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