M	P	S			
			8h-9h		
			15		
			30		
			45		
M	P	S	**9h-10h**		
			15		
			30		
			45		
M	P	S	**10h-11h**		
			15		
			30		
			45		
M	P	S	**11h-12h**		
			15		
			30		
			45		
M	P	S	**12h-13h**		
			15		
			30		
			45		
M	P	S	**13h-14h**		
			15		
			30		
			45		
M	P	S	**14h-15h**		
			15		
			30		
			45		
M	P	S	**15h-16h**		
			15		
			30		
			45		
M	P	S	**16h-17h**		
			15		
			30		
			45		
M	P	S	**17h-18h**		
			15		
			30		
			45		
M	P	S	**18h-19h**		
			15		
			30		
			45		
M	P	S	**19h-20h**		
			15		
			30		
			45		
M	P	S	**20h-21h**		
			15		
			30		
			45		
M	P	S	**21h-22h**		
			15		
			30		
			45		