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|  | August 2025 |
| El Benque, Honduras |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 5:29 AMSunset: 6:14 PMDaylight: 12 hours and 44 minutes. | Sunrise: 5:30 AMSunset: 6:14 PMDaylight: 12 hours and 43 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 5:30 AMSunset: 6:13 PMDaylight: 12 hours and 43 minutes. | Sunrise: 5:30 AMSunset: 6:13 PMDaylight: 12 hours and 42 minutes. | Sunrise: 5:30 AMSunset: 6:13 PMDaylight: 12 hours and 42 minutes. | Sunrise: 5:31 AMSunset: 6:12 PMDaylight: 12 hours and 41 minutes. | Sunrise: 5:31 AMSunset: 6:12 PMDaylight: 12 hours and 40 minutes. | Sunrise: 5:31 AMSunset: 6:11 PMDaylight: 12 hours and 40 minutes. | Sunrise: 5:31 AMSunset: 6:11 PMDaylight: 12 hours and 39 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 5:31 AMSunset: 6:10 PMDaylight: 12 hours and 39 minutes. | Sunrise: 5:31 AMSunset: 6:10 PMDaylight: 12 hours and 38 minutes. | Sunrise: 5:32 AMSunset: 6:09 PMDaylight: 12 hours and 37 minutes. | Sunrise: 5:32 AMSunset: 6:09 PMDaylight: 12 hours and 37 minutes. | Sunrise: 5:32 AMSunset: 6:08 PMDaylight: 12 hours and 36 minutes. | Sunrise: 5:32 AMSunset: 6:08 PMDaylight: 12 hours and 35 minutes. | Sunrise: 5:32 AMSunset: 6:07 PMDaylight: 12 hours and 35 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 5:32 AMSunset: 6:07 PMDaylight: 12 hours and 34 minutes. | Sunrise: 5:32 AMSunset: 6:06 PMDaylight: 12 hours and 33 minutes. | Sunrise: 5:33 AMSunset: 6:06 PMDaylight: 12 hours and 33 minutes. | Sunrise: 5:33 AMSunset: 6:05 PMDaylight: 12 hours and 32 minutes. | Sunrise: 5:33 AMSunset: 6:04 PMDaylight: 12 hours and 31 minutes. | Sunrise: 5:33 AMSunset: 6:04 PMDaylight: 12 hours and 30 minutes. | Sunrise: 5:33 AMSunset: 6:03 PMDaylight: 12 hours and 30 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 5:33 AMSunset: 6:03 PMDaylight: 12 hours and 29 minutes. | Sunrise: 5:33 AMSunset: 6:02 PMDaylight: 12 hours and 28 minutes. | Sunrise: 5:33 AMSunset: 6:01 PMDaylight: 12 hours and 28 minutes. | Sunrise: 5:33 AMSunset: 6:01 PMDaylight: 12 hours and 27 minutes. | Sunrise: 5:33 AMSunset: 6:00 PMDaylight: 12 hours and 26 minutes. | Sunrise: 5:33 AMSunset: 5:59 PMDaylight: 12 hours and 25 minutes. | Sunrise: 5:34 AMSunset: 5:59 PMDaylight: 12 hours and 25 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 5:34 AMSunset: 5:58 PMDaylight: 12 hours and 24 minutes. |  |  |  |  |  |  |