

LEVERS et COUCHERS SOLEIL - LUNE DIE 2025

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