

LEVERS et COUCHERS SOLEIL - LUNE THIONVILLE 2025

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