

LEVERS et COUCHERS SOLEIL - LUNE SAINT-FLOUR 2026

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