

LEVERS et COUCHERS SOLEIL - LUNE LE LAMENTIN 2026

par www.calendriergratuit.fr

JANVIER					
Dates	Soleil		Lune		
	L	C	L	C	
J 1	06:28	17:47	15:58	04:29	
V 2	06:28	17:47	17:05	05:38	
S 3	06:28	17:48	18:13	06:42	
D 4	06:29	17:48	19:18	07:40	
L 5	06:29	17:49	20:18	08:30	
M 6	06:29	17:50	21:14	09:15	
M 7	06:29	17:50	22:06	09:55	
J 8	06:30	17:51	22:55	10:31	
V 9	06:30	17:51	23:43	11:06	
S 10	06:30	17:52		11:41	
D 11	06:30	17:53	00:30	12:17	
L 12	06:31	17:53	01:19	12:56	
M 13	06:31	17:54	02:09	13:38	
M 14	06:31	17:54	03:01	14:23	
J 15	06:31	17:55	03:54	15:13	
V 16	06:31	17:55	04:47	16:05	
S 17	06:31	17:56	05:38	17:00	
D 18	06:31	17:57	06:27	17:55	
L 19	06:31	17:57	07:12	18:49	
M 20	06:31	17:58	07:54	19:43	
M 21	06:32	17:58	08:33	20:34	
J 22	06:32	17:59	09:11	21:26	
V 23	06:32	17:59	09:49	22:18	
S 24	06:32	18:00	10:27	23:12	
D 25	06:31	18:00	11:09		
L 26	06:31	18:01	11:54	00:08	
M 27	06:31	18:01	12:45	01:09	
M 28	06:31	18:02	13:43	02:13	
J 29	06:31	18:02	14:45	03:20	
V 30	06:31	18:03	15:52	04:24	
S 31	06:31	18:03	16:57	05:24	
○ PLEINE LUNE le 03					
● DERNIER QUARTIER le 10					
● NOUVELLE LUNE le 18					
● PREMIER QUARTIER le 26					

FÉVRIER					
Dates	Soleil		Lune		
	L	C	L	C	
D 1	06:31	18:04	18:00	06:17	
L 2	06:30	18:04	18:58	07:05	
M 3	06:30	18:04	19:52	07:47	
M 4	06:30	18:05	20:43	08:25	
J 5	06:30	18:05	21:33	09:02	
V 6	06:29	18:06	22:21	09:38	
S 7	06:29	18:06	23:11	10:13	
D 8	06:29	18:07		10:51	
L 9	06:28	18:07	00:01	11:32	
M 10	06:28	18:07	00:52	12:16	
M 11	06:28	18:08	01:45	13:04	
J 12	06:27	18:08	02:38	13:56	
V 13	06:27	18:08	03:30	14:50	
S 14	06:27	18:09	04:19	15:45	
D 15	06:26	18:09	05:06	16:40	
L 16	06:26	18:09	05:50	17:34	
M 17	06:25	18:10	06:31	18:27	
M 18	06:25	18:10	07:10	19:20	
J 19	06:24	18:10	07:49	20:13	
V 20	06:24	18:10	08:27	21:07	
S 21	06:23	18:11	09:08	22:04	
D 22	06:23	18:11	09:53	23:04	
L 23	06:22	18:11	10:41		
M 24	06:22	18:11	11:36	00:06	
M 25	06:21	18:12	12:36	01:11	
J 26	06:21	18:12	13:40	02:14	
V 27	06:20	18:12	14:43	03:14	
S 28	06:20	18:12	15:46	04:08	
○ PLEINE LUNE le 01					
● DERNIER QUARTIER le 09					
● NOUVELLE LUNE le 17					
● PREMIER QUARTIER le 24					

MARS					
Dates	Soleil		Lune		
	L	C	L	C	
D 1	06:19	18:13	16:44	04:56	
L 2	06:18	18:13	17:40	05:40	
M 3	06:18	18:13	18:32	06:19	
M 4	06:17	18:13	19:22	06:57	
J 5	06:16	18:13	20:11	07:33	
V 6	06:16	18:14	21:01	08:09	
S 7	06:15	18:14	21:51	08:47	
D 8	06:15	18:14	22:43	09:27	
L 9	06:14	18:14	23:35	10:09	
M 10	06:13	18:14		10:56	
M 11	06:13	18:14	00:28	11:46	
J 12	06:12	18:14	01:21	12:38	
V 13	06:11	18:15	02:10	13:33	
S 14	06:11	18:15	02:58	14:27	
D 15	06:10	18:15	03:43	15:22	
L 16	06:09	18:15	04:24	16:15	
M 17	06:08	18:15	05:05	17:09	
M 18	06:08	18:15	05:44	18:02	
J 19	06:07	18:15	06:23	18:57	
V 20	06:06	18:15	07:04	19:55	
S 21	06:06	18:16	07:49	20:55	
D 22	06:05	18:16	08:37	21:58	
L 23	06:04	18:16	09:31	23:04	
M 24	06:03	18:16	10:30		
M 25	06:03	18:16	11:33	00:08	
J 26	06:02	18:16	12:37	01:09	
V 27	06:01	18:16	13:39	02:04	
S 28	06:01	18:16	14:37	02:53	
D 29	06:00	18:16	15:32	03:38	
L 30	05:59	18:17	16:24	04:17	
M 31	05:59	18:17	17:14	04:54	
○ PLEINE LUNE le 03					
● DERNIER QUARTIER le 11					
● NOUVELLE LUNE le 18					
● PREMIER QUARTIER le 25					

AVRIL					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	05:58	18:17	18:03	05:31	
J 2	05:57	18:17	18:52	06:06	
V 3	05:56	18:17	19:43	06:43	
S 4	05:56	18:17	20:33	07:22	
D 5	05:55	18:17	21:26	08:04	
L 6	05:54	18:17	22:19	08:49	
M 7	05:54	18:18	23:12	09:38	
M 8	05:53	18:18		10:29	
J 9	05:52	18:18	00:02	11:23	
V 10	05:52	18:18	00:50	12:16	
S 11	05:51	18:18	01:35	13:10	
D 12	05:50	18:18	02:17	14:02	
L 13	05:50	18:18	02:57	14:55	
M 14	05:49	18:18	03:36	15:48	
M 15	05:48	18:19	04:15	16:42	
J 16	05:48	18:19	04:56	17:39	
V 17	05:47	18:19	05:39	18:39	
S 18	05:47	18:19	06:27	19:43	
D 19	05:46	18:19	07:21	20:50	
L 20	05:45	18:19	08:20	21:57	
M 21	05:45	18:20	09:24	23:01	
M 22	05:44	18:20	10:29	23:59	
J 23	05:44	18:20	11:33		
V 24	05:43	18:20	12:32	00:51	
S 25	05:43	18:20	13:29	01:37	
D 26	05:42	18:21	14:20	02:17	
L 27	05:42	18:21	15:11	02:55	
M 28	05:41	18:21	15:59	03:31	
M 29	05:41	18:21	16:47	04:06	
J 30	05:40	18:21	17:37	04:42	
○ PLEINE LUNE le 01					
● DERNIER QUARTIER le 10					
● NOUVELLE LUNE le 17					
● PREMIER QUARTIER le 23					

MAI					
Dates	Soleil		Lune		
	L	C	L	C	
V 1	05:40	18:22	18:27	05:20	
S 2	05:39	18:22	19:19	06:01	
D 3	05:39	18:22	20:12	06:45	
L 4	05:38	18:22	21:05	07:33	
M 5	05:38	18:23	21:56	08:23	
M 6	05:37	18:23	22:44	09:15	
J 7	05:37	18:23	23:30	10:08	
V 8	05:37	18:23		11:01	
S 9	05:36	18:24	00:12	11:53	
D 10	05:36	18:24	00:52	12:44	
L 11	05:36	18:24	01:31	13:35	
M 12	05:35	18:24	02:08	14:27	
M 13	05:35	18:25	02:47	15:22	
J 14	05:35	18:25	03:28	16:19	
V 15	05:34	18:25	04:13	17:22	
S 16	05:34	18:26	05:05	18:28	
D 17	05:34	18:26	06:02	19:37	
L 18	05:34	18:26	07:06	20:45	
M 19	05:34	18:26	08:13	21:49	
M 20	05:33	18:27	09:21	22:45	
J 21	05:33	18:27	10:24	23:34	
V 22	05:33	18:27	11:23		
S 23	05:33	18:28	12:17	00:17	
D 24	05:33	18:28	13:08	00:56	
L 25	05:33	18:28	13:57	01:32	
M 26	05:32	18:29	14:45	02:07	
M 27	05:32	18:29	15:34	02:43	
J 28	05:32	18:29	16:23	03:20	
V 29	05:32	18:30	17:14	04:00	
S 30	05:32	18:30	18:07	04:42	
D 31	05:32	18:30	18:59	05:29	
○ PLEINE LUNE le 01					
● DERNIER QUARTIER le 09					
● NOUVELLE LUNE le 16					
● PREMIER QUARTIER le 23					
○ PLEINE LUNE le 31					

JUIN					
Dates		Soleil		Lune	
		L	C	L	C
L	1	05:32	18:31	19:51	06:18
M	2	05:32	18:31	20:41	07:10
M	3	05:32	18:31	21:27	08:03
J	4	05:32	18:32	22:10	08:56
V	5	05:32	18:32	22:50	09:47
S	6	05:32	18:32	23:28	10:37
D	7	05:32	18:33		11:28
L	8	05:32	18:33	00:05	12:17
M	9	05:32	18:33	00:42	13:09
M	10	05:33	18:33	01:21	14:03
J	11	05:33	18:34	02:02	15:02
V	12	05:33	18:34	02:49	16:05
S	13	05:33	18:34	03:43	17:13
D	14	05:33	18:35	04:44	18:22
L	15	05:33	18:35	05:51	19:30
M	16	05:33	18:35	07:00	20:30
M	17	05:34	18:35	08:07	21:25
J	18	05:34	18:36	09:10	22:11
V	19	05:34	18:36	10:08	22:53
S	20	05:34	18:36	11:02	23:32
D	21	05:34	18:36	11:53	
L	22	05:35	18:37	12:42	00:07
M	23	05:35	18:37	13:31	00:43
M	24	05:35	18:37	14:20	01:20
J	25	05:35	18:37	15:11	01:59
V	26	05:36	18:37	16:02	02:41
S	27	05:36	18:37	16:55	03:26
D	28	05:36	18:38	17:47	04:14
L	29	05:36	18:38	18:37	05:06
M	30	05:37	18:38	19:25	05:59
● DERNIER QUARTIER le 08					
● NOUVELLE LUNE le 14					
● PREMIER QUARTIER le 21					
○ PLEINE LUNE le 29					