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|  | July 2025 |
| Nar’yan-Mar, 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: 11:42 PM Sunset: 11:25 PM Daylight: 23 hours and 42 minutes.  | Sunrise: 12:04 AM Sunset: 11:03 PM Daylight: 22 hours and 59 minutes.  | Sunrise: 12:16 AM Sunset: 10:52 PM Daylight: 22 hours and 35 minutes.  | Sunrise: 12:25 AM Sunset: 10:42 PM Daylight: 22 hours and 16 minutes.  | Sunrise: 12:34 AM Sunset: 10:34 PM Daylight: 21 hours and 59 minutes.  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| Sunrise: 12:41 AM Sunset: 10:26 PM Daylight: 21 hours and 44 minutes.  | Sunrise: 12:48 AM Sunset: 10:19 PM Daylight: 21 hours and 31 minutes.  | Sunrise: 12:55 AM Sunset: 10:13 PM Daylight: 21 hours and 17 minutes.  | Sunrise: 1:01 AM Sunset: 10:07 PM Daylight: 21 hours and 5 minutes.  | Sunrise: 1:07 AM Sunset: 10:01 PM Daylight: 20 hours and 53 minutes.  | Sunrise: 1:13 AM Sunset: 9:55 PM Daylight: 20 hours and 41 minutes.  | Sunrise: 1:19 AM Sunset: 9:49 PM Daylight: 20 hours and 30 minutes.  |
| 27  | 28  | 29  | 30  | 31  |   |   |
| Sunrise: 1:24 AM Sunset: 9:44 PM Daylight: 20 hours and 19 minutes.  | Sunrise: 1:29 AM Sunset: 9:39 PM Daylight: 20 hours and 9 minutes.  | Sunrise: 1:35 AM Sunset: 9:33 PM Daylight: 19 hours and 58 minutes.  | Sunrise: 1:40 AM Sunset: 9:28 PM Daylight: 19 hours and 48 minutes.  | Sunrise: 1:45 AM Sunset: 9:23 PM Daylight: 19 hours and 38 minutes.  |     |     |