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|  | August 2025 |
| Pol-e Sefid, Mazandaran, Iran |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 5:04 AMSunset: 7:03 PMDaylight: 13 hours and 58 minutes. | Sunrise: 5:05 AMSunset: 7:02 PMDaylight: 13 hours and 56 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 5:06 AMSunset: 7:01 PMDaylight: 13 hours and 55 minutes. | Sunrise: 5:07 AMSunset: 7:00 PMDaylight: 13 hours and 53 minutes. | Sunrise: 5:07 AMSunset: 6:59 PMDaylight: 13 hours and 51 minutes. | Sunrise: 5:08 AMSunset: 6:58 PMDaylight: 13 hours and 49 minutes. | Sunrise: 5:09 AMSunset: 6:57 PMDaylight: 13 hours and 48 minutes. | Sunrise: 5:10 AMSunset: 6:56 PMDaylight: 13 hours and 46 minutes. | Sunrise: 5:11 AMSunset: 6:55 PMDaylight: 13 hours and 44 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 5:11 AMSunset: 6:54 PMDaylight: 13 hours and 42 minutes. | Sunrise: 5:12 AMSunset: 6:53 PMDaylight: 13 hours and 40 minutes. | Sunrise: 5:13 AMSunset: 6:52 PMDaylight: 13 hours and 38 minutes. | Sunrise: 5:14 AMSunset: 6:51 PMDaylight: 13 hours and 36 minutes. | Sunrise: 5:15 AMSunset: 6:49 PMDaylight: 13 hours and 34 minutes. | Sunrise: 5:15 AMSunset: 6:48 PMDaylight: 13 hours and 32 minutes. | Sunrise: 5:16 AMSunset: 6:47 PMDaylight: 13 hours and 30 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 5:17 AMSunset: 6:46 PMDaylight: 13 hours and 28 minutes. | Sunrise: 5:18 AMSunset: 6:45 PMDaylight: 13 hours and 26 minutes. | Sunrise: 5:19 AMSunset: 6:43 PMDaylight: 13 hours and 24 minutes. | Sunrise: 5:19 AMSunset: 6:42 PMDaylight: 13 hours and 22 minutes. | Sunrise: 5:20 AMSunset: 6:41 PMDaylight: 13 hours and 20 minutes. | Sunrise: 5:21 AMSunset: 6:39 PMDaylight: 13 hours and 18 minutes. | Sunrise: 5:22 AMSunset: 6:38 PMDaylight: 13 hours and 16 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 5:23 AMSunset: 6:37 PMDaylight: 13 hours and 14 minutes. | Sunrise: 5:23 AMSunset: 6:36 PMDaylight: 13 hours and 12 minutes. | Sunrise: 5:24 AMSunset: 6:34 PMDaylight: 13 hours and 10 minutes. | Sunrise: 5:25 AMSunset: 6:33 PMDaylight: 13 hours and 7 minutes. | Sunrise: 5:26 AMSunset: 6:31 PMDaylight: 13 hours and 5 minutes. | Sunrise: 5:27 AMSunset: 6:30 PMDaylight: 13 hours and 3 minutes. | Sunrise: 5:27 AMSunset: 6:29 PMDaylight: 13 hours and 1 minute. |
| 31 |  |  |  |  |  |  |
| Sunrise: 5:28 AMSunset: 6:27 PMDaylight: 12 hours and 59 minutes. |  |  |  |  |  |  |