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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. |  |  |