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| --- | --- | --- | --- | --- | --- | --- |
|  | July 2025 | | | | | |
| Zapolyarnyy, 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: 2:30 AM | Sunrise: 2:30 AM |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 2:30 AM | Sunrise: 1:28 AM  Sunset: 12:38 AM  Daylight: 23 hours and 10 minutes. | Sunrise: 1:46 AM  Sunset: 12:20 AM  Daylight: 22 hours and 34 minutes. |
| 27 | 28 | 29 | 30 | 31 |  |  |
| Sunrise: 1:58 AM  Sunset: 12:07 AM  Daylight: 22 hours and 9 minutes. | Sunrise: 2:09 AM  Sunset: 11:57 PM  Daylight: 21 hours and 48 minutes. | Sunrise: 2:18 AM  Sunset: 11:48 PM  Daylight: 21 hours and 29 minutes. | Sunrise: 2:26 AM  Sunset: 11:39 PM  Daylight: 21 hours and 12 minutes. | Sunrise: 2:34 AM  Sunset: 11:31 PM  Daylight: 20 hours and 57 minutes. |  |  |