

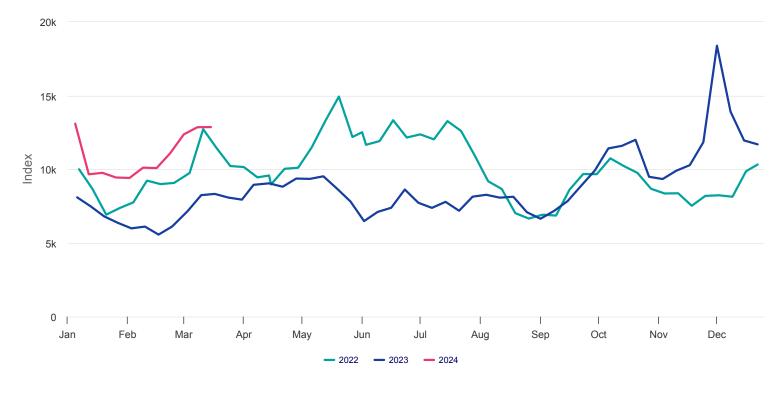
## Atlantic Capesize Index

## 18th March 2024

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			00/00/0004	
			08/03/2024	15/03/2024
Trade	Cargo Size	Weight	\$/t	\$/t
NARVIK/ROTTERDAM	150,000/10%	10%	8.70	8.80
TUBARAO/ROTTERDAM	170,000/10%	10%	14.30	14.30
RICHARDS BAY/ROTTERDAM	150,000/10%	10%	12.95	12.95
SEVEN ISLANDS/ROTTERDAM	170,000/10%	10%	12.55	11.50
PUERTO BOLIVAR/ROTTERDAM	160,000/10%	10%	15.55	15.80
NOUADHIBOU/QINGDAO	170,000/10%	10%	32.95	32.70
TUBARAO/JAPAN	160,000/10%	10%	30.95	30.70
TUBARAO/QINGDAO	160,000/10%	10%	31.25	31.00
T/C TRIP CONT/FAR EAST	180,000 DWT	10%	9.50	10.18
T/C TRANSATLANTIC ROUND	180,000 DWT	10%	5.43	5.57
Calculated Index			12,849	12,859
Change on Previous Index			+489	+10
Change on Four Weeks Ago			+2,741	+2,779
Change on Previous Year			+4,606	+4,533
Change on Two Years Ago			+3,107	+144
			\$/Day	\$/Day
T/C TRIP CONT/FAR EAST	180,000 DWT		56,250	60,250
T/C TRANSATLANTIC ROUND	180,000 DWT		32,150	33,000

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## For more information please contact David Beard/Roar Adland

The Atlantic Capesize Index started at 5,000 points on 2 October 1989 and has since been subject to periodic updating to reflect changing trade patterns. The latest update was on 26 June 2023.

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