

LEVERS et COUCHERS SOLEIL - LUNE LANGRES 2025

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