

## Polish Rescue Radio

godz: 01:35, 07:35, 13:35, 19:35

kanał VHF: 05, 61, 62

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## Polskie Radio Program 1

godz około: 01:05, 20:07 (po Aktualnościach Radiowej Jedynki)

fale długie (LW) 225 kHz

<https://www2.polskieradio.pl/czestotliwosci/>



## NDR

Das Wetter zu jeder vollen Stunde

<https://www.ndr.de/nachrichten/wetter/seewetter101.html>

częstotliwości:

<https://www.ndr.de/wellenord/service/index.html>

Sender	UKF MHz
Bungsberg-Mönchneversdorf	97,8
Flensburg-Engelsby	89,6
Hamburg-Moorfleet	89,5
Heide-Welmbüttel	90,5
Helgoland	88,9
Kiel-Kronshagen	91,3
Lauenburg-Echem	94,7
Lübeck-Stadt	93,1
Mölln-Fuhlenhagen	104,5
Morsum (Sylt)	90,9
Neumünster-Armstedt	106,4

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## BBC Radio 4

(<https://www.metoffice.gov.uk/weather/guides/coast-and-sea/radio>)

godz: 00:48, 05:20 (long wave LW and FM(ukf))

godz: 12:01, 17:54 (long wave LW only)

fale długie (LW) 198 kHz

fale średnie

603 MW	Newcastle
720 MW	London
720 MW	Londonderry
720 MW	Belfast
756 MW	Cornwall
774 MW	Enniskillen
774 MW	Plymouth
1449 MW	Aberdeen
1485 MW	Carlisle

fale UKF (FM): 92-95 FM, 103-105 FM (with local variations for Scotland, Wales and Northern Ireland)

(<https://www.bbc.co.uk/radio/info/frequencies.shtml>)

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