

LEVERS et COUCHERS SOLEIL - LUNE PAMIERS 2025

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