

LEVERS et COUCHERS SOLEIL - LUNE LENS 2025

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