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|  | November 2025 |
| Frosta, Trondelag, Norway |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | Sunrise: 7:56 AMSunset: 4:04 PMDaylight: 8 hours and 8 minutes. |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Sunrise: 7:59 AMSunset: 4:01 PMDaylight: 8 hours and 1 minute. | Sunrise: 8:02 AMSunset: 3:58 PMDaylight: 7 hours and 55 minutes. | Sunrise: 8:05 AMSunset: 3:55 PMDaylight: 7 hours and 49 minutes. | Sunrise: 8:08 AMSunset: 3:52 PMDaylight: 7 hours and 43 minutes. | Sunrise: 8:12 AMSunset: 3:49 PMDaylight: 7 hours and 36 minutes. | Sunrise: 8:15 AMSunset: 3:46 PMDaylight: 7 hours and 30 minutes. | Sunrise: 8:18 AMSunset: 3:43 PMDaylight: 7 hours and 24 minutes. |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Sunrise: 8:21 AMSunset: 3:40 PMDaylight: 7 hours and 18 minutes. | Sunrise: 8:24 AMSunset: 3:37 PMDaylight: 7 hours and 12 minutes. | Sunrise: 8:27 AMSunset: 3:34 PMDaylight: 7 hours and 6 minutes. | Sunrise: 8:30 AMSunset: 3:31 PMDaylight: 7 hours and 0 minutes. | Sunrise: 8:34 AMSunset: 3:28 PMDaylight: 6 hours and 54 minutes. | Sunrise: 8:37 AMSunset: 3:25 PMDaylight: 6 hours and 48 minutes. | Sunrise: 8:40 AMSunset: 3:22 PMDaylight: 6 hours and 42 minutes. |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Sunrise: 8:43 AMSunset: 3:19 PMDaylight: 6 hours and 36 minutes. | Sunrise: 8:46 AMSunset: 3:17 PMDaylight: 6 hours and 30 minutes. | Sunrise: 8:49 AMSunset: 3:14 PMDaylight: 6 hours and 24 minutes. | Sunrise: 8:52 AMSunset: 3:11 PMDaylight: 6 hours and 19 minutes. | Sunrise: 8:55 AMSunset: 3:09 PMDaylight: 6 hours and 13 minutes. | Sunrise: 8:58 AMSunset: 3:06 PMDaylight: 6 hours and 7 minutes. | Sunrise: 9:01 AMSunset: 3:04 PMDaylight: 6 hours and 2 minutes. |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Sunrise: 9:04 AMSunset: 3:01 PMDaylight: 5 hours and 56 minutes. | Sunrise: 9:07 AMSunset: 2:59 PMDaylight: 5 hours and 51 minutes. | Sunrise: 9:10 AMSunset: 2:57 PMDaylight: 5 hours and 46 minutes. | Sunrise: 9:13 AMSunset: 2:54 PMDaylight: 5 hours and 41 minutes. | Sunrise: 9:16 AMSunset: 2:52 PMDaylight: 5 hours and 36 minutes. | Sunrise: 9:19 AMSunset: 2:50 PMDaylight: 5 hours and 31 minutes. | Sunrise: 9:22 AMSunset: 2:48 PMDaylight: 5 hours and 26 minutes. |
| 30 |  |  |  |  |  |  |
| Sunrise: 9:24 AMSunset: 2:46 PMDaylight: 5 hours and 21 minutes. |  |  |  |  |  |  |