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|  | August 2025 |
| Rost, Nordland, Norway |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 3:35 AMSunset: 11:00 PMDaylight: 19 hours and 24 minutes. | Sunrise: 3:40 AMSunset: 10:55 PMDaylight: 19 hours and 15 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 3:44 AMSunset: 10:50 PMDaylight: 19 hours and 5 minutes. | Sunrise: 3:49 AMSunset: 10:45 PMDaylight: 18 hours and 56 minutes. | Sunrise: 3:53 AMSunset: 10:41 PMDaylight: 18 hours and 47 minutes. | Sunrise: 3:58 AMSunset: 10:36 PMDaylight: 18 hours and 38 minutes. | Sunrise: 4:02 AMSunset: 10:32 PMDaylight: 18 hours and 29 minutes. | Sunrise: 4:06 AMSunset: 10:27 PMDaylight: 18 hours and 20 minutes. | Sunrise: 4:11 AMSunset: 10:22 PMDaylight: 18 hours and 11 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 4:15 AMSunset: 10:18 PMDaylight: 18 hours and 2 minutes. | Sunrise: 4:19 AMSunset: 10:13 PMDaylight: 17 hours and 54 minutes. | Sunrise: 4:23 AMSunset: 10:09 PMDaylight: 17 hours and 45 minutes. | Sunrise: 4:27 AMSunset: 10:05 PMDaylight: 17 hours and 37 minutes. | Sunrise: 4:31 AMSunset: 10:00 PMDaylight: 17 hours and 28 minutes. | Sunrise: 4:35 AMSunset: 9:56 PMDaylight: 17 hours and 20 minutes. | Sunrise: 4:39 AMSunset: 9:51 PMDaylight: 17 hours and 11 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 4:43 AMSunset: 9:47 PMDaylight: 17 hours and 3 minutes. | Sunrise: 4:47 AMSunset: 9:43 PMDaylight: 16 hours and 55 minutes. | Sunrise: 4:51 AMSunset: 9:38 PMDaylight: 16 hours and 46 minutes. | Sunrise: 4:55 AMSunset: 9:34 PMDaylight: 16 hours and 38 minutes. | Sunrise: 4:59 AMSunset: 9:30 PMDaylight: 16 hours and 30 minutes. | Sunrise: 5:03 AMSunset: 9:25 PMDaylight: 16 hours and 22 minutes. | Sunrise: 5:07 AMSunset: 9:21 PMDaylight: 16 hours and 14 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 5:10 AMSunset: 9:17 PMDaylight: 16 hours and 6 minutes. | Sunrise: 5:14 AMSunset: 9:12 PMDaylight: 15 hours and 58 minutes. | Sunrise: 5:18 AMSunset: 9:08 PMDaylight: 15 hours and 50 minutes. | Sunrise: 5:21 AMSunset: 9:04 PMDaylight: 15 hours and 42 minutes. | Sunrise: 5:25 AMSunset: 9:00 PMDaylight: 15 hours and 34 minutes. | Sunrise: 5:29 AMSunset: 8:55 PMDaylight: 15 hours and 26 minutes. | Sunrise: 5:32 AMSunset: 8:51 PMDaylight: 15 hours and 18 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 5:36 AMSunset: 8:47 PMDaylight: 15 hours and 11 minutes. |  |  |  |  |  |  |