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|  | August 2025 |
| Puolanka, Kainuu, Finland |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 4:08 AMSunset: 10:22 PMDaylight: 18 hours and 14 minutes. | Sunrise: 4:12 AMSunset: 10:19 PMDaylight: 18 hours and 7 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 4:15 AMSunset: 10:15 PMDaylight: 18 hours and 0 minutes. | Sunrise: 4:18 AMSunset: 10:12 PMDaylight: 17 hours and 53 minutes. | Sunrise: 4:22 AMSunset: 10:08 PMDaylight: 17 hours and 46 minutes. | Sunrise: 4:25 AMSunset: 10:04 PMDaylight: 17 hours and 39 minutes. | Sunrise: 4:28 AMSunset: 10:01 PMDaylight: 17 hours and 32 minutes. | Sunrise: 4:32 AMSunset: 9:57 PMDaylight: 17 hours and 25 minutes. | Sunrise: 4:35 AMSunset: 9:54 PMDaylight: 17 hours and 18 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 4:38 AMSunset: 9:50 PMDaylight: 17 hours and 11 minutes. | Sunrise: 4:42 AMSunset: 9:46 PMDaylight: 17 hours and 4 minutes. | Sunrise: 4:45 AMSunset: 9:43 PMDaylight: 16 hours and 57 minutes. | Sunrise: 4:48 AMSunset: 9:39 PMDaylight: 16 hours and 50 minutes. | Sunrise: 4:52 AMSunset: 9:35 PMDaylight: 16 hours and 43 minutes. | Sunrise: 4:55 AMSunset: 9:32 PMDaylight: 16 hours and 36 minutes. | Sunrise: 4:58 AMSunset: 9:28 PMDaylight: 16 hours and 30 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 5:01 AMSunset: 9:25 PMDaylight: 16 hours and 23 minutes. | Sunrise: 5:05 AMSunset: 9:21 PMDaylight: 16 hours and 16 minutes. | Sunrise: 5:08 AMSunset: 9:17 PMDaylight: 16 hours and 9 minutes. | Sunrise: 5:11 AMSunset: 9:14 PMDaylight: 16 hours and 2 minutes. | Sunrise: 5:14 AMSunset: 9:10 PMDaylight: 15 hours and 55 minutes. | Sunrise: 5:17 AMSunset: 9:06 PMDaylight: 15 hours and 48 minutes. | Sunrise: 5:21 AMSunset: 9:03 PMDaylight: 15 hours and 42 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 5:24 AMSunset: 8:59 PMDaylight: 15 hours and 35 minutes. | Sunrise: 5:27 AMSunset: 8:55 PMDaylight: 15 hours and 28 minutes. | Sunrise: 5:30 AMSunset: 8:52 PMDaylight: 15 hours and 21 minutes. | Sunrise: 5:33 AMSunset: 8:48 PMDaylight: 15 hours and 14 minutes. | Sunrise: 5:36 AMSunset: 8:44 PMDaylight: 15 hours and 8 minutes. | Sunrise: 5:39 AMSunset: 8:40 PMDaylight: 15 hours and 1 minute. | Sunrise: 5:42 AMSunset: 8:37 PMDaylight: 14 hours and 54 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 5:45 AMSunset: 8:33 PMDaylight: 14 hours and 47 minutes. |  |  |  |  |  |  |