

LEVERS et COUCHERS SOLEIL - LUNE MENDE 2025

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