

LEVERS et COUCHERS SOLEIL - LUNE ALÈS 2025

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JANVIER					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	08:17	17:17	09:54	18:46	
J 2	08:17	17:18	10:26	20:04	
V 3	08:17	17:19	10:53	21:21	
S 4	08:17	17:20	11:15	22:36	
D 5	08:16	17:21	11:35	23:52	
L 6	08:16	17:22	11:55		
M 7	08:16	17:23	12:16	01:08	
M 8	08:16	17:24	12:40	02:25	
J 9	08:16	17:25	13:09	03:45	
V 10	08:15	17:26	13:47	05:04	
S 11	08:15	17:27	14:35	06:20	
D 12	08:15	17:29	15:36	07:27	
L 13	08:14	17:30	16:45	08:21	
M 14	08:14	17:31	17:59	09:02	
M 15	08:13	17:32	19:13	09:34	
J 16	08:13	17:33	20:23	09:58	
V 17	08:12	17:35	21:30	10:18	
S 18	08:11	17:36	22:34	10:35	
D 19	08:11	17:37	23:37	10:52	
L 20	08:10	17:38		11:08	
M 21	08:09	17:40	00:40	11:26	
M 22	08:08	17:41	01:45	11:45	
J 23	08:07	17:42	02:50	12:09	
V 24	08:07	17:44	03:58	12:39	
S 25	08:06	17:45	05:04	13:19	
D 26	08:05	17:46	06:07	14:09	
L 27	08:04	17:48	07:03	15:13	
M 28	08:03	17:49	07:49	16:25	
M 29	08:02	17:51	08:25	17:44	
J 30	08:01	17:52	08:54	19:03	
V 31	08:00	17:53	09:19	20:22	
● Premier Quartier le 07 ○ Pleine Lune le 13 ● Dernier Quartier le 21 ● Nouvelle Lune le 29					

FÉVRIER					
Dates	Soleil		Lune		
	L	C	L	C	
S 1	07:59	17:55	09:40	21:40	
D 2	07:58	17:56	10:00	22:57	
L 3	07:57	17:57	10:21		
M 4	07:55	17:59	10:44	00:15	
M 5	07:54	18:00	11:11	01:35	
J 6	07:53	18:02	11:46	02:54	
V 7	07:52	18:03	12:29	04:10	
S 8	07:50	18:04	13:25	05:19	
D 9	07:49	18:06	14:30	06:15	
L 10	07:48	18:07	15:42	07:00	
M 11	07:46	18:09	16:55	07:34	
M 12	07:45	18:10	18:06	08:00	
J 13	07:43	18:11	19:14	08:21	
V 14	07:42	18:13	20:20	08:40	
S 15	07:40	18:14	21:24	08:56	
D 16	07:39	18:15	22:27	09:13	
L 17	07:37	18:17	23:31	09:30	
M 18	07:36	18:18		09:48	
M 19	07:34	18:19	00:36	10:10	
J 20	07:33	18:21	01:42	10:37	
V 21	07:31	18:22	02:48	11:11	
S 22	07:30	18:24	03:53	11:56	
D 23	07:28	18:25	04:51	12:52	
L 24	07:26	18:26	05:40	14:00	
M 25	07:25	18:28	06:20	15:16	
M 26	07:23	18:29	06:52	16:35	
J 27	07:21	18:30	07:19	17:56	
V 28	07:20	18:31	07:42	19:16	
● Premier Quartier le 05 ○ Pleine Lune le 12 ● Dernier Quartier le 20 ● Nouvelle Lune le 28					

MARS					
Dates	Soleil		Lune		
	L	C	L	C	
S 1	07:18	18:33	08:03	20:36	
D 2	07:16	18:34	08:24	21:57	
L 3	07:15	18:35	08:47	23:19	
M 4	07:13	18:37	09:13		
M 5	07:11	18:38	09:46	00:41	
J 6	07:09	18:39	10:27	02:01	
V 7	07:08	18:41	11:19	03:13	
S 8	07:06	18:42	12:21	04:13	
D 9	07:04	18:43	13:31	05:00	
L 10	07:02	18:44	14:43	05:37	
M 11	07:01	18:46	15:54	06:04	
M 12	06:59	18:47	17:02	06:27	
J 13	06:57	18:48	18:08	06:46	
V 14	06:55	18:49	19:12	07:03	
S 15	06:53	18:51	20:15	07:19	
D 16	06:52	18:52	21:19	07:35	
L 17	06:50	18:53	22:24	07:53	
M 18	06:48	18:54	23:30	08:13	
M 19	06:46	18:56		08:38	
J 20	06:44	18:57	00:36	09:09	
V 21	06:42	18:58	01:41	09:49	
S 22	06:41	18:59	02:40	10:39	
D 23	06:39	19:01	03:32	11:40	
L 24	06:37	19:02	04:15	12:50	
M 25	06:35	19:03	04:49	14:07	
M 26	06:33	19:04	05:18	15:26	
J 27	06:31	19:06	05:42	16:46	
V 28	06:30	19:07	06:04	18:06	
S 29	06:28	19:08	06:25	19:28	
D 30	06:26	20:09	07:47	21:52	
L 31	07:24	20:10	08:12	23:17	
● Premier Quartier le 06 ○ Pleine Lune le 14 ● Dernier Quartier le 22 ● Nouvelle Lune le 29					

AVRIL					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	07:22	20:12	08:43		
M 2	07:20	20:13	09:22	00:41	
J 3	07:19	20:14	10:12	02:00	
V 4	07:17	20:15	11:13	03:07	
S 5	07:15	20:16	12:21	03:59	
D 6	07:13	20:18	13:34	04:39	
L 7	07:12	20:19	14:45	05:09	
M 8	07:10	20:20	15:54	05:33	
M 9	07:08	20:21	17:00	05:53	
J 10	07:06	20:23	18:04	06:10	
V 11	07:04	20:24	19:07	06:26	
S 12	07:03	20:25	20:10	06:42	
D 13	07:01	20:26	21:14	06:59	
L 14	06:59	20:27	22:19	07:19	
M 15	06:58	20:29	23:26	07:42	
M 16	06:56	20:30		08:10	
J 17	06:54	20:31	00:31	08:47	
V 18	06:53	20:32	01:32	09:33	
S 19	06:51	20:34	02:26	10:29	
D 20	06:49	20:35	03:11	11:35	
L 21	06:48	20:36	03:48	12:47	
M 22	06:46	20:37	04:17	14:02	
M 23	06:44	20:38	04:42	15:19	
J 24	06:43	20:40	05:05	16:37	
V 25	06:41	20:41	05:25	17:57	
S 26	06:40	20:42	05:47	19:19	
D 27	06:38	20:43	06:10	20:44	
L 28	06:37	20:45	06:38	22:10	
M 29	06:35	20:46	07:14	23:35	
M 30	06:34	20:47	08:00		
● Premier Quartier le 05 ○ Pleine Lune le 13 ● Dernier Quartier le 21 ● Nouvelle Lune le 27					

MAI					
Dates	Soleil		Lune		
	L	C	L	C	
J 1	06:32	20:48	08:58	00:50	
V 2	06:31	20:49	10:06	01:51	
S 3	06:30	20:51	11:20	02:37	
D 4	06:28	20:52	12:34	03:11	
L 5	06:27	20:53	13:45	03:38	
M 6	06:25	20:54	14:52	03:58	
M 7	06:24	20:55	15:56	04:16	
J 8	06:23	20:56	16:59	04:33	
V 9	06:22	20:58	18:02	04:49	
S 10	06:20	20:59	19:06	05:06	
D 11	06:19	21:00	20:10	05:25	
L 12	06:18	21:01	21:17	05:47	
M 13	06:17	21:02	22:22	06:13	
M 14	06:16	21:03	23:25	06:47	
J 15	06:15	21:04		07:31	
V 16	06:14	21:06	00:21	08:24	
S 17	06:13	21:07	01:09	09:27	
D 18	06:12	21:08	01:48	10:36	
L 19	06:11	21:09	02:19	11:49	
M 20	06:10	21:10	02:45	13:02	
M 21	06:09	21:11	03:07	14:17	
J 22	06:08	21:12	03:28	15:33	
V 23	06:07	21:13	03:48	16:51	
S 24	06:06	21:14	04:09	18:12	
D 25	06:05	21:15	04:34	19:37	
L 26	06:05	21:16	05:06	21:04	
M 27	06:04	21:17	05:46	22:23	
M 28	06:03	21:18	06:39	23:34	
J 29	06:03	21:19	07:45		
V 30	06:02	21:20	08:59	00:27	
S 31	06:01	21:20	10:15	01:08	
● Premier Quartier le 04 ○ Pleine Lune le 12 ● Dernier Quartier le 20 ● Nouvelle Lune le 27					

JUIN					
Dates	Soleil		Lune		
	L	C	L	C	
D 1	06:01	21:21	11:30	01:38	
L 2	06:00	21:22	12:40	02:02	
M 3	06:00	21:23	13:46	02:21	
M 4	06:00	21:24	14:50	02:38	
J 5	05:59	21:24	15:53	02:55	
V 6	05:59	21:25	16:56	03:11	
S 7	05:59	21:26	18:01	03:30	
D 8	05:58	21:26	19:07	03:50	
L 9	05:58	21:27	20:13	04:15	
M 10	05:58	21:28	21:17	04:47	
M 11	05:58	21:28	22:16	05:28	
J 12	05:58	21:29	23:07	06:19	
V 13	05:57	21:29	23:49	07:20	
S 14	05:57	21:30		08:28	
D 15	05:57	21:30	00:22	09:40	
L 16	05:57	21:30	00:49	10:53	
M 17	05:58	21:31	01:12	12:06	
M 18	05:58	21:31	01:32	13:20	
J 19	05:58	21:31	01:52	14:34	
V 20	05:58	21:32	02:12	15:52	
S 21	05:58	21:32	02:34	17:12	
D 22	05:58	21:32	03:02	18:35	
L 23	05:59	21:32	03:37	19:58	
M 24	05:59	21:32	04:23	21:13	
M 25	05:59	21:32	05:23	22:14	
J 26	06:00	21:32	06:34	23:01	
V 27	06:00	21:32	07:51	23:36	
S 28	06:01	21:32	09:08		
D 29	06:01	21:32	10:22	00:03	
L 30	06:02	21:32	11:32	00:24	
● Premier Quartier le 03 ○ Pleine Lune le 11 ● Dernier Quartier le 18 ● Nouvelle Lune le 25					

JUILLET					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	06:02	21:32	12:37	00:42	
M 2	06:03	21:32	13:42	00:59	
J 3	06:03	21:32	14:45	01:16	
V 4	06:04	21:31	15:50	01:34	
S 5	06:05	21:31	16:55	01:53	
D 6	06:05	21:31	18:01	02:17	
L 7	06:06	21:30	19:06	02:46	
M 8	06:07	21:30	20:08	03:24	
M 9	06:08	21:29	21:02	04:11	
J 10	06:08	21:29	21:47	05:09	
V 11	06:09	21:28	22:23	06:16	
S 12	06:10	21:28	22:53	07:29	
D 13	06:11	21:27	23:17	08:43	
L 14	06:12	21:27	23:38	09:57	
M 15	06:13	21:26	23:57	11:11	
M 16	06:13	21:25		12:25	
J 17	06:14	21:24	00:17	13:41	
V 18	06:15	21:24	00:38	14:58	
S 19	06:16	21:23	01:03	16:18	
D 20	06:17	21:22	01:34	17:39	
L 21	06				