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| --- | --- | --- | --- | --- | --- | --- |
|  | May 2025 | | | | | |
| Helena, Alabama, United States | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  | Sunrise: 5:59 AM  Sunset: 7:29 PM  Daylight: 13 hours and 30 minutes. | Sunrise: 5:58 AM  Sunset: 7:30 PM  Daylight: 13 hours and 31 minutes. | Sunrise: 5:57 AM  Sunset: 7:31 PM  Daylight: 13 hours and 33 minutes. |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Sunrise: 5:56 AM  Sunset: 7:31 PM  Daylight: 13 hours and 35 minutes. | Sunrise: 5:55 AM  Sunset: 7:32 PM  Daylight: 13 hours and 36 minutes. | Sunrise: 5:54 AM  Sunset: 7:33 PM  Daylight: 13 hours and 38 minutes. | Sunrise: 5:53 AM  Sunset: 7:34 PM  Daylight: 13 hours and 40 minutes. | Sunrise: 5:52 AM  Sunset: 7:34 PM  Daylight: 13 hours and 41 minutes. | Sunrise: 5:52 AM  Sunset: 7:35 PM  Daylight: 13 hours and 43 minutes. | Sunrise: 5:51 AM  Sunset: 7:36 PM  Daylight: 13 hours and 44 minutes. |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Sunrise: 5:50 AM  Sunset: 7:37 PM  Daylight: 13 hours and 46 minutes. | Sunrise: 5:49 AM  Sunset: 7:37 PM  Daylight: 13 hours and 48 minutes. | Sunrise: 5:48 AM  Sunset: 7:38 PM  Daylight: 13 hours and 49 minutes. | Sunrise: 5:48 AM  Sunset: 7:39 PM  Daylight: 13 hours and 51 minutes. | Sunrise: 5:47 AM  Sunset: 7:39 PM  Daylight: 13 hours and 52 minutes. | Sunrise: 5:46 AM  Sunset: 7:40 PM  Daylight: 13 hours and 53 minutes. | Sunrise: 5:46 AM  Sunset: 7:41 PM  Daylight: 13 hours and 55 minutes. |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Sunrise: 5:45 AM  Sunset: 7:42 PM  Daylight: 13 hours and 56 minutes. | Sunrise: 5:44 AM  Sunset: 7:42 PM  Daylight: 13 hours and 58 minutes. | Sunrise: 5:44 AM  Sunset: 7:43 PM  Daylight: 13 hours and 59 minutes. | Sunrise: 5:43 AM  Sunset: 7:44 PM  Daylight: 14 hours and 0 minutes. | Sunrise: 5:43 AM  Sunset: 7:44 PM  Daylight: 14 hours and 1 minute. | Sunrise: 5:42 AM  Sunset: 7:45 PM  Daylight: 14 hours and 3 minutes. | Sunrise: 5:42 AM  Sunset: 7:46 PM  Daylight: 14 hours and 4 minutes. |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Sunrise: 5:41 AM  Sunset: 7:47 PM  Daylight: 14 hours and 5 minutes. | Sunrise: 5:41 AM  Sunset: 7:47 PM  Daylight: 14 hours and 6 minutes. | Sunrise: 5:40 AM  Sunset: 7:48 PM  Daylight: 14 hours and 7 minutes. | Sunrise: 5:40 AM  Sunset: 7:48 PM  Daylight: 14 hours and 8 minutes. | Sunrise: 5:39 AM  Sunset: 7:49 PM  Daylight: 14 hours and 9 minutes. | Sunrise: 5:39 AM  Sunset: 7:50 PM  Daylight: 14 hours and 10 minutes. | Sunrise: 5:39 AM  Sunset: 7:50 PM  Daylight: 14 hours and 11 minutes. |