	---	08:04	90	14:14	---	20:38	83
13 S	02:37	---	08:53	75	15:05	---	21:40	66
14 D	03:30	---	10:01	58	16:06	---	23:07	49
15 L	04:35	---	11:48	43	17:27	---	--:--	---
16 M	00:55	38	06:00	---	13:34	38	19:05	---
17 M	02:19	41	07:34	---	14:46	47	20:25	---
18 J	03:20	54	08:43	---	15:39	61	21:21	---
19 V	04:04	68	09:34	---	16:19	74	22:05	---
20 S	04:38	79	10:17	---	16:51	84	22:45	---
21 D	05:06	87	10:56	---	17:18	89	23:20	---
22 L	05:32	91	11:31	---	17:44	91	23:54	---
23 M	05:56	91	12:04	---	18:09	90	--:--	---
24 M	00:24	---	06:23	88	12:34	---	18:36	86
25 J	00:53	---	06:51	82	13:04	---	19:05	78
26 V	01:22	---	07:22	74	13:35	---	19:36	69
27 S	01:52	---	07:55	63	14:08	---	20:09	58
28 D	02:25	---	08:32	52	14:47	---	20:51	46
29 L	03:05	---	09:26	39	15:35	---	22:00	33
30 M	03:59	---	10:55	28	16:47	---	23:57	25

OCTOBRE 2025

DATE	Pleines mers sur fond orange				Basses mers sur fond blanc			
	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.
1 M	05:28	---	12:39	24	18:31	---	--:--	---
2 J	01:35	28	07:11	---	13:55	34	19:49	---
3 V	02:36	42	08:15	---	14:49	50	20:41	---
4 S	03:20	59	09:02	---	15:30	68	21:24	---
5 D	03:56	76	09:43	---	16:08	84	22:04	---
6 L	04:30	91	10:22	---	16:44	98	22:43	---
7 M	05:04	103	11:02	---	17:21	107	23:23	---
8 M	05:40	109	11:43	---	18:01	110	--:--	---
9 J	00:03	---	06:18	109	12:25	---	18:44	106
10 V	00:46	---	07:00	102	13:10	---	19:32	96
11 S	01:30	---	07:47	89	13:58	---	20:27	81
12 D	02:19	---	08:44	72	14:52	---	21:38	63
13 L	03:15	---	10:02	55	15:56	---	23:16	47
14 M	04:23	---	11:50	41	17:18	---	--:--	---
15 M	00:52	39	05:48	---	13:21	40	18:51	---
16 J	02:04	44	07:14	---	14:28	49	20:03	---
17 V	02:58	55	08:18	---	15:17	61	20:55	---
18 S	03:38	67	09:08	---	15:55	71	21:38	---
19 D	04:09	76	09:51	---	16:24	79	22:16	---
20 L	04:35	82	10:28	---	16:51	84	22:50	---
21 M	05:00	85	11:02	---	17:16	86	23:21	---
22 M	05:27	86	11:34	---	17:43	85	23:51	---
23 J	05:56	83	12:04	---	18:12	81	--:--	---
24 V	00:20	---	06:27	79	12:35	---	18:42	76
25 S	00:49	---	06:58	72	13:07	---	19:13	68
26 D*	01:21	---	06:33	63	12:42	---	18:48	59
27 L	00:57	---	07:13	53	13:22	---	19:33	48
28 M	01:39	---	08:09	43	14:11	---	20:44	38
29 M	02:34	---	09:26	34	15:16	---	22:19	31
30 J	03:50	---	10:52	31	16:41	---	23:47	33
31 V	05:17	---	12:07	38	17:58	---	--:--	---

* Passage à l'heure d'hiver le 26/10/2025 à 3h du matin.

NOVEMBRE 2025

DATE	<i>Pleines mers sur fond orange</i>				<i>Basses mers sur fond blanc</i>			
	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.
1 S	00:51	44	06:25	---	13:06	52	18:56	---
2 D	01:40	60	07:18	---	13:55	68	19:44	---
3 L	02:21	76	08:04	---	14:38	84	20:28	---
4 M	03:00	90	08:49	---	15:19	96	21:11	---
5 M	03:38	101	09:34	---	16:01	104	21:55	---
6 J	04:18	106	10:20	---	16:45	106	22:40	---
7 V	05:02	105	11:07	---	17:34	102	23:27	---
8 S	05:50	98	11:56	---	18:27	93	--:--	---
9 D	00:15	---	06:45	87	12:48	---	19:28	79
10 L	01:07	---	07:47	72	13:43	---	20:38	65
11 M	02:03	---	09:01	58	14:44	---	22:01	52
12 M	03:07	---	10:27	47	15:55	---	23:21	45
13 J	04:20	---	11:45	44	17:14	---	--:--	---
14 V	00:28	45	05:36	---	12:51	48	18:23	---
15 S	01:21	51	06:41	---	13:43	55	19:18	---
16 D	02:03	59	07:34	---	14:24	62	20:04	---
17 L	02:36	66	08:19	---	14:57	69	20:44	---
18 M	03:06	71	08:59	---	15:27	73	21:20	---
19 M	03:36	75	09:35	---	15:57	76	21:52	---
20 J	04:08	77	10:08	---	16:28	77	22:24	---
21 V	04:40	76	10:41	---	17:00	76	22:55	---
22 S	05:14	74	11:15	---	17:33	73	23:29	---
23 D	05:48	70	11:51	---	18:06	68	--:--	---
24 L	00:04	---	06:25	65	12:29	---	18:43	62
25 M	00:42	---	07:08	59	13:10	---	19:29	55
26 M	01:25	---	07:59	52	13:56	---	20:27	49
27 J	02:16	---	09:00	46	14:50	---	21:39	44
28 V	03:17	---	10:08	43	15:54	---	22:55	43
29 S	04:25	---	11:18	45	17:02	---	--:--	---
30 D	00:03	48	05:32	---	12:22	53	18:06	---

DÉCEMBRE 2025

DATE	<i>Pleines mers sur fond orange</i>				<i>Basses mers sur fond blanc</i>			
	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.	HEURE	COEF.
1 L	01:00	58	06:32	---	13:20	64	19:03	---
2 M	01:50	70	07:28	---	14:12	76	19:55	---
3 M	02:36	82	08:21	---	15:02	87	20:46	---
4 J	03:21	91	09:13	---	15:51	94	21:36	---
5 V	04:08	97	10:05	---	16:41	98	22:26	---
6 S	04:57	98	10:57	---	17:32	97	23:15	---
7 D	05:49	95	11:48	---	18:26	92	--:--	---
8 L	00:05	---	06:43	88	12:39	---	19:20	83
9 M	00:55	---	07:40	78	13:31	---	20:18	72
10 M	01:47	---	08:38	67	14:24	---	21:20	61
11 J	02:41	---	09:41	57	15:21	---	22:25	52
12 V	03:41	---	10:47	49	16:24	---	23:29	46
13 S	04:46	---	11:53	45	17:30	---	--:--	---
14 D	00:28	44	05:52	---	12:53	45	18:32	---
15 L	01:19	47	06:52	---	13:46	49	19:26	---
16 M	02:03	51	07:45	---	14:30	54	20:13	---
17 M	02:43	57	08:31	---	15:10	60	20:54	---
18 J	03:20	63	09:12	---	15:46	65	21:30	---
19 V	03:56	67	09:50	---	16:22	69	22:06	---
20 S	04:31	71	10:27	---	16:56	72	22:41	---
21 D	05:07	73	11:04	---	17:29	73	23:17	---
22 L	05:42	73	11:41	---	18:02	73	23:54	---
23 M	06:18	72	12:19	---	18:37	71	--:--	---
24 M	00:32	---	06:57	70	12:58	---	19:16	68
25 J	01:12	---	07:41	66	13:39	---	20:02	64
26 V	01:55	---	08:30	61	14:23	---	20:57	59
27 S	02:45	---	09:26	57	15:15	---	22:02	55
28 D	03:41	---	10:30	53	16:14	---	23:13	52
29 L	04:45	---	11:40	53	17:20	---	--:--	---
30 M	00:22	54	05:53	---	12:51	56	18:27	---
31 M	01:26	60	07:00	---	13:57	64	19:32	---