

# Helsingborg: Månens upp- och nedgångar år 2020

	Januari	Februari	Mars	April	Maj	Juni	Juli	Augusti	September	Oktober	November	December
1	11:53 22:46	10:49 00:02	09:25 00:13	10:36 03:43	11:58 03:51	15:32 03:13	17:41 02:06	20:27 02:12	20:25 04:40	19:10 06:12	17:04 07:51	16:17 09:20
2	12:05 23:56	11:04 01:14	09:46 01:27	11:39 04:36	13:25 04:16	17:02 03:27	19:09 02:26	21:10 03:11	20:39 05:56	19:20 07:24	17:21 09:05	16:58 10:26
3	12:17 ...	11:22 02:28	10:15 02:40	12:56 05:17	14:55 04:35	18:33 03:42	20:31 02:53	21:41 04:21	20:51 07:11	19:30 08:37	17:44 10:19	17:53 11:21
4	12:30 01:07	11:47 03:44	10:55 03:50	14:22 05:47	16:26 04:51	20:05 04:00	21:40 03:30	22:02 05:38	21:01 08:24	19:42 09:49	18:16 11:29	19:01 12:03
5	12:44 02:19	12:22 04:58	11:50 04:51	15:54 06:11	17:59 05:06	21:33 04:24	22:34 04:21	22:19 06:56	21:12 09:36	19:57 11:02	19:01 12:31	20:19 12:33
6	13:01 03:34	13:10 06:07	13:02 05:41	17:27 06:29	19:32 05:21	22:52 04:56	23:12 05:26	22:32 08:12	21:23 10:48	20:16 12:16	20:00 13:22	21:43 12:55
7	13:22 04:50	14:14 07:05	14:26 06:18	19:01 06:46	21:06 05:38	23:55 05:39	23:39 06:40	22:43 09:26	21:36 12:01	20:42 13:28	21:13 14:00	23:09 13:12
8	13:52 06:07	15:34 07:49	15:58 06:47	20:36 07:02	22:38 05:59	... 06:37	23:58 07:58	22:54 10:39	21:53 13:14	21:18 14:36	22:34 14:27	... 13:26
9	14:33 07:21	17:04 08:22	17:32 07:09	22:10 07:18	... 06:26	00:41 07:47	... 09:15	23:05 11:50	22:14 14:27	22:09 15:35	... 14:48	00:36 13:38
10	15:29 08:26	18:36 08:47	19:07 07:26	23:42 07:37	00:02 07:04	01:13 09:03	00:13 10:30	23:17 13:02	22:44 15:39	23:15 16:22	00:01 15:04	02:04 13:51
11	16:42 09:17	20:09 09:07	20:40 07:43	... 08:01	01:13 07:55	01:36 10:20	00:25 11:43	23:32 14:15	23:27 16:45	... 16:57	01:30 15:18	03:35 14:05
12	18:06 09:56	21:39 09:24	22:12 07:59	01:08 08:33	02:06 08:58	01:53 11:35	00:36 12:55	23:50 15:29	... 17:41	00:33 17:22	03:01 15:31	05:09 14:22
13	19:34 10:24	23:08 09:39	23:42 08:17	02:24 09:16	02:44 10:09	02:07 12:48	00:47 14:06	... 16:43	00:25 18:24	02:00 17:42	04:34 15:45	06:44 14:45
14	21:04 10:45	... 09:56	... 08:38	03:24 10:11	03:11 11:24	02:18 14:00	00:59 15:19	00:16 17:54	01:39 18:56	03:30 17:58	06:09 16:01	08:17 15:18
15	22:32 11:03	00:35 10:14	01:08 09:04	04:09 11:16	03:31 12:39	02:29 15:11	01:12 16:33	00:52 18:58	03:04 19:20	05:04 18:12	07:47 16:21	09:38 16:06
16	23:58 11:18	02:00 10:36	02:26 09:39	04:41 12:27	03:46 13:52	02:40 16:23	01:28 17:48	01:42 19:49	04:35 19:38	06:38 18:26	09:23 16:49	10:40 17:11
17	... 11:34	03:21 11:05	03:34 10:25	05:05 13:40	03:58 15:04	02:52 17:37	01:50 19:02	02:48 20:28	06:08 19:54	08:14 18:41	10:50 17:29	11:24 18:28
18	01:24 11:50	04:35 11:42	04:27 11:22	05:22 14:54	04:09 16:15	03:06 18:52	02:19 20:12	04:09 20:56	07:42 20:08	09:51 19:00	12:01 18:26	11:52 19:50
19	02:49 12:09	05:37 12:31	05:06 12:28	05:37 16:06	04:20 17:27	03:24 20:08	03:02 21:11	05:37 21:18	09:16 20:22	11:26 19:23	12:52 19:36	12:12 21:12
20	04:12 12:32	06:26 13:31	05:35 13:40	05:49 17:17	04:31 18:39	03:49 21:20	03:59 21:57	07:09 21:34	10:50 20:39	12:56 19:57	13:26 20:55	12:27 22:30
21	05:30 13:03	07:02 14:39	05:57 14:52	06:00 18:28	04:44 19:54	04:23 22:26	05:12 22:30	08:41 21:49	12:23 20:59	14:13 20:44	13:50 22:15	12:38 23:45
22	06:41 13:44	07:29 15:51	06:13 16:05	06:11 19:40	05:00 21:09	05:11 23:19	06:36 22:55	10:12 22:03	13:53 21:26	15:12 21:45	14:06 23:33	12:48 ...
23	07:40 14:37	07:49 17:04	06:27 17:17	06:23 20:52	05:20 22:23	06:15 23:59	08:04 23:14	11:42 22:18	15:14 22:04	15:54 22:57	14:19 ...	12:58 00:58
24	08:26 15:41	08:05 18:16	06:39 18:28	06:37 22:06	05:48 23:33	07:31 ...	09:33 23:29	13:12 22:36	16:22 22:54	16:22 ...	14:30 00:48	13:08 02:10
25	09:00 16:51	08:19 19:28	06:51 19:39	06:54 23:21	06:27 ...	08:55 00:28	11:02 23:43	14:41 22:58	17:13 23:58	15:42 ...	14:39 02:01	13:19 03:23
26	09:25 18:05	08:31 20:38	07:02 20:50	07:16 ...	07:19 00:33	10:21 00:50	12:30 23:57	16:06 23:27	17:49 ...	15:57 00:31	14:49 03:13	13:33 04:37
27	09:44 19:18	08:43 21:49	07:15 22:03	07:47 00:33	08:26 01:21	11:48 01:07	13:58 ...	17:22 ...	18:15 01:10	16:09 01:47	14:59 04:25	13:52 05:52
28	09:59 20:29	08:55 23:01	07:30 23:16	08:29 01:39	09:44 01:56	13:15 01:22	15:26 00:12	18:24 00:07	18:33 02:27	16:20 03:01	15:12 05:38	14:17 07:06
29	10:12 21:40	09:09 ...	08:49 00:16	09:26 02:35	11:08 02:22	14:43 01:35	16:53 00:30	19:11 01:02	18:48 03:43	16:29 04:13	15:27 06:53	14:54 08:15
30	10:24 22:51		09:14 01:29	10:37 03:19	12:35 02:42	16:11 01:49	18:16 00:54	19:44 02:08	18:59 04:59	16:39 05:25	15:48 08:08	15:44 09:15
31	10:36 ...		09:48 02:40		14:03 02:59		19:29 01:27	20:08 03:22		16:50 06:38		16:50 10:02

Framtagen av André Franke, meteorolog och amatörastronom, [www.astroinfo.se](http://www.astroinfo.se)

Beräkningarna avser månens överkant.

... - upp- eller nedgången inträffar först nästa dag

under/över - månen befinner sig dygnet runt under/över horisonten och går varken upp eller ner. Detta kan hända enbart i norra Sverige.

två tider för upp- eller nedgången betyder att månen går upp eller ned två gånger samma dag. Detta händer enbart i sällsynta fall i norra Sverige.