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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2025 | | | | | |
| Umba, 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: 12:55 AM  Sunset: 12:39 AM  Daylight: 23 hours and 43 minutes. | Sunrise: 1:13 AM  Sunset: 12:22 AM  Daylight: 23 hours and 8 minutes. | Sunrise: 1:23 AM  Sunset: 12:12 AM  Daylight: 22 hours and 48 minutes. | Sunrise: 1:32 AM  Sunset: 12:04 AM  Daylight: 22 hours and 32 minutes. | Sunrise: 1:39 AM  Sunset: 11:57 PM  Daylight: 22 hours and 17 minutes. |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Sunrise: 1:46 AM  Sunset: 11:50 PM  Daylight: 22 hours and 4 minutes. | Sunrise: 1:52 AM  Sunset: 11:44 PM  Daylight: 21 hours and 52 minutes. | Sunrise: 1:58 AM  Sunset: 11:38 PM  Daylight: 21 hours and 40 minutes. | Sunrise: 2:03 AM  Sunset: 11:33 PM  Daylight: 21 hours and 29 minutes. | Sunrise: 2:09 AM  Sunset: 11:28 PM  Daylight: 21 hours and 18 minutes. | Sunrise: 2:14 AM  Sunset: 11:23 PM  Daylight: 21 hours and 8 minutes. | Sunrise: 2:19 AM  Sunset: 11:18 PM  Daylight: 20 hours and 58 minutes. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 2:24 AM  Sunset: 11:13 PM  Daylight: 20 hours and 48 minutes. | Sunrise: 2:29 AM  Sunset: 11:08 PM  Daylight: 20 hours and 38 minutes. | Sunrise: 2:34 AM  Sunset: 11:03 PM  Daylight: 20 hours and 28 minutes. | Sunrise: 2:39 AM  Sunset: 10:58 PM  Daylight: 20 hours and 19 minutes. | Sunrise: 2:44 AM  Sunset: 10:54 PM  Daylight: 20 hours and 10 minutes. | Sunrise: 2:48 AM  Sunset: 10:49 PM  Daylight: 20 hours and 1 minute. | Sunrise: 2:53 AM  Sunset: 10:45 PM  Daylight: 19 hours and 51 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 2:57 AM  Sunset: 10:40 PM  Daylight: 19 hours and 42 minutes. | Sunrise: 3:02 AM  Sunset: 10:36 PM  Daylight: 19 hours and 34 minutes. | Sunrise: 3:06 AM  Sunset: 10:31 PM  Daylight: 19 hours and 25 minutes. | Sunrise: 3:10 AM  Sunset: 10:27 PM  Daylight: 19 hours and 16 minutes. | Sunrise: 3:15 AM  Sunset: 10:23 PM  Daylight: 19 hours and 8 minutes. |  |  |