

LEVERS et COUCHERS SOLEIL - LUNE MARIGOT 2026

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