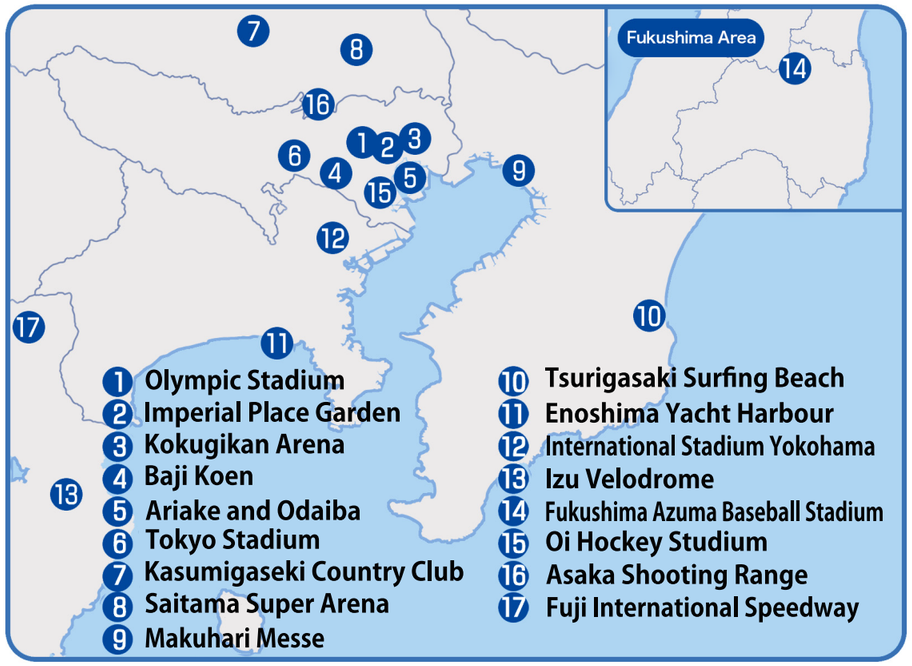
2020 Tokyo Olympic Game period WBGT values



Air temperature (typical value)	WBGT	Guides to how much exercise can be safely performed	
≧ 35 ℃	≧ 31 ℃	Danger (exercise prohibited)	At a WBGT of 31 ℃ or above, the actual temperature is higher than the skin temperature, so body heat cannot escape, and except for special cases, all exercise should be stopped.
31 - 35 ℃	28 - 31 ℃	Severe Warning (heavy exercise prohibited)	At a WBGT of above 28 ℃, the danger of heatillness is high, so events that require heavy exercise or events where the body temperature will rise, like endurance races should be avoided. When such events are held, rest periods should be provided often and water replenishment conducted aggressively. People who are weak or not used to the heat should stop the exercise.
28 - 31 ℃	25 - 28 ℃	Warning (rests should be provided often)	At a WBGT of above 25 ℃, the danger of heatillness increases, so rest periods should be provided often and water replenishment conducted. Rest periods should be provided every 30 minutes for events requiring heavy exercise.
24 - 28 ℃	21 - 25 ℃	Caution (water should be replenished often)	At a WBGT of above 21 ℃, there is the danger of fatal accidents due to heatillness, so caution is advised, and water replenishment should be promoted during exercise.
< 24 ℃	< 21 ℃	Almost safe (appropriate water replenishment suggested)	At a WBGT below 21 ℃,normally the danger of heatillness is small, but appropriate water replenishment is necessary. Heatillness can occur even under these conditions in events such as citizen marathons, so caution is advised.

Reference: Japan Sports Association, "A Guidebook for the Prevention of Heat Disorder During Sports Activities", 2013.

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	6:00	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
1	25	27	27.4	27.5	29.5	27.5	31.8	29	30.5	30.2	29	27.9	27	26	25.9	26
2	25	26.3	26.6	28.1	28.3	27.9	28.3	29	28.3	28.2	28.1	27.7	26.4	26.1	26	26.1
3	25.2	25.9	26.2	26.5	27.8	27.9	28.5	29.4	30.1	29.5	28.7	28.1	26.7	26.3	26.1	26.1
4	25.5	28.1	26.8	28.6	29.4	28.2	29.7	29.1	29.4	27.9	27.6	27	26.2	25.9	25.7	25.8
5	25.5	26.1	26.2	27	28.4	28.2	28.7	27.3	28.3	28.4	27.7	26.5	26.3	26	26	25.9
6	25.3	25.9	26	26.7	29.3	26.7	30.2	29.8	30.4	29.1	29.1	28.9	26.3	25.7	25.5	25.6
7	25.4	28	31.7	29.7	30	28.6	30.7	30.5	29.3	29.1	27.8	27	26.4	26	25.8	25.3
8	26	26.2	28.5	27.9	28.7	29.5	29.4	29.1	29.7	28.8	28.9	28.4	26.9	26.3	26.2	26
9	26.2	26.5	25.6	25.5	28.9	29.5	29.5	29.1	28.8	29.3	29	28.7	27.8	26.5	26.2	26
10	28.1	28	28.2	25.6	27.4	29.2	29.4	29.3	29.7	28.4	28.3	27.3	26.4	25.7	25.7	25.7
11	25.5	25.8	27.6	27.7	28.4	27.4	26.8	28.9	27.9	27.7	27.4	27.1	26.7	26.2	25.8	25.8
12	25.3	26	28.2	28.9	28.1	27.7	28.5	28.9	28.7	27.8	28.4	27.3	26.5	26	26	26
13	23.3	26.6	26.7	27.3	26.2	26.7	29	26.6	27.9	26.3	25.5	25.3	24.7	24	23.9	23.7
14	23.8	24.6	25.5	26.2	29.2	28.5	30.2	31.4	30.5	27.9	27.2	27.9	26.1	25.6	25.4	25.1
15	25.5	26.1	26.3	29.5	28.2	27.3	29.6	27.1	29.3	29.6	27.9	26.6	26.5	26.1	26.1	26
16	26	27.4	27.5	27.9	27.7	27.1	28.6	29	28.5	27.3	28.1	26.9	26.6	26.1	25.9	26
17	22.4	23.2	25.3	25.9	23.8	23.4	23.3	23.2	23.3	23.7	23.4	23.1	22.9	22.5	22.7	22.6
S	21.1	20.6	21.4	22.6	24.1	25.9	27.8	27.4	29.7	28.1	27.6	26.5	25.1	23.8	23.4	23.2

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2	24.7	24.7	25.3	26.4	27.9	29.9	29.1	30.9	30.2	30.2	30.1	27.5	26.8	26.2	26	26
3	24.8	24.7	25.1	25.8	27.1	27.9	27.9	30.7	29.8	30.6	30.2	27.5	26.8	26.4	26.1	26.1
4	24.6	24.7	25.2	26.4	29.8	31.6	30.7	30.9	29.6	28.7	28	27.1	26.7	26.3	26	25.7
5	24.9	25.1	25.3	25.8	28.2	29	28.4	29.7	29.3	28.9	28.4	26.8	26.3	26	25.9	25.8
6	24.2	24.7	25.5	26.4	28.4	31.6	32.1	30.8	32.2	32.3	28.9	27.1	26.6	26.3	26	25.5
7	24.2	25.3	25.7	27.8	29.2	31.2	31	31.8	30.3	28.9	29.1	27.8	27.6	26.7	26.1	25.9
8	24.5	24.1	25.7	26.5	27.8	30.7	31.5	31.3	30.9	29.1	27.6	27.9	27.9	27	26.6	26.4
9	25.1	25.2	25.1	25.7	26.9	28.9	30.4	30.5	30.7	29.2	29	28	26.4	26.1	25.9	25.8
10	25.1	25.4	25.8	26.2	26.3	28.5	27.9	28.6	28	30.1	27.5	27.7	26.7	25.8	25.2	25.1
11	25.2	24.9	25.6	27.1	27.2	28.8	29.4	28.7	28.3	28.1	27.5	26.8	25.7	25.5	25.4	25.3
12	24.7	25.1	25.7	28	29.1	29.6	31.1	30.2	30.8	30.5	29.1	27.4	26.8	26.2	25.9	25.6
13	23.7	24.1	24.9	26.1	28.4	28.7	29.7	29.6	28.9	27.7	26.6	24.9	24.7	24.1	24.2	24.1
14	23.1	24	25.2	26.9	29.2	28.9	28.6	28.9	29.7	29.6	29.9	28.7	26.4	24.6	24.6	23.9
15	25	25.1	25.8	26.3	29.3	29.6	29.3	31.8	31	30.5	29.8	26.9	26.2	25.9	26	25.8
16	24.2	24.8	25.5	26.3	28.5	27.7	30.2	29.7	29.3	30	28.3	27.4	27.1	26.6	26	26
17	21.9	22.4	23.4	24.6	25.7	26.2	29.4	28.9	27.3	28.1	26.7	25.1	24.1	23.7	23.5	23.2
S	22.1	24.6	26.2	28.4	27.3	27.6	26.5	29.5	29.7	29.6	27.6	26.5	25.3	25.1	24.9	21.6

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2	26.3	27.9	28.5	28.9	30.4	30.5	31.2	31.4	31.5	31.3	30.4	27.8	27.3	26.7	26.7	26.4
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6	25.2	25.9	27.4	28	30.5	28.8	33.1	32.8	30.2	31.8	30.5	29.2	27.2	26.6	26.5	26.5
7	26.7	29.3	30.2	32.2	30.8	32.7	31.3	31.2	31.8	30.1	29.6	28.8	27.8	27.6	26.4	25.9
8	26.7	27.2	29.9	31.4	31.1	32.7	30.2	29.7	31.2	30.9	29.4	28.4	27.7	27.4	26.9	26.9
9	26.2	26.9	29	30.1	29.6	29.7	31.6	30.9	30.3	30.3	29.7	27.6	26.4	26.2	26.1	25.9
10	26.8	28.9	29.7	31.5	30.6	29.5	31.9	30.8	30.3	29.5	29.1	27.7	26.2	25.6	25.3	25.1
11	25.6	27.8	28.5	28.9	28.8	28.9	28.8	28.4	28.1	27.8	27.1	26.8	25.9	25.7	25.8	25.9
12	26	28.4	29.8	28	31.3	31.4	30.7	30.9	30.4	29.9	29.1	28.8	27.3	26.6	26.6	26.5
13	24.7	25.7	26.2	26.6	28.1	27.3	28.8	29.8	30.2	29.5	26.8	25.2	25	24.7	24.6	24.3
14	23.3	25.4	26.3	27.2	29.6	27.9	31	25.3	25.4	26.6	27.3	26.1	26.2	25.3	24.3	23.8
15	26.6	28.4	30.2	31.2	31.4	31.2	31.1	31.7	30.9	30	29.8	27.6	27	26.5	26.3	26.3
16	26.4	27.3	29.2	29.9	31.1	30.2	30	30	31.1	29.6	28.6	28.3	27.4	27.1	27	26.4
17	23.4	24.9	25.4	26.1	26.8	27.7	28.5	27.8	28.1	25.1	24.1	23.8	23.4	23.1	23.1	23.4
S	23.2	25	25.6	27.3	27.6	27.6	26.5	29.5	28.8	26.9	26.4	25.3	25.1	24.9	24.6	21.9

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3	26.4	26.8	27.5	28.2	29.6	29.5	29.6	31.2	31.2	30.9	30.8	29.6	27.6	27.1	27	26.8
4	26	28.9	29.7	30.8	31.6	32.3	31.3	32.8	30.7	29.4	29	28.2	27.7	26.9	26.4	26.3
5	26.3	26.8	29.1	29.4	29.5	29.4	29.8	30.3	30.1	29.4	28.9	28.4	27.1	26.6	26.5	26.4
6	26	26.2	27	28	30.5	29.5	33	32.6	32.3	32.5	31.6	30.2	27.9	26.8	26.4	26.1
7	26.6	29.5	30.7	31.2	31	30.8	32	32.2	31.1	31.9	29.8	29.1	28.5	27.6	27.1	26.7
8	26.4	29	29.3	30	30.6	31.8	31.8	31.7	31.9	31.2	31.1	30.2	29.2	27.7	27.2	27.1
9	26.3	26.2	25.1	25.2	26.9	28.9	29.5	29.1	28.8	29.3	29	28	26.4	26.2	26	26.3
10	27	29	29.2	30.3	31.2	30.1	31.1	30.7	30.5	29.8	28.9	27	26.2	25.6	25.3	25.1
11	26.4	26.8	29.3	29.3	30.2	30.1	29.1	28.8	28.3	27.9	26.7	26.3	25.8	25.7	25.6	25.6
12	26	27	29.3	30	29.5	30.4	31.6	30.7	30.7	30.6	29.5	28.5	27.8	26.6	26.4	26.2
13	24.4	25.2	25.3	24.9	27.4	28.4	29.2	31	28.7	29.8	28.8	27.5	25.5	25	24.6	24.6
14	23.5	26.2	25.7	29.4	29.3	30.9	30	31.5	30.5	29.1	30.2	28.3	27.2	26.3	25.5	25.2
15	26.3	26.2	30.1	30.7	31.6	31.3	31.1	31	30.9	30.1	29.5	28	27.3	26.8	26.6	26.3
16	26.5	28.6	29.3	30.1	29.7	30.8	30.2	31	30.9	30.5	29.8	29.3	28.4	27.3	27	26.7
17	22.1	24.6	26.5	26.2	26.6	26.2	28.3	28.3	28.5	27.7	27.1	24.8	24.6	24.2	23.8	23.7
S	25.4	25.6	27.1	28.2	29	29.6	29.8	29.3	29.5	30.3	28.5	27.2	26.4	25.9	24.7	24.6

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4	27.1	29.7	30.9	31.3	31.7	31.8	32.1	31.3	31.1	29.8	29.8	28.7	28.1	27.4	26.9	26.7
5	27.2	29.2	30.1	29.9	30.4	30.7	30.1	30.3	31.1	30.3	29.4	28.8	28	27	26.7	26.5
6	26	26.6	27.5	28.3	30.5	31.9	32.9	32.3	32.2	32.7	31.4	30.8	28.6	27.2	27	26.7
7	27.2	29.7	30.7	31.4	32.1	33	31.7	32.3	31.8	31.3	30.1	29.6	29	28.1	27.7	27.4
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10	27.2	29.3	29.8	30.7	31.6	31.6	32.7	32	32.4	31.7	30.1	27.9	26.7	26.1	26.1	26.1
11	27.2	28	29.2	30	29.1	29.4	31.3	29.3	28.8	28.6	28.8	28.6	27.6	26.6	26.3	26.2
12	26.8	28.7	30.4	30	31	31.2	31.5	31.4	31.4	31.2	30.5	30	28.9	27.4	26.9	26.7
13	25.2	26.1	25.6	27	28.4	28.8	29.7	30.8	30.4	31.1	30.2	27.8	26.6	25.9	25.5	25
14	23.8	26.5	26.6	29	29.7	30.1	30.2	30.2	31.1	29.4	30.5	29.3	27.8	26.5	25.7	25.4
15	27.5	29.9	30.8	32.5	32	31.5	30.2	31.6	31.1	31.2	30.3	28.7	27.9	27.1	26.7	26.7
16	26.7	29	30.6	31.7	30.7	30.8	31.1	30.6	31.1	31.3	30.4	27.4	30	27.9	27.5	27.4
17	24.4	25.2	26	25.9	27.4	28.5	29.4	29.5	29.7	30.1	27.5	27.7	25.4	25.1	24.5	24.4
S	24.6	25.8	27	26.6	26.6	27.9	29.5	28.4	29.7	30.1	27.5	27	26.3	26.1	25.9	25.9

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	6:00	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
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2	27.4	29.6	28.5	29.3	30.5	29.9	31.9	30.9	31	31.2	31.1	30.2	28.9	27.9	27.3	27
3	27.2	27.7	28.4	29	29.7	29.9	31.3	32.1	32.6	31.6	31.5	30.7	29.2	28.1	27.6	27.4
4	27.7	30.5	31.1	31.6	30.4	29.8	32	31.8	30.4	29.6	28.2	27.1	26.8	26.6	26.6	
5	27.8	29.2	29.3	30.8	31	31.1	30.8	31.2	31	30.3	29.7	28.5	27.6	27.3	27	
6	26.6	27.3	27.9	28.7	32.2	30.6	31.7	32.8	30.9	33	31.8	30.5	28.6	26.9	26.7	26.5
7	27.1	30.4	31.5	31.9	31.8	33.3	32.6	32.2	31.8	32.7	25.6	28.2	27.6	26.7	26.6	26.7
8	28.1	29.2	30.3	31.9	32.3	32	32.2	31.8	31.7	29.8	28.8	30	27.8	26.9	27.2	27.2
9	26.8	28.4	29.7	30.3	30.6	31.9	32.1	30.3	30.6	31.8	31.3	31.2	30.9	29.6	28	27.6
10	26.6	27.8	30.3	30.6	31.9	32.1	30.3	33.3	31	30.3	29.2	27.1	26.6	26.1	26	
11	26.6	29.2	29.1	29.4	29.1	29.8	30.4	30	29.6	29.3	27.7	26.9	26.4	26.3	26	
12	27	29.5	30.5	32.1	30.3	32.4	30.5	31.7	32.3	31.3	30.5	29.6	28	27	26.7	26.8
13	25.1	27.9	29.4	29.1	29.6	30.8	30	33	31.1	30.2	30	28.8	26.6	25.9	25.5	25.7
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15	27.8	30.4	30.9	32.2	32.3	33.1	32.5	32.8	31.2	32.2	32	29.4	28.3	27.3	27	26.9
16	27.5	28.2	29.6	30.5	30.9	30.8	31	31.3	31.3	30.5	27.4	27	27.4	27.2	27.1	
17	24.2	25.6	28.3	26.2	28.4	28.6	29.6	30.2	27.4	26.6	26.6	27.9	25.8	25	24.6	24.5
S	25.3	26.1	29	27.3	28.1	27.2	28.8	27.4	29.7	28.1	27.6	26.5	25.1	24.9	24	23.8

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2	27.3	29.6	28.9	29.2	31.3	31.8	31.8	31.9	31.6	31.7	29.9	28	27.4	26.9	26.5	
3	27	27.6	28.6	29.6	30.7	30.1	31.8	31.4	31.5	31.4	30.1	28	27.5	27	26.7	
4	27.3	29.9	30.7	31.6	32.2	32.5	32.1	30.9	29.8	29.5	28.2	27.4	26.6	26.1	26	
5	27.5	28.9	29.7	30	30.5	31.3	30.7	30.5	30.4	29.9	29	28	27	26.6	26.3	
6	26.3	26.9	27.9	28.4	30.7	33.1	30.5	33.7	31.3	32.4	29.9	27.6	26.6	26.1	26	
7	26.9	29.8	32	32.6	32.7	33	32.8	32.9	31.2	30.7	30.6	29.4	28.2	27.3	26.8	26.5
8	27.7	29.2	29.7	31.7	33.4	32.8	32.2	32.1	32.7	31.8	29.3	29.8	28.6	27.2	27	26.6
9	27.1	28.8	29.2	29.8	31.3	31.8	31.3	31.2	31.3	31.6	31.7	30.8	30.2	29.2	27.6	26.9
10	27.2	30	30.9	31	31.5	31.3	31	30.3	29.2	27.1	26.6	26.1	25.8	25.3	25.2	
11	26.9	28.3	29.2	29.6	31.1	31.3	29.6	30.3	29.3	27.7	26.9	26.4	26.3	25.8	25.7	
12	27	29.5	30.5	32.1	31.1	32.3	31.3	30.5	29.6	28	27	26.7	26.8	26.2	25.9	25.6
13	25.5	26.6	28.5	29	31.6	33	31.1	30.2	30	28.8	26.6	25.9	25.5	25.1	24.9	24.6
14	23	24.9	25.8	28.8	29.4	31.5	31.2	31.3	30.6	27.8	27.6	26.2	25	24		
15	27.8	30	31.3	31.1	28.8	32.5	32.8	31.7	32	29.4	28.3	27.3	27	26.9		
16	26.9	28.5	29.5	29.6	31.1	31.8	30	30.4	31.2	27.4	27.4	27.2	27.1			
17	24.2	26.7	27.9	28.3	29.6	30.7	28.4	27.9	27.8	25.8	25	24.6	24.5			
S	22.7	25.5	27.5	28	29.1	30.6	29.2	28.8	29.7	28.1	27.6	26.7	25.3	24.9	24	23.8

	S	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
8/3																			
6:00	23.6	23	27.3	26.8	24.1	23.9	26	25.5	26.6	25.7	27.8	27.7	25.2	26.5	26.7	26.1	26.6	25.9	6:00
7:00	26	24.2	29.5	29.3	25.5	25.1	29.5	26.1	29.1	28.1	29.5	29.9	26.2	27.5	29.3	26.6	29	30	7:00
8:00	27.5	27.5	29.4	30.6	26.1	27.6	30.3	29.1	29	28.5	28.1	30.7	27.2	29.2	30.5	27.3	29.6	30.2	8:00
9:00	26.7	27.7	30.5	31	29	26.2	30.9	29	28.9	29.3	29.8	30.9	28.1	29.1	29.3	28.4	31	29.3	9:00
10:00	27.5	29.5	30.9	31.7	30	27.4	30.9	29.8	29.8	29.9	31.7	31.3	30.4	29.7	32.5	28.8	30.1	32.7	10:00
11:00	27.4	29.8	30.7	31.6	30.8	29.8	32.4	29.4	31.1	30	31	32.5	32.1	29.5	29.1	28.9	30.6	31.2	11:00
12:00	27.6	27.9	29.4	30.9	30.9	29.9	31.8	28.9	30	30.5	32.1	32.6	32.7	29.7	30.5	28.9	31.1	31.7	12:00
13:00	27.3	29	29.8	30.7	30.9	32.3	30.7	29.6	30.7	30.3	32.7	31.1	32.8	29.4	31.1	30.3	30.9	31.2	13:00
14:00	27.4	27.8	31.4	30.8	31.7	29.4	30.2	29.3	29.2	30.1	31.2	32.1	32.2	29.7	31	30.3	30.7	30.8	14:00
15:00	26.2	28.6	30.4	31	31.8	31	30.6	29.2	29.3	29.8	30.7	30.9	32	29.4	29.5	30.8	31.2	31.3	15:00
16:00	25.9	26.6	29.8	30	29.9	28.6	29.3	28.7	29.2	29.3	31	29.7	31.2	29.1	28.4	30.3	30.8	30.9	16:00
17:00	24.6	26	28.8	27.7	29.9	27.8	28	27.8	28.3	28.7	29.9	28.7	29.8	28	26.9	29.4	29.8	29.7	17:00
18:00	23.2	24.6	26.9	26.5	27.9	25.2	26.5	26.9	26.7	26.6	28.1	27.2	26.6	27.2	26.1	27.4	27.2	27.4	18:00
19:00	22.4	24.2	26	25.9	27.2	24	25.2	25.9	25.2	26.4	26.8	26.8	25.5	26.4	25.4	26.9	26.7	25.7	19:00
20:00	22.1	24.1	25.7	26.2	26.4	23.8	25.3	25.8	25	26.2	26.2	26.4	25.5	26.2	25.1	26.9	26.4	25.2	20:00
21:00	21.9	23.9	25.6	26	25.4	23.6	25.4	25.5	24.8	25.9	25.6	26	25.4	26	25.3	26.5	26.2	25.8	21:00
8/4																			
6:00	21.7	23.4	25.9	26.1	23.6	23.2	25.6	26.3	25.6	25.7	26.9	26	25.4	26.1	26.1	25.9	26.1	25.8	6:00
7:00	24.2	26.3	28.3	28.3	24.5	24.7	27.9	27.5	26.8	27.7	26.8	28.7	25.6	27.6	27.9	26.3	28.2	28.5	7:00
8:00	25.2	27.3	30.7	30.4	25.3	26.1	29.1	28.2	27.9	28.9	28.7	29.5	26.6	28.2	28.7	26.5	29.2	30.2	8:00
9:00	24.9	27.1	29.4	30.5	26.4	27.2	30.3	28.8	29.7	29.1	31	29.3	27.6	28.9	31.4	27.8	30.2	29.2	9:00
10:00	25.3	27.8	28.9	30.9	26.3	28.5	30.1	29.9	30.8	29.8	30.1	30.5	29.5	29	31.1	28.3	29.5	31	10:00
11:00	25.5	27.7	29.6	30	26.6	28.7	28.6	29.7	31.2	29.7	30.7	31.6	30.1	28.8	31.9	27.4	30	31.4	11:00
12:00	27.2	28.5	30	30.3	28.2	28.8	30.6	29.6	31.2	29.8	30.5	32.7	30.9	29	28.9	27.6	29.2	30.1	12:00
13:00	27.4	28.2	29.3	30.5	28.7	29.1	29.9	29.5	31.1	30.3	29.2	31.1	31	29.2	30.1	29.4	29.6	29.8	13:00
14:00	26.7	27.4	28.6	30.5	28.7	27.4	29.9	29.7	30.2	31.4	30.6	31.4	29	29.3	29.7	29.7	30.2	30.4	14:00
15:00	26.7	27.4	28.3	31.2	28.3	26.8	30.5	29.3	30	30.4	28.5	31.2	31.6	29	27.7	30.3	30.1	30.1	15:00
16:00	27.3	25.8	28.4	29.9	27.7	25.7	29.6	28.9	28.8	30.1	30.7	29	31.1	28.4	28.1	29.9	29.1	30.3	16:00
17:00	25.2	24.8	27.7	26.9	26.7	26.1	27.9	27.4	28.1	29	29.5	27.8	29	28.1	27.1	29.5	29.2	28.9	17:00
18:00	24.3	23	27.3	26.6	26.4	24.3	27	27	26.1	26.5	27.9	27	26.3	27.1	26.4	27	27	27.4	18:00
19:00	22.9	21.7	26	25.9	25.5	23.3	25.6	25.7	24.3	25.7	26.8	25.7	25.5	26.2	25.6	26.4	26.4	26.3	19:00
20:00	21.9	21.2	25.7	26.2	25.4	23.6	25.6	25.6	24.5	25.9	26.4	25	25.1	26.4	25.5	26.3	26.1	25.8	20:00
21:00	21.7	20.9	25.6	25.9	25.1	23.9	25.9	25.5	24.4	25.6	26.4	24.8	25.2	25.9	25.8	26.4	26.1	26	21:00
8/5																			
6:00	21	22.7	26.1	26	23.7	23.5	25.3	26.7	25.3	25	26.3	26.3	24.2	26.3	26.6	25.9	26.3	24.4	6:00
7:00	21.8	24.8	27.2	28.7	24.6	26.8	27.7	28.2	27.5	29	29.9	29.4	24.8	26.7	29.2	25.8	28.7	26	7:00
8:00	23.2	26.3	28.6	29.1	26	27.8	29.2	29.1	26.9	28.9	29.8	29.3	25.6	29	30	26.3	29.2	29.6	8:00
9:00	25.8	26.6	26.8	30.3	28.3	27.5	28.7	28.8	27.6	27.6	28.1	29.8	26.6	28.8	30.6	26.6	29.5	28.3	9:00
10:00	26.8	25.9	28.6	30	29.8	27.8	27.8	29.8	29.6	28.1	29.9	30.3	28.8	29	30.6	27.8	29.4	31.5	10:00
11:00	26.9	26.9	29.3	30.9	30.3	28	31	31.4	30	29.1	31.1	31.2	31.7	29	30.6	28	29.8	30.5	11:00
12:00	27.7	26.9	29.5	30.7	31.8	29.6	30.5	31.2	30.4	31.8	30.3	28.7	31.7	29.6	29.6	28	30	30.7	12:00
13:00	28	26.8	29.7	31.3	31.3	29.1	31.3	29.4	30.4	31	30.3	30.7	32.2	29.8	31.1	30.4	29.6	31.2	13:00
14:00	27.1	27.9	30	30.8	30.7	28.1	31.4	29.5	30.1	32.1	30.7	29.9	31.2	30	31.4	31.2	30.9	31.8	14:00
15:00	26.9	26.8	29	31.2	29.4	27.9	30.7	30.5	28.3	31.1	30.7	30.2	31.9	30.2	29.3	32.4	30.5	31.2	15:00
16:00	25.4	27.2	29.5	30.1	30	28.9	31.1	29.2	29.2	31.4	29.5	29.6	31.4	30.2	29.1	31.1	30.8	29.5	16:00
17:00	24.9	25.7	29.4	28.6	28.8	28.2	29.5	27.3	28.8	30.7	30.7	28.4	31	29	28.6	31.1	28.5	30.5	17:00
18:00	23.7	24.6	28.1	28	27.5	26	28.2	27.4	27.6	28.4	28.9	27.7	27.6	28.3	27.5	28.2	28.4	28.9	18:00
19:00	23.1	24.1	27.1	27.1	26.6	24.8	26.8	26.3	25.9	28.1	27.9	27	26.5	27.2	26.8	27.4	27.3	27.5	19:00
20:00	22.6	23.4	26.7	27	25.9	24.7	26.6	26.3	26	27.2	27.4	26.6	26.4	26.9	26.6	27.2	26.9	26.6	20:00
21:00	22.9	23.2	26.6	26.7	25.3	24.8	26.7	26.3	25.8	27	26.7	26.4	26.3	26.7	26.3	27	26.9	26.4	21:00
8/6																			
6:00	22	22.9	27.6	27	24	24.2	26.9	26.3	26.6	27.4	26.5	28	26.4	26.9	26.9	26.7	26.8	27	6:00
7:00	22.6	24.7	29.1	29.7	25.8	25	27.2	27.9	26.9	28.6	29.3	29.9	26.5	28.6	29.2	26.9	29.1	30.1	7:00
8:00	25.2	26	29.6	30.4	26.9	27.2	28.9	30.5	30.6	29.7	30.7	32	27.2	29.7	30	27.8	29	30.3	8:00
9:00	25.6	27.6	30.6	31.9	29.4	29.6	29.6	29.7	31.1	30.8	30.9	31.3	27.4	29.8	31	28.4	30.2	30.8	9:00
10:00	27.1	29	30.7	32.2	31	30.2	30.4	29.4	30.6	30.8	31.7	31.9	29.8	29.6	31.7	29.3	31	31.5	10:00
11:00	27.7	29	30.7	29.9	31.9	29.8	30.5	29.6	31.3	30.6	31	31.9	31.3	30.3	30	29.6	31.7	32	11:00
12:00	28.8	28.8	30	31.3	31.8	31.4	30.3	29.8	32	30.7	32.2	31.9	32	30.5	30.9	29.4	31.1	31.9	12:00
13:00	28.2	28.3	30	30.9	29.3	29.9	30	29.8	30.4	30.3	31.9	31.9	31.9	30.3	31.2	31.1	32.1	31.2	13:00
14:00	28.5	26.5	29.9	32	30.1	29.8	30.2	30	30.8	30.1	30.5	32.2	32.3	29.7	30.7	30.7	31.1	31	14:00
15:00	27.4	28.2	29.3	29.5	30.9	29.7	29.8	29.7	30.4	30.3	30.1	31.2	31.7	28.7	29.1	29.3	29.3	30	15:00
16:00	25.8	27.6	29.2	29.5	26.3	29	28.6	27.7	29.4	29.6	29.4	29.3	30.4	28.6	28.7	29.6	29.5	30.1	16:00
17:00	25	26.2	28.2	28.3	28	27.5	29.1	27.7	28.8	28.5	29.9	28.3	27.9	28.8	27.9	29.2	29.5	28.9	17:00
18:00	23.8	24.9	27.6	27.5	26.4	25.9	27.3	26.9	27.2	27.7	27.9	27.3	27	27.5	27.1	27.9	27.9	27.3	18:00
19:00	23.3	24.1	26.8	27.2	25.1	25.1	26.7	26.6	26.5	27.2	27.1	27	26.3	27.2	26.4	27.5	27.4	26.6	19:00
20:00	23.2	23.7	26.8	26.9	25	25	26.7	26.5	26.6	27	26.7	26.3	26.4	27	26.6	27.4	27.1	26.6	20:00
21:00	23	23.5	26.6	26.7	24.4	24.3	26.5	26.2	26.4	26.9	26.7	26.3	26.2	26.7	26.5	27.1	26.9	26.4	21:00
8/7																			
6:00	22.8	24.9	27	26.5	22.8	23.5	25.8	26.8	27.5	26.7	26	26.5	25	26.8	26.1	26.2	26.2	26	6:00
7:00	23.1	27.3	29.6	29.4	24.8	27.4	27.8	29.2	28.6	28.6	29.4	30.6	25.8	27.8	28.8	26.6	29.4	29.7	7:00
8:00	23.2	26.3	30.6	30.2	25.9	28.4	28.8	29	30	29.5	30.3	30.7	26.9	29.6	30.9	27.5	29.5	30.9	8:00
9:00	24.4	27.7	30.3	30.6	28.6	29.7	30.3	29.5	30.8	29.9	30.8	31.6	27.7	30	30.2	28.3	29.6	30.6	9:00
10:00	25.5	28.1	30.2	31.8	29.8	30.4	31.2	29.2	31.1	29.9	31.8	31.8	29.8	29.7	32	29.5	31.3	32	10:00
11:00	26.5	29.4	31.6	32	31.9	31	30.3	29.3	32.2	30.4	31.3	33.4	32.6	30.1	31.8	29.2	31.3	32.8	11:00
12:00	27.9	29.2	31.8	31	32.6	30.3	31.1	29.5	31.8	31.8	32.4	32.9	32.7	30	31.6	29	30.5	31.9	12:00
13:00	27.8	29.5	30.8	31.9	32.4	30.6	31.5	29.2	31.9	30.5	31	31.8	33.4	30	32	31.2	32.1	31.4	13:00
14:00	26.8	29.1	31	31.7	27.1	30.2	30.7	29.1	31.3	31.8	30.7	33	32.2	29.9	31.5	30.9	31.4	32.4	14:00
15:00	24.4	27.6	28.9	31.1	30.4	30.1	29.6	27.9	30.3	30.8	31.5	30.2	29.3	30.3	29.4	30.8	32.1	31.6	15:00
16:00	24.2	28.7	28.5	28.9	29.8	29.3	27.9	27.1	29.2	29.1	29.6	29	28.2	28.5	28.2	29.3	28.8	28.7	16:00
17:00	23.5	25.9	27.8	27.4	28.5	28.5	27.2	26.5	27.3	28.2	28.8	28.2	27.6	27.4	27.6	27.8	28	27.9	17:00
18:00	23	24.4	27.4	26.7	27.2	25.6	26.9	26.4	26.2	26.9	27.6	27.7	27.1	26.7	27	27.1	27.1	27.2	18:00
19:00	22.7	24.2	26.9	26.5	25.8	24.2	26.4	26.2	25.8	26.3	27.3	27.2	26.5	26.6	26.7	27.1	26.8	26.7	19:00
20:00	22.8	24.2	26.7	26.5	23.9	23.8	26.4	26.1	25.7	26.2	27.1	26.9	26.3	26.4	26.4	26.7	26.8	26.3	20:00
21:00	22.6	23.9	26.4	26.3	24.8	23.3	26	26	25.6	26	26.9	26.6	26	26.5	26.2	26.7	26.6	26.2	21:00
8/8																			
6:00	22.5	23.4	26.9	27.1	24.3	24.1	26.5	26.2	27	26.3	26.7	26.7	26.1	27.3	27.4	26.6	27.1	27	6:00
7:00	22.5	24.5	27.5	30.3	26	27.1	28.8	28.3	28.7	27.5	28.1	27.7	26.3	28.5	28	27.5	29.1	29.8	7:00
8:00	22.8	25.8	30	31.6	27.7	28.3	29.1	29.6	30.2	29	30.1	30.7	26.7	29.5	30.6	27.8	28.7	30.5	8:00
9:00	22.8	27.9	31	31.7	29	29.6	31.4	29	30.7	29.5	29.1	30.8	27.6	29.6	32.3	28.9	29.9	31.9	9:00
10:00	23.6	28.6	31.5	31.9	31.3	29.8	30.2	28.6	31.1	30.2	31.6	31.3	29.9	30	31.5	29.9	32	30.2	10:00
11:00	23.3	28.2	31.3	31.3	32	30.2	29.8	28.8	31	30.2	31.6	31.6	30.3	29.3	30.8	29.5	32.6	30.8	11:00
12:00	23.1	28.4	30.7	31.4	26.6	29.2	30.9	28.7	30.1	29.8	31.3	31.7	32.1	30	31.2	29.6	30.7	31.8	12:00
13:00	23	28.8	30.7	31.3	31.6	29	30.2	28.4	30.2	30.4	31.8	31.1	32.1	30.2	31.5	31.7	32.1	32.1	13:00
14:00	23.1	27.9	28.8	31.1	32.3	29.8	30.7	28.2	30.1	30.2	30.3	28.8	31.8	29.5	30.6	30.8	31	31.3	14:00
15:00	23.5	25.9	28.9	28.5	27.9	29.5	28.8	28.1	29.5	29.1	29.4	29	29.5	28	28.3	28.6	28.7	28.8	15:00
16:00	24.3	25.3	27.9	28.2	27.5	28	28.3	27.7	28.8	28	28.9	29.4	29.4	28	28	28.3	28.8	28.7	16:00
17:00	23.1	25	28.3	27.9	24.5	27.1	27.5	27.4	27.9	27.8	28.6	28.3	28.6	27.5	27.6	28.2	28	28.1	17:00
18:00	22.8	24.4	27.6	27	25.1	25.4	27.5	26.6	26.8	26.9	28.2	27.7	27.4	27.1	26.8	27.6	27.8	27.9	18:00
19:00	22.3	23.9	26.7	26.4	24.4	24.4	26.2	26	24.7	26.3	27.5	26.8	26.3	26.3	26.2	26.8	26.7	26.3	19:00
20:00	22.3	23.6	26.6	26.3	24.2	24.4	26	26	23.8	26	27.2	26.7	25.9	26.4	26	26.9	26.6	26.1	20:00
21:00	22.5	23.5	26.3	26.2	23.7	24.2	26.1	25.9	24.1	26.1	26.8	26.5	26	26.2	26	26.7	26.6	26	21:00
8/9																			
6:00	22	23.4	26.6	26.7	24.1	23	25.8	26.7	25.5	26.6	27.1	26.6	25.5	26.2	26.8	26.3	26.2	26.1	6:00
7:00	21.9	25.2	29	29.3	25.6	26.3	28.8	27.8	28.4	28	29.7	29.2	26.1	27.5	29.8	26.6	29.8	29.7	7:00
8:00	22.2	24.4	29.9	30.7	26.9	27.6	29.4	28.4	28.9	28.9	29.8	31.3	27.1	29.7	30.3	27.2	28.5	30.8	8:00
9:00	19.5	24.7	30.8	31.2	28.3	28.3	30.1	28.4	31	29.3	30.9	31	27.7	29.5	31.3	28.3	29.8	30.7	9:00
10:00	20.3	26.3	30.4	31.3	27.5	29	30.7	28.7	31.4	29.2	31.4	32.3	29.4	29.9	32.3	29	30.7	32.2	10:00
11:00	20.6	29	30.8	31.1	29.2	29.6	31.2	29.3	29.2	30	32.2	32.5	32.5	29.6	31.9	28.6	31.9	32.3	11:00
12:00	21.5	29.5	31.9	30.5	28.8	30.2	31	29.1	31.3	31	32.5	33.4	32.8	29.3	30.5	29	30.7	31.7	12:00
13:00	22.8	28.8	32.1	30.8	28.1	30.8	30.9	29	30.1	30.3	32.6	33.3	33.1	29.1	31.3	30.3	30.7	31.6	13:00
14:00	22.2	29.1	29	30.6	28.8	30.3	30.6	28.6	29.2	30.7	32.5	31.2	32.5	29.5	31.5	31	30.7	31.7	14:00
15:00	23.4	29	29.7	30	28.5	29.9	30.4	28.7	29	29.5	30.3	29.6	32.1	29.3	29	31	30.5	30.9	15:00
16:00	21.8	27.6	28.9	28.9	28.8	28.9	28.3	27.8	28.3	29	30.3	28.7	27.6	28.4	27.3	30.3	30.3	30.3	16:00
17:00	20.2	25.3	27.2	27.1	27.5	27.2	25.9	27	26.9	27.6	28.4	28.2	26.9	27.4	26	29.2	29.5	27.8	17:00
18:00	19.6	24.1	26.2	26.5	26.8	25	25.7	26.4	26.2	26.3	27.1	27.3	26.6	26.6	25.9	27	25.9	25.7	18:00
19:00	19.2	23.6	26.1	25.9	26.2	24.2	25.9	26.1	25.5	25.9	25.7	26.5	26.1	26.3	25.5	26.5	25.8	25	19:00
20:00	18.9	23.5	26	25.9	25.5	23.8	25.9	26.2	25.3	25.7	25.2	26.5	26	26.1	25.8	25.8	26	25.7	20:00
21:00	19.5	23.6	26.2	25.9	24.7	24.2	25.9	26.1	25.2	26	26.1	26.3	25.9	25.8	25.9	26.2	26	26	21:00