

Mora: Månens upp- och nedgångar år 2025

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

Framtagen av André Franke, meteorolog och amatörastronom, 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.