

LEVERS et COUCHERS SOLEIL - LUNE PARIS 2031

par www.calendriergratuit.fr

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

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

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

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

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

JUIN

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

○ PLEINE LUNE le 05

● DERNIER QUARTIER le 12

● NOUVELE LUNE le 20

● PREMIER QUARTIER le 28