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|  | July 2025 | | | | | |
| Damavand, Tehran, Iran | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Sunrise: 4:49 AM  Sunset: 7:21 PM  Daylight: 14 hours and 32 minutes. | Sunrise: 4:49 AM  Sunset: 7:21 PM  Daylight: 14 hours and 31 minutes. | Sunrise: 4:50 AM  Sunset: 7:21 PM  Daylight: 14 hours and 31 minutes. | Sunrise: 4:50 AM  Sunset: 7:21 PM  Daylight: 14 hours and 30 minutes. | Sunrise: 4:51 AM  Sunset: 7:21 PM  Daylight: 14 hours and 29 minutes. |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Sunrise: 4:51 AM  Sunset: 7:21 PM  Daylight: 14 hours and 29 minutes. | Sunrise: 4:52 AM  Sunset: 7:20 PM  Daylight: 14 hours and 28 minutes. | Sunrise: 4:52 AM  Sunset: 7:20 PM  Daylight: 14 hours and 27 minutes. | Sunrise: 4:53 AM  Sunset: 7:20 PM  Daylight: 14 hours and 26 minutes. | Sunrise: 4:54 AM  Sunset: 7:20 PM  Daylight: 14 hours and 26 minutes. | Sunrise: 4:54 AM  Sunset: 7:19 PM  Daylight: 14 hours and 25 minutes. | Sunrise: 4:55 AM  Sunset: 7:19 PM  Daylight: 14 hours and 24 minutes. |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Sunrise: 4:55 AM  Sunset: 7:19 PM  Daylight: 14 hours and 23 minutes. | Sunrise: 4:56 AM  Sunset: 7:18 PM  Daylight: 14 hours and 22 minutes. | Sunrise: 4:57 AM  Sunset: 7:18 PM  Daylight: 14 hours and 20 minutes. | Sunrise: 4:57 AM  Sunset: 7:17 PM  Daylight: 14 hours and 19 minutes. | Sunrise: 4:58 AM  Sunset: 7:17 PM  Daylight: 14 hours and 18 minutes. | Sunrise: 4:59 AM  Sunset: 7:16 PM  Daylight: 14 hours and 17 minutes. | Sunrise: 4:59 AM  Sunset: 7:16 PM  Daylight: 14 hours and 16 minutes. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 5:00 AM  Sunset: 7:15 PM  Daylight: 14 hours and 14 minutes. | Sunrise: 5:01 AM  Sunset: 7:14 PM  Daylight: 14 hours and 13 minutes. | Sunrise: 5:02 AM  Sunset: 7:14 PM  Daylight: 14 hours and 12 minutes. | Sunrise: 5:02 AM  Sunset: 7:13 PM  Daylight: 14 hours and 10 minutes. | Sunrise: 5:03 AM  Sunset: 7:12 PM  Daylight: 14 hours and 9 minutes. | Sunrise: 5:04 AM  Sunset: 7:12 PM  Daylight: 14 hours and 7 minutes. | Sunrise: 5:05 AM  Sunset: 7:11 PM  Daylight: 14 hours and 6 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 5:05 AM  Sunset: 7:10 PM  Daylight: 14 hours and 4 minutes. | Sunrise: 5:06 AM  Sunset: 7:09 PM  Daylight: 14 hours and 3 minutes. | Sunrise: 5:07 AM  Sunset: 7:09 PM  Daylight: 14 hours and 1 minute. | Sunrise: 5:08 AM  Sunset: 7:08 PM  Daylight: 14 hours and 0 minutes. | Sunrise: 5:08 AM  Sunset: 7:07 PM  Daylight: 13 hours and 58 minutes. |  |  |