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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2025 | | | | | |
| Monchegorsk, 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: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 1:09 AM  Sunset: 12:39 AM  Daylight: 23 hours and 30 minutes. | Sunrise: 1:28 AM  Sunset: 12:21 AM  Daylight: 22 hours and 52 minutes. | Sunrise: 1:40 AM  Sunset: 12:09 AM  Daylight: 22 hours and 29 minutes. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 1:49 AM  Sunset: 11:59 PM  Daylight: 22 hours and 9 minutes. | Sunrise: 1:58 AM  Sunset: 11:51 PM  Daylight: 21 hours and 53 minutes. | Sunrise: 2:06 AM  Sunset: 11:43 PM  Daylight: 21 hours and 37 minutes. | Sunrise: 2:13 AM  Sunset: 11:36 PM  Daylight: 21 hours and 23 minutes. | Sunrise: 2:19 AM  Sunset: 11:30 PM  Daylight: 21 hours and 10 minutes. | Sunrise: 2:26 AM  Sunset: 11:23 PM  Daylight: 20 hours and 57 minutes. | Sunrise: 2:32 AM  Sunset: 11:17 PM  Daylight: 20 hours and 45 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 2:38 AM  Sunset: 11:11 PM  Daylight: 20 hours and 33 minutes. | Sunrise: 2:44 AM  Sunset: 11:06 PM  Daylight: 20 hours and 22 minutes. | Sunrise: 2:49 AM  Sunset: 11:00 PM  Daylight: 20 hours and 10 minutes. | Sunrise: 2:54 AM  Sunset: 10:55 PM  Daylight: 20 hours and 0 minutes. | Sunrise: 3:00 AM  Sunset: 10:49 PM  Daylight: 19 hours and 49 minutes. |  |  |