

# LEVERS et COUCHERS SOLEIL - LUNE SARREGUEMINES 2025

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