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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2024 | | | | | |
| Monchegorsk, Russia | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 1:15 AM  Sunset: 12:33 AM  Daylight: 23 hours and 18 minutes. | Sunrise: 1:31 AM  Sunset: 12:18 AM  Daylight: 22 hours and 46 minutes. | Sunrise: 1:42 AM  Sunset: 12:06 AM  Daylight: 22 hours and 24 minutes. | Sunrise: 1:52 AM  Sunset: 11:57 PM  Daylight: 22 hours and 5 minutes. |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Sunrise: 2:00 AM  Sunset: 11:49 PM  Daylight: 21 hours and 49 minutes. | Sunrise: 2:07 AM  Sunset: 11:42 PM  Daylight: 21 hours and 34 minutes. | Sunrise: 2:14 AM  Sunset: 11:35 PM  Daylight: 21 hours and 20 minutes. | Sunrise: 2:21 AM  Sunset: 11:28 PM  Daylight: 21 hours and 7 minutes. | Sunrise: 2:27 AM  Sunset: 11:22 PM  Daylight: 20 hours and 54 minutes. | Sunrise: 2:33 AM  Sunset: 11:16 PM  Daylight: 20 hours and 42 minutes. | Sunrise: 2:39 AM  Sunset: 11:10 PM  Daylight: 20 hours and 30 minutes. |
| 28 | 29 | 30 | 31 |  |  |  |
| Sunrise: 2:45 AM  Sunset: 11:04 PM  Daylight: 20 hours and 19 minutes. | Sunrise: 2:50 AM  Sunset: 10:59 PM  Daylight: 20 hours and 8 minutes. | Sunrise: 2:56 AM  Sunset: 10:53 PM  Daylight: 19 hours and 57 minutes. | Sunrise: 3:01 AM  Sunset: 10:48 PM  Daylight: 19 hours and 47 minutes. |  |  |  |