

LEVERS et COUCHERS SOLEIL - LUNE SAINT-DIZIER 2026

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