

# LEVERS et COUCHERS SOLEIL - LUNE THANN 2025

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