	CHIL	DDING DATES & P	LINIVERS / 0:20 d	um ET)			Thursday, March 2:		
		PPING RATES & Bi arnings for vessels us	ing compliant fuel (I						
DIRTY TANKER (KT - \$/day) VLCC, 270	Voyage AG-FE	Spot TCE earnings 95,700	2023 avg. rate 51,400		10 day trend	4	DEVELOPMENTS		
Suezmax, 130	WAF-UKC	70,400	48,900				eady after U.S. job data counters bearish Fed comments,		
Aframax, 70	CAR-USG	131,100	66,500	_			uilds. Oil prices steadied on Thursday, having hit their since late 2021 earlier this week, as strong U.S. jobs data		
Panamax, 50	CAR-USG	100,400	71,600				ed bearish signals from Fed Chair Jerome Powell		
CLEAN TANKER (KT - \$/day) MR, 37	Voyage UKC-USAC	Spot TCE earnings	2023 avg. rate		10 day trend	nigniignt	ting banking sector risks and swelling U.S. crude stockpiles. Reuters March 23, 2023		
MR, 38	USG-UKC	41,200 17,900	26,400 11,100			China 6	expected to account for 40% of this year's oil demand		
LR1, 55	AG-FE	35,400	35,800			recovery	. China is expected to account for around 40% of the		
LR2, 75	AG-FE	49,300	45,400				in global oil demand this year as its economy emerges ict lockdowns, but the increased use will not take prices		
TIME CHARTER (KDWT)	1yr eco vessel rate	Yearly trend	Newbuild price	إ	Secondhand Syr old price (\$M)	back to 2	2022 levels, consultancy Wood Mackenzie said on		
	(\$/day)		(\$M)			Thursday	y. Reuters March 23, 2023		
VLCC , 200+ Suezmax, 130-200	57,000 53,000		125.0 75.0		96.0 66.0	10.11			
Aframax, 80-130	57,500		65.0		62.0		Korea's KNOC to get 4 mil barrels UAE crude in joint project with ADNOC. South Korea recently received 2		
LR2, 80-130	57,500		68.0		64.0		barrels of crude oil produced in the UAE, with another		
LR1, 60-80	45,000		50.0		46.0		f Abu Dhabi crude expected to arrive in the coming days, wo nations launched a joint storage project, enhancing		
MR, 42-60	34,000		45.0		42.0		energy security, officials at state-run Korea National Oil		
Handymax. 30-42	30,000		39.0		34.0	Corp. sa	aid March 22-23. S&P Global Platts March 23, 2023		
US FLAG (KT - \$/day) Handy, 38	Voyage USG-USAC	Weekly spot rate 85,086	2023 avg. rate 84,089		10 week trend	4			
LNG (\$/day) as of 17-March-2023	Weekly spot		Current month		2023 avg. rate		later, Calcasieu Pass still commissioning as expansions ge		
160M3 Tri-fuel diesel electric (West)	rate 65,000	Flat	rate 63,333		74,091		bundation customers wait. Venture Global LNG may have billions of dollars in profits from the longest ever		
138-150M3 Steam turbine (West)	30,000	Flat	30,000		33,636	commiss	sioning of a US liquefaction facility, helping it boost its		
160M3 Tri-fuel diesel electric (East)	75,000	Flat	76,667		88,182		on efforts at a time when other developers have faced es securing financing amid inflation in construction costs.		
138-150M3 Steam turbine (East)	40,000	Flat	41,667		44,545		Hellenic Shippinig News March 23, 2023		
LNG Spot Index Assessment - Baltic	Spot rate (\$/day)	Last Price		Δ Prior a	ssessment day close				
BLNG1g (Gladstone / Tokyo RV)	70,697	73,803	Ψ		-3,106		and Anthon FID and Book Anthon IPIC		
BLNG2g (Sabine / UK Cont RV)	48,948	53,697	Ψ		-4,749		ra takes FID on Port Arthur LNG project. Sempra ucture has reached a positive final investment decision		
BLNG3g (Sabine / Tokyo RV)	55,656	60,571	JL.		-4,915		r the development, construction and operation of the Port		
	Spot rate	•		401		Artnur L	LNG Phase 1 project in Jefferson County, Texas in the US. Riviera Maritime Media March 23, 2023		
LNG Spot Index Assessment - Spark	(\$/day)	Last Price		Δ Prior a	ssessment day close	4			
Spark25S (NWS / Tianjin)	72,250	73,750	•		-1,500				
Spark30S (Sabine Pass / Gate)	49,500	50,500	Ψ		-1,000		Tanker sale glut halts inexorable rise of Greek fleet. The Greek-		
LPG (KT)	Spot rate	(\$/mt)	Spot TCE rate (\$/day)				ed fleet saw its biggest contraction since the 2008 financial t year, most likely spurred by massive sales of older crude		
VLGC, 44 (AG-Japan)	,	90.64	74,528				amid soaring prices. In terms of tonnage, the fleet shrunk		
BUNKERS (\$/mt)	VLSFO	10 day trend	HSFO		мдо		by 1.7% in the 12 months through March to 349m dwt, according to a survey commissioned by the London-based Greek Shipping Co-		
US Gulf	557.0		395.0		815.0	Operatio	on Committee (GSCC). TradeWinds News March 23, 2023		
Rotterdam Singapore	534.0 555.0		384.0 410.0		759.0 728.0		Tradewillus News March 23, 2023		
отвароте	333.0	COMMODITIES	S, (8:30 am CT)		720.0		WEBINARS & EVENTS		
CRUDE	Source	Unit	Last price		Δ Prior day close				
Brent	ICE	\$/bbl	76.88	^	0.19	LNG a	and Natural Gas: Energy Security and Net-Zero Carbon -		
WTI	NYMEX	\$/bbl	71.13	Ŷ	0.23	Virtual	Training Course April 18-20. Join Poten &		
PRODUCTS									
RBOB Gasoline	Source	Unit	Last price		Δ Prior day close	upcom	rs LNG & Natural Gas Advisors and @NYUSPS for our ing LNG/Natural Gas and Net-Zero Carbon Virtual		
	Source NYMEX	Unit ¢/gal	Last price 263.32		Δ Prior day close	Training	ing LNG/Natural Gas and Net-Zero Carbon Virtual g. This course will help professionals understand the		
Heating Oil				↑		Training entire v	ing LNG/Natural Gas and Net-Zero Carbon Virtual		
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Heating Oil NATURAL GAS US Henry Hub	NYMEX NYMEX Source NYMEX	¢/gal ¢/gal Unit \$/MMBtu	263.32 273.61 Last price 2.19	↑ •	4.00 -0.42 Δ Prior day close 0.02	Training entire v and mo	ing LNG/Natural Gas and Net-Zero Carbon Virtual g. This course will help professionals understand the value chain, evolving LNG economics, contract structures ore. https://www.poten.com/ing-training-		
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