

LEVERS et COUCHERS SOLEIL - LUNE SAINTE-MARIE 2026

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