

# Helsingborg: Månens upp- och nedgångar år 2025

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

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

Beräkningarna avser månens överkant.

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

under/över - månen befinner sig dygnet runt under/över horisonten och går varken upp eller ner. Detta kan hända enbart i norra Sverige.

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