

# Mora: Solens upp- och nedgångar år 2025

|    | Januari     | Februari    | Mars        | April       | Maj         | Juni        | Juli        | Augusti     | September   | Oktober     | November    | December    |
|----|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 1  | 09:14 14:58 | 08:21 16:11 | 07:02 17:27 | 06:25 19:48 | 04:54 21:06 | 03:40 22:20 | 03:32 22:38 | 04:36 21:38 | 05:54 20:07 | 07:08 18:33 | 07:29 16:01 | 08:46 14:56 |
| 2  | 09:13 14:59 | 08:18 16:13 | 06:59 17:30 | 06:22 19:50 | 04:51 21:08 | 03:39 22:22 | 03:33 22:37 | 04:38 21:36 | 05:57 20:04 | 07:11 18:30 | 07:31 15:58 | 08:48 14:54 |
| 3  | 09:12 15:01 | 08:16 16:16 | 06:56 17:33 | 06:19 19:53 | 04:48 21:11 | 03:37 22:24 | 03:35 22:36 | 04:41 21:33 | 05:59 20:01 | 07:13 18:27 | 07:34 15:56 | 08:50 14:53 |
| 4  | 09:11 15:03 | 08:13 16:19 | 06:53 17:35 | 06:16 19:55 | 04:45 21:13 | 03:36 22:25 | 03:36 22:35 | 04:43 21:30 | 06:02 19:58 | 07:16 18:24 | 07:37 15:53 | 08:52 14:52 |
| 5  | 09:10 15:04 | 08:10 16:22 | 06:50 17:38 | 06:12 19:58 | 04:43 21:16 | 03:34 22:27 | 03:38 22:34 | 04:46 21:28 | 06:04 19:55 | 07:18 18:21 | 07:40 15:50 | 08:54 14:51 |
| 6  | 09:09 15:06 | 08:08 16:25 | 06:46 17:41 | 06:09 20:00 | 04:40 21:19 | 03:33 22:29 | 03:39 22:33 | 04:48 21:25 | 06:07 19:52 | 07:21 18:17 | 07:42 15:48 | 08:56 14:50 |
| 7  | 09:08 15:08 | 08:05 16:27 | 06:43 17:43 | 06:06 20:03 | 04:37 21:21 | 03:32 22:30 | 03:41 22:31 | 04:51 21:22 | 06:09 19:49 | 07:23 18:14 | 07:45 15:45 | 08:58 14:49 |
| 8  | 09:07 15:10 | 08:03 16:30 | 06:40 17:46 | 06:03 20:06 | 04:34 21:24 | 03:31 22:32 | 03:42 22:30 | 04:54 21:19 | 06:12 19:45 | 07:26 18:11 | 07:48 15:42 | 08:59 14:48 |
| 9  | 09:06 15:12 | 08:00 16:33 | 06:37 17:49 | 06:00 20:08 | 04:32 21:26 | 03:30 22:33 | 03:44 22:28 | 04:56 21:16 | 06:14 19:42 | 07:28 18:08 | 07:50 15:40 | 09:01 14:47 |
| 10 | 09:05 15:14 | 07:57 16:36 | 06:34 17:51 | 05:57 20:11 | 04:29 21:29 | 03:29 22:34 | 03:46 22:27 | 04:59 21:14 | 06:16 19:39 | 07:31 18:05 | 07:53 15:37 | 09:02 14:46 |
| 11 | 09:03 15:16 | 07:54 16:39 | 06:31 17:54 | 05:54 20:13 | 04:26 21:32 | 03:28 22:35 | 03:48 22:25 | 05:01 21:11 | 06:19 19:36 | 07:33 18:02 | 07:56 15:35 | 09:04 14:46 |
| 12 | 09:02 15:19 | 07:52 16:41 | 06:28 17:56 | 05:51 20:16 | 04:24 21:34 | 03:27 22:36 | 03:50 22:24 | 05:04 21:08 | 06:21 19:33 | 07:36 17:59 | 07:59 15:32 | 09:05 14:45 |
| 13 | 09:00 15:21 | 07:49 16:44 | 06:25 17:59 | 05:48 20:18 | 04:21 21:37 | 03:27 22:37 | 03:52 22:22 | 05:06 21:05 | 06:24 19:30 | 07:39 17:56 | 08:01 15:30 | 09:07 14:45 |
| 14 | 08:59 15:23 | 07:46 16:47 | 06:21 18:02 | 05:45 20:21 | 04:19 21:39 | 03:26 22:38 | 03:54 22:20 | 05:09 21:02 | 06:26 19:26 | 07:41 17:53 | 08:04 15:28 | 09:08 14:45 |
| 15 | 08:57 15:26 | 07:43 16:50 | 06:18 18:04 | 05:41 20:24 | 04:16 21:42 | 03:26 22:39 | 03:56 22:18 | 05:11 20:59 | 06:29 19:23 | 07:44 17:50 | 08:07 15:25 | 09:09 14:45 |
| 16 | 08:55 15:28 | 07:40 16:52 | 06:15 18:07 | 05:38 20:26 | 04:14 21:44 | 03:25 22:40 | 03:58 22:16 | 05:14 20:56 | 06:31 19:20 | 07:46 17:47 | 08:09 15:23 | 09:10 14:45 |
| 17 | 08:54 15:31 | 07:37 16:55 | 06:12 18:09 | 05:35 20:29 | 04:11 21:47 | 03:25 22:40 | 04:00 22:14 | 05:16 20:53 | 06:34 19:17 | 07:49 17:44 | 08:12 15:21 | 09:11 14:45 |
| 18 | 08:52 15:33 | 07:34 16:58 | 06:09 18:12 | 05:32 20:31 | 04:09 21:49 | 03:25 22:41 | 04:02 22:12 | 05:19 20:50 | 06:36 19:14 | 07:52 17:41 | 08:14 15:19 | 09:12 14:45 |
| 19 | 08:50 15:36 | 07:31 17:01 | 06:06 18:14 | 05:29 20:34 | 04:06 21:52 | 03:25 22:41 | 04:05 22:10 | 05:21 20:47 | 06:39 19:11 | 07:54 17:38 | 08:17 15:17 | 09:13 14:45 |
| 20 | 08:48 15:38 | 07:28 17:03 | 06:03 18:17 | 05:26 20:37 | 04:04 21:54 | 03:25 22:42 | 04:07 22:08 | 05:24 20:44 | 06:41 19:08 | 07:57 17:35 | 08:19 15:14 | 09:13 14:45 |
| 21 | 08:46 15:41 | 07:26 17:06 | 06:00 18:19 | 05:23 20:39 | 04:02 21:57 | 03:25 22:42 | 04:09 22:06 | 05:27 20:41 | 06:44 19:05 | 08:00 17:32 | 08:22 15:12 | 09:14 14:46 |
| 22 | 08:44 15:44 | 07:23 17:09 | 05:57 18:22 | 05:20 20:42 | 04:00 21:59 | 03:25 22:42 | 04:11 22:03 | 05:29 20:38 | 06:46 19:01 | 08:02 17:29 | 08:25 15:11 | 09:14 14:46 |
| 23 | 08:42 15:46 | 07:20 17:11 | 05:53 18:24 | 05:17 20:44 | 03:58 22:01 | 03:26 22:42 | 04:14 22:01 | 05:32 20:35 | 06:48 18:58 | 08:05 17:26 | 08:27 15:09 | 09:15 14:47 |
| 24 | 08:39 15:49 | 07:17 17:14 | 05:50 18:27 | 05:14 20:47 | 03:55 22:04 | 03:26 22:42 | 04:16 21:59 | 05:34 20:32 | 06:51 18:55 | 08:07 17:23 | 08:29 15:07 | 09:15 14:48 |
| 25 | 08:37 15:52 | 07:14 17:17 | 05:47 18:30 | 05:11 20:50 | 03:53 22:06 | 03:27 22:42 | 04:18 21:56 | 05:37 20:29 | 06:53 18:52 | 08:10 17:20 | 08:32 15:05 | 09:15 14:49 |
| 26 | 08:35 15:54 | 07:11 17:19 | 05:44 18:32 | 05:08 20:52 | 03:51 22:08 | 03:27 22:41 | 04:21 21:54 | 05:39 20:26 | 06:56 18:49 | 07:13 16:18 | 08:34 15:03 | 09:15 14:50 |
| 27 | 08:33 15:57 | 07:08 17:22 | 05:41 18:35 | 05:05 20:55 | 03:49 22:10 | 03:28 22:41 | 04:23 21:51 | 05:42 20:23 | 06:58 18:46 | 07:15 16:15 | 08:37 15:02 | 09:15 14:51 |
| 28 | 08:30 16:00 | 07:05 17:25 | 05:38 18:37 | 05:03 20:58 | 03:47 22:12 | 03:29 22:40 | 04:26 21:49 | 05:44 20:20 | 07:01 18:42 | 07:18 16:12 | 08:39 15:00 | 09:15 14:52 |
| 29 | 08:28 16:03 |             | 05:34 18:40 | 05:00 21:00 | 03:45 22:14 | 03:30 22:40 | 04:28 21:46 | 05:47 20:17 | 07:03 18:39 | 07:21 16:09 | 08:41 14:58 | 09:15 14:53 |
| 30 | 08:26 16:05 |             | 06:31 19:42 | 04:57 21:03 | 03:44 22:16 | 03:31 22:39 | 04:31 21:44 | 05:49 20:14 | 07:06 18:36 | 07:23 16:06 | 08:43 14:57 | 09:15 14:54 |
| 31 | 08:23 16:08 |             | 06:28 19:45 |             | 03:42 22:18 |             | 04:33 21:41 | 05:52 20:11 |             | 07:26 16:04 |             | 09:14 14:56 |

Framtagen av André Franke, meteorolog och amatörastronom, [www.astroinfo.se](http://www.astroinfo.se)

Beräkningarna avser solens överkant.

... - upp- eller nedgången inträffar först nästa dag

under/över - solen befinner sig dygnet runt under/över horisonten och går varken upp eller ner. Detta händer enbart i nordligaste Sverige.

två tider för upp- eller nedgången betyder att solen går upp eller ned två gånger samma dag. Detta händer enbart i sällsynta fall i nordligaste Sverige.