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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2024 | | | | | |
| Nar’yan-Mar, 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: 11:50 PM  Sunset: 11:17 PM  Daylight: 23 hours and 27 minutes. | Sunrise: 12:07 AM  Sunset: 11:00 PM  Daylight: 22 hours and 53 minutes. | Sunrise: 12:18 AM  Sunset: 10:49 PM  Daylight: 22 hours and 30 minutes. | Sunrise: 12:28 AM  Sunset: 10:40 PM  Daylight: 22 hours and 12 minutes. | Sunrise: 12:36 AM  Sunset: 10:32 PM  Daylight: 21 hours and 56 minutes. | Sunrise: 12:43 AM  Sunset: 10:25 PM  Daylight: 21 hours and 41 minutes. |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Sunrise: 12:50 AM  Sunset: 10:18 PM  Daylight: 21 hours and 27 minutes. | Sunrise: 12:57 AM  Sunset: 10:11 PM  Daylight: 21 hours and 14 minutes. | Sunrise: 1:03 AM  Sunset: 10:05 PM  Daylight: 21 hours and 2 minutes. | Sunrise: 1:09 AM  Sunset: 9:59 PM  Daylight: 20 hours and 50 minutes. | Sunrise: 1:14 AM  Sunset: 9:54 PM  Daylight: 20 hours and 39 minutes. | Sunrise: 1:20 AM  Sunset: 9:48 PM  Daylight: 20 hours and 28 minutes. | Sunrise: 1:25 AM  Sunset: 9:43 PM  Daylight: 20 hours and 17 minutes. |
| 28 | 29 | 30 | 31 |  |  |  |
| Sunrise: 1:31 AM  Sunset: 9:37 PM  Daylight: 20 hours and 6 minutes. | Sunrise: 1:36 AM  Sunset: 9:32 PM  Daylight: 19 hours and 56 minutes. | Sunrise: 1:41 AM  Sunset: 9:27 PM  Daylight: 19 hours and 46 minutes. | Sunrise: 1:46 AM  Sunset: 9:22 PM  Daylight: 19 hours and 36 minutes. |  |  |  |