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|  | August 2025 |
| Frosta, Trondelag, Norway |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 4:29 AMSunset: 10:17 PMDaylight: 17 hours and 48 minutes. | Sunrise: 4:32 AMSunset: 10:14 PMDaylight: 17 hours and 41 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 4:35 AMSunset: 10:11 PMDaylight: 17 hours and 35 minutes. | Sunrise: 4:38 AMSunset: 10:07 PMDaylight: 17 hours and 29 minutes. | Sunrise: 4:41 AMSunset: 10:04 PMDaylight: 17 hours and 23 minutes. | Sunrise: 4:44 AMSunset: 10:01 PMDaylight: 17 hours and 16 minutes. | Sunrise: 4:47 AMSunset: 9:58 PMDaylight: 17 hours and 10 minutes. | Sunrise: 4:50 AMSunset: 9:54 PMDaylight: 17 hours and 4 minutes. | Sunrise: 4:53 AMSunset: 9:51 PMDaylight: 16 hours and 57 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 4:56 AMSunset: 9:48 PMDaylight: 16 hours and 51 minutes. | Sunrise: 4:59 AMSunset: 9:44 PMDaylight: 16 hours and 45 minutes. | Sunrise: 5:02 AMSunset: 9:41 PMDaylight: 16 hours and 38 minutes. | Sunrise: 5:05 AMSunset: 9:38 PMDaylight: 16 hours and 32 minutes. | Sunrise: 5:08 AMSunset: 9:34 PMDaylight: 16 hours and 26 minutes. | Sunrise: 5:11 AMSunset: 9:31 PMDaylight: 16 hours and 19 minutes. | Sunrise: 5:14 AMSunset: 9:28 PMDaylight: 16 hours and 13 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 5:17 AMSunset: 9:24 PMDaylight: 16 hours and 7 minutes. | Sunrise: 5:20 AMSunset: 9:21 PMDaylight: 16 hours and 0 minutes. | Sunrise: 5:23 AMSunset: 9:17 PMDaylight: 15 hours and 54 minutes. | Sunrise: 5:26 AMSunset: 9:14 PMDaylight: 15 hours and 48 minutes. | Sunrise: 5:29 AMSunset: 9:11 PMDaylight: 15 hours and 41 minutes. | Sunrise: 5:32 AMSunset: 9:07 PMDaylight: 15 hours and 35 minutes. | Sunrise: 5:35 AMSunset: 9:04 PMDaylight: 15 hours and 28 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 5:38 AMSunset: 9:00 PMDaylight: 15 hours and 22 minutes. | Sunrise: 5:41 AMSunset: 8:57 PMDaylight: 15 hours and 16 minutes. | Sunrise: 5:43 AMSunset: 8:53 PMDaylight: 15 hours and 9 minutes. | Sunrise: 5:46 AMSunset: 8:50 PMDaylight: 15 hours and 3 minutes. | Sunrise: 5:49 AMSunset: 8:46 PMDaylight: 14 hours and 57 minutes. | Sunrise: 5:52 AMSunset: 8:43 PMDaylight: 14 hours and 50 minutes. | Sunrise: 5:55 AMSunset: 8:40 PMDaylight: 14 hours and 44 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 5:58 AMSunset: 8:36 PMDaylight: 14 hours and 38 minutes. |  |  |  |  |  |  |