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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2025 | | | | | |
| Apatity, Russia | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 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 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 1:13 AM  Sunset: 12:30 AM  Daylight: 23 hours and 17 minutes. | Sunrise: 1:28 AM  Sunset: 12:16 AM  Daylight: 22 hours and 48 minutes. | Sunrise: 1:38 AM  Sunset: 12:06 AM  Daylight: 22 hours and 27 minutes. | Sunrise: 1:47 AM  Sunset: 11:57 PM  Daylight: 22 hours and 9 minutes. | Sunrise: 1:55 AM  Sunset: 11:49 PM  Daylight: 21 hours and 53 minutes. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 2:03 AM  Sunset: 11:42 PM  Daylight: 21 hours and 39 minutes. | Sunrise: 2:09 AM  Sunset: 11:35 PM  Daylight: 21 hours and 26 minutes. | Sunrise: 2:16 AM  Sunset: 11:29 PM  Daylight: 21 hours and 13 minutes. | Sunrise: 2:22 AM  Sunset: 11:23 PM  Daylight: 21 hours and 1 minute. | Sunrise: 2:28 AM  Sunset: 11:17 PM  Daylight: 20 hours and 49 minutes. | Sunrise: 2:33 AM  Sunset: 11:12 PM  Daylight: 20 hours and 38 minutes. | Sunrise: 2:39 AM  Sunset: 11:06 PM  Daylight: 20 hours and 27 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 2:44 AM  Sunset: 11:01 PM  Daylight: 20 hours and 16 minutes. | Sunrise: 2:49 AM  Sunset: 10:56 PM  Daylight: 20 hours and 6 minutes. | Sunrise: 2:54 AM  Sunset: 10:50 PM  Daylight: 19 hours and 55 minutes. | Sunrise: 2:59 AM  Sunset: 10:45 PM  Daylight: 19 hours and 45 minutes. | Sunrise: 3:04 AM  Sunset: 10:40 PM  Daylight: 19 hours and 36 minutes. |  |  |