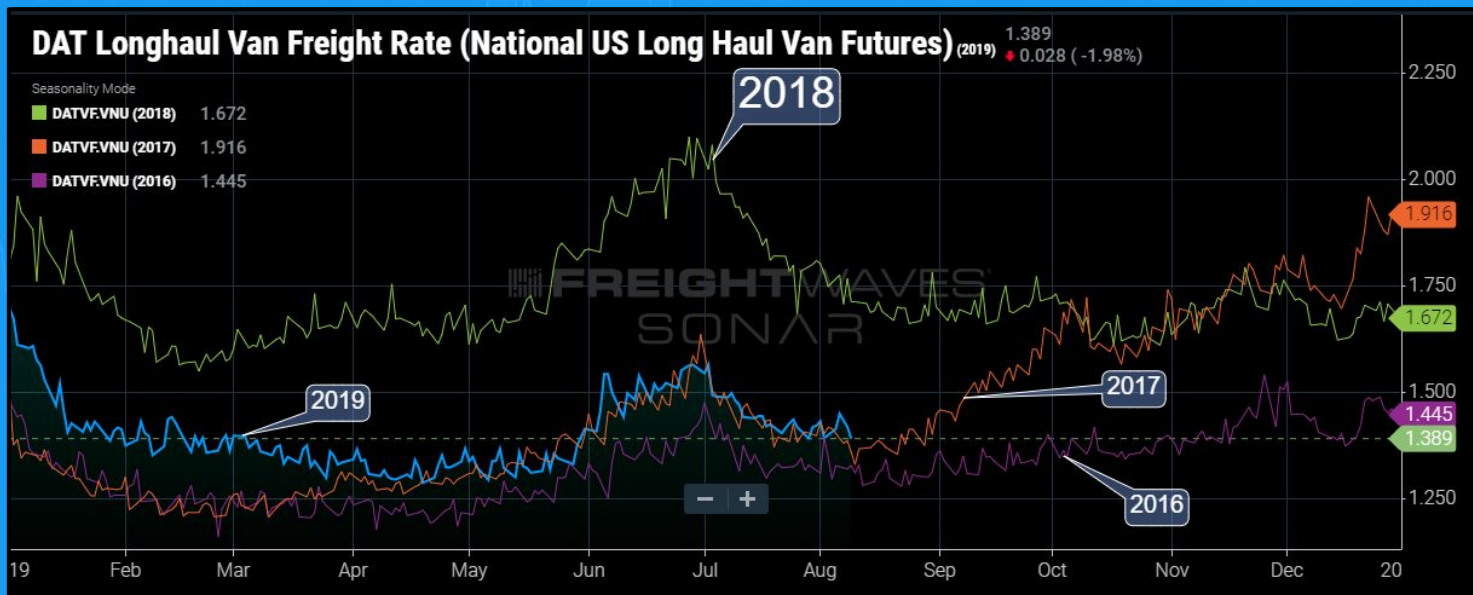


# Looking to see how spot market rates stack up year over year?

Use the SONAR DAT Average National Long-Haul Freight Rates Indices

## HERE'S WHAT YOU'RE LOOKING AT: CHART VIEW



SONAR Seasonality Chart on DAT Average National Long-Haul Freight Rates. This chart compares average freight rates day by day for 2016 (in purple), 2017 (in orange), 2018 (in green), and 2019 (in blue).

## HERE'S HOW YOU COULD USE IT

DAT Seasonality Chart allows you to compare current national rate averages with previous years.

Looking at 2019 (in blue), You can see average freight rates are well below 2018 rates, and just above 2016 rates. Several months of 2019 correlate to the average national rates that were seen in 2017.

**This view gives you visibility into where the current market compares to previous year's history, as well as give you insights on possible trends in the future.** This view can help you with RFP development.



**FREIGHTWAVES**  
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ON HOW SONAR CAN HELP YOU

Visit the **Knowledge Center** in SONAR

Contact **[sonarsupport@freightwaves.com](mailto:sonarsupport@freightwaves.com)**

Visit **[www.freightwaves.com/SONAR](http://www.freightwaves.com/SONAR)**