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|  | May 2025 | | | | | |
| Avarua, Rarotonga, Cook Islands | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  | Sunrise: 6:56 AM  Sunset: 6:15 PM  Daylight: 11 hours and 19 minutes. | Sunrise: 6:56 AM  Sunset: 6:15 PM  Daylight: 11 hours and 18 minutes. | Sunrise: 6:57 AM  Sunset: 6:14 PM  Daylight: 11 hours and 17 minutes. |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Sunrise: 6:57 AM  Sunset: 6:14 PM  Daylight: 11 hours and 16 minutes. | Sunrise: 6:58 AM  Sunset: 6:13 PM  Daylight: 11 hours and 15 minutes. | Sunrise: 6:58 AM  Sunset: 6:13 PM  Daylight: 11 hours and 14 minutes. | Sunrise: 6:58 AM  Sunset: 6:12 PM  Daylight: 11 hours and 13 minutes. | Sunrise: 6:59 AM  Sunset: 6:11 PM  Daylight: 11 hours and 12 minutes. | Sunrise: 6:59 AM  Sunset: 6:11 PM  Daylight: 11 hours and 11 minutes. | Sunrise: 7:00 AM  Sunset: 6:10 PM  Daylight: 11 hours and 10 minutes. |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Sunrise: 7:00 AM  Sunset: 6:10 PM  Daylight: 11 hours and 9 minutes. | Sunrise: 7:00 AM  Sunset: 6:10 PM  Daylight: 11 hours and 9 minutes. | Sunrise: 7:01 AM  Sunset: 6:09 PM  Daylight: 11 hours and 8 minutes. | Sunrise: 7:01 AM  Sunset: 6:09 PM  Daylight: 11 hours and 7 minutes. | Sunrise: 7:02 AM  Sunset: 6:08 PM  Daylight: 11 hours and 6 minutes. | Sunrise: 7:02 AM  Sunset: 6:08 PM  Daylight: 11 hours and 5 minutes. | Sunrise: 7:02 AM  Sunset: 6:08 PM  Daylight: 11 hours and 5 minutes. |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Sunrise: 7:03 AM  Sunset: 6:07 PM  Daylight: 11 hours and 4 minutes. | Sunrise: 7:03 AM  Sunset: 6:07 PM  Daylight: 11 hours and 3 minutes. | Sunrise: 7:04 AM  Sunset: 6:07 PM  Daylight: 11 hours and 2 minutes. | Sunrise: 7:04 AM  Sunset: 6:06 PM  Daylight: 11 hours and 2 minutes. | Sunrise: 7:05 AM  Sunset: 6:06 PM  Daylight: 11 hours and 1 minute. | Sunrise: 7:05 AM  Sunset: 6:06 PM  Daylight: 11 hours and 0 minutes. | Sunrise: 7:05 AM  Sunset: 6:05 PM  Daylight: 10 hours and 59 minutes. |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Sunrise: 7:06 AM  Sunset: 6:05 PM  Daylight: 10 hours and 59 minutes. | Sunrise: 7:06 AM  Sunset: 6:05 PM  Daylight: 10 hours and 58 minutes. | Sunrise: 7:07 AM  Sunset: 6:05 PM  Daylight: 10 hours and 58 minutes. | Sunrise: 7:07 AM  Sunset: 6:05 PM  Daylight: 10 hours and 57 minutes. | Sunrise: 7:08 AM  Sunset: 6:04 PM  Daylight: 10 hours and 56 minutes. | Sunrise: 7:08 AM  Sunset: 6:04 PM  Daylight: 10 hours and 56 minutes. | Sunrise: 7:08 AM  Sunset: 6:04 PM  Daylight: 10 hours and 55 minutes. |