

| 2022年4月 | | | | |
|---------|-------|-------|-------|-------|
| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| 1 | 5:54 | -1.4 | 18:16 | 2.3 |
| 2 | 6:21 | 5.9 | 19:17 | 9.6 |
| 3 | 6:49 | 12.8 | 20:18 | 16.3 |
| 4 | 7:18 | 19.1 | 21:18 | 22.3 |
| 5 | 7:50 | 24.5 | 22:18 | 27.1 |
| 6 | 8:26 | 28.8 | 23:17 | 30.7 |
| 7 | 9:07 | 31.7 | | |
| 8 | 9:53 | 33.0 | 0:12 | 32.7 |
| 9 | 10:45 | 32.7 | 1:04 | 33.0 |
| 10 | 11:41 | 30.6 | 1:51 | 31.6 |
| 11 | 12:41 | 27.0 | 2:32 | 28.6 |
| 12 | 13:42 | 21.9 | 3:09 | 24.2 |
| 13 | 14:45 | 15.7 | 3:41 | 18.6 |
| 14 | 15:48 | 8.6 | 4:11 | 12.0 |
| 15 | 16:52 | 0.9 | 4:40 | 4.7 |
| 16 | 17:59 | -7.1 | 5:08 | -3.0 |
| 17 | 19:07 | -15.0 | 5:38 | -10.8 |
| 18 | 20:19 | -22.2 | 6:11 | -18.3 |
| 19 | 21:33 | -28.1 | 6:49 | -24.9 |
| 20 | 22:45 | -32.2 | 7:34 | -30.0 |
| 21 | 23:53 | -33.7 | 8:27 | -33.1 |
| 22 | | | 9:28 | -33.7 |
| 23 | 0:53 | -32.7 | 10:36 | -31.7 |
| 24 | 1:43 | -29.5 | 11:45 | -27.6 |
| 25 | 2:24 | -24.4 | 12:54 | -21.9 |
| 26 | 2:59 | -18.2 | 14:01 | -15.2 |
| 27 | 3:29 | -11.3 | 15:04 | -7.9 |
| 28 | 3:57 | -4.1 | 16:06 | -0.5 |
| 29 | 4:24 | 3.2 | 17:06 | 6.9 |
| 30 | 4:50 | 10.2 | 18:07 | 13.8 |
| 2022年5月 | | | | |
| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| 1 | 5:18 | 16.7 | 19:07 | 20.1 |
| 2 | 5:49 | 22.5 | 20:07 | 25.4 |
| 3 | 6:23 | 27.3 | 21:06 | 29.5 |
| 4 | 7:02 | 30.8 | 22:04 | 32.2 |
| 5 | 7:46 | 32.8 | 22:57 | 33.2 |
| 6 | 8:36 | 33.1 | 23:46 | 32.5 |
| 7 | 9:31 | 31.7 | | |
| 8 | 10:28 | 28.7 | 0:29 | 30.1 |

| 9 | 11:28 | 24.3 | 1:06 | 26.3 |
|---------|-------|-------|-------|-------|
| 10 | 12:29 | 18.7 | 1:40 | 21.2 |
| 11 | 13:30 | 12.1 | 2:10 | 15.2 |
| 12 | 14:33 | 4.7 | 2:38 | 8.3 |
| 13 | 15:37 | -3.1 | 3:06 | 0.9 |
| 14 | 16:45 | -11.1 | 3:35 | -6.9 |
| 15 | 17:55 | -18.7 | 4:06 | -14.6 |
| 16 | 19:10 | -25.5 | 4:42 | -21.8 |
| 17 | 20:25 | -30.7 | 5:24 | -27.9 |
| 18 | 21:38 | -33.4 | 6:15 | -32.1 |
| 19 | 22:44 | -33.5 | 7:15 | -33.8 |
| 20 | 23:39 | -30.9 | 8:23 | -32.8 |
| 21 | | | 9:34 | -29.2 |
| 22 | 0:24 | -26.3 | 10:45 | -23.9 |
| 23 | 1:02 | -20.3 | 11:53 | -17.3 |
| 24 | 1:33 | -13.5 | 12:58 | -10.2 |
| 25 | 2:02 | -6.3 | 14:00 | -2.8 |
| 26 | 2:28 | 0.9 | 15:00 | 4.6 |
| 27 | 2:54 | 8.0 | 15:59 | 11.6 |
| 28 | 3:21 | 14.6 | 16:59 | 18.0 |
| 29 | 3:50 | 20.6 | 17:59 | 23.7 |
| 30 | 4:23 | 25.7 | 18:58 | 28.2 |
| 31 | 5:00 | 29.7 | 19:56 | 31.4 |
| 2022年6月 | | | | |
| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| 1 | 5:42 | 32.2 | 20:51 | 33.0 |
| 2 | 6:30 | 33.2 | 21:41 | 32.9 |
| 3 | 7:23 | 32.4 | 22:26 | 31.1 |
| 4 | 8:20 | 29.9 | 23:06 | 27.8 |
| 5 | 9:18 | 26.0 | 23:40 | 23.2 |
| 6 | 10:18 | 20.9 | | |
| 7 | 11:18 | 14.8 | 0:11 | 17.6 |
| 8 | 12:18 | 7.9 | 0:39 | 11.2 |
| 9 | 13:20 | 0.5 | 1:06 | 4.2 |
| 10 | 14:24 | -7.3 | 1:33 | -3.3 |
| 11 | 15:31 | -15.0 | 2:02 | -10.9 |
| 12 | 16:43 | -22.2 | 2:34 | -18.2 |
| 13 | 17:58 | -28.3 | 3:13 | -24.9 |
| 14 | 19:14 | -32.3 | 3:59 | -30.2 |
| 15 | 20:25 | -33.8 | 4:55 | -33.2 |
| 16 | 21:27 | -32.3 | 6:02 | -33.5 |
| 17 | 22:18 | -28.3 | 7:15 | -31.0 |
| 18 | 23:00 | -22.6 | 8:29 | -26.1 |

| | | | | |
|----|-------|-------|-------|-------|
| 19 | 23:35 | -15.9 | 9:41 | -19.8 |
| 20 | | | 10:49 | -12.6 |
| 21 | 0:05 | -8.6 | 11:53 | -5.0 |
| 22 | 0:32 | -1.2 | 12:54 | 2.4 |
| 23 | 0:58 | 5.9 | 13:54 | 9.6 |
| 24 | 1:25 | 12.7 | 14:53 | 16.2 |
| 25 | 1:53 | 18.9 | 15:52 | 22.1 |
| 26 | 2:25 | 24.3 | 16:52 | 27.0 |
| 27 | 3:00 | 28.6 | 17:50 | 30.6 |
| 28 | 3:41 | 31.6 | 18:46 | 32.6 |
| 29 | 4:27 | 33.0 | 19:38 | 33.1 |
| 30 | 5:18 | 32.7 | 20:25 | 31.8 |

2022年7月

| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
|----|-------|-------|-------|-------|
| 1 | 6:14 | 30.8 | 21:06 | 28.9 |
| 2 | 7:12 | 27.3 | 21:41 | 24.7 |
| 3 | 8:11 | 22.6 | 22:13 | 19.4 |
| 4 | 9:10 | 16.8 | 22:41 | 13.3 |
| 5 | 10:09 | 10.2 | 23:08 | 6.6 |
| 6 | 11:09 | 3.1 | 23:34 | -0.6 |
| 7 | 12:10 | -4.3 | | |
| 8 | 13:14 | -11.9 | 0:01 | -7.9 |
| 9 | 14:21 | -19.1 | 0:31 | -15.2 |
| 10 | 15:33 | -25.6 | 1:05 | -22.0 |
| 11 | 16:47 | -30.6 | 1:46 | -27.9 |
| 12 | 18:00 | -33.4 | 2:36 | -32.0 |
| 13 | 19:07 | -33.4 | 3:38 | -33.7 |
| 14 | 20:05 | -30.5 | 4:48 | -32.6 |
| 15 | 20:52 | -25.4 | 6:04 | -28.7 |
| 16 | 21:31 | -18.9 | 7:19 | -22.8 |
| 17 | 22:04 | -11.5 | 8:31 | -15.6 |
| 18 | 22:33 | -3.9 | 9:39 | -7.9 |
| 19 | 23:00 | 3.6 | 10:44 | -0.2 |
| 20 | 23:27 | 10.7 | 11:46 | 7.3 |
| 21 | 23:56 | 17.1 | 12:46 | 14.3 |
| 22 | | | 13:46 | 20.5 |
| 23 | 0:26 | 22.8 | 14:46 | 25.7 |
| 24 | 1:00 | 27.5 | 15:44 | 29.7 |
| 25 | 1:39 | 30.9 | 16:41 | 32.3 |
| 26 | 2:23 | 32.8 | 17:34 | 33.2 |
| 27 | 3:13 | 33.1 | 18:23 | 32.4 |
| 28 | 4:08 | 31.6 | 19:05 | 29.9 |
| 29 | 5:06 | 28.5 | 19:43 | 26.1 |

| | | | | |
|----|------|------|-------|------|
| 30 | 6:05 | 24.1 | 20:15 | 21.0 |
| 31 | 7:05 | 18.5 | 20:45 | 15.1 |

2022年8月

| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
|----|-------|-------|-------|-------|
| 1 | 8:04 | 12.1 | 21:12 | 8.5 |
| 2 | 9:03 | 5.1 | 21:38 | 1.5 |
| 3 | 10:03 | -2.2 | 22:04 | -5.7 |
| 4 | 11:05 | -9.6 | 22:32 | -12.9 |
| 5 | 12:09 | -16.8 | 23:03 | -19.8 |
| 6 | 13:17 | -23.4 | 23:40 | -25.9 |
| 7 | 14:28 | -28.9 | | |
| 8 | 15:39 | -32.6 | 0:24 | -30.7 |
| 9 | 16:48 | -33.9 | 1:19 | -33.4 |
| 10 | 17:49 | -32.4 | 2:24 | -33.6 |
| 11 | 18:41 | -28.3 | 3:36 | -31.0 |
| 12 | 19:23 | -22.3 | 4:52 | -26.0 |
| 13 | 19:59 | -15.1 | 6:07 | -19.3 |
| 14 | 20:31 | -7.3 | 7:19 | -11.6 |
| 15 | 20:59 | 0.5 | 8:26 | -3.5 |
| 16 | 21:27 | 8.0 | 9:31 | 4.4 |
| 17 | 21:55 | 14.9 | 10:34 | 11.8 |
| 18 | 22:25 | 21.1 | 11:36 | 18.5 |
| 19 | 22:59 | 26.2 | 12:37 | 24.2 |
| 20 | 23:36 | 30.1 | 13:37 | 28.7 |
| 21 | | | 14:35 | 31.8 |
| 22 | 0:19 | 32.6 | 15:29 | 33.3 |
| 23 | 1:07 | 33.4 | 16:19 | 33.0 |
| 24 | 2:01 | 32.4 | 17:04 | 31.1 |
| 25 | 2:58 | 29.8 | 17:43 | 27.6 |
| 26 | 3:57 | 25.7 | 18:17 | 22.8 |
| 27 | 4:57 | 20.4 | 18:47 | 17.1 |
| 28 | 5:57 | 14.2 | 19:15 | 10.5 |
| 29 | 6:57 | 7.2 | 19:41 | 3.5 |
| 30 | 7:57 | -0.1 | 20:08 | -3.8 |
| 31 | 8:59 | -7.6 | 20:35 | -11.1 |

2022年9月

| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
|---|-------|-------|-------|-------|
| 1 | 10:02 | -14.9 | 21:05 | -18.0 |
| 2 | 11:08 | -21.8 | 21:39 | -24.4 |
| 3 | 12:17 | -27.6 | 22:20 | -29.5 |
| 4 | 13:27 | -31.9 | 23:09 | -33.0 |
| 5 | 14:35 | -34.0 | | |

| | | | | | |
|----------|-------|-------|-------|-------|-------|
| 6 | 15:37 | -33.5 | 0:08 | -34.1 | |
| 7 | 16:31 | -30.5 | 1:16 | -32.7 | |
| 8 | 17:16 | -25.4 | 2:29 | -28.7 | |
| 9 | 17:54 | -18.7 | 3:43 | -22.7 | |
| ○ | 10 | 18:27 | -11.2 | 4:56 | -15.4 |
| | 11 | 18:57 | -3.3 | 6:05 | -7.4 |
| | 12 | 19:25 | 4.6 | 7:12 | 0.7 |
| | 13 | 19:53 | 12.0 | 8:17 | 8.6 |
| | 14 | 20:23 | 18.7 | 9:20 | 15.8 |
| | 15 | 20:55 | 24.5 | 10:23 | 22.2 |
| | 16 | 21:32 | 29.0 | 11:25 | 27.3 |
| | 17 | 22:13 | 32.1 | 12:25 | 31.1 |
| ● | 18 | 23:00 | 33.6 | 13:22 | 33.2 |
| | 19 | 23:51 | 33.3 | 14:14 | 33.6 |
| | 20 | | | 15:01 | 32.2 |
| | 21 | 0:47 | 31.2 | 15:41 | 29.3 |
| | 22 | 1:46 | 27.7 | 16:17 | 24.9 |
| | 23 | 2:46 | 22.7 | 16:49 | 19.5 |
| | 24 | 3:47 | 16.7 | 17:17 | 13.1 |
| | 25 | 4:47 | 9.9 | 17:44 | 6.1 |
| ● | 26 | 5:48 | 2.5 | 18:10 | -1.3 |
| | 27 | 6:50 | -5.1 | 18:37 | -8.7 |
| | 28 | 7:54 | -12.7 | 19:07 | -16.0 |
| | 29 | 9:00 | -19.9 | 19:40 | -22.7 |
| | 30 | 10:09 | -26.2 | 20:19 | -28.4 |
| 2022年10月 | | | | | |
| | 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| | 1 | 11:20 | -31.0 | 21:05 | -32.4 |
| | 2 | 12:28 | -33.8 | 22:01 | -34.3 |
| ● | 3 | 13:31 | -34.2 | 23:05 | -33.7 |
| | 4 | 14:27 | -32.0 | | |
| | 5 | 15:13 | -27.7 | 0:15 | -30.6 |
| | 6 | 15:52 | -21.7 | 1:27 | -25.4 |
| | 7 | 16:26 | -14.6 | 2:38 | -18.7 |
| | 8 | 16:56 | -6.9 | 3:47 | -11.0 |
| | 9 | 17:24 | 1.0 | 4:54 | -3.0 |
| ○ | 10 | 17:52 | 8.7 | 5:59 | 5.0 |
| | 11 | 18:21 | 15.8 | 7:03 | 12.6 |
| | 12 | 18:52 | 22.2 | 8:07 | 19.5 |
| | 13 | 19:27 | 27.4 | 9:10 | 25.3 |
| | 14 | 20:06 | 31.2 | 10:12 | 29.8 |
| | 15 | 20:51 | 33.4 | 11:11 | 32.7 |
| | 16 | 21:41 | 33.8 | 12:06 | 33.8 |

| | | | | | |
|----------|-------|-------|-------|-------|-------|
| 17 | 22:36 | 32.5 | 12:55 | 33.2 | |
| ● | 18 | 23:33 | 29.5 | 13:38 | 30.9 |
| | 19 | | | 14:16 | 27.1 |
| | 20 | 0:33 | 25.1 | 14:48 | 22.1 |
| | 21 | 1:33 | 19.5 | 15:18 | 16.1 |
| | 22 | 2:33 | 13.0 | 15:45 | 9.3 |
| | 23 | 3:33 | 5.9 | 16:11 | 2.0 |
| | 24 | 4:35 | -1.8 | 16:38 | -5.5 |
| ● | 25 | 5:39 | -9.6 | 17:06 | -13.1 |
| | 26 | 6:46 | -17.2 | 17:38 | -20.3 |
| | 27 | 7:56 | -24.1 | 18:16 | -26.6 |
| | 28 | 9:08 | -29.7 | 19:01 | -31.4 |
| | 29 | 10:19 | -33.3 | 19:54 | -34.1 |
| | 30 | 11:26 | -34.5 | 20:57 | -34.2 |
| | 31 | 12:24 | -33.1 | 22:06 | -31.8 |
| 2022年11月 | | | | | |
| | 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| ● | 1 | 13:13 | -29.3 | 23:17 | -27.2 |
| | 2 | 13:54 | -23.8 | | |
| | 3 | 14:28 | -17.1 | 0:28 | -21.0 |
| | 4 | 14:58 | -9.7 | 1:36 | -13.8 |
| | 5 | 15:26 | -2.0 | 2:42 | -6.0 |
| | 6 | 15:53 | 5.6 | 3:46 | 1.9 |
| | 7 | 16:21 | 12.9 | 4:49 | 9.6 |
| ○ | 8 | 16:50 | 19.6 | 5:52 | 16.7 |
| | 9 | 17:23 | 25.3 | 6:55 | 23.0 |
| | 10 | 18:01 | 29.8 | 7:58 | 28.1 |
| | 11 | 18:44 | 32.7 | 8:59 | 31.7 |
| | 12 | 19:32 | 33.9 | 9:56 | 33.6 |
| | 13 | 20:25 | 33.2 | 10:48 | 33.7 |
| | 14 | 21:22 | 30.9 | 11:34 | 32.0 |
| | 15 | 22:20 | 27.1 | 12:13 | 28.8 |
| ● | 16 | 23:19 | 22.1 | 12:47 | 24.3 |
| | 17 | | | 13:17 | 18.8 |
| | 18 | 0:18 | 16.0 | 13:45 | 12.5 |
| | 19 | 1:17 | 9.3 | 14:11 | 5.5 |
| | 20 | 2:17 | 1.9 | 14:37 | -1.9 |
| | 21 | 3:20 | -5.8 | 15:04 | -9.4 |
| | 22 | 4:25 | -13.5 | 15:34 | -16.9 |
| | 23 | 5:34 | -20.9 | 16:09 | -23.7 |
| ● | 24 | 6:47 | -27.3 | 16:51 | -29.4 |
| | 25 | 8:01 | -32.0 | 17:43 | -33.2 |
| | 26 | 9:12 | -34.3 | 18:44 | -34.5 |

| | | | | |
|----|-------|-------|-------|-------|
| 27 | 10:16 | -33.8 | 19:53 | -32.9 |
| 28 | 11:10 | -30.8 | 21:07 | -28.9 |
| 29 | 11:54 | -25.6 | 22:19 | -23.0 |
| 30 | 12:31 | -19.2 | 23:28 | -16.0 |

2022年12月

| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
|----|-------|-------|-------|-------|
| 1 | 13:02 | -11.9 | | |
| 2 | 13:30 | -4.3 | 0:35 | -8.3 |
| 3 | 13:57 | 3.3 | 1:38 | -0.5 |
| 4 | 14:24 | 10.6 | 2:41 | 7.1 |
| 5 | 14:52 | 17.4 | 3:43 | 14.3 |
| 6 | 15:23 | 23.3 | 4:45 | 20.9 |
| 7 | 15:58 | 28.2 | 5:47 | 26.3 |
| 8 | 16:39 | 31.7 | 6:48 | 30.5 |
| 9 | 17:25 | 33.6 | 7:47 | 33.0 |
| 10 | 18:17 | 33.6 | 8:41 | 33.8 |
| 11 | 19:12 | 31.9 | 9:29 | 32.8 |
| 12 | 20:10 | 28.6 | 10:11 | 30.1 |
| 13 | 21:09 | 24.0 | 10:47 | 26.1 |
| 14 | 22:07 | 18.4 | 11:18 | 20.9 |
| 15 | 23:05 | 12.0 | 11:46 | 15.0 |
| 16 | | | 12:12 | 8.4 |
| 17 | 0:03 | 5.0 | 12:37 | 1.4 |
| 18 | 1:02 | -2.3 | 13:02 | -5.9 |
| 19 | 2:04 | -9.9 | 13:30 | -13.3 |
| 20 | 3:10 | -17.3 | 14:02 | -20.3 |
| 21 | 4:20 | -24.1 | 14:39 | -26.6 |
| 22 | 5:33 | -29.8 | 15:26 | -31.5 |
| 23 | 6:47 | -33.4 | 16:23 | -34.1 |
| 24 | 7:57 | -34.4 | 17:31 | -33.9 |
| 25 | 8:58 | -32.4 | 18:46 | -30.9 |
| 26 | 9:48 | -27.9 | 20:02 | -25.5 |
| 27 | 10:29 | -21.6 | 21:15 | -18.5 |
| 28 | 11:03 | -14.3 | 22:25 | -10.8 |
| 29 | 11:33 | -6.6 | 23:31 | -2.8 |
| 30 | 12:00 | 1.1 | | |
| 31 | 12:27 | 8.6 | 0:35 | 5.0 |

2023年1月

| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
|---|-------|------|------|------|
| 1 | 12:55 | 15.5 | 1:37 | 12.4 |
| 2 | 13:25 | 21.7 | 2:38 | 19.1 |
| 3 | 13:59 | 26.9 | 3:40 | 24.9 |

| | | | | |
|----|-------|-------|-------|-------|
| 4 | 14:37 | 30.8 | 4:41 | 29.4 |
| 5 | 15:21 | 33.1 | 5:40 | 32.4 |
| 6 | 16:11 | 33.7 | 6:35 | 33.7 |
| 7 | 17:05 | 32.6 | 7:25 | 33.2 |
| 8 | 18:03 | 29.8 | 8:09 | 31.1 |
| 9 | 19:01 | 25.5 | 8:47 | 27.4 |
| 10 | 20:00 | 20.2 | 9:19 | 22.6 |
| 11 | 20:57 | 14.1 | 9:48 | 16.9 |
| 12 | 21:54 | 7.4 | 10:14 | 10.6 |
| 13 | 22:52 | 0.3 | 10:39 | 3.8 |
| 14 | 23:51 | -7.0 | 11:03 | -3.3 |
| 15 | | | 11:29 | -10.4 |
| 16 | 0:53 | -14.3 | 11:58 | -17.4 |
| 17 | 1:58 | -21.2 | 12:31 | -23.9 |
| 18 | 3:08 | -27.3 | 13:12 | -29.4 |
| 19 | 4:20 | -31.9 | 14:02 | -33.1 |
| 20 | 5:32 | -34.3 | 15:04 | -34.5 |
| 21 | 6:37 | -33.8 | 16:16 | -32.9 |
| 22 | 7:34 | -30.5 | 17:33 | -28.5 |
| 23 | 8:20 | -24.9 | 18:51 | -22.0 |
| 24 | 8:58 | -17.8 | 20:05 | -14.2 |
| 25 | 9:31 | -9.9 | 21:16 | -6.0 |
| 26 | 10:01 | -1.8 | 22:23 | 2.3 |
| 27 | 10:29 | 6.1 | 23:27 | 10.1 |
| 28 | 10:57 | 13.5 | | |
| 29 | 11:26 | 20.1 | 0:30 | 17.2 |
| 30 | 11:59 | 25.6 | 1:33 | 23.4 |
| 31 | 12:36 | 30.0 | 2:35 | 28.4 |

2023年2月

| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
|----|-------|-------|-------|-------|
| 1 | 13:18 | 32.8 | 3:35 | 31.9 |
| 2 | 14:06 | 33.9 | 4:31 | 33.7 |
| 3 | 14:59 | 33.2 | 5:22 | 33.7 |
| 4 | 15:56 | 30.9 | 6:08 | 32.0 |
| 5 | 16:55 | 27.0 | 6:47 | 28.7 |
| 6 | 17:53 | 21.9 | 7:21 | 24.2 |
| 7 | 18:52 | 16.0 | 7:51 | 18.7 |
| 8 | 19:49 | 9.3 | 8:18 | 12.5 |
| 9 | 20:46 | 2.3 | 8:43 | 5.7 |
| 10 | 21:45 | -5.0 | 9:07 | -1.3 |
| 11 | 22:44 | -12.2 | 9:32 | -8.4 |
| 12 | 23:47 | -19.1 | 9:59 | -15.3 |
| 13 | | | 10:29 | -21.9 |

| | | | | | |
|---------|----|-------|-------|-------|-------|
| ● | 14 | 0:53 | -25.4 | 11:05 | -27.6 |
| | 15 | 2:02 | -30.5 | 11:50 | -32.0 |
| | 16 | 3:11 | -33.8 | 12:44 | -34.4 |
| | 17 | 4:18 | -34.6 | 13:49 | -34.2 |
| | 18 | 5:17 | -32.7 | 15:03 | -31.2 |
| | 19 | 6:08 | -28.2 | 16:20 | -25.8 |
| ● | 20 | 6:50 | -21.8 | 17:37 | -18.5 |
| | 21 | 7:25 | -14.1 | 18:51 | -10.2 |
| | 22 | 7:57 | -5.8 | 20:01 | -1.6 |
| | 23 | 8:26 | 2.6 | 21:09 | 6.8 |
| | 24 | 8:55 | 10.5 | 22:16 | 14.5 |
| | 25 | 9:25 | 17.7 | 23:21 | 21.4 |
| | 26 | 9:57 | 23.9 | | |
| ● | 27 | 10:33 | 28.9 | 0:25 | 27.0 |
| | 28 | 11:14 | 32.3 | 1:27 | 31.1 |
| 2023年3月 | | | | | |
| | 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| | 1 | 12:01 | 34.0 | 2:25 | 33.5 |
| | 2 | 12:53 | 33.9 | 3:19 | 34.1 |
| | 3 | 13:49 | 32.0 | 4:06 | 33.0 |
| | 4 | 14:47 | 28.6 | 4:47 | 30.2 |
| | 5 | 15:46 | 23.9 | 5:23 | 26.0 |
| ○ | 6 | 16:44 | 18.1 | 5:54 | 20.7 |
| | 7 | 17:43 | 11.6 | 6:21 | 14.6 |
| | 8 | 18:40 | 4.5 | 6:47 | 7.9 |
| | 9 | 19:39 | -2.8 | 7:11 | 0.9 |
| | 10 | 20:39 | -10.2 | 7:36 | -6.3 |
| | 11 | 21:40 | -17.3 | 8:02 | -13.5 |
| | 12 | 22:45 | -23.8 | 8:31 | -20.2 |
| | 13 | 23:52 | -29.3 | 9:05 | -26.2 |
| | 14 | | | 9:46 | -31.0 |
| ● | 15 | 1:01 | -33.2 | 10:35 | -34.1 |
| | 16 | 2:06 | -34.9 | 11:34 | -34.9 |
| | 17 | 3:07 | -34.1 | 12:42 | -33.0 |
| | 18 | 3:59 | -30.7 | 13:56 | -28.7 |
| | 19 | 4:43 | -25.2 | 15:11 | -22.3 |
| | 20 | 5:20 | -18.1 | 16:25 | -14.6 |
| | 21 | 5:52 | -10.1 | 17:36 | -6.1 |
| ● | 22 | 6:22 | -1.7 | 18:46 | 2.5 |
| | 23 | 6:51 | 6.6 | 19:54 | 10.8 |
| | 24 | 7:21 | 14.4 | 21:01 | 18.4 |
| | 25 | 7:53 | 21.3 | 22:08 | 24.8 |
| | 26 | 8:28 | 27.0 | 23:13 | 29.8 |

| | | | | | |
|---------|----|-------|-------|-------|-------|
| | 27 | 9:08 | 31.3 | | |
| | 28 | 9:53 | 33.8 | 0:15 | 33.0 |
| ● | 29 | 10:44 | 34.4 | 1:11 | 34.4 |
| | 30 | 11:39 | 33.2 | 2:02 | 33.8 |
| | 31 | 12:37 | 30.3 | 2:46 | 31.6 |
| 2023年4月 | | | | | |
| | 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| | 1 | 13:35 | 25.9 | 3:23 | 27.9 |
| | 2 | 14:34 | 20.5 | 3:55 | 22.9 |
| | 3 | 15:33 | 14.2 | 4:24 | 17.1 |
| | 4 | 16:31 | 7.2 | 4:50 | 10.5 |
| | 5 | 17:30 | -0.1 | 5:15 | 3.5 |
| ○ | 6 | 18:30 | -7.6 | 5:39 | -3.8 |
| | 7 | 19:32 | -15.0 | 6:05 | -11.1 |
| | 8 | 20:37 | -21.9 | 6:33 | -18.1 |
| | 9 | 21:44 | -27.9 | 7:06 | -24.5 |
| | 10 | 22:53 | -32.3 | 7:45 | -29.9 |
| | 11 | | | 8:31 | -33.5 |
| | 12 | 0:00 | -34.8 | 9:27 | -35.1 |
| ● | 13 | 1:02 | -34.7 | 10:32 | -34.1 |
| | 14 | 1:55 | -32.2 | 11:43 | -30.6 |
| | 15 | 2:40 | -27.5 | 12:55 | -25.0 |
| | 16 | 3:18 | -21.1 | 14:07 | -17.9 |
| | 17 | 3:51 | -13.6 | 15:18 | -9.9 |
| | 18 | 4:21 | -5.5 | 16:26 | -1.5 |
| | 19 | 4:50 | 2.7 | 17:34 | 6.9 |
| ● | 20 | 5:18 | 10.7 | 18:41 | 14.9 |
| | 21 | 5:49 | 18.1 | 19:48 | 21.9 |
| | 22 | 6:22 | 24.5 | 20:55 | 27.7 |
| | 23 | 7:00 | 29.6 | 21:59 | 31.8 |
| | 24 | 7:44 | 32.9 | 23:00 | 34.1 |
| | 25 | 8:33 | 34.4 | 23:54 | 34.4 |
| | 26 | 9:27 | 34.0 | | |
| | 27 | 10:25 | 31.7 | 0:41 | 32.8 |
| ● | 28 | 11:24 | 27.9 | 1:21 | 29.6 |
| | 29 | 12:23 | 22.9 | 1:55 | 25.1 |
| | 30 | 13:21 | 16.9 | 2:25 | 19.6 |
| 2023年5月 | | | | | |
| | 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| | 1 | 14:19 | 10.2 | 2:52 | 13.4 |
| | 2 | 15:17 | 3.0 | 3:17 | 6.5 |
| | 3 | 16:17 | -4.5 | 3:41 | -0.7 |

| | | | | |
|---------|-------|-------|-------|-------|
| 4 | 17:18 | -12.0 | 4:06 | -8.0 |
| 5 | 18:23 | -19.2 | 4:34 | -15.3 |
| 6 | 19:31 | -25.7 | 5:05 | -22.1 |
| 7 | 20:41 | -31.0 | 5:42 | -28.0 |
| 8 | 21:51 | -34.2 | 6:27 | -32.5 |
| 9 | 22:56 | -35.0 | 7:21 | -34.8 |
| 10 | 23:53 | -33.2 | 8:24 | -34.6 |
| 11 | | | 9:34 | -31.8 |
| 12 | 0:40 | -29.1 | 10:46 | -26.8 |
| 13 | 1:20 | -23.2 | 11:58 | -20.2 |
| 14 | 1:54 | -16.1 | 13:07 | -12.6 |
| 15 | 2:24 | -8.3 | 14:15 | -4.4 |
| 16 | 2:52 | -0.3 | 15:21 | 3.8 |
| 17 | 3:19 | 7.7 | 16:26 | 11.8 |
| 18 | 3:48 | 15.2 | 17:32 | 19.1 |
| 19 | 4:20 | 21.9 | 18:38 | 25.4 |
| 20 | 4:56 | 27.5 | 19:44 | 30.2 |
| 21 | 5:37 | 31.6 | 20:46 | 33.3 |
| 22 | 6:24 | 34.0 | 21:43 | 34.4 |
| 23 | 7:16 | 34.3 | 22:34 | 33.6 |
| 24 | 8:13 | 32.7 | 23:17 | 31.0 |
| 25 | 9:12 | 29.5 | 23:54 | 27.0 |
| 26 | 10:11 | 25.0 | | |
| 27 | 11:09 | 19.4 | 0:25 | 21.9 |
| 28 | 12:07 | 13.0 | 0:53 | 15.9 |
| 29 | 13:04 | 6.1 | 1:18 | 9.4 |
| 30 | 14:02 | -1.2 | 1:42 | 2.4 |
| 31 | 15:02 | -8.6 | 2:07 | -4.8 |
| 2023年6月 | | | | |
| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| 1 | 16:05 | -16.0 | 2:33 | -12.1 |
| 2 | 17:11 | -22.9 | 3:02 | -19.1 |
| 3 | 18:22 | -28.8 | 3:36 | -25.5 |
| 4 | 19:33 | -33.1 | 4:18 | -30.7 |
| 5 | 20:43 | -34.9 | 5:09 | -34.1 |
| 6 | 21:44 | -34.1 | 6:11 | -34.9 |
| 7 | 22:37 | -30.6 | 7:21 | -33.0 |
| 8 | 23:20 | -25.1 | 8:35 | -28.6 |
| 9 | 23:56 | -18.2 | 9:48 | -22.3 |
| 10 | | | 11:00 | -14.8 |
| 11 | 0:27 | -10.5 | 12:08 | -6.7 |
| 12 | 0:55 | -2.6 | 13:13 | 1.5 |
| 13 | 1:23 | 5.4 | 14:18 | 9.4 |

| | | | | |
|---------|-------|-------|-------|-------|
| 14 | 1:51 | 12.9 | 15:23 | 16.8 |
| 15 | 2:21 | 19.8 | 16:27 | 23.4 |
| 16 | 2:54 | 25.7 | 17:32 | 28.6 |
| 17 | 3:33 | 30.3 | 18:35 | 32.3 |
| 18 | 4:17 | 33.3 | 19:34 | 34.1 |
| 19 | 5:08 | 34.3 | 20:27 | 34.0 |
| 20 | 6:03 | 33.4 | 21:13 | 32.0 |
| 21 | 7:02 | 30.8 | 21:52 | 28.5 |
| 22 | 8:01 | 26.7 | 22:25 | 23.8 |
| 23 | 9:00 | 21.4 | 22:54 | 18.1 |
| 24 | 9:57 | 15.4 | 23:20 | 11.8 |
| 25 | 10:54 | 8.7 | 23:44 | 5.1 |
| 26 | 11:50 | 1.7 | | |
| 27 | 12:48 | -5.6 | 0:08 | -1.9 |
| 28 | 13:48 | -12.9 | 0:32 | -9.0 |
| 29 | 14:52 | -19.9 | 0:59 | -16.1 |
| 30 | 15:59 | -26.2 | 1:30 | -22.7 |
| 2023年7月 | | | | |
| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| 1 | 17:10 | -31.3 | 2:08 | -28.5 |
| 2 | 18:21 | -34.4 | 2:54 | -32.8 |
| 3 | 19:28 | -34.8 | 3:52 | -34.9 |
| 4 | 20:26 | -32.3 | 5:00 | -34.2 |
| 5 | 21:15 | -27.4 | 6:15 | -30.7 |
| 6 | 21:54 | -20.8 | 7:31 | -24.8 |
| 7 | 22:28 | -13.1 | 8:46 | -17.5 |
| 8 | 22:58 | -5.0 | 9:57 | -9.3 |
| 9 | 23:26 | 3.2 | 11:05 | -0.9 |
| 10 | 23:54 | 10.9 | 12:11 | 7.3 |
| 11 | | | 13:16 | 14.9 |
| 12 | 0:23 | 18.1 | 14:21 | 21.7 |
| 13 | 0:56 | 24.2 | 15:25 | 27.3 |
| 14 | 1:32 | 29.2 | 16:28 | 31.5 |
| 15 | 2:14 | 32.6 | 17:28 | 33.8 |
| 16 | 3:03 | 34.2 | 18:22 | 34.3 |
| 17 | 3:56 | 33.9 | 19:10 | 32.9 |
| 18 | 4:54 | 31.8 | 19:51 | 29.8 |
| 19 | 5:53 | 28.1 | 20:26 | 25.4 |
| 20 | 6:52 | 23.2 | 20:56 | 20.0 |
| 21 | 7:50 | 17.4 | 21:22 | 13.9 |
| 22 | 8:46 | 10.9 | 21:47 | 7.3 |
| 23 | 9:42 | 4.0 | 22:10 | 0.4 |
| 24 | 10:39 | -3.1 | 22:34 | -6.6 |

| 25 | 11:36 | -10.3 | 22:59 | -13.5 |
|---------|-------|-------|-------|-------|
| 26 | 12:37 | -17.3 | 23:27 | -20.2 |
| 27 | 13:41 | -23.8 | | |
| 28 | 14:49 | -29.3 | 0:01 | -26.2 |
| 29 | 15:59 | -33.3 | 0:42 | -31.1 |
| 30 | 17:07 | -35.0 | 1:33 | -34.3 |
| 31 | 18:10 | -34.0 | 2:35 | -35.0 |
| 2023年8月 | | | | |
| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| 1 | 19:03 | -30.1 | 3:47 | -32.8 |
| 2 | 19:47 | -24.1 | 5:05 | -27.9 |
| 3 | 20:25 | -16.6 | 6:23 | -21.0 |
| 4 | 20:57 | -8.3 | 7:38 | -12.8 |
| 5 | 21:26 | 0.2 | 8:50 | -4.1 |
| 6 | 21:55 | 8.4 | 9:59 | 4.5 |
| 7 | 22:25 | 16.0 | 11:06 | 12.6 |
| 8 | 22:56 | 22.7 | 12:13 | 19.9 |
| 9 | 23:32 | 28.1 | 13:18 | 26.0 |
| 10 | | | 14:22 | 30.6 |
| 11 | 0:13 | 32.0 | 15:23 | 33.5 |
| 12 | 0:59 | 34.1 | 16:19 | 34.5 |
| 13 | 1:51 | 34.4 | 17:09 | 33.6 |
| 14 | 2:48 | 32.8 | 17:51 | 31.0 |
| 15 | 3:46 | 29.5 | 18:28 | 26.9 |
| 16 | 4:45 | 24.9 | 18:59 | 21.8 |
| 17 | 5:44 | 19.3 | 19:26 | 15.8 |
| 18 | 6:41 | 12.9 | 19:51 | 9.3 |
| 19 | 7:37 | 6.1 | 20:14 | 2.5 |
| 20 | 8:33 | -1.0 | 20:38 | -4.5 |
| 21 | 9:30 | -8.2 | 21:02 | -11.4 |
| 22 | 10:29 | -15.2 | 21:28 | -18.2 |
| 23 | 11:30 | -21.8 | 21:59 | -24.3 |
| 24 | 12:35 | -27.6 | 22:36 | -29.6 |
| 25 | 13:42 | -32.2 | 23:21 | -33.4 |
| 26 | 14:49 | -34.8 | | |
| 27 | 15:53 | -35.0 | 0:16 | -35.2 |
| 28 | 16:49 | -32.5 | 1:22 | -34.4 |
| 29 | 17:37 | -27.6 | 2:36 | -30.9 |
| 30 | 18:17 | -20.7 | 3:54 | -24.9 |
| 31 | 18:52 | -12.6 | 5:11 | -17.2 |

| 2023年9月 | | | | |
|----------|-------|-------|-------|-------|
| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| 1 | 19:23 | -3.9 | 6:25 | -8.5 |
| 2 | 19:53 | 4.8 | 7:38 | 0.5 |
| 3 | 20:23 | 13.0 | 8:48 | 9.2 |
| 4 | 20:55 | 20.3 | 9:57 | 17.2 |
| 5 | 21:30 | 26.5 | 11:06 | 24.1 |
| 6 | 22:09 | 31.1 | 12:12 | 29.4 |
| 7 | 22:55 | 33.9 | 13:16 | 33.0 |
| 8 | 23:46 | 34.8 | 14:15 | 34.7 |
| 9 | | | 15:07 | 34.3 |
| 10 | 0:41 | 33.7 | 15:52 | 32.2 |
| 11 | 1:39 | 30.9 | 16:30 | 28.5 |
| 12 | 2:39 | 26.6 | 17:02 | 23.6 |
| 13 | 3:37 | 21.2 | 17:30 | 17.9 |
| 14 | 4:35 | 15.0 | 17:56 | 11.5 |
| 15 | 5:31 | 8.3 | 18:19 | 4.7 |
| 16 | 6:28 | 1.2 | 18:43 | -2.4 |
| 17 | 7:25 | -6.1 | 19:06 | -9.4 |
| 18 | 8:23 | -13.2 | 19:32 | -16.3 |
| 19 | 9:24 | -20.0 | 20:01 | -22.7 |
| 20 | 10:27 | -26.1 | 20:35 | -28.2 |
| 21 | 11:32 | -31.0 | 21:16 | -32.5 |
| 22 | 12:38 | -34.3 | 22:06 | -35.1 |
| 23 | 13:42 | -35.5 | 23:06 | -35.3 |
| 24 | 14:39 | -34.1 | | |
| 25 | 15:29 | -30.3 | 0:15 | -32.9 |
| 26 | 16:11 | -24.3 | 1:29 | -28.1 |
| 27 | 16:47 | -16.9 | 2:44 | -21.3 |
| 28 | 17:19 | -8.5 | 3:59 | -13.1 |
| 29 | 17:49 | 0.3 | 5:12 | -4.2 |
| 30 | 18:19 | 8.9 | 6:23 | 4.8 |
| 2023年10月 | | | | |
| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| 1 | 18:50 | 16.9 | 7:34 | 13.4 |
| 2 | 19:24 | 23.9 | 8:45 | 21.0 |
| 3 | 20:03 | 29.4 | 9:55 | 27.3 |
| 4 | 20:47 | 33.1 | 11:02 | 31.9 |
| 5 | 21:37 | 34.8 | 12:05 | 34.4 |
| 6 | 22:32 | 34.5 | 13:01 | 34.8 |
| 7 | 23:30 | 32.2 | 13:49 | 33.3 |
| 8 | | | 14:30 | 30.1 |

| 9 | 0:30 | 28.4 | 15:04 | 25.6 |
|----------|-------|-------|-------|-------|
| 10 | 1:29 | 23.4 | 15:33 | 20.1 |
| 11 | 2:27 | 17.4 | 16:00 | 13.9 |
| 12 | 3:24 | 10.8 | 16:24 | 7.1 |
| 13 | 4:20 | 3.7 | 16:47 | 0.1 |
| 14 | 5:17 | -3.6 | 17:11 | -7.0 |
| 15 | 6:16 | -10.9 | 17:36 | -14.1 |
| 16 | 7:16 | -17.9 | 18:04 | -20.8 |
| 17 | 8:20 | -24.3 | 18:36 | -26.7 |
| 18 | 9:25 | -29.7 | 19:15 | -31.5 |
| 19 | 10:32 | -33.6 | 20:02 | -34.6 |
| 20 | 11:36 | -35.5 | 20:59 | -35.5 |
| 21 | 12:34 | -34.9 | 22:04 | -34.0 |
| 22 | 13:25 | -31.9 | 23:14 | -30.1 |
| 23 | 14:08 | -26.8 | | |
| 24 | 14:45 | -20.1 | 0:27 | -24.2 |
| 25 | 15:17 | -12.3 | 1:39 | -16.8 |
| 26 | 15:47 | -3.9 | 2:50 | -8.4 |
| 27 | 16:16 | 4.7 | 4:00 | 0.4 |
| 28 | 16:46 | 13.0 | 5:10 | 9.1 |
| 29 | 17:18 | 20.5 | 6:21 | 17.3 |
| 30 | 17:55 | 26.9 | 7:32 | 24.4 |
| 31 | 18:37 | 31.6 | 8:41 | 29.9 |
| 2023年11月 | | | | |
| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| 1 | 19:25 | 34.3 | 9:48 | 33.5 |
| 2 | 20:20 | 34.8 | 10:49 | 34.9 |
| 3 | 21:18 | 33.3 | 11:42 | 34.1 |
| 4 | 22:18 | 30.1 | 12:26 | 31.6 |
| 5 | 23:18 | 25.4 | 13:03 | 27.5 |
| 6 | | | 13:34 | 22.3 |
| 7 | 0:16 | 19.8 | 14:02 | 16.4 |
| 8 | 1:14 | 13.4 | 14:27 | 9.8 |
| 9 | 2:10 | 6.5 | 14:50 | 2.9 |
| 10 | 3:07 | -0.7 | 15:13 | -4.2 |
| 11 | 4:05 | -8.0 | 15:38 | -11.3 |
| 12 | 5:05 | -15.2 | 16:05 | -18.2 |
| 13 | 6:08 | -22.0 | 16:36 | -24.6 |
| 14 | 7:14 | -27.9 | 17:13 | -29.9 |
| 15 | 8:21 | -32.5 | 17:58 | -33.7 |
| 16 | 9:28 | -35.0 | 18:53 | -35.4 |
| 17 | 10:29 | -35.2 | 19:56 | -34.6 |
| 18 | 11:23 | -32.9 | 21:06 | -31.4 |

| 19 | 12:08 | -28.4 | 22:17 | -26.1 |
|----------|-------|-------|-------|-------|
| 20 | 12:46 | -22.3 | 23:29 | -19.2 |
| 21 | 13:19 | -14.9 | | |
| 22 | 13:48 | -6.9 | 0:38 | -11.3 |
| 23 | 14:16 | 1.4 | 1:46 | -2.9 |
| 24 | 14:45 | 9.6 | 2:54 | 5.6 |
| 25 | 15:15 | 17.3 | 4:02 | 13.8 |
| 26 | 15:49 | 24.1 | 5:11 | 21.3 |
| 27 | 16:28 | 29.5 | 6:21 | 27.5 |
| 28 | 17:14 | 33.2 | 7:29 | 32.0 |
| 29 | 18:06 | 34.7 | 8:33 | 34.4 |
| 30 | 19:04 | 34.1 | 9:30 | 34.6 |
| 2023年12月 | | | | |
| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
| 1 | 20:04 | 31.5 | 10:19 | 32.7 |
| 2 | 21:05 | 27.4 | 10:59 | 29.2 |
| 3 | 22:05 | 22.1 | 11:33 | 24.4 |
| 4 | 23:02 | 16.0 | 12:02 | 18.7 |
| 5 | 23:59 | 9.3 | 12:28 | 12.4 |
| 6 | | | 12:52 | 5.7 |
| 7 | 0:55 | 2.3 | 13:15 | -1.3 |
| 8 | 1:51 | -4.9 | 13:38 | -8.3 |
| 9 | 2:50 | -12.1 | 14:04 | -15.3 |
| 10 | 3:51 | -19.1 | 14:33 | -21.9 |
| 11 | 4:56 | -25.4 | 15:08 | -27.7 |
| 12 | 6:04 | -30.7 | 15:50 | -32.3 |
| 13 | 7:13 | -34.2 | 16:42 | -34.9 |
| 14 | 8:18 | -35.3 | 17:44 | -35.1 |
| 15 | 9:16 | -33.9 | 18:54 | -32.6 |
| 16 | 10:06 | -30.0 | 20:07 | -27.8 |
| 17 | 10:46 | -24.1 | 21:20 | -21.2 |
| 18 | 11:21 | -17.0 | 22:31 | -13.5 |
| 19 | 11:51 | -9.1 | 23:39 | -5.2 |
| 20 | 12:20 | -0.9 | | |
| 21 | 12:47 | 7.2 | 0:46 | 3.2 |
| 22 | 13:16 | 14.9 | 1:52 | 11.4 |
| 23 | 13:48 | 21.9 | 2:59 | 18.9 |
| 24 | 14:24 | 27.7 | 4:07 | 25.4 |
| 25 | 15:07 | 32.0 | 5:14 | 30.5 |
| 26 | 15:56 | 34.3 | 6:19 | 33.6 |
| 27 | 16:51 | 34.5 | 7:19 | 34.7 |
| 28 | 17:51 | 32.7 | 8:11 | 33.6 |
| 29 | 18:52 | 29.1 | 8:55 | 30.7 |

| | | | | |
|----|-------|------|-------|------|
| 30 | 19:53 | 24.2 | 9:31 | 26.3 |
| 31 | 20:51 | 18.3 | 10:02 | 20.9 |

2024年1月

| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
|----|-------|-------|-------|-------|
| 1 | 21:48 | 11.8 | 10:29 | 14.8 |
| 2 | 22:44 | 4.9 | 10:53 | 8.2 |
| 3 | 23:40 | -2.2 | 11:16 | 1.4 |
| 4 | | | 11:39 | -5.6 |
| 5 | 0:36 | -9.3 | 12:03 | -12.5 |
| 6 | 1:35 | -16.2 | 12:30 | -19.1 |
| 7 | 2:37 | -22.8 | 13:01 | -25.3 |
| 8 | 3:43 | -28.5 | 13:39 | -30.4 |
| 9 | 4:51 | -32.8 | 14:26 | -34.0 |
| 10 | 5:58 | -35.1 | 15:24 | -35.4 |
| 11 | 7:01 | -34.9 | 16:32 | -34.1 |
| 12 | 7:56 | -31.9 | 17:46 | -30.1 |
| 13 | 8:41 | -26.6 | 19:02 | -23.9 |
| 14 | 9:20 | -19.7 | 20:17 | -16.2 |
| 15 | 9:52 | -11.7 | 21:28 | -7.8 |
| 16 | 10:22 | -3.4 | 22:37 | 0.9 |
| 17 | 10:50 | 5.0 | 23:45 | 9.3 |
| 18 | 11:19 | 13.0 | | |
| 19 | 11:50 | 20.2 | 0:52 | 17.1 |
| 20 | 12:24 | 26.3 | 1:59 | 23.9 |
| 21 | 13:04 | 31.0 | 3:06 | 29.3 |
| 22 | 13:50 | 33.9 | 4:11 | 33.0 |
| 23 | 14:43 | 34.8 | 5:12 | 34.7 |
| 24 | 15:41 | 33.6 | 6:05 | 34.3 |
| 25 | 16:41 | 30.6 | 6:51 | 32.0 |
| 26 | 17:42 | 26.0 | 7:30 | 28.0 |
| 27 | 18:42 | 20.4 | 8:03 | 22.9 |
| 28 | 19:40 | 14.1 | 8:31 | 17.0 |
| 29 | 20:36 | 7.3 | 8:56 | 10.5 |
| 30 | 21:31 | 0.3 | 9:19 | 3.7 |
| 31 | 22:27 | -6.8 | 9:42 | -3.2 |

2024年2月

| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
|---|-------|-------|-------|-------|
| 1 | 23:24 | -13.8 | 10:05 | -10.1 |
| 2 | | | 10:30 | -16.8 |
| 3 | 0:23 | -20.4 | 10:58 | -23.0 |
| 4 | 1:26 | -26.4 | 11:32 | -28.5 |
| 5 | 2:31 | -31.3 | 12:13 | -32.8 |

| | | | | |
|----|-------|-------|-------|-------|
| 6 | 3:37 | -34.5 | 13:05 | -35.2 |
| 7 | 4:42 | -35.5 | 14:06 | -35.2 |
| 8 | 5:40 | -33.9 | 15:18 | -32.6 |
| 9 | 6:30 | -29.7 | 16:34 | -27.4 |
| 10 | 7:12 | -23.4 | 17:51 | -20.2 |
| 11 | 7:48 | -15.6 | 19:07 | -11.7 |
| 12 | 8:20 | -7.0 | 20:20 | -2.7 |
| 13 | 8:50 | 1.8 | 21:31 | 6.2 |
| 14 | 9:19 | 10.3 | 22:41 | 14.6 |
| 15 | 9:50 | 18.1 | 23:50 | 22.0 |
| 16 | 10:24 | 24.8 | | |
| 17 | 11:03 | 30.0 | 0:59 | 28.1 |
| 18 | 11:47 | 33.5 | 2:05 | 32.4 |
| 19 | 12:38 | 35.0 | 3:07 | 34.7 |
| 20 | 13:34 | 34.4 | 4:03 | 34.8 |
| 21 | 14:34 | 31.9 | 4:51 | 33.1 |
| 22 | 15:35 | 27.8 | 5:31 | 29.6 |
| 23 | 16:34 | 22.4 | 6:05 | 24.8 |
| 24 | 17:33 | 16.3 | 6:34 | 19.1 |
| 25 | 18:29 | 9.6 | 7:00 | 12.7 |
| 26 | 19:25 | 2.5 | 7:23 | 6.0 |
| 27 | 20:20 | -4.6 | 7:46 | -1.0 |
| 28 | 21:17 | -11.6 | 8:09 | -7.9 |
| 29 | 22:15 | -18.4 | 8:33 | -14.7 |

2024年3月

| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
|----|-------|-------|-------|-------|
| 1 | 23:15 | -24.5 | 8:59 | -21.1 |
| 2 | | | 9:30 | -26.8 |
| 3 | 0:18 | -29.8 | 10:07 | -31.5 |
| 4 | 1:23 | -33.7 | 10:53 | -34.7 |
| 5 | 2:26 | -35.6 | 11:48 | -35.8 |
| 6 | 3:25 | -35.2 | 12:53 | -34.4 |
| 7 | 4:18 | -32.3 | 14:05 | -30.5 |
| 8 | 5:03 | -27.1 | 15:21 | -24.3 |
| 9 | 5:41 | -20.0 | 16:37 | -16.5 |
| 10 | 6:15 | -11.7 | 17:52 | -7.6 |
| 11 | 6:46 | -2.8 | 19:06 | 1.7 |
| 12 | 7:16 | 6.1 | 20:19 | 10.8 |
| 13 | 7:47 | 14.6 | 21:31 | 19.0 |
| 14 | 8:21 | 22.2 | 22:43 | 26.0 |
| 15 | 8:58 | 28.3 | 23:53 | 31.2 |
| 16 | 9:42 | 32.6 | | |
| 17 | 10:32 | 34.9 | 0:59 | 34.3 |

| | | | | |
|------|-------|-------|------|-------|
| 18 | 11:28 | 35.0 | 1:58 | 35.2 |
| 19 | 12:27 | 33.0 | 2:49 | 34.0 |
| 20 | 13:28 | 29.3 | 3:32 | 31.0 |
| 21 | 14:28 | 24.4 | 4:08 | 26.6 |
| 22 | 15:26 | 18.4 | 4:38 | 21.1 |
| 23 | 16:23 | 11.9 | 5:04 | 14.9 |
| 24 | 17:19 | 4.9 | 5:28 | 8.2 |
| ○ 25 | 18:15 | -2.3 | 5:51 | 1.3 |
| 26 | 19:11 | -9.4 | 6:13 | -5.7 |
| 27 | 20:09 | -16.3 | 6:37 | -12.6 |
| 28 | 21:08 | -22.7 | 7:03 | -19.2 |
| 29 | 22:11 | -28.3 | 7:32 | -25.2 |
| 30 | 23:14 | -32.7 | 8:07 | -30.2 |
| 31 | | | 8:49 | -33.9 |

2024年4月

| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
|------|-------|-------|-------|-------|
| 1 | 0:17 | -35.3 | 9:39 | -35.7 |
| ● 2 | 1:16 | -35.8 | 10:39 | -35.3 |
| 3 | 2:10 | -33.9 | 11:46 | -32.5 |
| 4 | 2:56 | -29.7 | 12:58 | -27.5 |
| 5 | 3:36 | -23.6 | 14:12 | -20.5 |
| 6 | 4:10 | -16.1 | 15:25 | -12.3 |
| 7 | 4:41 | -7.6 | 16:38 | -3.3 |
| 8 | 5:11 | 1.3 | 17:51 | 5.9 |
| ● 9 | 5:42 | 10.2 | 19:04 | 14.8 |
| 10 | 6:14 | 18.4 | 20:18 | 22.6 |
| 11 | 6:51 | 25.5 | 21:32 | 28.9 |
| 12 | 7:33 | 30.9 | 22:42 | 33.2 |
| 13 | 8:22 | 34.2 | 23:47 | 35.1 |
| 14 | 9:17 | 35.2 | | |
| 15 | 10:17 | 34.0 | 0:43 | 34.7 |
| ● 16 | 11:18 | 30.9 | 1:30 | 32.3 |
| 17 | 12:19 | 26.2 | 2:08 | 28.3 |
| 18 | 13:19 | 20.6 | 2:40 | 23.1 |
| 19 | 14:16 | 14.2 | 3:08 | 17.1 |
| 20 | 15:12 | 7.3 | 3:33 | 10.6 |
| 21 | 16:08 | 0.2 | 3:56 | 3.7 |
| 22 | 17:04 | -7.0 | 4:18 | -3.3 |
| 23 | 18:01 | -14.0 | 4:41 | -10.3 |
| ○ 24 | 19:01 | -20.7 | 5:06 | -17.0 |
| 25 | 20:03 | -26.6 | 5:35 | -23.3 |
| 26 | 21:07 | -31.4 | 6:08 | -28.7 |
| 27 | 22:10 | -34.6 | 6:48 | -32.9 |

| | | | | |
|----|-------|-------|------|-------|
| 28 | 23:11 | -35.8 | 7:36 | -35.3 |
| 29 | | | 8:33 | -35.6 |
| 30 | 0:06 | -34.6 | 9:37 | -33.6 |

2024年5月

| 日 | 出時刻 | 出方位 | 入時刻 | 入方位 |
|------|-------|-------|-------|-------|
| ● 1 | 0:54 | -31.3 | 10:46 | -29.3 |
| 2 | 1:34 | -25.9 | 11:57 | -23.2 |
| 3 | 2:09 | -19.1 | 13:08 | -15.7 |
| 4 | 2:40 | -11.2 | 14:18 | -7.3 |
| 5 | 3:10 | -2.7 | 15:29 | 1.6 |
| 6 | 3:39 | 6.0 | 16:40 | 10.5 |
| 7 | 4:09 | 14.4 | 17:52 | 18.8 |
| ● 8 | 4:43 | 22.0 | 19:06 | 25.9 |
| 9 | 5:23 | 28.3 | 20:19 | 31.3 |
| 10 | 6:09 | 32.8 | 21:28 | 34.4 |
| 11 | 7:02 | 34.9 | 22:30 | 35.1 |
| 12 | 8:02 | 34.7 | 23:22 | 33.4 |
| 13 | 9:04 | 32.3 | | |
| 14 | 10:07 | 28.1 | 0:05 | 29.9 |
| ● 15 | 11:08 | 22.7 | 0:40 | 25.1 |
| 16 | 12:07 | 16.5 | 1:10 | 19.3 |
| 17 | 13:04 | 9.8 | 1:35 | 13.0 |
| 18 | 13:59 | 2.8 | 1:59 | 6.2 |
| 19 | 14:55 | -4.3 | 2:22 | -0.7 |
| 20 | 15:52 | -11.4 | 2:44 | -7.7 |
| 21 | 16:51 | -18.3 | 3:09 | -14.6 |
| 22 | 17:52 | -24.5 | 3:36 | -21.0 |
| ○ 23 | 18:56 | -29.8 | 4:08 | -26.8 |
| 24 | 20:01 | -33.7 | 4:45 | -31.5 |
| 25 | 21:04 | -35.5 | 5:31 | -34.6 |
| 26 | 22:02 | -35.1 | 6:26 | -35.7 |
| 27 | 22:52 | -32.3 | 7:30 | -34.3 |
| 28 | 23:35 | -27.5 | 8:38 | -30.6 |
| 29 | | | 9:49 | -25.0 |
| 30 | 0:11 | -21.1 | 10:59 | -18.0 |
| ● 31 | 0:42 | -13.7 | 12:08 | -9.9 |

