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|  | July 2025 |
| Puolanka, Kainuu, Finland |
| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|   |   | 1  | 2  | 3  | 4  | 5  |
|     |     | Sunrise: 2:28 AM Sunset: 11:57 PM Daylight: 21 hours and 29 minutes.  | Sunrise: 2:30 AM Sunset: 11:55 PM Daylight: 21 hours and 25 minutes.  | Sunrise: 2:33 AM Sunset: 11:53 PM Daylight: 21 hours and 20 minutes.  | Sunrise: 2:36 AM Sunset: 11:51 PM Daylight: 21 hours and 15 minutes.  | Sunrise: 2:38 AM Sunset: 11:49 PM Daylight: 21 hours and 10 minutes.  |
| 6  | 7  | 8  | 9  | 10  | 11  | 12  |
| Sunrise: 2:41 AM Sunset: 11:46 PM Daylight: 21 hours and 4 minutes.  | Sunrise: 2:44 AM Sunset: 11:43 PM Daylight: 20 hours and 59 minutes.  | Sunrise: 2:47 AM Sunset: 11:41 PM Daylight: 20 hours and 53 minutes.  | Sunrise: 2:50 AM Sunset: 11:38 PM Daylight: 20 hours and 47 minutes.  | Sunrise: 2:53 AM Sunset: 11:35 PM Daylight: 20 hours and 41 minutes.  | Sunrise: 2:56 AM Sunset: 11:32 PM Daylight: 20 hours and 35 minutes.  | Sunrise: 3:00 AM Sunset: 11:29 PM Daylight: 20 hours and 29 minutes.  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| Sunrise: 3:03 AM Sunset: 11:26 PM Daylight: 20 hours and 23 minutes.  | Sunrise: 3:06 AM Sunset: 11:23 PM Daylight: 20 hours and 16 minutes.  | Sunrise: 3:10 AM Sunset: 11:20 PM Daylight: 20 hours and 10 minutes.  | Sunrise: 3:13 AM Sunset: 11:17 PM Daylight: 20 hours and 3 minutes.  | Sunrise: 3:16 AM Sunset: 11:14 PM Daylight: 19 hours and 57 minutes.  | Sunrise: 3:20 AM Sunset: 11:10 PM Daylight: 19 hours and 50 minutes.  | Sunrise: 3:23 AM Sunset: 11:07 PM Daylight: 19 hours and 43 minutes.  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| Sunrise: 3:27 AM Sunset: 11:04 PM Daylight: 19 hours and 37 minutes.  | Sunrise: 3:30 AM Sunset: 11:00 PM Daylight: 19 hours and 30 minutes.  | Sunrise: 3:34 AM Sunset: 10:57 PM Daylight: 19 hours and 23 minutes.  | Sunrise: 3:37 AM Sunset: 10:54 PM Daylight: 19 hours and 16 minutes.  | Sunrise: 3:41 AM Sunset: 10:50 PM Daylight: 19 hours and 9 minutes.  | Sunrise: 3:44 AM Sunset: 10:47 PM Daylight: 19 hours and 2 minutes.  | Sunrise: 3:47 AM Sunset: 10:43 PM Daylight: 18 hours and 55 minutes.  |
| 27  | 28  | 29  | 30  | 31  |   |   |
| Sunrise: 3:51 AM Sunset: 10:40 PM Daylight: 18 hours and 48 minutes.  | Sunrise: 3:54 AM Sunset: 10:36 PM Daylight: 18 hours and 41 minutes.  | Sunrise: 3:58 AM Sunset: 10:33 PM Daylight: 18 hours and 35 minutes.  | Sunrise: 4:01 AM Sunset: 10:29 PM Daylight: 18 hours and 28 minutes.  | Sunrise: 4:05 AM Sunset: 10:26 PM Daylight: 18 hours and 21 minutes.  |     |     |