

Östersund: Månens upp- och nedgångar år 2020

	Januari	Februari	Mars	April	Maj	Juni	Juli	Augusti	September	Oktober	November	December
1	12:02 22:24	10:23 00:08	08:41 00:38	09:07 04:55	10:59 04:37	15:25 03:09	18:13 01:29	21:44 00:38	20:49 03:48	19:05 05:55	16:20 08:16	14:51 10:28
2	12:04 23:46	10:27 01:31	08:50 02:05	10:15 05:44	12:42 04:46	17:09 03:12	19:59 01:34	22:14 01:38	20:52 05:19	19:06 07:18	16:23 09:44	15:18 11:49
3	12:07 ...	10:34 02:58	09:05 03:33	11:47 06:11	14:27 04:51	18:56 03:14	21:39 01:44	22:28 03:03	20:53 06:46	19:06 08:41	16:30 11:15	16:13 12:45
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Framtagen av André Franke, meteorolog och amatörastronom, 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.