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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2025 | | | | | |
| Olenegorsk, Russia | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 1:00 AM  Sunset: 12:45 AM  Daylight: 23 hours and 44 minutes. | Sunrise: 1:24 AM  Sunset: 12:21 AM  Daylight: 22 hours and 56 minutes. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 1:37 AM  Sunset: 12:08 AM  Daylight: 22 hours and 31 minutes. | Sunrise: 1:48 AM  Sunset: 11:58 PM  Daylight: 22 hours and 10 minutes. | Sunrise: 1:56 AM  Sunset: 11:50 PM  Daylight: 21 hours and 53 minutes. | Sunrise: 2:04 AM  Sunset: 11:42 PM  Daylight: 21 hours and 37 minutes. | Sunrise: 2:12 AM  Sunset: 11:34 PM  Daylight: 21 hours and 22 minutes. | Sunrise: 2:19 AM  Sunset: 11:27 PM  Daylight: 21 hours and 8 minutes. | Sunrise: 2:25 AM  Sunset: 11:21 PM  Daylight: 20 hours and 55 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 2:31 AM  Sunset: 11:15 PM  Daylight: 20 hours and 43 minutes. | Sunrise: 2:37 AM  Sunset: 11:09 PM  Daylight: 20 hours and 31 minutes. | Sunrise: 2:43 AM  Sunset: 11:03 PM  Daylight: 20 hours and 19 minutes. | Sunrise: 2:49 AM  Sunset: 10:57 PM  Daylight: 20 hours and 8 minutes. | Sunrise: 2:54 AM  Sunset: 10:52 PM  Daylight: 19 hours and 57 minutes. |  |  |