

LEVERS et COUCHERS SOLEIL - LUNE SAINT-DENIS 2026

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

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

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

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

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