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|  | November 2025 |
| Ponuga, Panama |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | Sunrise: 6:12 AMSunset: 6:02 PMDaylight: 11 hours and 50 minutes. |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Sunrise: 6:12 AMSunset: 6:02 PMDaylight: 11 hours and 50 minutes. | Sunrise: 6:12 AMSunset: 6:02 PMDaylight: 11 hours and 49 minutes. | Sunrise: 6:12 AMSunset: 6:02 PMDaylight: 11 hours and 49 minutes. | Sunrise: 6:12 AMSunset: 6:02 PMDaylight: 11 hours and 49 minutes. | Sunrise: 6:13 AMSunset: 6:01 PMDaylight: 11 hours and 48 minutes. | Sunrise: 6:13 AMSunset: 6:01 PMDaylight: 11 hours and 48 minutes. | Sunrise: 6:13 AMSunset: 6:01 PMDaylight: 11 hours and 48 minutes. |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Sunrise: 6:13 AMSunset: 6:01 PMDaylight: 11 hours and 47 minutes. | Sunrise: 6:14 AMSunset: 6:01 PMDaylight: 11 hours and 47 minutes. | Sunrise: 6:14 AMSunset: 6:01 PMDaylight: 11 hours and 47 minutes. | Sunrise: 6:14 AMSunset: 6:01 PMDaylight: 11 hours and 46 minutes. | Sunrise: 6:14 AMSunset: 6:01 PMDaylight: 11 hours and 46 minutes. | Sunrise: 6:15 AMSunset: 6:01 PMDaylight: 11 hours and 46 minutes. | Sunrise: 6:15 AMSunset: 6:01 PMDaylight: 11 hours and 45 minutes. |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Sunrise: 6:15 AMSunset: 6:01 PMDaylight: 11 hours and 45 minutes. | Sunrise: 6:16 AMSunset: 6:01 PMDaylight: 11 hours and 45 minutes. | Sunrise: 6:16 AMSunset: 6:01 PMDaylight: 11 hours and 44 minutes. | Sunrise: 6:16 AMSunset: 6:01 PMDaylight: 11 hours and 44 minutes. | Sunrise: 6:17 AMSunset: 6:01 PMDaylight: 11 hours and 44 minutes. | Sunrise: 6:17 AMSunset: 6:01 PMDaylight: 11 hours and 44 minutes. | Sunrise: 6:17 AMSunset: 6:01 PMDaylight: 11 hours and 43 minutes. |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Sunrise: 6:18 AMSunset: 6:02 PMDaylight: 11 hours and 43 minutes. | Sunrise: 6:18 AMSunset: 6:02 PMDaylight: 11 hours and 43 minutes. | Sunrise: 6:19 AMSunset: 6:02 PMDaylight: 11 hours and 43 minutes. | Sunrise: 6:19 AMSunset: 6:02 PMDaylight: 11 hours and 42 minutes. | Sunrise: 6:20 AMSunset: 6:02 PMDaylight: 11 hours and 42 minutes. | Sunrise: 6:20 AMSunset: 6:02 PMDaylight: 11 hours and 42 minutes. | Sunrise: 6:20 AMSunset: 6:03 PMDaylight: 11 hours and 42 minutes. |
| 30 |  |  |  |  |  |  |
| Sunrise: 6:21 AMSunset: 6:03 PMDaylight: 11 hours and 42 minutes. |  |  |  |  |  |  |