

LEVERS et COUCHERS SOLEIL - LUNE MONTLUÇON 2025

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