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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.  |     |     |