

# LEVERS et COUCHERS SOLEIL - LUNE MONTAUBAN 2026

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

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

MAI

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