日出体 验日期	日出准确 时间	进入时间	结束时间	时长
01/01/18	7:20AM	6:45am	8:00AM	1:15
02/16/18	6:48am	6:15am	8:00AM	1:45
02/22/18	6:48am	6:15am	8:00AM	1:45
03/30/18	6:42am	6:15am	8:00AM	1:45
03/31/18	6:41am	6:15am	8:00AM	1:45
04/06/18	6:31am	6:00am	8:00AM	2:00
04/07/18	6:29am	6:00am	8:00AM	2:00
05/01/18	6:00am	5:30am	8:00AM	2:30
05/25/18	5:30am	5:00am	8:00AM	3:00
05/26/18	5:30am	5:00am	8:00AM	3:00
06/01/18	5:27am	5:00am	8:00AM	3:00
06/02/18	5:26am	5:00am	8:00AM	3:00
06/08/18	5:24am	5:00am	8:00AM	3:00
06/09/18	5:24am	5:00am	8:00AM	3:00
06/15/18	5:24am	5:00am	8:00AM	3:00
06/16/18	5:24am	5:00am	8:00AM	3:00
06/22/18	5:25am	5:00am	8:00AM	3:00
06/23/18	5:25am	5:00am	8:00AM	3:00
06/29/18	5:27am	5:00am	8:00AM	3:00
06/30/18	5:28am	5:00am	8:00AM	3:00
07/06/18	5:31am	5:00am	8:00AM	3:00
07/07/18	5:32am	5:00am	8:00AM	3:00
07/13/18	5:36am	5:00am	8:00AM	3:00
07/14/18	5:37am	5:00am	8:00AM	3:00
07/20/18	5:41am	5:15am	8:00AM	2:45
07/21/18	5:42am	5:15am	8:00AM	2:45
07/27/18	5:48am	5:15am	8:00AM	2:45
07/28/18	5:45am	5:15am	8:00AM	2:45
08/03/18	5:54am	5:15am	8:00AM	2:45
08/04/18	5:55am	5:15am	8:00AM	2:45
08/10/18	6:01am	5:30am	8:00AM	2:30
08/11/18	6:02am	5:30am	8:00AM	2:30
08/17/18	6:08am	5:30am	8:00AM	2:30
08/18/18	6:09am	5:30am	8:00AM	2:30
08/24/18	6:15am	5:45am	8:00AM	2:15
08/25/18	6:16am	5:45am	8:00AM	2:15
08/31/18	6:22am	5:45am	8:00AM	2:15
09/01/18	6:23am	5:45am	8:00AM	2:15
09/07/18	6:28am	5:45am	8:00AM	2:15
09/08/18	6:29am	5:45am	8:00AM	2:15
09/14/18	6:35am	6:00am	8:00AM	2:00
09/15/18	6:36am	6:00am	8:00AM	2:00
09/21/18	6:42am	6:15am	8:00AM	1:45
09/22/18	6:43am	6:15am	8:00AM	1:45
09/28/18	6:49am	6:15am	8:00AM	1:45
09/29/18	6:50am	6:15am	8:00AM	1:45
10/01/18	6:50am	6:15am	8:00AM	1:45

10/05/18	6:56am	6:15am	8:00AM	1:45
10/06/18	6:57am	6:15am	8:00AM	1:45
10/12/18	7:03am	6:30am	8:00AM	1:30
10/13/18	7:05am	6:30am	8:00AM	1:30
10/19/18	7:11am	6:45am	8:00AM	1:15
10/20/18	7:12am	6:45am	8:00AM	1:15
10/26/18	7:19am	6:45am	8:00AM	1:15
10/27/18	7:20am	6:45am	8:00AM	1:15
11/23/18	6:51am	6:15am	8:00AM	1:45
11/24/18	6:53am	6:15am	8:00AM	1:45
12/21/18	7:16am	6:45am	8:00AM	1:15
12/22/18	7:17am	6:45am	8:00AM	1:15
12/28/18	7:19am	6:45am	8:00AM	1:15
12/29/18	7:19am	6:45am	8:00AM	1:15