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