

LEVERS et COUCHERS SOLEIL - LUNE APT 2025

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JANVIER					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	08:10	17:13	09:47	18:42	
J 2	08:11	17:14	10:20	19:59	
V 3	08:11	17:15	10:47	21:16	
S 4	08:10	17:15	11:09	22:31	
D 5	08:10	17:16	11:30	23:47	
L 6	08:10	17:17	11:50		
M 7	08:10	17:19	12:11	01:02	
M 8	08:10	17:20	12:35	02:19	
J 9	08:10	17:21	13:05	03:38	
V 10	08:09	17:22	13:43	04:58	
S 11	08:09	17:23	14:31	06:13	
D 12	08:09	17:24	15:32	07:20	
L 13	08:08	17:25	16:41	08:14	
M 14	08:08	17:26	17:55	08:56	
M 15	08:07	17:28	19:08	09:27	
J 16	08:07	17:29	20:18	09:52	
V 17	08:06	17:30	21:25	10:12	
S 18	08:05	17:31	22:28	10:30	
D 19	08:05	17:33	23:32	10:46	
L 20	08:04	17:34		11:03	
M 21	08:03	17:35	00:34	11:21	
M 22	08:03	17:37	01:39	11:41	
J 23	08:02	17:38	02:44	12:05	
V 24	08:01	17:39	03:51	12:35	
S 25	08:00	17:40	04:58	13:15	
D 26	07:59	17:42	06:01	14:05	
L 27	07:58	17:43	06:56	15:08	
M 28	07:57	17:45	07:42	16:20	
M 29	07:56	17:46	08:19	17:39	
J 30	07:55	17:47	08:48	18:58	
V 31	07:54	17:49	09:13	20:16	
● 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	07:53	17:50	09:35	21:34	
D 2	07:52	17:51	09:55	22:51	
L 3	07:51	17:53	10:16		
M 4	07:50	17:54	10:39	00:09	
M 5	07:48	17:55	11:07	01:28	
J 6	07:47	17:57	11:41	02:47	
V 7	07:46	17:58	12:25	04:03	
S 8	07:45	18:00	13:21	05:12	
D 9	07:43	18:01	14:26	06:09	
L 10	07:42	18:02	15:37	06:53	
M 11	07:40	18:04	16:50	07:28	
M 12	07:39	18:05	18:01	07:54	
J 13	07:38	18:06	19:09	08:15	
V 14	07:36	18:08	20:14	08:34	
S 15	07:35	18:09	21:18	08:51	
D 16	07:33	18:12	22:21	09:07	
L 17	07:32	18:12	23:25	09:25	
M 18	07:30	18:13		09:43	
M 19	07:29	18:15	00:29	10:05	
J 20	07:27	18:16	01:36	10:32	
V 21	07:26	18:17	02:42	11:07	
S 22	07:24	18:19	03:46	11:52	
D 23	07:22	18:20	04:44	12:48	
L 24	07:21	18:21	05:34	13:56	
M 25	07:19	18:23	06:14	15:11	
M 26	07:18	18:24	06:46	16:30	
J 27	07:16	18:25	07:13	17:51	
V 28	07:14	18:26	07:36	19:11	
● 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	07:13	18:28	07:58	20:31	
D 2	07:11	18:29	08:19	21:51	
L 3	07:09	18:30	08:42	23:13	
M 4	07:07	18:32	09:09		
M 5	07:06	18:33	09:41	00:35	
J 6	07:04	18:34	10:22	01:54	
V 7	07:02	18:35	11:15	03:06	
S 8	07:01	18:37	12:17	04:06	
D 9	06:59	18:38	13:27	04:54	
L 10	06:57	18:39	14:38	05:30	
M 11	06:55	18:40	15:49	05:58	
M 12	06:53	18:42	16:57	06:21	
J 13	06:52	18:43	18:03	06:40	
V 14	06:50	18:44	19:07	06:57	
S 15	06:48	18:45	20:10	07:14	
D 16	06:46	18:47	21:13	07:30	
L 17	06:44	18:48	22:17	07:48	
M 18	06:43	18:49	23:23	08:08	
M 19	06:41	18:50		08:33	
J 20	06:39	18:52	00:29	09:05	
V 21	06:37	18:53	01:34	09:44	
S 22	06:35	18:54	02:33	10:34	
D 23	06:34	18:55	03:25	11:36	
L 24	06:32	18:56	04:08	12:46	
M 25	06:30	18:58	04:43	14:02	
M 26	06:28	18:59	05:12	15:21	
J 27	06:26	19:00	05:36	16:40	
V 28	06:24	19:01	05:58	18:01	
S 29	06:23	19:03	06:19	19:23	
D 30	07:21	20:04	07:42	21:46	
L 31	07:19	20:05	08:07	23:11	
● 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	07:17	20:06	08:38		
M 2	07:15	20:07	09:18	00:35	
J 3	07:14	20:09	10:07	01:53	
V 4	07:12	20:10	11:08	03:00	
S 5	07:10	20:11	12:17	03:53	
D 6	07:08	20:12	13:29	04:32	
L 7	07:07	20:13	14:40	05:03	
M 8	07:05	20:15	15:49	05:27	
M 9	07:03	20:16	16:54	05:47	
J 10	07:01	20:17	17:58	06:04	
V 11	07:00	20:18	19:01	06:20	
S 12	06:58	20:19	20:04	06:37	
D 13	06:56	20:21	21:08	06:54	
L 14	06:54	20:22	22:13	07:14	
M 15	06:53	20:23	23:19	07:37	
M 16	06:51	20:24		08:06	
J 17	06:49	20:25	00:24	08:42	
V 18	06:48	20:27	01:25	09:29	
S 19	06:46	20:28	02:19	10:25	
D 20	06:44	20:29	03:05	11:31	
L 21	06:43	20:30	03:42	12:42	
M 22	06:41	20:32	04:11	13:57	
M 23	06:40	20:33	04:36	15:14	
J 24	06:38	20:34	04:59	16:31	
V 25	06:37	20:35	05:20	17:51	
S 26	06:35	20:36	05:42	19:13	
D 27	06:34	20:38	06:05	20:37	
L 28	06:32	20:39	06:33	22:04	
M 29	06:31	20:40	07:09	23:28	
M 30	06:29	20:41	07:55		
● 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	06:28	20:42	08:54	00:43	
V 2	06:26	20:43	10:02	01:44	
S 3	06:25	20:45	11:16	02:30	
D 4	06:23	20:46	12:29	03:05	
L 5	06:22	20:47	13:40	03:32	
M 6	06:21	20:48	14:46	03:53	
M 7	06:20	20:49	15:51	04:11	
J 8	06:18	20:51	16:54	04:27	
V 9	06:17	20:52	17:56	04:44	
S 10	06:16	20:53	18:59	05:01	
D 11	06:15	20:54	20:04	05:20	
L 12	06:13	20:55	21:10	05:42	
M 13	06:12	20:56	22:15	06:09	
M 14	06:11	20:57	23:19	06:43	
J 15	06:10	20:58		07:27	
V 16	06:09	21:00	00:15	08:20	
S 17	06:08	21:01	01:03	09:23	
D 18	06:07	21:02	01:42	10:31	
L 19	06:06	21:03	02:13	11:44	
M 20	06:05	21:04	02:39	12:57	
M 21	06:04	21:05	03:01	14:12	
J 22	06:03	21:06	03:22	15:28	
V 23	06:03	21:07	03:43	16:45	
S 24	06:02	21:08	04:04	18:06	
D 25	06:01	21:09	04:30	19:31	
L 26	06:00	21:10	05:01	20:56	
M 27	06:00	21:11	05:42	22:17	
M 28	05:59	21:12	06:35	23:27	
J 29	05:58	21:12	07:41		
V 30	05:58	21:13	08:55	00:21	
S 31	05:57	21:14	10:11	01:02	
● 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	05:57	21:15	11:25	01:32	
L 2	05:56	21:16	12:34	01:56	
M 3	05:56	21:17	13:41	02:15	
M 4	05:55	21:17	14:45	02:33	
J 5	05:55	21:18	15:48	02:49	
V 6	05:54	21:19	16:50	03:06	
S 7	05:54	21:19	17:55	03:25	
D 8	05:54	21:20	19:00	03:46	
L 9	05:54	21:21	20:06	04:11	
M 10	05:54	21:21	21:10	04:43	
M 11	05:53	21:22	22:09	05:24	
J 12	05:53	21:22	23:00	06:14	
V 13	05:53	21:23	23:42	07:15	
S 14	05:53	21:23		08:23	
D 15	05:53	21:24	00:16	09:35	
L 16	05:53	21:24	00:43	10:48	
M 17	05:53	21:25	01:06	12:01	
M 18	05:53	21:25	01:27	13:14	
J 19	05:53	21:25	01:47	14:28	
V 20	05:54	21:25	02:07	15:46	
S 21	05:54	21:26	02:30	17:06	
D 22	05:54	21:26	02:57	18:29	
L 23	05:54	21:26	03:33	19:51	
M 24	05:55	21:26	04:19	21:06	
M 25	05:55	21:26	05:19	22:07	
J 26	05:55	21:26	06:30	22:54	
V 27	05:56	21:26	07:47	23:30	
S 28	05:56	21:26	09:04	23:57	
D 29	05:57	21:26	10:17		
L 30	05:57	21:26	11:26	00:18	
● 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	05:58	21:26	12:32	00:37	
M 2	05:58	21:26	13:36	00:54	
J 3	05:59	21:25	14:39	01:11	
V 4	06:00	21:25	15:44	01:29	
S 5	06:00	21:25	16:48	01:49	
D 6	06:01	21:25	17:55	02:12	
L 7	06:02	21:24	19:00	02:42	
M 8	06:02	21:24	20:01	03:20	
M 9	06:03	21:23	20:55	04:07	
J 10	06:04	21:23	21:41	05:05	
V 11	06:05	21:22	22:17	06:12	
S 12	06:06	21:22	22:46	07:24	
D 13	06:06	21:21	23:11	08:38	
L 14	06:07	21:20	23:32	09:52	
M 15	06:08	21:20	23:52	11:06	
M 16	06:09	21:19		12:19	
J 17	06:10	21:18	00:12	13:35	