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