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|  | | August 2025 | | | | | | |
| Monchegorsk, Russia | | | | | | |
| Sunday | Monday | | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | |  |  |  | 1 | 2 |
|  |  | |  |  |  | Sunrise: 3:05 AM  Sunset: 10:44 PM  Daylight: 19 hours and 39 minutes. | Sunrise: 3:10 AM  Sunset: 10:39 PM  Daylight: 19 hours and 29 minutes. |
| 3 | 4 | | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 3:15 AM  Sunset: 10:34 PM  Daylight: 19 hours and 19 minutes. | Sunrise: 3:20 AM  Sunset: 10:29 PM  Daylight: 19 hours and 9 minutes. | | Sunrise: 3:24 AM  Sunset: 10:24 PM  Daylight: 18 hours and 59 minutes. | Sunrise: 3:29 AM  Sunset: 10:19 PM  Daylight: 18 hours and 50 minutes. | Sunrise: 3:34 AM  Sunset: 10:14 PM  Daylight: 18 hours and 40 minutes. | Sunrise: 3:38 AM  Sunset: 10:09 PM  Daylight: 18 hours and 31 minutes. | Sunrise: 3:43 AM  Sunset: 10:05 PM  Daylight: 18 hours and 21 minutes. |
| 10 | 11 | | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 3:47 AM  Sunset: 10:00 PM  Daylight: 18 hours and 12 minutes. | Sunrise: 3:51 AM  Sunset: 9:55 PM  Daylight: 18 hours and 3 minutes. | | Sunrise: 3:56 AM  Sunset: 9:51 PM  Daylight: 17 hours and 54 minutes. | Sunrise: 4:00 AM  Sunset: 9:46 PM  Daylight: 17 hours and 45 minutes. | Sunrise: 4:04 AM  Sunset: 9:41 PM  Daylight: 17 hours and 37 minutes. | Sunrise: 4:08 AM  Sunset: 9:37 PM  Daylight: 17 hours and 28 minutes. | Sunrise: 4:13 AM  Sunset: 9:32 PM  Daylight: 17 hours and 19 minutes. |
| 17 | 18 | | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 4:17 AM  Sunset: 9:28 PM  Daylight: 17 hours and 11 minutes. | Sunrise: 4:21 AM  Sunset: 9:23 PM  Daylight: 17 hours and 2 minutes. | | Sunrise: 4:25 AM  Sunset: 9:19 PM  Daylight: 16 hours and 53 minutes. | Sunrise: 4:29 AM  Sunset: 9:14 PM  Daylight: 16 hours and 45 minutes. | Sunrise: 4:33 AM  Sunset: 9:10 PM  Daylight: 16 hours and 37 minutes. | Sunrise: 4:37 AM  Sunset: 9:05 PM  Daylight: 16 hours and 28 minutes. | Sunrise: 4:40 AM  Sunset: 9:01 PM  Daylight: 16 hours and 20 minutes. |
| 24 | 25 | | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 4:44 AM  Sunset: 8:57 PM  Daylight: 16 hours and 12 minutes. | Sunrise: 4:48 AM  Sunset: 8:52 PM  Daylight: 16 hours and 3 minutes. | | Sunrise: 4:52 AM  Sunset: 8:48 PM  Daylight: 15 hours and 55 minutes. | Sunrise: 4:56 AM  Sunset: 8:43 PM  Daylight: 15 hours and 47 minutes. | Sunrise: 5:00 AM  Sunset: 8:39 PM  Daylight: 15 hours and 39 minutes. | Sunrise: 5:03 AM  Sunset: 8:35 PM  Daylight: 15 hours and 31 minutes. | Sunrise: 5:07 AM  Sunset: 8:30 PM  Daylight: 15 hours and 23 minutes. |
| 31 |  | |  |  |  |  |  |
| Sunrise: 5:11 AM  Sunset: 8:26 PM  Daylight: 15 hours and 15 minutes. |  | |  |  |  |  |  |