

LEVERS et COUCHERS SOLEIL - LUNE GAP 2025

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JANVIER					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	08:10	17:08	09:47	18:36	
J 2	08:10	17:08	10:19	19:54	
V 3	08:10	17:09	10:45	21:12	
S 4	08:10	17:10	11:08	22:28	
D 5	08:10	17:11	11:28	23:44	
L 6	08:10	17:12	11:47		
M 7	08:10	17:14	12:07	01:00	
M 8	08:09	17:15	12:31	02:17	
J 9	08:09	17:16	13:00	03:38	
V 10	08:09	17:17	13:37	04:58	
S 11	08:08	17:18	14:25	06:14	
D 12	08:08	17:19	15:25	07:21	
L 13	08:08	17:20	16:35	08:14	
M 14	08:07	17:22	17:49	08:56	
M 15	08:06	17:23	19:03	09:27	
J 16	08:06	17:24	20:13	09:51	
V 17	08:05	17:25	21:21	10:10	
S 18	08:05	17:27	22:26	10:27	
D 19	08:04	17:28	23:29	10:43	
L 20	08:03	17:29		10:59	
M 21	08:03	17:31	00:32	11:17	
M 22	08:02	17:32	01:37	11:36	
J 23	08:01	17:33	02:43	12:00	
V 24	08:00	17:35	03:51	12:29	
S 25	07:59	17:36	04:58	13:08	
D 26	07:58	17:37	06:01	13:59	
L 27	07:57	17:39	06:57	15:02	
M 28	07:56	17:40	07:43	16:15	
M 29	07:55	17:41	08:18	17:34	
J 30	07:54	17:43	08:47	18:53	
V 31	07:53	17:44	09:11	20:13	
● 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	07:52	17:46	09:32	21:31	
D 2	07:51	17:47	09:52	22:49	
L 3	07:50	17:48	10:12		
M 4	07:48	17:50	10:35	00:08	
M 5	07:47	17:51	11:02	01:28	
J 6	07:46	17:53	11:36	02:47	
V 7	07:44	17:54	12:19	04:04	
S 8	07:43	17:55	13:14	05:13	
D 9	07:42	17:57	14:19	06:09	
L 10	07:40	17:58	15:32	06:53	
M 11	07:39	18:00	16:45	07:27	
M 12	07:38	18:01	17:57	07:53	
J 13	07:36	18:03	19:05	08:14	
V 14	07:35	18:04	20:11	08:32	
S 15	07:33	18:05	21:16	08:48	
D 16	07:32	18:07	22:19	09:04	
L 17	07:30	18:08	23:24	09:21	
M 18	07:29	18:09		09:39	
M 19	07:27	18:11	00:29	10:00	
J 20	07:25	18:12	01:36	10:27	
V 21	07:24	18:14	02:42	11:01	
S 22	07:22	18:15	03:47	11:45	
D 23	07:21	18:16	04:45	12:41	
L 24	07:19	18:18	05:34	13:50	
M 25	07:17	18:19	06:14	15:06	
M 26	07:16	18:20	06:46	16:25	
J 27	07:14	18:22	07:12	17:47	
V 28	07:12	18:23	07:34	19:08	
● 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	07:10	18:24	07:55	20:28	
D 2	07:09	18:26	08:15	21:50	
L 3	07:07	18:27	08:38	23:12	
M 4	07:05	18:28	09:04		
M 5	07:04	18:30	09:36	00:34	
J 6	07:02	18:31	10:16	01:54	
V 7	07:00	18:32	11:08	03:07	
S 8	06:58	18:34	12:11	04:07	
D 9	06:56	18:35	13:21	04:54	
L 10	06:55	18:36	14:33	05:30	
M 11	06:53	18:37	15:44	05:58	
M 12	06:51	18:39	16:53	06:19	
J 13	06:49	18:40	17:59	06:38	
V 14	06:47	18:41	19:04	06:55	
S 15	06:45	18:43	20:07	07:10	
D 16	06:44	18:44	21:12	07:27	
L 17	06:42	18:45	22:16	07:44	
M 18	06:40	18:46	23:23	08:04	
M 19	06:38	18:48		08:28	
J 20	06:36	18:49	00:29	08:59	
V 21	06:34	18:50	01:34	09:38	
S 22	06:32	18:51	02:34	10:28	
D 23	06:31	18:53	03:26	11:30	
L 24	06:29	18:54	04:08	12:40	
M 25	06:27	18:55	04:43	13:57	
M 26	06:25	18:56	05:11	15:16	
J 27	06:23	18:58	05:35	16:36	
V 28	06:21	18:59	05:56	17:58	
S 29	06:20	19:00	06:16	19:20	
D 30	07:18	20:01	07:38	21:45	
L 31	07:16	20:03	08:03	23:10	
● 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	07:14	20:04	08:33		
M 2	07:12	20:05	09:12	00:35	
J 3	07:10	20:06	10:01	01:54	
V 4	07:08	20:08	11:02	03:00	
S 5	07:07	20:09	12:11	03:53	
D 6	07:05	20:10	13:24	04:32	
L 7	07:03	20:11	14:35	05:03	
M 8	07:01	20:13	15:45	05:26	
M 9	06:59	20:14	16:51	05:45	
J 10	06:58	20:15	17:55	06:02	
V 11	06:56	20:16	18:59	06:17	
S 12	06:54	20:18	20:02	06:33	
D 13	06:52	20:19	21:07	06:50	
L 14	06:51	20:20	22:12	07:09	
M 15	06:49	20:21	23:19	07:32	
M 16	06:47	20:23		08:00	
J 17	06:46	20:24	00:24	08:36	
V 18	06:44	20:25	01:26	09:22	
S 19	06:42	20:26	02:20	10:18	
D 20	06:41	20:28	03:05	11:25	
L 21	06:39	20:29	03:42	12:36	
M 22	06:37	20:30	04:11	13:53	
M 23	06:36	20:31	04:35	15:10	
J 24	06:34	20:33	04:57	16:28	
V 25	06:32	20:34	05:17	17:48	
S 26	06:31	20:35	05:38	19:11	
D 27	06:29	20:36	06:01	20:36	
L 28	06:28	20:37	06:28	22:04	
M 29	06:26	20:39	07:04	23:29	
M 30	06:25	20:40	07:49		
● 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	06:23	20:41	08:47	00:44	
V 2	06:22	20:42	09:56	01:45	
S 3	06:20	20:44	11:10	02:30	
D 4	06:19	20:45	12:24	03:04	
L 5	06:18	20:46	13:35	03:31	
M 6	06:16	20:47	14:43	03:51	
M 7	06:15	20:48	15:48	04:09	
J 8	06:14	20:50	16:51	04:24	
V 9	06:12	20:51	17:54	04:40	
S 10	06:11	20:52	18:58	04:57	
D 11	06:10	20:53	20:03	05:15	
L 12	06:09	20:54	21:10	05:37	
M 13	06:08	20:55	22:16	06:03	
M 14	06:06	20:57	23:19	06:37	
J 15	06:05	20:58		07:20	
V 16	06:04	20:59	00:15	08:13	
S 17	06:03	21:00	01:03	09:16	
D 18	06:02	21:01	01:42	10:25	
L 19	06:01	21:02	02:12	11:39	
M 20	06:00	21:03	02:38	12:53	
M 21	05:59	21:04	03:00	14:08	
J 22	05:58	21:05	03:20	15:25	
V 23	05:57	21:07	04:01	18:05	
S 24	05:56	21:08	04:25	19:30	
D 25	05:55	21:09	04:56	20:56	
L 26	05:54	21:10	05:36	22:18	
M 27	05:54	21:11	06:28	23:28	
M 28	05:53	21:12	07:34		
J 29	05:52	21:13	08:49	00:21	
V 30	05:52	21:14	10:05	01:02	
S 31	05:52	21:14	10:05	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	05:51	21:15	11:20	01:32	
L 2	05:51	21:16	12:30	01:55	
M 3	05:50	21:16	13:38	02:13	
M 4	05:50	21:17	14:42	02:30	
J 5	05:50	21:18	15:45	02:46	
V 6	05:49	21:19	16:49	03:03	
S 7	05:49	21:19	17:54	03:21	
D 8	05:49	21:20	19:00	03:41	
L 9	05:48	21:21	20:06	04:06	
M 10	05:48	21:21	21:11	04:37	
M 11	05:48	21:22	22:10	05:18	
J 12	05:48	21:22	23:01	06:08	
V 13	05:48	21:23	23:43	07:09	
S 14	05:48	21:23		08:17	
D 15	05:48	21:24	00:15	09:30	
L 16	05:48	21:24	00:42	10:43	
M 17	05:48	21:25	01:04	11:57	
M 18	05:48	21:25	01:25	13:11	
J 19	05:48	21:25	01:44	14:26	
V 20	05:48	21:25	02:03	15:44	
S 21	05:48	21:26	02:25	17:05	
D 22	05:49	21:26	02:52	18:29	
L 23	05:49	21:26	03:27	19:52	
M 24	05:49	21:26	04:13	21:07	
M 25	05:50	21:26	05:12	22:08	
J 26	05:50	21:26	06:23	22:55	
V 27	05:50	21:26	07:41	23:29	
S 28	05:51	21:26	08:59	23:56	
D 29	05:51	21:26	10:13		
L 30	05:52	21:26	11:23	00:16	
● 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	05:52	21:26	12:29	00:34	
M 2	05:53	21:26	13:34	00:51	
J 3	05:54	21:25	14:37	01:07	
V 4	05:54	21:25	15:42	01:25	
S 5	05:55	21:25	16:48	01:44	
D 6	05:56	21:24	17:55	02:07	
L 7	05:56	21:24	19:00	02:36	
M 8	05:57	21:24	20:02	03:13	
M 9	05:58	21:23	20:56	04:00	
J 10	05:59	21:23	21:41	04:59	
V 11	06:00	21:22	22:17	06:06	
S 12	06:00	21:22	22:46	07:19	
D 13	06:01	21:21	23:10	08:33	
L 14	06:02	21:20	23:30	09:48	
M 15	06:03	21:19	23:49	11:02	
M 16	06:04	21:19		12:16	
J 17	06:05	21:18	00:08	13:33	
V 18	06:06	21:17	00:29	14:51	
S 19	06:07	21:16	00:54	16:11	
D 20	06:08	21:15	01:25	17:33	
L 21	06:0				