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|  | January 2025 |
| El Progreso, Honduras |
| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|   |   |   | 1  | 2  | 3  | 4  |
|     |     |     | Sunrise: 6:17 AM Sunset: 5:31 PM Daylight: 11 hours and 13 minutes.  | Sunrise: 6:18 AM Sunset: 5:32 PM Daylight: 11 hours and 14 minutes.  | Sunrise: 6:18 AM Sunset: 5:32 PM Daylight: 11 hours and 14 minutes.  | Sunrise: 6:18 AM Sunset: 5:33 PM Daylight: 11 hours and 14 minutes.  |
| 5  | 6  | 7  | 8  | 9  | 10  | 11  |
| Sunrise: 6:19 AM Sunset: 5:33 PM Daylight: 11 hours and 14 minutes.  | Sunrise: 6:19 AM Sunset: 5:34 PM Daylight: 11 hours and 15 minutes.  | Sunrise: 6:19 AM Sunset: 5:35 PM Daylight: 11 hours and 15 minutes.  | Sunrise: 6:19 AM Sunset: 5:35 PM Daylight: 11 hours and 15 minutes.  | Sunrise: 6:20 AM Sunset: 5:36 PM Daylight: 11 hours and 16 minutes.  | Sunrise: 6:20 AM Sunset: 5:36 PM Daylight: 11 hours and 16 minutes.  | Sunrise: 6:20 AM Sunset: 5:37 PM Daylight: 11 hours and 16 minutes.  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| Sunrise: 6:20 AM Sunset: 5:38 PM Daylight: 11 hours and 17 minutes.  | Sunrise: 6:20 AM Sunset: 5:38 PM Daylight: 11 hours and 17 minutes.  | Sunrise: 6:21 AM Sunset: 5:39 PM Daylight: 11 hours and 18 minutes.  | Sunrise: 6:21 AM Sunset: 5:39 PM Daylight: 11 hours and 18 minutes.  | Sunrise: 6:21 AM Sunset: 5:40 PM Daylight: 11 hours and 19 minutes.  | Sunrise: 6:21 AM Sunset: 5:40 PM Daylight: 11 hours and 19 minutes.  | Sunrise: 6:21 AM Sunset: 5:41 PM Daylight: 11 hours and 20 minutes.  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| Sunrise: 6:21 AM Sunset: 5:42 PM Daylight: 11 hours and 20 minutes.  | Sunrise: 6:21 AM Sunset: 5:42 PM Daylight: 11 hours and 21 minutes.  | Sunrise: 6:21 AM Sunset: 5:43 PM Daylight: 11 hours and 21 minutes.  | Sunrise: 6:21 AM Sunset: 5:43 PM Daylight: 11 hours and 22 minutes.  | Sunrise: 6:21 AM Sunset: 5:44 PM Daylight: 11 hours and 22 minutes.  | Sunrise: 6:21 AM Sunset: 5:44 PM Daylight: 11 hours and 23 minutes.  | Sunrise: 6:21 AM Sunset: 5:45 PM Daylight: 11 hours and 23 minutes.  |
| 26  | 27  | 28  | 29  | 30  | 31  |   |
| Sunrise: 6:21 AM Sunset: 5:45 PM Daylight: 11 hours and 24 minutes.  | Sunrise: 6:21 AM Sunset: 5:46 PM Daylight: 11 hours and 25 minutes.  | Sunrise: 6:21 AM Sunset: 5:46 PM Daylight: 11 hours and 25 minutes.  | Sunrise: 6:21 AM Sunset: 5:47 PM Daylight: 11 hours and 26 minutes.  | Sunrise: 6:20 AM Sunset: 5:47 PM Daylight: 11 hours and 27 minutes.  | Sunrise: 6:20 AM Sunset: 5:48 PM Daylight: 11 hours and 27 minutes.  |     |