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|  | July 2025 |
| Pol-e Sefid, Mazandaran, Iran |
| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|   |   | 1  | 2  | 3  | 4  | 5  |
|     |     | Sunrise: 4:44 AM Sunset: 7:18 PM Daylight: 14 hours and 34 minutes.  | Sunrise: 4:44 AM Sunset: 7:18 PM Daylight: 14 hours and 34 minutes.  | Sunrise: 4:45 AM Sunset: 7:18 PM Daylight: 14 hours and 33 minutes.  | Sunrise: 4:45 AM Sunset: 7:18 PM Daylight: 14 hours and 32 minutes.  | Sunrise: 4:46 AM Sunset: 7:18 PM Daylight: 14 hours and 32 minutes.  |
| 6  | 7  | 8  | 9  | 10  | 11  | 12  |
| Sunrise: 4:46 AM Sunset: 7:18 PM Daylight: 14 hours and 31 minutes.  | Sunrise: 4:47 AM Sunset: 7:18 PM Daylight: 14 hours and 30 minutes.  | Sunrise: 4:47 AM Sunset: 7:17 PM Daylight: 14 hours and 29 minutes.  | Sunrise: 4:48 AM Sunset: 7:17 PM Daylight: 14 hours and 29 minutes.  | Sunrise: 4:49 AM Sunset: 7:17 PM Daylight: 14 hours and 28 minutes.  | Sunrise: 4:49 AM Sunset: 7:16 PM Daylight: 14 hours and 27 minutes.  | Sunrise: 4:50 AM Sunset: 7:16 PM Daylight: 14 hours and 26 minutes.  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| Sunrise: 4:50 AM Sunset: 7:16 PM Daylight: 14 hours and 25 minutes.  | Sunrise: 4:51 AM Sunset: 7:15 PM Daylight: 14 hours and 24 minutes.  | Sunrise: 4:52 AM Sunset: 7:15 PM Daylight: 14 hours and 23 minutes.  | Sunrise: 4:52 AM Sunset: 7:14 PM Daylight: 14 hours and 21 minutes.  | Sunrise: 4:53 AM Sunset: 7:14 PM Daylight: 14 hours and 20 minutes.  | Sunrise: 4:54 AM Sunset: 7:13 PM Daylight: 14 hours and 19 minutes.  | Sunrise: 4:55 AM Sunset: 7:13 PM Daylight: 14 hours and 18 minutes.  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| Sunrise: 4:55 AM Sunset: 7:12 PM Daylight: 14 hours and 16 minutes.  | Sunrise: 4:56 AM Sunset: 7:11 PM Daylight: 14 hours and 15 minutes.  | Sunrise: 4:57 AM Sunset: 7:11 PM Daylight: 14 hours and 14 minutes.  | Sunrise: 4:57 AM Sunset: 7:10 PM Daylight: 14 hours and 12 minutes.  | Sunrise: 4:58 AM Sunset: 7:09 PM Daylight: 14 hours and 11 minutes.  | Sunrise: 4:59 AM Sunset: 7:09 PM Daylight: 14 hours and 9 minutes.  | Sunrise: 5:00 AM Sunset: 7:08 PM Daylight: 14 hours and 8 minutes.  |
| 27  | 28  | 29  | 30  | 31  |   |   |
| Sunrise: 5:00 AM Sunset: 7:07 PM Daylight: 14 hours and 6 minutes.  | Sunrise: 5:01 AM Sunset: 7:06 PM Daylight: 14 hours and 5 minutes.  | Sunrise: 5:02 AM Sunset: 7:06 PM Daylight: 14 hours and 3 minutes.  | Sunrise: 5:03 AM Sunset: 7:05 PM Daylight: 14 hours and 2 minutes.  | Sunrise: 5:04 AM Sunset: 7:04 PM Daylight: 14 hours and 0 minutes.  |     |     |