Congrats!

The resolution is **0.05 x 0.05 degrees** in a geographic coordinate system, which you can glean from the Metadata link at the main ERDDAP page of each dataset:

* [ERDDAP - 8\_Day Global Seascapes - Data Access Form](https://cwcgom.aoml.noaa.gov/erddap/griddap/noaa_aoml_seascapes_8day.html)
  + [**Metadata** - Information about 8\_Day Global Seascapes](https://cwcgom.aoml.noaa.gov/erddap/info/noaa_aoml_seascapes_8day/index.html)
* [ERDDAP - Monthly Global Seascapes - Data Access Form](https://cwcgom.aoml.noaa.gov/erddap/griddap/noaa_aoml_4729_9ee6_ab54.html)
  + [**Metadata** - Information about Monthly Global Seascapes](https://cwcgom.aoml.noaa.gov/erddap/info/noaa_aoml_4729_9ee6_ab54/index.html)

Since 1 degree = 111.1 km at the equator, resolution is 111.111 \* 0.05 = 5.6 km, and then shrinks towards poles

Cheers, Ben