

JANUAR

Tag	Früh	Aufg	Mittag	Nach.	Unterg	Nacht
1	06:25	08:24	12:29	14:05	16:24	18:10
2	06:25	08:24	12:30	14:06	16:25	18:11
3	06:25	08:24	12:30	14:07	16:27	18:12
4	06:25	08:24	12:31	14:08	16:28	18:13
5	06:25	08:23	12:31	14:09	16:29	18:14
6	06:24	08:23	12:32	14:10	16:30	18:15
7	06:24	08:23	12:32	14:11	16:31	18:16
8	06:24	08:22	12:32	14:12	16:33	18:17
9	06:24	08:22	12:33	14:14	16:34	18:18
10	06:23	08:21	12:33	14:15	16:35	18:20
11	06:23	08:21	12:34	14:16	16:37	18:21
12	06:23	08:20	12:34	14:17	16:38	18:22
13	06:22	08:19	12:35	14:18	16:40	18:23
14	06:22	08:18	12:35	14:20	16:41	18:25
15	06:21	08:18	12:35	14:21	16:43	18:26
16	06:21	08:17	12:36	14:22	16:45	18:27
17	06:20	08:16	12:36	14:24	16:46	18:28
18	06:19	08:15	12:36	14:25	16:48	18:30
19	06:19	08:14	12:37	14:26	16:50	18:31
20	06:18	08:13	12:37	14:28	16:51	18:33
21	06:17	08:11	12:37	14:29	16:53	18:34
22	06:16	08:10	12:37	14:31	16:55	18:35
23	06:15	08:09	12:38	14:32	16:56	18:37
24	06:14	08:08	12:38	14:33	16:58	18:38
25	06:13	08:07	12:38	14:35	17:00	18:40
26	06:12	08:05	12:38	14:36	17:02	18:41
27	06:11	08:04	12:39	14:38	17:04	18:43
28	06:10	08:02	12:39	14:39	17:05	18:44
29	06:09	08:01	12:39	14:41	17:07	18:46
30	06:08	07:59	12:39	14:42	17:09	18:48
31	06:07	07:58	12:39	14:44	17:11	18:49

Juli

Tag	Früh	Aufg	Mittag	Nach.	Unterg	Nacht
1	03:29	04:56	13:30	17:53	21:54	23:11
2	03:30	04:57	13:30	17:53	21:53	23:11
3	03:30	04:57	13:30	17:53	21:53	23:10
4	03:31	04:58	13:30	17:53	21:53	23:10
5	03:31	04:59	13:31	17:53	21:52	23:10
6	03:32	05:00	13:31	17:53	21:52	23:10
7	03:33	05:01	13:31	17:53	21:51	23:09
8	03:33	05:02	13:31	17:53	21:50	23:09
9	03:34	05:03	13:31	17:52	21:50	23:09
10	03:35	05:04	13:31	17:52	21:49	23:08
11	03:35	05:05	13:32	17:52	21:48	23:08
12	03:36	05:06	13:32	17:52	21:47	23:07
13	03:37	05:07	13:32	17:52	21:47	23:07
14	03:38	05:08	13:32	17:51	21:46	23:06
15	03:38	05:09	13:32	17:51	21:45	23:06
16	03:39	05:11	13:32	17:51	21:44	23:05
17	03:40	05:12	13:32	17:51	21:43	23:04
18	03:41	05:13	13:32	17:50	21:41	23:04
19	03:41	05:15	13:32	17:50	21:40	23:03
20	03:42	05:16	13:32	17:50	21:39	23:02
21	03:43	05:17	13:33	17:49	21:38	23:02
22	03:44	05:19	13:33	17:49	21:36	23:01
23	03:45	05:20	13:33	17:48	21:35	23:00
24	03:46	05:21	13:33	17:48	21:34	22:59
25	03:46	05:23	13:33	17:47	21:32	22:58
26	03:47	05:24	13:33	17:47	21:31	22:57
27	03:48	05:26	13:33	17:46	21:29	22:57
28	03:48	05:27	13:33	17:46	21:28	22:56
29	03:49	05:29	13:33	17:45	21:26	22:55
30	03:50	05:30	13:33	17:44	21:25	22:54
31	03:50	05:32	13:33	17:44	21:23	22:54

Februar

Tag	Früh	Aufg	Mittag	Nach.	Unterg	Nacht
1	06:05	07:56	12:40	14:45	17:13	18:51
2	06:04	07:55	12:40	14:47	17:15	18:52
3	06:03	07:53	12:40	14:48	17:17	18:54
4	06:01	07:51	12:40	14:50	17:18	18:55
5	06:00	07:50	12:40	14:51	17:20	18:57
6	05:58	07:48	12:40	14:53	17:22	18:59
7	05:57	07:46	12:40	14:54	17:24	19:00
8	05:55	07:44	12:40	14:56	17:26	19:02
9	05:54	07:43	12:40	14:57	17:28	19:04
10	05:52	07:41	12:40	14:59	17:30	19:05
11	05:50	07:39	12:40	15:00	17:32	19:07
12	05:49	07:37	12:40	15:02	17:34	19:09
13	05:47	07:35	12:40	15:03	17:35	19:10
14	05:45	07:33	12:40	15:05	17:37	19:12
15	05:44	07:31	12:40	15:06	17:39	19:14
16	05:42	07:29	12:40	15:07	17:41	19:15
17	05:40	07:27	12:40	15:09	17:43	19:17
18	05:38	07:25	12:40	15:10	17:45	19:19
19	05:36	07:23	12:40	15:12	17:47	19:21
20	05:34	07:21	12:40	15:13	17:49	19:22
21	05:32	07:19	12:40	15:15	17:51	19:24
22	05:30	07:17	12:40	15:16	17:52	19:26
23	05:28	07:15	12:40	15:17	17:54	19:28
24	05:26	07:13	12:39	15:19	17:56	19:29
25	05:24	07:11	12:39	15:20	17:58	19:31
26	05:22	07:08	12:39	15:21	18:00	19:33
27	05:20	07:06	12:39	15:23	18:02	19:35
28	05:18	07:04	12:39	15:24	18:04	19:37

August

Tag	Früh	Aufg	Mittag	Nach.	Unterg	Nacht
1	03:51	05:34	13:33	17:43	21:22	22:53
2	03:51	05:35	13:32	17:42	21:20	22:52
3	03:52	05:37	13:32	17:41	21:18	22:51
4	03:53	05:38	13:32	17:41	21:16	22:50
5	03:53	05:40	13:32	17:40	21:15	22:50
6	03:54	05:41	13:32	17:39	21:13	22:49
7	03:55	05:43	13:32	17:38	21:11	22:48
8	03:55	05:45	13:32	17:37	21:09	22:47
9	03:56	05:46	13:32	17:36	21:07	22:47
10	03:56	05:48	13:32	17:35	21:05	22:46
11	03:57	05:50	13:31	17:35	21:03	22:45
12	03:58	05:51	13:31	17:34	21:01	22:44
13	03:58	05:53	13:31	17:33	20:59	22:44
14	03:59	05:54	13:31	17:32	20:57	22:43
15	04:00	05:56	13:31	17:31	20:55	22:42
16	04:00	05:58	13:31	17:29	20:53	22:41
17	04:01	05:59	13:30	17:28	20:51	22:40
18	04:01	06:01	13:30	17:27	20:49	22:40
19	04:02	06:03	13:30	17:26	20:47	22:39
20	04:03	06:04	13:30	17:25	20:45	22:38
21	04:03	06:06	13:29	17:24	20:43	22:37
22	04:04	06:08	13:29	17:23	20:41	22:34
23	04:05	06:09	13:29	17:21	20:39	22:31
24	04:05	06:11	13:29	17:20	20:36	22:28
25	04:06	06:13	13:28	17:19	20:34	22:24
26	04:06	06:14	13:28	17:18	20:32	22:21
27	04:09	06:16	13:28	17:16	20:30	22:18
28	04:12	06:18	13:28	17:15	20:27	22:15
29	04:14	06:19	13:27	17:14	20:25	22:12
30	04:17	06:21	13:27	17:12	20:23	22:09
31	04:20	06:23	13:27	17:11	20:21	22:06

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März

Tag	Früh	Aufg	Mittag	Nach.	Unterg	Nacht
1	05:16	07:02	12:39	15:25	18:05	19:38
2	05:13	07:00	12:38	15:27	18:07	19:40
3	05:11	06:57	12:38	15:28	18:09	19:42
4	05:09	06:55	12:38	15:29	18:11	19:44
5	05:06	06:53	12:38	15:31	18:13	19:46
6	05:04	06:51	12:38	15:32	18:14	19:47
7	05:02	06:48	12:37	15:33	18:16	19:49
8	04:59	06:46	12:37	15:34	18:18	19:51
9	04:57	06:44	12:37	15:36	18:20	19:53
10	04:55	06:41	12:37	15:37	18:22	19:55
11	04:52	06:39	12:36	15:38	18:23	19:57
12	04:50	06:37	12:36	15:39	18:25	19:59
13	04:47	06:34	12:36	15:40	18:27	20:01
14	04:45	06:32	12:35	15:42	18:29	20:02
15	04:42	06:30	12:35	15:43	18:31	20:04
16	04:40	06:27	12:35	15:44	18:32	20:06
17	04:37	06:25	12:35	15:45	18:34	20:08
18	04:34	06:23	12:34	15:46	18:36	20:10
19	04:32	06:20	12:34	15:47	18:38	20:12
20	04:29	06:18	12:34	15:48	18:39	20:14
21	04:27	06:16	12:33	15:49	18:41	20:16
22	04:24	06:13	12:33	15:50	18:43	20:18
23	04:21	06:11	12:33	15:51	18:45	20:20
24	04:18	06:09	12:33	15:53	18:46	20:22
25	04:16	06:06	12:32	15:54	18:48	20:24
26	05:13	07:04	13:32	16:55	19:50	21:26
27	05:10	07:02	13:32	16:56	19:52	21:28
28	05:07	06:59	13:31	16:57	19:53	21:31
29	05:04	06:57	13:31	16:58	19:55	21:33
30	05:02	06:55	13:31	16:59	19:57	21:35
31	04:59	06:52	13:30	17:00	19:59	21:37

September

اليوم	Früh	Aufg	Mittag	Nach.	Unterg	Nacht
1	04:22	06:24	13:26	17:09	20:18	22:03
2	04:25	06:26	13:26	17:08	20:16	22:00
3	04:27	06:28	13:26	17:07	20:14	21:57
4	04:30	06:29	13:25	17:05	20:12	21:54
5	04:32	06:31	13:25	17:04	20:09	21:52
6	04:34	06:33	13:25	17:02	20:07	21:49
7	04:37	06:34	13:24	17:01	20:05	21:46
8	04:39	06:36	13:24	16:59	20:02	21:43
9	04:41	06:37	13:24	16:58	20:00	21:40
10	04:44	06:39	13:23	16:56	19:58	21:37
11	04:46	06:41	13:23	16:54	19:55	21:35
12	04:48	06:42	13:23	16:53	19:53	21:32
13	04:50	06:44	13:22	16:51	19:50	21:29
14	04:53	06:46	13:22	16:50	19:48	21:26
15	04:55	06:47	13:22	16:48	19:46	21:23
16	04:57	06:49	13:21	16:46	19:43	21:21
17	04:59	06:51	13:21	16:45	19:41	21:18
18	05:01	06:52	13:21	16:43	19:39	21:15
19	05:03	06:54	13:20	16:42	19:36	21:12
20	05:05	06:56	13:20	16:40	19:34	21:10
21	05:07	06:57	13:19	16:38	19:32	21:07
22	05:09	06:59	13:19	16:36	19:29	21:04
23	05:11	07:01	13:19	16:35	19:27	21:02
24	05:13	07:02	13:18	16:33	19:24	20:59
25	05:15	07:04	13:18	16:31	19:22	20:57
26	05:17	07:06	13:18	16:30	19:20	20:54
27	05:19	07:07	13:17	16:28	19:17	20:51
28	05:21	07:09	13:17	16:26	19:15	20:49
29	05:23	07:11	13:17	16:24	19:13	20:46
30	05:25	07:12	13:16	16:23	19:10	20:44