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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2025 | | | | | |
| El Progreso, Honduras | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Sunrise: 5:24 AM  Sunset: 6:25 PM  Daylight: 13 hours and 1 minute. | Sunrise: 5:24 AM  Sunset: 6:25 PM  Daylight: 13 hours and 1 minute. | Sunrise: 5:24 AM  Sunset: 6:26 PM  Daylight: 13 hours and 1 minute. | Sunrise: 5:25 AM  Sunset: 6:26 PM  Daylight: 13 hours and 0 minutes. | Sunrise: 5:25 AM  Sunset: 6:26 PM  Daylight: 13 hours and 0 minutes. |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Sunrise: 5:25 AM  Sunset: 6:26 PM  Daylight: 13 hours and 0 minutes. | Sunrise: 5:26 AM  Sunset: 6:26 PM  Daylight: 13 hours and 0 minutes. | Sunrise: 5:26 AM  Sunset: 6:26 PM  Daylight: 12 hours and 59 minutes. | Sunrise: 5:26 AM  Sunset: 6:26 PM  Daylight: 12 hours and 59 minutes. | Sunrise: 5:26 AM  Sunset: 6:26 PM  Daylight: 12 hours and 59 minutes. | Sunrise: 5:27 AM  Sunset: 6:26 PM  Daylight: 12 hours and 58 minutes. | Sunrise: 5:27 AM  Sunset: 6:26 PM  Daylight: 12 hours and 58 minutes. |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Sunrise: 5:27 AM  Sunset: 6:26 PM  Daylight: 12 hours and 58 minutes. | Sunrise: 5:28 AM  Sunset: 6:25 PM  Daylight: 12 hours and 57 minutes. | Sunrise: 5:28 AM  Sunset: 6:25 PM  Daylight: 12 hours and 57 minutes. | Sunrise: 5:28 AM  Sunset: 6:25 PM  Daylight: 12 hours and 56 minutes. | Sunrise: 5:29 AM  Sunset: 6:25 PM  Daylight: 12 hours and 56 minutes. | Sunrise: 5:29 AM  Sunset: 6:25 PM  Daylight: 12 hours and 56 minutes. | Sunrise: 5:29 AM  Sunset: 6:25 PM  Daylight: 12 hours and 55 minutes. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 5:30 AM  Sunset: 6:25 PM  Daylight: 12 hours and 55 minutes. | Sunrise: 5:30 AM  Sunset: 6:24 PM  Daylight: 12 hours and 54 minutes. | Sunrise: 5:30 AM  Sunset: 6:24 PM  Daylight: 12 hours and 54 minutes. | Sunrise: 5:30 AM  Sunset: 6:24 PM  Daylight: 12 hours and 53 minutes. | Sunrise: 5:31 AM  Sunset: 6:24 PM  Daylight: 12 hours and 53 minutes. | Sunrise: 5:31 AM  Sunset: 6:24 PM  Daylight: 12 hours and 52 minutes. | Sunrise: 5:31 AM  Sunset: 6:23 PM  Daylight: 12 hours and 51 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 5:32 AM  Sunset: 6:23 PM  Daylight: 12 hours and 51 minutes. | Sunrise: 5:32 AM  Sunset: 6:23 PM  Daylight: 12 hours and 50 minutes. | Sunrise: 5:32 AM  Sunset: 6:22 PM  Daylight: 12 hours and 50 minutes. | Sunrise: 5:32 AM  Sunset: 6:22 PM  Daylight: 12 hours and 49 minutes. | Sunrise: 5:33 AM  Sunset: 6:22 PM  Daylight: 12 hours and 49 minutes. |  |  |