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|  | | March 2025 | | | | | | |
| Polmont, Scotland, United Kingdom | | | | | | |
| Sunday | Monday | | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | |  |  |  |  | 1 |
|  |  | |  |  |  |  | Sunrise: 7:06 AM  Sunset: 5:47 PM  Daylight: 10 hours and 41 minutes. |
| 2 | 3 | | 4 | 5 | 6 | 7 | 8 |
| Sunrise: 7:04 AM  Sunset: 5:49 PM  Daylight: 10 hours and 45 minutes. | Sunrise: 7:01 AM  Sunset: 5:52 PM  Daylight: 10 hours and 50 minutes. | | Sunrise: 6:58 AM  Sunset: 5:54 PM  Daylight: 10 hours and 55 minutes. | Sunrise: 6:56 AM  Sunset: 5:56 PM  Daylight: 10 hours and 59 minutes. | Sunrise: 6:53 AM  Sunset: 5:58 PM  Daylight: 11 hours and 4 minutes. | Sunrise: 6:51 AM  Sunset: 6:00 PM  Daylight: 11 hours and 9 minutes. | Sunrise: 6:48 AM  Sunset: 6:02 PM  Daylight: 11 hours and 13 minutes. |
| 9 | 10 | | 11 | 12 | 13 | 14 | 15 |
| Sunrise: 6:46 AM  Sunset: 6:04 PM  Daylight: 11 hours and 18 minutes. | Sunrise: 6:43 AM  Sunset: 6:06 PM  Daylight: 11 hours and 23 minutes. | | Sunrise: 6:40 AM  Sunset: 6:08 PM  Daylight: 11 hours and 27 minutes. | Sunrise: 6:38 AM  Sunset: 6:10 PM  Daylight: 11 hours and 32 minutes. | Sunrise: 6:35 AM  Sunset: 6:13 PM  Daylight: 11 hours and 37 minutes. | Sunrise: 6:33 AM  Sunset: 6:15 PM  Daylight: 11 hours and 42 minutes. | Sunrise: 6:30 AM  Sunset: 6:17 PM  Daylight: 11 hours and 46 minutes. |
| 16 | 17 | | 18 | 19 | 20 | 21 | 22 |
| Sunrise: 6:27 AM  Sunset: 6:19 PM  Daylight: 11 hours and 51 minutes. | Sunrise: 6:25 AM  Sunset: 6:21 PM  Daylight: 11 hours and 56 minutes. | | Sunrise: 6:22 AM  Sunset: 6:23 PM  Daylight: 12 hours and 0 minutes. | Sunrise: 6:19 AM  Sunset: 6:25 PM  Daylight: 12 hours and 5 minutes. | Sunrise: 6:17 AM  Sunset: 6:27 PM  Daylight: 12 hours and 10 minutes. | Sunrise: 6:14 AM  Sunset: 6:29 PM  Daylight: 12 hours and 14 minutes. | Sunrise: 6:11 AM  Sunset: 6:31 PM  Daylight: 12 hours and 19 minutes. |
| 23 | 24 | | 25 | 26 | 27 | 28 | 29 |
| Sunrise: 6:09 AM  Sunset: 6:33 PM  Daylight: 12 hours and 24 minutes. | Sunrise: 6:06 AM  Sunset: 6:35 PM  Daylight: 12 hours and 28 minutes. | | Sunrise: 6:04 AM  Sunset: 6:37 PM  Daylight: 12 hours and 33 minutes. | Sunrise: 6:01 AM  Sunset: 6:39 PM  Daylight: 12 hours and 38 minutes. | Sunrise: 5:58 AM  Sunset: 6:41 PM  Daylight: 12 hours and 42 minutes. | Sunrise: 5:56 AM  Sunset: 6:43 PM  Daylight: 12 hours and 47 minutes. | Sunrise: 5:53 AM  Sunset: 6:45 PM  Daylight: 12 hours and 52 minutes. |
| 30 | 31 | |  |  |  |  |  |
| Sunrise: 6:50 AM  Sunset: 7:47 PM  Daylight: 12 hours and 56 minutes. | Sunrise: 6:48 AM  Sunset: 7:49 PM  Daylight: 13 hours and 1 minute. | |  |  |  |  |  |