

LEVERS et COUCHERS SOLEIL - LUNE SAINT-LEU 2026

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