

LEVERS et COUCHERS SOLEIL - LUNE MACOURIA 2026

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JANVIER					
Dates	Soleil		Lune		
	L	C	L	C	
J 1	06:37	18:29	16:44	04:32	
V 2	06:37	18:30	17:52	05:40	
S 3	06:38	18:30	18:57	06:45	
D 4	06:38	18:31	19:59	07:46	
L 5	06:38	18:31	20:55	08:41	
M 6	06:39	18:32	21:46	09:30	
M 7	06:39	18:32	22:33	10:14	
J 8	06:40	18:33	23:18	10:55	
V 9	06:40	18:33		11:35	
S 10	06:40	18:34	00:01	12:14	
D 11	06:41	18:34	00:45	12:54	
L 12	06:41	18:35	01:30	13:36	
M 13	06:41	18:35	02:16	14:21	
M 14	06:42	18:35	03:06	15:09	
J 15	06:42	18:36	03:57	15:59	
V 16	06:42	18:36	04:49	16:52	
S 17	06:42	18:37	05:42	17:45	
D 18	06:43	18:37	06:32	18:38	
L 19	06:43	18:37	07:21	19:29	
M 20	06:43	18:38	08:07	20:17	
M 21	06:43	18:38	08:50	21:05	
J 22	06:43	18:39	09:33	21:52	
V 23	06:44	18:39	10:15	22:39	
S 24	06:44	18:39	10:58	23:28	
D 25	06:44	18:40	11:44		
L 26	06:44	18:40	12:33	00:20	
M 27	06:44	18:40	13:29	01:17	
M 28	06:44	18:40	14:28	02:17	
J 29	06:44	18:41	15:33	03:22	
V 30	06:44	18:41	16:37	04:26	
S 31	06:44	18:41	17:40	05:28	
○ 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	06:44	18:41	18:38	06:25	
L 2	06:44	18:42	19:33	07:17	
M 3	06:44	18:42	20:22	08:04	
M 4	06:44	18:42	21:09	08:47	
J 5	06:44	18:42	21:54	09:29	
V 6	06:44	18:42	22:38	10:08	
S 7	06:44	18:43	23:23	10:49	
D 8	06:44	18:43		11:31	
L 9	06:44	18:43	00:09	12:14	
M 10	06:44	18:43	00:58	13:01	
M 11	06:44	18:43	01:49	13:51	
J 12	06:44	18:43	02:40	14:43	
V 13	06:44	18:43	03:33	15:36	
S 14	06:44	18:43	04:24	16:28	
D 15	06:43	18:44	05:14	17:21	
L 16	06:43	18:44	06:01	18:11	
M 17	06:43	18:44	06:46	19:00	
M 18	06:43	18:44	07:30	19:48	
J 19	06:43	18:44	08:13	20:35	
V 20	06:43	18:44	08:57	21:25	
S 21	06:42	18:44	09:43	22:17	
D 22	06:42	18:44	10:31	23:12	
L 23	06:42	18:44	11:24		
M 24	06:41	18:44	12:21	00:11	
M 25	06:41	18:44	13:23	01:13	
J 26	06:41	18:44	14:26	02:16	
V 27	06:40	18:44	15:28	03:17	
S 28	06:40	18:44	16:26	04:14	
○ 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	06:40	18:44	17:21	05:07	
L 2	06:39	18:43	18:11	05:55	
M 3	06:39	18:43	18:59	06:39	
M 4	06:39	18:43	19:45	07:22	
J 5	06:38	18:43	20:29	08:02	
V 6	06:38	18:43	21:15	08:42	
S 7	06:38	18:43	22:01	09:24	
D 8	06:37	18:43	22:49	10:08	
L 9	06:37	18:43	23:40	10:54	
M 10	06:37	18:43		11:42	
M 11	06:36	18:43	00:31	12:33	
J 12	06:36	18:42	01:23	13:25	
V 13	06:35	18:42	02:14	14:17	
S 14	06:35	18:42	03:04	15:10	
D 15	06:35	18:42	03:52	16:00	
L 16	06:34	18:42	04:38	16:49	
M 17	06:34	18:42	05:22	17:38	
M 18	06:33	18:42	06:06	18:27	
J 19	06:33	18:41	06:50	19:17	
V 20	06:32	18:41	07:37	20:09	
S 21	06:32	18:41	08:25	21:05	
D 22	06:32	18:41	09:19	22:04	
L 23	06:31	18:41	10:16	23:07	
M 24	06:31	18:41	11:17		
M 25	06:30	18:40	12:20	00:10	
J 26	06:30	18:40	13:22	01:12	
V 27	06:29	18:40	14:20	02:10	
S 28	06:29	18:40	15:15	03:03	
D 29	06:28	18:40	16:06	03:51	
L 30	06:28	18:40	16:53	04:35	
M 31	06:28	18:39	17:39	05:17	
○ 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	06:27	18:39	18:23	05:58	
J 2	06:27	18:39	19:08	06:38	
V 3	06:26	18:39	19:54	07:19	
S 4	06:26	18:39	20:42	08:02	
D 5	06:25	18:39	21:31	08:47	
L 6	06:25	18:39	22:22	09:35	
M 7	06:25	18:38	23:14	10:24	
M 8	06:24	18:38		11:16	
J 9	06:24	18:38	00:05	12:08	
V 10	06:23	18:38	00:55	12:59	
S 11	06:23	18:38	01:43	13:50	
D 12	06:23	18:38	02:29	14:38	
L 13	06:22	18:38	03:13	15:27	
M 14	06:22	18:38	03:57	16:14	
M 15	06:21	18:37	04:40	17:04	
J 16	06:21	18:37	05:26	17:56	
V 17	06:21	18:37	06:14	18:51	
S 18	06:20	18:37	07:06	19:50	
D 19	06:20	18:37	08:04	20:54	
L 20	06:20	18:37	09:06	21:59	
M 21	06:19	18:37	10:10	23:04	
M 22	06:19	18:37	11:15		
J 23	06:19	18:37	12:15	00:05	
V 24	06:18	18:37	13:12	01:00	
S 25	06:18	18:37	14:03	01:50	
D 26	06:18	18:37	14:51	02:34	
L 27	06:17	18:37	15:37	03:17	
M 28	06:17	18:37	16:21	03:57	
M 29	06:17	18:37	17:05	04:36	
J 30	06:17	18:37	17:50	05:17	
○ 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	06:16	18:37	18:36	05:59	
S 2	06:16	18:37	19:26	06:42	
D 3	06:16	18:37	20:16	07:30	
L 4	06:16	18:37	21:07	08:18	
M 5	06:16	18:37	21:59	09:10	
M 6	06:15	18:37	22:49	10:01	
J 7	06:15	18:37	23:37	10:52	
V 8	06:15	18:37		11:42	
S 9	06:15	18:37	00:22	12:30	
D 10	06:15	18:37	01:06	13:18	
L 11	06:15	18:37	01:49	14:04	
M 12	06:14	18:37	02:31	14:51	
M 13	06:14	18:37	03:15	15:41	
J 14	06:14	18:37	04:00	16:34	
V 15	06:14	18:37	04:50	17:31	
S 16	06:14	18:37	05:46	18:33	
D 17	06:14	18:38	06:47	19:40	
L 18	06:14	18:38	07:53	20:47	
M 19	06:14	18:38	09:00	21:52	
M 20	06:14	18:38	10:04	22:52	
J 21	06:14	18:38	11:04	23:45	
V 22	06:14	18:38	11:59		
S 23	06:14	18:38	12:49	00:32	
D 24	06:14	18:39	13:36	01:16	
L 25	06:14	18:39	14:20	01:57	
M 26	06:14	18:39	15:04	02:36	
M 27	06:14	18:39	15:48	03:16	
J 28	06:14	18:39	16:34	03:57	
V 29	06:14	18:40	17:22	04:40	
S 30	06:14	18:40	18:11	05:26	
D 31	06:14	18:40	19:03	06:14	
○ 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	06:14	18:40	19:54	07:05	
M 2	06:14	18:40	20:44	07:57	
M 3	06:15	18:41	21:33	08:48	
J 4	06:15	18:41	22:19	09:38	
V 5	06:15	18:41	23:03	10:26	
S 6	06:15	18:41	23:45	11:13	
D 7	06:15	18:42		11:58	
L 8	06:15	18:42	00:26	12:44	
M 9	06:15	18:42	01:07	13:31	
M 10	06:16	18:42	01:51	14:20	
J 11	06:16	18:42	02:37	15:14	
V 12	06:16	18:43	03:29	16:13	
S 13	06:16	18:43	04:26	17:17	
D 14	06:16	18:43	05:30	18:24	
L 15	06:16	18:43	06:37	19:32	
M 16	06:17	18:44	07:45	20:36	
M 17	06:17	18:44	08:49	21:34	
J 18	06:17	18:44	09:48	22:25	
V 19	06:17	18:44	10:41	23:12	
S 20	06:18	18:45	11:31	23:55	
D 21	06:18	18:45	12:17		
L 22	06:18	18:45	13:02	00:35	
M 23	06:18	18:45	13:46	01:16	
M 24	06:18	18:45	14:31	01:56	
J 25	06:19	18:46	15:19	02:38	
V 26	06:19	18:46	16:07	03:24	
S 27	06:19	18:46	16:58	04:11	
D 28	06:19	18:46	17:50	05:01	
L 29	06:20	18:46	18:41	05:53	
M 30	06:20	18:47	19:31	06:44	
☉ DERNIER QUARTIER le 08					
● NOUVELLE LUNE le 14					
☾ PREMIER QUARTIER le 21					
○ PLEINE LUNE le 29					