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|  | October 2025 |
| El Progreso, Honduras |
| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|   |   |   | 1  | 2  | 3  | 4  |
|     |     |     | Sunrise: 5:41 AM Sunset: 5:40 PM Daylight: 11 hours and 59 minutes.  | Sunrise: 5:41 AM Sunset: 5:40 PM Daylight: 11 hours and 59 minutes.  | Sunrise: 5:41 AM Sunset: 5:39 PM Daylight: 11 hours and 58 minutes.  | Sunrise: 5:41 AM Sunset: 5:38 PM Daylight: 11 hours and 57 minutes.  |
| 5  | 6  | 7  | 8  | 9  | 10  | 11  |
| Sunrise: 5:41 AM Sunset: 5:37 PM Daylight: 11 hours and 56 minutes.  | Sunrise: 5:41 AM Sunset: 5:37 PM Daylight: 11 hours and 55 minutes.  | Sunrise: 5:41 AM Sunset: 5:36 PM Daylight: 11 hours and 54 minutes.  | Sunrise: 5:41 AM Sunset: 5:35 PM Daylight: 11 hours and 53 minutes.  | Sunrise: 5:41 AM Sunset: 5:35 PM Daylight: 11 hours and 53 minutes.  | Sunrise: 5:42 AM Sunset: 5:34 PM Daylight: 11 hours and 52 minutes.  | Sunrise: 5:42 AM Sunset: 5:33 PM Daylight: 11 hours and 51 minutes.  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| Sunrise: 5:42 AM Sunset: 5:33 PM Daylight: 11 hours and 50 minutes.  | Sunrise: 5:42 AM Sunset: 5:32 PM Daylight: 11 hours and 49 minutes.  | Sunrise: 5:42 AM Sunset: 5:31 PM Daylight: 11 hours and 48 minutes.  | Sunrise: 5:42 AM Sunset: 5:31 PM Daylight: 11 hours and 48 minutes.  | Sunrise: 5:43 AM Sunset: 5:30 PM Daylight: 11 hours and 47 minutes.  | Sunrise: 5:43 AM Sunset: 5:29 PM Daylight: 11 hours and 46 minutes.  | Sunrise: 5:43 AM Sunset: 5:29 PM Daylight: 11 hours and 45 minutes.  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| Sunrise: 5:43 AM Sunset: 5:28 PM Daylight: 11 hours and 44 minutes.  | Sunrise: 5:44 AM Sunset: 5:27 PM Daylight: 11 hours and 43 minutes.  | Sunrise: 5:44 AM Sunset: 5:27 PM Daylight: 11 hours and 43 minutes.  | Sunrise: 5:44 AM Sunset: 5:26 PM Daylight: 11 hours and 42 minutes.  | Sunrise: 5:44 AM Sunset: 5:26 PM Daylight: 11 hours and 41 minutes.  | Sunrise: 5:45 AM Sunset: 5:25 PM Daylight: 11 hours and 40 minutes.  | Sunrise: 5:45 AM Sunset: 5:25 PM Daylight: 11 hours and 39 minutes.  |
| 26  | 27  | 28  | 29  | 30  | 31  |   |
| Sunrise: 5:45 AM Sunset: 5:24 PM Daylight: 11 hours and 39 minutes.  | Sunrise: 5:45 AM Sunset: 5:24 PM Daylight: 11 hours and 38 minutes.  | Sunrise: 5:46 AM Sunset: 5:23 PM Daylight: 11 hours and 37 minutes.  | Sunrise: 5:46 AM Sunset: 5:23 PM Daylight: 11 hours and 36 minutes.  | Sunrise: 5:46 AM Sunset: 5:22 PM Daylight: 11 hours and 36 minutes.  | Sunrise: 5:47 AM Sunset: 5:22 PM Daylight: 11 hours and 35 minutes.  |     |