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|  | August 2025 |
| Damavand, Tehran, Iran |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 5:09 AMSunset: 7:06 PMDaylight: 13 hours and 56 minutes. | Sunrise: 5:10 AMSunset: 7:05 PMDaylight: 13 hours and 55 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 5:11 AMSunset: 7:04 PMDaylight: 13 hours and 53 minutes. | Sunrise: 5:11 AMSunset: 7:03 PMDaylight: 13 hours and 51 minutes. | Sunrise: 5:12 AMSunset: 7:02 PMDaylight: 13 hours and 50 minutes. | Sunrise: 5:13 AMSunset: 7:01 PMDaylight: 13 hours and 48 minutes. | Sunrise: 5:14 AMSunset: 7:00 PMDaylight: 13 hours and 46 minutes. | Sunrise: 5:15 AMSunset: 6:59 PMDaylight: 13 hours and 44 minutes. | Sunrise: 5:15 AMSunset: 6:58 PMDaylight: 13 hours and 42 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 5:16 AMSunset: 6:57 PMDaylight: 13 hours and 41 minutes. | Sunrise: 5:17 AMSunset: 6:56 PMDaylight: 13 hours and 39 minutes. | Sunrise: 5:18 AMSunset: 6:55 PMDaylight: 13 hours and 37 minutes. | Sunrise: 5:18 AMSunset: 6:54 PMDaylight: 13 hours and 35 minutes. | Sunrise: 5:19 AMSunset: 6:53 PMDaylight: 13 hours and 33 minutes. | Sunrise: 5:20 AMSunset: 6:51 PMDaylight: 13 hours and 31 minutes. | Sunrise: 5:21 AMSunset: 6:50 PMDaylight: 13 hours and 29 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 5:22 AMSunset: 6:49 PMDaylight: 13 hours and 27 minutes. | Sunrise: 5:22 AMSunset: 6:48 PMDaylight: 13 hours and 25 minutes. | Sunrise: 5:23 AMSunset: 6:47 PMDaylight: 13 hours and 23 minutes. | Sunrise: 5:24 AMSunset: 6:45 PMDaylight: 13 hours and 21 minutes. | Sunrise: 5:25 AMSunset: 6:44 PMDaylight: 13 hours and 19 minutes. | Sunrise: 5:26 AMSunset: 6:43 PMDaylight: 13 hours and 17 minutes. | Sunrise: 5:26 AMSunset: 6:42 PMDaylight: 13 hours and 15 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 5:27 AMSunset: 6:40 PMDaylight: 13 hours and 13 minutes. | Sunrise: 5:28 AMSunset: 6:39 PMDaylight: 13 hours and 11 minutes. | Sunrise: 5:29 AMSunset: 6:38 PMDaylight: 13 hours and 9 minutes. | Sunrise: 5:29 AMSunset: 6:36 PMDaylight: 13 hours and 6 minutes. | Sunrise: 5:30 AMSunset: 6:35 PMDaylight: 13 hours and 4 minutes. | Sunrise: 5:31 AMSunset: 6:34 PMDaylight: 13 hours and 2 minutes. | Sunrise: 5:32 AMSunset: 6:32 PMDaylight: 13 hours and 0 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 5:32 AMSunset: 6:31 PMDaylight: 12 hours and 58 minutes. |  |  |  |  |  |  |