

Alba / Tramonto

2026

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

Alba / Tramonto

2026

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