rok																																				
mesiad	mesiac apríl					máj								jún							júl								august							
čas	ráno	áno obed večer noc		r	ráno		obed		večer		noc		ráno		ed	večer			ráno			obed		večer		noc		ráno o		bed veče		éer				
	g	g	g	g	i	g	i	g	i		i	g	i	g	i	g	i g	i	g	i	g	i	g	i	g	i	g	i		i	g	i	g	i	g	
1						8.7		6.1		6.7		5.3			6.0	5.6	8.9		7.4		6.0		6.8		5.5		9.3		8.6		5.4		8.3		9.5	
2						7.1		6.0		8.4		6.2		7.9		5.7	7.2		6.2		7.5		6.2		7.0		9.8		8.4		5.8		6.9		9.8	
3						5.9		6.2		6.2		6.5		8.7		6.5	9.2		5.4		7.5		6.1		8.8		7.9		5.7		6.5		7.5		9.9	
4						6.8		5.6		9.6			7.0	9.2		6.9	8.4		5.4		8.9		6.9		7.7		7.0		8.0		6.3		6.8		6.4	
5						6.8		6.3		7.4		7.7		6.6		10.1	7.7		5.2	9.0	8.3	8.0	6.2	9.0	6.7		7.1	7.0	6.2	10.0	7.1		6.5		5.8	
6						7.1		5.2		7.5		7.0		7.6		11.1	6.4		5.2		7.8		6.4		6.8		5.7	4.5	7.4		9.8	6.0	9.6		6.8	
7						7.9		6.1		6.4		7.1		6.1		5.8	7.6		5.4		7.2		8.2		7.9		9.1	5.0	6.5	7.0	9.1		6.6		8.3	
8					8.0	4.5		4.1		9.2		5.2		6.8		5.9	5.4		4.9		5.7		6.8		7.0		5.8		7.3	7.5	6.2		8.1		6.7	
9					4.0	6.3	7.0	8.8		7.2		8.1		7.6	7.5	7.3	6.0 7.6		8.1		6.5		5.3		6.2		5.5		9.1	6.0	10.4	12.0	6.9		7.7	
10					3.5	5.4		9.5	9.0	10.5		4.2	5.0	9.1	8.0	7.3	7.0 9.0		6.5		8.9		6.1		7.4		8.0	4.0	6.0	8.0	11.5		5.2		10.2	
11						10.1		5.1		7.5		5.3	4.5	5.1		10.2	8.2		6.6		8.3		7.2		9.1		8.8	8.0			7.2		8.3		7.6	
12					3.5	6.0	4.5	6.1		7.2		6.7		5.7		10.4	6.1		5.1		8.8	10.0	9.0		6.1		7.0	5.0	8.2		6.7		6.2		8.4	
13						7.4		8.9		7.3		6.4	4.0	6.3		9.3	7.0		5.4	8.0	8.4		6.1		8.8		8.7		9.3		8.3	10.0	5.7		7.5	
14						5.1		8.0		7.5	4.0	6.3		6.7		6.8	5.8		5.1		7.7		7.9		6.3		6.8		7.8		5.1		8.0		8.2	
15						5.7	8.0	8.4		9.0		5.4		6.9		5.2	6.3		7.8	6.5	4.8	6.5	4.9		7.0		4.9		6.6		5.9	4.5	5.8		9.1	
16					4.5	6.2		10.2	5.0	6.0		8.9	7.0	6.5	7.0	6.5	8.0 7.3		5.0	8.0	7.1	7.0	6.4		9.3		6.0	7.0	8.3	6.5	5.4		8.8	7.0	6.7	
17						8.3		9.6	7.0	7.1		6.8		4.9		5.2	7.8		5.3		9.8		7.5	8.0	7.7		6.6		8.7		8.8		7.3		7.0	
18						6.1		9.7		6.6		5.9	6.0	7.6		6.9	6.0 8.5		5.7	7.0	7.1	7.5	5.3	5.0	5.8		5.8		6.2		8.6		6.5		8.0	
19						6.7	6.0	8.5		8.3		6.6		5.5	5.5	8.9	9.6		7.8	4.0	5.7	7.0	8.5		7.5		6.9		8.7		7.9		7.2		6.2	
20						7.0		12.8	3	7.0		6.7	7.0	9.2		7.7	8.6		10.9		8.8		8.1		5.3		7.2		7.1		9.1		4.3		5.6	
21						6.0		6.8		6.1		6.2	5.0	8.0		8.0	6.3		15.4	4.0	7.5	8.0	5.7		11.7		6.5		6.3	7.0	4.3	10.0	11.2		5.4	
22						6.3		6.1		7.6		6.4	4.5	6.9	5.5	9.7	5.0 5.2		5.4		4.2		8.5		5.9	6.0	5.8	7.0	8.7	10.0	5.4		7.8		7.7	
23						9.2		10.5	5	4.8		5.9		10.2	7.0	11.1	9.5 5.2		4.5	5.0	7.2	7.5	5.4	6.0	7.0		6.3	7.0	9.5		5.9		10.4		5.7	
24						5.8	7.0	6.8	8.0	9.0		4.4	4.5	6.7	8.0	7.7	5.0 6.2		6.6		10.4	7.0	7.3		10.5		6.3		7.3		11.4					
25					6.0	8.3		7.5		7.7		6.6	5.0	5.8	10.0	6.1	7.2		6.3	6.0			9.3		6.5		9.8									
26	6.5	6.0	7.3	12.3				5.5		8.2		7.8	4.5	4.6	10.0	5.8		4.0	4.1	8.0	7.7		11.5	5	6.0		6.9									
27						8.3		7.5		7.1		12.6			6.0	6.3	6.6			8.0		6.0	5.7		5.4		7.3									
			6.8			9.7			6.0	6.9		5.4			5.0	5.0	4.4			7.0			7.1		8.4		8.3									
29		6.8		3.3		6.3		6.0		6.4			3.0			9.0	7.1				10.0	6.0	5.9		7.5		15.5	5								
30		5.4		5.8				9.8		9.2		6.7		8.3			5.06.4		5.1		6.7			9.0	7.9		3.5									
31	J. I	J. 1		0.0		9.8		8.0		8.9		5.5		J.J		7.5	-10 014		J.1		7.4		5.9	3.0			5.5									
31						5.0		3.0		0.3		3.3									/ · +		3.3													